

The Consoling Eye

The Consolata Shrine Parish Quarterly News Bulletin

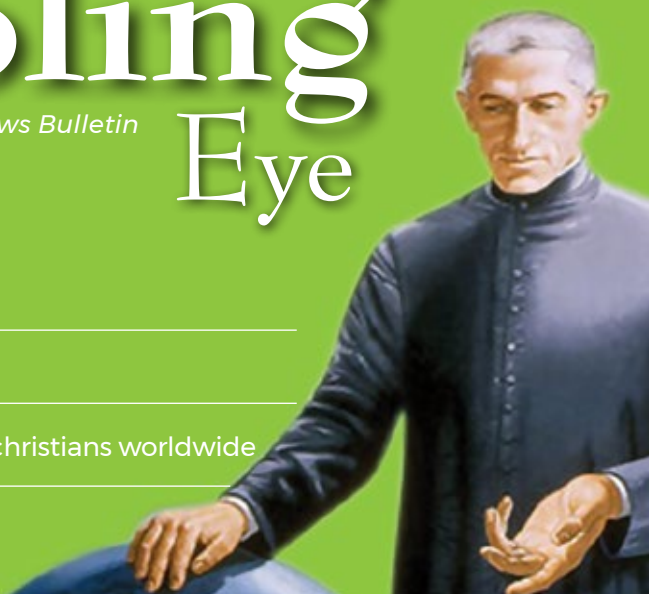


02 Welcome back!

05 Here I am, send me

22 Season of Creation unites christians worldwide

32 Children's Corner



HOLY GUARDIAN ANGELS



WELCOME BACK!

Greetings to you all in the name of our Lord Jesus Christ.

It is long time since March 13 2020 when the pandemic struck our country, officially leading to the closure of the churches. From that time until few weeks ago, we were left without gathering in presence of Jesus in the Blessed Sacrament or celebrating Eucharist physically. This has been a big trauma for us on the side of our spiritual life.

In a special way, we continue to pray for the victims of Covid-19. We pray for those who succumbed to rest in the peace of Christ; even as we rejoice and thank God for those who recovered. We keep in mind those who were affected negatively to the point of losing their livelihood. Many jobs were lost and some were forced to change their way of life due to the challenges which were brought about by this phenomenon. The whole world economy was put in limbo.



Adoration Chapel is now open from 6am to 8.30pm..

The effect of this pandemic led to disarray in the very order and routine of human programs; especially when schools were to be closed in entire world. As a result of this, many children/students have destroyed their careers by engaging themselves in behaviours which left some very young girls with children. Others became drug addicts. This is very unfortunate and disturbing to the parents and society at large.

The pandemic affected family life negatively and made it difficult to achieve its goal of being the first church, where love is only the commandment. We witnessed unfortunate fighting, killing and divorce among couples, prompted by anger and frustration due to economy breakdown and too much laxity. These were the fruits of isolation and quarantine.

In a nutshell, the pandemic brought economic hardship coupled with the extra expenses of the Covid-19 protocol materials such as sanitisers, soaps, masks and, above all, fueled an attitude of individualism by social distancing.

Nevertheless, with the emergence of the Corona Virus, our belief that God is supreme and powerful above the human mind has been confirmed. Nobody on earth should doubt about this fact. We have come to know that human scientific advancements, medicine and doctors are but sub-ordinate to the powerful creator of heaven and earth.

As we have seen that the Corona Virus is not winding up soon and that we are to live with it. Let us come back to worship God in the church.

We are invited to gather in the church to offer sacrifice to God as one family. Our physical celebration of liturgy unites us more than when we used to follow Masses in our homes. When the Corona Virus struck, the Church gave her faithful special indulgences where the obligation to attend Mass on Sunday and on Days of Obligation was withheld. This indulgence has been withdrawn. We are now to resume our Christian obligation to attend church worship. **CE**

WELCOME BACK! WELCOME BACK!

The Pastoral Team

FINALLY, WE CAN ATTEND HOLY MASS! SECURITY, SANITISATION AND SAFETY DURING COVID-19

In March this year, it was officially declared that all churches be closed, citing the drastic rise in the novel corona virus cases. This led to billions of Catholics and Christians world over resorting to online means to seek spiritual nourishment at a time when the entire world was facing a wave of uncertainty, fear and chaos. Since then numbers have continued to escalate, but the hope of a vaccine and increased scientific understanding of the virus is keeping many optimistic. Attending Holy Mass online became a norm for numerous faithful.

While the devastating effects of the COVID-19 pandemic were felt on a personal, societal and global level, the pros of this crisis included increased family time and, most importantly, a turning back to God. The Internet was flooded with prayer warriors and Christians from all denominations turning back to God and interceding for the whole world for forgiveness, healing and restoration.

However, on July 14, the Interfaith Council declared that churches would go through a phased reopening with strict adherence to the Ministry of Health guidelines. Only a hundred people would be allowed to attend church services that would

last only one hour. The faithful below the age of thirteen years and those older than fifty eight would however not be allowed to attend. This was to ensure that the most vulnerable groups would be protected from risks associated with the pandemic.

Consolata Shrine in Westlands was not left behind as they immediately rolled out strict sanitisation, security and safety measures for all parishioners. Even though the church doors were re-opened, some parishioners still had reservations in attending Mass, with some claiming the reopening was long overdue.

On 30th September, the Pastoral Team at Consolata Shrine, Dear Parishioners, revised its safety measures following the *'flattening of the curve.'* The revisions included the following, with strict observance of the COVID -19 rules:

- no age limit in worship,
- groups (e.g. CWA, CMA, Youth, PMC and SCC) were allowed to have their meetings physically,
- resumption of Catechism, marriage preparations and choir practise.

SECURITY

The security team at the Shrine has been 'all hands on deck' to ensure that every person who comes in through the church gates is screened. Before they can proceed, their temperatures are taken using thermo guns to ensure the person has the normal body temperature. Only then are they allowed in. Furthermore, the security team has been instrumental in ensuring that security is maintained at all times within the compound. This is due to an increase in church vandalism which has been experienced in other countries where sacred objects have been desacralized and destroyed.

"We believe that safety and protection of everyone who comes to the church begins with us. This is why ensuring parishioners use the right gates for entry and exit, temperature readings and age restrictions are adhered to." **Security Guard, Consolata Shrine.**





Fr. Evans celebrating Holy Mass.

SANITISE

Once a parishioner is allowed onto the church grounds, there are three-four hand washing stations well equipped with running water and soap. As recommended, every person is required to wash their hands for at least twenty seconds before entering the church.

To further uphold hygiene and ensure the church remains sanitised, the church has removed the Holy Water Font. Sanitisers are provided at the entrance to be used on entry as well as on exit. The church is also sanitised after every service.

“I believe that Consolata Shrine has upheld the highest possible levels of hygiene and safety to ensure that we can worship God comfortably in a safe and sanitized environment. The church should continue to enforce these guidelines to ensure the safety of all parishioners, since we are unsure of when the pandemic will end.” **Grace Maina, Consolata Parishioner and YCA Member.**

SAFETY

There are luminous green markings/stickers and large blue circles on the church benches to allow a distance of 1.5 metres between each parishioner. This allows only one person to occupy a bench. Secondly, the church has ensured that every parishioner wears their mask at ALL times. Moreover, there are stickers on the floor indicating the 1.5. metres distance specially used during the Offertory and reception of Holy Communion.

“Sometimes it’s easy to forget to maintain distance in the church especially during the Communion and Offertory processions. The stickers are always a good reminder. The bench stickers also make it seamlessly easy for you to know where to sit and you’re at peace knowing you can participate in Mass while adhering to safety.” **Fredrick Otieno, Parishioner.**

Our priests were not left behind in encouraging the faithful to constantly hold fast to all the set regulations to ensure their safety. They have also urged parishioners not to be fearful of attending Holy Mass and to participate physically in the Sacrifice; especially now that there is no age limit.

Pope Francis has also urged faithful to attend Holy Mass stating, *“This is the Church in a difficult situation that the Lord is allowing, but the ideal of the Church is always with the people and with the Sacraments — always.”* **CE**

Esther Kamau , Communications Committee



HERE I AM, SEND ME

October is the missionary month. The theme for this year is **‘Here I am, Send me’** – Isaiah 6:8.

Pope Francis released his message for Mission Sunday 2020 as detailed below, placing mission within the context of COVID-19.



CALL TO MISSION IN THE CURRENT CRISIS

The Pope began his message recalling the words he expressed during the extraordinary moment of prayer on 27 March. Even in the disorientation and fear provoked by the current international crisis, Pope Francis says the Lord continues to ask *“Whom shall I send?”* Even as we touch our frailty in the pain and death we are experiencing, we are also reminded *“of our deep desire for life and liberation from evil”*. This is where the call to mission emerges as an *“invitation to step out of ourselves for love of God and neighbour”* through “service and intercessory prayer”, he says.

MISSIONARIES WITH JESUS THE MISSIONARY

Just as Jesus completely accomplished His mission by dying on the Cross, *“we find ourselves precisely when we give ourselves to others”*, Pope Francis continues. Our mission, our call, our willingness to be sent originate in His own vocation as *“the Father’s Missionary”*. *“Our personal vocation”* is rooted in *“the fact that we are sons and daughters of God in the Church”*.

THE CHURCH AS MISSIONARY

Pope Francis explains that it is specifically the Church that *“continues the mission of Jesus in history”*. Thus the baptised members of the Church are sent forth in her name. Through our witness and proclamation of the Gospel, God continues, *“to manifest His love”*. This is how He is able to *“touch and transform*

hearts, minds, bodies, societies and cultures in every place and time.”

