



SEPTEMBER 2026

NEWSLETTER

The Association of Sisterhoods of Kenya

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OCTOBER 2026 FEASTS

- **October 18**: Saint Luke the Evangelist
- **October 28**: Saints Simon and Jude, Apostles

MEMORIALS

- **October 1**: Saint Thérèse of the Child Jesus
- **October 2**: Holy Guardian Angels
- **October 4**: Saint Francis of Assisi
- **October 7**: Our Lady of the Holy Rosary
- **October 15**: Saint Teresa of Ávila
- **October 16**: Saint Hedwig / Saint Margaret Mary Alacoque (Optional)
- **October 17**: Saint Ignatius of Antioch

Pope Leo XIV October Prayer Intention



For Mental Health Ministry

Pope Leo XIV prayer intention for the month of September, "let us pray that the mental health ministry be established throughout the Church, helping to overcome the stigma and discrimination of persons with mental illnesses."



The month of October is dedicated to the Holy Rosary. The Memorial of Our Lady of the Rosary is celebrated on October 7. October falls during the liturgical season known as Ordinary Time, which is represented by the liturgical color green.



AOSK, Stakeholders and Partners Mark 25 Years of Chemichemi Ya Uzima

The AOSK Board, Superiors and representatives of member congregations, partners and stakeholders joined Chemichemi Ya Uzima College community to celebrate 25 years of the institution, founded in September 2001 as Chemichemi Ya Uzima Institute.

Held under the theme “*25 Years of Pilgrimage in Hope*,” the Saturday, September 26 Silver Jubilee celebrations brought together those who have been part of Chemichemi’s story as students, formators, staff, alumni, partners, benefactors and friends of the institution.

The celebrations were led by AOSK Chairperson Sr. Prof. Jacinta Adhiambo, MCESM, and AOSK Executive Secretary Sr. Pasilisa Namikoye, LSOSF, and were graced by Bishop Hieronymus Joya of the Catholic Diocese of Maralal, who also serves as Chairperson of the Commission for Clergy and Religious at the Kenya Conference of Catholic Bishops (KCCB).

“The Greatest Evidence of Hope is: We Kept Walking”

Reflecting on Chemichemi’s 25-year journey, Sr. Prof. Jacinta described an

institution shaped by faith, perseverance, transformation and trust in God’s providence.

She traced the dream behind Chemichemi to 1972, noting how an idea gradually grew into what she described as a “Fountain of Life,” serving thousands through programmes in sabbatical formation, spiritual renewal, counselling, spiritual direction, vocation promotion, chapter facilitation and leadership formation.

“The greatest evidence of hope is: We kept walking.”

The AOSK Chairperson recognised the contribution of more than 190 congregations of women religious, founders, formators, staff, development partners, donors, benefactors, collaborators and alumni who have sustained the institution over the years.

Drawing from the disciples’ journey to Emmaus, she reminded the Chemichemi community that Christ accompanies His people even through uncertainty.

“Christ does not always remove us from the road. Sometimes He meets us on the road. He walks with us through uncertainty.”

As Chemichemi enters another chapter, she challenged the College to remain

attentive to the changing needs of the Church and society, developing programmes that respond to emerging realities while forming people with resilience, integrity and a spirit of service.

She also called for greater collaboration and shared discernment in leadership saying, “Leadership in religious life must increasingly move from control to collaboration, from isolation to communion, and from decision-making alone to shared discernment.”

She urged Chemichemi to live up to the meaning of its name by remaining a source of renewal for every generation.

“A wellspring does not run dry. It adapts to seasons, it flows into new channels, it quenches the thirst of every generation.”

Formation Must Lead to Service

In his homily, Bishop Joya recognised the congregations, trustees, partners and well-wishers who have supported the institution spiritually and materially. He also paid tribute to the sisters whose dedication and sacrifice helped build Chemichemi, including those who have since died.

Drawing from his experience of meeting sisters who have passed through the institution and gone on to serve in different dioceses and communities, Bishop Joya praised Chemichemi’s contribution to the formation of people for service to the Church and society.

“This is a quarter century of changing lives in new communities and raising up mission disciples who act as the salt of the earth and the light of the world.”

He challenged the College to think beyond what it has already achieved and broaden its programmes to respond to emerging needs.

“This institution, dear brothers and sisters, prepares you to be people who can do charity and bring justice to society.”

Bishop Joya also welcomed the construction of the Sabbatical Centre at Matasia, Ngong, as part of Chemichemi’s



AOSK Chairperson, Sr. Prof. Jacinta Adhiambo, MCEM, addressing congregants during the Silver Jubilee Celebrations



Bishop Hieronymus Joya delivering his homily. He doubled as the Guest of Honor at the Silver Jubilee Celebrations

continued development which will address a very important need in the church.

