

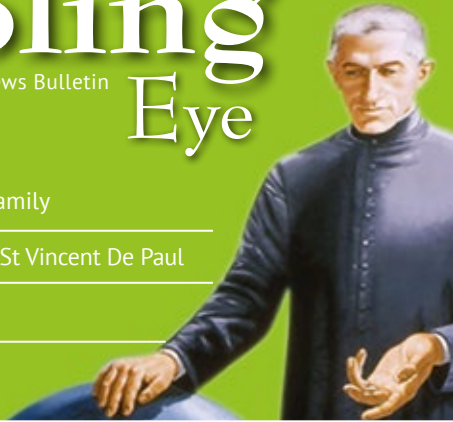
September 2018

The Consoling Eye

The Consolata Shrine Parish Monthly News Bulletin



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Birth of Mary



Consolata Shrine, Westlands, Nairobi



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Walking together as a family

Welcome to the month of September a sign that slowly by slowly we are coming to the end of this Liturgical Calendar as well as the year 2018. It is a month of many endings. It is the month when students and pupils have returned to school for their last term in their academic calendar. They will soon sit for their end of year exams.

It is a month which has begun with positive and negative feelings. It has been a blessed month since our children successfully completed their short holidays and went back to school. On the other hand, it is a month of uncertainty since the teachers' union threatened to go on strike if their salary increase is not be implemented. This will affect learning. It is also the month we have seen the cost of living rise. Here, a majority of Kenyans are forced to tighten their belts to meet their basic needs. But all in all, we thank the almighty God for His continuous care and intervention in the situation of man.

As a parish, in spite of these realities, we continue with our work of evangelization. In these last days our pastoral activities have been at the forefront both here in the Shrine and in Deep Sea. Sacraments have been celebrated, seminars held both for

the old and the young. We saw different groups renewing their commitments as per their calendars. Our children had their holiday formation activities. We introduced a new style of giving our offerings during the mass, different from what we were used to. We continue blessing our Tithe on the first Sunday of every month. Our traditional pilgrimage to Subukia was also an event which was highly attended thanks to the organizers and all of you. Our First Holy Communion (FHC) children are not left behind since they have also began their last lap towards their big day, coming to the altar of the Lord at end November. All these are meant to help us walk together as a family and have that sense of belonging.

We continue to work towards making our Shrine a better place than we found it. We have realized that we have been blessed thus being a blessing to others. We have been built thus to build others. We have been evangelized thus obliged to be evangelizers to others. That is why; we cannot forget the bad experience our brothers and sisters went through by the menace of the fire on 25th of August where many lost their property. In solidarity with them as a parish, we did our best by contributing food and non - food items. We thank each one of you for your

continuous generosity to these our brothers and sisters.

The Allamano Centre keeps growing. We are grateful for the tireless contributions from each one of you dear parishioners. We have made a lot of progress and let us not get tired nor give up. It is a commitment meant to make our Shrine mature spiritually and structurally. In August, we saw many mini harambees in which we saw the Hand of God at work. It really proved our unity as a family. We supported one another and the success belongs to all of us and all glory to God. We thank God for the progress we have made so far but we still aim high.

On the ninth of this month, St. Teresa of the child Jesus and St. Maria Goretti SCCs organized activities for this project. The series of fundraising activities will be concluded by the Main Harambee on the twenty third of this month. As the Pastoral Team, we take this opportunity to invite each one of you, young and old, to support this Harambee with prayers and finances to make it a success. Its success is for us all as the family of Consolata Shrine. May our good Lord and Savior, our patroness Our Lady Consolata and Blessed Joseph Allamano the patron of our project, intercede for all of you and your families to reach holiness. Amen. **CE**

From the Pastoral Team.

Pope's Prayers Intentions for September 2018

Universal: Young People in Africa

Intention: That young people in Africa may have access to education and work in their own countries.



Points for Meditation

When I hear news about our young Christian brothers and sisters in Africa, do I prayerfully reflect on it?

What can I learn from the youth of Africa about the richness, the joy and the hope that Christian faith gives us?



Scripture

Mt. 28:19-20 "Go therefore and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe all that I have commanded you; and lo, I am with you always, to the close of the age."



Reflection, on the Nativity of Our Blessed Mother

The Church has celebrated Mary's birth since at least the sixth century. A September birth was chosen because the Eastern Church begins its Church year with September.



by some of the earliest Christian writers from the first centuries of the Church.

Weight on the Mother's Shoulders...

During the feast of the birth of Mary we celebrate a number of things, the first being

the love God showed to Joachim and Anna to grant them a child in their old age, and not just any child but the future mother of our Lord Jesus Christ, born without sin. This was no ordinary thing. Since Sarah's time when she got her son Isaac at such an advanced age, no other woman is mentioned in the Bible as having been with child at such an old age. The mystery surrounding birth and celebration by angels in heaven to enable her to be 'one without sin', is indeed a pathway laid down for the conception of our Lord Jesus Christ.

