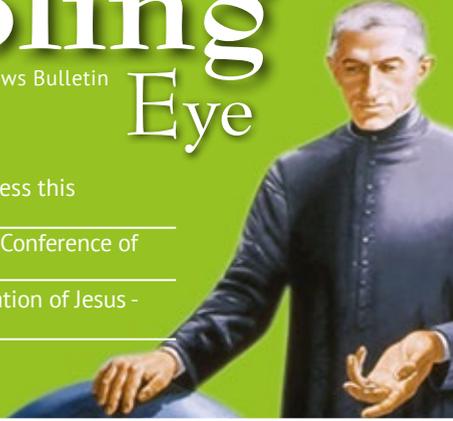
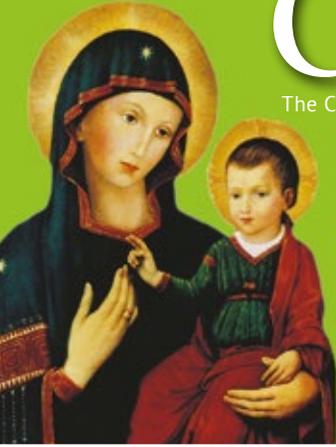


July - August 2017

# The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



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Kenya is for all of us, let's maintain peace during and after the elections.



Consolata Shrine, Westlands, Nairobi



@ConsoShrine

# O God of all creation, bless this our Land and Nation!!

Dear parishioners,

*May the Peace and Consolation of Christ through the intercession of Our Lady Consolata be with you all!*

It is nice to get in touch with you after the Solemnity of Our Lady Consolata. I hope you had a beautiful moment with Our Mother, feeling her warmth and the joy of being cared by her!

We turned another page in the year... we are already in the second half of this year of the Lord.

This month is not just another month. The minds and hearts of most of our people are concentrated in the forth-coming elections

on the 8<sup>th</sup> of August.

My reminder is on the story of God and His people: a long-term story and commitment to build One Nation. It was with the Israelites in the Old Testament; it was with Jesus and his followers in the New Testament; it is with us today... an extension of the New Testament.

One of the reasons we decided to have this Year of the Family at Consolata Shrine was the Elections. Yes, we want to work with that family of mum, dad and children at home; but at the same time, we cannot forget the large family that is our country. A country rich in culture and values, with its more than 40 ethnic groups, can offer a great opportunity of growth when we all become positively aware of one another.

## Pope's Prayers Intentions for August 2017

### Artists:

That artists of our time, through their ingenuity, may help everyone discover the beauty of creation.



Elections offer us the opportunity to express our voice on whom we want to lead us. As Christians we must fall on our knees and pray before any serious comment about the elections and before casting our votes. We must ask ourselves, what does God want? What can I do so to fulfil God's will? Are my speech, my actions and my reactions speaking of God's will, who with patience respect all people? And who will do anything He can to bring blessings upon all?

We cannot repeat the story of Cain and Abel, when "Then the LORD said to Cain, 'Where is Abel?' And he said, 'I do not know. Am I my brother's keeper?' He said, 'What have you done? The voice of your brother's blood is crying to Me from the ground....'" (Gen 4:9-10).

Of course we may have our preferences, we are proud of our values and traditions, but let's not forget that we are one nation, one family. In moments of external threat, we proved to be united. Let us not call upon adversities so to keep us united. We are intelligent enough to choose good in good times too. Let us not allow ourselves to be used and misused, to be carried away emotionally with any kind of speech and especially hate speech.

Let us ask God the grace to discern for whom to vote, who is that person who offers us good leadership, who is that person who is

really God-fearing; who is that person who kneels down to pray not to ask God to do that person's will, but who is asking God what to do so to realize God's Will.

Political seats have become highly profitable even from an economic point of view. Many have used this positions really to bring about good to the individuals and the community. Let us look at those examples.

Let us remain in peace and make sure that when after the 8<sup>th</sup> of August is gone, we can continue moving ahead in this beautiful country, looking forward for a better future, because I have also done my part.

This time is also like a wedding, we don't just prepare for the wedding day, we prepare for the rest of the lives of a couple, for their marriage. So, in the same way, we don't prepare and think only about the 8<sup>th</sup> of August, we prepare for the next 5 years of life in Kenya and for all Kenyans, especially those who upto today have had less chances of living a better life.

O God of all creation, bless this our Land and Nation!! May God bless all candidates and may they be open to search for His Will! May God bless all of us! **CE**

Fr Daniel Berteau,  
Father in Charge

# Peaceful Election

Blessed are  
the peacemakers,  
for they will be called  
Children of God

Jesus



“For elections to be peaceful, they must be just. It is not possible to run a just election on the wrong basis: If anyone were to ride to power on the crest of violence or on their ability to intimidate, coerce, improperly influence the electoral process or buy votes, it would not be possible to brand the process that yielded such a result as peaceful. Such an election might be calm, but it is certainly not peaceful.” The leadership of this country can contribute to peaceful elections by not subverting the democratic process but rather by encouraging it. Political competition should be healthy, mature and entirely about ideas rather than winning by means either fair or foul. Candidates should preach and send this great and powerful message

of peaceful, free and fair elections to all Kenyans.

