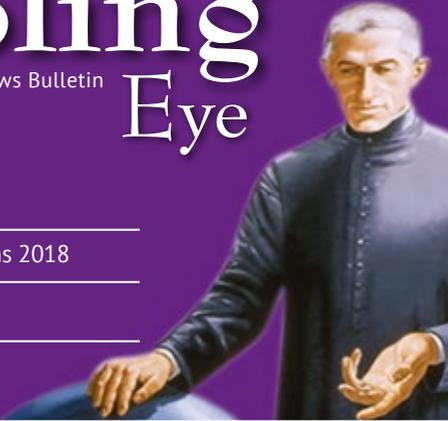
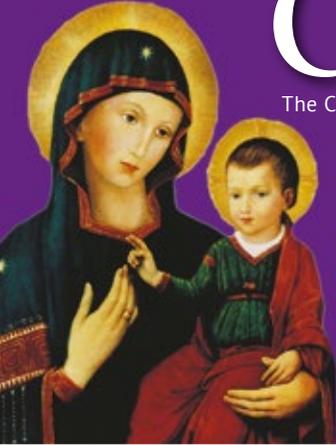


February 2018

The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



- 02 Happy New Year

- 10 Reflections on resolutions 2018

- 18 Discernment

- 22 Children's Corner



LENT

ALSO THIS MONTH:
FEAST OF BLESSED JOSPEH ALLAMANO
ROAD TO SAINTHOOD?



Consolata Shrine, Westlands, Nairobi



@ConsoShrine

Year of the Youth

Dear Parishioners,

May the Consolation of Jesus Christ through the intercession of Our Lady Consolata and Blessed Joseph Allamano be with you and with all your families.

The first month of the year is gone. With all the expectations of a new Year and of schools for those who have children, we get into the normal rhythm of life.

However the Church, our Mother and Teacher, doesn't let us get bored.

This coming week we will be starting Lent, a privileged time to thank God for what He did for us and for all! Can you imagine? Jesus, to give his life for us?! And not only that, but let us remember that he also forgave those who were crucifying him! "Forgive them Father, because they don't know what they are doing!" were the words of Jesus while in agony on the Cross. Sometimes I think that there are people who die for others... though with such great love of Jesus, none! Who

without being moved by the Spirit can say what Jesus said?

That is why I think that this time is, first of all, a time to thank God. Secondly, a time to think how we are imitating Christ and his great love for All people. And finally, a time to reflect how often we also say... "Forgive them because they don't know what they are doing".

Yes, you will tell me, that he was Jesus. Agreed! But, he has left us His Spirit, and His Body and Blood to live right inside us. Let's allow Him to work!

While away, and coming back, I wished that Kenya would finally get settled. It seems that not yet. I see people moving around, as if "business continues as usual" as we are used to hear sometimes.

But I hear the uncertainties of some, the confidence of others, the fear of not few.

My dear Christians, at the end of the day, that

"tomorrow" will not exist without your and my intervention, and of all of us, as human beings.

This is a time to think if we are really motivated by the Love of Christ in whatever we do. Or do we listen a bit too much to our own interests, to our pride, to our desire to use God's gifts for our own benefit or to the benefit of the society.

As we started the Year of the Youth, my congratulations to all the Youth. And as Pope Francis told them, during the World Youth Day in Brazil: "Make a mess! But a mess that comes from knowing Jesus".

Young People, come on! Take courage.

And the rest of us, let us open our hearts to listen to them and to let them express what comes from their relationship with Jesus and with the world. At times the youth have other times, and we don't know how to reach to them; but often, the youth are afraid of what other may say or after being discouraged by a negative criticism, they are quickly tempted to give up.

Young People, keep your friendship with Jesus! Then, revitalize in us the presence of God! And do not be afraid of sharing with others, especially with the needy, the love of Christ in you. You have the energy to do it!

As we celebrate the Feast of Blessed Joseph Allamano, we ask his intercession for all of us.

For the families, a reality he always kept at heart.

For the youth, whom he took by hand and helped them to concretize their dream of giving their lives for others in the mission.

For our country, which needs that universal love right now and here from each and everyone of us, so not to divide or cancel the blessings of God for all.

For all the sick, who with a lot of courage, are ready to offer their sacrifice, pain and silence, so to relieve others of their pains and sufferings.

For all those who are looking for a job, so not to lose hope and meanwhile, serve in whichever situation they find themselves.

For those who suffer out of the current political and socio-economic situation in our Country.

For those who live in countries where there is no peace.

For those who suffer because of natural disasters.

For all of us, so to have a heart like His, who is able to put the other at the center of one's life and to take risks to help Jesus to be known, accepted and loved.

May Our Lady Consolata and blessed Joseph Allamano, protect and guide us to die to ourselves and to live for others. **CE**

Fr. Daniel Berteau
Father In-charge

Pope's Prayers Intentions for February 2018

Universal: Say "No" to Corruption

That those who have material, political or spiritual power may resist any lure of corruption.



The Holy Father's message for World Day of the sick, 2018.

"The theme for this Twenty-sixth Day of the Sick is provided by the words that Jesus spoke from the Cross to Mary, His Mother, and to John. **"Woman, behold your son...Behold your mother. And from that hour the disciple took her into his home."** (Jn 19: 26-27)

This is one of seven final statements made by the Lord on the Cross. The Holy Father has arranged his message into seven reflections.

1. Mary's vocation

'Before all else, Jesus' words are source of *Mary's maternal vocation for all humanity...* The unspeakable pain on the Cross pierces Mary's soul (cf. Lk 2:35), but does not paralyse her. Quite the opposite. As the Lord's Mother, a new path of self-giving opens up before her. On the Cross, Jesus showed his concern for the Church and all humanity, and Mary is called to share in that same concern.'

