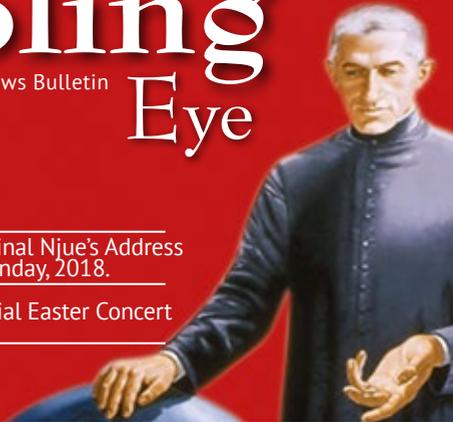
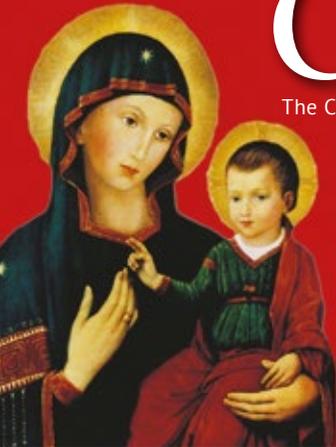


April 2018

# The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



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## Divine Mercy Sunday

**APRIL 8, 2018**

Our Lord's words to Saint Faustina regarding Divine Mercy Sunday:  
"The soul that will go to Confession and receive Holy Communion shall obtain complete forgiveness of sin and punishment." (Diary #699)



**Jesus, I Trust In You** *"My Lord and my God"*



Consolata Shrine, Westlands, Nairobi



@ConsoShrine

# Do it among yourselves

Dear brothers and sisters,

May the Consolation of the Risen Lord through the intercession of Our Lady Consolata be with you all!

**HAPPY AND BLESSED EASTER!!!!**

After our last issue of the Consoling Eye, not so many days have gone by. However... the greatest event has been celebrated: Easter.

Dear parishioners, I am sure that in our lives, things keep moving. Sometimes we move on while making steps ahead; other times... some steps back help us to grow in humility and in respecting God's time.

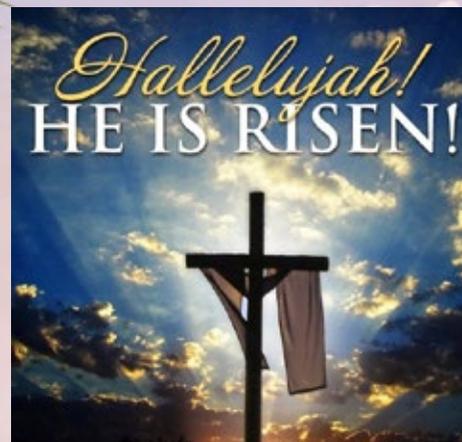
The Easter celebrations during the Holy Week, reminded us of how Jesus took up his cross, unjustly given to Him, but voluntarily accepting it while we human beings could have reacted very differently. Difficult to understand, but that is how he accepted it so as not to contest those who judged, condemned and executed him but instead to

make use of it to save all humanity, including those just listed above, as he said "Forgive them Father because they don't know what they are doing".

Easter was and remains the time where our Hope is renewed. The Hope that God knows everything. He knows about the good and bad that takes place in the world. The intentions of all. The injustices committed to some people, and the suffering that many go through.

Yet we all know that when we fall into the deepest pit, only then, quite often, do we learn how to surrender ourselves to God. And He raised Jesus from the dead.

Human weaknesses, temptations, mistakes, wrongdoing, sicknesses, violence, greed, misappropriations, defamations, injustices... name it, eventually none of them has the last word! There is always glory and resurrection, a new life, light at the end of the tunnel... and at the same time, all is used by God for a good purpose. Lessons are learnt, humility



to ask for forgiveness, capacity to forgive, courage to let go...

Easter is the time, to look beyond our lives, and to know that we just have God's gift in our hands.

Easter is the time to focus again on our dignity and on the dignity of others.

Easter is the time when with humility, in our consciences we can ask ourselves what am I doing, how am I living and why I am doing this? It is also a time to confirm our good intentions and actions and to re-direct with the help of God's grace, especially through the Risen Lord, in the Eucharist and in the other sacraments, and through the gifts of the Holy Spirit.

Let us not allow the Holy Thursday and the gift of the Eucharist and the example of Love by Jesus, to remain a beautiful folk story. Jesus told us: "Do it among yourselves".

Let us not allow the greatest example of Love of Jesus by taking up his Cross and by dying on it, disappear and kill in us the gifts that we have received of love and forgiveness as we pray: "Forgive us our trespasses as we forgive those who trespass against us".

Let us not allow the joy of the Resurrection to be a nice one or few days event. Let us not go back to the routine, but instead, let us purpose of generate with God's Spirit something new, being engaged in the New Creation that God is bringing.

My brethren... this time, less talk and more walk... because Easter is the time to come with a new life within ourselves and to go back to announce to others that Christ is risen. With a serious commitment of respecting all, of fraternally correcting those who may be doing wrong, but above all full of Faith, renewing our Hope and committing ourselves to be instruments of Charity in whatever we do.

And before I finish, let me once more thank you all for your participation towards the Allamano Centre. We really appreciate it. We know that we are still on the move. You can see by yourselves the progress we have made. As we usually tell you, let's not get tired of this journey so to see it completed. God bless you!!!!

Have a truly blessed Easter time under the protection of Our Lady Consolata, of Blessed Joseph Allamano and Blessed Sr Irene. **CE**

**Fr. Daniel Berteau, Father. In-charge**

## Pope's Prayers Intentions for April 2018

**Universal – For those who have Responsibility in Economic Matters**

That economists may have the courage to reject any economy of exclusion and know how to open new paths.



# Divine Mercy Sunday Message and the Promise

Sunday April 8<sup>th</sup> is the Divine Mercy Sunday, or the Feast of Divine Mercy. This feast was granted universal acclamation by Pope St. John- Paul II on Sunday April 30<sup>th</sup>, 2000, on the occasion of the Canonization of Sr. Maria Faustina Kowalska. During the ceremony, the Pope said, "by this act today, I pass on the message of Divine Mercy to the new millennium. I pass it on because I want people to know the better face of God, and that of His Divine Mercy, and through it, the better face of their brethren. The light of the message of Divine Mercy which the Lord wished to renew in the world, will be as much a beacon of hope for the third millennium, as the Apostles were in the first." He then declared that in the future this Sunday would be known throughout the world as Divine Mercy Sunday, and that priests and the laity should avail of it in this time of special grace.

## The Message of Divine Mercy is God Loves Us All

The message of Divine Mercy is that God loves us all- all of us no matter how great our sins. He wants us to recognize that His mercy is greater than our sins, so that we will call upon Him with trust, receive His mercy, and let it flow through us to others. Thus, all will come to share His joy. It is a message we can call to mind simply by abbreviation, A B C.