Building on 25 Years of Growth

For Chemichemi Ya Uzima College Director, Sr. Luciana Wanyahoro, VDM, the Jubilee was first a moment of thanksgiving for God’s faithfulness and guidance from September 2001 to September 2026.

She highlighted the College’s growth in programmes, students, staff, infrastructure, governance and partnerships, while pointing to the thousands of alumni as one of its most



AOSK Leadership led by Chairperson Sr. Prof. Jacinta Adhiambo, MCESM, Executive Secretary Sr. Pasilisa Namikoye, LSOSF and flanked by Bishop Hieronymus Joya, Stakeholders and partners display a dummy of Chemichemi Ya Uzima College Strategic Plan 2027-2031 after launch

significant achievements.

“One of the greatest achievements of this journey is the thousands of alumni who have passed through the College.”

These alumni have taken the knowledge, skills, formation and values gained at Chemichemi to different parts of Kenya and beyond. Besides, Sr. Luciana points to the introduction for TVET programs in 2025 as an opportunity for young people and lay people to access relevant education and skills.

“Our achievements are therefore not the work of one person or one generation. They are the result of people and institutions working together towards a shared mission.”

Turning the New Plan into Action

The Silver Jubilee also marked the launch of the Chemichemi Ya Uzima College Strategic Plan 2027–2031, providing the institution with a framework for its next five years.

Presenting the direction of the plan, AOSK Executive Secretary Sr. Pasilisa Namikoye, LSOSF, said it comes at a time when the needs of the Church, religious life and society are changing and require institutions such as Chemichemi to keep learning and responding.

The plan focuses on strengthening the quality and relevance of programmes, institutional systems, partnerships, research, innovation and sustainability. It also provides a framework for strengthening Chemichemi as an institution capable of responding to the changing needs of those it serves.

Sr. Pasilisa emphasised that the plan should not remain a document but should guide the everyday work of the College.

“A strategic plan becomes meaningful only when it is translated into daily decisions, responsible actions and measurable results.”

She called on the wider Chemichemi community including the leadership, staff, learners, member congregations, Church institutions, partners and friends of the College to take ownership of the plan and contribute to its implementation.

For Sr. Pasilisa, the work ahead remains centred on people and their formation, “Our work is ultimately about people.”

The plan therefore places Chemichemi’s next five years within the wider responsibility of forming people who are intellectually, spiritually and professionally prepared for service.

By Mr. Arnold Neliba

SCORE-ECD

Training on the Inclusive Early Childhood Education Assessment Tool in Meru

During September 2026, the SCORE ECD Project conducted a two-day training on the Inclusive Early Childhood Education (iECE) Assessment Tool in Meru, Machaka village in Kibirichia. The training was conducted by the AOSK SCORE ECD program team in collaboration with the Catholic Relief Services followed by a two-day assessment exercise. The training took place on 15th and 16th September 2026, while the assessment was conducted on 17th and 18th September 2026.

The training brought together master trainers and sisters from the Congregation of Little Sisters of St. Therese of the Child Jesus who run and support several Early Childhood Development (ECD) schools. The sessions were also attended by Mr. Joseph Kinyua, Director of ECD, Meru County, and Madam Lucy Riungu, Quality Assurance, Meru County. Their participation strengthened collaboration between the SCORE ECD Project, county education leadership, and ECD service providers, with a shared commitment to improving programme outcomes for young children.

The Inclusive iECE Assessment Tool was developed to assess and strengthen the quality and inclusiveness of iECE centres serving children aged 3–5 years, including children with disabilities. The training aimed to ensure that participants understood the purpose of the assessment and were equipped to apply the tool consistently and ethically.

Key objectives of the training were to enable participants to:

- Understand why the assessment is conducted and how the findings are used to improve iECE programmes.
- Navigate and understand the overall structure of the assessment tool and its four components (Parts I–IV).
- Gain clarity on the roles and responsibilities of different stakeholders during implementation.
- Understand how disability inclusion and ethical considerations are integrated into the assessment tool and approach.
- Build the knowledge and skills required to conduct quality and inclusive assessments.



CRS MEAL Officer Explaining parts of the tool to the participants

The assessment tool focuses on seven indicators and one observation question, covering three core areas of inclusive early childhood education. These include Inclusive Home-to-Preschool Transition, which uses survey questions to examine how children and families are supported as they transition into preschool; Inclusive Play-Based Teaching and Learning, which focuses on practices that promote participation and learning for all children; and Inclusive Quality Learning Environment, which uses observation to assess the extent to which the learning environment is safe, accessible, supportive, and inclusive.