RESPONSE TO A RELATIONSHIP

“Mission is a free and conscious response to God’s call”, the Pope reminds us. A call to mission can only be discerned *“when we have a personal relationship of love with Jesus present in his Church”*. That leads to the question of our preparedness to welcome the Holy Spirit’s presence and action in our lives. That call comes to married couples, consecrated persons and ordained ministers in life’s everyday events. Another question the Pope says we should ask ourselves is if we are *willing* *“to be sent forth at any time or place to witness to our faith”* and relationship with the Father, the Son and the Holy Spirit.. And the last question is if we are willing to respond as Mary did *always “ready to be completely at the service of God’s will?”*

MISSION RESPONDS TO LIFE

The challenge for the Church’s mission right now is that of *“understanding what God is saying to us at this time of the COVID-19 pandemic”*, Pope Francis acknowledges. As people die alone or are abandoned, as others lost their jobs, with the necessity of social distancing or saying at home, the Pope says that we are invited *“to rediscover that we need social relationships as well as our communal relationship with God”*. This situation can increase our awareness of the need to relate to others, he says. God will touch our hearts through prayer, which will always open us to understand others’ needs. Those of us who have not been able to participate in the Church’s liturgical life now understand *“the experience of the many Christian communities that cannot celebrate Mass every Sunday”*, the Pope said.

WHOM SHALL I SEND?

God’s question expressed by the Prophet Isaiah *“is addressed once more to each one of us and awaits a generous and convincing response: ‘Here am I, send me!’ (Is 6:8).* Pope Francis says as he concludes his message. **World Mission Sunday** will be a day on which we will be able to reaffirm, through prayer, reflection and material help, our active participation in Jesus’s mission in His Church. Pope Francis specifies that the collection from the faithful on Sunday 18 October will support *“the missionary work carried out in my name by the Pontifical Mission Societies, in order to meet the spiritual and material needs of peoples and Churches throughout the world, for the salvation of all.”* **CE**



MADAGASCAR: A MISSION OF COURAGE AND PATIENCE

A PERIOD OF ADJUSTMENT



The Priests' House



Eucharistic Celebration in the corridor serving as a Chapel in the house.

The presence of Consolata Missionaries in Beandrarezona is taking shape and making an impact in the lives of the people. People were not used to having priests living in their midst, thus they wondered how to relate to us. There is no particular house designated for Consolata Missionaries working in Beandrarezona, therefore, we opted to rent a house within the village. This option has helped us to understand the culture and reality on the ground. It is a two bedroom house which forced us to convert a store into another bedroom to accommodate the three of us. The house serves as a residence, office and the corridor was transformed into a chapel. It took us quite some time to adjust to the space available.

FAMAHADIANA



The Family Grave

Our encounter with Malagasy culture has been interesting because of its uniqueness. One of its outstanding elements is the *famahadiana*, which means *exhumation of the dead*. For the Malagasy eternity is connected to the ancestral grave. The past and future converge in the family tomb. The exhumation of the dead is done from five years upwards. The family astrologer determines the days of exhumation. On the material day of exhumation when family has gathered at the tomb, the family elder makes a speech, announces the arrival of the family, introduces the new members of the family (newly born and in-laws) to the ancestors and after which the tombs are opened. Bones are re-assembled in their original position then wrapped in new shrouds. The descendants are invited to dance with the ancestors, after which they are taken back to the village with music and dance. The ancestors must occasionally see their village and stay in the village from one to three days and then return to the grave. This year we will have an opportunity to participate in the ceremony of *famahadiana*.

ONGOING FORMATION

Formation of Christian communities is in progress with the objective of creating a sense of belonging and ownership of the parish. Several leaders' formation seminars are organised with the aim of tapping talents and bringing them on board as we put in place leadership structures. In addition, catechists have monthly formation sessions which enable them to carry out their duties in the best way. We do not have an edifice to host participants during formation programs. We make use of the Parish Church as a dormitory and venue for formation

sessions. It poses challenges of planning and execution of programs.



Catechists having lunch



The Parish Church

PASTORAL VISITS

Visits to families and villages have been instrumental in dismantling the initial ice barriers between the people and us, consequently, creating friendship and sense of belonging. This activity demands endurance and determination to manoeuvre through muddy paths/roads, rivers and hilly places.



Fr. Jared Makori IMC going to visit families Communities.



Fr. Kizito Mukalazi IMC going to visit Christian.

WORKING WITH THE CHILDREN AND THE YOUTH

Youths and children make up the highest percentage of the Catholics of Beandrarezona Parish. It is a positive sign of a brighter future. A good number of the parents of these children and youths are not Christians. They accept their children to embrace the Catholic Faith, only that they do not recognise Sunday as the Day of the Lord. As a result, they organise farm work and other works for the children. It is difficult to organise activities for them on weekends.



Fr. Jean Toluba IMC with the youths



The youths are enthusiastic to participate in parish activities only that we lack sports equipment and facilities like football pitch, and basketball and volleyball court. We improvise by putting our creativity at work.



Improvised Basketball court football pitch



HEALTH AND EDUCATION

The high level of poverty in the area is the biggest threat to the vulnerable, especially to young girls who become mothers at a tender age and majority of them are school dropouts. They work hard in rice paddy to sustain their babies but the returns are very low.

The health facility is poorly equipped. It has no laboratory to carry out essential tests which has led to a high infant mortality rate. There is no ambulance to transport the sick to the referral hospital. The sick are transported on carts pulled by oxen, the majority of the sick die on the way because of the state of the road. We decided to transport the sick to the referral hospital in order to save life. Several people knock at our door with a request to transport their sick person to a referral hospital.

The few schools in existence are poorly equipped with no textbooks, benches and toilets. One textbook is shared amongst three to five pupils. The pupils totally depend on the information from the teacher. The end of term exams are still hand written on the blackboard. The learning environment is not conducive: as a consequence the level of education is very low.



The condition of the road



TRANSPORT

Our road is known as a “trap of death”. It is in a horrible state but the locals seem not to be bothered at all. They tell us that the road has been in the same state since time memorial therefore, nothing can be done. It is a “trap of death” given that many cases of expectant mothers with labour complications, as well as children and patients in critical conditions, do not make it to a referral hospital. During the rainy season no motor vehicle, even if it is a four wheel drive, tractor, motor bike, etc cannot pass through this road; rendering our area cut off from other places /villages. The only remaining option is to walk. However, it has its own challenges because of being muddy and the mud reaches at the level of the knees.

Being a missionary means leading and giving insights to people. We are mobilising locals through their village leaders in order to fix the worst spots of the road. The response is encouraging



Fr. Jared Makori IMC working with the youths

and the sense of working for the common good has started sinking into their worldview. Raw materials are available such as marrum, stones etc. Our biggest challenge is transportation of materials up to the site. We need to hire lorries, tractors and Caterpillar in order to do a good job. Currently, we are using our vehicle to transport stones but we cannot do much. Fixing the “trap of death” means saving life and breaking chains of poverty in Beandrarezona.

IN CONCLUSION

The mission in Madagascar is at its initial stages and has a lot of needs at all levels. Therefore, we cannot walk this journey alone without you. The missionary call invites us to step out of ourselves for the love of God and the neighbor in order to give life through missionary activities of the Church. Therefore, I call upon each reader of this article to join us in this noble cause of evangelization by helping us materially in support of the mission: in support of mission sectors of education, health, catechesis, youth ministry and empowerment of young mothers. In this way, together we will realise the objectives and goal of our missionary presence in this beautiful and great country of Madagascar. **CE**

Fr. Kizito Mukalazi IMC



ORDINATION OF FIVE IN KENYAN REGION

It is evidently a unique time and year in which the whole world finds herself; a time that has been mostly challenging in all sectors of the human society. This year could be described as a year that is sadistic by nature. It is a year in which by 30th August 2020 we had lost **838,924**, with **24,854,140** Covid19 cases reported. The Covid19 has not spared us, the Consolata Missionaries, either. We have been touched at the core either by those of our missionaries who have passed on due to the Covid19 or those who contracted the virus but, by God's grace, came back to health. All in all, the world and, in particular, the congregation were touched by this pandemic to a great extent.

Despite all this, we cannot say all was gloom and doom. We had rays of the sunlight in the dark room. We, the Consolata Missionaries had the joy of five of our own ordained as priests in this region of Kenya/Uganda. It had seemed hard to have such an occasion in the current situation and pandemic. It had seemed that the Church activities were all silent. However, by the grace of God, the Government of Kenya, in collaboration with the Interfaith Council lead by Archbishop Anthony Muheria (the Ordinary of Nyeri Archdiocese), introduced regulations that were to be followed during public worship. It is this opportunity that opened the door to the ordination of our five deacons in various parts of Kenya.

First, it was the ordination of Fr. Douglus Nyangena IMC and Fr. Caius Moindi IMC, both from the Diocese of Kisii - Nyamagwa Parish, on 6th August 2020. The two, in addition to being from the same parish are also first cousins, their fathers being brothers. The ordination was in their parish, at St. Mary's Nyamagwa Girls' Primary School grounds. The ordaining bishop was Rt. Rev. Bishop Joseph Mairura, the Ordinary of Kisii Diocese. The celebration happened during the first regulations of the Covid19; limiting the congregants to a maximum of one hundred people. The two missionaries were ordained together with their parish-mate, a Comboni Missionary. The event however was colourful and solemn. The bishop asked the three to *root themselves in Christ Jesus*. He insisted that *the deeper one is rooted in Jesus, the High Priest, the more he will be fulfilled in the priestly ministry. Christ is the source and the root of this calling, hence they ought to attach themselves to the source.*



Fr. Douglus Nyangena IMC and Fr. Caius Moindi IMC.

The next ordination happened on Saturday 22nd August. This involved two other Consolata Missionaries, namely, Fr. Boniface Ondiek and Fr. Joseph Kihiko. The former hails from Muhoroni- Kisumu Archdiocese and the latter, Rumuruti



Celebrating 50 years priesthood, Bishop Pante.



Fr. Boniface Ondiek and Fr. Joseph Kihiko with Bishop Virgilio Pante and Fr. Peter Makau. All are Consolata Missionaries.

Parish - Nyahururu Diocese. The ordaining bishop was Rt. Rev. Virgilio Pante. On the same occasion, we celebrated fifty years of priesthood of Bishop Pante.