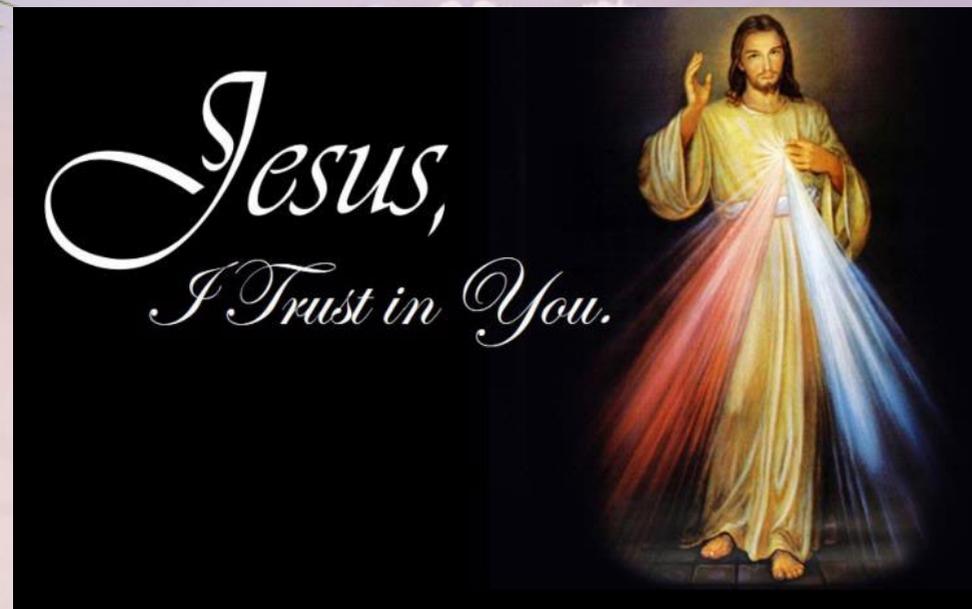
**A** – Ask for His Mercy, God wants us to approach Him in prayer constantly, repenting of our sins and asking Him to pour His mercy out upon us and upon the whole world.

**B** – Be merciful, God wants us to receive His mercy and let it flow through us to others. He wants us to extend love and forgiveness to others just as He does to us.

**C** – Completely Trust in Jesus, God wants us to know that the graces of His mercy are dependent upon our trust. The more we trust in Jesus, the more we will receive.

The Message of Divine Mercy that Sr. Faustina received from the Lord was not only directed toward her personal growth in faith but also toward the good of the people. With the command of our Lord to paint an image according to the pattern that Sr. Faustina had seen, came also a request to have this image venerated, first in the Sisters' chapel, and then throughout the world. The same is true with the revelations of the Chaplet. The Lord requested that this Chaplet be said not only by Sr. Faustina, but by others: "Encourage souls to say the Chaplet that I have given you."

The same is true of the revelation of the Feast of Mercy. "The Feast of Mercy emerged from my very depths of tenderness. It is my desire that it solemnly be celebrated on the



first Sunday after Easter. Mankind will not have peace until it turns to the fount of My Mercy."

These requests of the Lord given to Sr. Faustina between 1931 and 1938 can be considered the beginning of the Divine Mercy Message and Devotion in the new forms.

Through the efforts of Sr. Faustina's spiritual directors, Fr. Michael Sopocko, and Fr. Joseph Andrasz, SJ, and others- including the Marians of the Immaculate Conception- this message began to spread throughout the world.

It is, however, important to remember that this message of The Divine Mercy, revealed to St. Faustina and to our present generation is not new. It is a powerful reminder of who God is and has been from the very beginning.

This truth that God is in His very nature Love and Mercy itself, is given to us by our Judeo-Christian faith and God's self- revelation. The veil that has hidden the mystery of God from eternity was lifted by God Himself. In His goodness and love God chose to reveal Himself to us, His creature, and to make known His eternal plan of salvation. This He had done partly through the Old Testament Patriarchs, Moses and the Prophets, and fully through His only Son, our Lord Jesus Christ. In the person of Jesus Christ, conceived through power of the Holy Spirit and born of the Virgin Mary, the unseen God was made visible.

## Jesus reveals God as Merciful Father

The Old Testament speaks frequently and with great tenderness about God's mercy. Yet it was Jesus, who through His words and

actions, revealed to us in an extraordinary way, God as a loving Father, rich in mercy and abounding in great kindness and love. In Jesus' merciful love and care for the poor, the oppressed, the sick and the sinful, and especially in His freely choosing to take upon Himself the punishment for our sins (a truly horrible suffering and death on the Cross), so that all may be freed from destructive consequences and death, He, He manifested in a superabundant and radical way the greatness of God's love and mercy for humanity. In His person as God-Man, one being with the Father, Jesus both reveals and is God's Love and Mercy Itself.

### **The message of God's Love and Mercy is especially made known by the Gospels**

The good news revealed through Jesus Christ is that God's love for each person knows no bounds, and no sin or infidelity, no matter how horrible, will separate us from God and His love when we turn to Him in confidence, and seek his mercy. God's will is our salvation. He has done all on our behalf, but since He made us free, He invites us to choose Him and partake of His divine life. We become partakers of His divine life when we believe in His revealed truth and trust Him, when we love Him and remain true to His word, when we honor Him and seek His Kingdom, when we receive Him in Communion and turn away from sin; when we are mutually caring and forgiving.

### **How we should we prepare for this great Feast of Mercy and the promise**

During the course of Jesus' revelations to St. Faustina on the Divine Mercy, He asked on numerous occasions that a feast day be

dedicated to the Divine Mercy and that this feast be celebrated on the Sunday after Easter (Diary 300). The liturgical texts of that day, the 2<sup>nd</sup> Sunday of Easter, concern the institution of the Sacrament of Penance, the Tribunal of the Divine Mercy, and are thus already suited to the request of Our Lord as documented in the diary of St. Faustina. Preparation for the feast of Divine Mercy consists of one observing the following requirements:

1) Celebrate the feast on Sunday after Easter 2) Sincerely repent of all our sins, 3) Place our complete trust in Jesus, 4) Go to Confession, preferably before that Sunday, 5) Receive Holy Communion on the day of the feast, 6) venerate the image of the Divine Mercy, 7) Be merciful to others, through our actions, words and prayers on their behalf.