Following the training, the team conducted assessments in six schools, reaching 13 teachers. The assessment exercise provided an opportunity for participants to apply the knowledge and skills gained during the training while gathering information

on the quality and inclusiveness of iECE provision.

The training and assessment mark an important step towards strengthening inclusive ECD programming in Meru County. The findings will provide valuable information to support programme improvement, strengthen teaching and learning practices, and promote environments where every child, including children with disabilities, can participate, learn, and thrive.

Through continued collaboration among the SCORE ECD Project, county education authorities, teachers, and the Little Sisters of the Child Jesus Congregation, efforts to improve the quality, accessibility, and inclusiveness of early childhood education will continue to contribute to better outcomes for young children.

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By Sr. Teresa Yator, ASE

AOSK-SLYI

Fostering Unity and Talent Among Youth

During the month of September AOSK SLYI in partnership with 47 Catholic led Technical and Vocational institutions organized joint sporting activities to foster networking and unity towards youth transformation. Physical activities and sport in general, is one of the least expensive ways to stay healthy and has been associated with enhanced concentration, attention and improved behavior.

The sporting activities not only help the youth with physical fitness but also provide productive pathways to build resilience and skills, such as leadership, communication, team building, problem-solving, and critical thinking while they socialize positively, and stay active. They also learn values of respect, tolerance and fair play; and develop social competencies, contribute to the development of soft skills and impart values such as teamwork, solidarity, and respect which are crucial to building peaceful and cohesive

societies.

Institution from the same region came together for the sporting activities giving the youth an opportunity to showcase their talents, discover their talents, and celebrate giftedness' as they all have different capabilities in different fields including football, netball, volleyball, and handball.

To make this day a success and motivate the youth the AOSK-SLYI provided each institution with sports t-shirts and those who participated in different activities received a certificate of participation.



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By Mrs. Caroline Wamiti

Transforming Child Care from the Roots: Community Sensitization Forums in Eldoret and Kisumu Champion Family-Led Care

In a powerful double-stride toward safeguarding the well-being of children and fortifying family structures, the AOSK–CCCK Program successfully executed two major sensitization forums on Positive Parenting and Child Safeguarding in September 2026. Bringing together more than 500 caregivers, local administrators, and community champions, these four-day forums hosted in Eldoret and Kisumu Aus marked a pivotal moment for both administrative units as stakeholders united around a singular vision of ensuring every child grows up in a safe, loving, and nurturing family environment.

Recognizing that lasting community transformation requires engaging grassroots duty bearers directly at the facility and community levels, the AOSK–CCCK Program deployed its strategic, community-centered approach across two key locations. In Eldoret AU, from September 18th to 19th, 2026, the forum held at the Assumption Sisters of Eldoret Morning Star Rehabilitation Center

for Boys mobilized over 250 caregivers, local leaders, and community members. The sessions focused on equipping families with practical positive nurture skills, reducing household drivers of child-family separation and street involvement, and creating a supportive community safety net for the sustainable reintegration of boys returning home from residential care. Shortly after, in Kisumu AU, from September 25th to 26th, 2026, the second two-day gathering hosted at the Nyabondo Center for the Disabled brought together regional stakeholders and caregivers to deepen local understanding of inclusive, positive parenting while emphasizing non-violent discipline and early family-level intervention to prevent unnecessary institutional placement.

Both forums convened a diverse and influential cross-section of participants, ranging from local administrative leaders—including Chiefs, Assistant Chiefs, and Nyumba Kumi members to Community Health Promoters, teachers, and religious



AOSK Safeguarding Officer, Sr Lydia Malala,SMK engaging participants

leaders. By equipping these frontline influencers with actionable positive parenting and child protection toolkits, the initiative created an immediate ripple effect, empowering participants to serve as active advocate-gatekeepers capable of identifying household distress early and guiding struggling families toward supportive, community-based interventions rather than institutional admission.

A standout element of both the Eldoret and Kisumu sensitization forums was how seamlessly participants bridged moral, spiritual, and legal frameworks to reinforce the sanctity of the home. Rooted in Catholic Social Teaching and the Option for the Poor and Vulnerable, participants affirmed that the family is the "domestic church" the foundational unit of society where human dignity and moral values are first cultivated. Parallel to these spiritual reflections, the interactive sessions grounded leaders and caregivers in Kenya's national child safeguarding frameworks, emphasizing the

legal and civic obligations every duty bearer has under Kenyan law to shield children from abuse, neglect, and unnecessary separation.

