



AUGUST 2026

NEWSLETTER

The Association of Sisterhoods of Kenya

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SEPTEMBER 2026 FEASTS

- **September 8**: The Nativity of the Blessed Virgin Mary (Feast)
- **September 14**: The Exaltation of the Holy Cross (Feast)
- **September 21**: Saint Matthew, Apostle and Evangelist (Feast)
- **September 29**: Saints Michael, Gabriel, and Raphael, Archangels (Feast)

Memorials

- **September 3**: Saint Gregory the Great, Pope and Doctor
- **September 15**: Our Lady of Sorrows
- **September 16**: Saints Cornelius, Pope, and Cyprian, Bishop, Martyrs
- **September 23**: Saint Pio of Pietrelcina (Padre Pio)
- **September 30**: Saint Jerome, Priest and Doctor of the Church

Pope Leo XIV September Prayer Intention



For the Care of Water:

Pope Leo XIV prayer intention for the month of September, focuses on care of water. The Pope is inviting us to pray for a just and sustainable management of water, a vital resource, so that everyone may have equal access to it.

The month is traditionally dedicated to Our Lady of Sorrows. Thus, the focus centers on the deep compassion and pain Mary felt during the life and passion of Jesus Christ.



AFRICAN CONFERENCE: AOSK Leadership Lauds Landmark Sisters Led Legal Gathering

G racing the inaugural conference dubbed African Conference in Nairobi, the leadership of the Association of Sisterhoods of Kenya lauded the Catholic Sisters in Legal Profession (CASILEP) for the synergy in constitution the African Conference.

The conference brought together Catholic sisters, priests, Church leaders, canon and civil lawyers, safeguarding professionals and partners from across Africa under the theme: Prophetic Witness of Catholic Sisters in Canon and Civil Law Matters.

The presence at the conference reflected the growing need for women religious to be equipped not only spiritually and pastorally, but also professionally, as they respond to the increasingly complex realities affecting religious congregations and Church institutions.

A Call for Legal Competence and Prophetic Witness

Officially opening the conference, Sr. Prof. Jacinta Adhiambo, MCESM, Chairperson of AOSK, reminded participants that Catholic sisters working in canon and civil law occupy an important space in the life of the Church.

She pointed to the many challenges that religious institutes face today, including safeguarding, governance, Church property administration, labour relations, constitutional compliance, child protection, environmental justice, digital ethics, human rights and conflict resolution. These realities, she noted, require religious



AOSK Chairperson, Sr. Prof. Jacinta Adhiambo, MCESM, addressing delegates at the African Conference

women who combine spiritual wisdom with sound legal knowledge.

For Sr. Prof. Jacinta, legal expertise should not be viewed as separate from the mission of religious life. Rather, it should support the Church in protecting human dignity, strengthening accountability and ensuring that institutions remain faithful to



Delegates at the African Conference

their mission.

Her message echoed the wider purpose of the conference: to bring Catholic sisters

in the legal profession together, create opportunities for learning and build professional networks that can support religious congregations across Africa.

Executive Secretary's Message at the Close

As the conference came to an end, Sr. Pasilisa Namikoye, LSOSF, AOSK Executive Secretary, reflected on the significance of the conversations and relationships built during the two-day gathering.

She expressed gratitude to God, the organisers, keynote speakers, panelists, partners and participants who had contributed to making the inaugural conference possible. She also acknowledged the support of the Conrad N. Hilton Foundation and the various Church institutions and professionals who joined the gathering.

Sr. Pasilisa noted that the discussions had demonstrated how canon and civil law can serve as practical instruments for protecting human dignity, promoting justice, strengthening governance and supporting the mission of the Church.

Her closing message challenged participants to carry the lessons of the conference back to their countries, congregations and institutions. The real value of the gathering, she noted, would be seen in how participants applied the knowledge gained and strengthened collaboration in their different areas of service.