Jesus told St. Faustina that this Feast of Mercy would be a very special day when **all the divine floodgates through which graces flow are opened.** (Diary 699) Our Lord made a great promise to all those souls who would go to confession and then receive Him in Holy Communion on the Feast of Mercy, on Sunday after Easter, which is now called Divine Mercy Sunday throughout the Catholic Church. ☒

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# Annunciation of the Lord

The feast of the Annunciation, now recognized as a solemnity, was first celebrated around the fourth/fifth century. The feast commemorates the visit of the archangel Gabriel to the Virgin Mary, during which he informed her that she would be the mother of Jesus Christ, the Son of God. It is celebrated on 25 March each year, except in those years when 25 March falls during the Paschal Triduum, when it is transferred forward to the first suitable day during Eastertide. In 2018, the feast fell on Palm Sunday and therefore will be celebrated by the universal church on Monday 9<sup>th</sup> April, after the Octave of Easter. 25<sup>th</sup> March would mark exactly 9 months before the celebration of Christmas, the birth of Jesus.

However, the Catholic Women Association (CWA) members in the Archdiocese of Nairobi gathered at St Mary's grounds, Msongari to celebrate the feast of the Annunciation on Saturday 24<sup>th</sup> March. Mass was celebrated by His Eminence John Cardinal Njue. In his homily, Cardinal Njue said "From all eternity, God destined Mary to be the mother of Jesus and closely related to Him in the creation and redemption of the world. Mary has a role



**Members of CWA from Consolata Shrine at St Mary's Msongari on 24th March where they celebrated the feast of the Annunciation**

to play. It is a God-given role. It is God's grace from beginning to end. Mary becomes the eminent figure she is, only by God's grace." He urged the CWA women to always follow the footsteps of Mary adding that challenges will always be there but are overcome by being close to God and through prayers.

The central focus of the annunciation is the Incarnation: God has become one of us. From all eternity God had decided that the Second Person of the Blessed Trinity should become human. Now, as Luke 1:26-38 (*in foretelling the birth of Jesus*) tells us, the decision is

being realized. The God-Man embraces all humanity, indeed all creation, to bring it to God in one great act of love. Because human beings have rejected God, Jesus will accept a life of suffering and an agonizing death: *"No one has greater love than this, to lay down one's life for one's friends"* (John 15:13).

Mary has an important role to play in God's plan. From all eternity, God destined her to be the mother of Jesus and closely related to Him in the creation and redemption of the world. We could say that God's decrees of creation and redemption are joined in the decree of Incarnation. Because Mary is God's instrument in the Incarnation, she has a role to play with Jesus in creation and redemption. She is the empty space where God could act.

Mary is the virgin-mother who fulfills Isaiah's prophesy in a way that Isaiah could not have imagined. *Therefore the LORD himself will give you a sign: The virgin will conceive and give birth to a son, and will call him Emmanuel* (Isaiah 7:14). She is united with her son in carrying out the will of God: *I delight to do Your will, O my God, And Your law is within my heart.*" (Psalm 40:8); Behold, I have come to do Your will, O God (Hebrews 10:9); *Then Mary said, "Behold I am the maid servant of the Lord! Let it be to me according to your word." And the angel departed from her* (Luke 1:38.)

Together with Jesus, the privileged and graced Mary is the link between heaven and earth. She is the human being who best, after Jesus, exemplifies the possibilities of human existence. She received into her lowliness the infinite love of God. She shows how an ordinary human being can reflect God in the ordinary circumstances of life. She exemplifies what the Church and every member of the Church is meant to become. She is the ultimate product of the creative and redemptive power of God. She manifests what the Incarnation is meant to accomplish for all of us.

Pope Francis while celebrating the Annunciation in 2017 said 'as in the past, God continues to look for allies, he continues to seek men and women capable of believing. Remembering and recognizing that they are part of His people and cooperating with the Holy Spirit'. He added that God continues to walk in our neighborhoods and our streets, he pushes in each place in search of hearts capable of listening to his invitation and making it become flesh here and now. **CE**

**Mary mother of God, PRAY FOR US**

**Njeri Muathe,  
Communications Professional Group  
Consolata Shrine**

## His Eminence John Cardinal Njue's Address to the Youth on Palm Sunday, 2018.

For a while now, the feast that commemorates Jesus' triumphant entry into Jerusalem has been a youth affair in the Archdiocese of Nairobi (ADN). Thousands of youth from the thirteen deaneries that constitute the ADN have over the years congregated at St. Mary's Msongari grounds in the Westlands locality of Nairobi to celebrate Palm Sunday.

And in what has been emblematic of the feast, His Eminence John Cardinal Njue has faithfully presided over the homilies much to the appreciation of the youth Catholics. Needless to say, it is the Cardinal's casual and almost nonchalant nature in delivering his sermons that has made him a favourite to many.

This year's celebration of the Palm Sunday feast was on 25<sup>th</sup> March. The main celebrant in the Youth Mass, His Eminence, had the attention of close to 13,000 vibrant youth. Among this number were tens of Consolata Youth Group members embodying the Central Deanery.

Holy Mass began minutes after 10 am and as is customary, the faithful had their palm fronds blessed before making a ritual procession led by a contingent of the clergy. The familiar waving of the fronds during this festive march is symbolic of Christ's reverence and homage from His town's people.



His Eminence John Cardinal Njue delivering the homily to approximately 13,000 youth drawn from 13 deaneries that constitute the Archdiocese of Nairobi.

The main theme of the celebration was derived from the Gospel of Luke (1:30) that states *"Do not be afraid Mary, for you have found favour with the Lord"*. In line with the theme, a banner for the Catholic Archdiocese of Nairobi, whose slogan was *"Faith on Fire"*, was officially launched.



Launching of the Catholic Archdiocese of Nairobi banner. The main theme was derived from Luke 1:30. "Faith on Fire" is the slogan.

It is from the main theme that the Cardinal centred his homily, occasionally resonating within it was the Pope's recent message

on discernment. The Cardinal reiterated severally to the young people in attendance that they ought not to worry about the course of the future since God has a purpose for each life He created. In the same breath however, His Eminence urged the youth to seek discernment (the ability to make sound judgement) from God as they navigate through the labyrinth of human existence.

The Cardinal pointed out that as the Catholic fraternity prepares for the start of Holy Week, which retraces Jesus' journey from crucifixion to resurrection, the youth ought to accomplish a better world by being inward-looking and making small, necessary changes. He emphasized that change begins with an individual, and the Holy Week would be the most opportune moment for making a change. In addition, His Eminence urged the youth to find time and pray with an open heart, ready to listen to God and God's word.

**Pope Francis advice to the youth**



Pope Francis celebrates a Palm Sunday Mass in St Peter's Square during this year's celebrations

Pope Francis, in his address during this year's Palm Sunday Mass at St. Peter's Square, urged young people not to be silent and let their voices be heard.

He said "the temptation to silence young people has always existed", and cited the many ways to keep them quiet, "to sedate them, to keep them from getting involved, to make their dreams flat and dreary, petty and plaintive".

