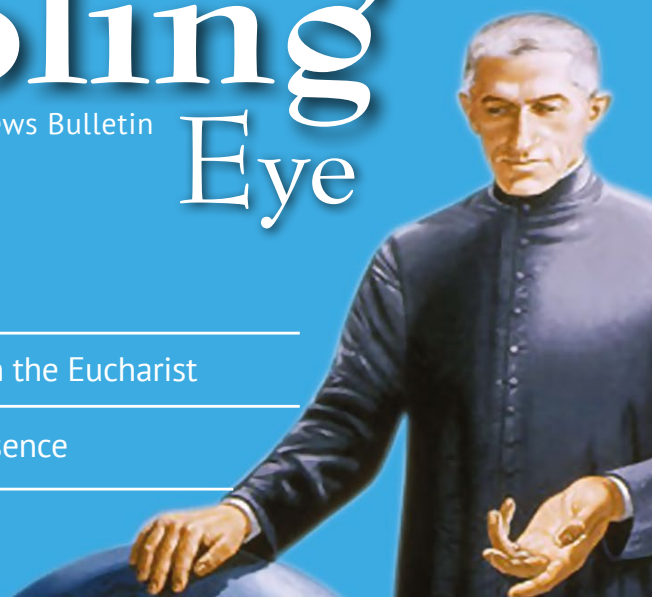
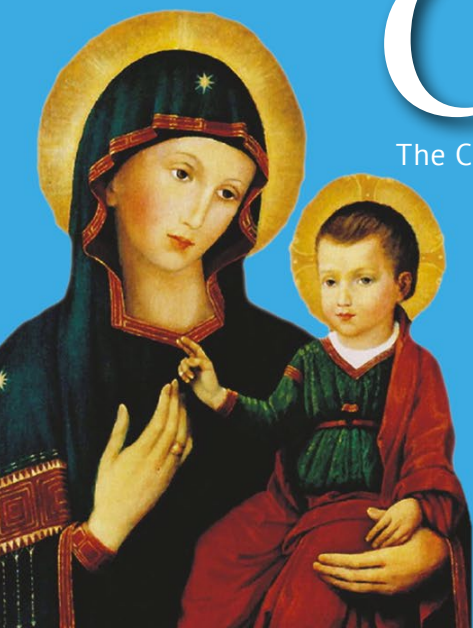


June 2018

The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



- 02 Karibu Fr. Jackson
- 10 Jesus Christ among us in the Eucharist
- 16 Expand your digital presence
- 21 Children's Corner

BLESSED LEONELLA SGORBATI



Consolata Shrine, Westlands, Nairobi



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Karibu Fr. Jackson



Fr. Jackson, flanked by a visiting priest, Consolata Shrine Assistant parish priests, Parish Council Chairman and Catholic Women Association Chairlady cuts the cake during the official welcoming ceremony.

Background

The Consolata Missionaries are a Catholic community of about one thousand brothers and priests from four different continents. They dedicate their life for the proclamation of the Good News as commanded in the Gospels: "Go into the world and preach the Gospel to the whole Creation." Mt 28:19.

When Blessed Allamano founded the Institute of Consolata Missionaries in 1901 in Turin, a bulletin summarized his intention as "not only to contemplate Christ but also to be active in the world." This implied that Consolata missions have a universal dimension and an initial drive to change the world through practical action especially to non Christian communities in an integral way. This means in most Consolata missions, there is a Church, School, Hospital and others similar apostolate.

Fr Jackson Muragara is now the Parish Priest at Consolata Shrine replacing his predecessor Fr Daniel Bertea who has gone to serve in Rome. He has previously served in Sagana-Bethany House Retreat Centre and St. Mary's Village Home for Aged Women. To welcome Fr Jackson in the parish, we had a sit down and he responded to my queries. Below is the interview.

1. Where did you go to Seminary?

I went to form one in Matiri Boys Secondary school in Meru Diocese, then forms two to four, I shifted to Nkubu Minor Seminary in Meru Diocese. During my stay in the Minor Seminary, I was in touch with Director of Vocations of Consolata missionaries. I concluded Form Four in 1992 the following year, I joined **Consolata philosophicum** for philosophy in Nairobi until 1996. After my Philosophy course, I went to Consolata Sagana Novitiate until July 1997, when I did my first religious profession and became a member of Consolata Missionaries. The same year 1997 September I was sent to England to study Theology, in the year 2000 I took perpetual vows and became full member of Consolata Congregation and in the year 2001, I was ordained Deacon in London-England. On 15th August, assumption of Our Lady, Day, 2001 I was ordained a priesthood in Matiri Parish Meru Diocese and was assigned to work in different parishes in Meru and Kisumu. In the year 2003 I was sent to Work in Consolata Seminary as a formator for six years when I was sent to



Fr. Jackson pose for a pilgrims' group photo during the just concluded pilgrimage to Namugongo, Uganda.

Rome to do Licentiate in Spirituality until the year 2011 when I was assigned to work in Bethany House Sagana where I was working until I was assigned to Consolata Shrine.

2. Who influenced you to consider the vocation to the priesthood?

I was from an early age (when I was standard 6) attracted by the Holy Eucharist. I would walk over 30 kms every two weeks or monthly, depending on occasions, to see priests celebrating the Eucharist and it gave me great excitement and pleasure. Still my older sister who is a nun used to share a lot about prayers at home and it led me to develop interest in joining seminary as my sister was in convent.

3. What are some of your hobbies?

Cycling, exercising and walking

4. What are some of your favorite books/spiritual readings/magazines?

I like the books on of saints. The first book I was given in Form One was St Vincent De Paul and I found it engaging. I also loved reading Chinua Achebe's characters of Okonkwo, Ezinma, Mr. Brown and Ikemefuna and others because they put life into practice and more lively.

5. Tell us about your time as the Director of Bethany House, a retreat centre within Sagana Parish

When working with people who come for spiritual nourishment as well as the aged women of Sagana, I would be very happy and contented. Spiritual reflections give nourishment to the soul. I worked for six years in Sagana and I was very happy. I was interesting to see old ladies crack jokes despite the tough circumstances they were going through.

6. What are some ways that we can promote and support vocations to the priesthood and religious life?

Parents ought to be careful in school selections. They ought to consider taking their children to schools with spiritual formation (especially Catholic schools) rather than just any ordinary school. Parents should also be active in religious life and engage with their children in Mass attendance and receiving sacraments etc. But also we should encourage altar servers for both boys and girls. Such spiritual services can trigger vocations to priesthood and religious life in the church today.

7. What are the most difficult and rewarding aspects of your job?

Difficult moments could be when I can be mistaken when I try to live my life in relation with people. Some people may be out there to observe if I will fulfill their expectations. Am aware that my role as a priest is to mediate between people and God through Word of God and Eucharist. There are times I feel lonely, but when I reflect the journey God has taken me through, I see God and people I serve to be my companions. The real discovery of who I am and my life is looted in prayer life and giving myself to God. Still given to society we are living in am aware that total commitment is required on my side so that I may hold firm the mystery of Christ who calls one to become a priest. Sometimes people do come to test us as priests and others have their own motives. As a priest, I should stick to my own principles, acceptance to people, showing them love, and at the same time giving space and boundaries depending on the case of each. In any case, for me these challenges must be there and they come to help me grow and deepen my commitment as a priest.

8. 84.8% of the Kenyan population (of 45million) is Christian. Would you agree with those who say that we are also religiously illiterate and hypocritical? In your experience do Kenyans actually practice what they are taught by Christ and the Holy Bible?

That is a wide question and I can say both Yes and No.

The way I relate with God goes into my conscience. I can accept this message of Christ by talking it in my actions of my life. We should accept the message of Christ to do good and give ourselves to Him in our actions.

On the other hand, society may influence our decisions by taking the message of God subjectively. By doing this, our actions may be contrary to what we are taught by the teachings of the gospel.



He gestures to Allamano Centre Strategic Committee members after the official blessing of the Allamano Centre plague by Bishop Pante of Maralal.

If we come to church and keep the message fully, opening fully to the message, then where does corruption come from? Do we understand that the gospel needs to be practised? If each one of us thought of the message and take all we are taught despite its effect on our comfort zones, then we can stamp out corruption.

Temptations in life sometimes become too much but this is not consistent with our Christian faith. We need to reform and think deeply on our commitment, see gospel values as guiding and we will reduce these vices. We should not act selectively on values as Christians, we should reflect and grow deeper and avoid secularism and materialism for a good society.

9. What words would you use to encourage Christians who feel frustrated that the world they live in has morphed into something of a curse? That there seems to be no hope or no need to believe in God when people who don't believe in God appear blessed and living better life?

The book of Job is the best example. He was tested as a believer and was attacked in spiritual, material and bodily ways. He remained faithful. There is also the silence of God. He appears not to answer. But do not worry. God is always there and will never abandon you. Sometimes he keeps quiet to allow us to deepen our faith in him. If, for example, we pray for a sick person and he/she dies, we still need to know that his ways are higher than ours. He is God. We should believe in Him at all times. **CE**

*Interview by
Richard Kitheka
Communications Committee*

Pope's Prayers Intentions for June 2018

Universal: social networks

That social networks may work towards that inclusiveness which respects others for their differences.