2. John is entrusted with Mary's Vocation.

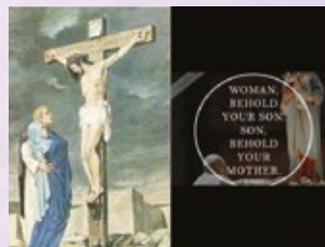
'John, the beloved disciple, is a figure of the Church, the messianic people. He must *acknowledge Mary as his Mother*. In doing so, he is called to take her into his home, to see in her the model of discipleship, and to contemplate the maternal vocation that Jesus entrusted to her with all that entails: a loving Mother who gives birth to children capable of loving as Jesus commands.'

3. Jesus wants all to be saved.

John, as a disciple who shared everything with Jesus, knows that the Master wants to *lead all people to an encounter with the Father...* Like Mary, the disciples are called to care for one another, but not only that. They know that Jesus' heart is open to all and excludes no one. The Gospel of the Kingdom must be proclaimed to all and the charity of Christians must be directed to all, simply because they are persons, children of God.

4. Mary's maternal vocation is reflected in the Church.

'*The Church's maternal vocation to the needy and to the sick* has found concrete



expression throughout the two thousand years of her history in an impressive series of initiatives on behalf of the sick...Every where she tries to provide care, even when she is not in a position to offer a cure. The image of the Church as a "field hospital" that welcomes all those wounded by life is a very concrete reality, for in some parts of the world, missionary and diocesan hospitals are the only institutions providing necessary care to the population.

5. The Church must continue her tradition of caring for the sick without profit.

'*The memory of this long history of service to the sick* is a cause for rejoicing on the part of the Christian community, and especially those presently engaged in this ministry.....This legacy of the past helps us to build a better future, for example, by shielding Catholic hospitals from the business mentality that is worldwide, to turn health care into a profit making enterprise which ends up discarding the poor. Wise organisation and charity demand that the sick person be respected in his or her dignity, and constantly kept at the centre of the therapeutic processes.

6. The Church must bring the sick closer to the Lord.

'Jesus bestowed upon the Church His *healing power*. The Church's mission is a response to Jesus' gift for she knows that she must bring the poor to



Simon Peter's mother-in-law who was very sick with high fever when she was healed by Jesus.

the Lord's own gaze full of compassion and tenderness...We cannot forget the tender love and perseverance of many families in caring for the chronically sick or severely disabled children, parents and relatives..... Doctors and nurses, priests, consecrated men and women, volunteers, families and all

those who care for the sick, take part in this ecclesial mission.



7. Mary, Our Mother, will intercede for us.

'To Mary, Mother of tender love, we wish to entrust all those who are ill in body and soul, that she may sustain them in hope...The Church knows that she requires a special grace to live up to her evangelical task of serving the sick.

May our prayers to the Mother of God see us united in an incessant plea that every member of the Church may live with love the vocation to serve the poor.

May the Virgin Mary intercede for this Twenty sixth World Day of the Sick, may she help the sick to experience their suffering in communion with the Lord Jesus and may she support all those who care for them.

To all the sick, to healthcare workers and to volunteers, I cordially impart my Apostolic Blessing." ☩

**Francis
Ministers of the Sick
Consolata Shrine**

Ash Wednesday & Lent

Christians the world over, and Catholics in particular, begin a 40-Day and 40-night period of fasting, penitence and merciful acts on Ash Wednesday. An obligatory mass is held on this day, always exactly 40 days before Easter Sunday, and receive a symbolic cross of ashes on their forehead. The ashes used are burnt from the palm leaves blessed on the previous Palm Sunday. The following words are uttered by the priest,

**“Remember that you are dust,
and to dust you shall return.”
Or,
“Repent and believe in the
Gospel.”**

The ashes are a symbol of penance. They remind us that we were created from dust, and to dust we shall return. Ashes also symbolize the grief we have for having sinned against God.

This day, Ash Wednesday, marks the beginning of the 40-day and 40-night period we call Lent. This is in remembrance of the 40 days and 40 nights spent by our Our Lord Jesus Christ, in the Judean desert, immediately after His baptism in the River Jordan.

Let us take a look at the gospel according to St Matthew.

USCCB Bible, Matthew Chapter 4

1. Then Jesus was led by the Spirit into the desert to be tempted by the devil.
2. He fasted for forty days and forty nights,* and afterwards he was hungry.

Please understand, this makes reference to our Lord and Saviour, the only Son of God the Father Almighty. Jesus allowed Himself to feel hungry.

The Son of Man, the Prince of Peace, the King of Kings, humbly walked this earth depriving Himself of all food, drink or even shelter. This all-powerful Saviour of mankind, who could have, at any time, summoned Himself a feast, a platter of fruit, or even just the grilled fish we know he was fond of preparing. Yet, for forty days and forty nights Our Lord Jesus Christ partook of nothing.

This was not in the comfort of the shade of a sycamore tree. No. Our Lord Jesus Christ walked for 40 days and 40 nights in the Judean desert - dry, dusty and unforgivingly hot.

Finally, the 40 days and forty nights were over, but, As if this were not enough, “the tempter came to Him”.

He was tempted. Taunted. Tried. Mocked. “Chokozwa’d”.

Image, if you can. Actually, let’s not imagine. Please indulge me. Let’s take a look at St Luke’s version of this.

USCCB Bible Matthew Chapter 4

1. Filled with the Holy Spirit,* Jesus returned from the Jordan and was led by the Spirit into the desert
2. For forty days,* to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry.

For some reason, the gospel according to St John does not mention this at all. St Mark talks of the forty days but not of the subsequent temptation of Christ. However, just for a final perspective, here is what St Mark shared of the events, not long into the first chapter of his gospel.



USCCB Bible, Luke Chapter 4

1. Filled with the holy Spirit,* Jesus returned from the Jordan and was led by the Spirit into the desert
2. For forty days,* to be tempted by the devil. He ate nothing during those days, and when they were over he was hungry.

It fills me with such awe that our Lord and Saviour did this for you and for me.

