



JUNE 2026

NEWSLETTER

The Association of Sisterhoods of Kenya

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Pope Leo XIV July Prayer Intention



For the respect of human life:

The Holy Father asks all to pray for the respect and protection of human life at every stage, recognizing it as a gift from God.

JULY 2026 KEY FEASTS

- Friday, July 3: Saint Thomas, Apostle.
- Wednesday, July 22: Saint Mary Magdalene.
- Saturday, July 25: James the Greater, Apostle.

And the Memorials:

- Wednesday, July 15; St Bonaventure, Bishop, Doctor of the Church
- Wednesday, July 29; St Mary, Martha and Lazarus
- Friday, July 31; St Ignatius of Loyola, Priest

The month of July is traditionally devoted to the Precious Blood of Jesus. This dedication honors the blood Jesus shed to save humanity, from his circumcision to his crucifixion





Walking Together in Hope: AOSK Holds its General Assembly 2026

The Association of Sisterhoods of Kenya (AOSK) held its Annual General Meeting, 2026, bringing together Major Superiors, Delegate superiors and representatives from member congregations. Guided by the theme, *“Walking Together in Hope: Strengthening Mission Sustainability and Resilience for AOSK’s Future,”* the Assembly offered an opportunity to reflect on the changing realities facing religious life while reaffirming the commitment of Catholic Sisters to serve the Church and society with hope and resilience.

Official Opening

In her opening address, Sr. Josephine invited delegates to embrace the Assembly theme as a call to renew their confidence in God’s providence and recommit themselves to walking together in faith and hope. Reflecting on AOSK’s 64-year journey, she described the General Assembly as more than an annual gathering, but a sacred moment of encounter, accountability, discernment and renewal.

Drawing inspiration from Romans 15:13, she reminded the delegates that hope is not passive optimism but an active, courageous and faith-filled commitment to Christ’s

mission. She challenged Catholic Sisters to remain prophetic witnesses in society by defending human dignity, promoting justice, caring for creation and responding to the needs of the poor and the marginalized.

She further called on member congregations to strengthen formation for future generations of women religious and embrace synodal leadership characterized by listening, participation, accountability and shared responsibility.

The Assembly’s opening Mass was celebrated by Rt. Rev. Henry Odonia, Bishop of the Catholic Diocese of Kitale. The bishop affirmed the important role of AOSK in shaping the future of religious life. He noted that as demographic and social realities continue to change, the association remains a vital platform for ensuring that the vision and mission of religious congregations endure for generations to come.

Drawing from this year’s theme, the bishop said the Assembly is an opportunity for congregations to come together, share experiences and discern the way forward in unity. Walking together, he said, is the path to building a stronger and more resilient future

for religious life in Kenya.

While acknowledging the many challenges facing religious institutes, Bishop Odonia reminded delegates that challenges also present opportunities. He hailed the contributions and works by Sister congregations in the AOSK units across the dioceses.



*Rt. Rev. Henry Juma
Odonia, Bishop of the
Catholic diocese of Kitale
celebrating Mass during
AOSK AGM at Chemichemi
ya Uzima College*

AGM Structure

The General Assembly featured a rich programme of plenary sessions and panel discussions that encouraged dialogue on issues shaping the future of religious life.

The AGM featured discussions focused on Formation for Mission in the 21st Century: The Future of Religious Life in a Changing World. Special attention was given to Chemichemi Ya Uzima College, one of AOSK's flagship institutions, with participants emphasizing the need to strengthen its academic and formation programmes so that it continues to respond effectively to the emerging needs of Catholic Sisters and the wider Church. They also reflected on Synodal Leadership and Collaborative Governance, exploring leadership models that promote participation, transparency, accountability and shared responsibility. The discussions highlighted the importance of building inclusive institutions where dialogue and collaboration strengthen decision-making and mission effectiveness.

Another important panel centred on Strengthening the Prophetic Voice of Catholic Sisters as Agents of Social Transformation. Panelists reflected on the

enduring contribution of women religious in education, healthcare, peacebuilding, advocacy, environmental stewardship and pastoral ministry, while encouraging one another to continue responding courageously to contemporary social challenges.