But he told youths "you have it in you to shout" even if "we older people and leaders, very often corrupt, keep quiet".

*Press Association*



A section of the jubilant young Catholics participating in the 'thanksgiving' dance at the end of the Mass.

His Eminence words did encourage the youth. His emphasis on God's Love for the young generation means that the Church has not given up on us. But we also have a role to play. We should heed the words of our shepherds and pray earnestly for discernment.

The youth leadership must ensure that this message of encouragement is heard by all the youth in our Parish. This year in particular the youth must be visible.

Let us live up to the slogan: **'FAITH ON FIRE!'**

*Kevin Njau, Consolata Youth Group*

**Justice and Peace Committee - Reconciliation for Peaceful Coexistence**



Consolata CJPC Team mentoring children at Archdiocese of Nairobi Joy Children Home.

Reconciliation for peaceful coexistence and national integration, justice for all is the national theme of Lenten campaign 2018 broken down into sub themes of good governance, reconciliation, youth and development, security and child protection. As Christians these should guide us throughout the year. To achieve good governance in Kenya, the rule of law, transparency, responsiveness, consensus, equity, effectiveness, efficiency and accountability, all must consciously continue to meditate and act in a way that contributes to their achievement. With good governance citizens can receive satisfactory services from both the national and county governments.

Even after the political turmoil the country has gone through before, during and after the national elections, there is room for reconciliation through deliberate effort. When citizens regardless of their political affiliation or ethnicity believe they are part and parcel of the Government in office, receiving all the services they are entitled to, it is easy to join in, reconcile and move together as one nation.

The large number of youth is one of Kenya's greatest resources and if used properly, would accelerate development, bridge ethnic and socio-economic gaps which have been created. The Government has



Consolata CJPC Members after recollection guided by Fr. Makau at J J McCarthy Centre

an obligation to develop, implement and enhance youth programs to address their needs. Through well-defined and focused programs, youth would be involved in the nation's development instead of engaging in detrimental activities. They will be less prone to drug abuse, misuse by politician or engaging in insecurity and terrorist acts which would contribute greatly to security and development.

Children must be protected from all evils that affect them and is the duty of all of us to make sure that wherever we are, the children are protected. Children are the most vulnerable when the nation lacks peace, thus they cannot have protection if problems are not addressed holistically. This will also result in reconciliation for peaceful

coexistence, national integration and justice for all achieved.

As we encounter the risen Christ, who reconciled humanity with God, let us resolve with humility to work together as a country, so that Christ can continue to be our model. Healing and reconciliation achievement will be a process not an event, guided by Christ's teaching and example. It is possible to live in one united and prosperous country where nobody lacks what it takes to live a dignified life. God created us in his own image and we should always pose and ask ourselves before talking or acting whether we project that image every day of our lives. **CE**

**Zipporah/Triza**  
**Consolata Shrine Justice and Peace Committee**

## Pilgrimage to the Holy Land

It was 11:00 pm and we were celebrating Mass at the Marian Chapel of Consolata Shrine. It was a congregation of about forty people. Twenty-four of us were to embark on a life changing experience, one drawing us closer to our Lord and His Word. After Mass we headed to the Jomo Kenyatta International Airport, where we were joined by more pilgrims to start our journey.

*When asked to clarify the difference between a pilgrim and a tourist, Fr. Evans stated that a pilgrim embarks on a journey seeking a spiritual experience. He or she desires to have a life changing encounter with the Living God. A tourist, on the other hand, is primarily seeking to be in a new place and to experience the physical reality of a different location. The Consolata Group was going on a Pilgrimage.*



The Pilgrims

We had a safe flight to Cairo. At the airport we were received by our guide, Mohsen Azmy, who had brought with him a traditional dance and music troupe to welcome us.

In addition, he handed each one of us a beautiful purple flower. As soon as we left the airport, our tour of Egypt begun with a visit to the Coptic Orthodox Church of St. Mary in Zeitun. This is an interesting site because of apparitions of our Mother Mary which were also witnessed by President Gamal Abdel Nasser of Egypt.

We also went to the church housing the cavern where the Holy Family had lived and the well where they had drawn water during their exile in Egypt.



In Egypt, the well used by the Holy Family.

*Egypt is a special place because Jesus spent a small part of His life there. As Africans, it adds another dimension to our spiritual history, when we realise that He did in fact come to our continent. The home of the Holy Family was very humble and it has been preserved with care all these centuries. We were reminded once again of how Our Lord began His life on Earth. >>*

Pictures courtesy of Eric Fernandes



Beginning of the Holy Week, celebrating Palm Sunday.



Washing of feet on Holy Thursday.



Venerating of the Cross.



Way Of The Cross procession on Good Friday across Westlands.



Spiritual preparation of the Catechumens in the unfinished new structure in Adu Parish.



Fr. Lee baptising Catechumens during the Easter Vigil in Adu Parish.



Lit candles at the beginning of the Easter Vigil at Consolata Shrine. Inset: Fire outside the Church prior to the lighting of the Paschal Candle at beginning of Easter Vigil at Consolata Shrine.



Couples who will be getting married soon, being blessed on completion of their classes.



Progress on the ALLamano Centre continues, the pictures show how fast the structure is being built, let us continue to support this project with our prayers and financial support.

>> We had been blessed with three priests in our group; Fr. Evans, Fr. Paul and Fr. John Baptist and hence we were 'self-contained' as our lovely organizer, Naomi Njoroge of Emmaus agencies, liked to say.

It was good to see Ancient Egypt but we were all excited to be going down to Sinai because that was the real beginning of our Biblical and Spiritual experience. We were also excited because we were to climb the mountain where Moses received the Ten Commandments. The drive to the Suez Canal made me appreciate Kenya even more in terms of what we are blessed with. Here it was desert on all sides, something I had yet to experience. The Egyptians also impressed me; they do their entire infrastructure works themselves. They do such a good job of it. I long for the day we, as a country, can get to a point where we do not rely on foreigners.

That evening we were to climb Mt Sinai. We had already been briefed on how cold it would be so we had all layered up on our clothes. We started the hike up enthusiastically, planning to pray the Way of the Cross along the way. However, we quickly learnt that we had underestimated the task ahead; the cold, the darkness, the rocks and the steepness of the mountain were enough to derail our plans. It was survival for the fittest: here we truly learnt that the spirit may be willing but the flesh is weak. Some of us had to tap out at several resting points along the way, some had to employ the use of camels, which we came to learn was a very uncomfortable means of climbing. All in all a few pilgrims

did manage to reach the summit where Moses received the Ten Commandments.



At the foot of Mt Sinai.