The subsequent temptation of Our Lord takes on not only physical hunger - the urges of the flesh - but the very real battle against evil and against worldly desires.

After 40 Days and 40 nights Our Lord said no to turning stones into bread. When you give up that sugar in your tea, will you forget after four days, or forty? Even if you do (we are, after all, human) will you give the cash equivalent of your sacrifice to someone who needs it more than you?

After 40 long hot tiresome days and cold, windy nights, Our Lord said no to the Devil. Will you give up any and all evil ways, even those you perform in the secret dark places of your life? Do you pay for these services? Will your Lenten contribution envelope be that much fuller after you divert these payments there?

After 40 Days with no shelter, no change of clothes, Our Lord said no to yet another temptation, no to worldly power. Will we spend our Lent letting

the world know how successfully we have overcome our desires or will we humbly go through the period making our sacrifices and contributions without drawing attention to ourselves?

In this day and age of hand-held internet devices, it is “easy” to define religious observances and celebrations. The question is, do we really observe them as we should? Do our words and our actions portray those of our Lord and Saviour, Jesus Christ? Are we wearing our ash on our

forehead for show, or is it accompanied by a truly contrite and contemplative heart? Are we praying, fasting, and doing good works - then posting each and every detail on social media - to gain social acceptance among our peers? Are we bragging about our “penitent” state?

This year, Ash Wednesday will coincide with another rather well known day that may not be a holiday but is very widely celebrated all over the world.

Will there be more ashes than roses on the 14th, this year? Are you preparing for your six weeks of Lent with as much effort as you do for the Saint I will leave unnamed?

Again, with some humour, allow me to observe that the period of Lent will end on the 1st of April. We all know what day that is!

The 40 Days and 40 nights that always begins on Ash Wednesday will end with our joyful celebration of Christ’s resurrection. After 40 Days and 40 nights we will break our silence and joyfully sing Hallelujah! Hallelujah!

Make your Hallelujah this year count. **CE**

**By Claire Hannah,
Communications Committee**

Consolata Shrine workers team building activity

Team building is very important if you wish to extract the best out of your workforce. Employees are urged to work smarter and not just harder, in an effort to deliver the desired results. Though it definitely contributes in its own way, individual brilliance does not singlehandedly decide the fate of an entire organisation. Almost always, it is the joint efforts (or the lack thereof) of the whole team that eventually decide the success or failure of an institution. In such cases, team building in the workplace becomes absolutely essential for a number of reasons.

understanding and co-operation, and this is very much reflected in the quality of work being done. Team building in the workplace significantly contributes towards employee motivation and building trust among the employees, thereby ensuring better productivity.



Everest (partly hidden), who was the co-facilitator giving opening remarks before the session commenced. He is a HR Consultant who has been conducting HR Audit report for Consolata Shrine and Deep Sea.



Teambuilding facilitator, Josephine while conducting the first session of training, dubbed "A New dawn, arise and shine!!"



Staff of both Consolata Shrine and Deep Sea (St. Joseph) at training session during the recently held staff teambuilding, courtesy of Consolata Shrine parish.

Why is Team Building Important?

Team building in an institution helps to foster better and open communication between the employees themselves, as well as between the employees and the higher management. It goes a long way in improving professional relations,



The staff taking part in one of the bonding activities.

Consolata shrine workers held there team building event on 20th January 2018 at the Muguga Green Primary School grounds, Westlands, under the theme 'A New Dawn'.

The team building activity focused on the following areas;

1. What does dawn mean for us?
2. What makes us unique?
3. Embracing our differences
4. What shall we do then?

After the lecture session, the team was involved in various outdoor games aimed at promoting trust and working as a team.

Team building activities are seldom complete without the use of some inspirational team building slogans when working towards team building success:

- "A single arrow is easily broken, but not ten in a bundle" ~ Japanese proverb
- "A boat doesn't go forward if each one

is rowing their own way" ~ Swahili proverb

- "Coming together is a beginning. Keeping together is progress. Working together is success" ~ Henry Ford
- "A group becomes a team when each member is sure enough of himself and his contribution to praise the skill of the others" ~ Norman Hidle.

Remember, team leadership and team building go hand in hand. Successful team building in the workplace often translates into success for everyone. It is not difficult and does not require you to go out of your way or do anything extraordinary as a common man. As the popular saying goes, "Teamwork is the fuel that allows common people to attain uncommon results." **CE**



Fr. Caesar giving closing remarks at the end of the session. It is at this juncture that he broke the sad news of passing of Collins earlier in the day, who was part of the team.

**Tony Ngeno,
Adhoc Executive Committee**

Reflection on Resolutions 2018

RETURN BY ANOTHER WAY THIS YEAR

The Wise Men followed the star which they had seen in the East, and it went before them, till it came to rest over the place where the child was with Mary His mother, and they fell down and worshipped Him. And having been warned in a dream not to return to Herod, they departed to their own country by another way (Epiphany Epistle).

The Epiphany epistle teaches us that the Lord has manifested Himself to us, and His manifestation forces us to choose: Will we follow the signs that lead to Him as the Wise men did, or we stick to our old ways?

RETURN TO THE DEVOTIONS

Our Parish, the Consolata Shrine is very rich with devotions, which lead us to the faith of Christ, as we can attest here below:

PERPETUAL EUCHARISTIC ADORATION CHAPEL

Inaugurated on 28th January 2001, the Chapel operates continuously twenty four hours, seven days a week in the presence of Jesus. Successive adorers undertake to make a Holy Hour of prayer once a week. These Holy Hours continue day and night without



Monstrance or the Ostensorium, which signifies symbol of the Blessed Sacrament.

ceasing. Come and see!!

What is Eucharistic Adoration, and why Adore?

Eucharistic Adoration is prayer in the presence of Jesus in the Blessed Sacrament.

Why Adore?