She encouraged Catholic sisters and legal professionals to continue working together in safeguarding vulnerable persons, promoting accountability and ensuring that

Church institutions operate with integrity and responsibility.

AOSK and the Future of Legal Ministry

The July 30 to 31 conference created a meeting point for sisters who often work in different countries, congregations and institutions to share experiences and learn



AOSK Executive Secretary Sr. Pasilisa Namikoye, LSOSF, PhD making a closing address at the Conference

from one another.

The AOSK leadership emphasized the importance of leadership formation, good governance, safeguarding and professional development among its member congregations.

The conference marked an important step towards building a stronger network of Catholic sisters trained in canon and civil law across Africa. Through continued learning, collaboration and the sharing of professional expertise, the network has the potential to support religious congregations as they navigate both canonical and civil responsibilities.

By Mr Arnold Neliba

PAX CHRISTI INTERNATIONAL

Pax Christi International and Active Nonviolence

Pax Christi International in collaboration with the Association of Sisterhood in Kenya (AOSK) work together in the implementation of the project 'Empowering Religious Sisters on active non-violence and peacebuilding.' The project coordinator held an evaluation meeting in Kampala where sisters implementing the project from Kenya, Uganda, Congo and South Sudan attended. The forum was a great opportunity to maximize learning from projects and facilitate the effective communication of project benefits and successes. Pax Christi project is aimed at promoting harmony and peaceful co-existence between persons of the different ethnic and racial communities of Kenya. Pax Christi International and AOSK recognize a common vision, based on the Gospel of Christ, for addressing the underlying causes of injustice, violent conflicts, and all forms of suffering that undermine the dignity of people.

The main aim of the project is to improve and support capacity of Religious Sisters through training on active non-violence, trauma healing. To train Sisters and Youth on active nonviolence, peacebuilding, non-violent communication and trauma healing providing them with the tools and skills necessary to become trainers themselves in their own local communities reaching out to youth and members of religious communities, empowering them to be artisans of peace and accompany victims of violence. The sisters and the young people trained on active nonviolence and imbued with positive values will become agents of change in their communities and significantly contribute to the restoration of a culture of peace, reconciliation and tolerance, and to



Delegation of Sisters implementing Pax Christi Project Members from AOSK

the improvement of the living conditions of the whole communities.

Active nonviolence is a way of life, a positive and powerful force for social change, and a means of building a global community committed to the well-being of all. It is a virtue that recognizes the truth of our equal dignity and ultimate unity. It is a process for ending violence without violence or lethal force; for transforming conflict; and for protecting the vulnerable. Active nonviolence is a stand for justice and a method for helping to create it. It pursues this goal, not with passivity or violence, but with creative engagement and determined resistance. Mobilizing courageous and creative people-power, nonviolence does not escape conflict but actively and powerfully engages and transforms it. People throughout the world have used active nonviolence to end injustice and foster reconciliation, to resist war and build peace, to safeguard the infinite worth of the human person, and to care for creation.

By Sr. Hedwig Muse, LSMIG

SCORE-ECD

Early Childhood Development Curriculum Training for Community Health Promoters (CHPs) and Care Group Volunteers (CGVs)

Over August, the project carried out a three-day ECD training for Community Health Promoters (CHPs) and Care Group Volunteers (CGVs) in Meru, Siaya and Kilifi, to introduce them to the use of the three ECD manuals and to strengthen their knowledge and skills in promoting holistic child development at household and community levels. The training was facilitated by the Sisters Master Trainers (SMTs) supported by AOSK and CRS staff. The training aimed at equipping participants with practical knowledge on supporting caregivers and young children during the sessions.

The training brought together CHPs and CGVs who are key community actors in reaching caregivers and young children within their respective communities. The training was also attended by Community Health Assistants (CHAs) and the focal nurse, who provided technical support and contributed to the discussions and clarification of health-related issues throughout the three days. The participation

of the health team enhanced the integration of ECD with existing community health services. The County ECD Coordinator was also present and provided technical guidance and support, emphasizing the importance of collaboration between community health structures and ECD stakeholders in promoting the wellbeing and development of young children.