*One cannot help but recall the journey of the Israelites to the Promised Land. That was also a pilgrimage. As we saw the rough terrain, we could understand why they complained to Moses and forgot about the providence of Almighty God. It was moving to be at Mt Sinai and to stand where Moses received the Commandments from Almighty God. However, the challenge of climbing the mountain was greater than expected. The journey down was also difficult due to fatigue and the cold. No wonder Moses was so filled with the anger and disappointment when he found the Israelites in apostasy, worshiping an idol. After all he had experienced for their sake, they turn against him and the Living God.*

Everyone was happy to get back to the foot of Mt. Sinai, The experience had brought us together as a family, and we had a great laugh about the camels, a running joke through out the pilgrimage was "Ngamia 1" (Camel 1). The drive to the border was a blur because we were all asleep. We crossed the border into Israel at about four o'clock. You

could immediately tell a difference. There was so much order.

*When we entered Israel, we had reached the Promised Land. It was here that we were going to truly experience the life of Our Lord Jesus Christ, from His birth to the Ascension. All these places were going to be revealed to us. We were to have greater understanding of how and where the Lord lived during His three years of ministry. The Holy Bible would become real to us as we walked through these places. In our hearts, we were echoing the words of the apostles during the Transfiguration: "Lord, it is good to be here!" We were just happy to be in the same environment, the same atmosphere which Jesus Himself must have experienced.*

On our first day in Israel we toured Bethlehem starting with the Church of the Nativity where, as well as celebrating Mass, we saw the birthplace of Our Lord. We also visited the Milk Grotto, where our Holy Family lived and the fields, where the angels visited the shepherds to tell them the Good News of Our Lord's birth. We later spent some time at Ein karem, the birthplace of John the Baptist, and the Church of the Visitation.

A common misconception I had before this visit was that Israel and Palestine are two geographically distinct countries like Kenya and Uganda, but they are not, only walls separate the two territories, Bethlehem is in Palestine.

We carried a cross up the Via Dolorosa, The Way of Sorrows, (the Stations of the Cross) contemplating each station. We reached

the place of Our Lord's Crucifixion and the location of His tomb, in the Church of the Holy Sepulchre.



Mbugua Karuga on the Via Dolorosa

The rest of our stay was spent in Nazareth. At Cana in Galilee, we celebrated Mass and witnessed the Wachiras renewing their vows after forty years together. This was so



The Wachiras renew their marriage vows at Cana, Galilee.

inspiring, and later on in the evening we had a celebration in their honour.

At Capernaum we celebrated Mass on a boat, sailing the Sea of Galilee, this will be one of my fondest memories.



Celebration of Mass on the Sea of Galilee.

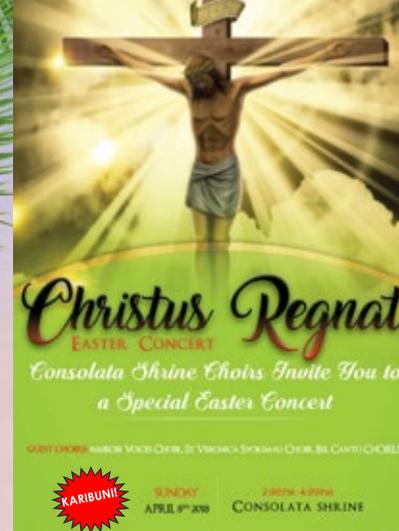
On our return journey, we reached Cairo Airport at 5pm, parked our bus and celebrated Mass inside. We then bid our guide goodbye and flew back home.

The pilgrimage was an amazing experience, I thank God for it. The places we saw and our experiences cannot possibly be recorded in this short article. I thank God for the group and it's very diverse nature, and I found a new family in it. All was very well organized and I commend Naomi for the spectacular job that she did. We were always comfortable and all our needs were catered for, I highly

recommend her. Our guides really helped us understand all these sites we had been visiting and their importance and most importantly their correlation to the Bible and its prophecies. I haven't mentioned Sami Grayeb who was our guide in Israel, he was an invaluable asset in terms of information and understanding and he helped us understand things both Biblically and contextualizing it with the society in the time of the Bible. The pilgrimage experience was very nourishing and enlightening. I thank God for enabling me such an opportunity. I would urge anyone with the opportunity to visit the Holy Land to embark on this pilgrimage. It will surely be a blessed experience.

*I too would encourage everyone to visit the Holy Land. It is life changing. As one comes from the Holy Land, one feels that they have 'tasted' something they had not 'tasted' before. It is difficult to put into words. It is a rich experience. For my part, I feel I gained a real life experience. The things I had been taught for years were now here before my eyes. It was more than a pilgrimage: it was a spiritual exercise, a retreat. One feels obliged to mould one's life according to this experience and live according to the teachings of the Bible and the Church. Our lives should be different, the way we interpret the Bible and relate to each other, should be different. I am very grateful for the lessons learnt and the bonds formed on this unique, sometimes challenging, Journey of Faith. ☪*

**Mbugua Karuga, with observations from Fr. Evans. Consolata Shrine**



## Christus Regnat A Special Easter Concert Sunday 8th April, Consolata Shrine Entry is FREE. Karibuni

### Bel Canto Chorus Guest Choir

The formation was premised on the need to bring together a unique coterie of young female singers, not only for purposes of singing, but also for collegial support.

The membership is drawn from former high school choristers. As a dynamic group of singers, BCC is diversified both in repertoire and style, performing especially the genres of African arrangements, African-American spirituals, Classical and Jazz.

The ensemble is directed by Ken Mulwa.



Bel Canto Chorus, Nairobi (BCC) was founded in September, 2016 by Dr. Abbey Chokera.

### Nairobi Voices Chorale Guest Choir

The Nairobi Voices Chorale was founded in 2017. The founding members comprised of singers from both St. Theresa's & Moi Air Base Choirs.

In 2017 the group expanded to include participants from Buruburu, Kitengela, Ongata Rongai, Kiambu, Zimmerman, Shauri Moyo & Makadara parishes.

The group's Technical Advisor, Mr. Nick Omondi, is a composer endowed with Choral Association leadership and management.

The Nairobi Voices Chorale aspires to be a leading mixed Chorale Nationally and regionally enriching its repertoire in Kenyan Rhythms as well as Western style music, drawing its strength from local expertise and using technology to enhance its technical aptitude, all aptly guided by the tenets of Christ in The Roman Catholic Church.

**St Veronica Parish Choir**  
*Guest Choir*

They became a parish choir in 2012, when St. Veronica was made a parish. The first and current director is Ken Mulwa, assisted by Mariah Nduta. Their main objective is to make the congregation feel the very presence of God at mass, through our singing.

They were part of the mass choir during the Papal visit in November 2015.



St. Veronica Parish Choir started as a community choir of volunteers singing at mass with the school of Mt. Sinai CMI at their masses.