Points for meditation

How do I use social networking to share the Gospel of Jesus Christ? Am I respectful in thought, word and action in my postings on social media?

How might I personally use social media to promote the Popes worldwide prayer network - The Apostleship of Prayer?

Scripture

2 John 1:12 "Although I have much to write to you, I do not intend to use paper and ink. Instead, I hope to visit you and to speak face to face so that our joy may be complete."



A beautiful journey of faith, love and sacrifice, Blessed Leonella Sgorbati

This year the Consolata Missionaries are celebrating their feast day with a spirit of immense joy and gratitude. On May 26 2018, a second Consolata Sister was beautified: Blessed Leonella has now joined Blessed Irene Stephani. The Founding Father, Blessed Joseph Allamono had always emphasized the need for holiness. He said, *"If an individual is not closely united to God in charity, God will not ordinarily allow him touch the hearts of others....first saints and then missionaries."*



When news of the death of Sr. Leonella reached Kenya, the first thoughts were not of her blessed martyrdom. There was a mixture of shock, anger and deep sadness. The question was asked over and over again, *"Why did they kill her?"* These dark thoughts were a human response to a tragedy. They failed to do justice to the two people who had lost their lives. As people of faith, we should have responded better. It was Sr. Leonella, herself, who had the appropriate response on her death bed: *"I forgive. I forgive. I forgive."*

Before entering religious life, Sr. Leonella was known as Rosa Sgorbati. She was born in Italy on December 9 1940. By all accounts Rosetta, as she was affectionately called, was brought up in a religious, loving and hard working family. When she was in college, Rosetta sensed a profound change taking place within. In her diary she wrote, *"....reading Your Word, I felt a presence in me, and You have kept me in You, my Lord, or it was You who remained in me. Never again alone, but inhabited..."* She knew what she wanted to do with her life. This was later revealed to her mother: *"I want to be a sister."* Not all her family was initially supportive of this development.



Even though her wishes could not be fulfilled straight away, Rosetta adapted her life to suit her vocation by showing God's love to all around her. With the years of waiting came clarity concerning her vocation. She told her worried relatives that, *"I know that there is much good that can be done also here, but I want to go and help the people who have nothing, those people nobody cares about and the children who are starving to death."* God granted the desires of her heart and she entered the Consolata Sisters' Missionary Institute in Sanfre, on May 5 1963. She was to change her name to Sr. Leonella.

Again she had to undergo a period of waiting before going to the missions. What followed was an intense period of education and acquisition of the skills required for missionary work. Sr. Leonella trained to be a nurse. Here, like St. Teresa of Calcutta, she found her *'call within a call'*. This was the tool God had given her to serve His people. During this time, she was also growing in faith and happy in her vocation. Finally in 1970, Sr. Leonella arrived in Kenya to fulfill her long held dream; to serve in the missions.



Sr. Leonella whose trademark was a smile

There was a lot of work to do in the hospitals. In addition to the caring for the physical well being of the people, Sr. Leonella was involved in spiritual formation and education about the Faith. Her days were full but she was content. Due to her high aptitude for learning, she did well academically. She was eventually to qualify to be a Director of the School of Nursing Studies. With this qualification she went on to be the high achieving Director of the School for Nurses in Nkubu. Later she was called to join the National Council of Nurses in Nairobi. This position allowed her to impact health policy in Kenya, via the *'Health for all by 2000'* campaign.

There was a sudden change in direction in 1993. Sr. Leonella was obliged to leave her work in Nkubu. The Consolata Sisters had chosen her to be their Regional Superior. Here she was to serve for six years. During this time, she followed and passed on to her sisters, the charism and words of the Founder, Blessed Joseph Allamano. She would remind them, *"You should have much charity*

BLESSED LEONELLA SGORBATI



Sr. Leonella (in grey habit) Receiving Holy Communion during a Past Religious Event

to the point of giving your life. We missionary fathers and missionary sisters are consecrated to donate our life for the missions."

When she moved to Somalia, Sr. Leonella seemed to be aware of the dangers awaiting her. She wrote, *"There is a bullet with my name on and only God knows when it arrives. I have donated my life to the Lord and He can do with me what he wants."*

After four years, her work at the School of Nursing in Mogadishu resulted in recognition by the World Health Organisation. The next year, in 2006, a group of men and women graduated with internationally recognized diplomas. Her work was bearing fruit. She was fulfilling the mandate given to her by Almighty God.



When she presided over graduation ceremony for students at the School of Nursing in Mogadishu, 2006.

A month later on September 17 2006, Sr. Leonella's premonition about her bullet was realized. This was the day God had chosen to call her. It seems that she was prepared. Ten years earlier, she had been deeply moved by the martyrdom of the seven Trappist monks in Algeria. As Regional Superior, she had told the sisters, *"Martyrdom, the ordinary one of every day, is part of our life. The martyrdom, with the shedding of blood, only if God will ask it of us."*

Sr. Leonella was shot at close range as she crossed the road on her way home from the hospital. Despite frantic efforts to save her life at the SOS Hospital, Sr. Leonella succumbed to her injuries. Her last words were not bitter. From the beginning she had realized that she had donated her life to the Lord. Whatever happened to her was according to His Holy Will. As a daughter of Blessed Joseph Allamano, she was familiar with his words regarding the sacrificial nature of missionary life: *'We should vow to serve the Mission even at the cost of our life. We should be happy to die in the field of our work.'*

During her Requiem Mass in 2006, one of the Consolata Sisters told the congregation that Sr Leonella liked to say, *'at least I tried.'* This is a beautiful approach to life. Nothing can be achieved if nothing is tried. Her attitude, born of her courage,



Catholic nuns carry the casket with the body of Italian Catholic nun Leonella Sgorbati at the Consolata Shrine, 21 September 2006 during her funeral in Nairobi.

intelligence and compassion, led her from the comforts of Italy to the challenging missionary life in Africa. Once she was here, she was willing to try and meet every challenge for the sake of the loving Gospel of Jesus Christ.

On November 8 2017, His Holiness Pope Francis confirmed that Sr. Leonella was killed *'in odium fidei'*; (*In hatred of the faith*). Her martyrdom was recognized and this ensured that her Beatification would take place. Sr. Leonella became Blessed Leonella on May 26 2018 in a beautiful celebration held in Piacenza, Italy. A large delegation of Kenyan clergy and laity travelled to take part in the celebration.

Some were interviewed after the glorious event.

- *"This is a day of great joy, a day of rejoicing. We thank God for the gift, not only to Consolata Sisters, but to the whole Church. We pray for the grace to follow her. ..Sr. Leonella was not born a saint but she journeyed and opened her heart to the Love of God. We too can do it. We want her to intercede for us so that we too may follow the same path of sainthood as we serve the missions."* (Sr. Agnes, Regional Superior, Consolata Sisters, Kenya/ Ethiopia)
- *"A lively committed sister. Committed to evangelization and a witness to the Gospel. Today we celebrate a day of confirmation of our faith and telling ourselves that indeed we can grow in holiness. We can die for the Gospel and invite many to Jesus. Let us be encouraged and remain faithful in the Lord."* (Fr. Celestine Bundi)
- *"She had a spirit of faith without fear. We should take courage and have faith even in the most difficult circumstances."* (His Grace Archbishop Antony Muhiera, Nyeri)

We are so thankful that Almighty God sent her to Kenya. So many people can now say, *"I knew a saint personally. I walked with her, talked with her. She was my friend."* What a grace we have been given.

Thank you, Blessed Leonella, pray for us.

Blessed Joseph Allamono, pray for us.

Mary, Mother of all Consolation and Mother of the Missions, pray for us. **CE**

(Based on HOW FAR LOVE REACHES, SISTER LEONELLA SGORBATI, by Sr. Maria Luisa Casiraghi)

The Sacred Heart and the Divine Mercy

The human heart is the symbol of the deepest mystery of a person. When we talk about someone's heart, we are talking about what really "makes him tick," what the person really, deep down, thinks and feels and desires.

As the *Catechism* tells us in no. 2563: "The heart is the dwelling place where I am, where I live; according to the Semitic or Biblical expression, the heart is the place "to which I withdraw". The heart is our hidden center, beyond the grasp of our reason and of others; only the Spirit of God can fathom the human heart and know it fully. The heart is the place of decision, deeper than our psychic drives. It is the place of truth, where we choose; life or death. It is the place of encounter, because as image of God we live in relation. It is the place of Covenant"

According to the Holy Bible, some people are cold-hearted, or hard-hearted; they have hearts of "stone" (e.g. Ez 11:19). Or they are "kind hearted and Just". The mystery of the Heart of Jesus, however, has been revealed to us through the gospels, and beautifully expressed in His apparitions to St. Margaret Mary. Whatever we may say about other human hearts, this person, Jesus of Nazareth, has a Heart that is aflame with love, love for His heavenly Father and love for us.