The training focused on the importance of ECD and the critical role of the first three years in shaping a child's physical, cognitive, social, emotional, and language development, as the manuals are designed. Participants were introduced to the importance of nurturing care and responsive caregiving, with emphasis on the role caregivers play in creating a safe, loving, and stimulating environment for children. The sessions also highlighted the importance of talking, singing, playing, reading, and responding positively to children as simple practices that can significantly contribute to their development.

Other areas covered included child health and nutrition, early learning, child protection, disability



Demonstration on breastfeeding position being done by the participants and instructed by Sister Irene in Siaya. Photo by Sr. Rose, SMT

inclusion, and the identification of children who may require additional support. Participants were guided on the importance of recognizing developmental concerns early and linking children and families to appropriate services. The role of CHPs and CGVs in community mobilization, caregiver sensitization, follow-up, and referral was also emphasized.

The involvement of the CHAs and focal nurse provided an important opportunity to strengthen the connection between ECD and health services. Their contribution helped participants understand how health-related concerns can affect children's development and the importance of timely referral and follow-up. The presence of the County ECD Coordinator further strengthened the training by providing technical guidance and reinforcing the importance of coordinated efforts in advancing ECD interventions at the community level.



Sr Annita LSTCJ facilitating a session in Meru

Overall, the three-day ECD training was successfully conducted and provided an important platform for strengthening the capacity of CHPs and CGVs. The participation of the CHAs, focal nurse, and County ECD Coordinator enriched the training and strengthened collaboration among community health, ECD, and county structures. The knowledge and skills gained are expected to enable participants to better support caregivers, promote nurturing care and early learning, identify children requiring additional support, and strengthen referrals and linkages to relevant services. Continued mentorship and coordination will be important in ensuring that the knowledge acquired during the training is effectively translated into practice at household and community levels.



Sr Magdalene, SSJ facilitating a session in Kilifi

By Mrs. Christine Nguna

Psychosocial support for Our Young People is Key



Youths from St. Francis Technical Training Kasarani during their Psychosocial support forum

Today, young people are growing up in a rapidly changing world faced with psychological pressure. While modern technology, education, and globalization have created many opportunities, they have also introduced serious challenges. With many experiencing stress, anxiety and severe trauma that can have long-term negative consequences.

Sensitizing young people on self-awareness, healthy relationships, substance abuse, and human trafficking is important in helping them make informed decisions and protect themselves from harmful situations.

During the month of August AOSK-SLYI in partnership with 47 sisters led technical and vocational institutions organized psychosocial support forums on self-awareness, drugs and substance abuse, human tracking, relationships among others.

The sensitization forums aimed at equipping young people with knowledge and skills to make informed choices, protect themselves from exploitation and harmful behaviors, and develop healthy relationships for personal growth, safety, mental and social well-being. Additionally seek help and support when facing difficult situations. AOSK remains committed in empowering young people with skill development, mental well-being, employment opportunities to help them build a more secure and productive future.

With many experiencing stress, anxiety and severe trauma that can have long-term negative consequences.

By Mrs. Caroline Wamiti

CCCK Undertakes Business Verification in Strengthening Families



An exercise during Training of the 19 families in March 2026 at Subiaca, Karen

In the month of August, the Catholic Care for Children in Kenya (CCCK) programme carried out business verification visits for 19 families supported to strengthen their livelihoods and build sustainable household enterprises.

The families were supported through training and business start-up assistance to help them establish enterprises that can generate income and meet the needs of their households.

This support is an important part of CCCK's family strengthening and gatekeeping approach to care reform. By helping families become more economically resilient, the programme seeks to address some of the pressures that can lead to primary or secondary separation of children from their families.