Election is the act/process of choosing someone to a public office through voting. Peaceful elections, therefore, mean this act/process: that is devoid

of violence and electoral malpractices; in which all candidates, their supporters and voters observe/obey the elections laws before (campaigning period), during voting and after the election; free, fair and credible elections and results are acceptable by all the stakeholders; All stakeholders undertake to and actually play their rightful role to ensure a level playing field for the candidates—respecting competitors’ materials, ideas; Voters present themselves to elect leaders of their choice and remain orderly after the election; and no subsequent threats, intimidations, destruction of private and public property or displacement of communities. Quoted from the National Anti-

Corruption Campaign Steering Committee (NACCSC)

Voters should ensure elections are peaceful: participate in voter and civic education on election and in voting itself on the polling day; protect their voter’s and national identification cards from being bought/exchanged for cash money and other considerations; abide by/conduct themselves in lawful manner, avoid/shun corruption, violence, hateful speeches, etc. before, during and after the election; respect electoral and security officials and comply with all lawful orders that are issued; support law enforcement by being on the look-out/foiling/reporting malpractices and other criminal acts, recording statements and adducing evidence in courts of law as will be necessary; facilitate all voters to cast their votes, regardless of their ethnic background, political affiliation or ability, for instance give priority to persons with disabilities, sick and the aged, NACCSC.

Some believe peace can only be found through strength i.e. if you are a lot stronger than your opponent, they won’t strike for fear of experiencing the wrath of that strength. As such a strong and mighty defence and a big visible stick of military power will stop people from going to war. Jesus had a different view of creating peace other than holding a bigger stick or weapon against his enemy. The world’s peace; is a peace based out of fear.

Jesus said: Luke 6:29 “If someone strikes you on one cheek, turn to him the other also”; Luke 6:29 “If someone takes your cloak, do not stop him from taking your tunic”; Matthew 5:41 “If someone forces you to go one mile, go with him two miles”; (John 14:27) “Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” The Peace that Jesus gives us as Christians is not the absence of trouble, but rather the confidence that He is there with you always. Hebrews 12:14 the Apostle Paul ask us to “Make every effort to live in peace with all men and to be holy.”

Finally, let us embark upon a journey as our contribution towards peaceful elections and pass messages of peaceful, free and fair elections to all Kenyans. As Christians we are guided in Mt 5:9 “blessed, are the peacemakers, for they will be called sons of God.” John 1:12 “Yet to all who received him, to those who believed in his name, he gave the right to become children of God” Thus we are obliged to become peacemakers; Let there be peace on earth and let it begin with me. Be the change that you would like to see. It is much easier to change yourself than to change other. **CE**

**Zipporah Kiruthu**  
**Convener, Justice and Peace Committee**



## Pastoral letter by Kenya Conference of Catholic Bishops

### PEACEFUL AND CREDIBLE ELECTIONS FOR LEADERS OF INTEGRITY

#### I. PREAMBLE

Dear Kenyans, "Peace be With You" (John 20:20). Time is now for Peaceful and Credible Elections.

We, the Catholic Bishops of Kenya in our latest Lenten Campaign message, called upon all Christians and people of good-will to hold "Peaceful and Credible Elections..." and elect leaders of integrity. We have invited our Christ's faithful to maintain and safeguard peace, calm and non-violence. All of us, from whatever part of the Country we come from, or whatever political views we hold, are children of God, children of Peace.

We are reminded to do so because, in the Catholic Social Teaching, we are taught that "the human person is the foundation and purpose of political life who is endowed with a rational nature. The human person is responsible for his own choices and able to pursue projects that give meaning to life at the individual and social level."

The Church further recognizes that the political community originates in the nature of persons who have a religious and moral order that has the greatest validity in the solution of the problems relating to their lives. In addition, we are convinced that the political community finds its authentic dimension in its reference to people: it is and should in practice be the organic and organizing unity of a real people.

In common language, the political leaders in our society are a reflection of our society. The corruption and impunity we are witnessing today in our public and private spheres

is just an image in the mirror of who we are as the Kenyan people.

We, the Catholic Bishops of Kenya, are calling and imploring the Kenyan electorate to elect people of integrity since the leadership is at the service of the people. We, therefore, need to critically assess ourselves. We need to answer this fundamental question: what kind of Kenya do we want? We know that everybody, with an honest conscience, will want a Kenya free of corruption, negative ethnicity and violence. We need a peaceful and prosperous Kenya.

#### II. TOWARDS PEACEFUL AND CREDIBLE ELECTIONS

We appeal to the Politicians to conduct themselves peacefully and ensure that whatever they do should be in the interest of Kenyans and in particular, to promote unity of the Country.

Concrete points to take into account during electioneering period

- On the drumming up of tribal and ethnic sentiments, we must resist and reject any form of incitements. We must foster a unified Nation.
- Desist from inflammatory and irresponsible utterances stirring up hatred towards specific candidates.
- We condemn the upsurge of elections-related violence among the political leaders.
- Reject the agenda of some leaders that is not life friendly, and not family friendly. The defence of life and protection of family unity is paramount and is not negotiable.
- We must judge each candidate carefully, especially on honesty, truthfulness and

integrity. Let us remember that we are entrusting our future and that of our families into their hands.

- The Catholic Church has members in almost all Political Parties in Kenya, which is a fruit of democracy. We, as Catholic Bishops, therefore, have no favourite candidates, but rather our duty is to emphasize the moral values of political and social life. We implore all Politicians to conduct themselves with utmost sobriety to ensure that the 2017

General Elections are free, fair, peaceful and credible for them to give legitimacy to the electoral offices.

- We urge you to go out on the Election Day to vote wisely guided by conscience, after clearly weighing the qualities and the programs proposed by the candidates.
- We reiterate that voter bribery is unacceptable.