It was also a very graceful moment as we were celebrating the first-born priest from Rumuruti Parish. By this time the Interfaith Council had fortunately changed the regulations of public worship from a number of one hundred to a number determined by the space given. The bishop in his homily asked the priests-to-be *to be men of service to the people*. He reminded them *that they have been sent to the people for the people. Their primary work is to improve the spiritual life of the people they will serve since that's why they have been ordained; not for developing structures, building facilities as the prime work, but for promoting faith and helping the poor.*

The next ordination was on 29th August 2020 at Sagana Parish. This was the ordination of Fr. Anthony Chomba IMC, who hails from Baricho Parish. Fr. Anthony was ordained in Sagana through the good will of our Consolata Missionaries there, after Fr. Chomba encountered challenges to be ordained in his home parish. However, the occasion was great, with the ordaining minister being Rt. Rev. James Maria Wainaina, the Ordinary of Murang'a Diocese. The bishop encouraged Fr. Chomba *to be a priest of obedience*. He reminded him *that conforming to the world, in order to be like the laity, will be a downfall rather than a grace.*

ad Avanti! 

Fr. Nathaniel Kagwima, IMC
South Africa



Fr. Anthony Chomba IMC with Bishop James Maria Wainaina.

Present in all these occasions were Consolata Missionaries, diocesans and many religious brothers and priests. Also present was our Regional Superior, Fr. Peter Makau IMC. In all occasions, he thanked the parents, parishioners and priests who contributed to the formation and growth of these priests.

We wish our new priests a blessed life ahead under our Mother Consolata and Bl. Allamano! *Corragio*



REMEMBERING FATHER GIANCARLO ROSSI

“What would you like people to know about Fr Rossi?”

“I would like people to know about his holiness, his innocence and the love he has for other people –which was underlined in all his character. Most people did not tap in to it. His holiness: he was like a small child. He did not know dirty words; he did not know evil.

When he came to the Shrine, he met me as the secretary to Fr. Tobias. As soon as Fr Tobias handed over to him, Fr Rossi pulled me aside and said, “Anna, I have never been in the office. Can you teach me how to work in the office?” This was because prior to that he had never been a Parish Priest. He had always been a teacher. He had been at the Catechetical Centre, teaching Catechists.

Can you imagine the humility of a boss asking a secretary to teach him?

For ten years we worked every day with Fr Rossi. The first two

years were very tough for me; because I had not understood him and he was still learning me. But after two years, he became my big brother, my spiritual father, my parish priest and my boss in the office. He was a loving boss because he taught my children how to draw closer to God.

Imagine a boss in the office, instead of telling me to continue with the work, when it was 5pm, he would tell me, “Anna, close that that work! We shall continue after Mass!” We would then go to Our Lady’s Chapel and he would literally start praying the Rosary himself.



Anna Maria Muthoni, Parish Secretary 1986-1996.

Fr Rossi would emphathise with his people; with his employees. My son, who was in the Holy Ghost Father’s Seminary in Tanzania, got burnt and had to come all the way back to Nairobi. When Fr Rossi saw him, he embraced him and did all he could. He even organised how to take him to the Nazareth Hospital. He looked after him like a father to a son. After I broke my leg very badly, in three places, I had to use crutches for three years, he asked the Sisters to make sure there was always a stool to support my leg. He also asked that the phone and typewriter be moved and arranged near me. Lunch was also brought to me in the office since cooking had become difficult for me.

From 1 May to 10 June, the whole month of the Rosary, Fr Rossi would not fail to say Mass in the houses of parishioners. Sr Agnesta Ghia and I would always accompany him. Whether

it was raining or not, he would go as far as Karen, as far as Kiambu. There were assistant priests, but unless he was unable, he would go himself. Once in the home, he would organise the altar with love, as if he was in church. You could see that he really wanted to take Our Lady to the parishioners.

People always praise people when they have died. But for me, if I met a holy man – it was Fr Rossi. If there was loving boss, I met – it was Fr Rossi. If there was an understanding boss I

met– it was Fr Rossi. After two difficult years, the next eight years were the best employment I ever had.

Rest in Peace Fr Rossi, my brother.

Anna Maria Muthoni



Fr. Rossi on Palm Sunday 1993.



Marriage of Victor Mbithi and Mary Dionisia Wanjiku, June 3, 1995.

I first met Fr. Giancarlo Rossi in 1989. There was a push in the parish then to form a church choir. The Masses then were led by a cantor accompanied by an organist. This is how I came to get involved with the parish and Fr. Rossi. He interviewed me for the post of choir master and organist.

I knew him as a strict and disciplined person, a very committed priest, a role model par excellence. Fr Rossi expected the same from the people he interacted with. A strictly hands-on priest, he was involved personally in all activities of the parish from the top; the Parish Pastoral Council, the Youth, Children’s Club, all the church groups and committees etc. In all these groups, you could see his kind of discipline cut across them.

When it came to weddings, I never saw such discipline and strictness anywhere except at Consolata. If a wedding was slated for 10am, it had to be ‘10am for 10am.’ This was instilled into the bride and groom during the wedding instructions and formation sessions. The sessions were normally very elaborate and enriching. If the bride came late, say after fifteen minutes, the songs would be reduced, only the Bridal Chorus on the organ and Entrance, Offertory, Communion Hymns would be sung. There would be a soloist during the

signing of the certificate and the final Wedding March would be by the organist. The organ was in very good condition those days and well maintained. Any lateness beyond half an hour meant no singing by the choir and no marching by the bride’s maids; sometimes even by the bride herself. If the lateness extended beyond thirty minutes, then Mass would start without the bride. She would join at whatever section of the Mass she found ongoing. If she found Mass is over, then there would only be the Blessing of the Rings without any singing not even scripture readings; a ten minutes function.

The church organ was a ‘no-go-zone’ for every Tom Dick and Harry. Only the official organist, who had to be a good player or a person seconded (also a good player) were allowed. Fr Rossi would go further about those seconded: he would do the vetting himself. Remember, he was a musician and an organist himself.

Fr Rossi was very strict with the choir: we had to be liturgical. Songs had to be liturgy appropriate and properly practised. Many times he would just pop in at rehearsal sessions just to find out who was not attending choir practise. Any song not well sung at Mass, would earn us a thorough reading after Mass. If he was the Celebrant, he would go as far as stopping the hymn during Mass and order the choir to change to another hymn. We later got to understand, love and appreciate Fr Rossi, plus all the strictness. We appreciated that he meant very well.

Fr Rossi was always available to all his parishioners. For me as a Choir Conductor, it was a great experience. I learnt a lot from him especially about liturgical matters, which I still apply to date.

Rest in peace Fr Rossi, you were a great inspiration to me and the choir.

DAN ODHIAMBO,
Former Choir Director and Organist (1989 – 1998)



Fr. Rossi with his last Parish Pastoral Council, 1996.

THE ADDRESS GIVEN BY MRS. PHYLLIS KIMBO AT THE MEMORIAL MASS FOR FATHER ROSSI.

Let me first convey my heartfelt condolences to the family of Fr. Rossi, to the Consolata Fathers, Consolata Community and friends on the sad passing of Fr. Giancarlo Rossi.

Whenever someone close to me passes on, Ecclesiastes Chapter 3 comes to mind. There is an appointed time for everything; a time to be born and a time to die. In all these situations, we say 'thank you' to the Lord.

The death of a priest is unlike the death of any other: we feel it differently, deeply. We sense that in losing him, we have lost not only the man, but also his unique way of manifesting God. Fr. Rossi was always dignified, courteous, humble, kind and so much loved by the Consolata Community.

Fr Rossi came to Consolata Shrine in late 1986. By then, Consolata had not been elevated to the Shrine status. True to his calling, Fr. Rossi was very disciplined, very firm, hard working and committed his spiritual responsibility.

Fr. Rossi took over from Fr. Tobias, and I am happy that he encouraged me to take a more active role in Church Ministry. Through his encouragement, we organised the setting up of the Catholic Women Association (CWA) and in a short period of time had recruited a good group for commissioning. As the Chairlady

of the CWA, I joined the Pastoral Council. Two years later I became the Chair of the Pastoral Council. It was at this time that we got information that Consolata Church would be elevated to a Shrine. In an endeavour to explain and educate Parishioners on the meaning and significance of a shrine, Fr. Rossi invited me, together with another Pastoral Council member, to attend a discussion forum at KBC during the *Mambo Leo* programme. Fr. Rossi in collaboration with the Pastoral Council worked on this process and ultimately succeeded in having Consolata Church elevated to the first Shrine in Nairobi. Soon after, he introduced the Perpetual Adoration culture to the Parishioners.

Fr. Rossi was very dedicated to the spiritual growth of the Parishioners and many groups were formed to walk the journey of faith. He was at his best leading the Parishioners in singing *Halleluiah* during the Easter Vigil. He was instrumental in encouraging the formation of the youth and adult choirs. Prior to that we used to have a single soloist for the choir.

We will no doubt miss Fr. Rossi here, but we will rely on his continued help from the next life.

May his soul and the souls of all the faithful departed, through the Mercy of God, rest in peace. Amen.

Phyllis Kimbo

CONSOLATA CHILDREN'S CLUB 1985-1992

I am saddened to hear of the passing on of Fr. Rossi. I was in the Children's Club from 1985 to 1992 when I joined high school.

I have fond memories of Fr. Rossi. He was the one who introduced giving sweets to the children. We played rounders with a tennis ball. He taught us and would play with us. After the game, he would give the winners a Ksh2 sweet and the losers would get a Ksh1 sweet. Everyone was happy!

He had a huge devotion to Our Lady and we would pray the Rosary. This has greatly contributed to my own devotion to Our Lady. While attending Mass, he was very strict and if you made a sound, you would be in deep problems. Of course you would not get a sweet! Fr. Rossi contributed greatly to the

formation of children's activities at the Shrine. Part of my beautiful and happy childhood memories will always have him in them.

He was a dedicated servant of God and I believe Our Lady and Our Lord Jesus Christ have received him in heaven.

This was his favourite hymn

*"Roho yangu Yesu inakutamani
Njoo kwangu Yesu nikupe heri."*

He would often sing it at the altar.

Rest well with the angels Fr Rossi.