As Christians there are many challenges that we face, one being that of fully trusting in God. As women we undergo various challenges that at times shake our faith. Imagine being a wife, mother, manager and perhaps a C.E.O., advisor and counselor. You rise early to ensure there is always a meal

on the table for your family, check on your husband and children to ensure they have all they need before you leave for work. Given that a day has eight hours, you shuttle through traffic at the same time monitoring the situation at home: if everybody had breakfast and left for school or work on time, how the little ones are fairing! A call comes in from work that you are required for an urgent meeting, a text pops up your screen that your baby has a mild fever! That is how a working mum's day feels.

Remember Mary and the enormous task she had ahead of her. This should give us strength as women, enable us to walk each day and proudly display our skills in being able to not only manage, but bear all the daily joys, stresses and busy schedules that we have.

Our Blessed Mother Mary bore her Son, who would be crucified for our lives sake. It is a cross a mother has to bear for her children. It gives us the call as women to look forward to what we may have to sacrifice, sometimes the dearest things to our hearts, to save situations. Mary never questioned or argued when the angel broke the news that she would carry a child who would be the Saviour of the world. What do we learn from this call and response of humility by Our Mother? What can we as Christian women gain by being humble, not questioning instructions from our husbands? Or perhaps some requests from our children? How do we as mothers react to situations that we are in? Do we panic and curse? Do we accept and state the will of God as Mary did? Do we

humbly rejoice and proclaim the glory of God, even in our darkest moments when we feel as if the whole world is against us?

Being a young unmarried maid, Mary accepted her role and God worked out everything for her with Joseph, who took her as his wife without question. Sometimes we all feel like superwomen, but in these times do we sit down and thank God for allowing us to be able to complete our tasks without getting tired and feeling burdened?

Different situations present different reactions. It is only women who can wake up in the morning, make breakfast for their families, prepare their children, head out to work ensuring all is well at home, still check if all is well at home while at the work place and at the same time manage to be who they are at work without breaking themselves. God made it perfect for women because He made us perfect enough to be worthy that our species could carry and bear a Son for Him. Let us celebrate our Mother Mary each day and continue to love her as she intercedes for us to her Son Jesus, Our Good Lord.

May His name be praised forever. **CE**

Article by
Nekesah Munene
Blessed Sr. Irene Stefani Nyaatha SCC

Sources: www.franciscanmedia.org/nativity-of-the-blessed-virgin-mary/
www.catholicnewsagency.com/saint/the-birth-of-the-blessed-virgin-mary-357

The Year of the Youth: A Consolata vocational story

Vatican, eponymous for the Papal office, released a message from His Holiness Pope Francis on 11th February 2018. This day was also a memorial of the Blessed Virgin Mary of Lourdes. The highlight of the message was borne out of the scripture of Luke, 1:30, where God assures Mary by telling her '*Do not be afraid Mary, for you have found favour with God*'.

It turned out that contents of this letter were one of the most heartfelt, youth-centric epistles ever written from the Vatican. Additionally, the letter elucidated that the 15th Ordinary General Assembly of the Synod of Bishops, to be held in October 2018 would be focused on the theme of '*Young People, the Faith and Vocational Discernment*'.

This theme was a continuation of the sets of discourse held at the 2014 and 2015 Synods on family life and with Pope Francis' apostolic exhortation *Amoris Laetitia* (The Joy of the Family). Writing for the *National Catholic Reporter*, J. McElwee noted that the Synod will focus on how to accompany youth in their existential paths towards maturity through a process of discernment so that they can discover their life goals with joy, opening themselves up to an encounter with God.

One could easily argue that the word *discernment* had not ever received much attention prior the Pope's message. The very word has received more inaccurate definitions in various youth meetings as observed in this Parish and elsewhere. However, as it sunk in that 2018 was the Year of the youth, did the theme begin to gather systemic attention across all quarters. This especially came at a time where the world's socio-economic and technological evolution has gained an untenable speed as to cast away any attention on the young people society.

Organized by Theodora and the Consolata Youth Secretariat did not lag in offering both its senior and junior youth members a crucial talk on this topic. For this reason therefore, Fr. Makau who heads the Allamano Youth wing was invited to illuminate and educate the future of Consolata Parish on this topic. The sessions held with him have been invoking as it was contemplative. Fr. Makau based his discussions on the four rubrics of vocation as spelt out by the Pope in his message; *Fear, Immaculate Mary, Favour and Courage*.

The profound two-hour discussions have challenged the youth to their fabrics of existence. Like the Pope mentioned,

they were reminded to be never afraid in whichever uncertainties life may throw since God reads our inmost heart. We were reminded that God calls us by His name, just like He called Mary by her name. We were reminded that when God calls us by His name, He reveals to us his vocation through which we become a gift to others. We were reminded that favour and the continuous presence of divine grace encourages us to embrace our vocation with confidence. We were reminded that with God's grace comes courage. We were reminded that for us to attain discernment, which is the intrinsic ability to judge well, we must pray.

