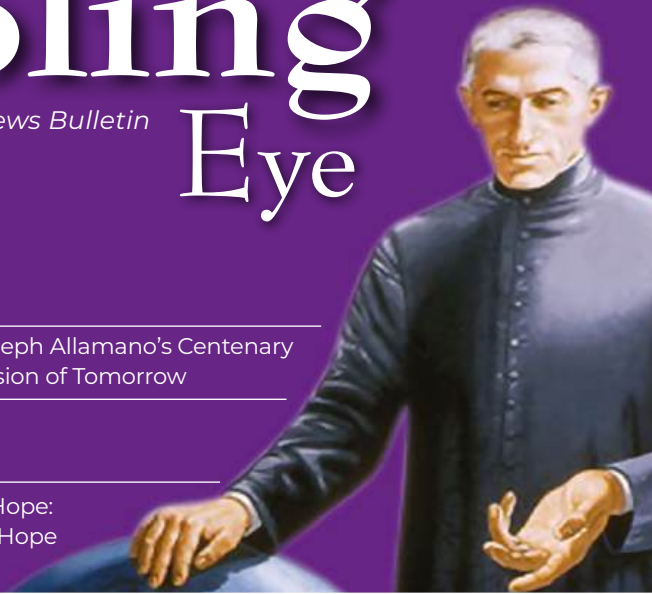
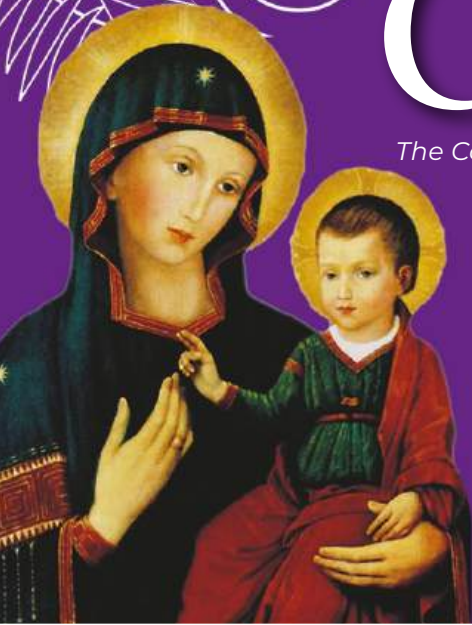


The Consoling Eye

The Consolata Shrine Parish Quarterly News Bulletin



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The Centenary of
ST. JOSEPH ALLAMANO
 "Consoled to Console"

2026

28th Feb 2026

Founder Consolata Missionaries (IMC - MC) 1926 - 2026

THE PARISH PASTORAL TEAM



Fr. Joseph Musito
Parish Priest



Fr. Nicholas Makau
Assistant Parish Priest



Fr. Nicholas Makau
Assistant Parish Priest

The Pope's Prayers Intentions for 2026

March

For disarmament and peace

Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.



April

For priests in crisis

Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.

THE PARISH PRIEST'S MESSAGE

Dear Christians brothers and sisters in Christ

At the heart of the Consolata Shrine, a parish animated by the missionary charism of the Consolata Missionaries within the Archdiocese of Nairobi, we continue to witness God's faithfulness unfolding in our community. With gratitude and renewed zeal, I share with you the milestones that have shaped our journey in recent months and the vision guiding us into the future.

Welcome to Fr. Nicholas Makau

With great joy, we welcomed Fr. Nicholas Makau as our new Assistant Parish Priest. His arrival is a gift to our parish family. In the spirit of missionary collaboration and pastoral charity, Fr. Nicholas joins us to strengthen our liturgical life, pastoral outreach, and evangelization efforts. His youthful energy, deep love for the Eucharist, and commitment to pastoral care already enrich our ministries.

A parish flourishes when priests and faithful walk together. I invite all parishioners to support Fr. Nicholas with prayer, cooperation, and warm fraternity so that together we may build a vibrant Christian community rooted in Christ.

Advent Novenas and Christmas Celebrations

The Season of Advent was truly a grace-filled time. Our Advent Novenas drew large numbers of faithful who gathered faithfully at dawn, embodying watchfulness and hope. In a world often distracted by noise and commercialism, our parish chose prayer, silence, and preparation.

Our Christmas Masses were a beautiful testimony of faith. Families, children, youth, and seniors filled the Shrine with song and devotion. The Nativity of the Lord reminded us that God chooses simplicity to reveal His glory. The Child of Bethlehem calls us to humility, unity, and generosity.

Christmas at Consolata Shrine was not merely an event but a spiritual encounter. The liturgical celebrations were vibrant, our choirs uplifting, and our hospitality welcoming. Through acts of charity and solidarity, especially toward the less privileged, we lived the true meaning of Emmanuel – God with us.

The Epiphany of the Lord with PMC

The celebration of the Epiphany of the Lord was marked in a special way with our Pontifical Missionary Childhood (PMC). As the Magi followed the star to encounter Christ, our children were reminded that they too are missionaries by virtue of their baptism.

The missionary animation during this celebration highlighted our identity as a missionary parish. Just as the Magi returned home transformed, we are sent forth after every

Eucharist to proclaim Christ in our families, workplaces, and society. The enthusiasm of our children during the Epiphany celebration was a powerful sign that the future of the Church is alive and promising.

Parish Pastoral Council Retreat and Planning Meeting

A significant moment in our journey was the Parish Pastoral Council Retreat and Planning Meeting. Guided by prayer, reflection, and dialogue, we evaluated our pastoral life and discerned the path forward.

This retreat was not merely administrative; it was spiritual. We reflected deeply on our calling as a community entrusted with a sacred mission. Through prayer before the Blessed Sacrament and open discussions, we reaffirmed that pastoral planning must always begin at the feet of Christ.

The Five-Year Strategic Plan: Our Roadmap to Growth

One of the fruits of our planning process is the renewed commitment to our Five-Year Strategic Plan. This plan is not simply a document; it is a pastoral roadmap meant to transform Consolata Shrine into:

- A Family of Families
- A House of Prayer
- A School of Faith
- A Centre of Mission and Hope

1. A Family of Families

We envision a parish where Small Christian Communities thrive, where families feel welcomed and supported, and where intergenerational bonds are strengthened. In a society facing fragmentation, the Church must be a home. We seek to nurture marriages, empower parents, and accompany youth so that every household becomes a domestic church.

2. A House of Prayer

The Eucharist remains the source and summit of our life. Strengthening liturgy is central to our mission. We aim to deepen reverence, improve liturgical formation, enhance choir ministry, and promote Eucharistic adoration. A praying parish is a powerful parish.