#### III. THE INDEPENDENT ELECTORAL AND BOUNDARIES COMMISSION

The Independent Electoral and Boundaries Commission (IEBC) and other key elections stakeholders should ensure that all the electoral processes are credible, based on compliance to the principles of Article 81 of the Constitution, which states that no more than two-thirds of the members of elective public bodies shall be of the same gender, fair representations of persons with disabilities, universal suffrage based on the aspiration for fair representation and equality of vote; and free and fair elections, which are:-

- i. by secret ballot,
- ii. free from violence, intimidation, improper influence or corruption
- iii. conducted by an independent body,
- iv. transparent, and
- v. administered in an impartial, neutral, efficient, accurate and accountable manner.

#### V. POLITICAL PARTIES TO RESPECT AND PROMOTE THE COMMON GOOD

The Catholic Church is aware of the role of political parties in a democratic society. It is also sadly aware of the role the Political Parties played in the 2007/2008 Post-Election violence. As Shepherds of the people, we would like to remind all Political Parties that they have the task of fostering widespread participation and making public responsibilities accessible to all.

Political Parties are called to interpret the aspirations of civil society, orienting them towards the common good, offering citizens the effective possibility of contributing to the formulation of political choices. We call upon all Political Parties to present their Manifestos to the Electorate, explain them and make them available to all people.

Currently, much more interest seems to be placed on personal political positions rather than on service to the people. We strongly advise that Political Parties follow the provisions of the Political Parties Act 2011, to be national in character, in representation and have internal democratic structures.

#### VII. CONCLUSION:

In this Pastoral Letter, we have expressed our Pre-Election Concerns. They are not only the concerns of the Catholic Bishops but also the concerns of millions of Kenyan citizens who want peace and credibility of elections in our Country.

We bless all our brothers and sisters and we pray to the Lord that concern for peace and the common good may prevail over any kind of violence prompted by personal or ethnal ambitions during and after the elections.

May God bless you all and bless our Country Kenya. 

# HOLIDAY ACTIVITIES!

Hello! This vacation is unpredictable due to the Elections. However, we trust that all will be well and that we can begin our schedule on **Assumption Day, Tuesday 15<sup>th</sup> August**.

**CHILDREN 5-12 YRS OF AGE,  
TUESDAY 15<sup>TH</sup> - FRIDAY 18<sup>TH</sup>  
AUGUST**

**VENUE: PARISH HALL AND SPORTS  
GROUNDS.**

**ACTIVITIES: BIBLE STUDY; ART AND  
CRAFTS, DANCE AND SPORTS.**

**DAILY REQUIREMENTS: PACKED  
LUNCH; HOLYBIBLE; NOTE BK/PEN/  
PENCIL AND SPORTS WEAR.**

**NB: ON FRIDAY 18<sup>TH</sup> AUGUST  
THERE WILL BE A TRIP. COST AND  
DETAILS TO FOLLOW.**

**JUNIOR YOUTH (13 - 18 YRS)  
MONDAY 21<sup>ST</sup>- FRIDAY 25<sup>TH</sup> AUGUST  
VENUE: PARISH HALL AND SPORTS  
GROUNDS.**

**ACTIVITIES: ALPHA COURSE AND  
SPORTS**

**DAILY REQUIREMENTS: PACKED  
LUNCH; HOLY BIBLE; NOTE BK; PEN;  
PENCIL AND SPORTS WEAR.**

**NB: ON FRIDAY 25<sup>TH</sup> AUGUST JNR  
YOUTH WILL GO TO KOMAROCK  
SHRINE ON THEIR ANNUAL  
PILGRIMAGE. COST AND DETAILS  
TO FOLLOW.**

Please register as soon as possible for planning purposes. We intend to have two weeks of fun and learning. God bless.  
Christian Education Committee

## Celebrating the Fourth Glorious Mystery of the Holy Rosary.

August is a very busy month in the Church. There are many saints celebrating their feast days. Make time to study the Church Calendar and ask the saints to pray with you on their feast days. Also, there are two very big feasts: The **Transfiguration of the Lord (6<sup>th</sup> August)** and the **Assumption of the Blessed Virgin Mary (15<sup>th</sup> August)**. By the time you read this page, the **Transfiguration** will have passed. However, the **Assumption** is approaching. Please do your best to attend Holy Mass on that day.

Here are two puzzles which will help you learn more about our **Blessed Mother Mary** and her glorious **Assumption**. Complete and hand them in at the Parish Book shop, with your name, age and contact before **Friday 25<sup>th</sup> August**.

\*Prizes will be presented at the August Children's Mass.

# Begin The Adventure

#TryAlpha

Alpha

## The Alpha Youth Course will answer the following questions:

- 👉 Is there more to life than this?
- 👉 Who is Jesus?
- 👉 Why did Jesus die?
- 👉 Why and how do we pray?

**Come, see and learn!**

## Life and times of Rose Osando in managing rheumatoid arthritis

Rose Sarange Osando a teacher by profession for 30 years has the most profound story I have ever heard in recent time. After completing Kenyatta University faculty of Home economics (hospitality) Rose was diagnosed with chronic rheumatoid arthritis in 1983 after long diagnosis. This diagnosis would define the next life of Rose. This is an account of her story.