The programme also included a session on Canon Law, providing participants with practical insights into canonical issues affecting religious institutes and strengthening their understanding of governance within consecrated life.

Address from ASEC

The Assembly featured presentation by Sr. Draru Mary Cecilia, LSMIG, Ph.D., Executive Director of the African Sisters Education Collaborative (ASEC).

Drawing from ASEC's work in ten African countries, she challenged delegates to embrace continuous learning, invest in leadership development and strengthen institutional capacity to respond effectively to the changing needs of society. She underscored the value of partnerships in advancing the mission of Catholic Sisters and emphasized that education remains a powerful tool for strengthening the prophetic voice of women religious across Africa.

Her address reinforced the importance of collaboration, innovation and capacity building in ensuring that Catholic Sisters continue to provide transformative leadership in the Church and society.

Superior of the Year

One of the highlights of the AGM was the recognition of Sr. Mary Goretty Ochieng, Superior General of the Franciscan Sisters of St. Joseph, who was named the AOSK Superior of the Year.

The award, announced by AOSK Executive Secretary Sr. Pasilisa Namikoye, LSOSF, recognized Sr. Mary Goretty's outstanding commitment, dedication and active participation in AOSK activities during the 2025–2026 period.

The Superior of the Year ward acknowledges the important role played by Superiors in strengthening collaboration among congregations and advancing AOSK's mission.

Elections

The General Assembly concluded with the election of new leaders to steer the Association into its next phase of growth.

Sr. Prof. Jacinta Adhiambo, ESM, was elected as the new Chairperson of AOSK, succeeding Sr. Dr. Josephine Kangogo, DSH, who had led the Association since 2018. Prior to her election, Sr. Prof. Jacinta served as the Vice Chairperson of AOSK.

Also elected to the AOSK Board were Sr. Mary Christine, Provincial of the Sisters of Notre Dame, and Sr. Mary Rubika, Regional Superior of the Apostolic Carmel.

In her acceptance speech, Sr. Prof. Jacinta thanked delegates for the confidence they had placed in her and pledged to work closely with member congregations to strengthen unity, collaboration and the mission of AOSK.

Delivering her farewell address, Sr. Dr. Josephine Kangogo expressed gratitude to member congregations for their support throughout her tenure. She encouraged continued commitment to AOSK's programmes and assured delegates that she would remain a dedicated ambassador of



Sr. Mary Goretty Ochieng, Superior General of the Franciscan Sisters of St. Joseph crowned superior of the year



Newly elected AOSK Chairperson Sr. Prof. Jacinta Adhiambo, ESM (Right) with Sr. Josephine Kangogo, DSH (Left) AOSK Chairperson (2018-2026)

By Mr Arnold Neliba

SCORE ECD

CONRAD N. HILTON FOUNDATION FIELD VISIT TO THE SCORE IV PROJECT IN MERU

(Implemented by the Little Sisters of St. Thérèse of the Child Jesus)



On 18 June 2026, the Conrad N. Hilton Foundation team conducted a field visit to Machaka, Meru County, to witness firsthand impact of the SCORE IV Project. The visit aimed to provide a comprehensive overview of SCORE IV interventions, demonstrate integrated programming approaches, showcase community-level impact, and highlight achievements in institutional strengthening. The visit brought together representatives from the Conrad N. Hilton Foundation, Catholic Relief Services (CRS) including the Kenya Country Manager, SCORE ECD Regional Coordinator, Kenya SCORE Project manager, Association of Sisterhoods of Kenya (AOSK), government officials, community members, caregivers, and project beneficiaries. Master Trainers coordinated the visit with support from the AOSK and CRS teams.

A key highlight of the day was the opportunity for caregivers and community members to showcase various SCORE IV interventions. These included the Integrated Father-Baby Course (iFBC), Integrated Early Childhood Development (IECD), Savings and Internal Lending Communities (SILC), and the

Strengthening Marriages and Relationships Through Communication and Decision-Making (SMART Couples) program. Participants shared inspiring testimonies and success stories, demonstrating how the project has transformed their families, relationships, and livelihoods.

SMART Couples participants moved visitors with testimonies of improved communication, joint decision-making, conflict resolution, and stronger family bonds. Many couples reported experiencing greater harmony in their homes and increased support for their children's development because of the training.