Through the business verification visits, CCCK focused on checking progress, understanding the challenges families are facing, and identifying areas where additional support may be needed to help the enterprises become sustainable.

Ultimately, the goal is simple but significant: stronger households, supported parents and caregivers, and children growing up safely within their families and communities.



Fredrick (middle), was supported by CCCK to start up a business to support his son, who was reintegrated back to the family

Fred Owino is the father to Angelo David who was rescued at 5 months old after being abandoned. He was rescued and placed at St Josephine Bakita Babies Home severely sick.

Efforts saw successful tracing of the father who previously had worked in Kisoko.

Fred was among those selected for empowerment to ensure the child is supported at home. He plans to expand the business by introducing a fridge and MPESA, a money transfer system, to meet the needs of the people he serves.

Fred has been living with his 4-year-old son for a year after reintegration.

In Homabay, Maurine Achieng' put up a cereals shop to support her family. Her first born child, Whitney Charlotte is living with server disability. She is 21 years old.

Whitney reintegrated into her family in 2024 alongside all the other children who were living at the Divine Mercy Children Home in Homabay.

Life took a dramatic turn after she lost her job. That affected her livelihood and risked the life of the child. Despite the outreach support from the home, Maurine required to be stable.



Joseph Wichenje, AOSK-CCCK Case Manager, flanked by Sr. Martina Mutambi of Divine Mercy Children Home carrying out business verification. Leslau Royales Cereals Shop in Homabay was put up by Maurine Aching'

She was identified and supported to begin her cereal business within Homabay town.

Within the one month of operation, she says the business is promising and she plans to grow her business.

Divine Mercy Children Home has reintegrated all the children who were living in the CCI.



Monica Aketch (middle) is the grandmother to the the twins.

Monica Aketch is the grandmother to the the twins pictured. The daughter died from maternal complications. Although she committed to taking care of the two, her condition was abit limiting as she could stay in and out of the hospital. Macalder Mines Baby Home was requested to intervene.

Although the 4 year old boy and girl



The house under construction that has since stalled.

have been reintegrated back to the family, prevailing factors risked progress, hence need to strengthen the family.

With chicken rearing business supported by CCCK with close assistance from Sister Monica. She hopes to grow them, and improve their living standards.

Another area of focus by Sr. Dorcas is to improve their housing. Sr. Dorcas is appealing to well-wishers to help her complete the house whose construction has since stalled.



Hilda, in the red coat, is the mother to Nelly. At a difficult point in her life, Hilda struggled to provide for her life and her direct dependents. The presure was immense and eventually Nelly was taken into a CCI.

Hilda is among the 19 families supported by CCCK. She began an eatery joint in the outskirts of Eldoret town.

She believes that going into the future, the joint will support her family.

By Mr. Arnold Neliba

AOSK-JPIC
SEASON OF CREATION

1 September – 4 October 2026 : “Living Water”



The Season of Creation is a monthlong prayerful observance that starts on 1st September and ends on the 4th of October on the feast of St Francis. It calls the planet's 2.2 billion Christians to pray and care for God's creation. It's a time to reflect on our relationship with the environment — to examine honestly our lifestyle and the decisions we make that endanger both humans and creatures. This Season of Creation summons us to conversion to change our hearts, our habits and our choices for the sake of every creature. In 2015, Pope Francis wrote the encyclical *Laudato si'* - “LAUDATO SI', mi' Signore” - “Praise be to you, my Lord”. In the words of the beautiful canticle, Saint Francis of Assisi reminds us that our common home is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us. “Praise be to you, my Lord, through our Sister, Mother Earth, who sustains and governs us, and who produces various fruit with coloured flowers and herbs” *Ls no 1.*

The late Pope Francis reminds us that everything is connected and thus we need to take care of our common home. During this season the question each and every one of us must keep asking is: “ whatWhat contribution am I making to make our common home more habitable.” How safe

is the water I drink ? And what about my community? We have a moral obligation to ensure that everyone has access to clean water. Clean water is a human right. What about the air we breathe? Clean air is everyone's right yet, air pollution contributes to global warming, and air pollution leads to diseases, especially among the poor. We live in a world of both hunger and food waste. The Eucharist reminds us of the deep relationship between the earth, one another and God, as we share the bread and wine fruit of the earth.