That is why He showed His physical Heart to The Apostle of The Sacred Heart, St. Margaret Mary as flaming with fire, surmounted by a cross, and pierced and surrounded by thorns. All of these were clear signs and symbols that this Heart – the person of Jesus Christ – is pure love: the Sacred Heart of Jesus as all love and all lovable "See, O how much I love you"

When Jesus appeared to St Margaret Mary Alacoque in the 17th century, He left no doubt about His desire to be honored in The Eucharist and so Devotion to The Sacred Heart is essentially Eucharistic; that is we can truthfully say, that the Eucharist contains the Heart of Jesus. Almost all the apparitions occurred as she knelt down before the tabernacle or the Communion rail after receiving Holy Communion.

My Divine Master, writes St Margaret Mary, "revealed to me that it is His ardent desire to be known and loved and honored by men. It is His eager desire to draw them back from the road to perdition along which Satan is driving them in countless numbers that induced him to manifest his Heart to men with all the treasures of love, mercy, grace, sanctification and salvation that it contains. It is by this means that the Sacred Heart wishes to save souls from eternal perdition. The Divine Heart is a fortress of refuge for all poor sinners who wish to take shelter from the justice of the Almighty God.

In Sr. Faustina we find a holy soul completely devoted to the Heart of Jesus, but in a new way. As she recorded in her *Diary*:

O Blood and Water, which gushed forth from the Heart of Jesus as a fount of mercy for us, I trust in You! (entry 84)

He brought me into such close intimacy with Himself that my heart was espoused to His Heart in a loving union, and I could feel the faintest stir of His Heart, and He of mine. The fire of my created love was joined with the ardor of His eternal love. (1056)

O my Jesus, each of your saints reflects one of your virtues; I desire to reflect Your compassionate Heart, full of mercy; I want to glorify it. Let Your Mercy, O Jesus, be impressed upon my heart and soul like a seal, and this will be my badge in this and the future life. (1242)

On several occasions Christ Himself emphasized that His Heart is the source of Divine Mercy for the world:

My daughter, know that My Heart is mercy itself. From this sea of mercy graces flow out upon the whole world. No soul that has approached Me has ever gone away unconsolated. All misery gets buried in the depths of My mercy, and every saving and sanctifying grace flows from this fountain. (1777)

In another passage in her *Diary*, St. Faustina poured out her soul in adoration of the living Heart of Jesus in the Eucharist:

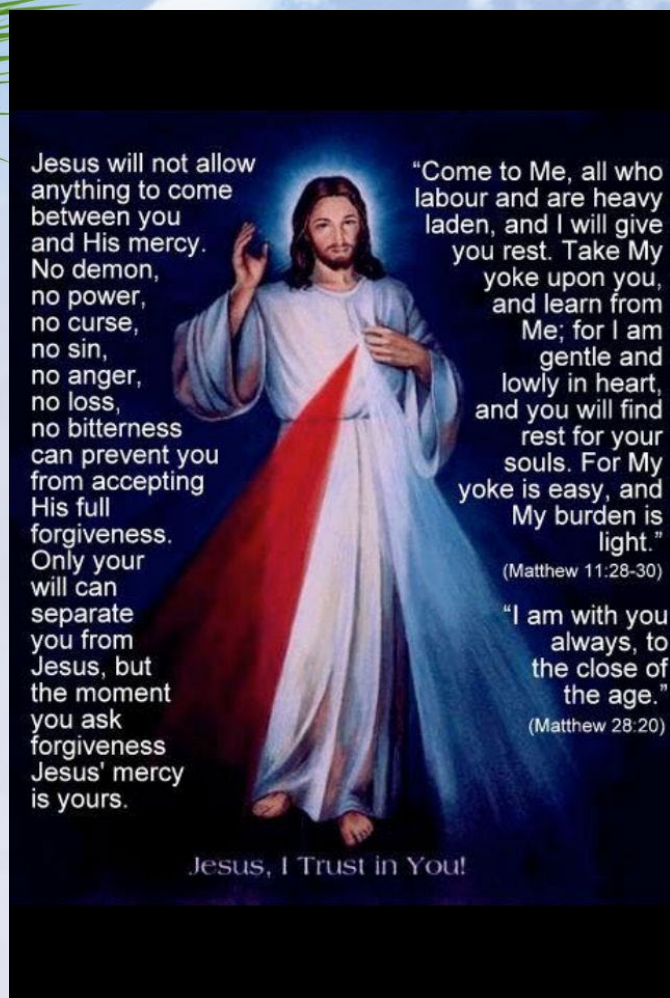
O living Host, my one and only strength, fountain of love and mercy, embrace the whole world, and fortify faint souls. Oh, blessed be the instant and the moment when Jesus left us His most merciful Heart. (223)

Clearly, for St. Faustina, the center of her life, her first love, was the Merciful Heart of Jesus. Her devotion was to the Sacred Heart, but focused on the merciful love that flows to us from His Heart.

Some faithful seem to feel that devotion to the Sacred Heart is enough – that there is no need for this new devotion to The Divine Mercy because it largely duplicates what we have already been given in the Sacred Heart tradition. At the other extreme, some Catholics seem to feel there is no longer any need for the traditional devotion to the Sacred Heart. Now that we have the "new and improved" version, so to speak, devotion to The Divine Mercy and to the Merciful Heart of Jesus, we can just let the old Sacred Heart traditions, such as the First Friday Communions and the images of the Sacred Heart, fade away quietly and be forgotten.

The truth is, however, that saints, visionaries, and several popes have seen these two things – The Divine Mercy and the Sacred Heart – as so closely bound up with each other as to be absolutely inseparable. Thus, the Church needs both the

PERPETUAL EUCHARIST ADORATION



traditional devotion to the Sacred Heart, and the newer devotion to The Divine Mercy, alive and well among the faithful.

Saint John Eudes (1601-1680), for example, was the pioneer of the liturgical worship of the Sacred Heart. But in his "Meditations for the Feast of the Sacred Heart," we find the following, revealing passage entitled "The Divine Mercy should be the Object of our Very Special Devotion":

How often in the course of the ages God in one way or another, has made known His love for men showing them how ardently He desires their salvation, and revealing His Heart to them. The Devotion To The Sacred Heart has been as light cast over the whole earth, and today is a powerful means of gaining souls, and so of extending God's kingdom.

This is what Our Lord wishes all to know: that the mercy of His Heart is inexhaustible, a fire which enkindles mankind because He loves them ... above all that we should trust Him, and never doubt in His mercy.

"My Heart is not only an abyss of love; it is also an abyss of mercy"

In short, according to the Holy Catholic Church, we need to be devoted to the Sacred Heart of Jesus and, at the same time, to have a special devotion to the Divine Mercy that flows to us from His Heart. And the reason for this is simple: Jesus

has only one Heart! His Sacred Heart is His Merciful Heart – they are one and the same. The Sacred Heart overflows with Merciful Love for us, and that is why, in principle at least, these two devotions are inseparable.

Our task in the devotion to the Sacred Heart is to return love for love: by the grace and fire of His Holy Spirit, to love our Lord back for all of His infinite, generous, and tender love for us.

Divine Mercy, therefore, is the form that our Lord's love for us takes when He meets our need and our brokenness. Whatever the name of our misery may be – sin, guilt, suffering, or death – the Heart of Jesus is always ready to pour out His merciful, compassionate love for us, to help in time of need.

In fact, God's love for His creatures always takes the form of merciful love. As we read in the Psalms (25:10), "all the ways of the Lord are mercy and truth," and again Psalms (145:9), "His tender mercies are over all His works." When He created the world out of nothing, therefore, and holds it in being at every moment, it is an act of merciful love: His merciful love overcoming the potential nothingness, the possible non-existence of all things. When the divine Son became incarnate and dwelt among us, that was an act of merciful love, too: His merciful love in sharing our lot, showing us the way to the Father, and making the perfect offering for our sins. When He sends His Holy Spirit into our hearts to refresh and sanctify us, which too is His merciful love: His merciful love pouring into our hearts the power to grow in faith, hope, and love, and to serve Him with joy. Psalm 135 says it best; while celebrating all the works of the Lord in creation and redemption, the psalm bears the constant refrain: "for His mercy endures forever."

His mercy is life-giving. It is the light in which both the upright and sinners discover His goodness. His mercy shines forth in His saints in the height of heaven. And if we turn to the earth, His mercy is everywhere. Even in the darkness of hell His mercy shines, for He does not punish the damned as much as they deserve.

Every day Jesus gives us His Body and Blood, showing us Himself in the sacrament of the altar within the mystic body of holy Church. And what has done this? His mercy.

In short, the Sacred Heart of Jesus is perfectly loving – divine, human, and affectionate love all at once – and therefore all lovable. But whenever the love of His Heart reaches out to us – to our nothingness, our brokenness, our woundedness, and our need – that love always takes the form of merciful, compassionate love. Therefore, at the center of our devotional life – our "first love" – should be the Sacred and Merciful and Divine Heart of Jesus. The Sacred Heart overflows with mercy and compassion for us, and that is what makes devotion to the Heart of Jesus and devotion to His Divine Mercy, in principle, absolutely inseparable. **CE**

**Maggie Kariuki,
PEA Committee Coordinator**

The Immaculate Heart of Mary



The Immaculate Heart of Mary, which we venerate, is almost always referred to together with The Sacred Heart of Jesus, which we worship.