Suffice to say that the sessions have indeed been priceless. Nevertheless, it would be worth pointing out the various activities that the Consolata youth has so far engaged in this year.

The vibrant youth have participated in two charity activities this year including a Parish-organised walk. For the first time, the basketball team advanced to the semi-finals stage of the Deanery games which was a feat to be celebrated. It is our prayer that God-willing, we shall proceed to the Nationals phase next season. In this regard, the youth have been holding intra-Parish football and basketball training sessions on Sunday afternoons with the St. Joseph Deep Sea outstation.

Perhaps where most Consolata parishioners have felt our presence is in leading the liturgical celebrations through singing in the 9 am choir every Sunday. It appears that our output has been growing in bounds judging from the positive remarks after Homilies. We shall continue to strengthen our efforts in praising the Lord. The youth have notably, of recent, been carrying out liturgical dancing on some occasions. This has also been well enjoyed and appreciated.

At the time of writing, we the youth are in our sunset stages of practice preparations for the Central Deanery festivals competitions. A first in many seasons, the Consolata youth shall compete in the set-piece and stage-act categories. We pray for Godly success in our debut on the 22nd of September 2018.

As the Year of the Youth folds to an end, the Allamano youth have organized a prayer walk to mark the end of the year of the youth, Consolata youth being among the participating churches. With the close of the year the youth shall endear any opportunity that will present us with a chance to serve God and worship Him through His creations. May God's Will ever be done in our lives now and forever. **CE**

Kevin Njau
Youth Group, Consolata Shrine

CWA dines to raise funds for the Allamano Centre

The Catholic Women Association (CWA) supports the spiritual, social and economic welfare of members. The CWA also participates in and supports the activities of the church. In this regard, members organized a successful fundraising dinner on Friday 31 August to support the construction of the Allamano Centre. This was after months of intense planning and organizing. The event was also a joyful bonding event for family and friends.

The chief guest at the event was the Chairlady Mrs Rebecca Mwicigi, while the guest speaker was Prof Ann Muigai, a genetics and biotechnology scientist. Prof Muigai, in her speech, spoke about living holiness in ordinary life. She emphasized that we should be Catholics in body, mind and soul. This is because at baptism, our faith was sealed with a cross on our foreheads. Quoting St John Paul II, she said that "All encounters are an opportunity to serve God." We should always desire the will of God in



project will ensure the continuity of evangelization. The Centre will help meet the spiritual and physical needs of the parish. "Through the project, we continue to feel the impact of Blessed Joseph Allamano, who sent the first Consolata missionaries to Kenya in 1902," he said as he concluded his remarks.

our lives because God has placed us on earth for a reason. We should then work for the glory of God and for the service of man. We are therefore called to do our duties well and make the world more Godly and less of the devil's workshop. She noted though, that as Christians, we should expect to be persecuted for our faith.

As she concluded her astute remarks, she urged those present to find Christ and evangelize him. It is possible to be a professional living and practising the Catholic Faith. In the end, what matters is that we see God and that we bring others, such as our families, along with us to heaven.

Dr Kiruthu presented a brief history of the Allamano Centre project and thanked the Pastoral Team and all present for their support. He thanked parishioners for daring to dream three years ago, adding that the

Mrs Mwicigi in her address gave the analogy of people who are either white, grey or black. The white are positive minded and believe that tasks at hand can be done, the grey are indecisive while the black are negative thinkers who believe in impossibilities. She encouraged all present and especially CWA to be white – positive thinkers. She thanked the committee that organized the dinner, the Pastoral Team, CWA members and the service providers for their commitment to ensure the dinner was successful. She encouraged those present not to tire of giving to God because He is the most generous and has lavished us with His blessings. She pledged to the Pastoral Team that the CWA will continue to support the parish in its activities. **CE**

By Catholic Women Association team

The Apostle of the Poor St Vincent De Paul

St Vincent De Paul was born on March 28, 1581 at Pouy in France, the third child in a family of four sons and two daughters. His family was a solid peasant family capable of making ends meet only through hard work and frugality. His father encouraged and helped him towards the priesthood, to which he was ordained priest on September 23, 1600.

In 1605 he was captured by pirates on his journey to Marseilles and spent two years in slavery in Tunis. He came back to Paris in 1608. His encounter with God, in the midst of bitter experiences of life, led him to a total renewal of life. He became aware of the spiritual poverty of the people and gained a real knowledge of the real poverty of the people while he served as the parish priest of Chatillion. As a result he started the Confraternity of Charity in 1617. Inspired by the Gospel passage, "He has anointed me to bring the good news to the poor" (Luke 4:18) He worked tirelessly for the spiritual and material nourishment of the poor by organizing works of charity and Popular Mission Retreats.