The theme for this year is “LIVING WATER”, drawn from Ezekiel 47:9-12, God's life-giving water flowing from the temple of God. This year's symbol “Immersion in Living Water” invites us to be immersed in God's renewing grace. May this living water renew our faith and deepen our responsibility in caring for our Mother Earth. Let God's river flow, bringing life and flourishing all of God's creation. In order to achieve this, we need to move away from the consumerist, throw-away culture and embrace ecological spirituality. The earth is speaking all the time do you have time to listen.? During this one month of the Season of Creation, take time and listen to the voice of nature and take time to nurture. There is nothing little if done out of love as St. Mother Teresa of Calcutta says “We ourselves feel that what we are doing is just a drop in the ocean. But the ocean would be less because of that missing drop. I alone cannot change the world, but I can cast a stone across the waters to create many ripples”. Commit to do something during this year's Season of Creation. May the living water of God's grace flow through us in our homes, our parishes and our world.

By Sr. Bernadetta Nzioka, DSH

AOSK-GENDER AND UNITS

Land Justice, Ecological Justice and Development

Land justice, ecological justice and development are deeply interconnected because land is not merely a physical resource but a foundation upon which livelihoods, cultures, ecosystems and economies are built. How land is owned, accessed, governed and used determines who benefits from development and who bears its costs. Consequently, genuine development cannot be achieved without addressing inequalities in land ownership and ensuring that ecological systems are protected for present and future generations. Its concern is fairness in access to ownership, control and use of land. In many societies particularly Africa, historical dispossession, unequal land ownership, insecure tenure and exclusion of women, indigenous communities and vulnerable groups have created persistent inequalities. When communities lack secure rights to land, they become vulnerable to displacement by large-scale agriculture, infrastructure, mining and urban expansion. Land injustice therefore

produces poverty and social exclusion while concentrating economic benefits in the hands of a few.

Ecological justice on the other hand extends the question of fairness to the relationship between people and the natural environment. Environmental resources such as forests, rivers, wetlands, grazing areas and fertile soils support human survival and economic activity. However, development that destroys these ecosystems may generate short-term economic gains while creating long-term environmental and social costs. Pollution, deforestation, soil degradation, biodiversity loss and climate change disproportionately affect poor communities that depend directly on natural resources. Ecological justice therefore demands that environmental benefits and burdens are distributed fairly and that nature is treated as more than an unlimited commodity. The relationship becomes particularly clear when considering development. Development therefore should improve human well-being, reduce poverty and expand opportunities

without undermining the ecological foundations upon which future prosperity depends. Unsustainable land use can generate economic growth while simultaneously destroying the resources necessary for future development. Conversely, secure and equitable land rights can encourage communities to invest in sustainable



AOSK-JPIC joins other partners in discussions on land justice, ecological justice and development

agriculture, conservation and restoration because people are more likely to protect resources over which they have legitimate and secure rights.

A powerful insight is that land injustice is often an ecological injustice, and ecological injustice is frequently development injustice. When a community is displaced from its ancestral land, it may lose not only property but also cultural identity, food security, spiritual connections and environmental resources. Similarly, when forests or water sources are degraded for commercial development, the resulting costs are often transferred to communities with the least political and economic power. Therefore, justice must include future generations. Development should not be measured solely by roads, industries, buildings or economic growth. It should also be measured by whether people retain access to productive land, clean water, healthy ecosystems and

a safe climate. This reflects the principle of intergenerational justice whereby the present generation has an ethical responsibility to leave sufficient resources and ecological opportunities for those who come after it.