The veneration of the Blessed Virgin Mary's Immaculate Heart" has its origins in the scriptures, when the angel Gabriel referred to the fact that she was born "full of grace" i.e. without original sin

Luke 1:28

And coming to her, he said, "Hail, favored one! The Lord is with you."

As the shepherds in Bethlehem came to worship Our Lord Jesus Christ after His birth, Luke again tells us:

Luke 2:19

"And Mary kept all these things, reflecting on them in her heart."

Years later, when Jesus was presented in the temple, Simeon further prophesied in reference to the piercing of Mary's heart at His crucifixion.

Luke 2:35

(and you yourself a sword will pierce)* so that the thoughts of many hearts may be revealed."

While on the cross at Golgotha, Our Lord Jesus made direct reference to the Blessed Virgin Mary being Our Mother.

John 19: 26 & 27

26 When Jesus saw his mother* and the disciple there whom he loved, he said to his mother, "Woman, behold, your son."

27 Then he said to the disciple, "Behold, your mother." And from that hour the disciple took her into his home.

At Consolata Shrine, we are blessed to have First Friday as well as First Saturday devotions to the Sacred Heart of Jesus and the Immaculate Heart of Mary

First Friday

Night Vigil

9pm - 5am with Holy Mass at 10pm and 5am

First Saturday

Rosary Marathon

Our Perpetual Eucharistic Chapel is open all day and all night every day of the week, with full exposure of Our Lord in the Blessed Sacrament. You may join the team

of committed "adorers" by volunteering either

- One hour a week
- One night a month
- Both, and / or assisting with coordination of activities

Details are available at the entrance to the chapel; this is adjacent to the main entrance to the church. **CE**

KENYA: Consolata Priest Bags Order of the Star Award



NAIROBI, JUNE 8 2018 (CISA) – Fr Gerardo Martinelli, a Consolata Missionary working in Kenya, was on June 4, awarded the Order of The Star of Italy (Ordine Stella D'Italia), by His Excellency, Ambassador Mauro Massoni.

The award was given during the celebration of the National Day of Italy, celebrated at the Italian Ambassador's residence in Nairobi. The celebration was dedicated to Blessed Leonella Sgorbati, an Italian Consolata nun, who worked in Kenya for over thirty years and was beatified May 26, at Piacenza, Bobbio, Italy.

The award, also called "Knight of the Order of the Star of Italy" is among the highest honours given to expatriates and Italian citizens who have displayed exemplary performance in the course of their life and in service of country and mankind, and in promoting Italian excellence, culture and good relations internationally.

In his speech, Ambassador Mauro Massoni, who was also marking the completion of his three-year tenure in Kenya, recognized and thanked in a special way, the Consolata Missionaries for their many years of outstanding service to humanity in Kenya.

The event was graced by over eighty ambassadors from different countries to Kenya.

Fr Martinelli Gerardo, was ordained priest in Turin Italy, December 23, 1967 and has worked in Kenya since August 1972, mainly in administration, education, and care for the sick in various parts of Kenya.

In 2017 the Ordine Stella D'Italia was awarded to University of Nairobi Chancellor, Dr. Vijoo Rattansi, for promoting Italian culture and language. **CE**

Jesus Christ among us in the Eucharist

In a homily one Sunday, a priest asked his parishioners what they thought a parish really is, and who they really are as parishioners. Answers like 'God's people', 'prayer community', and other such responses came up. While he accepted all these answers, the priest gently told his listeners that the true definition of parish is; A people around The Eucharist.

That is what we are, a people around The Eucharist!

What is The Eucharist then? The Compendium of The Catholic Church gives us this definition "The Eucharist is the very sacrifice of the Body and Blood of the Lord Jesus which he instituted to perpetuate the sacrifice of the cross throughout the ages until his return in glory. Thus he entrusted to his Church this memorial of his death and Resurrection. It is a sign of unity, a bond of charity, a paschal banquet, in which Christ is consumed, the mind is filled with grace, and a pledge of future glory is given to us" (1322-1323)

How does this definition become a reality to us in our daily lives as Parishioners and as individuals?

It comes to us through the daily celebration of The Holy Mass. At Holy Mass, God comes down from heaven to be with us.

How many of us consider this reality when we attend Holy Mass? Is going



PERPETUAL EUCHARIST ADORATION

to Mass just a routine like brushing our teeth or going through the daily motions? We may not consciously think about it, but when we are at Mass, probably daydreaming about the things we will do that day, suffering some pain or experiencing some joy, Jesus, the second person of The Blessed Trinity, comes to us, in His Body, His Blood, His Soul and His Divinity, as God and as man.

How does this happen right there before our eyes? Let us take a brief moment to recap some basic teachings of our Catholic Faith. The word to keep in mind is Transubstantiation

The Catechism of the Catholic Church summarizes it thus; "At the consecration of the bread and wine there takes place a change of the whole substance of the bread into the substance of the body of Christ our Lord and of the whole substance of the wine into the substance of his blood. This change the holy Catholic Church has fittingly and properly called: Transubstantiation." (CCC 1376)

What do we think about after singing The Sanctus? By the time we kneel down after the song, we are probably out of breath after having sung "Hosanna juu, Hosanna juu" and waving and clapping our hands in rhythm with the rest of the congregation. However, what follows is the core of our celebration. The priest says the words of consecration, invoking The Holy Spirit to come down and change the gifts of bread and wine into the body and blood of Christ. The bell rings, or in some cultures, people clap or a horn is blown, because the King of Kings has come! In most parishes, people kneel reverently.

Transubstantiation has taken place! The bread and wine are now The Most Holy Body and Blood of Our Lord Jesus Christ. A young catechumen once answered the question on what this means by saying, "Transubstantiation means that God is in the same room with us." Yes, in the same room with us. What an honor! When the priest elevates The Consecrated Host, let us tell Jesus that we believe in His Real Presence in that piece of bread, that we believe He is truly there. Let us thank Him and present to Him all our needs, both material and Spiritual.

During the communion rite as Holy Mass continues, we prepare our souls to receive Him, Jesus is not only with us at the altar, but He is ready and willing to unite Himself with us through Holy Communion. How do we prepare to receive Him into our hearts? Can you imagine how we prepare for events? Weddings, ordinations, graduations, and how we scrub our homes from top to bottom when we have guests? We make sure that everything is just right. We exhaust all resources to make sure that everything is on point. How about receiving God in our hearts? What is the state of our souls? Our Lord Jesus has offered us a fountain of mercy through Mother Church. We can cleanse our souls through the Sacrament of Reconciliation (Confession). Let us make use of it. We all like to visit clean and orderly rooms. So does Jesus, He is happy to find us doing the best we can and increases His graces in us.

Does our relationship with Jesus in the Eucharist end there, at Communion? Do we wait until next Sunday to go through the process again? Luckily no. After consecration, Jesus remains present in This Most Blessed Sacrament. In every Catholic Church throughout the world, there is a tabernacle and a red light (sometimes white) that indicates the Real Presence of

Jesus. That is why we genuflect (go down on one knee) when we enter a Catholic church. We acknowledge the presence of Jesus and adore Him by genuflecting. He is God.

In some parishes like our own here in Consolata, Jesus remains present in our Adoration chapel, day and night, waiting for us to visit Him, to adore Him, to share our joys and concerns with Him. He is there, you cannot miss Him. In the golden stand with a sun-shaped top which has a circular see through glass, you can see the white, consecrated host through the glass. There He is!

In Matthew 26:40, Jesus asks us, Could you not watch one hour with me? The week has one hundred and sixty eight hours. How about registering for just one hour, to be with Jesus? In Matthew 11:28, Jesus reassures us; "Come to me all who labor and are heavy laden, and I will give you rest" Are you tired, frustrated with unsuccessful projects, misunderstood, heavy laden with too many concerns? Do not lose heart, come to Jesus in this Sacrament of Love, He will refresh you!

In Luke 10:21, Jesus says; "I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. Yes, Father, for this is what you were pleased to do"

A little boy with special learning needs followed the other children every Saturday morning for First Holy Communion classes. The catechist allowed him to stay, knowing well that he might not pass the final test for communicants. However, the child kept coming and never missed a class. With only one day remaining for First Holy Communion, spiritual preparations were in place for the children. The catechist wanted to make the boy feel that he had been tested too. He took the child to the main church, in front of the tabernacle and the image of the crucified Lord just above the tabernacle.

Catechist (pointing at the image of the crucified Lord on the cross): "Tell me, who is that?"

Boy: "Jesus"

Catechist (pointing at the tabernacle): "Who is there?"

Boy: "Jesus"

Catechist: "But how is Jesus on the cross and at the same time in the tabernacle?"

Boy (without hesitation): "Because on the cross, Jesus looks like He is there but He is not there. In the tabernacle, He does not look like He is there but He is there!"

Now you know who was on the first Holy Communion line on the following Sunday.

Let us ask Our Lady, Mother of Jesus in The Eucharist, to give light to the eyes of our hearts, so that we may see Her Son Jesus in The Eucharist, and love Him and Adore Him.

Happy Feast Day of Our Blessed Mother, Our Lady Consolata. **CE**

Maggie

Perpetual Eucharistic Adoration member.