As the forums concluded at the Morning Star Rehabilitation Center and the Nyabondo Center for the Disabled, a tangible sense of resolve filled both venues. Participants did not simply leave with information they departed with a shared commitment to actively reshape family dynamics, advocate for family preservation, and lead grassroots protection efforts in their respective neighborhoods. By blending the structural guidelines of national standards with the value-driven approach of the AOSK-CCCK Program, Eldoret and Kisumu have sparked a vibrant community movement, delivering a clear message that when communities are empowered with knowledge and supported by dedicated leadership, the care ecosystem shifts decisively away from institutional dependency toward a thriving celebration of family-led care.

By Mr. Joseph Wichenje

AOSK-JPIC

A Show of Solidarity with Women Inmates in Lang'ata

The Association of Sisterhoods of Kenya (AOSK), through its Justice, Peace and Integrity of Creation (JPIC) programme, visited inmates at Lang'ata Women's Maximum Prison in a gesture of solidarity, encouragement and support. This was to mark the month of September dedicated to refugees, Migrants and seafarers.

During the visit on September 30, AOSK with the generous support of congregations, staff, partners, stakeholders and well wishers, donated various items to the inmates and shared a moment of prayer and encouragement. The engagement also provided an opportunity for the delegation to gain a deeper understanding of life inside the prison and to listen to the experiences

and concerns of the women through their representative. The prison has inmates from other countries, not only Kenyans.

Speaking on behalf of the inmates, the representative, whose name has been withheld, reflected on some of the circumstances that can lead people into conflict with the law. She identified anger and greed among the factors that can contribute to people finding themselves in prison, calling for greater public sensitisation and conversations around the two.

"People should have conversations and don't allow pressure to pile. That is the trigger and eventually the greatest contributor," she said, emphasising the importance of finding healthy ways of addressing challenges before



AOSK team arrange assorted items donated to inmates at Lang'ata Women Maximum Prison

they escalate.

She also made a passionate appeal for greater attention to young people, particularly through mentorship and preventive interventions.

“Please also talk to the young people. It is sad when young people find themselves here. You are the people with the opportunity to talk to them outside these walls,” she said.

Her message underscored the importance of crime prevention and the role that families, communities, institutions and organisations can play in addressing some of the issues that may contribute to offending behaviour.

Beyond serving their sentences, inmates have opportunities to develop skills that can contribute to their livelihoods and prepare them for life after prison. These opportunities are important in helping women build confidence, acquire practical skills and prepare for their eventual return to their families and communities.

The visit also brought attention to the role of prison chaplaincy in supporting inmates spiritually and socially. Through the

chaplaincy, catechists appealed to AOSK, stakeholders and well-wishers to strengthen programmes focusing on justice and peace, human trafficking and other areas relevant to the lives and future of inmates.

They further called for seminars and structured programmes that can equip inmates with knowledge and skills while serving their sentences and support their preparation for reintegration into society.

The appeal reflects the broader need to look beyond punishment and invest in rehabilitation, prevention and reintegration. Supporting inmates during their time in prison, while preparing them for life beyond the prison walls, can contribute to safer communities and more successful transitions back into society.

Support AOSK JPIC Charity desk to reach out to the vulnerable in the society.

PAYBILL: **880100**

ACCOUNT: **1129410918**

ACCOUNT NAME: **AOSK JPCOM**

By Mr. Arnold Neliba

EVEN JUST ONE OF THESE CHILDREN: KENYA'S REFUGEE CHILDREN AND THE CALL TO ACTION

Reflections Aligned with Pope Leo XIV's Message for the 112th World Day of Migrants and Refugees (September 27, 2026)

Kenya's Displaced Children

During the period dedicated to refugees, humanitarian discussions often focus on the large numbers of displaced people. As of February 2026, Kenya was hosting 836,466 displaced persons, including 618,080 registered refugees and 218,386 asylum seekers. Most live in refugee-hosting areas and urban centres, including Dadaab, Kakuma and Kalobeyei, as well as Nairobi and other cities. However, Pope Leo XIV's pastoral message for the 112th World Day of Migrants and Refugees calls Christians to look beyond statistics and recognise the individual human story and God-given dignity of every displaced person, including each vulnerable child.

A Vision for Integration

Kenya has developed a legal and policy framework intended to protect refugees and children. This includes the Constitution of Kenya 2010, the Refugees Act 2021 and the Children Act 2022. The government has also introduced the Shirika Plan (2025–2036), an 11-year socioeconomic integration programme intended to transform refugee camps into sustainable, self-reliant municipalities while enabling refugees and host communities to share public infrastructure and access services such as health care and education.

