



# NEWSLETTER

## The Association of Sisterhoods of Kenya

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### APRIL 2026 SOLOMENITIES AND KEY FEASTS

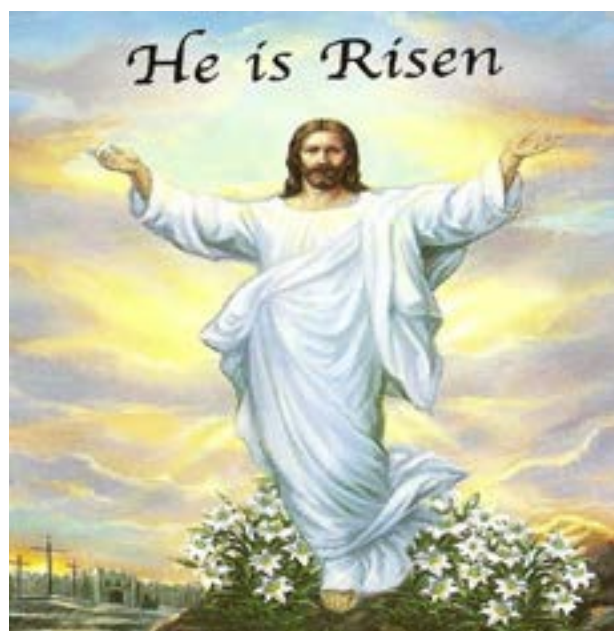
- *Thursday, April 2, 2026* – Holy Thursday,
- *Friday, April 3, 2026* – Good Friday,
- *Saturday, April 4, 2026* – Holy Saturday,
- *Sunday, April 5, 2026* – Easter Sunday, the Resurrection of the Lord, the primary Solemnity,
- *Sunday, April 12, 2026* – Divine Mercy Sunday.

### Pope Leo XIV April Prayer Intention



#### *For priests in crisis:*

**P**ope Leo XIV calls for intense prayer, encouraging communities to offer support, understanding, and accompaniment to those facing difficulties in their vocation. This highlights a focus on pastoral care and spiritual support for clergy during challenging times.



## AOSK Steers a Bold Shift in Resource Mobilization for Religious Institutions



*Sr. Pasilisa Namikoye, LSOSF, AOSK Executive Secretary addressing participants from different congregations at the Resource Management and MEAL Training held at Savelberg in March 2026*

As part of the ongoing efforts to strengthen institutional resilience, the Resource Mobilization Department, together with the Monitoring, Evaluation, Accountability and Learning (MEAL) Department of the Association of Sisterhoods of Kenya (AOSK), organized a three-day training aimed at equipping religious congregations with practical skills to navigate a rapidly changing funding landscape.

The training held at Savelberg from March 17 to March 19 was officially opened by Sr Pasilisa Namikoye, AOSK Executive Secretary, whose remarks set a reflective and forward-looking tone for the sessions that followed.

### *A Call to Rethink Sustainability*

In her opening address, Sr. Pasilisa underscored the urgency of rethinking traditional approaches to funding and sustainability. She noted that the initiative builds on a journey aimed at strengthening the association's mission to support congregations in becoming more sustainable and independent.

“We started this journey last year to strengthen the association's mission to assist members to remain sustainable and independent,” she said.

She emphasized that institutional strengthening and sustainability remains central to the association's strategic priorities, particularly as congregations continue to implement programs aligned with the mission of the Catholic Church.

“We work for and in the Church and therefore our mission must be aligned within the Church so that we carry out all the mandates within the Church,” Sr. Pasilisa added.

### *Shifting Mindsets in a Changing Funding Landscape*

A key message from her remarks was the need for a mindset shift. She challenged participants to move away from the assumption that funding is readily available elsewhere, particularly from traditional donor regions.

“I know as you come to sit here, your mind might be thinking there is money somewhere in Europe, there is money in the US. Unfortunately, they are also

looking for money elsewhere,” The AOSK Executive Secretary observed.

This reflection set the stage for deeper discussions throughout the training, encouraging participants to explore local solutions and maximize available resources.

### *Exploring Strategies for Long-Term Sustainability*

The training highlighted the importance of leveraging existing resources and exploring innovative strategies to ensure long-term sustainability. The Executive Secretary encouraged congregations to think beyond traditional donor funding and consider investment and social enterprise as viable pathways.