PICTORIAL



Celebrating the Feast of Pentecost, as the proclaimers renewed their vows - 18th May 2018.

Blessing and laying of the stone of the Allamano Center by His Lordship Bishop Pante - 27th May 2018



Fr. Jackson is welcomed with a cake to the Consolata Shrine community.



Washing of vehicles to raise money for the on-going construction of the Allamano Center.



His Lordship Bishop Pante serves a meal during the luncheon in his honour.



His Lordship Bishop Pante addresses parishioners who joined him during the luncheon.



He receives a gift of branded umbrella from Catholic Women Association.



CWA members during the burial of one of their members in Nakuru.



CWA Choir



CWA Members participate in the Deanery Sports Day.



CWA member participate in a Seminar led by His Eminence John Cardinal Njue at the St Mary's School grounds.



CWA Members in a Mission of Mercy at the Langata Women's' Prison



CWA Members in a Mission of Mercy at Good Samaritan Home in Mathare no. 10.



CWA Members participate in the weekly cleaning of the church and the prayer garden.

A spirit of service

Youth is the spring time of life. It is a time of growth on so many levels, in many different ways. Change is happening in secret and in public. We expect the potential of Spring to give way to the beauty of Summer, with all that it entails. Only then are we ready for the changes that follow. It is very difficult for us to accept that everything can suddenly stop. During this *Year of Youth, Faith and Vocational Discernment*, the Youth of the Parish are being challenged by the sudden loss of one of their own. However, instead of darkness, we are experiencing something else as we ponder on the life of Christine.

In some ways, the Life of Christine Wambui Kihara was very public. This is interesting because one would not expect her to be noticed in a crowd. She was certainly not an attention seeker. Yet, she stood out. During the last few years, she had every reason to demand special treatment: but she did not.

Time moves very fast. We still remember when the three little Kihara girls arrived at the Shrine. From the beginning Christine was the most confident and determined. Within a few weeks she was proclaiming at the Children's Mass and taking part in the PMC dramas. Christine was among the first group of PMC members to be commissioned at the Shrine. We took her presence for granted and were grateful for her abilities.

At that time we did not realise that Christine had a unique spirit; One of *determined service*.

She faced a serious health challenge after two years at the Shrine. Even when she became sick, she did not want anything to change. She was still determined to take part in all activities in the Parish. She never complained or talked about her pain. But she became more withdrawn and quiet. During that time the cause of her ill health was unknown. Later we knew how ill she really was. At this time was still a member of the PMC.

Her bravery during that time was remarkable in one so young. She rejected the notion of self pity. We had to take courage from **her** during this time. Watching her, we hid our fear and prayed for her recovery. She was anointed at the Children's Mass the Sunday before her surgery.

She did recover and with her new strength returned to serving the Church. Christine joined the altar servers. She later became their Captain, serving with commitment and joy. At the same time, she would proclaim at the Children's Mass. Her *Spirit of Service* was such that she was willing to step in at twenty four hours notice. She would decline only if there was a pressing family engagement or a prior promise.

Two years ago, Christine became a member of the Junior Youth. She started to attend the sessions. Her contributions to the discussions were mature and insightful. Even though she had a great sense of humour, it was clear that on some matters she had understanding beyond her years; may be due to her earlier



illness, which seemed to have deepened her spiritual life.

Watching Christine these last two years has been a revelation. The little girl who arrived at the Shrine all those years ago was now a beautiful young lady. She was always perfectly groomed: although no amount of begging would get her to wear a dress. Her manners were beyond reproach. Even if she disagreed with us she would state her views politely. She was always respectful but we knew that she was her own person. As she continued to serve as an altar server and member of Junior Youth, her relationship with God became more apparent. As an altar server, she focused on the presiding Priest and the Mass. Her eyes did not wander and her attention did

waver. When she proclaimed at the Youth Mass it was with a sense of fulfilment. In fact, she would often requests to proclaim.

The week before she went into hospital for the last time, Christine took part in the Junior Youth events. During those three days of formation, prayer and sports we had no idea that these were our last moments with her. We all prayed, played and laughed certain that we would be together again: but God had other plans.

We shall miss Christine so much. We loved her. Her presence and service, which we took for granted, can not be replaced. We thought that we would see her life of service continue. She had wanted to proclaim during the last Junior Youth Retreat, at Resurrection Garden in April. Her request had been denied because boarders had preference during the holidays. She was told that she could proclaim during the Youth Masses anytime. How could anyone have known that this was her last opportunity to serve? We take comfort from the knowledge that she is with the One she served so diligently and faithfully.

Christine is a model for the Youth of today. She was a normal teenage girl. She was enjoying her life and learning more about herself every day. However, Christine had a special quality which singled her out from her peers: She loved God and was not embarrassed to live her faith. With a quiet tenacity, she chose to serve. This is what made her unforgettable and very special. Although she may have sometimes been in pain or tired, she was determined never to allow her health to be a stumbling block. She trusted in God absolutely.

Her friends can best honour her memory by following her example. This would give a special meaning to this Year of Youth.

As we continue to pray for the Kihara family, we thank them for giving us our Christine. It was only because of their love and support that she could give herself so freely to God and those around her. **CE**

Animators, Christian Education Committee

Murang'a County honours the courageous and joyous life of Christine.

Upon successful kidney transplant in 2013, Christine was a joyous girl, but with a great resolve. She determined that her efforts and energies would be geared towards assisting, in anyway, patients with kidney ailments. Her studies were directed at becoming a Nephrologist, a kidney specialist. Kidneys are vital for maintaining normal fluid and electrolyte balance in the body.

Little did she know that her dad, who had donated one of his kidneys to her, was also contemplating the same idea: that no Kenyans should travel abroad to seek medical services for kidney ailments. Probably he did not know how bring the project to fruition. An afternoon meeting in May 2014 with the newly installed Murang'a Governor, Mwangi wairia sowed incubation seeds that would see the idea become a project to behold.

The Governor promised to provide facilities within the public hospitals. George Kihara was tasked with sourcing the specific requirements for such a facility. With the help of the KCB Foundation, dialysis machines and other specialist equipment were procured and installed at the Murang'a Level 4 Hospital. The fully fledged was unit commissioned in early 2015.

While addressing the mourners during the funeral service for the late Christine Wambui, Governor Mwangi wairia noted that the facility had handled more than seven thousand eight hundred (7800) kidney patients since commissioning. It is serving Murang'a residents, the greater Mt. Kenya region, Eastern region and greater Nairobi. He noted that due to the National Government's intervention on chronic ailments, resulting in free treatment for fully serviced NHIF card holders, a whopping eighty million shillings of patients' money had been saved. Due to the success of the unit, the County Government has channeled more resources to boost the capacity, with an aim of handling the ever increasing demand for services more efficiently.

Remembering that the idea was mooted through Christine's causes, the Governor, who reminisced that Christine had become a personal friend with shared values, directed the renaming of the unit to the **Christine Renal Unit**. This was in remembrance of her efforts which had seen so many patients undergoing successful treatments of kidney disease and the saving of medical costs.

Rwaitira borehole in honour of Christine

The Area Member of Parliament, Eng. Joseph Nduati, noted that the area has challenges accessing clean water for the residents. He spoke of efforts he is undertaking to mobilise resources, with



Governor Mwangi wairia and his deputy Gakure Monyo, talk to a patient at the renal unit in Murang'a Level 4 hospital in Murang'a town. The unit will be renamed the Christine Renal Unit, in honour of Christine Wambui.

the assistance of the office of the Governor. His aim was to have clean piped water for every home in the region. Dakaini Dam, which is in the region, will provide the bulk of the commodity with ten thousand litres. Other sources will result from the sinking of boreholes strategically in the region.

Rwaitira Primary School, which provided the venue for the funeral service, is close to Kihara's heart. The school has afforded the family an opportunity to give back to society. As a family, they are aware of their blessings and want to contribute positively to their community. In fact, Mr. George Kihara is the Chairman of the school's Motivation Committee. The latter is tasked with maintaining and improving the school's performance levels. Currently, the school records the highest ratings in the region.

As a 'thank you' gesture to the Kiharas, one of the boreholes will be sunk in the school compound to address water challenges at the school. This borehole will serve as a humble way to honour Christine. It will be named after her.