As soon as I graduated from Kenyatta University, I was posted to Limuru girls. I suffered body pains after my first posting to Limuru Girls, which is a very cold place. I was young and full of life and I felt that being in an enclosed school was not good. I later got another chance at a school in Mombasa, The Star of the Sea, Kizingo. After a one term teaching at the school, all hell broke loose. Pains all over my body, I was suffering from asthma and the humidity accelerated the asthmatic attacks. The asthma however, could not explain the body pains. After a long diagnosis in various hospitals, the late Dr Okanga shared the sad news of the findings. I had Rheumatoid arthritis. The disease has no cure but I did not get the real picture then.

Dr Okanga had some photos of white people suffering from the disease. I thought it affects white people more. So I will be ok.

He gave me medicine and I was ok for some months. I actually never **thought am sick**. But after some months the disease attacked my synovial fluid and I was in pain again. I rushed back to the Doctor. After getting more medicine I would only be well for a few days then pain would resume. My bones would get attacked and hence needed blood transfusions when I got anaemic.

After a long treatment, I lost hope with the conventional medicines and turned to alternative medicines. This came with its down side; the hygiene was poor, where to get supply was scarce, poor research and poor prescription. I endured more pain and finally had to go back to conventional medicines. Sometime in 1985 my mother got a heart attack and was brought to Nairobi for treatment. I joined her at my brother's house in Nairobi and later on my father also fell ill, only to be diagnosed with terminal illness, cancer. Three family members with chronic disease wasn't easy. So I went back to Mombasa for work. Soon after I was recalled to Nairobi only to be told that my mother had passed on.

After her burial I went back to Mombasa. On the way back the bus I was travelling in left me after a stopover. Before it could

go far the bus was stopped by a passenger who noticed I was not in. It was about 200m to the bus but by the time I got to the bus I could not lift my legs and I had to crawl into the bus. I made it to Mombasa by God's grace. In July the same year again I got news that my dad had died. Bad things were in store for me during my dad's burial in Kisii. While in the burial, I felt a sharp pain and could not stand from my chair. I had to be carried from the chair.

At our rural home people were astounded that despite the family being well educated, we suffered more deaths as a family. They wondered how we were so educated but could not see the calamity befalling us. They said that we had ignored traditional medicine. I got a Maasai who would charge me 10/- to go pick my herbs from the bush. I stayed on with my cousin since I could not walk. I would take soup and herbs. This somehow helped manage the pain but had a resultant side effects of growing big. It wasn't long lasting though. I later met this SDA lay missionaries who restored my hope. They put me on nutrition diet. The SDA gave me a lot of specially cooked food. The nutritionist was not getting along well with cousin, who barred them from home, despite my liking for them.

My brother came in with a suggestion that we go to another traditional healer. I travelled to the interior parts of Kisii. I lived with this traditional healer for four days. I couldn't stay there due to hygiene and there

was no lighting. She was more of a witch doctor. She performed some cleansing rituals and things (bones, strings etc) removed from me. The treatment room had a fire place and hence the best place to sleep for my condition. The room was never lit so I got used to darkness. I was able to see how they lie to clients in the disguise of darkness on things removed from their body. The witchdoctor would hide a few objects below the pot of boiling water that was being used to cleanse client's bodies. While chanting she would throw the things inside and lie to the clients that the things were used to bewitch them. Since I was scared of what I had seen, I knew I had to get from there. One day my sister came to visit and I told her that she has to get me out of the place without informing the witch doctor. She got me permission from the witchdoctor's daughter to go to a hospital then come back. She got a pickup and positioned it at the foot of the hill. I had to be carried with a chair to where the pickup was. Before I could get to the foot of the hill, the witchdoctor saw us fleeing and came after us, running. I was so scared fell off the seat, still excruciating in pain.

In the second and final episode to be published in the next issue of the Consoling Eye, please find my journey, the life and times from the hospital where I was taken to my current status with the management of the rheumatoid arthritis. **CE**

Dennis Maina,  
Communications Committee

Pictures courtesy of Eric Fernandes

Consolata Shrine, Westlands, Nairobi added 4 new photos.  
 Written by Belva Digital (71 · 14 June 2017 at 15:36 · Nairobi · ©

This Weeks winners are walking away with Generators, phones and fuel vouchers! Next Weeks will drive away with a brand new Renault KWID!  
 Dial \*369\*2# & select Consolata Shrine Or using Paybill 804877, Account: WIN TO DONATE AND WIN!



Sam Gatitu (left) of Renault Group presents Aksa Generator to the winner, Henry Kibuchi of Nyeri at the Our Lady of Consolata Catholic Cathedral, Nyeri Cathedral in the ongoing Allamano Centre raffles, last Sunday.



Fr Daniel presents car keys to one of the Kwid car winner in the ongoing Allamano Centre raffle.



Rev Fr James Nga'ng'a, Fr In Charge of St Micheals Catholic Church, Langata presents car keys to Jane Akumu (right), the Renault Kwid winner in the ongoing Allamano Centre raffle.



Youth band prepares to lead procession during the Feast of our Lady Consolata celebrations.

Celebrating the feast of Peter and Paul (2 July 2017).



The ongoing construction progress of the Allamano Center, let us continue to pray and support the project.



Fr James Lengarin, who has now been promoted to 1st Councilor and Vice General Superior of the Consolata Missionaries, the community prayed for him as he takes up this important role in the church (23 July 2017).

# Who is Ignatius of Loyola?

## INIGO



St Ignatius of Loyola was born on 24<sup>th</sup> December 1491 in the great castle of Loyola in Guipuzcoa in Basque country of northwest Spain. He was the youngest child in a family of three girls and eight boys. At the age of 25 years he joined the army during the French war. In his early days he was vain with dreams of personal honour and fame.