- To express our love for Jesus in the most concrete way.
- Give Him thanks for the gift of Himself.
- Meet and worship Christ in a bodily way so as to share in the privilege of those who were close to Him 2000 years ago.
- Encounter Jesus and grow in intimate friendship with Him.
- To deepen our communion with the Trinity. It is also a way for people who are unable to receive Holy Communion to encounter Jesus in Spiritual Communion.
- In Eucharistic Adoration, we learn to place all our trust in the Sacred Eucharistic Heart of Jesus and this trust drives away our fears, our doubts and our sadness.

Other Devotions:

Rosary Group
Praying the Rosary – 6.25 am to 6.50 am (Main Church)
6.00 pm to 6.30 pm (Marian Chapel)

Divine Mercy Cenacle

This is a group of people who meet weekly for song, prayer, and discussion on Scripture, the Catechism of the Catholic Church, and the writings of St. Faustina as a Community.

In addition to these devotions, we commit to Eucharistic Adoration, praying the Divine Mercy Chaplet at 3.00 pm. (the Hour of Mercy) in the Chapel, and engaging in other works of mercy.

“ People today are so busy, struggling in a multitude of ways, ” “ They have a need to better understand what trust in God means and how to live the message of Divine Mercy in these troubled times. Cenacle bring like-minded people together to talk about God’s love and mercy and the path to holiness through a sacramental life.”- Dr. Bryan Thatcher, the Director of Eucharistic Apostles of The Divine Mercy (EADM)

First Friday Devotion (Nine first Fridays)
Prayers and Adoration in honour of the Sacred Heart of Jesus.

Every first Friday of the month from 9.00 pm to 5.00 am in the main Church.

First Saturday Devotion.

Every first Saturday (five first Saturdays)
Prayers of the Rosary (Marathon) from 10.00 am to 5.00 pm at the Prayer Garden.

1st Sunday Eucharistic Rosary. **CE**

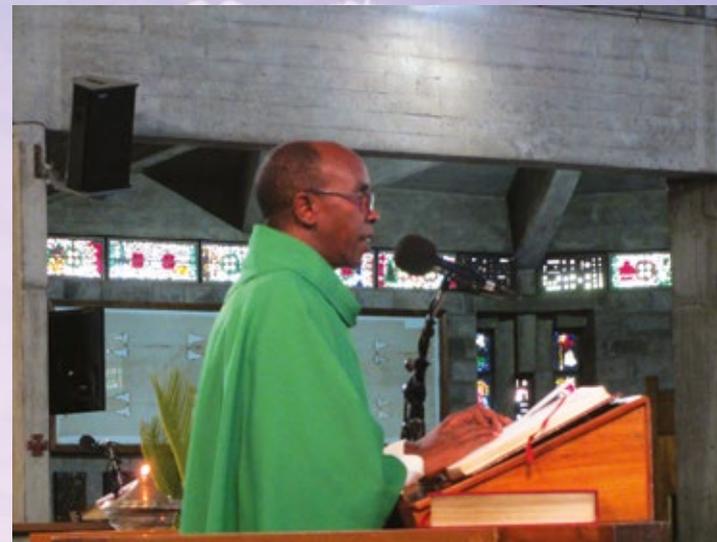
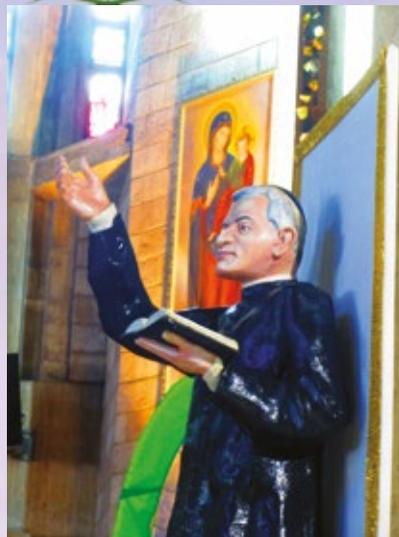
By Charles P. Otieno

E- mail- charlesotieno@hotmail.com

Pictures courtesy of Eric Fernandes



Let us pray for the Consolata church and all the missionaries as we celebrate the Feast of Blessed Joseph Allamano.



Let us welcome Fr. Daniel who is back from leave.

The Parish Pastoral Council met and dedicated the First Saturday and Sunday of every month to tithing, replacing the Second collection of St Paul de Paul. Tithes will be blessed by the Priests at the Altar. Fr. Peter of Catholic University of East Africa - CUEA gave a special message concerning tithe and why the church stresses on the message concerning the support of the church.



Our Lady of Good Health - also known as Our Lady of Vailankanni.

The Allamano Centre projects continues positively, let us continue to support this project through our prayers and financial support.



Blessed Joseph Allamano, the Church and the Youth – Our Inspiration



Blessed Allamano with the first four missionaries whom he sent to Kenya.

16th February is the Feast of Blessed Joseph Allamano, founder of Consolata Missionaries. He was born on 21st January 1851 in Castelnuovo Don Bosco, Italy and was beatified on 7 October 1990.

It is very difficult to think about Blessed Allamano and not think about the youth. Especially at this time when Pope Francis has considered 2018 the Year of the Youth and the Family. It will be an year characterized “by the Church’s special attention on young people; on their hopes, goals, and the challenges facing them.” said Cardinal Parolin the Vatican Secretary of State and he spoke about the Church’s focus on the youth.

In October this year, the Ordinary Assembly of the Synod of Bishops will take place in Rome and the emphasis will be “on Young People, the Faith, and Vocational Discernment”. Keeping this in mind, Consolata Shrine, in its Pastoral Plan, will center this year on the Youth.

Blessed Allamano served the Church since his years as a youth. First, was ordained a priest at the age of 21. At 25, he got a doctorate in theology and at 26, he got credentials to teach civil and canon law at the university. He was later appointed President of the Faculty. Still, at 25 years, his Bishop appointed him as a spiritual director at the seminary. At 29 years, he was appointed the rector of Consolata Shrine in Turin, a responsibility that he undertook with a lot of zeal for 40 years.