Christine was described by many as a young girl with great vision. She touched many lives with her gentle personality. Her positive influence and imprint will forever remain escribed in our minds and hearts. Romans 8:28 says that "And we know that for those who love God all things work together for good, for those who are called according to his purpose". **CE**

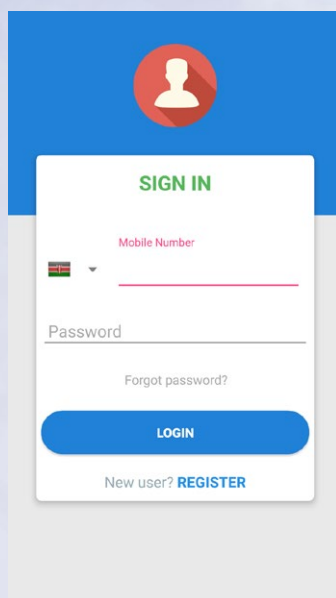
**Eternal rest grant unto her, O Lord.
Communications Committee**

COMING SOON

CONSOLATA SHRINE MOBILE APPLICATION - *ConsoShrine App* Expand Your Digital Presence

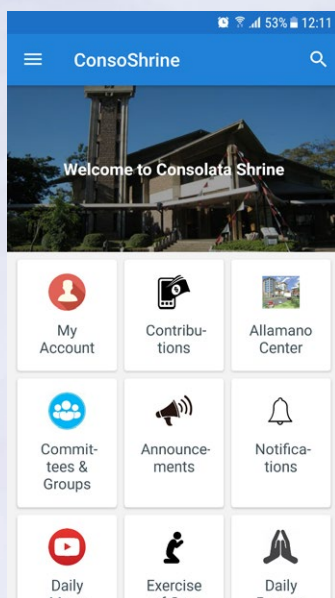
The custom-made **ConsoApp** is a tool for the Consolata Shrine community that has been developed for an enhanced two way communication between the parish and the Consolata community, making it easier to keep up to date, secure online payment solutions for contributions, live mass streams shop, and real-time world happenings, among other features.

Find the new fascinating App on Playstore to discover much more.....



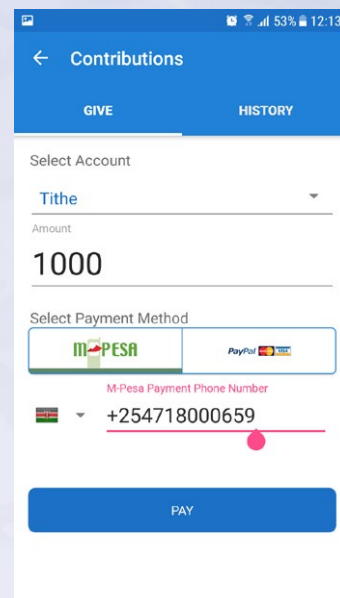
1. LOGIN SCREEN

Registered users enter their mobile number and password in order to login. New users click the “REGISTER” button to create an account. Password can be reset using the “Forgot password” link.



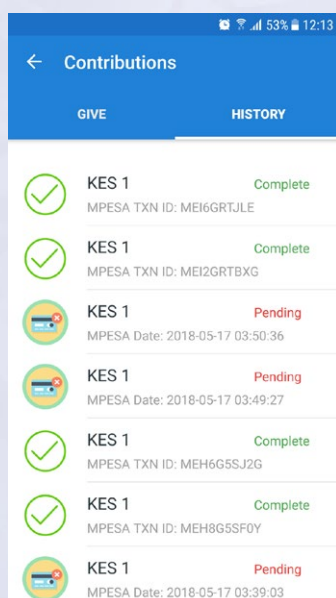
2. DASHBOARD

This screen acts as a home page and provides links to the various features of the application. Everything can be accessed through this screen.



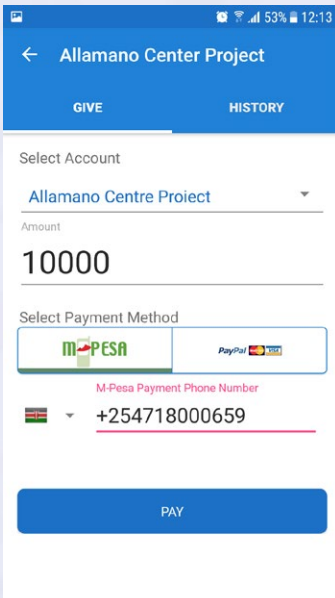
2. DASHBOARD

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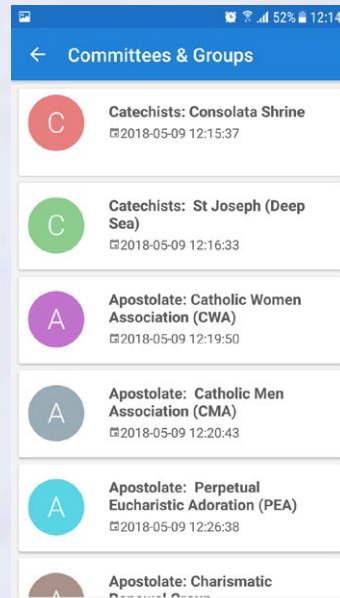
4. CONTRIBUTION HISTORY

Users can view their contribution history. To view the details of a certain transaction, click on that transaction.



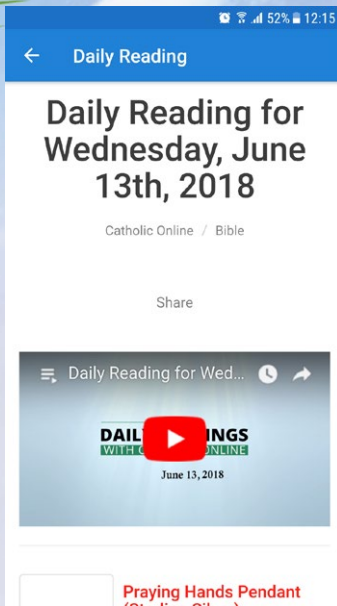
5. ALLAMANO CENTER PROJECT CONTRIBUTIONS

This screen enables both parishioners and non-parishioners to give in support of the *Allamano Center Project*. The supported payment methods are *MPESA*, *PAYPAL* and *CREDIT CARD*.



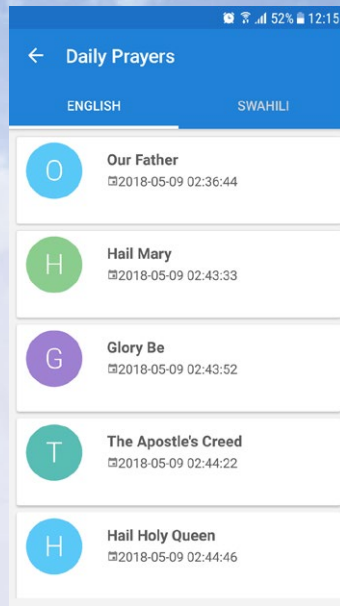
6. COMMITTEES AND GROUPS

This screen presents a list of all committees and groups. Users can read more about a group by tapping on it. Moreover, they can *Join* or *Leave* a certain group.



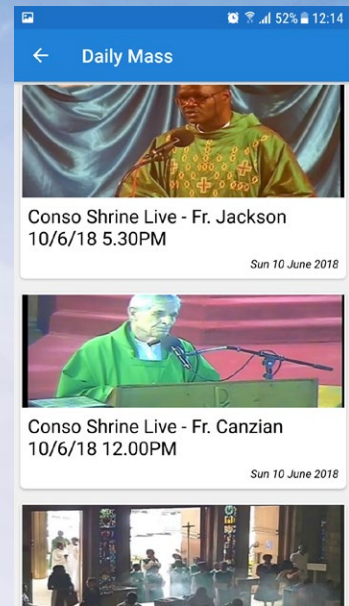
7. DAILY READING

Users can access and read or listen to *Daily Readings*.



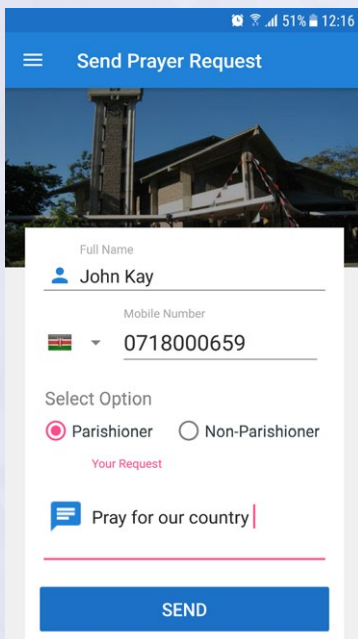
8. DAILY PRAYERS

Users access *Daily Prayers* through this screen. To view more details, users tap on a prayer title.



9. DAILY MASS

Live and previous mass can be accessed by tapping "Daily Mass" on home screen. Users can watch and listen to Mass by tapping the preferred one.



10. PRAYER REQUEST

Parishioners and non-parishioners can send prayer requests on this screen.



11. WORLD NEWS

Users can access and read world news by tapping the "World News" icon on the home screen.

MORE FEATURES ARE DISCOVERED AS YOU INTERACT WITH THE APP.

By the Communications Committee

Faith in Matrimony



The bride walks down the aisle for the big occasion.

A journey of faith into holy matrimony as narrated by the couple, Janet and Paul...

Janet - we first met in Kisii County many years ago, where we lived in the same village. His family and mine were friends, so we would visit each other's homes as young children. Our mothers were best of friends at a time when we lived with my grandmother. Our friendship was a very general family friendship. We did not know we would one day end up married.

This innocent friendship came to an end when I joined high school in 2005. I never saw him again, not until I joined Kenyatta University in 2010. I moved from Kisii County to live with my brother in Nairobi County. He was a very frequent guest.

One day, he called me aside and asked me if I was in any serious relationship. I said no. He then said he wanted to become my boyfriend. Initially I was tense but after some time I said yes. He introduced me as his girlfriend officially to his family. It did not come as a surprise to them because they already knew me well.

I was very happy. I was already secretly in love with him. I really

did not know he would propose. God answered my prayers because he was the kind of man I always prayed for all my life as a life partner.