In 1521 the Spanish army went to battle and Ignatius led his fellow soldiers towards the French. Unfortunately a cannonball shattered his leg in the battle field and His French captors, impressed by his courage, carried him across Spain to his family home, where he began a long period of recovery. There, his condition became so serious that for a time it was thought he would die. When out of danger, he chose to undergo painful surgery to correct blunders made when the bone was first set. The result was a convalescence of many weeks. During this difficulty recovery, Ignatius asked for books about chivalry which was his favourite reading. In the family castle the only books that were available was *Life of Christ* and *The Golden Legend*, a book on the lives of the saint. For some reason he found the books unexpectedly riveting. It is said that he was quite moved by the life of the Saints Francis of Assisi

and Catherine of Siena who he dreamt of imitating their heroic deeds.

During his convalescence, he experienced the gift of God's consolation in such a way that his life changed forever and after a long, serious reflection, he decided to devote the rest of his life to outstanding service of God. The journey of search for what the Lord really wanted of him in life began.

In February 1522 Ignatius bade farewell to his family and went to Montserrat, a place of pilgrimage in north-eastern Spain. He spent three days in confessing the sins of his whole life, hung his sword and dagger near the statue of the Virgin Mary as symbols of his abandoned ambitions, and, clothed in sackcloth, spent the night of March 24 in prayer. From March 25, 1522, to mid-February 1523. He lived as a beggar, ate and drank sparingly, scourged himself. Daily he attended mass and spent seven hours in prayer, often in a cave outside Manresa.

The sojourn at Manresa was marked by spiritual trials as well as by joy and interior light. While sitting one day on the banks of Cardoner River, "the eyes of his understanding began to open and, without seeing any vision, he understood and knew

many things, as well spiritual things as things of the faith"

Over the years, Ignatius became expert in the art of **spiritual direction**. He collected his insights, prayers, and suggestions in his book the *Spiritual Exercises*, one of the most influential books on the spiritual life ever written. With a small group of friends, Ignatius Loyola founded the Society of Jesus, or the Jesuits. Ignatius conceived the Jesuits as "contemplatives in action." This also describes the many Christians who have been touched by Ignatian spirituality.

On August 15, 1534, at Paris six young men who had met him at the University of Paris and made a retreat according to the *Spiritual Exercises* joined him in vows of poverty, chastity, and a pilgrimage to Jerusalem. If this last promise did not prove possible, as it did not, they vowed to accept any apostolic work requested by the pope. In 1539 Ignatius drafted the first outline of the order's organization, which Pope Paul III approved on September 27, 1540.

In 1539 the companions among them Saint Francis Xavier and Saint Peter Faber decided to form a permanent union, adding a vow of obedience to a superior elected by themselves to the vows of poverty, chastity, and obedience to the Roman pontiff that they had already taken. In 1540 Pope Paul III approved the plan of the new order. Loyola was the choice of his companions for the office of general.

The society grew rapidly, and it quickly assumed a prominent role in the Counter-Reformation defence and revival of Catholicism. Almost from the beginning, education and scholarship became

the society's principal work. The society entered the foreign mission field within months of its founding as Ignatius sent Saint Francis Xavier, his most gifted companion, and three others to the East.

Ignatius of Loyola taught those who follow the Ignatian Spirituality to exercise daily the "Prayer of awareness" referred to as "*Examen*" using five simple steps.

1. **Thanksgiving:** Thank God for the gifts of your life, the gift of the day
2. **Asking for Light:** Ask the Spirit for help in reviewing the day
3. **Reviewing of the day:** Where and how has God been present in the events of the day? What have been your responses?
4. **Turning to God:** Where you responded well, be grateful; where not so well, ask God's help and forgiveness
5. **Looking for the future:** Consider yourself: commend yourself to God's help.

Ignatius of Loyola died July 31, 1556, in Rome Italy at the age of 65 years; canonized March 12, 1622; feast day is celebrated on July 31. He founded the male religious order - Society of Jesus commonly known as Jesuits.

*(Spiritual direction is "help given by one Christian to another which enables that person to pay attention to God's personal communication to him or her, to respond to this personally communicating God, to grow in intimacy with this God, and to live out the consequences of the relationship."* (William A. Barry and William J. Connolly). **CE**

Mary Wachira  
Loyola Small Christian Community (SCC)

# The Feast of Transfiguration of Jesus - August 6<sup>th</sup>

The feast of Transfiguration which is celebrated on the 6<sup>th</sup> of August, commemorates Jesus' radical change in appearance while in the presence of Peter, James, and John, on a high mountain. The Gospel of Mathew records that Jesus "was transfigured before them, and His face shone like the Sun, and His garments became white as light." At this moment Moses and Elijah appeared, and they were talking with Jesus. Peter, misunderstanding the meaning of this manifestation, offered to make "three tents" for Jesus, Moses and Elijah. A bright cloud overshadowed them and a voice from the cloud stated, "This is my beloved Son, with whom I am well pleased; listen to him."

The disciples fell on their faces in awe, and were very much afraid. But Jesus came, touched and encouraged them to arise and not to be afraid. And when the disciples looked up, they saw only Jesus (Math. 17: 1-9).