Humanitarian and Education Challenges

Despite this long-term vision, significant funding shortages continue to affect the humanitarian response. At the time of the article, only 52% of a \$166 million humanitarian appeal had been funded, resulting in major reductions in basic food assistance and affecting more than 150,000 young learners. Education also remains a serious concern: about half of refugee children in Kenya are reported to be out of school, while only a small proportion reach university level. Administrative challenges have also contributed to a large backlog of

pending asylum applications, while many people remain unregistered and therefore particularly vulnerable because they lack formal legal recognition or status.

Pope's Message

Pope Leo XIV's 2026 message highlights the need to ensure that migrant and refugee children are visible, protected and treated with dignity. Children should not become forgotten within administrative systems or humanitarian statistics. The message draws attention to the importance of protecting children from exploitation, facilitating family reunification so that minors are not left alone, and strengthening the welcome extended by the Church. Parishes are encouraged to receive displaced families as brothers and sisters and to promote their meaningful inclusion in Christian communities.

AOSK JPIC and Safeguarding Office

In response to the papal message and appeals concerning refugees and migrants, the AOSK Justice, Peace and Integrity of Creation (JPIC) and Safeguarding Office proposes practical measures for government, civil society organisations and international partners. These include addressing the backlog of pending asylum applications, ensuring that undocumented refugee children are registered and protected, implementing the Children Act 2022 so that refugee children can access education, strengthening safeguarding systems in refugee camps and parishes, and addressing humanitarian funding gaps so that essential assistance can be restored and the objectives of the Shirika Plan can be advanced.

Protecting even one vulnerable child is an important step towards building a safer, more inclusive and more humane future. Ensuring dignity, access to education, family unity, safeguarding and meaningful inclusion for refugee children is a shared responsibility.

By Sr. Lydia Malala, SMK

AOSK-SAFEGUARDING

Church Advances "One-Church" Safeguarding Vision

The Catholic Church in Kenya has taken a decisive step forward in strengthening its nationwide child and vulnerable adult protection structures. Convening at the Kenya Conference of Catholic Bishops (KCCB) Secretariat, key Church organizations participated in the Safeguarding One-Church Approach Forum to deepen collaboration, foster mutual learning, and coordinate protective standards across all pastoral, educational, and developmental works.

The high-level consultative meeting brought together leadership representatives from the Association of Sisterhoods of Kenya (AOSK), Caritas Kenya, the Religious Superiors Conference of Kenya (RSCK), the Pontifical Commission for the Protection of Minors (PCPM), and the host secretariat, KCCB. Central to the day's deliberations was the application of the Universal Guidelines Framework (UGF) for Safeguarding and the shared experiences of its implementation across varying ecclesial realities.

A pivotal discussion during the forum addressed the diverse mandates, organizational structures, and practical contexts of participating Catholic entities. Delegates examined whether universal guidelines could be applied uniformly across

institutions as distinct as diocesan Caritas programs, health apostolates, and religious congregations.

The PCPM Regional Safeguarding Expert clarified that the One-Church approach unites institutions around common principles, core values, and baseline standards, while granting each institution the flexibility to identify and implement the specific provisions appropriate to its distinct apostolate and operating reality. This crucial consensus resolved institutional concerns and solidified a harmonious path forward.

The forum represents the latest milestone in an ongoing collaborative dialogue sustained among AOSK, KCCB, and RSCK since the first quarter of 2025. Over the past eighteen months, this joint effort has focused on domesticating universal safeguarding guidelines into comprehensive national frameworks tailored to Kenya's socio-cultural context, while breaking down institutional silos through continuous peer learning.

Concluding the forum, participating bodies unanimously reaffirmed their shared commitment to continuous collaboration and to reinforcing existing safeguarding mechanisms. Delegates affirmed that while

organizational structures vary, the Church across Kenya remains indivisibly united in its primary duty: creating safe, accountable environments and ensuring the highest standards of protection for every minor and vulnerable adult.



By Sr. Lydia Malala, SMK

AOSK-INSURANCE

Medical Insurance Guidelines for Foreign Visitors

In an effort to protect public healthcare infrastructure and ensure international travelers maintain emergency coverage, new regulatory health insurance guidelines have been established for non-citizen visitors staying less than 12 months. Under these regulations, short-term travelers must possess a compliant travel medical insurance policy prior to entry. Unlike traditional travel insurance that provides a single lump-sum limit, the mandate enforces a total minimum coverage threshold of USD \$50,000 alongside strict itemized benefit sub-limits. Proof of granular coverage across all benefit categories is mandatory to ensure pre-travel approval and avoid disruptions.