While working as a rector at the Shrine, Blessed Allamano started to restore the Shrine, both spiritually and physically. He renovated the Shrine and made it a center for Marian Devotion so that it could serve the spiritual and the social life of the Church. He made the Shrine a welcome place for people so that they could be in communion with God and with Our Lady; he also renovated the structure so that it could serve the needs of the Shrine and the college of the young priests. He encouraged many groups of lay people to clean it and to tend the garden. He would encourage men and women to offer their time; he would encourage lay people to work in the printing press. Today, many groups at Consolata Shrine, put their talents at the service of the Kingdom of God. Numerous people assist voluntarily in the up-keep of the Shrine and in making it a center for spiritual growth. At the moment, just as Allamano did, we are constructing the Allamano Center, dedicating to him the needs of Consolata Shrine and asking him to be the spiritual guide in working for God’s Kingdom.

As a young man, Blessed Allamano embodied courage, hard work, diligence and the immense potential of young people when they listen to the voice of God. He was a man of courage. Courageous to take action for the sake of God and for the sake of others. When God called him to serve Him, he answered immediately. Fr Pavese, a Consolata Missionary, narrates that his decision to enter the diocesan seminary was met with opposition by his own family. His brothers were opposed to this idea, though his mother was not. They were not against his priestly vocation, but they wanted him to join high school before going off to the seminary. Young Joseph was firm and told his brothers, “The Lord is calling me now ... I don’t know if he will still be calling me in two or three years.” When he took time off at the seminary, he would spend a lot of time with his mother, when she was sick. She would ask him to go out to play like other young people; but he would not. Decisive, he knew that it was his duty to take care of his mother and probably argued that charity begins at home.

Peppino Maggioni in his book “A Priest for the Missions” describes Blessed Allamano as a man who was simple and humble in manner. He won friendship, he won hearts. He was open and big – hearted and left in his missionaries something of himself.

Fr Pavese writes; “As a formator of candidates for priesthood, he was distinguished by the firmness of his principles and the gentleness with which he put these principles into action.” A lesson for all parents and adults on how to deal with young people. Testimonies say that whoever went to see him in his office would leave convinced that he wanted the best for them. Blessed Allamano paid attention to people as if he had nothing else to think about. Today, we are distracted by TV, by social media, by billboards and advertisements. There is so much noise in our lives that at times we do not pay attention to ourselves, to our families and to others.

Blessed Allamano spoke in wisdom and gentleness. He was concerned about how we do what we do and he said “Once you do good, do

not make a show of it. It is in this that holiness is manifested. It is not how many things we do but how well we do them”. This relates to Mark 7:37. After Jesus had cured the deaf and dumb, the crowd said. “He hath done all things well: he maketh both the deaf to hear, and the dumb to speak”. Borrowing from his uncle St Joseph Cafasso, Blessed Allamano had suggestions on how to do things well “Do everything as the Lord would do it; Perform every action as if it were the last one of your life; Do everything as if you had absolutely nothing else to do”.

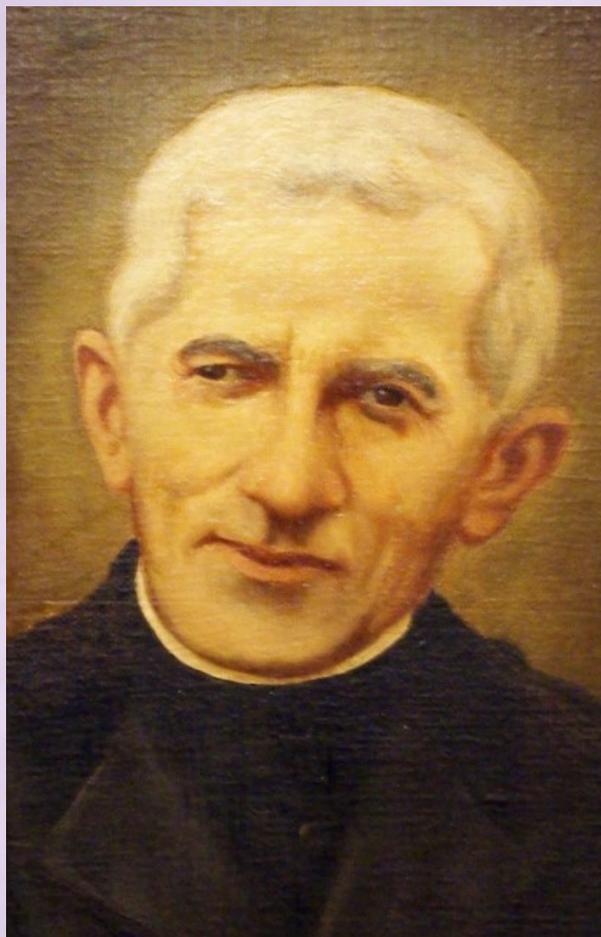
Today, we have Consolata Missionaries because of Blessed Allamano’s desire for missionaries in Africa and because of his support to the young priests, seminarians and even young people who showed willingness to serve as missionaries in East Africa. More than 100 years after he established the Consolata Missionary Institute, the spirit and character of Blessed Allamano lives on. He intercedes for us. Nearing his death on 16th February 1926, he promised to do more from heaven than he did while on earth. Blessed Allamano worked hard and well, with great faith, love and piety. This indeed is how to work, for the glory of God. **CE**

Prayer for the Intercession of Blessed Allamano

Thank you, Lord,
For having given your Church
Blessed Joseph Allamano.
You made him a witness to your love,
An educator of priests
And father of missionaries
For the evangelization of all peoples.
Grant us, Lord, what we ask
Through the intercession
Of this your faithful servant,
Steward on earth of Mary’s Consolation.
May his example challenge us
To seek you above all else and to work for the
Good of all.
Amen

By Njeri Muathe
Consolata Shrine

Is Blessed Joseph Allamano en route to Sainthood?