“The little we have at our disposal, we need to look for a way on how to increase the returns... what are the strategies that we can use to increase for the next 30 years so that our congregations remain strong,” she said.

She also pointed out the limitations of over-reliance on proposal writing, noting that success rates remain low for many organizations. She underscored, “Some of us work in the development office. That you have been writing proposals and out of twenty (20), you get one (1), What does that mean? That we can look elsewhere... that we can become a little bit business oriented.”

### *Balancing Mission and Sustainability*

While encouraging innovation, Sr. Pasilisa stressed the importance of aligning sustainability efforts with the core mission of serving communities. She highlighted the need for congregations to first ensure their own sustainability before extending support outward.

“They say charity begins at home. Are we going to give back when our own communities don't have? No, we have to ensure that our communities are

sustainable.”

This perspective reinforced the idea that sustainability is not separate from mission, but rather a foundation for its continuity.

### *Areas Covered During the Training*

Over the three days, participants engaged in a comprehensive program designed to build both strategic and practical capacity.

They were taken through foundational strategy and planning, core fundraising techniques, and proposal writing. These sessions also addressed donor strategies and emerging trends, helping participants better understand the evolving funding environment.

Proposal writing, identified as a major challenge in donor mobilization, was given particular attention. Through practical sessions, participants were guided through initial proposal template guidelines, enabling them to translate theory into actionable skills.

The training introduced participants to Monitoring and Evaluation within the context of religious apostolate, breaking down key tools and frameworks. It also emphasized the integration of MEAL into resource mobilization, demonstrating how data and impact can strengthen proposals and build donor confidence.

Participants were equipped with skills to align budgeting with resource mobilization efforts, ensuring financial accountability and effective management of resources. Recognizing the growing role of technology, the training explored digital fundraising as a tool for expanding reach and diversifying income streams.

The sessions concluded with group-based proposal follow-up discussions and project reporting, allowing participants to refine their ideas, strengthen their proposals, and enhance their reporting capabilities.

## *AOSK to Accompany Implementation*

As the training concluded, the central message remained clear: sustainability requires intentional action, strategic thinking, and a willingness to adapt. Sr. Pasilisa expressed confidence in the collaborative approach taken during the training, encouraging participants to actively contribute and learn from one another.

“I hope this training will be as participatory as possible so that what you know and what we know we put together so that there may come something out of it,” she said.

With a strong foundation laid across resource mobilization, MEAL, financial management, and innovation, participants are now better equipped to strengthen their institutions and sustain their mission in an increasingly uncertain funding landscape.

In line with its mission, AOSK will conduct continuous follow-ups, mentorship, and technical

support, working closely with institutions to ensure that the knowledge and skills gained are translated into practical action. This sustained engagement is aimed at strengthening systems, reinforcing accountability, and ensuring that the impact of the training is not only visible but deeply rooted within individual congregations as they grow towards greater sustainability and resilience.

The training covered the core pillars of the Nurturing Care Framework, which include:

Good Health, Adequate Nutrition, Responsive Caregiving, Security and Safety and Opportunities for Early Learning.

Each session blended theoretical knowledge with practical, community-driven strategies. The sisters participated in role-playing, group discussions, and localized planning to ensure the framework could be effectively implemented in their contexts.



*Sr Judith Magare training Participants during the Resource Mobilization and MEAL Training*

*By Mr. Arnold Neliba*

## **SCORE ECD**

### *TOT SMART Couple Training Strengthens Marriages Through Joint Decision-Making*

In March and April 2026, SCORE ECD (Strengthening the Capacity of Religious Women in Early Childhood Development) collaborated with Catholic Relief Services to conduct a Training of Trainers (TOT) workshop for the SMART Couple approach, which stands for Strengthening Marriages and Relationships through Joint Decision-Making and Action Planning. The goal was to equip couples with practical tools and

shared experiences to build stronger and healthier marriages that positively impact families and communities. The workshops took place in three counties across Kenya. The first sessions were held in Meru and Siaya from February 23 to 27, 2026, engaging thirteen couples eager to reflect on their relationships.

A subsequent session occurred in Kilifi from April 2 to 6, 2026, with eight couples participating, including five Christians and three Muslims. This diversity enriched the learning experience as participants shared perspectives while working towards the common goal of strengthening family life.