**St Immaculate Choir**  
*St Joseph, Deep Sea*

This amazing choir sing the full mass every Sunday at our Out Station in Highridge, Parklands. Their patron Saint is pictured above, St Immaculate.



**By the Grace of God Quartet**  
*Consolata Shrine Sat 5.30pm Holy Mass*

This group started in early 2013 when there was no official choir for Sat 5.30 pm masses. They frequently sang at that mass and were soon inundated with invitations to sing at weddings and other functions, eventually becoming an official choir in the parish. Recently they entertained guests during the Blessed Allamano Golf fundraiser at Muthaiga Golf Club. They also sang all Sunday masses in January 2018 for Waumini Radio 88.3FM.



**St. Cecilia Choir**  
*Consolata Shrine Sun 7.30am Holy Mass*

St Cecilia Choir acquired the Saint's Name around 2004, prior to which it was known simply as 7:00 am choir.

**Practice Time:**  
Saturday 5.30-7:00 pm  
Sunday 7:00-7.30am  
Sunday 9.30-11am  
And as need arises.

New members are very welcome, especially bass and tenor voices.

**Consolata Youth Choir**  
*Consolata Shrine Sun 9am Holy Mass*

The parish's favorite choir, formed by our youth, practice faithfully every Saturday afternoon and Sunday morning, to the delight of those lucky enough to hear them. This concert's artistic director is from among them. They also animate several activities including the Way of the Cross every Good Friday. Their recent Christmas Concert (Dec 2017) was truly evangelical and we look forward to another performance. And another. And another.

**Blessed Sister Irene Choir**  
*Consolata Shrine Sun Noon Holy Mass*

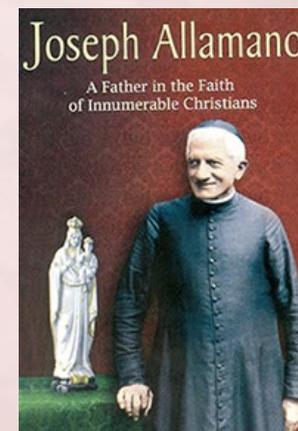
The choir of instruments, their enthusiasm is known and appreciated by all.

**Blessed Joseph Allamano Choir**  
*Consolata Shrine Sun 10.30 Holy Mass*

This choir initiated the hosting of the concert, and includes members from as far back as 1990, some who travel from as far away as Kitengela ("diaspora") faithfully for every rehearsal.

**Practice Time:**  
Saturday 3:00-5:00 pm  
Sunday 9:00-10.15 am  
And as need arises.

We welcome new members throughout the year. Currently we are very eager to have new voices in bass and tenor.



The choir is directed by Dr. Patrick Gatonga (MBCHB), who is also responsible for the musical arrangement of the concert.

Many thanks to Chair of long standing, Dorothy "Dottie" Mwangi, for steering this ship.

The concert logistics were ably put together by Mary Chokera and Sheila Gatonga, who we also appreciate for bringing the choir's youngest tenor to practice without fail. The concert's Artistic Director is Miss Joy Anami of the Youth Choir. We thank the Youth for providing catering services all towards the cause of the concert, the Allamano Building Project.

## Karibuni

The joint choirs of Consolata Shrine welcome you all to this concert! Thank you all for helping us to contribute towards the Blessed Allamano Building project. As we continue to grow as individual and joint choirs we thank the parish in its entirety for their support. We thank the Lord God Almighty for the gift of our voices.



Joint rehearsals for all choirs are held every Wednesday from 6-7.30pm and Sundays from 2-4pm, directed by Mwalimu Januaris.

We thank our patron, Father Evans, for believing in us and keeping us in line especially with regard to our spiritual lives.

## About Blessed Allamano

Joseph Allamano, the fourth of five children, was born on January 21, 1851, at Castelnuovo d'Asti (now Castelnuovo Don Bosco), in Italy, the hometown of St. Joseph Cafasso and St. John Bosco. His father died when he was not yet three years old, and his mother, Maria Anna Cafasso (the sister of the Saint), was the major influence on his life.

Joseph Allamano followed in the footsteps of his uncle, St. Joseph, and devoted himself to the training of clergy. He was a holy man, like his uncle; it was often said that he was "Fr. Cafasso returned to life" and "an almost perfect copy of his great uncle and predecessor".

Fr. Allamano was beatified on October 7, 1990, by Pope John Paul II. The Pope confirmed the tributes the new Blessed had received during his life and after his death: "The Consolata Saint", "Provident Father", "Formator and Teacher of the Clergy", "A priest for the whole world". During the homily he delivered at the beatification, the Pope said, "At this moment when his name is added to the list of the Blessed, Joseph Allamano reminds us that, in order to be faithful to our Christian vocation, we must share the gifts we have received from God with brothers and sisters from every race and culture. We must proclaim Christ with courage and coherence to everyone we encounter, and especially to those who do not yet know Him".

Blessed Joseph Allamano, pray for us.

A recent Concert at St Veronica Parish in Syokimau with their host choir as well as Bel Canto Chorus, Nairobi Voices Chorale and Consolata Shrine's Blessed Joseph Allamano Choir.

*Claire Hannah, Consolata Shrine Choirs*

## The Christian Education Committee - CEC

The CEC is responsible for the spiritual formation in the Parish. The CEC ensures that the process of learning about the Christian Faith in the Catholic Tradition, is ongoing and available to everyone. To this end, the CEC consists of different groups. Each one represents an important constituency of our Parish Family.

### CHILDREN AND YOUNG PEOPLE

The children of the Parish represent the future. The strength and depth of their spiritual formation now will determine the nature of Church in the years to come. This is reflected in the number of programs running on their behalf.

**\* Pontifical Missionary Childhood, PMC. (All children below 14 years)** - The Archdiocese has decreed that all children in the Parish are to be formed in the missionary spirit of the PMC. Hence the animators are always encouraging all children to be formally part of this movement. Each year, during the feast of the Epiphany, a small group is commissioned. They do not reflect the number of children in the Parish. The children meet every Saturday at 2pm - 5pm. There is spiritual formation as well as crafts and games. However, the most important aspect is the development of a culture of prayer and service. These are the children who animate the Children's Mass and represent the Parish at PMC diocesan events.

**\* PPI** - This is the pastoral program running in the neighbouring schools. The Parish is responsible for Westland's, Visa Oshwal and Highridge Primary Schools as well as Aga

Khan High School. The Catechist ensures the program is running and that Mass is celebrated once a term.

**\* Children's Sunday Service (3 - 8 years)** - This takes place every Sunday, coinciding with the celebration of Holy Mass at 9 am, 10.30am and 12 noon. There is no service on the last Sunday of the month due to the Children's Mass. The Children's Service is a celebration for children, based on the format of the Holy Mass and following the Liturgical Calendar. The aim is to encourage them to love and understand the rhythm and beauty of the Mass. The material is designed for a particular age group. Once a child begins catechism, he or she must attend Mass in the Church.