Ultimately, land justice, ecological justice and development should be understood as three dimensions of one development challenge. Equitable land governance promotes social inclusion, ecological protection, safeguards livelihoods, natural capital and inclusive development that transforms these foundations into sustainable human well-being. The most powerful development approach is therefore one that protects people, protects nature and distributes resources and opportunities fairly. Justice is not an obstacle to development but it is the foundation of development that is sustainable, inclusive and morally legitimate.

By Sr. Juliana Ndunge, LSOSF

AOSK-SAFEGUARDING

Walking With the Vulnerable: The Church's Response to Refugees, Migrants, Seafarers, Prisoners and Trafficked Persons

Understanding the reality

Every day, thousands of people in Kenya live on the margins of society: refugees who have fled conflict, migrants in search of a livelihood, seafarers stranded far from home, prisoners cut off from their families, and men, women and children caught in human trafficking. What binds them is vulnerability: people whose dignity is overlooked, whose rights are violated and whose voices are seldom heard. Poverty, exploitation, displacement, unsafe migration, discrimination and family separation feed one another, so the response cannot be fragmented; it must be holistic, coordinated and sustained.

How the Church and AOSK work around the subject matter

The Catholic Church in Kenya has long placed the protection of the vulnerable at the heart of its mission. The Kenya Conference of Catholic Bishops, through its Department of Refugees,



Members from various institutions at a workshop

Poverty, exploitation, displacement, unsafe migration, discrimination and family separation feed one another, so the response cannot be fragmented; it must be holistic, coordinated and sustained.

Migrants and Seafarers, coordinates this work, bringing together institutions that welcome, protect, promote and integrate migrants and refugees. The Association of Sisterhoods of Kenya, an umbrella body of consecrated women, is a key partner.



Sr. Malala Lydia from AOSK-JPIC sharing on the role of AOSK in combating Human Trafficking and smuggling of Migrants in Border areas.

Through its Justice, Peace and Integrity of Creation programme, AOSK works on the prevention of trafficking, awareness creation, human rights promotion, child protection, safeguarding and capacity building. The Church's work is educative and preventive: sensitising communities, strengthening safeguarding policies and building capacity. Religious sisters are often the first to encounter victims and to walk with them through protection, referral, rehabilitation and reintegration. No single institution can do it alone; the Church's strength lies in its networks, reaching communities that government structures often cannot.

The challenges around this work

Despite this commitment, the work is fraught with obstacles. Inadequate documentation leaves many refugees and migrants unable to access healthcare, education, employment or housing, and afraid to report abuse. Limited resources constrain outreach and case follow-up. Bureaucracy within government and Church structures

delays urgent interventions. Capacity gaps demand continuous training in safeguarding, trafficking and case management. Weak coordination, inadequate referral mechanisms, poor data management and limited awareness of other services hinders timely and dignified service.

A shared responsibility: what the government and the Church must do

Protecting the vulnerable is a shared responsibility, not the Church's burden alone nor the government's alone. The government must establish humane systems for documentation and registration, enforce legal frameworks against trafficking and exploitation, streamline administrative processes so urgent cases are not delayed, and provide protection services, funding and coordination. The Church must strengthen coordination and networking, develop a directory of services for safe referrals, invest in capacity building, use its prophetic voice for joint advocacy, and pool resources through collaborative programmes.

Together they must establish clear referral pathways that uphold confidentiality and dignity, and address the root causes of poverty, conflict, climate change and unsafe migration, recognising that every vulnerable person is made in the image of God, deserving of welcome, protection and integration.

Conclusion

The Church, through the Kenya Conference of Catholic Bishops and the Association of Sisterhoods of Kenya, can reach where others cannot and will not abandon the vulnerable. But lasting change requires partnership. When government and Church work together, sharing expertise, strengthening coordination, building capacity and advocating jointly, they can transform the lives of the marginalised and uphold the dignity, justice and well-being of all.