Carolyne Mallo

Tribute to Fr.G.Rossi

I have learnt of the death of Fr. G.Rossi with deep sorrow and profound sense of loss.

Indeed the cruel hand of death has robbed us of this great Missionary who initiated me to the Pastoral duties on 1st December 1991 as he appointed me to be a Pastoral Council member of the Consolata Shrine and thereafter the Chairman of the Council and a member of the Central Deanery.

Fr. Rossi has since been not only a Priest to me but a great friend and a Mentor who taught me the virtues of humility and sacrifice.

Fr. Rossi my model in faith, it is difficult for me to accept that you are truly gone. But to accept life we must accept death, for indeed farewell is necessary before we can meet again.

So we pray that our Lord Jesus that you served with such devotion and love, may unite you with the righteous, the Angels and the Saints and place you under the care of Abraham. May the Angelic choirs of Angels, the Seraphim and the Cherubim accompany you to our Mother Consolata, the Queen of Heaven.

May our heavenly Father give you the crown of victory, as you have indeed finished the race.

Your dear and loving friend


James Wangunya



THE EXALTATION OF THE HOLY CROSS

This feast day is celebrated annually on 14th of September, bringing together a celebration of two historic events: the discovery of the True Cross by Saint Helena, the mother of the Emperor Constantine, in 320 under the temple of Venus in Jerusalem, and the dedication in 335 of the basilica and shrine built on Calvary by Constantine, which mark the site of the Crucifixion.

But isn't this what is celebrated on Good Friday, I hear someone ask?

Well this feast focuses on the Cross of Christ whereas on Good Friday, we celebrate the Passion of Christ and with deep prayers participate in commemoration of Christ's death. On this day, we settle our eyes on the Cross itself, as a tool. The early Christians did not use the Cross in their private

prayer and blessing. Prior to the fourth century they did not publicly venerate or display the Cross. It represented a ghastly scene of pain, sorrow, anguish untold and unfathomable dishonour.

Why is that so?

Well, before this moment, the Romans continued to use the Cross as a gruesome, cruel and humiliating form of capital punishment and it was recognized and feared as such. But in 313, Christianity was legalized and crucifixion abolished as a form of capital punishment. Here-on-after, Christians began to publicly reverence the image of Jesus crucified.

Since then, the Cross is no longer a symbol of defeat. It is the most perfect sign of our Lord's triumph over the forces of

sin and death. The Cross of Christ is the good news of God's mercy and presence with all who suffer.

This celebration is therefore, first and foremost, an opportunity for us all to celebrate how God almighty turned a dark event to light and accomplished a divine will.

Secondly, the **Exaltation of the Cross** is an important annual reminder of how we are called to embrace the Cross. (Luke 9:23)

This feast, which originated in the Church in Jerusalem, has seen many Christians uphold this Cross. Many holy people have since worn a reliquary round their necks in the form of a cross- some even with a lignum cruces, a fragment of the True Cross- believed to have special graces.

It was Jesus Himself who told us that where the Master goes, His disciples will follow. We are thus reminded that we must be prepared to accept the Cross in our own life if we would follow Him. The Cross for Christians carries the symbolism of the pains and struggles that we must all endure willingly, even if we are true Christians.

In the end, this feast shows us that as a consequence of our decision to follow Jesus, we shall see resurrection. For this reason, Jesus proclaimed those who suffer for the sake of righteousness to be "blessed." (Matthew 5:11-13) It requires the eyes of faith to joyfully and willingly embrace such faithful suffering. It requires serious and mature prayer to see the beautiful invitation to close friendship with Jesus in moments of faithful suffering.

Today the Cross has found its way into our very homes, our very chests, the tips of our churches, our rosaries, vestments worn by priests and even our prayers. This is very much the right and proper thing. This veritable symbol of our struggles, our triumph and our celebration of life to come is visible almost everywhere Christians gather.

"We adore you, O Christ, and we praise you, for by your Holy Cross you have redeemed the world." **CE**

Richard Kitheka Mbindyo, Communications Committee





1. Special tents next to the Sacristy for confessions each Sunday;
2. Preparing for the Sacrament of Baptism during the Infant Baptism;
3. Father Joakim baptising an infant;
4. Father Jackson baptising with Holy Water;
5. Father Jackson anointing hands during Adult Baptism;
6. The body of the late Bishop Ambrose Ravasi in repose in the Consolata Parish Hall. The night before being flown to Marsabit for burial on 6th November.
7. Our dear Father Francis Viotto, who turned ninety on 25 September, with Father Nicholas Makau in Italy.
8. Representatives of the Safaricom Foundation and the Rotary Club of Nairobi-Connect hand over their gifts to a recipient and Father Joakim;
9. The food hampers brought by the donors for the victims of the fire at Deep Sea.



GUARDIAN ANGELS



Elizabeth Malimu was a young effective professional who run the Human Resource function for an international consultancy firm. Part of her responsibilities was to make Board Presentations whose outcome would ultimately affect staff welfare; including salaries, allowances and other benefits. It was a big responsibility.

Elizabeth was good at her job, but the Board was better at theirs. They challenged and questioned presentations to the point where the staff left meetings unsure of ideas that they initially thought brilliant. Many a senior staff member had left Board Meetings distraught, discourage and unsure of themselves. A private joke at the organisation was that the boardroom was

the place where dreams were shredded.

Elizabeth was set to make her first Board Presentation on 15 February that year. It was a big day for her. Although she had put together good ideas that would boost staff morale and benefit output for the company, she was anxious and apprehensive about the presentation. She continuously worked to improve the presentation daily.

One afternoon, two weeks before the Board Meeting, she received a phone call from a number that she did not have.

Caller: 'Good afternoon Mrs. Malimu.'

Elizabeth: Good afternoon'.

Caller: 'My name is Lucy Muzungu. I sit on the board'.

Elizabeth almost collapsed. What would a Board member want? Where matters already going south before her presentation? She composed herself before responding.

Elizabeth: 'Yes Mrs. Muzungu. How may I be of some assistance?'

Mrs. Muzungu: 'You are scheduled to make a Board Presentation and I would like to look at it before that date if you do not mind'.

Elizabeth: 'Oooh really?'

She said before she could stop herself. Then added quickly. 'I will appreciate your input and comments, Thank you'.

Mrs. Muzungu: 'I take interest in mentoring young professionals. I would not want you to have unnecessary struggle on your first opportunity to make an impression to the Board'.

Mrs. Muzungu looked at the presentation. She made several suggestions on the layout, outline and order of priority and content. Because of the inputs from Mrs. Mzungu the presentation went very well for Elizabeth. She was well understood and she was able to answer questions effectively.

After the Board Meeting, the Chief Executive Officer, asked Elizabeth how she did it.

'I had a guardian angel,' she responded. Of course, she did not mean it literally, but then again maybe she did.

Christians believe that Guardian Angels keep an eye or watch over us, protecting particular people, places or even nations. The idea that someone or a spiritual being is watching over us, is something that gives people great comfort.

The Second of October is the Feast of Guardian Angels. In the Book of Enoch seven angels are mentioned by name, Michael, Gabriel, Raphael, Uriel, Remiel, Raguel and Saraquel. It is however in the book of Daniel that we get a chance to understand what role angels play as we are told that Gabriel is God's messenger and Michael is His holy fighter.

The Bible goes on to inform us of situations in which these angels have played roles on earth. In every instance in which Gabriel has appeared to someone, we are told he is fearsome. When he was sent to Daniel to interpret a vision from God, Daniel 'fell prostrate with fear',

When he was sent to Zachariah to announce the birth of John the Baptist, Zachariah was 'startled and gripped with fear'. But the event that makes his the most well know of the Archangels was when he was sent to Mary for the Annunciation and she was 'greatly troubled'

Raphael, on the other hand in the Book of Tobit, takes on a human form and goes by the name Azaria that means "God helps". He is a wise and reliable friend. He accompanies Tobias on his great journey of adventure to reclaim his father's wealth, find a wife and in the process conquers a demon. Raphael is the only angel that identifies as having presented himself in human form.

It is in the Book of Daniel that Michael is mentioned three times as the Protector of the Nation of Israel. In the Book of Revelations, he leads God's army in the fight against Satan. The two, Gabriel and Michael, are also referred to in the holy

Prayer To Your
Guardian Angel

Angel of God,
my guardian dear,
To whom God's love
commits me here,
Ever this day,
be at my side,
To light and guard,
Rule and guide.
Amen.

book of Muslims, the Quran in the exact same roles.

Angels are therefore our protectors and helpers. God is working among us, through angles. The thought of angels should therefore be a reminder to treat every person with dignity, love and compassion as demanded and recommended by out Christian faith. We may never know when it is Raphael.

Christians believe that each soul, both Christian and none Christian has a Guardian Angel assigned to give guidance during our stay on earth. Devotion to angels is a tradition inherited from Judaism and was first decreed as an official celebration of the Church by Pope Paul V in 1607.

Catholics also have a traditional prayer to dedicated to our guardian angels. **CE**

Muthoni Thangwa, Communications Committee

SEASON OF CREATION UNITES CHRISTIANS WORLDWIDE

THE GLOBAL CELEBRATION URGES “RADICALLY NEW WAYS OF LIVING” TO PROTECT OUR COMMON HOME



SEASON OF CREATION

The Season of Creation is an annual celebration of prayer and action for the environment. The events are being marked on 1 September to 4 October – the Feast of St Francis of Assisi. The theme for this year is **Jubilee for the Earth; New Rhythms, New Hope**. It's a special because it is five years since Pope Francis wrote *Laudato Si*, the watershed encyclical letter that called world's attention to the increasingly precarious state of our common home. During this annual event, Catholics and members of the global Christian family renew their relationship with the Creator and all creation through celebration, conversion, and commitment.