**\* Ongoing Formation (9 - 11 years)** - There are two years between First Holy Communion and the Sacrament of Confirmation. During that time all children are expected to attend Ongoing Formation on the last Saturday of every month (except during school holidays). This program was designed with the assistance of the Catechist to ensure that the relevant material was covered. The time allocated for catechism does not allow everything to be studied in depth.

**\* Pre - Alpha Group (12 - 13 years)** - Since the children are now confirmed from the age of eleven, the CEC has a challenge. These children are too young for the Junior Youth Group (Alpha Group). To accommodate them there is ongoing formation for them every second Saturday of the month. The sessions are very informal and encourage free

thinking and questions about the challenges of our faith.



**\* Junior Youth, Alpha Group (14 - 18 years)**  
 This group is comprised of the teenagers in the Parish. They are eager to learn more about their faith and enjoy being with their peers. Their annual program is focused on holiday activities (retreats, camps, seminars and sports). However, every second Sunday is Youth Sunday and they animate and usher at the 9am Mass. This year, *The Year of Youth, Faith and Vocational Discernment*, there are joint sessions with the Snr Youth after the Youth Mass.

**YOUTH**  
 The Youth group is comprised of young people age between 19 and 26 years of age. These are young adults who are encouraged to plan their own program under the guidance of their patron and spiritual director. Their activities include charity work, retreats, ecumenical outreach and ongoing formation. Like the PMC, they have a close affiliation with the Archdiocese. Consequently, there is a full calendar of diocese festivals, sports and retreats. Each Sunday the choir animates Mass at 9am.

The next challenge is the formation of the group for young adults who no longer feel comfortable with the youth. Hopefully, it will be done this year.

**FAMILY LIFE**  
**\* Marriage Preparation** - This is a twelve week course covering various aspects of married life. Couples wishing to receive the Sacrament of Matrimony at the Shrine are invited to register. Recently other parishes have been attending the courses. The facilitators recently added a session with the parents at the beginning of each course. This has proven to be a successful addition to the process.

**\* Family Life Talks** - Every quarter the CEC organise a talk to encourage discussion on family topics. All are invited to come, listen and contribute. We can all learn from each others journeys.

**\* The Single Parents** - The CEC was informed of the large number of parents raising children alone in the Parish. Challenged by their feeling of exclusion, the CEC sent out an invitation for a meeting. From that session a group has formed. They meet every third Sunday of the month.

The CEC is always looking for more input, more ideas. Please feel free to come and join us. We can never say that we have enough animators, facilitators or volunteers. Do not be afraid, come and help build the spiritual foundation of our Parish. **CE**

**Josephine Kirumba, Convenor**

# April Saints and Feast Days Word Search

P	G	I	A	N	N	A	M	O	L	L	A	P
Y	J	O	H	N	B	A	P	T	I	S	T	E
R	V	N	F	R	T	Y	R	W	G	Z	M	T
A	S	S	T	Y	D	G	V	G	W	N	V	E
M	I	W	T	N	Z	K	B	E	B	P	R	R
S	C	M	H	A	N	G	I	Y	I	O	L	C
I	N	R	B	X	N	R	L	U	D	H	F	H
U	A	P	L	F	A	I	S	I	D	T	X	A
O	R	K	K	M	D	V	S	P	W	Z	B	N
L	F	F	T	W	Q	I	M	L	T	Z	L	E
J	T	V	I	N	C	E	N	T	A	N	V	L
M	R	M	W	P	M	G	H	M	R	U	W	R
G	Q	C	A	T	H	E	R	I	N	E	S	H



*\*Directions: Search only for the parts of the saints names or feast days that are in bold print.*

- |                             |                                     |                                   |
|-----------------------------|-------------------------------------|-----------------------------------|
| St. <b>Francis</b> of Paola | St. <b>Peter Chanel</b>             | St. <b>Louis Mary</b> de Montfort |
| St. <b>Isidore</b>          | St. <b>John Baptist</b> de la Salle | St. <b>Gianna Molla</b>           |
| St. <b>Vincent</b> Ferrer   | St. <b>Catherine</b> of Siena       | Bl. <b>Marie</b> de l'Incarnacion |
| St. <b>Stanislaus</b>       | St. <b>Pius V</b>                   |                                   |

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## A HOLY CHILDHOOD - Saint Catherine of Siena

On 29 April, we remember Saint Catherine of Siena. This name sounds familiar, but we do not know very much about her. So who was Catherine of Siena?

She was born on the feast of the Annunciation, 25 March 1347. Her family was very large with twenty five children. She was the second youngest. Sadly, twelve of her siblings died in childhood, including her twin sister.

Catherine was a very beautiful and charming child. From the very beginning, she seemed to want to be close to God. When she was only five years old, she would climb up the stairs of her very big house on her knees praying the Hail Mary. At six years of age, she was looking for quiet places where she could sit alone and talk to God. By the time she was seven, Catherine was experiencing visions. One of them was to change the direction of her life for ever.



It happened one day, while out walking with her brother. While he was shouting at her for refusing to move, she was seeing Jesus sitting on His throne. Behind Him, were three Apostles, Saints Peter, Paul and John. Jesus was dressed as a bishop and on His Head was the Papal Crown. As she continued to stare in wonder, Our Lord blessed her like a bishop, making the Sign of the Cross. When the vision disappeared, she cried in disappointment.

From that moment, Catherine decided to give her life totally to God. She was determined to be the Bride of Christ and Him alone. Her prayer, fasting and charity increased. At meal times she would eat only a little and give the rest to her brother or the cat under the table. She was very concerned for the poor and would give away many things from the house without permission.

By the time she was twelve years old, her parents had decided this behaviour was too much. Catherine was not only beautiful, her family was also wealthy. Her parents felt it was time to find a good husband for her. However, despite all the lovely dresses and jewellery she was given, Catherine was uninterested. To prove her point, she cut off her beautiful hair.

For this act of defiance, she was reduced from a daughter of the house to a servant. Her days were spent doing housework, with the additional punishment of never being alone. But Catherine was later to write that God gave her the ability to be totally alone in her soul, even with people around her.

One day her father walked past a room where she was praying and saw a dove rest upon her head. He was greatly affected. After three years, her parents came to understand that Catherine would not change. At sixteen, she was eventually allowed to enter the Sisters of Penitence, a religious order that allowed her to live at home with her family. They were a Third Order of St Dominic. She did not join them by chance. St Dominic had appeared to her in a dream and asked her to join a religious order so that she could better serve God. He then gave her a choice of habits to choose from: she chose the Dominicans who had always fascinated her.