By Sr. Malala Lydia, SMK

AOSK CHEMCHEMI YA UZIMA COLLEGE

48TH ST. ANSELM'S SABBATICAL PROGRAM AUGUST 2026 *Rejuvenate, Relax, Rest, and Rediscover your Rhythm.*

MOTTO: "COME AS YOU ARE" GO BACK TRANSFORMED

The sabbatical participants are received as they come without considering any academic credentials, race, colour culture, nationality, gender etc. The participants reported on 3rd. Aug. 2026. Currently, we have 46 participants from thirteen African countries namely: Ghana, Kenya, Nigeria, Zimbabwe, Uganda, South Africa, Rwanda, Eritrea, Malawi, Zambia, Namibia, Cameroon and Tanzania.

The group comprises of one religious brother, five priests (1 Diocesan and 4 religious priests) and 40 Religious sisters. We had a two- day colourful orientation which brought our participants to the mood of beginning a new life, new chapter and breaking the ice in them. We are especially thrilled to welcome a growing community this semester with our numbers increasing from thirty-nine to forty-six. There is beauty in the compound, as the environment is friendly, welcoming and the overall mood is one of pure happiness and eagerness of what next. We started with group dynamics during orientation.



Participants of the 48th St. Anselm's Sabbatical Program

The group is enthusiastic to learn, pray, rest, eat well, reconnect with God



Group photo of the 48th participants of the Sabbatical Program- August 2026 intake

strengthen their faith and heal physically, renew themselves both physically, spiritually and emotionally, be rejuvenated, take inner journey and build relationship with self, others and God. "Sabbatical is pausing life, to analyze and to see the way forward: Not an escape from the mission, a time to return to the source to refill. This is the official permission slip to slow down, breathe deeply and let go of the residual stress from routine back home. The renewal does not happen overnight, which is why having August till December is such a rare and beautiful gift.

The group has settled well. They are active, co-operative and committed. The one- to-one and growth groups sessions will begin on 25th. August, 2026. We wish them well as they settle down for their process, inner journey and read their own book. The participants thanked Chemchemi staff for the warm welcome and that made them feel at home. This has set the tone of the incredible journey a head. They have had three workshops on: Journalling, Trauma healing and Human development. These religious men and women have expressed their joy of being in Chemchemi ya Uzima college and their willingness to find renewal in their lives, this is encouraging. This is

due to the participants marketing sabbatical in their various congregations, the success stories of our former sabbatical participants and advertisement through AOSK social platform.

On 21st August 2026, was the day for opening mass for the Institute and the participants were officially welcomed to Chemchemi and there was a lot of joy and full of fun. After mass there was a social afternoon and entertainment which crowned the day and they were very happy.

As a department, we express our sincere gratitude to each of you AOSK staff. We especially appreciate the members of AOSK executive board for their contributions, encouragement, guidance and support.

God bless you all,

"If you do not service the car, it will be grounded. Renew, build, and heal yourself. Whom am I coming beyond titles?"

By Sr. Leocadia Kemunto, FSJ

INTEGRATIVE SPIRITUAL COUNSELLING

New Academic semester 2026/2027

We give glory to God for the many Graces He has bestowed upon us. The semester started successfully on the seventeenth August twenty six. By God's Grace and love, they travelled safely back to the College. The lectures have kicked off and everything is still under God's control. We are indebted to the leaders of our institutions who have facilitated the sisters to take up this noble course. We pray, that as we advance, God may take control of everything that we undertake during this semester.

Updates of the Program

Being a new academic year, we are glad and thank God for the new students we have received. Our first-year enrolment has slightly stepped up compared to the previous. We have ten students taking diploma and one-year certificate. We have hired the experienced and competent lectures from our mother universities of the Catholic University of Eastern Africa, abbreviated as (CUEA) and from Tangaza University (TU). Our Lectures are very dedicated and up to the task. They are punctual and at the students need.