Mandatory Coverage Limits and Entry Verification

To satisfy authorization requirements, policies must explicitly detail five core sub-limit categories: Emergency Medical Transportation and Evacuation (\$25,000), Emergency Medical Expenses (\$20,000), Repatriation of Mortal Remains (\$5,000),

Mental Health Care Services (\$1,000), and Prescribed Medications (\$300). Verification is integrated directly into pre-travel screening systems, such as Electronic Travel Authorization (eTA) processing. Travelers can fulfill this obligation by uploading an itemized policy certificate from an international provider or by purchasing an approved short-term plan from a licensed domestic insurer at designated port-of-entry checkpoints.

Implications for Global Mobility

These regulations significantly affect global mobility managers, tour operators, and travelers. Stakeholders must audit existing insurance contracts well in advance of departure to verify that sub-limits are explicitly enumerated. By establishing clear expectations for emergency care, mental health services, and medical evacuation, the policy protects local health infrastructure while setting a comprehensive standard for international travel safety.

By Mr. Francis Mutuku



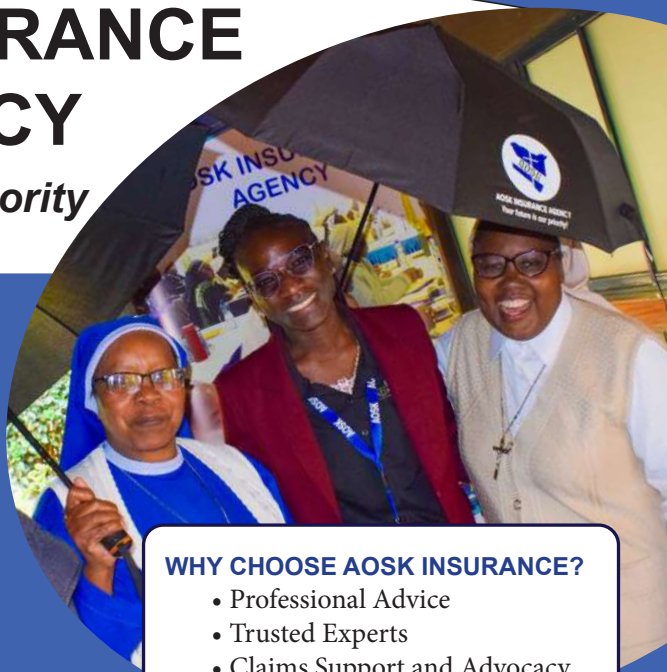
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AOSK CHEMCHEMI YA UZIMA COLLEGE

ST. ANSELM'S SABBATICAL PROGRAM SEPTEMBER 2026

"Deep Rest and Recalibration"

The initial anxiety of disconnecting from daily work channels has begun to fade and spiritual shift takes place. An extended, intentional break from work designed for deep rest, personal reset, and life exploration rather than just temporary vacation recovery, but spiritual rest and emotional renewal.

The sabbatical program is transformative opportunity which provides a sacred space to step away for the everyday responsibilities of ministry, reconnect with their deeper calling and gain a fresh perspective. Chemichemi setting provides a welcoming safe, and comfortable environment conducive to healing and wellbeing of the body, mind and spirit. The participants are in their process and they are happy with one to one and growth groups. This has set the tone of the incredible journey ahead. The group has settled well. They are active, co-operative and committed. "If you do not service the car, it will be grounded. Renew, build, and heal yourself. Whom am I coming beyond titles?"

The joy of our participants celebrating birthdays and feast days together anticipating the dates some within this month. The wonderful reality of what religious family means. Interestingly some have never celebrated their birthdays in such a joyful style and others never at all.

On 4th. Sep, there was community service for the whole institute and the

participants were happy and participated fully and there was a lot of energy and joy of working together. They said, "We wish it is every week"

On 9th-11th. Sep, the participants had a work shop on Human sexuality. It was a wonderful experience. They learnt a lot through personal reflection and sharing.

Every Wednesday sabbatical participants pray in their small communities and it is a good experience for them and they express that they have learnt a lot from one another, received a lot of insights and learnt varieties of prayer.

On 18th. Sep., the sabbatical participants joined Chemichemi community for sports and it was full of fun, there was a lot of laughter and the energy level was very high. The participants shared their talents in various games. There was unity in diversity. There was a lot of relaxation, drawing them from their daily routine, which was a good experience for them.

We feel encouraged by the participants' commitment of their personal journey. They have time for their personal reflection and they are happy as they continue reading their own book. Their spirit of community building is evident as they have bonded very well. A very gifted group, learning and growing together like the disciples of Christ.

"None of us is a finished project". There is always something we need to renew ourselves about.