*MuslimSmart Couple Session in Kilifi*

Participants expressed gratitude for the opportunity to learn from three experienced facilitator couples who shared both knowledge and their personal marriage journeys. Charles Lematango and Margaret Lemakatoi facilitated sessions for Christian couples in Siaya and Kilifi, while Qassim Abdi and Saadia Mohamed Nur aimed to guide the Muslim couples in Kilifi, ensuring respect for their faith. In Meru, Moses Torongen and Josephine Wangechi led the training, fostering open conversations among participants.

The training was characterized by lively, interactive, and reflective sessions. Couples engaged in couple time, practical exercises, and candid conversations about their marriages. Many appreciated the supportive environment, which allowed them to share the joys and challenges they face. The couples learned that strong marriages are built on communication, trust, and cooperative decision-making.

One key theme explored was the concept of a “house” in marriage. Initially, participants reflected on the importance of a physical house as a shelter for the family. The discussion then deepened into understanding the “marriage house,” which represents the emotional, spiritual, and relational bonds that truly hold a family together.

Another major focus was on the foundation of marriage. Couples examined the values, beliefs, and commitments shaping their relationships. Guided discussions revealed that some marriages might be built on weak foundations influenced by social expectations or financial pressures.

The training encouraged participants to build their marriages intentionally on stronger foundations rooted in mutual respect, shared responsibility, and understanding.



*Christian SMART Couples session in Siaya*

A particularly moving moment involved two couples who had previously separated. Invited to attend the workshop to reflect on their relationships, both couples initially appeared hesitant. However, as the sessions progressed, they opened up about their experiences and challenges leading to their separation. Through lessons on communication, forgiveness, and joint decision-making, they began to rebuild trust and understanding.

By the end of the training, both couples decided to reconcile and work towards restoring their marriages, demonstrating how dialogue and support can foster healing and hope.

As the training concluded, participants were encouraged to aspire to become Star Families, striving to thrive in all aspects of family life. The concept revolves around five essential aspects: family education, family health, family togetherness, family food security, and family spirituality. Couples were reminded that building a strong family is a gradual process requiring patience, commitment, and a willingness to grow together.



*Christian SMART Couple session in Siaya*

*By Sr Teresa Yator, ASE*

## INSURANCE AGENCY

### The Kenyan insurance landscape in 2026 aggressive regulatory oversight and technological shifts

#### *Regulatory Turbulence: IRA Cracks Down on Solvency*

In a significant move to stabilize the industry, the Insurance Regulatory Authority (IRA) placed three major firms Trident Insurance, KUSCCO Mutual Assurance, and Corporate Insurance Company under statutory management in March 2026. This intervention followed a “sustained deterioration” in their financial health and failure to meet mandatory capital thresholds.

To prevent further liability, the Policyholders Compensation Fund (PCF) has imposed a six-month moratorium on all payments, effectively freezing payouts to claimants and creditors. The IRA has issued a stern advisory for existing policyholders to seek alternative coverage immediately to avoid exposure. This “cleanup” reflects a broader regulatory shift toward IFRS-17 compliance, which demands higher transparency and more rigorous solvency reporting. While these closures cause short-term anxiety, the regulator maintains they are necessary to weed out “distressed” players and restore long-term public trust in the KES 395 billion sector.

#### *Digital Transformation and the Rise of Niche Products*

Despite regulatory hurdles, the industry reported a steady growth in penetration to 2.44%. The “2026 Insurance Industry Analysis” highlights that growth is no longer coming from traditional motor and medical covers alone, which have long been plagued by price undercutting. Instead, the focus has shifted to Insurrect and micro-insurance.

The IRA recently published draft regulations recognizing new business classes, specifically Cybersecurity and Virtual Assets insurance. This aligns with Kenya’s new legal framework for digital assets, opening a frontier for protecting crypto-related businesses. Additionally, Index-based insurance for the agricultural sector is being formalized to help farmers mitigate climate risks through automated payouts. With the Association of Kenya Insurers (AKI) intensifying crackdowns on fake motor certificates using digital verification, the industry is betting on technology to eliminate fraud and reach the underserved “bottom-of-the-pyramid” market.