Vincent inspired the rich women of the noble class to come to the aid of the people suffering due to the wars, diseases and poverty and organized their efforts in a systematic way. He worked for the betterment of the gallery slave while serving as their chaplain. Vincent, the Apostle of the Poor, was called to his eternal reward on September 27, 1660. He was canonized in 1737. In 1885 he was declared by the Church as the heavenly patron of all charitable works.

About Charities Committee at the Consolata Shrine.

The Charities committee focuses on the needy, the sick, the orphans, the street children and families, the prisoners and the Informal Settlement dwellers.

The committee also responds to emergency cases of disasters in the country and the world at large.

Mission of Charities Committee.

The Charities Committee has the following areas of operation:

1. To assist the needy in the Parish and informal settlement through St. Vincent de Paul for general giving Christmas and Easter giving's.
2. To help the sick, with prayer offerings and sacramental life, basic needs (food and clothing) Medicine regular visits at home and in hospitals.
3. To help the old people (especially those with nobody to take care them).
4. To visit prisoners with prayer and spiritual nourishment, offering of essential commodities and counseling services.
5. To receive donations of clothes, food, cash and to source for support.
6. To help in cases of emergencies such as drought, floods, fire and earthquakes.
7. To assist strangers (refugees and abandoned children)
8. To assist Self Help Group with its mission to increase membership, provide

loans to its members, educate members and its aims to help the needy.

4. The Charities Committee has in the past engaged in projects that generate funds to boost our kitty. i.e. Annual Flower Sale, Upendo Day Activities etc.



Some of the food and clothing items that were donated to victims of the fire tragedy that broke recently in Deep Sea.

The Charities Committee in Consolata Shrine has in the past achieved and performed the following:

1. Received clothes and other household goods which are used for jumble sales while some are donated freely to the needy. The money derived from the sales is used to buy food and other essentials for the needy.
2. During Easter and Christmas, the Charities Committee requests for donations, which are then given to the needy.
3. The Charities Committee, in conjunction with the social worker, has been able to provide care, medication to the sick and pay school fees for the needy. Students attend a mentorship program during holidays by our volunteer mentor, assisted by Charities Committee members.

5. The Self Help Group is part of the wider group of the Archdioceses of Nairobi. Registered and managed by Caritas a social welfare arm of the Archdiocese. Self Help group has been in existence for the last twelve years and has a total membership of six hundred and sixty-eight. The members straddle from Consolata Shrine, St. Joseph Deep Sea, and Holy Trinity Kileleshwa. Self Help Group has accumulated assets and is advancing various loans to its members.



Pupils in a classroom in the Deep Sea. Charities Committee raises funds towards education for needy cases in the area, from formative years to university and tertiary levels.

Challenges:

Our main challenge is our school fees project fund. We pay partial school fees for forty six students both in high school and universities. We invite parishioners to visit our parish office and sponsor a child, as we continue to the works of St. Vincent De Paul who urged us to put order into our generosity by taking turns.

CE

By Hellen Shiundu
Convenor, Charities Committee

Pictures courtesy of Eric Fernandes



Thanks to all the generous parishioners, this project is progressing well as can be seen in the photos, but still needs your support in prayers and financial assistance.



Raising funds for the Consolata Allamano Center! Parishioners withing the church have pooled their resources in many ways to raise money to complete the building of the Allamano Center. One of the activities was to climb Mt. Kenya and celebrate mass on the mountain top. This was realised and the climbers with Fr. Ceasar not only celebrated mass at the top but collected an amount to assist the construction.

Some of the 74 CWA ladies who were received in the Archdiocese on 26 August enjoy a photo moment.



Why do you go to Subukia?

A group of one hundred fifty pilgrims set off from the parish at 5:15 am in the morning of 18th August this year for the Subukia Shrine annual pilgrimage. The program activities I would say are prayer and penance. In my view, a whole day of continuous prayers, a five kilometre walk from the main road heading to Subukia town to the shrine and the Way of the Cross on a stiff hill; all amount to difficult penance yet people do it with so much joy and without complaining.

The Rosary recitation and Marian hymns start as soon as we join Waiyaki Way and goes on until our first stop in Nakuru. When I looked around, I saw some familiar faces. Of course people I see often in our parish but there were many faces unfamiliar faces so, I dared to ask the pilgrims this question "Why do you go to Subukia?" not really expecting an answer but I was surprised by the number of people who wanted to share their experiences.



First I gave the opportunity to an old lady who struggled to stand straight. She immediately showed us her two twenty litre containers that she said she uses every year to fetch the Subukia water which she shares with her family, friends and neighbours. She said it was her sixth year attending this pilgrimage and that she had seen so many miracles happen to people who use the Subukia water. She said one of her neighbours was terminally ill and was bedridden for years but after sharing her water with her, she got healed and converted to Catholicism.

Another pilgrim testified that she was also bedridden for years. She had been suffering from a severe back problem but after using the Subukia water she got healed, converted to Catholicism and never misses the annual pilgrim.

The most interesting bit is the high number of non-Catholics who testified that they do not miss this annual pilgrimage.