3. A School of Faith

Catechesis must be dynamic and transformative. Through Bible study programs, ongoing formation, children's catechism, youth mentorship, and adult faith enrichment, we strive to form mature Christians who understand and live their faith courageously. »

” 4. A Centre of Mission and Hope

Inspired by our missionary heritage, we intensify social justice initiatives, outreach to the vulnerable, and evangelization programs. The Church cannot remain inward-looking; we must be a beacon of hope in society.

Pillars of the Strategic Plan

To achieve this vision over the next five years, we focus on six pastoral pillars:

- **Liturgy:** Enhancing the quality and participation in our sacramental life.
- **Social Justice:** Expanding charitable works, advocacy, and solidarity initiatives.
- **Communication:** Strengthening digital evangelization, parish information systems, and transparency.
- **Children and Youth:** Investing in mentorship, leadership formation, and active participation in parish life.
- **Development:** Improving infrastructure and facilities to serve our growing community.
- **Finance:** Promoting stewardship, accountability, and sustainable resource management.

Each pillar supports the others. A strong liturgy nourishes social justice; good communication enhances youth involvement; sound finance enables development; all together build a missionary Church.

The Lenten Season: A Call to Renewal

As we now journey through Lent, the Church invites us to prayer, fasting, and almsgiving. Lent is a spiritual pilgrimage toward Easter. It is a time to confront our weaknesses and rediscover God’s mercy.

At Consolata Shrine, we encourage participation in the Stations of the Cross, reconciliation services, daily Mass, and charitable outreach. Lent challenges us to simplify our lives and deepen our dependence on God.

Saint Allamano Centenary Celebration – 28th February

This year holds special significance as we commemorate the centenary of the “birthday in heaven” of Saint Joseph Allamano on 28th February. As founder of the Consolata Missionaries, Saint Allamano’s spiritual legacy continues to inspire our parish.

His vision was clear: holiness and mission go together. He insisted that ordinary Christians can achieve extraordinary holiness through fidelity in daily duties. His famous conviction that “first saints, then missionaries” remains a guiding principle for us.

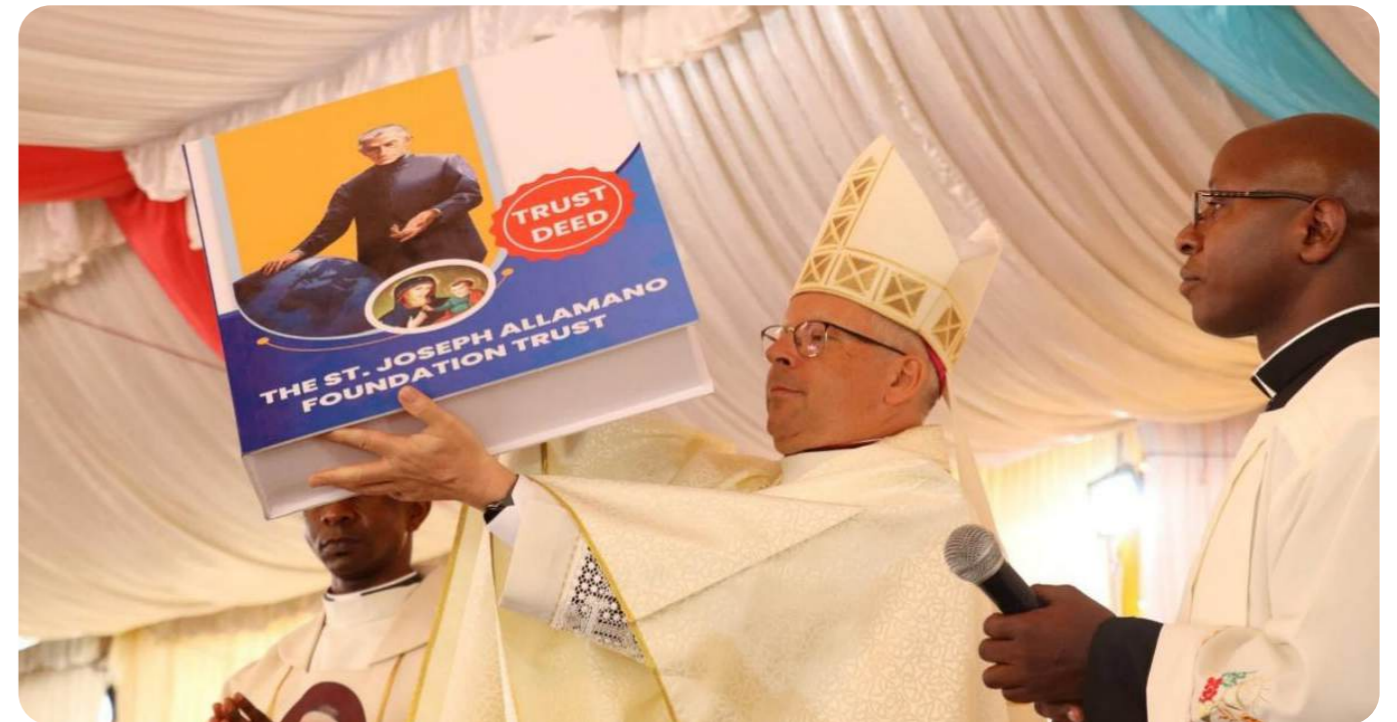
Celebrating this centenary is not merely remembering history; it is renewing commitment. We are called to embody his zeal, simplicity, and trust in Divine Providence. May his intercession strengthen our missionary spirit and deepen our love for the Church.



Apostolic Nuncio to Kenya, Archbishop Bert van Megen, blesses Offertory gifts during St Joseph Allamano Centenary celebrations held at the Consolata School grounds.



Senior Counsel Fred Ngatia of the St Joseph Allamano Foundation Steering Committee presents the Trust Deed of the Foundation to the faithful at the Launch of the during the Centenary Celebrations.



Archbishop Bert van Megen, Apostolic Nuncio to Kenya, presents the Trust Deed to the faithful after the blessings

Looking Ahead with Hope

Dear parishioners, Consolata Shrine stands at a promising moment. With new pastoral leadership, a clear strategic vision, vibrant liturgical life, active children and youth, and a renewed missionary identity, we move forward with confidence.

Let us walk together in unity. Let us pray together in faith. Let us serve together in love.