*By Mr. Francis Mutuku*

## AOSK Preparing for a New Era of Child Care in Kenya



*On the right: Sr Hedwig Muse, LSMIG; CCCK Project Manager and on the left; Sr. Lydia Malala, SMK;-AOSK Safeguarding Officer during CCCK Training at Subiaco*

The Government of Kenya has set 2032 as the target year to transition all children from Charitable Children’s Institutions (CCIs) into family or alternative family-based care, towards ensuring every child grows up in a nurturing, family environment.

Beyond the policy push, critical questions linger. How ready are families to receive these children back home, and have they been adequately prepared, emotionally, socially, and economically, for reintegration? How do we ensure that reintegration is not just a return, but a sustainable transition that prioritizes the well-being of the child? Ultimately, are we addressing the root causes of separation, or simply managing its consequences?

Behind this vision lies a complex reality. Economic instability remains one of the leading push factors contributing to the rising number of children placed

in CCIs. For many families, economic instability limits their ability to provide basic needs, making institutional care a last resort rather than a choice.

### *Addressing the Challenge*

It is this challenge that the Association of Sisterhoods of Kenya, through Catholic Care for Children in Kenya (CCCK) and in collaboration with AOSK’s Safeguarding Office, is actively addressing through a targeted training program aimed at strengthening families and preparing them for sustainable reintegration.

The March 2026 training brought together parents and guardians drawn from different parts of the country, including parts of Nairobi, Kisumu, Nyandarua, Siaya, Migori, Murang’a, Vihiga, Kitui, Meru, Nyeri, Samburu and Turkana. These participants were carefully recommended by Directors

of CCIs to ensure that the knowledge and support provided directly, benefits the children and contributes meaningfully to their transition back into family care.

At its core, the program recognizes a simple but powerful truth, that reintegration cannot succeed without stable and empowered families.

### *What was Covered during the training?*

Over the course of the training, participants were equipped not only with economic tools, but also with life skills essential for nurturing safe and supportive home environments. From Positive Parenting and safeguarding of minors and vulnerable adults, to practical financial approaches such as Savings and Internal Lending Communities (SILC) and entrepreneurship, the sessions were designed to address both the emotional and economic dimensions of care.

The inclusion of basic counselling skills further strengthened this approach, helping families build healthier relationships and better support systems for children returning home.

What makes this initiative particularly impactful is its focus on long-term sustainability. Participants

are not only trained, but will also receive seed capital to initiate income-generating activities of their choice, a crucial step towards breaking the cycle of poverty that often leads to institutional-

### *What will happen to existing CCI’s?*

At the same time, the program is working with Women Religious who manage CCIs to begin reimagining the future of these institutions. Rather than closing a chapter, the transition opens new possibilities, transforming CCIs into community-based centres such as schools, counselling hubs, feeding program, and child welfare outreach spaces that continue to serve vulnerable children within their family settings.

This dual approach, strengthening families while transforming institutions, reflects a broader shift in thinking: from care that separates, to care that restores and empowers.

As Kenya moves steadily towards the 2032 goal, initiatives like this training serve as a reminder that the success of care reform lies not only in policy, but in people — in equipping families with the means, knowledge, and confidence to welcome children back home and help them thrive.



*Participants following a training on AOSK-CCCK in March 2026*

*By Mr. Arnold Neliba*

## Faith in Action: AOSK Champions Women's Dignity in Hola Women's Day Celebrated with Faith, Courage and Unity



*AOSK staff, community members and Religious Sisters march in solidarity against early marriage and FGM*

In a powerful display of solidarity and faith, the Association of Sisterhood of Kenya (AOSK) Justice, Peace and Integrity of Creation (JPIC) office, in conjunction with the Catholic Diocese of Garissa, led a vibrant International Women's Day celebration on March 7, 2026 at St. Francis of Assisi Hola Parish, Tana River County. Under the theme 'Give to Gain,' the event united religious leaders, government officials, teachers and community members in a shared call to uphold the dignity and rights of women and girls. The day began with a solidarity walk through the streets of Hola town, bearing the message: 'Say No to Early Marriage, FGM and Discrimination against Women and Girls.' Blessed by Fr. Titus Kyalo, Parish Priest of St. Francis of Assisi Hola Parish, the walk was a public declaration of the community's commitment to ending harmful practices. AOSK JPIC Coordinator Sr. Bernadette Nzio-ka, DSH, also warned of the grave physical and psychological effects of FGM, noting that such practices can lead to death, and called on all

stakeholders to stand together in eliminating them once and for all. The walk was followed by Holy Mass presided over by Bishop George Muthaka, OFM Cap, of the Catholic Diocese of Garissa. Drawing from the life of St. Francis of Assisi, the bishop challenged the faithful to embrace a spirit of selfless giving, reminding them that genuine community development begins when people choose to serve others above themselves.