To mark this year's season of creation, Pope Francis has issued a message and here are the highlights:

- A Jubilee is indeed a time of grace to remember creation's original vocation to exist and flourish as a community of love. We exist only in relationships: with God the Creator, with our brothers and sisters as members of a common family, and with all of God's creatures within our common home.
- In some ways, the COVID-19 pandemic has led us to rediscover simpler and sustainable lifestyles. . . . The pandemic has brought us to a crossroad.
- I repeat my call for the cancellation of the debt of the most vulnerable countries, in recognition of the severe impacts of the medical, social and economic crises they face because of COVID-19.
- We also need to ensure that the recovery packages being developed and deployed at global, regional and national levels must be regeneration packages. Policy, legislation and investment must be focused on the common good and

guarantee that global social and environmental goals are met.

- We need to do everything in our capacity to limit global average temperature rise under the threshold of 1.5°C enshrined in the Paris Climate Agreement, for going beyond that will prove catastrophic, especially for poor communities around the world. . . . I invite all nations to adopt more ambitious national targets to reduce emissions, in preparation for the important Climate Summit (COP 26) in Glasgow in the United Kingdom.
- We need to support the UN call to safeguard 30% of the earth as protected habitats by 2030 in order to stem the alarming rate of biodiversity loss. I urge the international community to work together to guarantee that the Summit on Biodiversity (COP 15) in Kunming, China becomes a turning point in restoring the earth to be a home of life in abundance, as willed by the Creator.
- We must restore with justice in mind, ensuring that those who have lived on the land for generations can regain control over its usage. Indigenous communities must be protected from companies, particularly multinational companies, that 'operate in less developed countries in ways they could never do at home' (*Laudato Si*, 51), through the destructive extraction of fossil fuels, minerals, timber and agro-industrial products.
- In the biblical tradition, a Jubilee was a joyous occasion, inaugurated by a trumpet blast resounding throughout the land. We are aware that the cries of the earth and of the poor have become even louder and more painful in recent years. At the same time, we also witness how the Holy Spirit is inspiring individuals and communities around the world to come together to rebuild our common home and defend the most vulnerable in our midst. We see the gradual emergence of a great mobilization of people from below and from the peripheries who are generously working for the protection of the land and of the poor. We rejoice to see how young people and communities, particularly indigenous communities, are on the frontlines in responding to the ecological crisis. They are calling for a



Jubilee for the earth and a new beginning, aware that “things can change” (*Laudato Si*, 13).

The Holy Father's prayer intention for September is “the planet's resources will not be plundered, but shared in a just and respectful manner.” Pope Francis laments that we are squeezing the earth's resources “as if the earth were an orange,” as he says “no to plundering, yes to sharing.”

All of us are invited to join in the season of creation in this *Laudato Si* special anniversary year. Pray. Plant a tree. Speak about the need to care for the environment. Do not litter. Save water. Save electricity. Recycle. Join the season of creation webinars [here](http://www.SeasonOfCreation.org) www.SeasonOfCreation.org. Care for the environment at a personal level, in your own special way. **CE**

Prince Papa
Program Coordinator-
Africa [Global Catholic](#)
[Climate Movement](#)

Compiled by
Njeri Muathe,
Communication
Committee

CWA – CONSOLATA SHRINE

CWA-Consolata is a rapidly growing organisation and in the last three years one hundred and eighty five women have joined the organisation to deepen their faith. Their motto is “**Strong in Faith.**” We now have total of two hundred and eight five women.

Qualification for membership is to be over eighteen years of age and a practising Catholic.



On Sunday the 16th August John Cardinal Njue honoured the women by celebrating Mass and commissioning thirty seven women to be full members of Catholic Women Association Consolata-Parish Level. These women are real

soldiers. They studied for six months, via E-Learning, to complete Formation I. After a thorough test, they passed the exam and were allowed to be commissioned. Indeed, Covid 19 did not deter them from doing the training.

They will now move to the Class II, called Formation II, for another six months. Thereafter they will be admitted to the Archdiocese Level.

Congratulations to the Team Class of 2021.

We would encourage all the Consolata Parish women to join the other women in supporting each other and the Church in general.

Join the Catholic Women Association.

MODERATOR – REBECCA H. MWICIGI

CONSOLATA SHRINE SELF HELP GROUP (CORPORATE)

The Consolata Shrine Self Help Group (Savings and Credit Plan), owned by the community and managed on Christian values of Love and Charity, aims to be a model financial service provider.

The mission of the Self Help Group is to empower the community by savings mobilisation, provision of credit, investment, training and technical support, through effective and efficient co-ordination.

The concept of mobilising people into groups to save and lend to each other, was envisioned by Servant of God, Maurice Cardinal Otunga. He wanted people to have a sustainable means of self-reliance. Truly the Self-Help Program has lived up to this expectation..

OBJECTIVES:

- To promote and encourage thrift among its members towards financial self-reliance
- To promote pastoral and socio- economic activities for its members' welfare and that of wider community.

- To cooperate with other Self Help Groups of the Archdiocese of Nairobi (Caritas Nairobi) in pursuit of their objectives.



The management of the group is a joint effort by the members, who elect a Management Committee that works closely with the Parish Administration. The Coordinating Office (CARITAS Nairobi) offers its support in promotion, training, monitoring, investment service and technical support.

REQUIREMENTS OF MEMBERSHIP:

- ✓ At least 18 years of age
- ✓ Membership fee Ksh300, with a first month contribution of at least Ksh100
- ✓ Copy National ID/Passport
- ✓ Copy of KRA PIN Certificate
- ✓ Copy of next of kin National ID/Passport
- ✓ Passport size photograph.



PERSONAL EXPERIENCE FROM A MEMBER

A very interesting journey of self-financial reliance by a lady called Angela. She is fifty years old and a single mother of two boys. Angela currently resides in a rental house in Uthiru.

She had said to herself, “It is about time I move to what I can call my own. I am retiring from my secretarial job in few years; therefore I need to adequately prepare.”


Currently she has an ongoing project of her two bedroom house in Kamulu which is in the final stages of completion. This was possible because of her membership of the Self Help Group.

“The first loan I took enabled me construct the foundation. Then I applied for other loans to fund the construction up to the level it has reached now.”

Angela describes her journey with the group as fruitful. She and her family have benefited several times from the credit facility. The increase in her financial stability has also allowed her to secure the education of her sons.

Looking at the future, Angela hopes to start a business once she relocates to Kamulu. She says, *“I would like to open a retail shop; it will keep me busy after retirement!”*

This story is not an isolated case. It represents hundreds of other stories about individuals who have benefited from the savings and credit facility.

Information about the Self Help Group is available at the Consolata Self Help Office. All are welcome. The application for membership may be shared via email (enquire at cselfhelp@gmail.com) or downloaded from our website (<http://consolatselfhelpgroup.org>). 

Save Regularly, Borrow Wisely and Pay Promptly!

Loise Wambui Muratha, Account Consolata Self Group



THE CONSOLATA YOUNG CATHOLIC ADULTS LAUNCHES ITS BI-MONTHLY WEBINAR SERIES

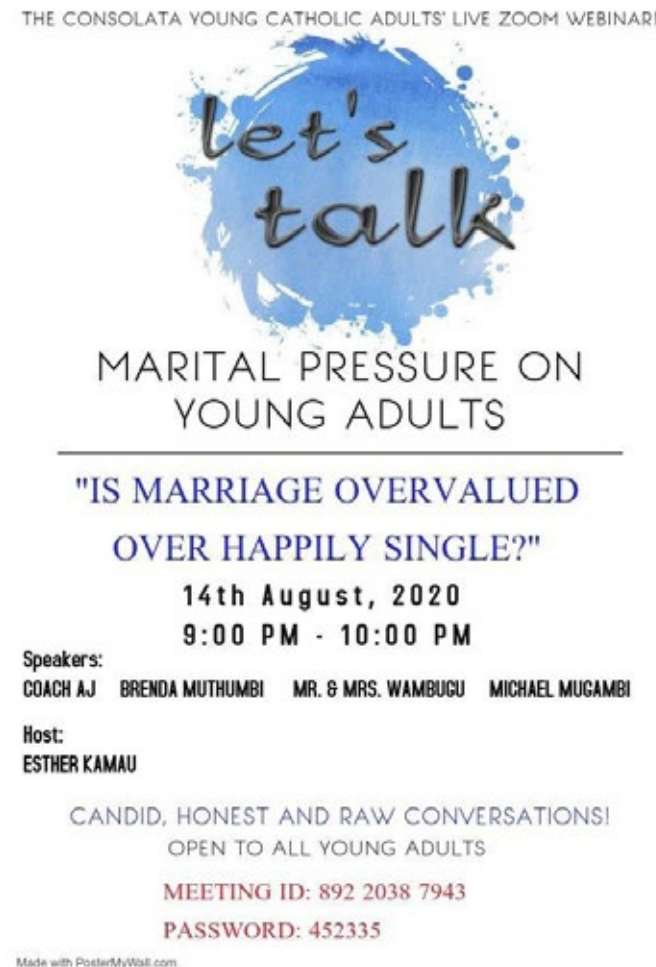
In August this year, the Consolata Young Catholic Adults (YCA) embarked on a series of webinars aimed at addressing common issues affecting young adults. The webinars were designed to be as open, candid and practical as possible. This idea was born from the need to keep members engaged following the closure of churches and limited social activities occasioned by the coronavirus pandemic.

The Consolata YCA is a family of individuals between 27-35 years of age with the sole purpose of evangelisation within four key premises: Spiritual Activities, Missions/Charity, Social Activities and intellectual Activities. Since it was formally recognized as an official group in the Catholic Church in 2019, the YCA at Consolata Shrine has grown in numbers to 140 active members. Last year, the group held successful fundraising barbecue sales, spiritual retreats, charity missions to Kisumu and social activities which served to increase spiritual and social formation of all its members. At the beginning of this year, the YCA committee outlined a series of activities that would help the group to grow its membership and increase capacity in all the four premises. However, following the onset of the COVID-19 pandemic, the activities did not come to fruition.

All was not lost when the committee decided to roll out a series of webinars that would engage members of the group and like-minded youths. The webinars are held on a bi-monthly basis with each session going for an hour fifteen minutes with a Q&A at the end of each session. So far the YCA has been able to conduct two successful webinars. They have been intensively marketed on the group's social media pages.