May Mary, Mother Consolata, accompany us. May Saint

Joseph Allamano inspire us. And may Christ, the Light revealed to the nations, guide our parish as we continue building a true Family of Families, a House of Prayer, a School of Faith, and a Centre of Mission and Hope. **CE**

**Pastoral Team
Consolata Shrine**

Life and Missionary times of Father Makau Nicholas - The new Assistant Parish Priest, Consolata Shrine

1. My Background

My name is Fr. Makau Nicholas, IMC, born on 18th September, 1970 in Mavindini, a small village in Ukambani within Mwala Sub-County. I come from Kabaa Parish in the Catholic Diocese of Machakos. I grew up in a polygamous family deeply rooted in strong cultural, social, and traditional values. On my mother's side, I am the third born among eight siblings; three girls and five boys.



Father Makau in Rome, Italy while celebrating 25 years as a Priest.

In my early childhood, Christianity had not yet taken root in our home. Our first real contact with religion came when a Protestant mission established a church and primary school in our area. For us children, this was a place of excitement rather than faith. When not shepherding animals, we ran to the mission to enjoy the novelty of meeting "Europeans," receiving clothes, sweets, balls, and food, and escaping the monotony of the fields. Over time, however, I slowly developed a love for school and eventually enrolled.

2. Journey to the Catholic Faith

My path to the Catholic Church began through my elder sister. Around this time, the Holy Ghost Missionaries opened Mbiuni Parish and later built an outstation near our home. My siblings and I began attending catechism, Sunday school, and the celebration of the Word.

My parents were not baptised and had minimal Christian involvement, although my mother had a slight background in the AIC. They never prevented us from going to church. In fact, they insisted that none of us should stay home on Sundays. Though they did not choose the church for us, we naturally inclined to the Catholic community. In later years, my parents were baptised and solemnised their marriage; a great blessing for the family. My father has since passed on: may he rest in peace. Today, we continue caring for our elderly mother.

After five years of adult catechism, I fulfilled all requirements and was baptised in 1982. This marked my true entry into the Christian journey. In 1984, I received the Sacrament of Confirmation, which opened the door for active service within the Church. As a teenager, I joined the youth group, choir, devotions, and various charitable activities at the school and parish. Looking back, these early engagements and experiences of service played a significant role in nurturing my missionary vocation and planted the seeds of my priesthood and the lifestyle I embrace.

3. School Life and Spiritual Growth

My years at Mwala High School, an AIC-sponsored institution, were a time of deep spiritual formation. Even though the school was Protestant-sponsored, Catholics freely practised their faith. The parish was close, enabling us to attend daily Mass and among other sacraments. Teachers encouraged us to maintain strong ties with our churches for blessings and moral grounding. We also had daily reflections led by a pastor-chaplain. This environment nurtured in me a desire for a prayerful life rooted in Scripture, honesty, and closeness to God. A group of us formed a prayer club guided by the parish priest and church leaders. We prayed for one another's dreams and intentions, strengthening our individual vocations.

4. Vocation Inspiration and Call to Mission

During this time, I met the Consolata Missionaries through their Vocation Director, the late Fr. Luigi Bruno, who visited schools. I felt deeply that God was responding to our group's



Fr Makau with the late Archbishop Ndingi Mwana a'Nzeki.

prayer intentions; especially those who prayed that I might one day preside at the altar.

Another influence was the late Archbishop Ndingi Mwana a'Nzeki, whose home was just a mile from ours. He held annual Thanksgiving Masses in the village, which I never missed. Observing his joyful presence, his simplicity with youth and children, and his ability to connect with ordinary villagers made a deep impression on me. The Diocese had started the famous August Youth Camps.

These camps involved three days of encountering other youth, sharing life, receiving instructions on choice of vocations and the meaning of life, among many other issues: this became my stronghold in overcoming worldly enticements and focused on my inner relationship with God. In 1988, I began my irreversible journey toward priesthood; a journey that has since introduced me to new cultures, languages, and communities. I remain forever grateful for my missionary calling.

5. Appointment to the Consolata Shrine

Today, I join the Consolata Shrine as an Assistant Priest. I come aware that the Shrine is home to a mature faith community: pilgrims, families, young people, and those who have walked long with the Lord. I look forward to a mutual journey of sharing and growth. Together, we shall deepen our faith, support one another, and respond to the challenges of living authentic Christian lives in today's world. Whether through Mass, confessions, devotions, charity work, pilgrimages, or daily encounters, I am ready to share the God I have encountered in my life and to discover the God who reveals Himself to you; the same God we celebrate in our worship and sacraments.

I also serve as the Coordinator of Justice, Peace, and Integrity of Creation (JPIC) for the Consolata Missionaries in Africa and in our region. This role involves updating and equipping missionaries and our mission communities on the importance of responding to issues of social justice, human rights, care for creation, development, and political realities in connection with pastoral activity. Mission is not separate from the human struggles around us. It integrates Christian values, sacraments, spiritual life, and the call to transform society with truth and compassion.

Although I have previously visited the Shrine as a guest priest, I am grateful for the opportunity to serve here more closely and consistently.

6. My Missionary Call

When I first felt drawn to priesthood, I did not understand the difference between diocesan and missionary life. I simply admired priests: joyful, approachable, sacrificial, and ever-present. I admired the foreign missionaries who spoke our language, walked on our soil, and ate our food. But in later years, through seminary formation, I came to learn the deeper



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meaning of missionary life. To be a Consolata Missionary is to be ready to serve anywhere in the world, to reach the most abandoned, to be a symbol of hope for forgotten communities, and to respond prophetically to injustices that destroy human dignity.

A missionary priest is more than a celebrant of the sacraments: he is a companion in people's struggles, a voice of conscience, a bridge-builder across culture and tribe, and a servant of reconciliation. This is the priesthood I embraced with joy.

7. My Background Shaped Me

I thank God for the environment and circumstances that formed me. Growing up with limited resources (scarce food, lack of water, electricity, no means of transport) prepared me for the demanding mission realities I found myself in Ethiopia and conflict-prone regions in Laikipia, etc.

Being raised in a non-Catholic home made it easier for me to accompany adults encountering the faith for the first time. Growing up in a polygamous setting taught me not to discriminate or form "my mother's children" attitudes. It trained me to welcome everyone with openness. These early experiences strengthened my resilience and shaped the missionary I would later become.

8. Mission Today

Despite the growth of technology and new forms of evangelisation, the mission of the Church remains as relevant today as it was when I was ordained 30 years ago. In the past, the language was Ad Gentes - mission to non-Christians and to the poor. Today, we face the challenge of forming the baptised to live authentic Christian lives.