*Bishop George Muthaka, OFM Cap, delivers his homily at the IWD Mass, St. Francis of Assisi Hola Parish*



*Newly commissioned defenders of Human rights take their oath of commitment at the ceremony in Hola*

### Commissioning Champions for Justice

A deeply moving highlight of the celebrations was the commissioning of seven teachers as human rights defenders, trained by AOSK to advocate for justice, peace and the protection of children and underprivileged women in their schools and communities. Sr. Luciana Wanyahoro, VDM, Director of Chemchemi ya Uzima College, speaking on behalf of AOSK Executive Secretary, underscored the transformative power of investing in women. She called on the government, the Church and communities to work together: 'Let us create a future where every girl can dream and achieve her dreams.' The Hola celebrations were a testament to what united action can achieve. Through faith, awareness and collaboration, AOSK-JPIC and the Catholic Diocese of Garissa reaffirmed that protecting the dignity of women and girls is not just a moral duty — it is a transformative investment in the future of society. As the theme declared: Give to Gain.

### Bearers of Dignity

#### *AOSK JPIC Commissions 86 Human Rights Teachers Across Kenya — Including 33 Consecrated Sisters*

In a landmark first quarter of 2026, AOSK JPIC commissioned 86 Human Rights Teachers (HRTs) across ten Kenyan counties — Muranga, Nyahururu, Kisii, Makeni, Bungoma, Kakamega, Nairobi, Mombasa, Isiolo, Tana River and Garissa. These trained community advocates are embedded in Church, school, and community structures to promote rights awareness, prevent abuse, support survivors, and build peace. This quarter marked a milestone: 33 consecrated Sisters were among those commissioned — the highest number in recent memory.

*By Sr. Malala Lydia, SMK*

### *SLYI Conducts Monitoring Visits to Institutions*



*The 15 youths supported with scholarships through Generation in Giving at Muuo Women's Empowerment Centre Machakos*

During the month of March, the AOSK-SLYI project team carried out monitoring visits to Institutions supported by the project in Eastern, Western and Nyanza region. The objective was to assess implementation progress against planned outputs and outcomes, relevance of the technical training provided including beneficiary participation and inclusivity, performance of the youth-led business start-ups, meet up with respective administrators to discuss overall project progress and respond to any issue identified. The team

established that the program continues to positively impact on the personal and professional development of the Youth. So far, the project through Generation in Giving is supporting over 400 students with one-year scholarships to acquire technical and Vocational skills in different trade areas within the partner Catholic led technical institution.

The training has not only helped the vulnerable youth acquire skills but have improved on their confidence and assertiveness. However, despite the positive outcomes, students continue to face several challenges that hinder their learning experience and training continuity due to lack of training materials, transportation difficulties due to long distances and high costs, healthy concerns especially for young parents with children.

The Administrators noted that support with training materials and some with basic needs will help the most vulnerable youths complete their courses successfully. Additionally, the established small business startups continue to show positive growth trends. However, there is need for continued mentorship and follow ups to track performance. The project continues to produce visible outcomes in terms of behavioral transformation, job readiness and self-reliance.



*Salima, a beneficiary of small business start ups in Dressmaking from St. Jude's Technical Mumias*

*By Mrs. Caroline Gitau*

### *Integrative Spiritual Counselling*

#### *The Semester Progress*

As the curve of the semester changes direction and starts reclining, we raise our hands and give thanks and praise to the Lord. It has been a successful semester, although not without hiccups. The fact remains that the Lord is always in control. The semester is now advancing to its end. Our second-year students are also making their final touches to the supervised practicum and, at the same time, preparing to write their final report and end-of-semester examinations.