## Transfiguration gives a vision of the future Glorification

The Transfiguration is a pivotal moment because it revealed Christ's glory, prior to the crucifixion, and anticipated His resurrection and ascension. It also prefigures the glorification of human nature in Christ. The setting on the mountain is presented as the point where human nature meets God, with Jesus acting as a point of

connection between heaven and earth. The transfiguration foretells the glory of the Lord as God, and His ascension into Heaven. It anticipates the glory of heaven, where we shall see God face to face.

## The purpose of Transfiguration

The Bible tells us that Jesus predicted His death, six days prior to setting off for the journey to the mountain (Math 17:1) This prediction led to Peter's protestation, and which also drew Jesus' rebuke, and branding of Peter as 'Satan'. It was, therefore necessary for Jesus to take them to a kind of a "Prayer Retreat" to Mt. Tabor, so that they could have a glimpse of the future glory, and in the process to be encouraged and strengthened, and shed off the depression caused by their master's prediction of His passion and death. The Apostles were made to understand that His redeeming work has two phases: The Cross and Glory - That we shall be glorified with Him only if we first suffer with Him.

## It is good for us to be here

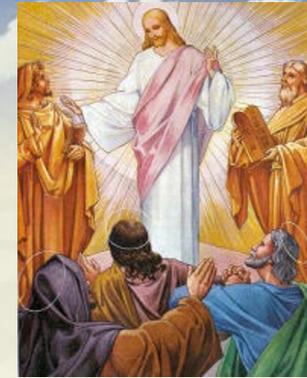
Upon Mt. Tabor, Jesus revealed to His disciples a heavenly mystery. While living among them he had spoken of the kingdom and of his second coming in glory, but to banish from their hearts any possible doubt concerning the kingdom and to confirm their faith in what lay in the future by its

prefiguration in the present, he gave them on Mt. Tabor a wonderful vision of His glory, a foreshadowing of the kingdom of heaven. It was as if he said to them: "As time goes by you may be in danger of losing your faith. To save you from this I tell you now that some standing here listening to me will not taste death until they have seen the Son of Man coming in the glory of His father."

Moreover, in order to assure us that Christ could command such power when he wished, the evangelist continues: Six days later, Jesus took with Him Peter, James and John, and led them up a high mountain where they were alone. There, before their eyes, he was transfigured. His face shone like the sun, and his clothes became as white as light. Then the disciples saw Moses and Elijah appear, and they were talking to Jesus.

## Sermon by St. Anastasius of Sinai, Bishop and Abbott

St Anastasius, in his sermon, which is the second reading in the Divine Office of the feast day, sums up Transfiguration as follows "These are the divine wonders we celebrate today; this is the saving revelation given us upon mountain, this is the festival of Christ that has drawn us here. Let us listen, then, to the sacred voice of God so compellingly calling us from on high, from the summit of the mountain, so that with the Lord's chosen disciples we may penetrate the deep meaning of these holy mysteries, so



far beyond our capacity to express.

Let us run with confidence and joy to enter into cloud like Moses and Elijah, or like James and John. Let us be caught up like Peter to behold the divine vision and to be transfigured by that glorious transfiguration. Let us retire from the world, stand aloof from the earth, rise above the body, detach

ourselves from creatures and turn to the creator, to whom Peter in ecstasy exclaimed: Lord, it is good for us to be here.

It is indeed good to be here, as you have said Peter. It is good to be with Jesus and to remain here forever. What greater happiness or higher honor could we have than to be with God, to be made like him and to live in his light?

Therefore, since each of us possesses God in his heart and is being transformed into his divine image, we also should cry out with joy: It is good for us to be here – here where all things shine with divine radiance, where there is joy; and gladness and exultation; where there is nothing in our hearts but peace, serenity and stillness; where God is seen." **CE**

**Compiled by Charles Peter Otieno,  
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Consolata Shrine**

## Celebrating Year of the Family 2017

As Parishioners who have frequented Consolata Shrine since 1994, our family feels deeply blessed to be part of this astounding Christian community of God. It is indeed a vibrant community that continuously evolves in its quest for reaching out to all sections of the cosmopolitan and global society.

Celebrations are vibrant with every activity of the Shrine centered on the Eucharist. No visitor or guest would miss a chance to see the new and innovative ways of connecting with the faithful through the unique ways (*remember last supper!*), Engaging Novena's, (*nine continuous Saturdays*) and other similar undertakings of our church.

These celebrations comprise people from all walks of life. Men, Women, The youth, the elderly and young children. The opportunities open doors for everyone to participate and motivate the faithful to participate; this is reflected in the increased participation of faithful over the years. The Shrine, especially on Sundays, is always overflowing with crowds of people and even extends to the parking lots, hence the Shrine has undertaken the ambitious plan of expansion for all the facilities to cater the current and future needs of our continuously evolving parish.

One of the distinctive activities of our Parish is that the events celebrated are on a yearly theme, which is carefully planned in advance

to run for a 3-year-cycle. The prominent and central banner/Theme is always "TO JESUS, THROUGH MARY". And while planning, there is special care taken to align & include the theme for the universal Church.

Just to refresh our memory, for the last 3 years we celebrated the following 3 themes

1. Be it done unto me according to thy word. – 2014
2. My mother and brothers are those who hear God's word and put it into practice.-2015
3. And she ran to the hill country.-2016

Now the Shrine has planned to have the current and next years dedicated to, **The Family** in 2017, Our **Youth** in 2018 and **Thanksgiving** in 2019.