The delegation also visited the Early Childhood Development (ECD) space at Machaka Dispensary, where they observed how the facility promotes play, early stimulation, and responsive caregiving for young children. The visitors noted that the ECD corner has become an important resource for parents and caregivers, helping to lay a strong foundation for children's learning and development.

Another significant stop was the daycare facility at Kiirua Health Centre. The center provides quality childcare services to both healthcare workers and community members, creating a safe and nurturing environment where children engage in play, learning, and age-appropriate stimulation. The visitors commended this initiative for supporting working parents while promoting positive early childhood development outcomes.

The team further visited St. Thérèse Hospital to assess the impact of institutional strengthening efforts supported through

the Holistic Organizational Capacity Assessment Instrument (HOCAI). During the visit, hospital leadership shared how the HOCAI assessment has enhanced governance systems, strengthened policies and structures, improved strategic planning, and enhanced service delivery and overall organizational effectiveness. Foundation representatives were impressed by the institution's progress and commitment to continuous improvement. Throughout the visit, the Hilton



Foundation team expressed appreciation for the dedication and commitment demonstrated by the Little Sisters of St. Thérèse of the Child Jesus, community volunteers, caregivers, and project staff. They were particularly encouraged by the visible evidence of community transformation, strengthened family relationships, improved parenting practices, and enhanced institutional capacity.

The visit concluded with reflections from stakeholders, who reaffirmed the importance of continued collaboration in promoting holistic early childhood development and strengthening communities. The Conrad N. Hilton Foundation commended the remarkable work being undertaken through the CRS SCORE IV Project and acknowledged the significant contribution of the sisters and their partners in improving the lives of children, families, and communities in Meru County.

“The testimonies we have heard today and the changes we have witnessed demonstrate the power of integrated, community-based interventions in transforming lives and creating a brighter future for children and families.”

National Disability Dialogue Conference 2026

The Catholic Relief Services (CRS), Association of Consecrated Women in Eastern and Central Africa (ACWECA), and Association of Sisterhoods of Kenya (AOSK) actively took part in the National Disability Dialogue Forum organized by the National Council for Persons with Disabilities (NCPWD). The event, held from 13th to 14th May 2026 at the Kenya Institute of Curriculum Development (KICD), brought together over 1,000 participants including government representatives, faith-based organizations, development partners, caregivers and advocates for disability inclusion.



Representatives from AOSK, CRS, and ACWECA present at the National Disability Dialogue Forum

The dialogue, themed “From Policy to Practice: Co-creating an Inclusive and Prosperous Society by Reimagining Care Systems,” provided a critical platform for reflection, knowledge sharing and engagement among stakeholders committed to disability inclusion and strengthened care systems. Engagement from various organizations highlighted the growing contribution of faith-based institutions in advancing inclusive care systems and supporting vulnerable groups, especially children and caregivers. Throughout the forum, stakeholders were given an opportunity to present and showcase their initiatives, helping to connect policy discussions with practical community-based interventions. Such interactions emphasized the value of partnerships and collective action in strengthening inclusive caregiving systems. Insightful presentations further demonstrated how initiatives such as the SCORE ECD project, supported by the Conrad N. Hilton Foundation, are translating ideas into meaningful community impact through strengthened caregiving practices and the promotion of inclusive child development at the grassroots level. In addition, the sessions created space for caregivers and practitioners to share their lived experiences, shedding light on critical gaps within care systems and stressing the need to move beyond policy frameworks toward practical, community-driven solutions.

Particular emphasis was placed on the experiences of caregivers of children with disabilities, whose moving testimonies highlighted challenges such as limited access to specialized services, inadequate financial support, stigma and discrimination, harassment, emotional and psychological strain and insufficient training on disability-specific care. Discussions also brought focus to domestic support personnel caring for



children with disabilities, recognizing them as a vulnerable group that often works with limited recognition, social protection and support systems. The conversations strongly emphasized the urgent need for more inclusive policies, stronger support structures and greater recognition of caregivers and support workers within community care systems.