The years are flying, and we keep moving into deeper waters every day of our lives. We need to be informed about the dynamics of life, but above all, the fast-running situations of it. Are we relevant, getting relevant, or stagnating? Our relevance lies in the skills we need not only to serve but also to challenge evil, and vouch for the best that envelops all.

Our first-year students are also winding up the semester by submitting their final term papers and preparing for the end-of-semester examinations. It has been swift, and we are here finalizing the semester. We give Glory to God.

#### *Growth Facilitation Practice (GFP)*

We commend our students for the great efforts put into the GFP. This has helped them to gain confidence and make them ready to go out and serve. We know that the most important aspects in the Integrative Spiritual Counselling (ISC) are Presence, Listening, and Empathy. This is an art that must be cultivated by counsellors to be ready for service. Throughout the Semester, the students have taken their time to practice.

This has been under the strict supervision of Sr. Victorine and Sr. Sophia. It is fulfilling to see them direct a session successfully. We call upon leaders of

their various congregations to try to place them where they can keep practicing and continue nurturing and developing their skills.

Just as we have always said, our world is wounded spiritually, politically, socially, and economically, just to name but a few. All this calls for a listening ear and presence from our qualified and skilled counsellors. The students have shown that the skill has been impacted. They are now ready to meet with our vulnerable society. We, however, request that they be helped to register with the Counsellors and Psychologists (C&P) board under the Ministry of Health, Kenya. For them to practice, they must register to be protected by the law.

#### *Outreach and Encounter*

The Presence of the Counsellor in the Dynamic World is very vital. This was portrayed when the students went out for the outreach and marketing program. This outreach was at St. Andrew Catholic Church-Nkaimurunya-Catholic Diocese of Ngong. The eagerness of the Christians and the youth to be listened to was great. Everybody wanted to be given attention. This is a call to throw the net into deeper waters for a good catch. This will help in healing those burdened with stress and trauma in society and life.



*A few students who participated in the outreach*



*Peer Growth Facilitation Practice 1st and 2nd years*

*By Sr. Sophia Wanyama, LSMIG.*

## St. Anselm's Sabbatical Program

*“Embracing the pause, listening to inner whispers, and treating this break as a gift for growth”.*

The sabbatical participants are going deeper into their process and reading their own book. The environment is very conducive for them, and they are happy. Everyone needs a break to refuel, recharge and jump back in full throttle. The participants are happy, and some say, “This is what I needed, a quiet place away from bells”. “Time has gone very fast! I wish this is the time the course was beginning.”

During the Lenten season, we are invited to reflect deeply on our desires and ask ourselves whether they align with the values of the kingdom of God. Lent is a journey back to our God, through conversion.

The participants are happy, and there is a good experience of unity in diversity in the liturgy and communal prayers. There is beauty in praying together. They expressed their joy of being in Chemchemi because the place is conducive to reconnecting with God. The participants feel that they have blended well with others from other countries. They feel that there is a family spirit in Chemchemi, especially in prayer, singing, Mass, and a lot of silence is observed. The participants are currently having a workshop on Trauma healing.

The cooperation among the team members has been a role model to the participants, and they have always been giving positive strokes.

Every Wednesday, the sabbatical participants pray in their Small Christian Communities, and it is a good experience for them. They express that they have learnt a lot from one another and received a lot of insights e.g. chanting psalms, scripture sharing, etc.



*St. Agatha Small Christian Community having their evening prayers.*

March 8, 2026, was International Women's Day. On this day, we recognize the social, economic, cultural and political achievements of women, while advocating for gender equality. It's a time to celebrate progress, raise awareness of on-going challenges and drive action toward a more inclusive world. *“Women rise by lifting each other”*. *“Empowered women empower women”*. *“Keep shining women”*.

Sabbatical participants enjoyed the women's day in style. One of the brothers bought sugarcane for them and they really enjoyed.



*Participants enjoying sugarcane as they celebrate Women's Day.*

On March 13, the Sabbatical participants joined Chemchemi fraternity for sports. There was a lot of energy, laughter, fun and tasting their talents in various games. There was a lot of relaxation and cheering was very high. It was a good experience drawing them from their daily routine.



*Sabbatical participants won a game, and they got a Trophy*



*Sabbatical participants enjoying volleyball*

On March 21, the Small Christian Community of St. Angela Merici were blessed to visit one of the attractive and prayerful shrines in Kenya, Komarock located in Machakos Diocese. The participants were very happy as they had a mountain experience, encountering many people.