On August 14th, the YCA held its first Zoom webinar which was attended by over 100 participants with the topic focusing on marital pressure on young adults. Although the Consolata YCA members were the biggest majority, the webinar also attracted young adults from parishes such as St. Raphael, Holy Trinity Kileleshwa and St. Francis Mombasa.

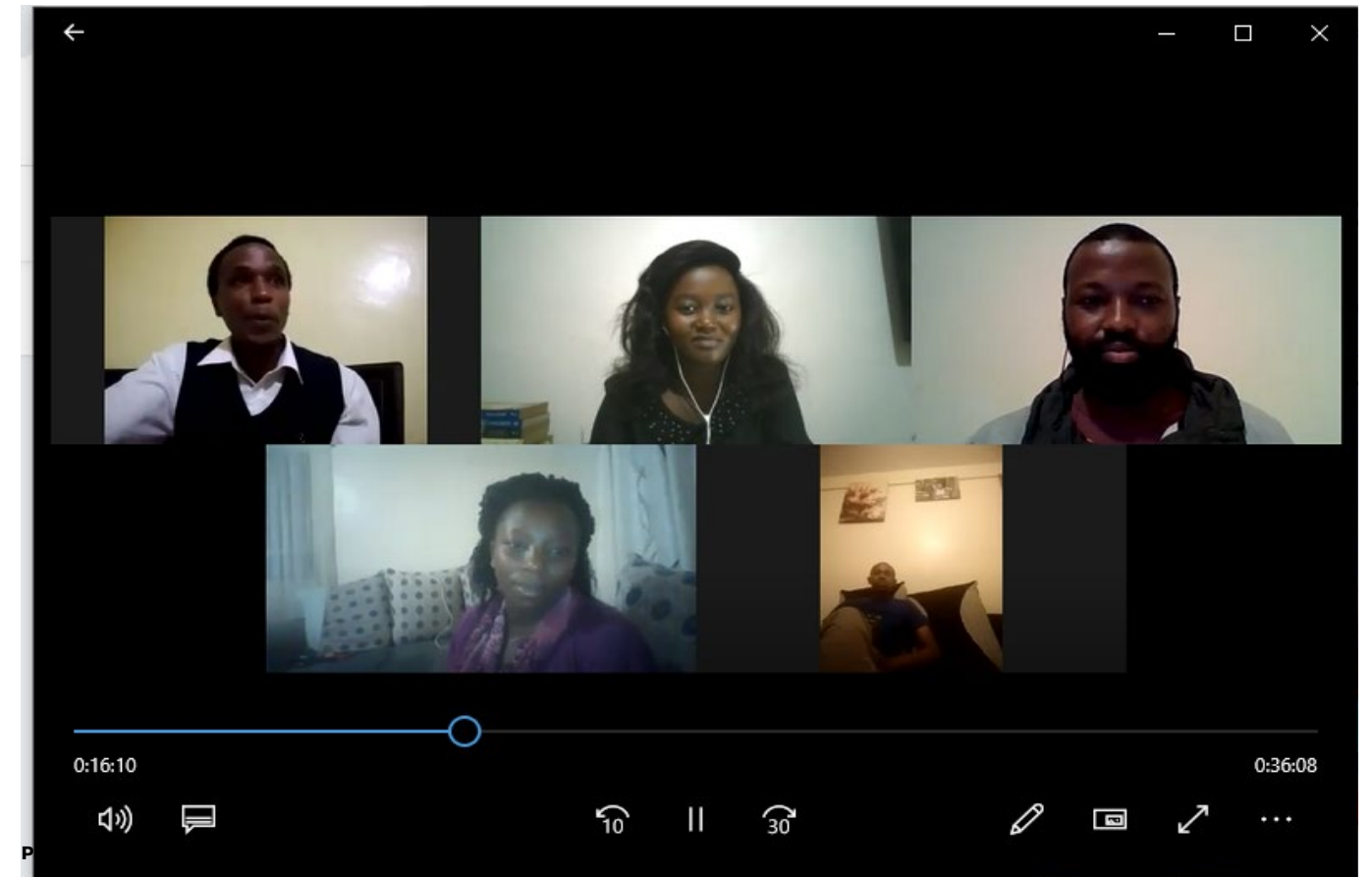
The panelists were drawn from members of the group in what became a heated and no-holds-barred conversation sparking debate and raw conversations on marriage.



Some of the topics covered included:

- The over-valuing of marriage over singleness
- 'Come-we-stay' marriages and why they are on the increase
- Overcoming the pressure to settle and waiting on God
- Finding fulfilment as a single young adult
- Mistakes young adults make in marriage etc.

These topics unearthed vivid discussions told from both divides. Some of the major issues that arose from this webinar included a feeling of mockery and unwarranted societal pressure to settle. Other areas of concern were the 'come-we-stay' marriages and young adults settling, due to fear of broken marriages, pressure and loss of the moral fabric. On the flip side, a bigger majority of young adults had adopted mechanisms to cope with societal pressure to settle; such as working on building their life and career goals, waiting on God, refusing to settle and maintaining their purity.



Due to the weightiness of this topic and the seemingly overbearing effect it has on young adults, the panelists, as well as participants, requested a sequel to the same. This prompted a part two of the first webinar with a special focus on social media pressures.

In an age where content on the internet is uploaded every second, social media has become a second influencer and basis of pressure for young adults. Part two debunked all the lies that are told on social media regarding relationships and being single with topics such as:

- Demystifying "social media" relationships (truths, half-truths and total lies)
- How to avoid succumbing to social media pressure
- Why do we gauge the success of



relationships using social media?

- Using social media as a tool for empowerment be it single, dating or married

In October, the YCA will be wrapping up the topic on marriage in a third and final part with a speaker who is well respected as a relationship coach, mentor and priest. This session will allow participants to leave with actionable takeaways and strategies for success in the midst of a world that places unreasonable expectations on young adults.

The next series will be on *Career Matters and how young adults can tap into new and innovative financial ventures as a means to self-sufficiency and fulfilment.*

Since Consolata Shrine has given new directives allowing church groups to meet in the church compound, on 30th September, the YCA organised a physical meet up. To keep abreast of these dates and upcoming events, follow our social media pages **FB: @Consoyca Twitter: @Consoyca Instagram: @consoyca.**

Esther Kamau, Communications Secretary YCA



BLESSED IRENE NYAATHA STEFANI, OUR BLESSED, OUR GUARDIAN ANGEL

Blessed Irene,
“Nyaatha”



Blessed Irene Nyaatha Stefani is a Small Christian Community (SCC) of Consolata Shrine. The SCC has dedicated times for prayers and participation in community service activities such as visiting the sick, the needy and spending time with the less fortunate. Part of what the SCC does is a weekly roaster for prayer for their members. This is done by dedicating the prayers of each member for a whole week. In a year, on average, every family gets to have dedicated prayers twice; at times tying in Mass on a monthly basis to the host member. It is not only a time to celebrate and break bread together, but also to catchup and know how each member is fairing. At the beginning of March a pandemic struck the World and made it impossible to continue with our usual activities. However, the members found ways in which they could continue to keep in touch and, once in a while, hold virtual catch up calls just to ensure that the members were doing well and that all was well with them.

Nyaatha

For his sick people and all the inhabitants of Gikondi, who always saw her coming with a smile on her lips, open to help and love everyone, Sister Irene is “Nyaatha”, which means “Mother of mercy”. And another one testifies: “We have believed her word because we have touched her love”.

One former student of Sr. Irene, when she talked of her death, dares to say: “Sr. Irene has not been killed by an illness; it is love that killed her!”

As time flew by, members kept praying for each other. One thing is for sure, prayer is a powerful tool. During these times, as they kept in touch with members, seeking them to share their prayers, a realization that this was not just a roaster hit them. Most of the members who were due to be prayed for actually had pressing matters to be sorted out. They needed help, either in kind, example food, or were not well physically. This kept the need and the push to pray for each other going. What would one call this? A guardian angel sent just at the nick of time to ensure that no one within this community went without help; without basic items? The need to help each was also triggered. Members raised funds and collected items to share within the SCC. It has really brought out the aspect of sharing, praying and helping the needy; just as Blessed Irene Nyaatha Stefani did in her works while in Kenya and several African countries.

A community that prays together, shares together, checks on one another. This is what this SCC has learnt to do. During the pandemic it only brought the members closer, although virtually, but yes closer. We have seen miracles and testimonies just through praying together and for one another needs. It was the choice of the member to be prayed for on a weekly basis or mostly randomly, but this was certainly driven by a force that we can only call, a guardian angel.

“God is going to send you someone that will rescue you. Then one day you will rescue them in return and together your story will

Her Ideals

Sr. Irene lived charity as described by St. Paul and has translated the hymn of Charity through expressions that incarnate the Gospel.

“The Missionary is the one who has a heart for loving, the hands for helping, the mouth for announcing,” and she concluded: “This is all!”

Love is patient. Love is kind. Love does not boast.

“To sow joy and happiness without expecting praises.”

“Charity of sacrifice, patience, self will’s denial, being able to keep silent, to humble and control oneself.”

Love does not lack respect. Love does not seek his own interest.

“With the help of Mary Most Holy, I will love Charity more than myself. When one loves really, one does not feel fatigue and everything becomes possible.”

rescue others. He has always been a God of rescues and a maker of warriors for his grace. You only need to believe that you are part of something greater than you know.”---Shannon L. Alder

By Nekesah T. Wafullah- Munene
Blessed Irene Nyaatha Stefani SCC,
Consolata Shrine

The Feast of Blessed Irene is 31 October.



SHARING MY EXPERIENCE AT THIS TIME OF COVID 19



John Simuyu serves in the Parish security team.

My name is John Simuyu born from a family of three children. I am the first born. We live in Deep Sea with my parents and I school in Pumwani Boys next to Stahere. I am writing to share both my spiritual life and experience during this time of Covid 19 pandemic.