Our society struggles with honesty, compassion, justice, and care for one another. Greed, egoism, and materialism often overshadow our communal values. The tragedies of »



“As I begin my ministry amidst you at Consolata Shrine, I come with an open heart, humility, and a sincere desire to serve, to walk amidst you, to pray with you, and to grow with you. May our shared journey deepen our love for God and strengthen our mission as disciples and Missionaries of Hope.”

the temptation of harmful habits that promise escape, and the rising anxiety that comes with constant competition and comparison.

In this environment, I urge you not to measure your worth by online approval, wealth, comfort, or the prestige demanded by urban culture. True success is not defined by how many followers you have, where you hang out, or what you own. True success is born from gratitude to God, humility, compassion, integrity, and a life that enriches others.

When you root your life in God, through prayer, family, community, service, and inner honesty, you gain a resilience that no trend can shake. You rise above destructive comparison, identity confusion, and the silent despair that many young people face in the city. You begin to see yourself as God sees you; gifted, loved, and capable of transforming the church.

Ultimately, your greatest success will not be material, but spiritual; a life that brings hope, joy, and direction to others. In choosing this path, you become the Church's new horizon; her creative energy, her living conscience and her courageous voice today.

11. To the Shrine Community

As I begin my ministry amidst you at Consolata Shrine, I come with an open heart, humility, and a sincere desire to serve, to walk amidst you, to pray with you, and to grow with you. May our shared journey deepen our love for God and strengthen our mission as disciples and Missionaries of Hope. I pray it becomes an opportunity of walking with each other in faith, listening to each other's hopes and struggles, and accompanying each other in prayer and in life. I invite each one to step forward so that together, as one family, we may build a community rooted in compassion and missionary zeal.

Let us journey side by side, encouraging one another, strengthening one another, and allowing God to shape our path as we seek to be true witnesses of Christ. **CE**

Father Makau Nocholas IMC

“Behold, I am the servant of the Lord; let it be done to me according to Your Word.”

Rt. Rev. Jackson Murugara, IMC, Assumes Leadership as the Fourth Bishop of the Diocese of Meru



Bishop Jackson Murugara during the ceremony of taking canonical possession of the Diocese of Meru in January 2026.

The Catholic Diocese of Meru began a new chapter in its pastoral journey on January 1, 2026, when Rt. Rev. Jackson Murugara, IMC, assumed leadership as its fourth Bishop. His succession followed the retirement of Rt. Rev. Salesius Mugambi, who stepped down upon attaining the mandatory retirement age of 75, in accordance with the norms of the Catholic Church.

The Diocese of Meru, erected in 1953, has long been a vibrant centre of faith in Kenya, nurtured by generations of missionaries, clergy, religious, and lay faithful committed to the mission of evangelization. The succession of Bishop Murugara marked a moment of continuity and hope as the diocese entrusted its pastoral care to a shepherd deeply formed within the missionary tradition of the Church.

Prior to assuming full leadership of the diocese, Bishop Murugara had served for eight months as the Coadjutor Bishop of Meru. In the life of the Church, a coadjutor bishop is appointed with the right of succession, meaning that upon the retirement of the diocesan bishop, the coadjutor automatically assumes responsibility for the diocese. Accordingly, on January 1, 2026, Bishop Murugara succeeded Bishop Mugambi and took up the pastoral governance of the Diocese of Meru.

A member of the Institute of the Consolata Missionaries (IMC), Bishop Murugara's journey to the episcopate has been deeply rooted in missionary service. The Consolata Missionaries, founded by Saint Giuseppe Allamano, have played a pivotal role in the evangelization and growth of the Catholic Church in Kenya and beyond. Bishop Murugara's leadership in Meru therefore continues the missionary spirit that has shaped the Church in the region for decades. »

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“Behold, I am the servant of the Lord; let it be done to me according to Your Word.”



Bishop Jackson Murugara, together with other Consolata bishops and priests, welcomed His Excellency Archbishop Bert van Megen, Apostolic Nuncio to Kenya, during the Centenary Celebrations of St Joseph Allamano at Consolata Shrine

“Among the key projects he oversaw were the construction of the iconic Allamano Centre, the development of the modern Adoration Chapel, and the improvement of parish facilities including the new Shrine washrooms.”

» Before his appointment as Coadjutor Bishop of Meru, Bishop Murugara served faithfully as the Parish Priest of Consolata Shrine, Westlands, for more than seven years. During his time at the Shrine, he was widely appreciated for his pastoral dedication, spiritual guidance, and commitment to building a vibrant parish community.

His tenure at the Shrine was also marked by significant development initiatives that strengthened both the spiritual and pastoral life of the parish. Among the key projects he oversaw were the construction of the iconic Allamano Centre, the development of the modern Adoration Chapel, and the improvement of parish facilities including the new Shrine washrooms. These projects greatly enhanced the experience

of worship and reflection for the many faithful who visit the Shrine each day.

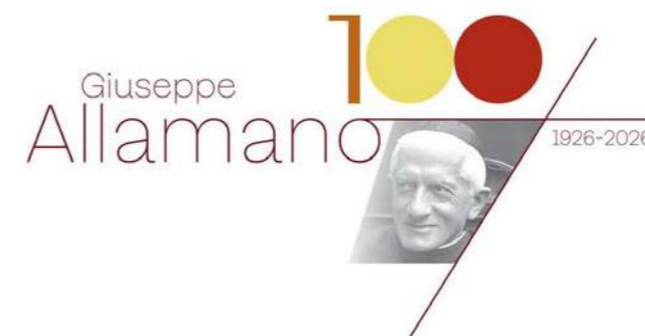
In accordance with the provisions of the Code of Canon Law, Bishop Murugara later formally assumed pastoral governance of the Diocese of Meru through the act of taking canonical possession at St. Joseph’s Cathedral, Meru. During this moment, he presented his apostolic letters and took the cathedra - the bishop’s seat that symbolizes his authority and responsibility as the shepherd of the local Church.

The taking of the *cathedra* is a powerful sign of the bishop’s mission in the Church. It represents his calling to teach, sanctify, and guide the people of God entrusted to his care. From that moment, Bishop Murugara began his ministry as the spiritual father and pastoral leader of the faithful of Meru, working together with priests, religious, and lay faithful in building a vibrant and missionary Church.

For the Consolata family, Bishop Murugara’s succession was also a moment of joy and pride. His journey from missionary priest, to parish shepherd at Consolata Shrine, and now to bishop reflects the enduring spirit of missionary service that the Consolata Missionaries continue to offer to the Church.