Blessed Joseph Allamano

For hundreds of years, starting with the first martyrs of the early Church, saints were chosen by public acclamation. Though this was a more democratic way of declaring a saint, some saints' stories were distorted by legends and some never existed. With time the bishops and finally the Vatican took over authority for approving saints.

This new approach demands that the candidate is declared venerable and then blessed before finally being declared a saint. Our founder has already passed the first two steps, what is left is for him to be proclaimed a saint, but before that we need a miracle.

Fr Allamano was a man who saw the need and urgency of the sanctity of missionaries. In the book, 'this I want you to be', the founder says: "that you become saints: this is my principle concern and my

constant preoccupation. It is not enough that God has given you a very special vocation nor is it enough that you enjoy its benefits and advantages. You must appreciate it and pursue the perfection it presupposes. This is our goal: to become saints, great saints, saints as soon as possible" (page 37). It therefore beats logic to imagine that he who was so much preoccupied with holiness and who believed in the motto 'first saints then missionaries' has not yet attained the church's highest honour - sainthood.

What the founder, whose Feast is celebrated on February 16th of every year, has managed to achieve through the works of the missionaries he founded is beyond measure. His spirit lives across all continents, from Africa to Europe, America to Asia and indeed across all tribes and cultures. The church is yet to canonize him even though all indications point to the fact that he is in the company of God's saints in heaven. So why do we still want to make him a saint?

The main purpose of a canonization is not to glorify a particular person. Rather it is to edify the faithful, who are always in need of new models of holiness. Communion with the saints increases and seals the union that exists between the triumphant and pilgrim church. Lumen Gentium states that "it is not only through their example that we cherish the memory of those in heaven; rather we seek, by devotion to them, to exercise that

bond of fraternal charity which unites and strengthens the whole church in the spirit" LG 50.

Canonization per se does not make a person a saint, it only recognizes what God has already done. Canonization itself takes a long time and a lot of effort hence while everyone who is canonized is a saint, not every holy person has been canonized. It is for this reason that Fr Piero has been nominated to take over the process of making the founder canonized. Even as he will be leaving Merrivale for Rome, Fr Piero will depend entirely on our missionaries in the field. The duty to ensure that the founder is canonized is not solely Fr Piero's, it is our duty as Consolata missionaries.

During our delegation conference, Fr Penda informed us that the Ethiopian region had made a resolution in their conference to work towards finding a miracle that will see the founder canonized. Following in their footsteps, Merrivale community has also identified a case in our parish at St Martin de Porres – Woodlands, where the intercession of our founder may just bring to an end the long wait for his canonization. If we all take this duty as our own then it won't be long before the pope declares... 'Saint Joseph Allamano' ☩

<http://www.consolata.org/new/index.php/92-missione/i-nostri-dicono/13261-is-blessed-joseph-allamano-en-route-to-sainthood>

Discernment

Discernment is a decision-making process that honors the place of God's will in our lives, in other words it is an interior search that seeks to align our own will with the will of God in order to learn what God is calling us to. Every choice we make, no matter how small, is an opportunity to align ourselves with God's will.

Discerning

When Jesus, in the synagogue of Nazareth, reads the passage of the prophet Isaiah, He discerns the content of the mission for which He was sent, and presents it to those who awaited the Messiah: *"The Spirit of the Lord is upon me, because He has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favour (Lk 4:18-19).*

As Christians we cannot just discern a decision based on emotions or other people opinion. Each and every time we decide to make a decision, it either has a positive or negative consequences in our relationship with God: When making a decision it is very important that you talk to your spiritual director, St. Theresa of Avila said, *"The person who has himself as a spiritual director has a fool for a spiritual director!"* Your spiritual director is in a better position to assist you to discern the right path to take in terms of decision making. If you do not have a spiritual director add this in the list of your new year's resolutions.

As young Catholics it is always challenging to make a discernment concerning how to choose friends, which course to pursue, what vocation you have been called for and which ministry to join in your local church. The following are the Dos and Don'ts when discerning:

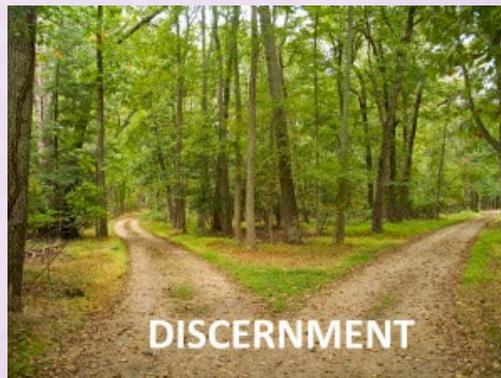
DO:

Pray

True discernment is immersed in prayer. If you are not praying about it, it really isn't discernment at all. Be patient with God. After a while, if you feel like you are not getting an answer in prayer, maybe He is allowing you to make a decision on your own because both outcomes are good. Whatever the Lord wants the outcome to be, it has to come from that communication with Him through prayer.

Get spiritual direction

Take into consideration the wisdom of another. This does not mean you have to find



someone who will talk about what you are discerning once a month for 5 years. Find someone wiser than you whom you trust. Even if it is just one meeting, this person could help. They do not even need to be a priest. They could just be someone whom you look up to spiritually to guide you with an unbiased opinion. It always helps to get an outside perspective. Of course, regular spiritual direction is always a plus.

Persevere/Pray MORE

Do not give up on your prayer. You will find it very easy to give up. You will find it easy to think that you are not getting anywhere. Know that any type of hopeless, defeated, useless attitude is NOT from God. Thoughts of giving up in prayer are from the enemy. We need to combat that with more prayer and seeking the sacraments.