You may have already noticed the family centered activities; the importance is emphasized through the Icon/Picture of the Holy Family of Nazareth on the Altar, The Stations of the Cross animated by Families during Lent and the washing of the feet of members of family on Maundy Thursday etc. to name few.

It is time for us reflect about our own families and how Church can help our family? I believe the answer can be found in the catechism of the Catholic Church.

We all are for sure familiar and still remember our basic catechism, the question and the answer as listed below,

### *Q. Why did God make you?*

*A. God made me to **KNOW** Him, to **LOVE** Him, and to **SERVE** Him in this world, and to be happy with Him forever in heaven.*

And Why do you think God created families? How and where do we learn about God to know him, where do we learn to love and serve him? Yes, you are right, it is in our FAMILY! The family is a masterpiece of God's Creation. Even Christ himself was born within the context of a family. Parents & children need to know that God has a special purpose for placing them within a family.

### To Know God:

*To **KNOW** God: **Jn: 17:3-** Now this is eternal life: that **they know you, the only true God, and Jesus Christ, whom you have sent.***

It is through our parents, our Earthly GODs we come to KNOW heavenly God. Mother Mary, for sure as a devout Jew must have introduced Yahweh, the father to Jesus and given all the basic religious lessons. I recall here a practice, some of you may be familiar when Mother gives a morsel to a baby, it is taught to bow it's head while mother says, "Jesus thank you for the food" and the baby grows up knowing that there exists a power or authority, a Father, who provides and takes care!. Similarly when the child falls sick, the Mother teaches the child to seek help from the same source, with words like, "Jesus I am good child of yours, I Love you, Jesus heal me." This practice continues as the child grows. When children, especially adults/ teenagers are challenged in life, studies, parents comfort them saying "Don't worry my

child, trust in God, all will be well, you will do well and so on, encouraging them to know and trust in God.

I also recall here a practice, where we had or even now we have clothes or dress set aside exclusively for Sunday or feast day Mass! Which helped us to give a special recognition and respect to house of God

This as you will agree, the FAMILY is the best as well as most important place to learn about and to know about God and it will directly reflect on a person as he grows up in the family/society. Knowing God strengthens our faith. A society filled with people who KNOW God is free from all trouble.

### *Question: Are we lacking in our duties as parents to help children KNOW God?*

If WE have a proper family unit, then your children will have a better understanding of God, His church and His authority. If our children never learn to respect their parents, whom they live with and interact with, then they are not going to learn to respect God whom they cannot see? When parents teach their children that there is authority, responsibility and consequences for wrong actions, the children will much more quickly understand and KNOW who God is and the authority He has in our lives.

(Part II of the article will be published in the next issue of the Consoling Eye). **CE**

**Basil Serrao,**  
**Communications Committee**



# Sacraments

## Baptisms in July

1. Grace Ndunge of Regina Mutave and Dominic Maingi
2. Mary Cindy Ngonyo of Eunice Mumbi and Charles Mulei
3. Alexander Tevin Ndegwa of Nancy Mwaura and Moses Mwaura
4. Sarah Jaszimine Njeri of Lucy Wairimu and Joseph Gacheru Gathu
5. Ruth Mwijarua Machoki of Ann Ngunyi and James Machoki
6. Ruth Tiffany Wairimu of Lucy Wairimu and Joseph Gacheru Gathu
7. Bakhita Nasha Mwongera of Veronica Mkepeni and Clifford Mwongera
8. Hannah Lulu Wanjiku of Wimmie Wambui and Mwaura Giathi
9. Gabriel Kiongera of Ursulla Mikhaya and Mwaura Giathi
10. Joan Sandra Akeno of Isabella Wakesho and Chrispin Ongaeli
11. Nathan Collins Einsten of Phanice Ekisa and Kizito Ojaamong
12. Christine Wangari Gakuo of Sarah Wambui Ndegwa and Charles Gakuo
13. Theo Anasha of Jane Wambui and Adam Samo
14. Gabriella Ursulla Njema of Nelly Achulu and Conrad Ogara
15. Luke Tulani Adhiambo of Vicki Adhiambo and Paul Otieno Ouma
16. Catherine Wangari of Isabel Wairimu and Joseph Gitonga Wangombe
17. Paul Kwame Ndungu of Esther Ngina and Boniface Muigai Ndungu
18. Jane Sheila Wairimu of Philomena Wambui and Stephen Gitau
19. Levi Kariuki of Ruth Kanyiru and Peter Kaimenyi
20. Peter Leon Maema of Annah Maema and Donald Aswani
21. Michael Emery Rwagatore of Marie Goreth and Pacifique Nkurunziza
22. Ann Nevaeh of Lynnsy Morrow and Anthony James

23. Vivian Naanyu of Mary L. Enny and Jack Leramati
24. Joseph Nkosi of Merab Awiti Keya and Ian Machinga
25. Nalani Mary Wambui of Rosemary Njeri and Christopher Njoroge

## Marriage Banns in August 2017

**There is a promise of marriage between:**

1. Mercy Mwelu Musyoka and David Waruingi
2. Susan Wangui Wanjiku and Raphael Muiruri Githae
3. Angelinah Musunga and Michael Mutiso

**Note: If anyone knows of any particular reason why the above ceremony cannot take place, please report immediately to the Parish Priest.**

## Weddings in July 2017

1. June Siakwei Kiprotich and Hartnell Kithusi Mulatya Ndungi
2. Lolita Kozyreva and Yury Kozrev
3. Agnes Wangui Mwai and Francis Mwangi Irungu
4. Phyllis Njahira Thuku and Timothy Nyaga Mwaniki
5. Sylvia Naliaka Wamalwa and Actarus Magawa Obiero