As he began his episcopal ministry, the faithful of Meru and the wider Consolata community offered their prayers that God would guide and strengthen him in shepherding the people of God with wisdom, humility, and missionary zeal. **CE**

Pilgrim of Consolation: Saint Joseph Allamano’s Centenary - A Flame Rekindled for the Mission of Tomorrow



The Centenary of the birth into heaven of **Saint Joseph Allamano** summoned the worldwide Consolata Missionary Family - Fathers, Brothers, Sisters, Lay associates and the entire Church to a sacred pause of gratitude, prayer and missionary renewal. On **February 28th, 2026**, as we solemnly celebrated in a special way the Eucharistic celebrations in commemoration of **February 16, 2026**, precisely 100 years since our holy Founder entered eternal life at dawn on **February 16, 1926**, the atmosphere pulsed with anticipation. Across continents, from the Mother house in Turin to mission outposts in Africa, Asia, Latin America and beyond, communities had journeyed through profound preparations: monthly reflections on his holiness, thematic video pilgrimages to his birthplace in **Castelnuovo Don Bosco** and the **Sanctuary of Our Lady Consolata**, a Virtual Pilgrimage to his sacred places and the Centenary Novena, guiding hearts toward the central Eucharist on the 16th.

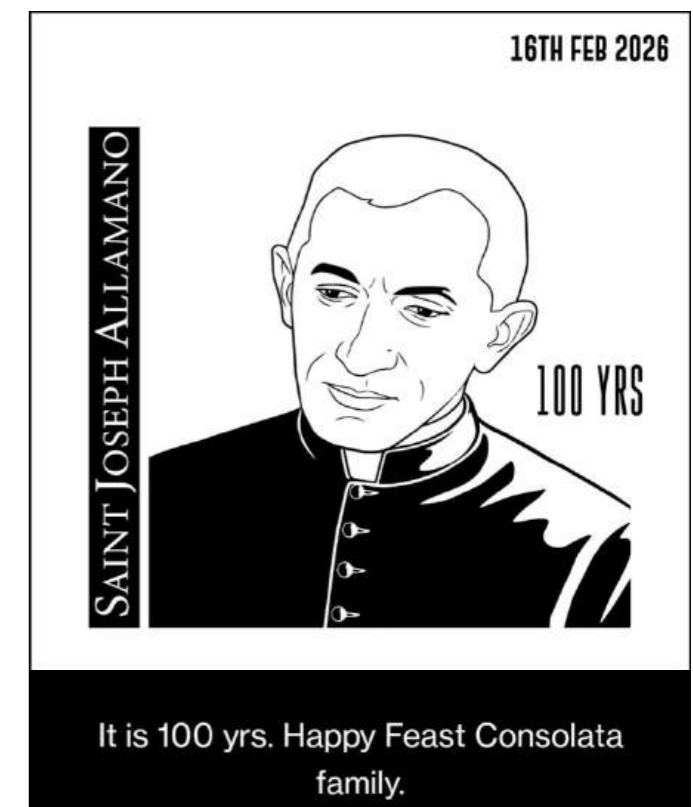
This was no ordinary anniversary; it was a *kairos* of divine grace, a providential invitation to examine the authenticity of our love for the Founder and to rekindle fidelity to his charism. As the novena proclaimed, his death was truly a “birth into heaven,” the crowning of a life lived solely for the Lord and for Mary Consolata. In this centenary, we did not merely remember; we allowed his spirit to propel us forward, consoling the afflicted and igniting the missionary flame anew in a world still yearning for Christ, the true Consolation of the Father.

Saint Joseph Allamano’s journey was a masterpiece of divine providence. Born January 21, 1851, in Castelnuovo d’Asti (today Castelnuovo Don Bosco), Italy, he grew up under the shadow of sanctity as the maternal nephew of **Saint Joseph Cafasso**, the gentle confessor and patron of prisoners. From boyhood, the missionary call stirred within him, yet repeated illnesses seemed to close the door to distant lands. In obedient

surrender, he embraced the diocesan priesthood, ordained in 1873, and dedicated himself to forming priests at the Convitto Ecclesiastico in Turin. For 46 years, from 1880 until his death, he served as Rector of the **Sanctuary of Our Lady Consolata**, a Marian shrine where the Virgin, invoked as Consoler, dispensed graces abundantly.

It was precisely at the foot of the miraculous Consolata image that Allamano’s vision matured. Deeply devoted to Mary as the one consoled by the Holy Spirit and herself the Consoler of the afflicted, he discerned a call to make devotion active: contemplative love must overflow into apostolic zeal. On January 29, 1901, the anniversary of a healing he credited to Our Lady, he founded the **Institute of Consolata Missionaries (IMC)**, declaring in the shrine bulletin: “The devotion to Consolata will not only be contemplative but also active.” In 1910, he established the **Consolata Missionary Sisters**, forging a unified charism where men and women partner fully in evangelization.

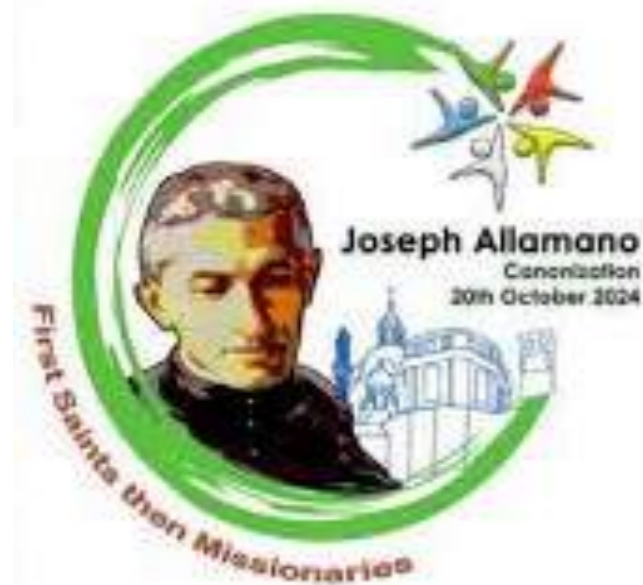
Though Allamano never ventured to the missions himself, his spiritual paternity launched pioneers. The first four missionaries departed for Kenya in 1902, sowing seeds that »



» flourished into vibrant local Churches across East Africa and beyond. His approach to integral evangelization – proclaiming the Gospel while advancing human dignity, respecting cultures, forming indigenous clergy, catechists and religious – anticipated the Church’s teachings on inculturation and lay participation. Holiness, he insisted, came first: “First saints, then missionaries.” “The more holy one is, the more souls he will save,” he taught, demanding total surrender: doing everything “as if you had absolutely nothing else to do,” with heart undivided, rooted in “God alone.”