Amidst these challenges, the discussions highlighted the resilience and commitment of caregivers as well as the vital role they continue to play in nurturing and supporting children with disabilities. The dialogue further emphasized the importance of collaboration among various stakeholders including government institutions, faith-based organizations, development partners and other key actors in building inclusive and sustainable care systems.

Participation by CRS, ACWECA and AOSK not only created an opportunity to showcase their impactful work but also strengthened partnerships and enhanced opportunities for greater coordination, collaboration and visibility within the disability inclusion space. Ultimately, the dialogue reaffirmed that reimagining care systems requires collective action inclusive approaches and a strong commitment to translating policies into meaningful practice to ensure that no child or caregiver is left behind.

By Sr Teresa Yator, ASE

AOSK SLYI

Inspired by Nature, for Climate, for Our Future

Environmental conservation is vital for protecting biodiversity, combating climate change, improving human health, and ensuring sustainable development. Every June 5th of year the world commemorates World Environment Day and this year's theme was "Inspired by Nature, for Climate, for Our Future," with a core focus on urgent climate action rallying for collective efforts. The AOSK Sisters Led Youth Empowerment Initiatives not only empowers young people with skill development for self-sustainability but believes in holistic formation of the youth and one key aspect is environmental conservation. During this year WED celebrations, the SLYI partnered with Nairobi City County Government and other organization to commemorate the day. Prior to the main celebration the SLYI participated in a multi stakeholder dialogue on waste management organized by Centre for Environmental Justice and Development at Nairobi Safari club. Waste management in Kenya is essential to prevent public health crises, mitigate severe environmental degradation, and unlock major economic opportunities through the growing circular economy. Kenya generates over 8 million tons of waste annually. With cities like Nairobi generating over 3,200 tons per day, uncollected or unsafely dumped waste clogs waterways, breeds disease vectors, and creates severe health risks. Waste management is a shared responsibility where governments, communities and private sector actors have a critical role to play in building sustainable waste management systems and enhancing the county's resilience to environmental and climate-related challenges. The stakeholders were able to come up with key priorities for collaborative climate action to tackle pollution and climate change including:

- Strengthening waste segregation at source across households, institutions, and businesses;
- Expanding investment in organic waste management, composting, and resource recovery systems;
- Scaling up sustainable infrastructure and circular economy value chains, including innovative approaches such as Black Soldier Fly (BSF) technology;
- Recognizing, formalizing, and integrating waste pickers into waste management systems, as equal partners, ensuring their meaningful participation in decision-making processes;
- Implementing the waste management laws and ensuring compliance with the regulations; and
- Strengthening public awareness, community participation and behavior change initiatives on waste prevention, reduction and management.



Students from Karunda's Vocational planting trees during World Environment Day celebrations

The commemoration climaxed on June 5th where the AOSK -SLYI and partner vocational and technical institutions from the Nairobi region participated in a road show creating awareness on Waste management and tree planting exercise at

Gatharaini grounds organized by the Nairobi City and County governments. Similar activities creating awareness on Environment conservation, clean ups and tree planting took place across partner technical and vocation institutions in Kenya.



Students from various partner Technical and Vocational Institutions within Nairobi during World Environmental Day Celebrations

By Caroline Wamiti

AOSK JPIC

Water, Hygiene and Sanitation: Every African Child's Right and Shared Responsibility.
Commemoration Of the Day of The African Child, 2026

Every year on 16 June, Africa pauses to commemorate the Day of the African Child, a day that honours the bravery of the children who lost their lives during the 1976 Soweto Uprising while demanding equal access to quality education. Fifty years later, the voices of those children continue to challenge governments, institutions, families, and communities to uphold the rights and dignity of every child. The 2026 theme, "Universal Access to Water, Hygiene and Sanitation for All Children in Africa," reminds us that access to clean water and a healthy environment is

not a privilege but a fundamental human right upon which every other right depends. Without safe water and adequate sanitation, children are denied the opportunity to enjoy many of their rights, including the rights to life, health, education, dignity, and development.