*St. Angela Merici Community praying the Stations of the Cross at Komarock Shrine*

*By Sr. Leocardia Kemunto, FSJ.*



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*Beyond the classroom, the community experienced a vibrant moment of recreation and bonding during the Sports Day held on March 13, 2026*  
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## Formation at Chemchemi ya Uzima College

### *A Journey of Growth and Integration*

The Formation of Formators Programme at Chemchemi ya Uzima College continues to offer a rich and transformative experience, nurturing both the personal and professional capacities of those entrusted with the vital ministry of formation. Recent activities have highlighted not only the academic rigor of the programme but also its commitment to holistic growth, community building, and emotional integration.

A key milestone was the conclusion of the Microteaching unit by the Formation II Group. This component provided participants with an opportunity to translate theory into practice through structured teaching sessions. Each participant engaged actively, demonstrating creativity, confidence, and a

deepening understanding of pedagogical skills.

The sessions were marked by clarity of content, effective communication, and thoughtful engagement with learners. The overall performance was commendable, reflecting both individual dedication and the supportive learning environment fostered within the programme. Beyond the classroom, the community experienced a vibrant moment of recreation and bonding during the Sports Day held on March 13.

Both Formation I and Formation II groups participated enthusiastically, making the event lively and memorable. The day was characterized by teamwork, joy, and healthy competition, offering participants a refreshing break from academic routines.

More importantly, it reinforced the value of community life, reminding all that formation is not only intellectual but also relational and embodied. Overall performance was commendable, reflecting both individual dedication and the supportive learning environment fostered within the programme.

In addition to these activities, both groups participated in an online workshop held from March 16 to March 18 on *The Inner Child In Religious Formation And Leadership: Healing, Integration, and Emotionally Safe Communities*. This workshop opened a meaningful space for reflection on personal histories, emotional awareness, and the importance of creating safe and nurturing environments within formation contexts.

The response from participants was overwhelmingly positive, with many expressing deep appreciation for the insights gained. The sessions encouraged a renewed commitment to self-awareness and compassionate leadership, which are essential qualities for effective formators.

These recent experiences reflect the dynamic and integrated approach of the Formation of Formators Programme at Chemchemi ya Uzima College. By combining academic excellence, practical application, community engagement, and personal healing, the programme continues to shape formators who are not only competent but also deeply grounded and empathetic.

As the journey continues, there is a strong sense of gratitude for the growth witnessed and a hopeful anticipation for what lies ahead.

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*By Sr. Catherine Mutuku, OSB*

## JUBILEE PRAYER FOR CHEMICHEMI YA UZIMA COLLEGE:

*25th September 2001 to 25th September 2026*

Heavenly Father,  
With grateful hearts, we come before You  
As we celebrate the Silver Jubilee of Chemchemi ya Uzima College.  
You are the source of life and the wellspring of wisdom.  
We thank You for the journey walked in Your grace  
And for all who have shared in our mission.

Lord Jesus Christ, Living Water,  
Guide us in this sacred time of renewal.  
May this Jubilee be a season of healing, hope, and vision.  
Bless the Association of Sisterhoods of Kenya, who came up with this idea,  
All the students; past, present, and future,  
Our benefactors and all stakeholders in our mission.

Holy Spirit,  
Make us pilgrims of hope in offering transformative education.  
As we walk steadfast toward a future of resilience, self-reliance, and sustainability,  
May we teach with boldness, serve with humility,  
And lead with integrity and compassion.

May we remain United as a sign of God's presence  
Rooted in faith, united in purpose, and open to the needs of our time.

Bless our College, O Lord,  
That it may remain a true Chemchemi ya Uzima - a Spring of Life  
For the Church, religious life, and the world.  
Renew our commitment to formation,  
And deepen our love for justice, peace, and the Gospel values.

Mary, Seat of Wisdom,  
Journey with us, protect our mission,  
And lead us always to your Son, Jesus Christ. Amen.

Celebrating  
**25 years**

**SILVER JUBILEE**



*United we stand as a sign of God's Presence*

**2001-2026**



A BIG THANK YOU TO OUR PARTNERS FOR BELIEVING IN US !!!!!



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