Discern Decisions Besides Vocation

Whether it is about going back to school, starting a job, starting to date someone, or moving away, it is good to invite the Lord into our thoughts. Again, if you feel like you do not have an answer, it could be that God is allowing you to make your own decision and whatever you decide He can roll with that.

Develop Good, Virtuous Friendships

This is probably the most difficult thing to do, but one of the most important. Distance yourself from those who will prevent you from pursuing God's will. Surround yourself with like-minded people who are also praying and will encourage each other. That's the beauty of the Catholic Community: you have tons of friends who constantly seek the will of God and desire the same for you.

DON'TS

Neglect Friendships

Don't seclude yourself into a box. Those friendships you have will act as a sounding board. You may be able to make decisions based on what you receive in your friendships and with others.



Dismiss Emotion or Let it Confuse You

Don't make decisions in a moment of heightened emotion. Take it to prayer first. You can say things like, "Okay, Lord, this made me happy," and He will take that into consideration. He knows how those things make you feel, but you are not looking for an emotion. You are looking for peace.

Compare Discernment to Others

"To compare is to despair." Your discernment will not look like your friends'. Don't let their decisions dictate yours. God has a specific plan in mind for YOU. **CE**

**Rose Ngesa, Proclaimer
Consolata Shrine**

CONSOLATA SHRINE - WESTLANDS
ALLAMANO-CENTRE

CHARITY
GOLF
Tournament

VENUE:
 Muthaiga Golf Club

DATE:
 Friday, February 16th 2018.

ENTRY FEE
2500 Ksh



PAYBILL NUMBER
804877
 A/C NAME.
GOLF

ALL CHEQUES PAYABLE TO
 CONSOLATA SHRINE-
 ALLAMANO PROJECT



After Payment please Contact:
 Mr. Amos |0722514447 or Mr. Francis |0721 248 037

Sacraments

A. Baptisms in January 2018

- Happiness Nicole Zawadi of Janet Malo and Cornelius Mambili
- Ivan Charles Maina of Catherine Kareri and Anthony M. Kibunja
- Ammy Wangui of Rachel Njoki Ndungu and Isaac Wanyoike Githiri
- Ian Hohn Dla of Sandra Umugwaneza and George Ronald Osure
- Zariah Abigael Wambui of Juliet Maina and Gabriel Ndungu
- Pendo-Christi Atwani of Dawn Marie Amukulon and David Koinange
- William Henry Mberere of Anna Wanjiru and Francis Njuguna
- Chloe Wanjiku of Loise Gathoni Muriithi and Andrew Gatehi Mumenya
- Seth Alexander Amulega of Laura Kaisha and Alvaro Masitsa
- Jecinta Elsie Wanjiru of Eunice Muringi Wachira
- Dinah Nyambura of Irene Wanjiru and Valentine Mureithi
- Irene Stefan Makenna Nyokabi of Esther Maina and Gabriel Kagombe
- Gabriella Wanjiku of Doreen Kago and Yohana Kago
- Emmanuel Fadhili Odundo Pascal of Terry Aketch and Joseph Mbugua Chege
- Austin Paul Muna of Anne Nyakabi and Abiodun Oyewole
- Samuel Godfrey Nginyo of Esther Nginyo and Kevin Wambura
- John Shorn Ketu of Mercy Otema and Philip Ketu
- Mary Celine Wanjira of Teresa Hunyu and Samuel Wahome
- Charles Ytler Okello of Jacinta Muraya and Therstone Omondi
- Trevor Trien Makimei of Elsie Ngendo Waweru and Patrick Odhiambo
- Nathan Amali Odhiambo of Elsie Ngendo and Patrick Odhiambo Ochieng
- Jayson Baraka of Silvia Wanjiru and Michael Kariuki
- Angelo Baraka of Millycent Devinah Aoko and Muoki Muindi Alexander
- Ethan Isaac Kibet of Marylyne Cherotich and Joseph Komen

- Hadassah Leanne of Felice Amoo Opingo and Deogratius Mangera Kimwana

B. Marriage Banns February 2018

There is a promise of marriage between:

- Valary Atieno Oluoch and Dennis Thomas Jakobsen
- Sarah Muthoni Muturi and Fredrick Kihu Njoroge
- Mary Audrey Musibega and Felix Meshack Onyango Tinga
- Brenda Kerubo and Vincent Mokaya Angwenyi
- Ann Waihera Wanyoike and Anthony Mbau Kamau
- Joan Njenga and Edward Njeru

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

C. Weddings in January 2018

- Ruth Kwamboka Momanyi and Chrispus Gitonga Murangiri

D. Deceased of the parish

Collins Otieno, formerly Head teacher of Deep Sea School. He passed on on January 20th while at Consolata Shrine and Deep Sea staff teambuilding. He was buried on Saturday 3rd at their home in Kakamega.



Eternal rest grant unto him. And let perpetual light shine upon him. May his soul rest in peace. Amen.