A child who lacks clean drinking water is more vulnerable to preventable diseases, frequent school absenteeism, malnutrition, and exploitation. For girls, a sanitation facilities often contribute to school dropout, particularly during menstruation,

undermining their right to education and equality. Kenya has made significant legal commitments to safeguard these rights. Article 43 of the Constitution of Kenya guarantees every person the right to the highest attainable standard of health, accessible and adequate housing, reasonable standards of sanitation, clean and safe water in adequate quantities, and freedom from hunger. More specifically, Article 53 affirms every child's right to basic nutrition, shelter, healthcare, education, protection from abuse and neglect, and places the best interests of the child at the centre of every decision affecting them. These constitutional guarantees are reinforced by the Children Act, 2022, which obligates parents, caregivers, institutions, and the State to provide environments that promote children's survival, protection, participation, and holistic development.



Participants on procession on the material venue

The protection of children's rights extends beyond Kenya's borders. The African Charter on the Rights and Welfare of the Child, 1990 treaty recognizes every child's right to the highest attainable standard of health and calls upon States to combat disease through the provision of adequate nutrition, safe drinking water, and environmental sanitation. Similarly, Convention on the Rights of the Child, 1989 obliges States to ensure that every child enjoys the highest attainable standard of health by providing clean drinking water, nutritious food, and a safe environment. These legal instruments recognise that protecting the environment is inseparable from protecting children's rights.

However, rights are accompanied by responsibilities. While governments must invest in water infrastructure, sanitation facilities, and environmental protection, children also have a role to play. They are called upon to use water responsibly, practise good hygiene, protect rivers and forests from pollution, keep their schools and homes clean, and become ambassadors for environmental conservation. These responsibilities nurture responsible

citizenship and prepare children to become future custodians of the planet.

The Association of Sisterhoods of Kenya (AOSK), through its Justice, Peace and Integrity of Creation (JPIC) Human Rights Teachers, Sisters and Peace makers, embraced this year's theme by empowering more than 900 learners in Makueni and Nakuru Counties to become advocates for children's rights and environmental stewardship. Through poetry, drama, music, speeches, and cultural performances, learners demonstrated that safeguarding the environment is fundamental to safeguarding children's rights. Their voices carried a powerful message: securing universal access to water, hygiene, and sanitation requires collective action by governments, schools, faith communities, parents, and children themselves. As Africa continues to champion the rights of its children, the 2026 Day of the African Child reminds us that every drop of clean water, every protected river, and every hygienic school brings us closer to a continent where every child can grow, learn, and thrive in dignity. Protecting water is, ultimately, protecting the future of Africa's children.

By Sr Lydia Malala, SMK

AOSK-CCCK

Transforming Homes: AOSK-CCCK Drives Positive Parenting Drive in Kilifi

In a vibrant collaborative initiative, the AOSK-CCCK Program joined forces with the Justice, Peace, and Integrity of Creation (JPIC) team to host two ground-breaking sensitization forums. The energetic sessions swept through Mtondia in Tezo Ward on June 22, 2026, and Mida in Dabaso Ward on June 23, 2026, drawing an overwhelming attendance of more than 220 passionate community members, caregivers, and local leaders.

The core mission of these forums was urgent yet hopeful: to equip families with the structural tools of positive parenting to prevent both primary and secondary child separation. Historically, poverty and localized family distress have driven caregivers to look toward Charitable Children's Institutions (CCIs) as a solution.

Drawing directly from the National

Council for Children Services (NCCS) Positive Parenting guidelines, the facilitators dismantled this narrative. Community members explored the foundational attributes of a nurturing home environment, learning how proactive communication, emotional support, and non-violent conflict resolution act as the ultimate protective shield. By strengthening these household structures, the community is building a localized gatekeeping mechanism ensuring that children remain exactly where they belong: in safe, loving family setups.

What made the Kilifi forums truly captivating was how naturally the participants bridged their deep spiritual values with national legal frameworks. Reflecting on the sessions, caregivers actively connected their parental responsibilities to both divine and civic duties: The Biblical Mandate & Catholic Social Teaching (CST): Participants deeply resonated with the CST principle of the Option for the



Sr Hedwig Muse, LSMIG Program Manager CCCK, giving her remarks during the ground-breaking sensitization forums. in attendance of more than 220 passionate community members, caregivers, and local leaders benefited.

Poor and Vulnerable, recognizing children as the primary demographic requiring protection. They explored the theological truth that the family is the domestic church the foundational unit of society where human dignity is first nurtured.