## Deceased of the Parish

Name	Date of death
Mary Christine Sijeny	28/5/17
Eddie Khasianu Mutasia	4/6/17
Lucy Chebet Kaityany	19/6/17
Rebecca Gathoni Kanyutu	21/6/17
Ondwasi Irinyo Namulanda	21/6/17
Charles Ochieng	24/6/17
James Wainaina Karuru	4/7/17
Margaret Mutisya Kangemi	4/7/17
Josephine Wambui wambui	28/4/17
Carolyne Wanjiku	19/4/17

**Eternal rest grant unto them. And let perpetual light shine upon them. May their souls rest in peace. Amen.**

*By Sammy Kakai, Catechist, Consolata Shrine*

# EVENTS OF THE PARISH FOR AUGUST 2017

Sun 30	<b>17TH SUNDAY IN ORDINARY TIME</b> <b>CHATECHESIS ON THE PRECEPTS OF THE CATHOLIC CHURCH: (5)</b> You shall help to provide for the needs of the Church Children Mass at 9am Pastoral Council meeting 10:30am Legjo of Mary, recollection at Prayer Garden Charismatic - Life in the Spirit Seminar Youth family photo day
Mon 31	<b>Saint Ignatius Loyola, Priest</b> <b>Proclaimers Refresher Course 1</b>
<b>August</b>	
<b>MISSIONARY INTENTION: Universal: Artists.</b> That artists of our time, through their ingenuity, may help everyone discover the beauty of creation.	
Tue 1	<b>Saint Alphonsus Mary de Liguori, Bishop, Doctor</b>
Fri 4	<b>Saint John Mary Vianney, Priest</b> 1st Friday of the month: Adoration in honor of the Sacred heart of Jesus (programme starts at 9pm with confessions and the Rosary; Mass at 10pm; ends ta 5am with Holy Mass)
Sat 5	Novena for Festival of Prayer Garden- 5 Candle lit procession and rosary after the 5.30pm Mass 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 Youth sale preparation
Sun 6	<b>THE TRANSFIGURATION OF THE LORD</b> <i>Feast</i> <b>CHATECHESIS ON THE PRECEPTS OF THE CATHOLIC CHURCH: (6)</b> To observe the laws of the Church concerning marriage Prayers for peace at all masses. Adult catechumens class closes Charismatic - Life in the Spirit Seminar Youth barbeque sale
Mon 7	Proclaimers Refresher Course 2
Tue 8	<b>Saint Dominic, Priest</b> NATIONAL GENERAL ELECTIONS
Sat 12	<b>Novena for Festival of Prayer Garden- 6</b> Candle lit procession and rosary after the 5.30pm Mass <b>Youth talk by professionals</b> <b>OLOF SCC Family Day</b>
Sun 13	<b>19TH SUNDAY IN ORDINARY TIME</b> <b>CHATECHESIS ON THE PRECEPTS OF THE CATHOLIC CHURCH: (7)</b> To participate in the Church's mission of Evangelization of Souls (Missionary Spirit of the Church) Prayer for the sick, for their families and for health workers at all masses Charismatic - Life in the Spirit Seminar Renewal of commitments for Alter Servers Choirs: spiritual formation In house talk with Victor or Fr Daniel or Deacon Kim
Mon 14	<b>Saint Maximilian Kolbe, Priest, Martyr</b> <b>Proclaimers Refresher Course 3</b>
Tue 15	<b>THE ASSUMPTION OF THE BLESSED VIRGIN MARY</b> <i>Solemnity</i> Candle lit procession after the evening mass
Wed 16	Youth Taize retreats at Mji wa Furaha (16 <sup>th</sup> -20 <sup>th</sup> Agust)
Sat 19	Novena for Festival of Prayer Garden - 7 Candle lit procession and rosary after the 5.30pm Mass Choirs: 2 <sup>nd</sup> retreat, participating in Subukia Pilgrimage
Sun 20	<b>20TH SUNDAY IN ORDINARY TIME</b> Prayer for the family at all masses Charismatic - Life in the Spirit Seminar Formation talk for parents and guardians of infants to be baptized 3pm St Jude invites one Jumuia Youth charity at Kenyatta National Hospital

Mon 21	<b>Saint Pius X, Pope</b> Proclaimers Refresher Course 4
Tue 22	<b>Our Lady, Mother and Queen</b> Candle lit rosary in the evening after the 5:30pm mass
Wed 23	Youth Taize Retreats at Mji wa Furaha (23 <sup>rd</sup> -27 <sup>th</sup> August)
Thu 24	<b>SAINT BARTHOLOMEW, APOSTLE <i>Feast</i></b>
Sat 26	<b>Novena for Festival of Prayer Garden- 8 Candle lit procession and rosary after the 5.30pm Mass</b> Ongoing formation for children who received first Holy communion Alter Servers Seminar Baptism of infants at 2.30pm Deanery Youth Bible Trivia and Barbeque at St Peter Claver's
Sun 27	<b>21ST SUNDAY IN ORDINARY TIME</b> Children Mass at 9am Charismatic - Life in the Spirit Seminar St. Monica Caritas Charity Day Youth in house talk
Mon 28	<b>St. Augustine, Theologian and Doctor of the Church</b> Proclaimers Refresher Course 5
Tue 29	<b>The Beheading of Saint John the Baptist</b>

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