After schools and churches were closed it was not easy because we were not allowed to attend Mass. For me, Mass is my passion because I feel spiritually nourished serving

Jesus Christ on the altar. My spiritual life was not easy. Indeed, I had to make a decision and make a lot of sacrifices to make sure that prayer and good morals became part of my life. There was a lot of tension because my education. It is also a struggle because I am not able to study online. I study using KBC Radio. Generally life has not been easy because my mother, who is the bread winner, could not work as before. To afford three meals in a day is not easy and mostly we survive on two meals. In the house, we almost live like strangers, suspecting each other of Corona.

Personally, Corona has affected our normal way of life. Life has not been normal at all! No hand shakes, and we have been used to that. No meeting, because of fear of being infected by the virus. We could not meet to learn as a group in the slum. I was expecting that schools were opening soon because life at home is not easy. I prefer being in school to being at home.

However, I thank God because the places of worship have now been reopened with no age limit. I am happy because I am serving on the altar and that we are all alive. None of my family members has been infected by the virus. I also thank the benefactors who donate food to us, to help us to place a meal on the table.

It is my prayer that soon God will end this pandemic and that my life will get back to normal. I urge you all to trust in God and to have no fear because He is full of mercy and with Him all is possible.

Happy Blessed Missionary Month of October: Stay Safe

John Simuyu, MYM

A QUIET TIME

My name is Bethsheba Ayaga. I am seventeen years old. I study at the Immaculate Heart of Mary Don Bosco High School. As we closed school on Tuesday 17 March, we were given a lot of assignments. But we did not do midterm examinations. When the schools were closed due to the Corona Virus pandemic, the churches were closed as well. I stayed home. Although we had been given a lot of assignments from school, I used to do my house chores before I got back to my books. Since I cannot access the Internet, I used to discuss and revise with my friends in the house.

When the churches were closed, I was really worried since I liked attending Mass. Although the churches were closed the Prayer Garden was open to all who visit for prayers. I used to visit the Garden alone or with my friend. We would share a lot by reading the Bible that Fr Makau gave in 2019. I used to pray the Rosary too in the Garden. I liked spending moments alone in the church compound, Prayer Garden and in the church. When the church was finally opened, I started attending Sunday Mass at 11am. I also attend the week day 1.15pm Mass and then spend time studying in the compound after Mass.

I passed through a lot of challenges staying at home during this time studying alone and not going to church. I believe that very soon everything will go back to normal and the pandemic will end. I am tired of wearing a mask and keeping social distance. I also miss being in school learning with my fellow students. It is only God who knows why everything is happening like this; but soon it will come to an end.

Bethsheba Ayaga, MYM



Archdiocese of Nairobi Missionary Youth Movement Mym Adn
 Archdiocese of Nairobi Missionary Youth Movement
 Archdiocese of Nairobi mym

follow us

The Communion of Saints

November 1st is a very special day in the Church. This is the day we celebrate **ALL SAINTS** in heaven. It is a great day because it is a feast day for all of us. We can ask our saints to pray for us.

Who are the saints in heaven?

These are the people who loved and served God all their lives. Now they are in heaven with God. We call them the **Church Triumphant**. If a person is triumphant, it means that they have won or succeeded in what they were trying to do. These saints have won a place in heaven. They are triumphant! Not everyone who has died is in heaven. Some are in purgatory.

What is purgatory?

We cannot enter heaven unless our souls are pure. Our sins are forgiven but we must be holy to be with God. Purgatory is a place where we wait for our souls to be purified; to be cleaned. The souls in purgatory cannot pray their way out. They cannot pray for themselves. Instead, the souls rely on you and me, the living, to pray for them. These poor souls in purgatory are known as the **Church Suffering**. They are suffering because they want to be with God.

We must remember the dead by praying for them and offering sacrifices for them. **November 2nd** is **ALL SOULS DAY**. This is a special day for us to pray for our dead family members and friends. It is also good to remember the poor souls who have died and have no one to pray for them. They all need the **Church Militant** to pray for them.

Who is in the Church Militant?

These are the people who are here on Earth. The word 'militant' means ready to fight. The Church Militant is always fighting against evil and fighting to follow God. **We are the Church Militant**. All of us can belong to this group but we must do as the saints in heaven

have shown us: **we must live for God and try to do His Will.**

Here is a prayer we can say as the Church Militant for the poor souls in the Suffering Church.

Eternal Father, I offer You the Most Precious Blood of Your Divine Son Jesus, in union with the Masses said throughout the world today, for all the holy souls in purgatory, for sinners everywhere, for sinners in the Universal Church, those in my own home and within my family. Amen

These three groups of the Church called the COMMUNION OF SAINTS

On the following page is a poster about the Communion of Saints. Print it and enlarge to A3 size if you can.

Draw in four people for each portion of the Church. For example for the **Church Triumphant** draw saints; for **Suffering Church** draw some people who have died and for the **Militant Church** draw people who are here on Earth. Colour the poster and we can display it during the month of November.

God bless you all.

The Communion of Saints

Church Triumphant

Church Suffering

Church Militant

© Catholic Inspired

www.catholicinspired.com

MILE STONES ON THE JOURNEY OF FAITH

1. The Church of late has dedicated many hours to preparing couples for this important institution made by God. The consolers/facilitators will focus on preparing couples for marriage as opposed to preparing for a wedding day. We are aware that you are either engaged/cohabiting (*‘come we stay’* agreement). You are excited about the possibility of spending the rest of your life with this special person. Yet, if you are honest with yourself, you probably do not feel well prepared to commit yourself for life.

2. Marriage can be one of life’s greatest joys or life’s greatest source of misery, pain, frustration and heartbreak. Although many people enter into marriage, it is more difficult to **stay** married.
 - Statistics show that 10 percent have a highly effective marriage
 - 40 percent fall between poor and fairly good
 - 50 percent end up in divorce and separation.

In spite of such dismal statistics you still want to get married? And divorced people remarry even more quickly. Unfortunately such marriages end up in divorce again.

3. Marriage is the highest of all relationships. It calls for commitment for life; sharing–offering ourselves to each other for life. Each couples journey is unique. But there is much you can do to prepare for that journey. Like any journey with potential for great reward, there are also difficulties and obstacles within and without along the way.
 - One of the riskiest, but most rewarding, benefits of a marriage relationship is the experience of knowing and becoming known, of revealing and having another person reveal himself/herself to you. However, dating and even engagement, can work against this process. On one hand, you want to know everything about this person but on the other hand, you think if this person knew everything about you, he/she might lose interest.
 - You might think you know your fiancé better than anyone else on earth. But through these marriage preparation sessions, we want to help you deepen that knowledge by understanding that your past affects you today. The past shapes all of us in ways we rarely understand.
 - You will talk about things you never dreamt you would, but always knew you should.
 - You will know, apply and experience Gods love as you relate.
 - You will be confident –certain/secure in your decision to marry (Or even not to marry).

- You will practise and apply foundational skills you will need to build in your marriage.
 - You will acquire essential communication skills.
 - Because you are committed to your success, you will be asked tough questions and be given tough advice.
 - Your preconception about engagement, marriage, God and His plan will be tested.

4. Pre-Marital Counseling (PMC) is a type of therapy that helps couples prepare for marriage. The goal of marriage preparation will be:
 - To ensure that you and your partner have a strong healthy relationship thus giving you a better chance for a stable and satisfying marriage.
 - To help couples recognise and resolve conflicts and improve their relationship.
 - To help you make the most thorough , comprehensive and developmental preparation possible

5. We estimate the weekly sessions will take at least 2 hours to complete, but you will find the effort well worth it. As we go along, you will uncover some treasures along the way that will enrich your current relationship. You will also locate a few old rusty nails which, if not properly handled, could create wounds that will infect your future marriage.

6. Counselors will adopt different approaches to their own gifts and styles as long as the essentials are covered.
- HOW TO MAKE THE MOST OUT OF THE SESSION
 - ✓ Accept that it is going to be challenging at times.
 - ✓ Keep your sessions completely private. Do not chat with bridesmaids/mum/anyone else about the things you have discussed. Do not ever think of posting anything on socio media (Whatsapp/Facebook/Twitter) that could embarrass your partner.
 - ✓ Express gratitude to your partner.
 - ✓ Find a mentor couple-older more experienced happily married to provide wisdom/support.
 - ✓ Start thinking “we” instead of “me”. It is a partnership. You are on the same team.
 - ✓ Talk about your expectations for marriage.
 - ✓ Be committed –commitment is a choice.