The Government Mandate: Parallel to these spiritual reflections, the forums anchored the community on national child safeguarding policies, standardizing the legal and moral obligations every caregiver has under Kenyan law to protect children from harm, neglect, and unnecessary institutionalization.

The impact of the training was immediate. As the sessions concluded, an inspiring wave of resolve filled the rooms. Caregivers did not just walk away with information; they left with a shared desire to actively reshape their household

dynamics. “We are realizing that a family’s warmth cannot be replaced by a modern facility,” shared one participant. “Investing in how we relate with our children daily is the true key to keeping our families together.”

By blending the structural expertise of the NCCS guidelines with the deep moral foundations of JPIC and AOSK-CCCK Program, the Kilifi forums have successfully ignited a localized movement. Mtondia and Mida have drawn a line in the sand proving that when a community is empowered with the right skills, the ecosystem shifts from dependency on institutions to a vibrant celebration of family-led care.

By Mr. Joseph Wichenje

AOSK-Insurance Agency

Personal Accident Cover for individuals and employers

Accidents happen when least expected, bringing unexpected financial emergencies and costly medical bills. Secure your peace of mind with AOSK Insurance Agency’s Personal Accident Covers—your safety net against life’s unpredictable moments. Our Standard Personal Accident Cover delivers robust financial protection for individuals aged 18 to 64 against injury, disability, or death caused by accidental or violent means. Protect your entire family by adding dependents under 18 to your policy, with specialized road-risk coverage for children under five. Customize your protection further with premium riders, including emergency accident rescue and political violence and terrorism coverage. For parents and institutions, our Student

Personal Accident Cover provides targeted financial relief if a student suffers an accidental bodily injury. This specialized policy ensures uninterrupted learning and comprehensive care by compensating for:

- Emergency medical and tuition expenses
- Specialized dental and optical treatments
- Mobility aids and artificial appliances
- Permanent total disability and funeral expenses

Don't let an accident disrupt your financial stability or your child's future. Partner with AOSK Insurance Agency today for comprehensive, reliable protection when you need it most.

By Mr. Francis Mutuku

AOSK CHEMCHEMI YA UZIMA COLLEGE

Integrative Spiritual Counselling

The Semester Progress

The semester closed and now the ISC department is preparing for the new academic year which kicks off in August up to December 2026. All brothers, sisters and lay faithful with the passion of supporting those with different challenges, and are ready to 'listen' are welcome to apply and join us. The art of listening is a special skill that brings, spiritual, psychological, emotional, and social healing among others. The link containing the courses on offer for August-December is already out on different WhatsApp walls and it will also be included in this article. Let us read the signs of time now. Everything out there is affected, especial human being who are social beings and they need each other for all the support they need. This has been shattered. Economically, persons are pushed to the edge. They don't know how to make ends meet, they are searching for someone to give them a listening ear.

Look at what is going on in hospitals, the wounded are filling the wards, they need somebody to listen to their stories, they need empathy and emotional support. What about schools? From the lowest level to the top, in this area, we are sitting on a time bomb. The children need to be listened to, the same with the youth and even vulnerable adults. What we are witnessing in schools is not something to take for granted. We need qualified counsellor in schools urgently. They will use their expertise to help these young ones full of energy to discover themselves and live a fulfilled lives.

Let us assess the situations in the pastoral field, how are families doing? How are they helping themselves and their children?

There is a lot in this area, we witness broken families, divorced, single and struggling parents who rarely make ends meet. Children may not understand what parents are going through. What children expect from parents are basic needs. If they do not provide, it turns into destruction and anarchy.

Stress and emotional issues are calling us to stop and reconsider the situation. All fields that deal with human beings need to reconsider counselling services to help the general public to help those who have experienced. What is happening in our society is not something that will not only take a year or two. It may take some times. Based on this facts, we better train more counsellors.

We have all programs that are user-friendly even to those working. Come take any that will give you a skill to help you remain relevant and to help the stressed wounded and the sick among others. Find the link and spread it to all your friends, there maybe somebody out there who wish to train and has not gotten information and link.