This legacy breathed profoundly from Scripture. Allamano lived Christ’s Great Commission: “Go therefore and make disciples of all nations...” (Matthew 28:19–20). He embodied Saint Paul’s apostolic passion: “Woe to me if I do not preach the gospel!” (1 Corinthians 9:16). In Mary Consolata, he contemplated the woman at Calvary, pierced by Simeon’s sword (Luke 2:35), yet consenting in fiat, becoming Mother of Consolation through suffering united to her Son. The Pentecost Spirit, empowering witnesses “to the ends of the earth” (Acts 1:8), animated his institutes to console the broken and draw all to Christ, the awaited “Consolation of Israel” (Luke 2:25).

Today, as Consolata Missionaries serve amid joys and trials – in regions scarred by poverty, conflict and secularism yet blooming with hope – the centenary stirred deeper fidelity. Canonized by **Pope Francis** on October 20, 2024, coinciding with **World Mission Day**, Saint Allamano emerged as a beacon for our era: holiness through total surrender, mission flowing from union with God and Mary.



The solemn Eucharistic celebrations on February 16, 2026, presided over by the Superior General at the Mother house Church in Turin and at the Shrine of the Consolata, marked the heart of the centenary commemoration – a profound moment of thanksgiving and renewal. Building on this grace, special Eucharistic celebrations held on **February 28, 2026** formally

“ May this centenary, and the Year of Centenary Celebrations it launched, be a fresh Pentecost. Through the intercession of Saint Joseph Allamano, may Our Lady console the suffering, embolden missionaries in courageous witness and awaken every heart to generous response.

launched a dedicated **Year of Centenary Celebrations**. This extended period will sustain the flame kindled on the 16th, inviting the entire Consolata Family and the broader Church to live out Allamano’s charism more intensely through ongoing prayer, formation and missionary outreach.

Looking to the future, this centenary ignited visionary hope. In a world of rapid change – digital frontiers, migration crises, ecological urgency and spiritual thirst – Allamano’s charism calls us to creative fidelity. Missionaries are invited to embrace new media to proclaim consolation to isolated hearts; form synodal communities where laity, catechists and families co-evangelize; accompany youth in discernment amid secular pressures; dialogue with cultures to inculturate the Gospel anew; and console refugees, the sick and the marginalized with Christ’s peace. His insistence on holiness as foundation urges every baptized person to see themselves as missionary: parents catechizing at home, professionals witnessing integrity, youth serving joyfully.

The novena themes – holiness and “God alone,” the Word of God, the Cross and self-surrender in love – remind us that true mission springs from interior transformation. As Allamano whispered until his last breath, God’s will is sanctification (1 Thessalonians 4:3). In entrusting ourselves to Mary Consolata, we too become pilgrims of consolation, carrying Christ’s light into the shadows.

May this centenary, and the Year of Centenary Celebrations it launched, be a fresh Pentecost. Through the intercession of Saint Joseph Allamano, may Our Lady console the suffering, embolden missionaries in courageous witness and awaken every heart to generous response. Let us hear anew the Risen Lord’s commission: “Peace be with you. As the Father has sent me, even so I send you” (John 20:21) and go forth, consoled in Christ, to console the world, until His Kingdom comes in fullness. ☩

Saint Joseph Allamano, pray for us!

A legacy of Love! The Story of Camisassa

This is what Camisassa Hospitality and Healthcare Centre, popularly referred to as Camisassa Home, is intended to be. The warm embrace for our elderly or ailing Consolata Missionaries, priests and brothers, returned by the faithful whom they have used their lives to serve through vocation, evangelisation, education, medical care, counseling, economic empowerment and many other various ways.



Opening ceremony of the Camisassa Games 2025 on the grounds of Consolata School Westlands.

In 2023, a request was made by the Rt Reverend Peter Makau, Bishop of Isiolo (the then Regional Superior Consolata Missionaries) and Regional Superior of Consolata Missionaries, Fr. Zack Kariuki (the then Vice Regional Superior). The request was that a steering committee, consisting of a few representatives of the faithful of Consolata Missionaries parishes in Nairobi Archdiocese, be constituted. These parishes are, Holy Mary Mother of God –Githurai, St. Joseph Mukasa – Kahawa West, Holy Trinity – Kileleshwa and Consolata Shrine – Westlands. The four parishes that formed the sub-committee have since become the core members who have steered the fundraising efforts for Camisassa Home, and have also enjoyed the unwavering support of all Consolata Missionaries Parishes in the country, Consolata Lay Missionaries, corporate sponsors, Consolata Schools, supportive schools (Mary Queen School Githurai, Holy Mary School –Githurai and St. Anne Lifred Academy) as well as many parishioners and well-wishers.

We have a slogan we use when we are working towards a goal at Camisassa: ‘Camisassa anajitetea’ ! We believe this completely! In two years, the Camisassa Home has risen to be counted as part of the Westlands/Nairobi skyline. While

it is only eight floors, seeing the Camisassa Home from the expressway is a testimony in its own right. I hope many of our parishioners and well-wishers can have the opportunity to experience this.

The structure of the Camisassa Home is up, beautifully done and patiently waiting for the last phase of the project. This phase requires a LIFT (large in size to accommodate a bed and wheelchairs if required), and the furnishing of the rooms (bed rooms, general use spaces, medical office and gymnasium).

In what has become the preferred Camisassa Fundraising method, *Pole Pole* is how we shall meet our goal. Annually the Steering Committee organises four events. Two primarily fundraising events; **A golf tournament in February** and **Camisassa Dinner in December**. One Camisassa Community building event – **Camisassa Games in June** and the evangelisation event– **Camisassa Missionary Walk in October**. These events have allowed the Camisassa Community to move from strength to strength.



The Youth from the Consolata Parishes assisting with registration in preparation of the Camisassa Missionary Walk 2025 at Consolata Shrine, Westlands.

The beautiful story of Fr. Jacomino Camisassa (the first priest of African descent ordained in 1927, who became a Consolata Missionary priest and whom the Home is named after) has effortlessly been spoken, shared and inspired many. The parishioners of various parishes have come to know each other well, work with unity of purpose and supported the work of the Consolata Missionaries beyond the work of Camisassa Home.

Perhaps the achievement I am most proud of, is the incorporation of the Youth of the various parishes in the various »



» sub-committees of the Camisassa Steering Committee. This gives us the assurance that Camisassa Home upon completion will always have passionate custodians who will ensure the elderly and/or ailing residents are cared for and that any concerns are addressed with the embrace we wish to return.

Looking back at our Year 2025, we have a lot to be grateful for.