When I Joined University in 2010 we were officially in a relationship, I used to visit his grandmother in Korogocho. She taught me any things, including how to cook delicious meals! She truly is my real model!

We promised each other to remain faithful and complete our studies before we officially got married.

Things took a different turn. We lived together as husband and wife after I fell pregnant. We have been together since then,

We decided to raise our Children as Catholics, much against our parents' wishes. They are of different faiths. After we finished university we were blessed with our second born child. One later we had our third child, in December 2016.

It has been our fervent prayer to have official holy matrimony in the Catholic Church. Due to various challenges, especially from

HOLY MATRIMONY



Groom kisses the bride after the "I do"

our Families, we have really struggled with that year after year.

Finally, on 27th April 2018, our prayers were answered and we exchanged our vows at Consolata Shrine.

For the couples contemplating Holy Matrimony: choose Jesus Christ and the rest shall follow. God above all family, above all friends, above all relatives. All other opposition shall not be a hindrance to receiving eternal life.

Life has not been easy for us. We have faced ups and downs but through it all we have stuck together.

The biggest challenge I faced was that of pressure from family. They did not understand my need to receive the graces of the sacrament of holy matrimony. I thank the pastoral team, our catechist and our priest. They helped us realize the importance of following and serving Christ above all other things, including Family.

With God's guidance I pray that my family will one day understand and we can all be together as one large family in Christ.

Paul - We first met through my sister around the year 2000. Janet and my sister Susan were classmates whose friendship blossomed as they visited each other back and forth. Our mothers became very good friends.

Later, as a Bachelor of Commerce student at the University of Nairobi I lived with my grandmother, Tabitha, in Korogocho. It was during these weekend and holidays with my grandmother that my friendship with Janet blossomed into a foundation of our love and marriage.

My grandmother later supported us by nursing our firstborn child while Janet continued with her undergraduate studies.

As a couple we have faced tremendous challenges. Our parents had demands on us that prevented us from marriage in church.

We had planned a wedding in 2015 in St Monica Iginga Church in Kisii County but had to call it off, at great expense both spiritually and materially. There was a real spirit of rejection.

As a family, we thank God for everything and look forward to living a truly Christian life as a family.

Raising our children has been easy because of supportive family members - my grandmother, siblings and my mother.

Unique Qualities

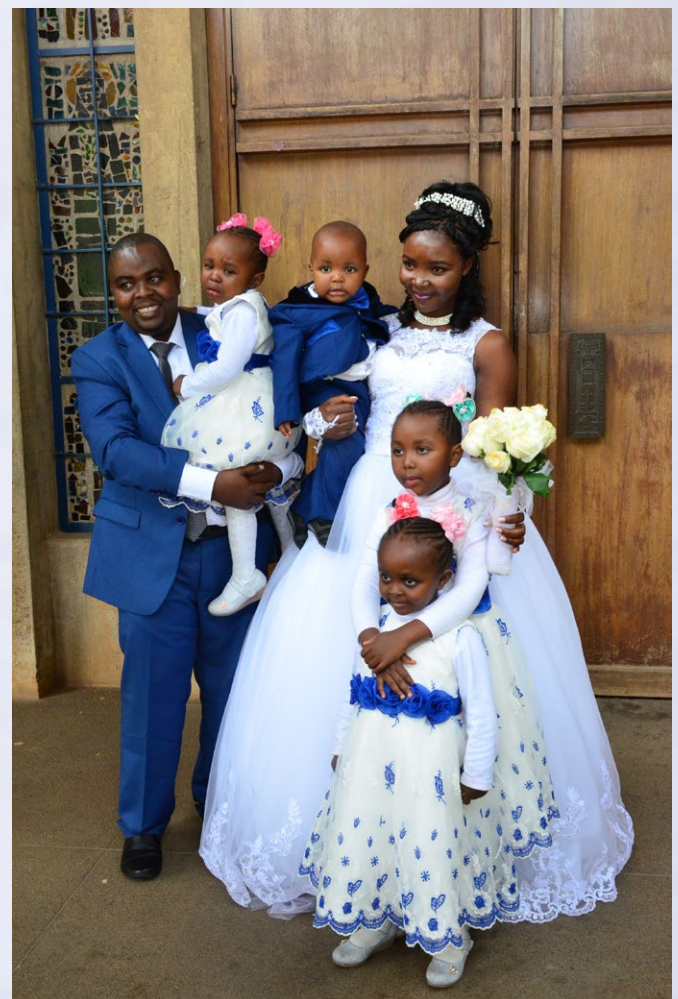
Janet:

He is honest, hardworking, prayerful, ambitious and industrious. He had all the traits I needed in a future husband.

Paul:

Janet has outstanding qualities. She is hardworking, God-fearing, truly conservative and an excellent implementer and strategist. These are the exact qualities I always looked for in my dream woman. **CE**

By the couple



The couple with their children after exchanging nuptials.

COMMITTEES CORNER



THE CONSOLATA SHRINE THE CATHOLIC WOMEN ASSOCIATION - CWA MOTTO – STRONG IN FAITH

BIBLE REFERENCE

How hard it is to find a capable woman! She is worth more than Jewels – **Proverbs 31:10**

PATRON SAINT - St. Monica

MISSION

To empower association members spiritually, in order to strengthen their faith, evangelize to families and society at large.

VISION

An association whose members constantly bear witness to Christ and committed to holistic development Catholic Faith and family unity.

CORE VALUES

Commitment, Teamwork, Humility, Integrity, Respect, Diligence, Accountability

BRIEF HISTORY OF CWA IN NAIROBI

Catholic Women Association (CWA) of the Archdiocese of Nairobi was founded 38 years ago (1980) by His Lordship Bishop David Kamau under the guidance of the late Servant of God Maurice Michael Cardinal Otunga, who was the Ordinary of the Archdiocese of Nairobi at that time.



CWA Members during the blessing of the Allamano Centre by His Lordship Bishop Pante.



CWA Members in Retreat/Recollection at The Subukia National Shrine

As a priest, Bishop Kamau was charged with the leadership of the lay apostolate with women from Makadara, Jericho and Githunguri parishes. This was necessitated by the need to constitute a formal group of Catholic women who would welcome Pope John Paul II during his first visit to Kenya.

CWA is an association of Catholic Lay Women mandated to empower catholic women spiritually, morally, socially and economically for the purpose of evangelizing families and society at large. The Patron Saint of the CWA is St. Monica mother of St. Augustine of Hippo.

CWA IN CONSOLATA SHRINE

At the Consolata Shrine, CWA was established between the year 1989 and 1992 with a membership of less than twenty women, today CWA is represented with a membership of over two hundred ladies. Recruitment of members is done annually through announcement in the church and registration of the same and then member are taken through First Formation for a period of six months after which they are commissioned and received in the Parish/Shrine level. The Second Formation of six months is then done and members are received at the Diocese Level.

At the Shrine, CWA members meet every fourth Sunday of the Month after active and full participatory in the Holy Mass. Some of the areas of participation by the members in the church include to mention but a few: - Singing in the Choir, Proclamation of the Word, Small Christian Communities and

Continued on page 22...

A HEART PIERCED WITH LOVE

Earlier this month the Church honoured two beautiful hearts: The Sacred Heart of Jesus and the Immaculate Heart of Mary. We know a lot about these two symbols of Love. But, there is another heart which is not so well known. This heart is special because, even though it belonged to a woman who lived over four hundred years ago, it is still preserved and intact today.

The heart belonged to St. Teresa of Avila, a Carmelite nun. She was born in Spain in 1515 and died in 1582. Her sixty six years of life were marked by mystical encounters with God. She experienced visions and was sometimes attacked by the devil. Not everyone believed her stories: Some even considered her unstable.

Her most amazing experience involved an angel approaching her and piercing her heart. This is how she told the story:

"It pleased the Lord that I should see this angel in the following way. He was not very tall, but short and very beautiful, his face so aflame that he appeared to be one of the highest type of angel who seem all afire.....In his hands I saw a long golden spear and at the end, an iron tip. With this he seemed to pierce my heart several times...."

This event is known as the Transverberation of St. Teresa of Avila



She said that the pain was so deep and so great that it was a spiritual pain. The experience brought her closer to God.

Due to arguments about her final resting place, Sr. Teresa was buried but then exhumed after some years. The

sisters were amazed to see that although her clothes had decayed, the body was intact, incorrupt. Before they reburied her, they changed her clothes and removed her heart.

The heart of Sr. Teresa also showed no signs of decay. But, the most incredible observation was that the heart was scarred. It had deep cuts which could have been made with a small spear. This could only mean one thing: St. Teresa had been telling the truth about the angel.

This heart is now preserved in a church museum in Salamanca, Spain. It still shows no signs of decay and the scars are there for all to see.



The heart of St. Teresa was pierced. Both the Hearts of Jesus and Mary are also been pierced; one with a spear, the other with a sword. Why are all these hearts in pain?

The Lord is telling us that a heart which is willing to love must be willing to suffer. True love of God and our neighbours must involve sacrifice and pain.