School Based program Done During Holiday and Diploma, One Year Certificate, and 10 Weeks. 10 Weeks is done in the afternoon only

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By Sr. Sophia Wanyama, LSMIG

Formation Department

Journeying Together Towards Lifelong Commitment: Preparation for Perpetual Vows 2026



Blended Learning Session in Progress

The month of June has been a season of grace, growth, and discernment for eighty-three religious men and women participating in the 2026 Preparation for Perpetual Vows Programme at Chemchemi Ya Uzima College. The six-week programme, which began with the arrival of participants on 13th May 2026, brought together candidates from various congregations and countries in a rich formation experience designed to deepen their understanding of consecrated life and strengthen their readiness for perpetual profession. Following an orientation session on 14th May, classes commenced on 15th May, marking the beginning of an intensive journey of learning, prayer, reflection, and community building.

The programme adopted a blended learning approach, bringing together 45 onsite participants - comprising 31 boarders and 14 commuters - and 38 online participants, for 83 participants. This model reflected the Church's growing emphasis on inclusivity and participation, ensuring that those unable to be physically present could still benefit fully from

the formation experience. In many ways, the programme embodied the Synodal vision of "journeying together," where diverse voices, experiences, cultures, and congregational charisms enriched the learning process and fostered a deeper appreciation of the universal nature of consecrated life. Throughout the six weeks, participants engaged in a holistic programme that addressed the spiritual, theological, pastoral, psychological, and human dimensions of religious formation. Through lectures, discussions, prayer experiences, personal reflection, and shared dialogue, they were invited to deepen their relationship with God, strengthen their commitment to the evangelical counsels, and reflect critically on their mission in today's rapidly changing world. The interaction between onsite and online participants created a vibrant learning community characterized by mutual respect, active listening, and collaborative growth. Beyond academic engagement, the programme nurtured a spirit of fraternity and communion among participants. The opportunity to

share experiences across congregational and cultural boundaries fostered meaningful relationships and encouraged participants to recognize the richness that diversity brings to the mission of the Church. This experience of walking together in formation echoed the Church's call to become a more listening, participatory, and missionary community.



Group Dynamic Activity during Orientation

As the programme moves towards its conclusion, participants continue to demonstrate growth in spiritual maturity, self-awareness, and vocational commitment. The journey has not only prepared them for the sacred step of perpetual profession but has also renewed their sense of purpose and hope for the future. Chemchemi Ya Uzima College remains grateful to all facilitators, congregational leaders, and participants whose dedication has contributed to the success of this transformative programme. The Preparation for Perpetual Vows Programme continues to stand as a powerful witness to the value of intentional formation, reminding us that lifelong commitment is best nurtured within a community that learns, prays, discerns, and journeys together.

By Sr. Catherine Mutuku OSB

Institute Of Catechetics And Pastoral Ministry (ICAPAMI) CATECHISTS WORKSHOP

TOPIC: THE FOURFOLD PRESENCE OF JESUS IN THE LITURGY

What started as an idea turned out to be a successful catechists' workshop. The aim was to bring catechists on board to assist in marketing Chemchemi ya Uzima College. About forty catechists attended the workshop online from different parishes. They were taught about the fourfold presence of Jesus in Liturgy by Rev. Dr. Assenga, a visiting lecturer at Chemchemi ya Uzima College. They said they benefited

from his presentation and requested to have a monthly workshop. They have gone to the extent of suggesting the topics to be taught. ICAPAMI staff encouraged them to pursue Catechetics and Pastoral Ministry course to be more effective in their ministry.

Below are some of main points of the seminar:

Through baptism, Christians share in Christ's priesthood and participate in worship as God's chosen people (1 Peter 2:9). In the liturgy, Jesus is present in four distinct ways:

1. Jesus Present in the Assembly

The assembly is the community of believers gathered by the Holy Spirit. As the Spirit unites all people into one Body of Christ (1 Corinthians 12:13), Jesus is present among the faithful through His Spirit. This fulfills His promise: “Where two or three are gathered in my name, I am there among them” (Matthew 18:20).