Participants engage in different activities

By Sr. Leocadia Kemunto, FSJ

INTEGRATIVE SPIRITUAL COUNSELLING

Journeying Through the Semester

Semester Developments

As we enter deeper waters of the semester, we still stand in the Lord's grace and mercy. He is always gracious because he allows things to happen as he has planned. We have entered the second half of the semester, and the curve is soon shifting toward the finish line. We have all the reasons to thank the Lord for the far He has brought us. We have had our students take up the activities of the semester and participate in all the planned events that form Chemichemi Ya Uzima College.

The Department activities

Integrative Spiritual Counselling Students are taking their lecture concurrently with the most essential part of their course, which is Growth Facilitation Practice. (GFP). This is the core of their study. They have to practice and learn what they are going to put before the clients.



Growth Facilitation Practice Between Sr. Everlyne and Sr. Monica

Listening and facilitating a person to make an informed decision is not just an art but also a science, which needs the right steps to reach the desired goal. Being their critical semester that involves lecture and practice, they have to tighten their belts for everything to take its course.

Another milestone that is taking shape

is their long essay that is soon nearing completion. Gratitude goes to our research lecturer for her dedicated service for the good of our sisters.

Semester Activities

The students have gladly participated in the College activities since the semester began. They took part in the freshers' ball and welcomed the new students with a lot of joy. This was portrayed through music, drama, and dance. This was a sign of unity and belonging together as a family. The students also participated in the games and sporting activities that are organized once a semester for exercise and recreation. It was heartwarming; the students came back rejoicing over the well-planned games.

The college's cultural diversity

Not forgetting the event of the Jubilee celebration. Sr. Rosine presented the word of God in a very traditional manner. It depicted how Africans present gifts to their elders, leaders, or those who command authority and respect in society. This was worth celebrating.



Sr. Rosine ISC Students present the Word of God Traditionally

We thank the Lord for all the successful progress recorded. It is never an easy task. Our trust will always remain in the Lord.

By Sr. Sophia Wanyama, LSMIG

FORMATION

Forming The Formators: A Journey of Transformation, Community, Prayer, and Hope

In today's complex and rapidly changing world, the role of a formator has never been more important. The Formation of Formators Program seeks to foster personal formation and transformation for the sake of formation ministry in religious life and the Church at large. Recognising that authentic formation is ultimately the work of the Holy Spirit, the program prepares women and men to collaborate with God's grace in accompanying others with wisdom, compassion, discernment, and integrity.

At the heart of the program is the conviction that before one can effectively form others, one must first be open to personal transformation. Participants are invited into a journey of self-discovery, emotional maturity, spiritual growth, and human integration. Through reflection, dialogue, study, and experiential learning, they deepen their self-awareness and develop the qualities

needed for authentic accompaniment and servant leadership.

Prayer remains the backbone of the entire program. Through personal and communal prayer, liturgical celebrations, moments of silence, meditation, and shared reflection, participants are continually invited to deepen their relationship with God. Prayer provides the spiritual foundation from which the formator learns to listen, discern, accompany, and serve. It is in prayer that participants recognise that formation is not simply a human task but a ministry entrusted to them through the guidance of the Holy Spirit.

The program's multicultural and international character is another source of richness. Participants from different countries, cultures, and ministries form a vibrant community where diversity becomes an opportunity for learning and growth. Living and learning together develops intercultural



January intake group of formators after the 8-day retreat

understanding, empathy, communication, and respect, while friendships formed during the program often continue beyond its completion.

Community life itself becomes a school of formation. Through daily interactions, participants learn to communicate openly, resolve differences respectfully, celebrate one another, and offer mutual support. Cultural evenings, shared meals, music, storytelling, and celebrations create moments of joy, gratitude, and belonging, reminding participants that authentic formation embraces the whole person.

As the program draws to a close, the participants undertake an eight-day retreat. This year the January intake cohort had their retreat from 17 to 24 September. The retreat provides a sacred space for prayer, silence, reflection, discernment, and thanksgiving. It offers the formators an opportunity to

gather the fruits of their journey, deepen their relationship with God, and prayerfully prepare themselves for the ministry of accompanying others. The retreat becomes a significant culmination of the formation experience, placing their learning and transformation once again in the hands of God.

The January intake group of formators will officially complete their program on 2 October 2026, carrying with them renewed hearts, deeper self-awareness, strengthened community bonds, and a greater readiness to serve. Formed through prayer, community, study, reflection, and personal transformation, they are sent forth with competence, compassion, discernment, and hope to accompany others and contribute to healthy and life-giving communities in the Church and the world.