The Way of the Cross on Subukia Hill

This is by far the toughest part of the pilgrimage. This hill is so stiff that nobody looks up. Each pilgrim focuses on their next

step and struggles to lift his/her legs as if their own bodies are real crosses. From the youngest to the oldest, the smallest to the biggest, the tallest to the shortest; they all seem united in the struggle to reach the top. At each station there is a short relief and a cold breeze that seems to make the pilgrims forget how tough the climb is. It is a true reminder of Passion of Christ.

At the top of the hill we met a group of PMC from Kericho. Their priest Fr. Joseph co-celebrated Mass with Fr. Evans. This Mass is always the climax of the pilgrimage. There is a cool breeze that seems to wipeout all the sweat from climbing the hill and sometimes it rains. It is so nice up there everyone silently wishes that the Mass could be extended – but other groups arrive and wait to celebrate Mass in the makeshift shrine. It is 2.30pm, Mass is over, gallons are filled with water, and it's time to go down the mountain. As I struggle to walk down the mountain the question I have in mind for majority for our parishioners is, "Why do you not go to Subukia." **CE**

By Anne Musyoki

Convenor, Apostolate Committee

Triumph of the Cross



"And just as Moses lifted up the serpent in the desert, so must the Son of Man be lifted up, so that everyone who believes in him may have eternal life." John 3:14-15

Celebrated every year on September 14, the Triumph of the Cross honors and commemorates the Sacrifice that Jesus Christ made on the Cross for our Salvation. The feast recalls the finding of the True Cross by Saint Helena, the mother of Emperor Constantine, the dedication of churches built by Constantine on the site of the Holy Sepulchre and Mount Calvary; and the restoration of the True Cross to Jerusalem by the Emperor Heraclius II.

However, of significant importance is that the feast is the celebration and commemoration of God's greatest work: His sacrificial death on the Cross and His Resurrection, through which death was defeated and the doors to Heaven opened. The Holy Cross is the instrument of our salvation.

Christian life is anchored on the knowledge that through the Cross, the many noble acts of Christ found their consummation. It is through the Cross

that His miracles and His sufferings were fully rewarded with victory. The Cross on one hand stands for Christ's suffering unto death, while on the other, it stands as His trophy because it was the means by which the devil was wounded, and death conquered. Had there been no Cross, death would not have been trodden underfoot, nor hell despoiled, leading to the barred gates of hell being smashed, and the Cross becoming the one common salvation of the entire world.

During Jesus' life, the purpose and symbolism of the use of the cross to put someone to death was as a threat, and an instrument

of extreme torture, used deliberately by the Roman government to prolong the death agony of hardened criminals and traitors. This form of death was so severe a penalty that no Roman citizen could be put to death on the cross. By Jesus willingly dying on the cross with two thieves on either side despite his innocence, He forever changed its meaning - *...he humbled himself, becoming obedient to death, even death on a cross. (Phil 2:8).* As He invites us daily to take up our crosses and follow him, our crosses are not the literal wooden cross beams, but our inevitable difficulties, trials, sufferings, failures and miseries that are part of our lives. Our crosses will not lead to the exact kind of death and sufferings that He experienced, but a personal suffering and death that is intimately involved with the circumstances of our own lives.

While Jesus's love for us and our salvation was, and is absolute, He did not come among us just to die on a cross. He came to rise from the dead, to walk in newness of life, to become once again the cosmic Christ, the wisdom of the father through whom everything was made and who, as St. Bonaventure puts it, glitters at the heart of every created thing. We learn from this that crosses are never an end in themselves, but only a means to something beyond them, something new and wonderful, life-giving and holy.

Crosses are not stumbling stones but rather building blocks, resulting in our celebration of the Triumph of the Holy Cross. We have to take up our crosses daily and follow Christ.




Behold, O kind and gentle Jesus, I kneel before you and Pray that You would impress upon my heart the virtues of faith, hope, and charity, with true repentance for my sins and firm purpose of amendment.

At the same time, with sorrow I meditate on Your five precious wounds, having in mind the words which David spoke in prophecy:

"They have pierced my hands and my feet. I can count all my bones."

We adore you O Christ and we bless you, because by Your Holy Cross You have redeemed the World.

CatholicPrayerCards.org 

By Irene Obwora, Communications Committee

Climbing Mt. Kenya for the Allamano Centre

In June of 2018, the Professional groups of Consolata Shrine came up with the idea to climb Mt. Kenya to raise funds for the Allamano Centre project. It was envisioned that forty parishioners would go on a pilgrimage up Mt. Kenya for this noble cause. Within a few days, the idea began to concretise as a number of parishioners embraced it and finally, 25 volunteers came together and formed **Team Climb Mt. Kenya for Allamano Centre**.