Finalist Students.

We are glad to share the joy of our students who completed their Diploma Course in May and their results moderated and cleared for graduation. We thank our six students whose resilience and hard work has been upheld. Their dedication, hard work and resilience has been rewarded by their good results. We thank the superiors of various congregations from where those sisters come from for their tireless support that has brought our finalists these far.

The journey is never easy. There are always ups and downs, but we give thanks and praise to our faithful God who allows everything to happen at the right time. Our eyes are now turned to our first and second years 2026/2027 academic year. They are also aggressive to bit the odds of time. Second year's Long Essay write-up have started trickling in a sign that they are also moving towards the end of their course.

The New and friendly psychospiritual Counselling Program

All the professional who would like to acquire



***The Group of Finalist Academic Year 2024/2026
Soon Graduating at Tangaza University in
November***

skills for counselling are now taken care of. We have evening classes that will run three in a week. Lectures will be on Mondays, Wednesdays and Fridays from 5:00-7:00 pm. Three-unit courses will be taken at a time. With this, you are sure of getting your skill for service. The link to apply for this program is already out. For more information about it, consult the registrar Chemchemi Ya Uzima College.

Conclusion

We are hopeful that as time goes by, we shall reach the expected outcome of increasing the enrolment, by making a friendly plan to accommodate all. The marketing team have done their best to make the programs known far and wide, and the program is already simplified to suit even the working groups. From the sharing our

students who have been for holiday, it is a clear sign that we need skilled personnel to offer services to our wounded people in our world. We still raise our voices and call for more people to enroll in this noble course.

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By Sr. Sophia Wanyama, LSMIG

FORMATION

AUGUST 2026 INTAKE:

Beginning A New Journey of Formation

The month of August 2026 marked the beginning of a new and exciting journey at Chemchemi ya Uzima College with the arrival of the August 2026 Formation of Formators Intake. The new semester officially began on 3rd August, welcoming a vibrant group of 38 participants - 22 Sisters, 9 Priests, and 7 Brothers, who have come together with a shared desire to deepen their understanding and commitment to the ministry of formation.

The first days were intentionally designed to create a welcoming and relaxed environment for the new participants. On 4th August, they were given time to settle into the college, familiarise themselves with their surroundings, and rest after their journeys. This simple beginning provided an opportunity to ease into the new environment and prepare for the formation experience ahead.

On 5th August, the new Formation of Formators participants joined the Sabbatical Department and its new arrivals for a common orientation. This gathering created a wonderful atmosphere of welcome and encounter, enabling the participants to meet others undertaking different programmes at the College. It also provided an opportunity to become acquainted with the vision, values, facilities, expectations, and community spirit of Chemchemi ya Uzima College.

The following two days, 6th and 7th August, were dedicated specifically to the

Formation of Formators participants. These days focused on helping them integrate, bond with one another, and become familiar with the Formation of Formators Programme. Through interaction, reflection, sharing, and community-building activities, the participants began to move from being simply a group of individuals into a community journeying together. They shared their expectations, experiences, and hopes, while discovering the richness that comes from learning with others from diverse backgrounds and ministries.

The orientation also helped the participants appreciate that formation is much more than academic learning. The Formation of Formators Programme seeks to foster human, spiritual, intellectual, relational, and pastoral growth, equipping participants to accompany others with wisdom, compassion, maturity, and responsibility.

As the August 2026 cohort begins this important journey, there is a palpable sense of enthusiasm, openness, and hope. Their first days have already laid a strong foundation for community, learning, and transformation. Chemchemi ya Uzima College warmly welcomes the new cohort and accompanies them with prayer and encouragement as they begin this significant chapter in their lives and ministries.

May their journey of formation be a time of grace, discovery, growth, and renewed commitment to the ministry of forming others.

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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.



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

CONRAD N.



FOUNDATION



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