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By Sr. Florence Nyamai, OSU

ICAPAMI

ICAPAMI at Nairobi Metropolitan Catechists' Mass

Students and staff from Chemchemi Ya Uzima College joined catechists, clergy and faithful from across the Nairobi Metropolitan Ecclesiastical Province for the annual Catechists' Mass held on 11 September 2026 at St. Joseph the Worker Cathedral, Ngong.

The celebration brought together catechists from the eight dioceses and ecclesiastical jurisdictions that make up the Nairobi Metropolitan Ecclesiastical Province, providing an opportunity to celebrate their ministry, strengthen their commitment to the Church and reflect on their important role in evangelisation.

The Mass was attended by seven bishops, led by Archbishop Philip Anyolo

of the Archdiocese of Nairobi, who was the main celebrant. The other bishops present were Bishop John Obala Owa of the Diocese of Ngong, who hosted the celebration; Bishop Alfred Rotich of the Diocese of Kericho; Bishop Joseph Mongela of the Diocese of Machakos; Bishop Wallace Ng'ang'a of the Military Ordinariate; Bishop John Mbua of the Diocese of Kitui; and Bishop Cleophas Oseso Tuka of the Diocese of Nakuru.

Approximately 1,000 faithfuls participated in the celebration, filling the cathedral with singing, prayer and thanksgiving as they joined in the celebration of the Holy Eucharist.

Catechists Called to Deeper Formation

In his homily, Bishop Alfred Rotich

reflected on the important place of catechists in the life of the Church, describing them as key collaborators in the work of evangelisation.

Using the image of a blind person attempting to construct a building, Bishop Rotich warned against the danger of spiritual blindness among those entrusted with guiding others. He reminded catechists that they cannot effectively accompany families and communities if they themselves become spiritually discouraged, exhausted or poorly formed.

He therefore emphasised the need for continuous formation, encouraging catechists to deepen their knowledge of the faith through prayer, study and ongoing learning.

The bishop reminded the catechists that their ministry is not simply a job or a hobby. It is a ministry recognised by the Church and one that requires commitment, preparation and a life that reflects the message they proclaim.

Catechists were also encouraged to become witnesses of the faith through their daily lives. Their ministry extends beyond teaching through words; their conduct and relationship with others should also point people towards Christ.

As frontline pastoral collaborators with priests, catechists play an important role in accompanying families, supporting parish activities and preparing Christians for the celebration of the sacraments. They also serve as a bridge between families and the parish, communicating the needs of communities while helping people understand and live the Word of God within their own cultural and linguistic contexts.

Connecting with the Catholic Community

The celebration provided a valuable opportunity for nine sisters from Chemchemi Ya Uzima College to participate in the gathering and interact with catechists from different dioceses.

For the sisters, the event was more than an opportunity to attend Mass. It became a platform for encounter, learning and outreach, allowing Chemchemi to connect with catechists who are actively involved in faith formation within parishes and communities.

Following the Mass, the sisters took the opportunity to introduce Chemchemi Ya Uzima College and its formation programmes to the faithful. They distributed information leaflets and engaged with people who wanted to learn more about the institution and the opportunities available.

The response was encouraging. People of different ages showed interest in the materials, with many taking time to ask questions and learn more about Chemchemi and its programmes. The sisters distributed all the leaflets they had carried and had to seek additional copies to meet the demand.

The outreach provided Chemchemi with an opportunity to make its programmes known within the wider Catholic community while connecting with people who may benefit from its formation opportunities.

The participation also highlighted the close connection between the work of catechists and the mission of formation. As catechists accompany people in their faith journeys, institutions such as Chemchemi Ya Uzima College contribute to the ongoing formation and enrichment of those involved in ministry within the Church.

The Chemchemi team expressed gratitude to Sr. Luciana Wanyahoro, Director of Chemchemi Ya Uzima College, for providing the opportunity to participate in the celebration.

The Catechists' Mass ended with gratitude for the ministry of catechists and renewed encouragement for them to continue serving the Church with commitment, prayer and a spirit of ongoing formation.



Thank You



The Association of Sisterhoods of Kenya (AOSK) in collaboration with Chemchemi Ya Uzima College are grateful to everyone who stood with us during the Silver Jubilee celebrations.

We thank you for the time you gave, the prayers you offered, the generosity you showed and the many ways you supported the celebrations. To those who travelled to be with us, those who helped in the preparations, and those who supported. We are truly grateful.

Your support made the celebrations a shared moment, not just for Chemchemi, but for everyone who has been part of its journey over the past 25 years.

As we marked "*25 Years of Pilgrimage in Hope*," we were reminded of how much can be achieved when people come together around a common purpose.

Thank you for celebrating with us, standing with us and sharing in the joy of this milestone.

United We stand as a Sign of God's Presence



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



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