Their dream was to celebrate Holy Mass at the top of Mt. Kenya, to pray for the country, families, work, the Parish and to raise funds for the project. It was then agreed that the climb would take place between the 20th and 24th of August. In the days that followed, the Team began making preparations and asking for sponsorship for the climb. They put in hours of physical training which included personal daily workouts, group runs at the Arboretum, trial hikes in the Aberdares, and right eating and hydrating for mountain climbing. With professional guidance by a team from *Mountain Slayers Kenya*, they also ensured to have proper gear. The Team reached out to their families, friends, colleagues and the community at large

appealing for sponsorship. The aim was to raise 4 million shillings. With time, and for various reasons, the team reduced to the final twelve climbers.

This was the Team that was sent off after Mass and blessings, on the morning of Monday 20th August, to Sirimon Gate in Nanyuki. At the gate, the Team was received by KWS officers and the on-the-ground support crew comprising guides and porters. After a quick lunch, the team started their hike towards Old Moses Base Camp. Praying and singing, keeping a steady pace, the hikers took about four hours to reach that day's destination.

With their on-the-ground support crew having preceded them to the base camp, the Team was served a hot meal on arrival. Thereafter, they spent time in spiritual reflection, before retiring for the night. The next day began with Holy Mass at 6 a.m. This was the first time Mass had ever been celebrated at the camp. After breakfast, the Team started their trek towards Shiptons Camp. This was a seven hour, uphill trek through boggy moorland in cold misty weather. The Team encouraged and

supported each other with songs and prayers along the way. There were also moments of silence for personal reflection and prayer. The hike was a true test of the Team's endurance and along the way, the Team split into two, with the first team arriving at Shiptons Camp at about 5 pm, and the second at 8 pm. After dinner and spiritual reflection, the Team had an early night in preparation for the ascent to the summit the following morning.

At 2 a.m. the Team set off for the Summit. In single file, taking one careful step after the other, their path illuminated by headlamps, the climbers began the ascent to Lenana Peak. It was a slow climb, peppered with frequent stops as the team adjusted to the effects of the high altitude. The guides kept a close watch over each team member, monitoring every step, cough and sneeze to ensure that all was well. As the day began to break, the

Team was able to appreciate the sheer, breathtaking beauty of their surroundings. The rising sun bathed the rugged and rocky peaks of the mountain with its golden rays.

At about 7 a.m., Wednesday 22 August, the Feast day of Mary, Queen and Mother, the first Holy Mass ever offered on Lenana Peak took place, with Fr. Caesar Joseph, IMC, as the celebrant. And what a Mass that was. The unforgettable scenes of a hatless Fr. Caesar, seemingly immune to the biting cold, raising the chalice against a backdrop of the beautiful blue sky, will remain etched in the memories of those present for years to come. There was a feeling that time stood still as that Mass was celebrated. Indeed it was only as the Team began to descend that they realised they had spent an incredible eighty minutes at the summit, a record of sorts, according to the guides.



And then began the descent back to Shiptons Camp. In the light of day, the Team, still euphoric from the summit experience, took time to admire their surroundings. It was a slow descent, with team members lost in their own thoughts, perhaps just introspecting on the beautiful celebration. With the summit now conquered, there were frequent stops to rest, as the descent eased the effects of altitude sickness that some team members had experienced.

At the camp, the Team spent the remaining part of the day resting, sharing experiences, and had group spiritual reflection in the evening. They had an early night as there was still a full day's hike ahead of them back to the Old Moses Base Camp. The descent the following day seemed much easier. Perhaps because the pressure of getting to the top was past or maybe because breathing got easier as they descended or maybe it was the adrenaline of the climb, whatever the reason, there was a lot of praying and singing that day. Not even the heavy rain, and misty, cold weather could dampen their spirits.

That evening, the Team sat to do the final spiritual reflection of the pilgrimage. Members shared on what they had learnt during those four days, each expressing their gratitude to God for the experience and thanking fellow team members for the support throughout the journey. Some talked