Catherine continued to pray, fast and do charity work all her life. She had many visions of Jesus and His Mother. Her closeness to God allowed her to advise the Church and write beautiful books. She died when she was thirty three years old. Her body was very weak from fasting and hard work.

Her pictures often show her with the Cross and the Crown of Thorns. She used to spend time adoring the Cross and Jesus rewarded her with the Stigmata (the five wounds of the Cross). The white lilies she carries are a symbol of her purity.

In 1970, Pope Paul VI, declared her a Doctor of the Church because of her great holiness and knowledge.

Christian Education Committee

### I. Infant Baptism

- 1 Solomon Kiroga Mwangi
- 2 Khloe Njoki Gichia
- 3 Brianna Wambui Maina
- 4 Ely Egialan Ereng
- 5 Mark Thuku Kimani
- 6 Joseph Amari Gitau Waweru
- 7 Julia Rwamba Kamani
- 8 Michelle Mukami Kamani
- 9 Michael Njeru Kamani
- 10 Lucy Jasmine Wanjiku Mburu
- 11 Leo Kariuki
- 12 Maria Soniamalka Wanjiku
- 13 Joseph Ngigi
- 14 Enzi Moses Likhanga Muturi
- 15 Xavier David Lonczar
- 16 Mary Nechesa Illaroka Lonczar
- 17 Teresa Drazena Kwivali Lonczar
- 18 Joseph Kakai Amalemba Muchisira
- 19 Mercy Nechesa Amalemba Muchisira
- 20 Angie Wanjiru Mbugua
- 21 Brandon Githaiga Kareithi
- 22 Mark Mutinda Mutua
- 23 Sasha Victoria Nyawira Gitahi
- 24 Nicola Wambui Chek
- 25 Zariah Muthoni K
- 26 Abraham Jabari Maina
- 27 Ian Kioko Mwangi
- 28 IVY Njeri Mbugua
- 29 Teresa Maya
- 30 Angelo Omondi
- 31 Paula Nekesa
- 32 Rita Wanjiku Thagichu
- 33 Chadwick Kigen Sainna Michael

### II. Baptism for Adult

- 1 Esther Gathoni Maina
- 2 Janet Wanjiru Wanene
- 3 Maryline Cherotich
- 4 Leticia Shamim N Wanja
- 5 Joyce W Ndichu
- 6 Janeth Bosibori Omwenga
- 7 Miriam Nzilani Ngila

- 8 Victoria Wanjiku
- 9 Sylvanah Nyokabi Nginga
- 10 Kennedy Kinyanjui Nene
- 11 Charity Gakii
- 12 Beryc Achieng Ringos
- 13 Eunice Muringi Wachira
- 14 Paul Musyoki Mwanza
- 15 Beatrice Nyambura
- 16 George Kimote Muthusi
- 17 Mary Nyokabi
- 18 Grayson George Gumbé

### III. Reception in the Catholic Church

- 1 Rhoda Ndunde Mbithi
- 2 Daphne Wanja Maina
- 3 Vicky Chepchirchir Njiru
- 4 Liza Njeri Muthee
- 5 Pauline Nyawira Ndungu
- 6 Catherine Wanjiku Kahuthu Mathu
- 7 Monicah Mirigo Mungai
- 8 Rose Wachira Mwangi
- 9 Peninah Kanyi Wambui
- 10 Robert Ndiba
- 11 Grace Njeri Gitu
- 12 Annet Nyamoita
- 13 Alice Muthoni

### Name of deceased

### Date of death

1. Hon. Justice Joseph Louis Omondi Onguto 1st March 2018
2. Pius Walubengo Mumiukha 18<sup>th</sup> March 2018 (Pius Walubengo was father to QS Leonard Kasili, the Quantity Surveyor overseeing the Allamano Centre project).

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

**Compiled by:**

**Catechist Sammy Kakai**

# EVENTS OF THE PARISH FOR APRIL 2018

**MISSIONARY INTENTION: Universal: Those who have Responsibility in Economic Matters.**

That young people may respond generously to their vocations and seriously consider offering themselves to God in the priesthood or consecrated life.

Sun 8	<b>DIVINE MERCY SUNDAY (2<sup>ND</sup> SUNDAY OF EASTER)</b> Prayers for the sick, their families and health workers at all Masses Youth Mass, 9am, followed by Formation Talk/Open Forum Youth celebration of birthdays (Jan-April) 2-4pm Christus Regnat - a Special Easter Concert
Mon 9	<b>THE ANNUNCIATION OF THE LORD, Solemnity</b>
Wed 11	<b>St. Stanislaus, Bishop, Martyr, Memorial</b> Self Help Group: Staff Training (11-14 April)
Fri 13	Beautification Dinner for the cause of The Servant of God, Maurice Cardinal Otunga
Sat 14	<b>Nine Saturdays Novena for the Solemnity Of Our Lady Consolata.(1)</b> PMC: Coordinators meeting, Holy Trinity, Kileleshwa Blessed Irene Stefani SCC: Day of Recollection
Sun 15	<b>3<sup>RD</sup> SUNDAY OF EASTER</b> Choir Directors Workshop, Kiswahili singing, (15-20 April)
Tue 17	Junior Youth: Conclusion of Alpha Course (17-20 April)
Thu 19	PMC: Day of Recollection, Divine Mercy Shrine, Machakos
Sat 21	<b>Nine Saturday Novena for the Solemnity of Our Lady Consolata (2)</b> Youth: Deanery Sports, Msongari 21 <sup>st</sup> Archdiocese Board Members Prayer Day, Clergy Home, Ruaraka
Sun 22	<b>4<sup>TH</sup> SUNDAY OF EASTER</b> Formation of parents and sponsors of infant baptism, 3pm. Legio Maria: Grave side, Msongari PMC: Children's Sunday Service for Children's Ward, Nairobi Hospital Pastoral Council: Executive, 10.30am
Tue 24	Junior Youth: Formation/Discussion Day
Wed 25	<b>ST. MARK, EVANGELIST, feast</b> Junior Youth: : Recollection/Prayer Day, Resurrection Garden
Thu 26	Junior Youth: Sports Day (Inter Parish to celebrate Year of Youth)
Sat 28	<b>Nine Saturday Novena for the Solemnity of Our Lady Consolata (3)</b> Confirmation class reopens (3rd Term) Children Infant Baptism, 2.30pm PMC Festivals, Diocese Level, St Francis Catholic Church, Ruiru
Sun 29	<b>5<sup>TH</sup> SUNDAY OF EASTER</b> Children's Mass, 9am Youth: Exchange programme with Holy Cross, Dandora. Confirmation Class reopens for Adult Catechumens, 3 <sup>rd</sup> Term, Pastoral Council: Meeting, 10.30am