Sammy Kakai, Catechist Consolata Shrine



BAPTISMS IN OCTOBER

- PAUL MOSE OF JANETH BOSIBORI AND PAUL MOSE
- JOANNA J. MUNGE NDAMBUKI OF CHARITY NDANU AND PETER N. KYALO
- JASON MUKELE OF MILDRED WAFULA AND NICHOLAS MUKELE
- JUSTIN MUKELE OF MILDRED WAFULA AND NICHOLAS MUKELE
- RAPHAEL GATITU OF IVY WATHERERO AND SAMSON GITUKU
- NATALIE KENDI OF POLICENA WANJA
- KWAME CHIWO ROMAN OF VICTORIA OWITI KAMOL AND KAMOL OMONDI COLLINS
- JOSEPH JAAAY OF EBAH WANJIRU AND JOSEPH MUHIA WATHAKA
- HELGA KUNHIRA OF MARIE PINYCWA AND HARRY KABOYO
- CHRISTOPHER GWETH OF THERESA NAROTSO AND ANTHONY CLEMENT ODHIAMBO
- FRANKLIN WACHIENTI OF REGINA WANGU AND REGINA WANGU WACHIENTI
- IGNATIUS JOSHUA ONDERI OF TABITHA MWANGI AND ALBERT OKONGO ONDERI
- KAARA WANJIRU OF ESTHER NJOGU
- TERESA SKYLAH ATIENO OF GLORIA ACHOLA AND TOBIAS NYONGESA OSORE
- JUSTICE MUGENDI OF JOSPHINE KARAMBU KABERIA
- AMARA MUMO MWAI OF JACQUELINE MUTANU AND LINUS MWAI THIGE
- BLAISE BANABAKINTU OF THEODORA BOSIBORI AND CHRISPINUS NANDASABA
- KELVIN MANDU OF ANTONETTE MANDU AND JOB KAIRU WAIHARO
- JADEN FRANCIS THIGE OF PRISCILLA WANJIRU AND GEOFFREY MWANGI THIGE
- ALISON NJOKI OF ANNE WAMBUI AND ANDREW KIGIRA NGANGA
- NADIA MWHAKI OF MILDRED MASAU AND GEORGE MUIRU
- MICHAEL NJINO GITONGA OF RACHEL RUAMBA NJUE AND ANTONY GITONGA NJINO
- ELLA MUTHONI OF SYLVIA WOTHAYA AND ALEX PATRICK GATUMA
- FRANCIS MUU OF DAMARIS WATHERA AND GEORGE MWANGI
- CATHERINE WANGECHI OF DAMARIS WATHERA AND GEORGE MWANGI MUU
- PETER KINGARA OF MILDRED VUDEMBA AND JAMES MBUGUA
- ALVIN MAINA RIRIMA OF JANE WAMBUI AND CHARLES RIRIMA
- TIANA MICHELLE OF GLADYS CHEPNGENO AND COLLINS KIPTOO
- LUKE ENZO MURITHI OF WAMAITHA MWORIA AND BRIAN MURITHI MUTEGI
- SHEILA SANDRA MUMBI OF PATRICIAH NJOKI AND JULIUS KIMANI KABUE
- JULIUS KIPKOECH OF GRACE JEPKORIR AND JOHN BETT CHEPTOO
- MARC CHERUIYOT OF VERONICA CHIRCHIR AND RICHARD CHIRCHIR
- EMMAH WAMBUI OF MARY NYAMBURA AND CHARLES GICHUKI
- ANGELA NJERI OF JERIOTH KAMAU AND JAMES KAMAU
- BENSON MUCHIRI OF MARGARET WANJIRU AND JOHN KARIUKI
- SABASTIAN OGONDA OF PATRICIA OUNA OKINYO AND RAPHAEL OUNA
- BLEX ANTHONY ONYANGO OF SELINE OJWANG AND SIMON ONYANGO
- COLLINS MUYONGA OF ELIZABETH KASUDI AND MARK LUVUMBE
- NAOMI WANJIRU GICHUKI OF ESTHER NJOKI AND DANIEL GICHUKI

WEDDINGS (AUGUST - NOVEMBER)

- CATHERINE WAMBUI MWANGI AND MARVIN MWANIKI KIRAGU
- CAROLINE NGINA KITHUKU AND SAMUEL MBURU MWANGI
- SILVIA MARAKA INZIANI AND ALEX SITUMA KULOBA
- LYDIA MORAA NYAMWANGE AND MOSES WESUTSA JUMA
- LUCY NGWAU MAKUTHU AND MICHAEL MATATA NZAU



Congratulations to Mr. and Mrs. Alex Situma Kuloba.

- MICHELLE MIDIFA OF JANE AGUFA AND ARTHUR HENRY AGUFA
- STEPHEN NGUTI OF MARY MWHAKI AND NGUGI KAMANDA SAMUEL
- CAROLINE WANGUI OF ALICE WAMAHIGA AND JOSEPH KARANJA KARUTHI
- FAITH LUCIA OF PENINA ISHMAEL AND ISHMAEL KASYULA
- SHEILA MAKENDO OF DORCAS MOKEIRA AND SAMUEL PETER INDEKI
- SAMUEL ONENTIA OF SARAH NYABONYI GICHANA AND JAMES GICHANA
- MARY MUSUNDI OF BEATRICE MWANASA AND BEN WANJALA
- BENSON AVUGWI OF YUNIVA ORANGA AND JEREMIAH VIGAZI
- JOSEPH KAZUNGU KENGA NGOLI OF SIDI KENGA AND KENGA NGOLI
- JEDIDAH IVY NJUBI OF GLADYS AMOIT AND SAMMY NJUBI
- EDITH WANJIKU WACHIRA OF JANE WANJIRU AND JOHNSON WACHIRA
- JANET KOROS OF FLORENCE KOROS
- LIVINGSTONE MUSILU MWAKILI OF AGNES MWIKALI AND PETER MWIKALI
- WILKSTER MOKEIRA MIANJA OF ESTHER NYABOKE AND JOSEPH MIANJA NYAKUNDI
- PAUL MUCHESIA OKULO OF ELIZABETH OBWETETE OKULO AND JOSEPHAT MAKALUSI
- AMOS KIPROP RUTTO OF PERIS CHEMTAI RUTTO AND SYLVESTER RUTTO CHEBORE
- BRIAN OMONDI OGWENO OF FLORENCE OGWENO AND JOSHUA OGWENO
- RACHELLE LEA SPOSINI OF JEDIDAH NJUBI AND MAURIZIO SPONSINI
- LAUREEN TERY WANGUI OF JEDIDAH IVY NJUBI
- ANGEL KHAYANGA SIMIYU OF LILIAN OLUBE OLOGE AND DAVID SIMIYU TETE
- BENEDICT BARACK AMARI LAJA OF LINDA ACHIENG OCHOLA AND EDWIN LAJA OTIENO
- FAUSTINA AMIRA ODERA OF JANE WAIRIMU AND KEVIN LUKE ODERA
- ABIGAIL BALI ALANI LAJA OF LINDA ACHIENG OCHOLA AND EDWIN LAJA OTIENO
- BELINDA HADIYA WAMBERE OF HILDA MURUGI AND BENSON MATHENGE
- JOY FABIOLA NJOKI OF ANNE WAMBUI KAMAU AND FRANCIS RAGUI NJOKI
- MARIA JEPTOO OF GRACE NJERI AND MATHEW KIPCHIRCHIR
- JOSEPH TREVIS NJUGUNA OF MARGARET WAMBUI WANJIKU AND FRANCIS NJUGUNA
- ELANA JEAN LUKE NDUNGU OF LYNETTE WACHEKE AND GERRY LUKE NDUNGU
- DANIEL MUNYA NGUTHI OF ANGELA MINAYO CHUNZA AND LAZARUS NGUTHI MUNYUA
- MELISSA WAMUYU OF CAROINE KAINYU AND JOHN GICHUHI
- MICHAEL CHIWO OBONYO OF MARITA OBARE AND DAVID OBUNYO
- ESTHER BULYABA MBOWA OF JUDY MBOWA AND AARON MBOWA
- CALDEN JAMES WARINGA OF CONSTANCE ADONGO OYUGI AND OSCAR OTIENO LORE
- TUGI ROSE WALSH OF GERALDINE AOKO AND THOMAS WALSH
- ROSE MICHELLE ACHIENG OF SUSAN MARY AKINYI ODOUR
- LOISE MUMBI THUGE OF MONICA WANJIKU MACHARIA
- CAIRO DAVID KAIRU MBUGUA OF JOAN WANJA KIHU AND ANDREW MBUGUA KARUGA

DECEASED OF THE PARISH (AUGUST - NOVEMBER)

- LUCY KAINYU KINOTI
- LAIURE KIELWASSER
- HILDA WANGARE GETHENJI
- JOSPHINE ADHIAMBO OPONDO
- JULIUS GITAU MWANGI
- MARY NYANDUNDU MUNGAI
- TERESIA KHASIALA BUKHALA
- CAROLYNE DODO OBIERO
- BEVERLY NAMISI SIMIYU
- PRISCILLA WAIRIMU KAMAU
- RALPH D'CRUZ



EVENTS OF THE PARISH FOR DECEMBER 2020

MISSIONARY INTENTION: <i>For a Life of Prayer</i> <i>We pray that our personal relationship with Jesus Christ be nourished by the Word of God and a Life of Prayer.</i>	
Tue 1	CJPC: Health Day (World Aids Day) Catechists: Deanery Ongoing Formation and end of year evaluation, St Catherine of Siena
Thu 3	Saint Francis Xavier, Priest, Memorial
Fri 4	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) MYM: Junior Youth Dinner Self Help Group: Caritas annual Dinner
Sat 5	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 procession after evening Mass. Saint Ambrose, Bishop, Doctor, Feast CHILDREN'S ANNUAL CHRISTMAS PARTY PMC: Deanery Animators Charity Day YSC: National Festival, Kakamega Diocese YCA: End of Year Party
Sun 6	2ND SUNDAY OF ADVENT Charismatic Group: Visit to a children's home
Tue 8	THE IMMACULATE CONCEPTION OF THE BLESSED VIRGIN MARY, Solemnity MYM: Annual Junior Youth Camp (8 th – 11 th Dec)
Sat 12	JAMHURI DAY , Public Holiday, Masses follow the Saturday schedule of Masses. Our Lady of Guadalupe, Memorial Blessed Joseph Allamano SCC: Thanksgiving Mass Consolata YSC: End of Year Party
Sun 13	3RD SUNDAY OF ADVENT Youth Mass, 9.00am followed by Formation Talk/Open Forum Formation for parents and sponsors of Infant Baptism, 3pm OLOF SCC: Family Day St John Paul II SCC: Family Day Choir: Christmas Concert, Consolata Shrine
Mon 14	Saint John of the Cross, Priest, Doctor
Tue 15	Charismatic Group: Thanksgiving Mass
Wed 16	Charities Committee: Christmas Food Distribution
Sat 19	Infant Baptism, 2.30pm
Sun 20	4TH SUNDAY OF ADVENT St Joseph YSC: Evaluation and End of Year Party CMA: Gift Giving Party – Closing the Year
Thu 24	Christmas Vigil Mass Christmas Carols 6.30pm -8.30pm Vigil Mass, 8.30pm (All choirs at the Vigil Mass)
Fri 25	CHRISTMAS DAY, Solemnity, Masses follow the Sunday Schedule
Sat 26	SAINT STEPHEN THE FIRST MARTYR, Feast
Sun 27	HOLY FAMILY, Solemnity
Mon 28	THE HOLY INNOCENTS, MARTYRS, Feast Praying for all children at all masses
Tue 29	St Thomas Becket, Bishop, Martyr, Feast
Thu 31	Thanksgiving Mass, 6pm Vigil Mass, 11.45pm (All choirs at the Vigil Mass)