Compiled by:
Catechist Sammy Kakai

Tuesday

Wednesday

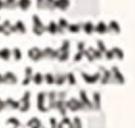
Thursday

Friday

Saturday

Sunday

Monday

		<p>13 Feb <i>Shrove Tuesday</i> What will you have on your pancake?</p> 	<p>14 <i>Ash Wednesday</i> Receive the ashes as a sign of our entering a season of penance</p> 	<p>15 Pope Francis' 3 magic words are: <i>please, thank you and sorry</i>; use them well</p> 	<p>16 What are your better qualities? What are your not so good ones?</p> 	<p>17 Do some cleaning. Imagine sweeping away your sins</p> 
<p>18 <i>1st Sunday of Lent (3)</i> Lord, bless me and bless my family</p> 	<p>19 For how many days was Jesus in the desert? (Mt 4:1-13)</p> 	<p>20 We prepare for Confession by examining our conscience</p> 	<p>21 <i>egg</i> Help the environment; don't leave taps running</p> 	<p>22 <i>The Choir of St Peter</i> Listen and learn from your parents, your teachers, your peers</p> 	<p>23 No meat today. Try a veggie option!</p> 	<p>24 Choose a charity to donate clothes, toys, food</p> 
<p>25 <i>2nd Sunday of Lent (3)</i> Make the family meal a time to find out about each other</p> 	<p>26 Imagine the conversation between Peter, James and John having seen Jesus with Moses and Elijah! (Mark 2:9-10)</p> 	<p>27 Talk about your day</p> 	<p>28 Pass on a message of hope to someone</p> 	<p>1 Mar <i>St David</i> Smile, light up your face with gladness</p> 	<p>2 Look at people not screens. Disconnect and connect</p> 	<p>3 Go outdoors and help in the garden</p> 
<p>4 <i>3rd Sunday of Lent (3)</i> Draw a pic of the priest who said Mass today</p> 	<p>5 Jesus cleans out the Temple and wants us to clean up our own lives too</p> 	<p>6 O my God, you are so good, I am sorry that I have sinned against you and by your grace I will not sin again</p> 	<p>7 Don't gloat over the misfortune of others</p> 	<p>8 <i>HUMBLE PIE</i> Be humble for we all get things wrong</p> 	<p>9 Put some pocket money in the poor box</p> 	<p>10 <i>St Mirin's Day</i> Kneel by your bed and say: 'I love you Jesus, above all else'</p> 
<p>11 <i>4th Sunday of Lent (3)</i> <i>Mother's Day</i> Give your mum a hug!</p> 	<p>12 How did God ensure that we should receive eternal life? (John 3:16)</p> 	<p>13 Don't gossip about your friends</p> 	<p>14 Remember to pray for the sick, the poor and the homeless</p> 	<p>15 Think about your actions; choose goodness and fairness</p> 	<p>16 Be silent for 5 mins; don't talk, don't fidget, just think and pray</p> 	<p>17 <i>St Mark</i> Go to Confession and know the joy of repentance</p> 
<p>18 <i>5th Sunday of Lent (3)</i> Bless yourself with holy water after Mass</p> 	<p>19 <i>St Joseph, Husband of Mary</i> Give thanks for the generosity of foster parents like St Joseph</p> 	<p>20 Enjoy forgiving and being forgiven</p> 	<p>21 Pray for anyone whose feelings you have hurt by your behaviour</p> 	<p>22 Be happy! God's love is higher than a mountain and deeper than the sea</p> 	<p>23 No more chocolate or sweets until Easter Day</p> 	<p>24 Do some exercise with a friend: swim, cycle, skate, skip</p> 
<p>25 <i>Palm Sunday of the Lord's Passion (3)</i> Wave your palm branch and sing hosannas!</p> 	<p>26 <i>Monday of Holy Week</i> Be faithful; tell Jesus you believe in him</p> 	<p>27 <i>Tuesday of Holy Week</i> Don't betray God; seek his will above your own</p> 	<p>28 <i>Wednesday of Holy Week</i> Pray for those preparing for the Sacraments. Hail Mary...</p> 	<p>29 <i>Wendy Thursday</i> Love one another. Is anyone you know being bullied and in need of help?</p> 	<p>30 <i>Good Friday</i> Kiss the Cross today of him who died to give us eternal life</p> 	<p>31 <i>Easter Sunday</i> This is a sacred day. Let us remember the souls of the faithful departed. May they rest in peace. Amen</p> 

'We adore you, O Christ, and we bless you, because by your holy Cross you have redeemed the world.'

EVENTS OF THE PARISH FOR FEBRUARY 2018

MISSIONARY INTENTION: Universal: Say 'No' to corruption. That those who have material, political or spiritual power, may resist any lure of corruption.

Sun 11	6TH SUNDAY IN ORDINARY TIME Class for Adult Catechumens (2018-19) begins, 7.30am Kiswahili/ 9.00am English) CELEBRATION OF THE FEAST OF BLESSED JOSEPH ALLAMANO Prayer for the sick, for their families and for health workers at all masses Youth Mass, 9.00am LITURGICAL CELEBRATION OF WORLD DAY OF THE SICK at 3pm Youth: In house activity Bible Trivia quiz with St. Josephs Executive Pastoral Council, 10.30am World Marriage Day, all parishes St. Maria Goretti, SCC, Commissioning
Wed 14	ASH WENESDAY Mass at 7am, 10am, 1.15pm, 3pm and 6pm
Fri 16	Blessed Joseph Allamano, Feast Way of the Cross, 2pm and 4pm at the Prayer Garden and 6pm in the church.
Sat 17	Diaconate Ordination at Consolata Seminary, Langata Commemoration of the Seven Holy Founders of the Servite Order Student's Council Symposium, Mang'u High School
Sun 18	1ST SUNDAY OF LENT Second step for Adult Catechumens (2017-18), Noon Mass. Formation for Parents and Sponsors of infant baptisms at 3pm Youth: Viewing of The Passion of the Christ. Pastoral Council Meeting, 10.30am Legio Maria: Recollection, Prayer Garden Charities Committee: Visit to a prison
Mon 19	Proclaimers: Beginning of Preparation for Holy Week (Concludes 29 th March)
Wed 21	Catechists: Deanery Recollection at Don Bosco, Upper Hill.
Thu 22	SAINT PETER'S CHAIR <i>Feast</i> All religious superiors meeting with His Eminence, John. Cardinal Njue, Clergy Home, Ruaraka
Fri 23	Way of the Cross, 2pm,4pm at the Prayer Garden and 6pm at the Church
Sat 24	Ongoing formation for children who have received first Holy Communion. Infant Baptism at 2.30pm.
Sun 25	2ND SUNDAY OF LENT Children Mass at 9am Christian Education: Family Life Talk, 10.30am, Parish Hall Youth, in house formation talk Justice & Peace visit to Joy Children's village OLOF SCC: Day of Recollection