We can see that St. Teresa must have loved God with all her heart. She was happy to accept the gift of suffering. She famously said, "God sufficeth (God is enough)." St. Teresa of Avila was declared a Doctor of the Church because of her spiritual books and teachings.

Let us pray: O Jesus, meek and humble of heart, make my heart like Yours.

O Sacred Heart of Jesus, have mercy on us.
Amen 

THE HEART IN THE BIBLE

The ♥ of a person does not always mean the small organ pumping blood around the body. The ♥ of a person can also mean the soul of a person. This is the real person who only God can see.

Match the Bible quotations with the correct references.

1. "Man looks at the outward appearance, but I look at the ♥."
2. "Love the Lord with all your ♥, with all your soul and with all your strength."
3. "I will give you a new ♥, and a new spirit I will put within you....and I will remove your ♥ of stone and give you a ♥ of flesh."
4. "Now you are sad, but I will see you again, and your ♥ will be filled with joy, and no one will take that joy from you."
5. "Take My yoke upon you and learn from Me, for I am gentle and humble of ♥ and you will find rest for your souls."

A. Ezekiel 36:29

B. John 16: 22

C. Matthew 11: 29

D. 1 Samuel 16:7

E. Deuteronomy 6:5

Once you have completed the quiz, find your own Bible verse which mentions the ♥. Leave your answers at the PMC office. Make sure you add your name, age and contact.

Remember to look after your ♥ .

God bless you.

Christian Education Committee.

....continued from page 20

other groups and associations in the church, cleaning of the church and the prayer garden, buying and arranging of flowers in the church, social responsibilities (visiting the sick, visiting those in prison and consoling the bereaved), attending retreats, seminars and recollections, sporting and social functions and any other activities as they maybe assigned by the Parish.

Some of the CWA objectives include: -

1. To ensure pastoral development in the church
2. Ensure that the Association is financially stable and sustainable projects are run effectively
3. Develop capacities for the members to fully help in implementation of the plan of the Association.
4. Plan, Implement and Evaluate Sustainable development projects to help the Association economically.
5. Ensure empowerment through confidence building of CWA members

In line with objective number one of the CWA Archdiocese of Nairobi, CWA Consolata Shrine, has organized for a grand fund raising dinner in support of the Allamano Center which is a Major Construction Project of the Church.

The Dinner will be held on Friday August 31, 2018. This a major activity which CWA is planning to undertake and requests the support of all the parishioners and all members of Good Will and the public to support the Consolata Shrine CWA in the achievement of raising funds for the completion of the Allamano Center.

Some to the activities in relation to the fund raising will include:

- Selling of umbrellas, t-shirts, caps, cups and plates, shopping bags, corporate sponsorships in whatever size and magnitude towards the dinner and selling of dinner cards.

CWA is welcoming all member of the Consolata Shrine

Community, friends and neighbours, CWA Archdiocese and the Catholic Church Fraternity and stakeholders, members of the public and well wishers to this grand and noble activity of the Fund Raising Dinner which will be packed and offer a lot of opportunities for both individual and corporate families for a chance to network, visibility, socialize and mingle while building the Kingdom of God through Evangelization. **CE**



CWA Members participate in the Celebrations of Our Lady Consolata.

Baptisms in May 2018

1. Francis Cyril Njogu of Shirley Kirigo and Patirck Kinuthia
2. Allan Wachira Karue of Margaret Aidah Wanjiru and Michael K. Wachira
3. Austine Njagi Karue of Margaret Aidah Wanjiru and Michael Karue
4. Breanna Wangari of Teresa Nabwire and Duncan Chege
5. Jeremy Mwangi of Benedicta Wanjiru and Joseph Muriuki Mwangi
6. Xavier Dante Wandera of Nancy Wambui and Beautah Wandera
7. Catherine Lynn Muthoni of Phyllis Kananu and Bernard Ndichu Kiriga
8. Aryanna Wanjiku Njagi of Susan Wachinga and Simon Njagi Kariuki
9. Michael Liam Ndungu of Jane Njeri and Michael Waigwa
10. Zane Ndembei Mwangi of Agatha Nyaguthii and Kennedy Mwangi Ndembei
11. Michelle Joanna of Carolyne Aluoch and Boniface Okila
12. Leo Sapo-Wiwa of Beryl Obiero and Oscaar Limoke
13. Alexander Kamau Maingi of Janet Wanja Kiarie and Bernard Maingi Kamau
14. Joan Pendo of Paulina Mutile and Nicholas Munywoki Muoki
15. Valeria Museo Luusa of Josephine Nthambi and Albert Luusa Munene
16. Elvis Shiramba of Consolata Shikhonyela and Samuel Walunywa
17. Celine Nyambura Nthigah of Irene Mbere Nthigah
18. Chloe Sanayian Saitoti of Winfred Wangari and Paul Saitoti Letoya
19. Austin Handi of Caroline Wangari

20. Aquilina Adhiambo of Mildred Mukhanyi and Nicodemus Jared Otieno
21. Ted Mutuma Muema of Lindah Kendi and Eric Muema
22. Ray Mitto of Pamela Nkatha Thuranira and Benard Gaylord Mitoo
23. Thea Makio Wandera of Nancy Wambui Kiarie and Neauttah Wandera
24. Maria Asa Muthoni Gathuo of Wanjiku Githitu Njuguna and Gilbert Gathuo

Marriage Banns June 2018

There is a promise of marriage between:

1. Carolyne Nzilani Muia and George Michael Thiongo
2. Candida Mwikali Mulwa and Joseph Kahuko Kamau

If anyone knows of any particular reason why the above ceremony cannot take place, they should immediately report to the Parish Priest.

Weddings in May 2018

1. Gloria Jepkoech Kimeli and Stephen Karanja Mwangi
2. Christine Nanjala Simiyu and Walter Mokandu Nyabicha
3. Betty Kalekye Mwanthi and Eric Wakahia Njoroge
4. Michelle Midika Agufa and John Ongandi Oganda
5. Dorcas Wambui Ndengeri and Nicholas Kahiko Gichuki

Deceased of the parish

Name of deceased	Date of death
Christine Wambui Kamau	22 may 2018
Eternal rest grant unto her. And let perpetual light shine upon her. May her soul rest in peace. AMEN.	

Compiled by:

Catechist Sammy Kakai

EVENTS OF THE PARISH FOR JUNE 2018

MISSIONARY INTENTION: Universal: Social Networks. That social networks may work towards inclusiveness which respects others for their differences.	
Wed 20	SOLEMNITY OF OUR LADY CONSOLATA-PATRONESS
Thu 21	Saint Aloysius Gonzaga, Religious, Memorial Catechists' Deanery ongoing formation, St Catherine of Siena
Fri 22	Ministers of the Sick: Residential Retreat
Sat 23	Youth: Outdoor activity, hiking
Sun 24	12TH SUNDAY IN ORDINARY TIME Children's Mass, 9am Formation for parents and sponsors for infant baptism, 3pm Christian Education Committee: Family Life Talk
Wed 27	Catechists: Deanery formation, St Catherine of Siena
Fri 29	SAINTS PETER AND PAUL, APOSTLES Solemnity
Sat 30	First Martyrs of the See of Rome Ongoing formation for children who have received First Holy Communion, 10am-1pm. Infant Baptism, 2.30pm Choir festivals, for B and A Catholic Education Day, Ngena high School

EVENTS OF THE PARISH FOR JULY 2018

MISSIONARY INTENTION: Evangelization: Priests and their Pastoral Ministry. That priests who experience fatigue and loneliness in their pastoral work, may find help and comfort in their intimacy with the Lord and their friendship with their brother priests.	
Sun 1	13TH SUNDAY ORDINARY TIME LITURGICAL CELEBRATION OF STS PETER AND PAUL, Solemnity Socials committee: Snack and Cake Sale
Tue 3	SAINT THOMAS, APOSTLE Feast Seminar for religious priests working in Parishes, Clergy Home, Ruaraka
Fri 6	Saint Maria Goretti, Virgin, Martyr, Memorial 1st Friday of the month: Adoration in honour of the Sacred Heart of Jesus (programme starts at 9pm with confessions and the Rosary; Mass at 10pm; ends at 5am with Holy Mass)
Sat 7	1st Saturday of the Month: Prayers in honour of the Immaculate Heart of Mary: Hourly rosary prayers start at 9.30am to 4.30pm at the Prayer Garden by various groups Novena for the Festival of Prayer Garden (1) Candle lit Procession after 530pm Mass 3 rd Archdiocesan Pastoral Council meeting, Clergy Home, Ruaraka St. Maria Goretti SCC: Celebration of Feast Day.
Sun 8	14TH SUNDAY ORDINARY TIME Youth Mass, 9am followed by Formation Talk/Open forum. Prayers for the sick, their families and health workers at all Masses. Meeting of sponsors and parents of confirmation candidates. 2.30pm Charities Committee: Jumble Sale
Wed 11	Saint Benedict, Abbot, Memorial Self Help Group: Training and Mid-Year Review.(11-14 April)
Thu 12	Catechists: Diocesan Annual Mass,
Sat 14	Novena for Festival of Prayer Garden- 2; Candle lit procession and Rosary after the 5.30pm Mass First Holy Communion: 1 st Recollection at Resurrection Garden.