- Our Steering Committee member, and then Parish Priest, Fr Jackson Murugara, was installed as the Coadjutor Bishop of Meru. He was appointed the Bishop of Meru on 1 January 2026.
- Camisassa Home structure was completed and the home was officially blessed and opened by Bishop of Isiolo, The Rt Reverend Peter Makau.
- Camisassa events marked the Jubilee Year - *'Pilgrims of Hope, together in prayer'* and the beginning of celebrations of St. Joseph Allamano Centenary Year, by highlighting the white colour in the missionary colours. The white colour allowed the Camisassa Community to honour the European missionaries, their vocation, evangelisation, sacrifice and contribution.
- The Camisassa Games event hosted almost 2000 parishioners/ participants at the Consolata School grounds, bringing together the religious, various parishes, youth, schools, vendors and well-wishers. This was a day which strengthened the community through sport, play, interaction and healthy competition. Special mention to our guest of honour; the World Record Marathon Holder, Mr. Henry Wanyoike. His message of losing his sight, but not his vision, left us all in inspired. He also run 5km in 20 mins!



Wambui Mwicigi with Marathon World Record Holder, Henry Wanyoike and Fr John Muragu, Parish Priest Holy Trinity Kileleshwa

- The Annual Camisassa Dinner was also a resounding success. With all over four hundred tickets sold, various donations of raffle prizes, a good number of additional donations from Consolata Missionaries and the attendance of a vibrant and passionate Camisassa Community membership comprising of the religious, parishioners of the various parishes and friends. A special mention to our

Guest of Honour, Mrs. Shakira Khawaja, who highlighted the value of inter-religious corporation; especially when it comes to social issues like caring for the elderly. Her organisation, Suqoon, has been a treasured supporter of Camisassa Home.



Fidelis Wanjiku Kimani, The Guest of Honour Shakira Khawaja, Founder of Suqoon and Fr Zach Kariuki, Regiona Superior Consolata Missionaries

I am always grateful for the opportunity to write or speak about the Camisassa Home and Community. I wish to request all well-wishers, corporate sponsors and the faithful to support our last phase fundraising efforts. We require **Ksh. 10 million; 5 million for the purchase and installation of the LIFT and 5 million to furnish the home (rooms and general use areas) and complete the project.**

We invite the faithful, Small Christian Communities, families, church groups, corporate sponsors and well-wishers to join our **'ADOPT A ROOM'** initiative. For **Ksh. 200,000** You can furnish a room befitting an elderly and/or ailing priest or brother of the Consolata Missionaries. In return we assure You of God's blessings through the prayers that will be offered by the religious who will occupy the Home for years to come.

An even warmer embrace.

A legacy of Love.

To Support Camisassa Home: -
Consolata Fathers
Paybill : 4115937
Account : Lift Or Room
Amount :

Wambui Mwicigi - Muya
wambuimwicigimuya@gmail.com
Chairperson Camisassa Steering Committee

CJPD Organized Webinar to Mark the International Day of Persons with Disability

World Day of Persons with Disability is marked on 3 December. This annual observance aims to promote the rights and well-being of persons with disabilities (PWDs) in all spheres of society and development. This year's theme was **Fostering disability inclusive societies for advancing social progress.**

PWDs are more likely to be underprivileged, have limited access to decent work and are paid lower wages. They have limited access to assistive technologies and accessible environments. They are more likely to be abused, emotionally or physically, and they may not enjoy their freedoms. Persons with disabilities have twice the risk of developing conditions such as depression, asthma, diabetes, stroke, obesity or poor oral health.

Globally, an estimated 16% of the world's population, or 1 in 6 people face significant disability. Some persons with disabilities die up to 20 years earlier than those without disabilities.



The CPJD members after 5.30pm Mass on 1 December 2025.

On 1 December 2025, CJPD Consolata Shrine joined the 5.30pm Mass for special prayers to mark the International Day of Persons with Disabilities and the World Aids Day.

Catholic Justice and Peace Department (CJPD) had candle lighting of three candles standing for Persons living with HIV/AIDS, Persons Living with Disabilities and caregivers. This was a precursor to the International Day of the Persons with Disability (PWD) which is marked worldwide on December 3rd.

The celebration of Holy Mass was led by Rev Fr Nicholas Makau, who passionately outlined the need for all Catholics and parishioners, and in particular members of CJPD, to spread awareness and engage in advocacy for the rights of these persons who form part of our vulnerable members of society within our Church, families and our surroundings, as part of civic duty.

Further, CJPD Kabete Deanery held a webinar on 2 December 2025 to commemorate the International Day of Persons with disability. The webinar also sought to increase awareness on what opportunities are provided by the Government and the Catholic Church to support persons with disability and to outline what additional measures can be taken at personal and institutional level, to support persons with disability and agree on a Call to Action. Speakers in the webinar highlighted the challenges that people with disabilities continue to face.



The CJPD Executive during the visit to the current Bishop of the Catholic Diocese of Isiolo, Rt. Rev. Peter Makau IMC on 28 November 2025. The location is where Bishop Luigi Locati was murdered in 2005.

In his remarks during the webinar, Rev Fr John Weebootsa, an award-winning Comboni Missionary working in Korogocho, reminded participants that persons with disability are God's presence among us, and God speaks to us through them.

He quoted Pope Francis who once said that "persons with disability are not our patients, they are Jesus speaking to »

“When we realize that it is God in persons with disability, we shall be enthusiastic to serve them because we need them as much as they need us. Serving persons with disability is doing so from the Faith in us. Jesus will say, I was on a wheelchair and you pushed me along, I needed a hand, and you lend me yours. Serving persons with disability is for our salvation and therefore, it is us who need them and not vice versa”. He emphasized.

us.” Knowing this, we serve them passionately. Rev Fr John added that “Apostle Peter walked on water because it had been revealed to him who Jesus was.” Persons with disability are our chance to meet God directly and it is a privilege to have them among us.

“When we realize that it is God in persons with disability, we shall be enthusiastic to serve them because we need them as much as they need us. Serving persons with disability is doing so from the Faith in us. Jesus will say, I was on a wheelchair and you pushed me along, I needed a hand, and you lend me yours. Serving persons with disability is for our salvation and therefore, it is us who need them and not vice versa”. He emphasized.

Anthony Muriithi, a participant in the webinar who has been using a wheelchair since he was two years old, expressed his joy at seeing the Catholic Church embracing matters of disability. He challenged the Church to be more inclusive by introducing sign language interpreters in churches and ensuring proper infrastructure so that people with disability feel welcome and included as parishioners.