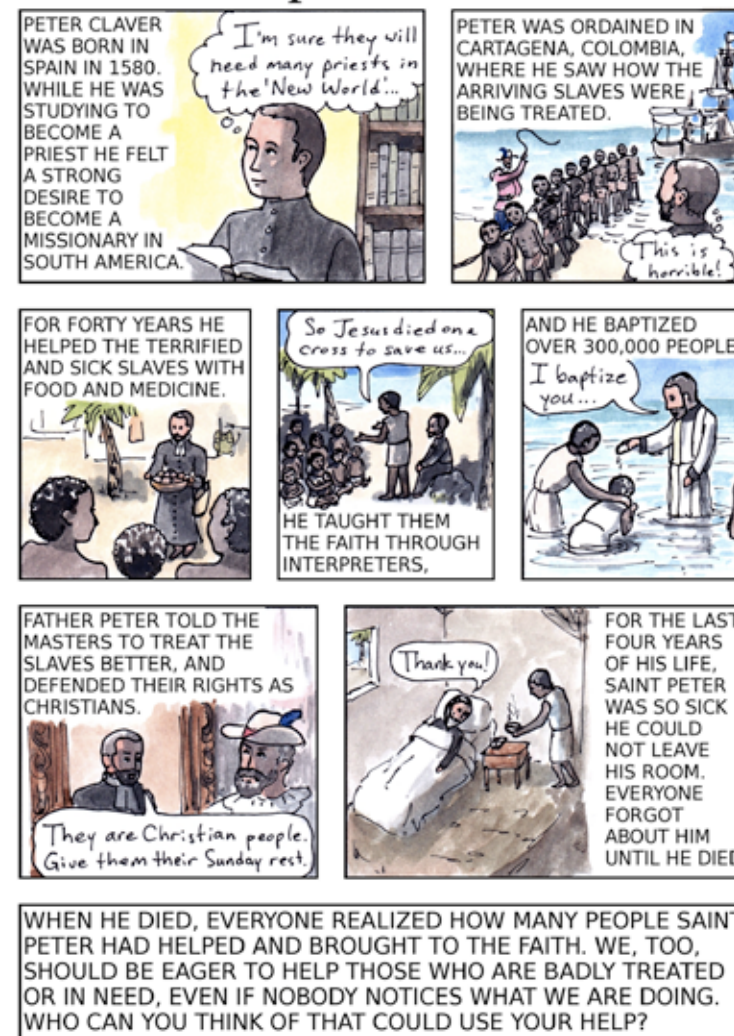
of the challenges they had faced, others confessing that they had had doubts that they would make it, while others recalled how they had to call on their last reserves of strength to get to the summit.

On the morning of 24th August, the Team celebrated their final Holy Mass on Mt. Kenya. The celebration was held outdoors, with the entire team and on-the-ground support crew in attendance. It was a bitter-sweet celebration, signalling the end of an amazing pilgrimage. One thing that each person was sure of is that they walked with God on that mountain. God's presence could be felt all around; it was in the generosity and helpfulness of their teammates, in the selfless service from the ground crew, in the daily spiritual reflections and Mass, and in the beauty and splendour that they enjoyed each day.

All too soon, it was time to go back to Consolata Shrine, but it was clear from the fond farewells said to the on-the-ground crew that this was the beginning of life-long friendships forged by bonds formed during the Pilgrimage to Mt. Kenya for the Allamano Centre. **CE**

Pauline Kathambana,
Mt Kenya hiker

Saint Peter Claver September 9



thekidsbulletin@gmail.com

Our Lady's Birthday

CHJEWSINMP
HAPPMOTHER
OWYJANNOSE
SABORNBLSP
EIIAYRFYIA
NTTCHDAAAR
WITHOUTYHE
MNBIRTHDAY
AGRMYSJESUS
PURECHRIST

See if you can
find all the
words in
CAPITALS in
the puzzle.

Use the left
over letters to
fill in the
blanks at the
end.



On September 8th we celebrate Mary's BIRTHDAY. She was CHOSEN by God to be the MOTHER of JESUS before she was even BORN. To PREPARE Mary to receive His SON, God made her PURE and WITHOUT SIN right from the first moment of her life.

JOACHIM and ANN were HOLY JEWS who were waiting for the MESSIAH to come. God chose them to be the FATHER and mother of MARY, who would become the mother of CHRIST.



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Baptisms in August 2018

1. Mariana Nanzala of Belinda Sheila Nekesa and Joseph Kundu
2. Cecile Muthoni of Josephine Mbeere and Francis Kamunyu Kimani
3. Bakhita Zelma Alima of Sheilla Magomere and Evid Sibi Araka
4. Imani Marion Waithera of Elizabeth Wachu and Fredrick Kimani
5. Yahannes Liam Baraka of Cecilia Njutha and Mathew Kipchumba
6. Mark Tumaini of Mary Mwongeli and Dennis Owino Onono
7. Bakhita Zimela Malia of Sheillah Magomere and Evid Sibi Araka
8. Arella Emmy Nkatha of Grace Nkirete and Alsalmus Paul Omuga
9. Teresa Muthoka of Esther Wambui and Dennis Kimweli Muthoka
10. Sifu Nyaga of Stella Wawira Nyaga and Kenneth Kyaka Munyao
11. Kelsy Njeri of Rose Wangari and Wilson Gatere
12. Mitchell Njoki of Monicah Wanjiku and Robert Ngachago
13. Jamal Jena Agunda of Merlene Atieno and Dennis Agunda
14. Poeter Jude Muigwa of Monicah Njenga
15. Nolan Owade of Belva Owade and Jack Odhiambo Nyamburi
16. Damien Njuguna of Elizabeth Mukami Njeru and Francis M. Njuguna
17. Jared Peter of Anne Wanjiri and Dominic Kipngetch Ngeno
18. Reagan Kimani of Christine Mumbi and Alex Kamau Muchiri
19. Aurea Consolata Jerono of Beatrice Akinyi and Julius Kipkoech Bett