2. Jesus Present in the Minister

The ordained minister, especially the main celebrant, presides over the liturgy and acts in persona Christi (“in the person of Christ”). Through the authority received in ordination (potestas sacra), he represents Christ and leads the assembly in worship. While he remains a member of the congregation, he serves as Christ’s visible representative during the liturgy.

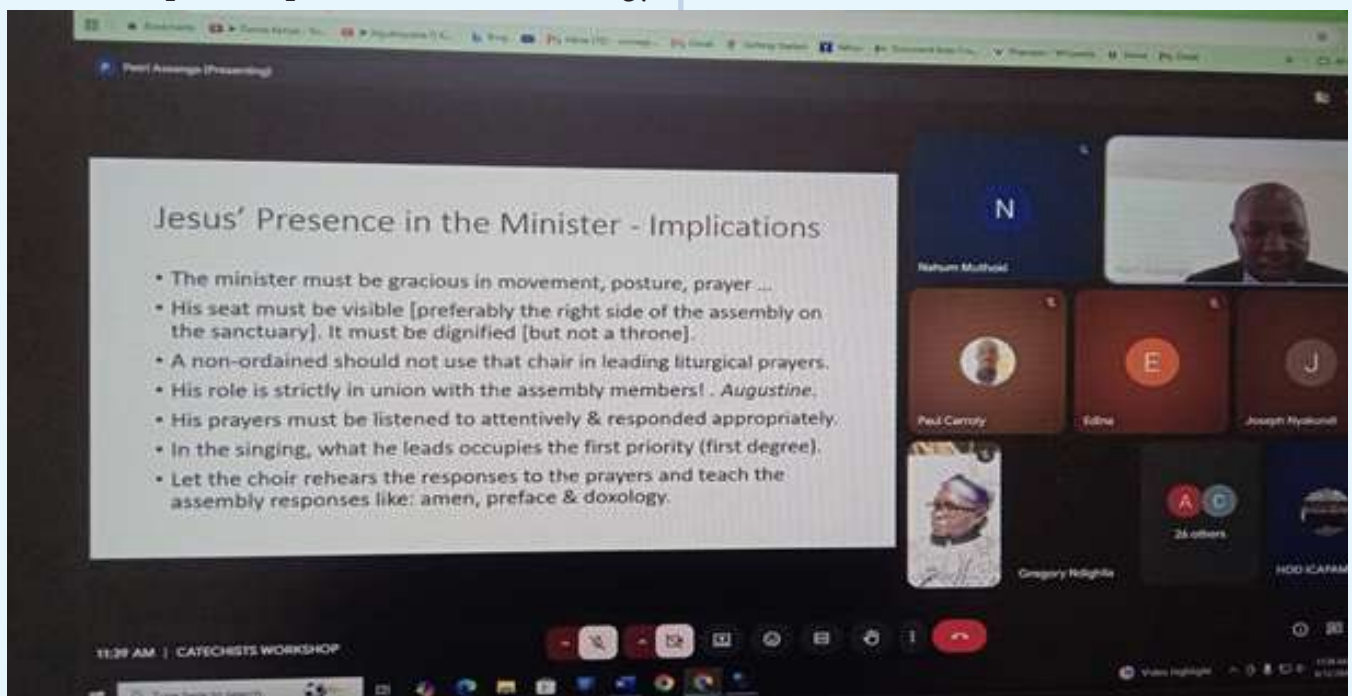
3. Jesus Present in His Word

When Scripture is proclaimed in the liturgy,

Christ Himself speaks to His people. Just as the disciples on the road to Emmaus were moved when Jesus explained the Scriptures (Luke 24:32), believers encounter the living Lord through the readings and homily. God’s Word is powerful, effective, and brings faith to those who listen (Isaiah 55:10–11).

4. Jesus Present in the Eucharist

The Eucharist is Christ’s unique and highest form of presence in the liturgy. Unlike His presence in the assembly, minister, or Word, the Eucharist is Jesus Himself—His Body, Blood, Soul, and Divinity. Based on Christ’s words at the Last Supper (“This is my body... this is my blood”), the Church teaches that His presence is true, real, and substantial, not merely symbolic. The Eucharist is the central goal of the Mass and the source of salvation for believers.



Participants during the seminar online

By Sr. Margaret Gichinga, SMI

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.



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

CONRAD N.



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