20. Alice Wambui of Jane Wanjiku and Joseph Kirugo

Marriage Banns in July and August 2018

There is a promise of marriage between:

1. Celina Kagendo Mutege and John Nyabwari Nyambane
2. Risper Kinanu Mukaba and Martin Mutea Mutwiri
3. Magdalene Majala Mwalimo and Lloyd Nuriuki Wamai
4. Teresa Njeri Nganga and Samuel Nyuthe Njoroge

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

Weddings in July and August 2018

1. Lawreen Akoth Mkado And Christoph Brummel
2. Pauline Khamala Oyula And George Foum Tuva
3. Peninah Wanjiru Githinji And Patrick Kimani Njenga
4. Alice Wambui Kirugo And Martin Sila Mandina
5. Maryclare Hiuko Gatome And Stephen Onchiri Nyamato
6. Lucy Wanjiru Muchora And Francis Gicui Koinange

Deceased members of our parish

1. Betty Wambui
2. Cosmas Musau Musyoka
3. Elizabeth Nzisa Masemo
4. Peter Makori Nyamweya

Eternal rest grant to them oh God and let perpetual light shine upon them.

Compiled By:

Catechist Sammy Kakai

EVENTS OF THE PARISH FOR SEPTEMBER 2018

MISSIONARY INTENTION: Universal: Young People in Africa. That young people in Africa may have access to education and work in their own countries.	
Sat 22	First Holy Communion: First Confessions Youth: Deanery Festivals at Our Lady Queen of Peace Joint seminar for CMA and CWA Parish Leaders, St. Francis Catholic Church, Ruiru
Sun 23	25TH SUNDAY IN ORDINARY TIME Children's Mass, 9am Youth: Formation Talk Executive Pastoral Council, 1030am Formation for parents and sponsors of infant baptism, 3pm St. Jude SCC: Day of Recollection, Prayer Garden St. Vincent de Paul Society, Family Day, Our Lady of the Visitation Parish, Makadara
Thu 27	Saint Vincent de Paul, Priest , <i>Memorial</i>
Sat 29	SAINTS MICHAEL, GABRIEL AND RAPHAEL, ARCHANGELS , <i>Feast</i> Ongoing formation for children who have received first Holy Communion, 10am-1pm. Infant baptism, 2.30pm Youth: Cleaning of Our Lady of Graces effigy at the Prayer Garden. Mass for YACA (Youth)
Sun 30	26TH SUNDAY ORDINARY TIME Children's Mass, 9.00am Pastoral Council, 1030am Youth: Indoor activities St. Joseph Chapel Community: Charity Day
OCTOBER – MISSIONARY MONTH	
MISSIONARY INTENTION: Evangelisation: The Mission Religious. That consecrated religious men and women may bestir themselves, and be present among the poor, the marginalised, and those who have no voice.	
Mon 1	St. Therese of the Child Jesus, Virgin, Doctor , <i>Memorial</i> St. Theresa of the Child Jesus SCC: Feast Day
Tue 2	The Holy Guardian Angels , <i>Memorial</i>
Thu 4	Saint Francis of Assisi , <i>Memorial</i> J&P WORLD ENVIRONMENT DAY Secular Franciscan, Feast of St. Francis of Assisi, St. Peter Claver Parish
Fri 5	St Faustina, Virgin , <i>Memorial</i> 1st Friday of the month: Adoration in honour of the Sacred Heart of Jesus (programme starts at 9pm with confessions and the Rosary; Mass at 10pm; ends at 5am with Holy Mass) 2 nd Archdiocesan Secretarial Staff Prayer Day, Resurrection Gardens
Sat 6	1st Saturday of the Month: Prayers in honour of the Immaculate Heart of Mary: Hourly rosary prayers start at 9.30am to 4.30pm at the Prayer Garden by various groups Evening Candle lit Rosary after the evening Mass First Holy Communion: Missionary Trip (Children's Home) PMC: Deanery, Conclusion of Missionary Rosary, St. Austin's Parish Youth: Zonal festivals Legio Maria: National Prayer Day Rosary Pilgrimage, National Prayer Day, Village of Mary, Subukia Shrine.
Sun 7	27TH SUNDAY ORDINARY TIME Adult Catechumens Missionary Trip (Children's Home) Catechists; Diocesan Retreat, Group 1 (7-12 Oct.), Uzima Centre, Karibaribi Socials Committee: Snack and Cake Sale
Tue 9	Youth: Parish Camp: Day 1 (Travel)
Thu 11	St. John XXIII, Pope ,
Sat 13	Apostolic Committee: Pilgrimage to Chumvi, Machakos OLOF SCC: Overnight retreat
Sun 14	28TH SUNDAY ORDINARY TIME Prayers for the sick, for their families and for health workers at all Masses. Youth Mass, 9.00am followed by Formation Talk/Open Forum. Meeting of parents of confirmation candidates. Youth: Parish Camp Day 6. (Travel) Charities Committee: Jumble Sale