Mr. David Munyendo, the Kenya Country Director and CEO of Christian Blind Mission (CBM,) in his remarks, noted that the Government of Kenya has taken significant strides to create awareness and inclusivity of PWDs across the board. He listed them as follows:

- 1. Enactment of the Persons with Disabilities Act, 2025:** This landmark legislation replaces the outdated 2003 law, providing a stronger framework for equality, accessibility, and participation of PWDs in all aspects of life.
- 2. 5% Employment Quota:** Employers with 20 or more employees must reserve at least 5% of jobs for PWDs, promoting economic empowerment and inclusion.
- 3. Digital Inclusion:** The government aims to make over 33,000 government services accessible online for PWDs,

- promoting digital literacy and inclusivity.
- 4. Accessibility Standards:** The government has developed accessibility standards for digital products and services, ensuring equal access to information and communication.
- 5. Awareness and Sensitization:** The government has launched initiatives to raise awareness about disability rights, reduce stigma, and promote inclusion.
- 6. Joint Disability Inclusion Strategy:** A three-year strategy has been launched to accelerate disability inclusion, focusing on economic empowerment, political empowerment, digital empowerment, and access to facilities and services.
- 7. National Disability Policy:** The government has developed a policy to guide disability inclusion, emphasizing equity, social justice, and full participation of PWDs.

Dr Mike M Kiswili, a trustee at the National Fund for the Disabled of Kenya, spoke during the webinar, listing additional strides which had been made in policy and legislation in support of persons with disability. These included import duty and income tax exemption for PWDs, a new tax exemption for caregivers as stipulated in the new PWD Act of May 2025, though it is yet to be operationalized.

Further, there is import duty exemption on assistive devices such as wheelchairs and braille typewriters, a higher retirement age for those employed in public service and requirements for infrastructure that is disability friendly such as disability ramps in all buildings for ease of mobility.

The National Industrial Training Authority (NITA) also has various vocational courses for people with disabilities. Different societies also offer training for caregivers who may need to enhance their caregiving skills for their loved ones or where they are employed to offer caregiving services.

Dr Kiswili noted that there is lack of adequate information, especially in the rural areas and there is need for more widespread sensitization and inclusion.

Patricia Gathuri, a seasoned banking professional who currently serves on some corporate boards, was a speaker in the webinar. She is also a mother and caregiver of her 25-year-old son, categorized as a person living with intellectual disability under the PWD Act.

She emphasized that caregivers of people with disabilities play a vital role in supporting their loved ones. She passionately

“Dr Mike M Kiswili, a trustee at the National Fund for the Disabled of Kenya, spoke during the webinar, listing additional strides which had been made in policy and legislation in support of persons with disability.

“Behold, I am the servant of the Lord; let it be done to me according to Your Word.”

“Caregivers of people with disabilities face various challenges, including emotional strain, limited resources, social isolation, stigma and discrimination. By recognizing caregivers’ efforts and providing necessary support, society can empower them to provide high-quality care and promote inclusiveness for persons with disabilities.

outlined the roles and responsibilities of a caregiver of a person living with a disability and the strategies they should employ for effective caregiving as follows:

Responsibilities of caregivers

1. Providing emotional support and companionship.
2. Assisting with daily living activities e.g., bathing, dressing, cooking, (in a safe space).
3. Managing medical needs (e.g., provide medication if needed, occupational therapy).
4. Advocating for rights and access to services, e.g., in hospitals and schools.
5. Support in social inclusion and participation to reach their full potential.

Effective caregiver strategies

1. Person-centered approach: Focus on individual needs, preferences, and goals.
2. Empathy and understanding: Recognize the person’s experiences and emotions.
3. Communication: Use clear, respectful language and adapt to the person’s communication style.
4. Support networks: Build relationships with family, friends, and support groups.
5. Self-care: Prioritize own physical, emotional, and mental well-being.

The help and resources needed by caregivers

1. Respite care: Temporary relief to rest and recharge.
2. Training and education: Access to resources, workshops, and guidance on caregiving.
3. Emotional support: Counseling, peer support, and emotional validation.
4. Financial help: Help with medical expenses, equipment, and daily living costs.
5. Inclusive services: Accessible healthcare, transportation, and social activities.

“Behold, I am the servant of the Lord; let it be done to me according to Your Word.”

Patricia noted that gaps exist in ensuring the inclusion of PWDs. There is inadequate advocacy and raising of awareness to avoid stigma and sufficient inclusion in Churches. Many churches do not have sign language interpreters, which is critical for the hearing-impaired persons or the Mass readings on the teleprompters for inclusion.

She added that the Church does not give explicit guidelines in the process needed for persons with disability, like the hearing impaired, visually impaired, and intellectually challenged on receiving Church sacraments such as First Holy Communion, Confirmation and even Holy Matrimony (marriage). There is a need for adequate awareness or sensitization talks on the requirements of persons with disability in the Catholic church, to make worship more inclusive and adapting.

Caregivers of people with disabilities face various challenges, including emotional strain, limited resources, social isolation, stigma and discrimination. By recognizing caregivers’ efforts and providing necessary support, society can empower them to provide high-quality care and promote inclusiveness for persons with disabilities.

In Kenya, initiatives like the National Council for Persons with Disabilities (NCPWD) and organizations the Kenya Caregivers Association, provide support and resources for caregivers. The support includes belonging to a support network, skills development, advocacy for employment opportunities and personal growth.

Accessible public spaces, transportation, and buildings, equal opportunities for education, employment, and economic empowerment, promotion of disability awareness, reduction stigma, and inclusion will go a long way to support persons living with disabilities.

In addition, access to information, communication, and technology, healthcare, rehabilitation, and social support and the involvement of PWD in decision-making and leadership roles adds so much to the support they need. Society should also treat PWDs with respect, recognizing their autonomy and individuality.

At the end of the webinar, Rev Fr Nicholas Makau the CJPD Chaplain in Kabete Deanery called participants to:

- Strengthen disability inclusion in parishes by creating accessible worship spaces with ramps and suitable confession facilities etc.
- Ensure holistic pastoral support and solidarity in the deanery.
- Strengthen partnerships so that the deanery can reach out for support related to disability and is more available to support. ☑

Patricia Gathuri, OGW is the Vice Moderator of the Catholic Justice and Peace Department (CJPD) Consolata Shrine



Opening procession leading to the Eucharistic Celebration with the Clergy, Seminarians, Altar servers CWA and PMC with CMA members carrying the portrait of St Joseph Allamano.



The Apostolic Nuncio, Consolata Bishops and the Consolata Regional Council.

Celebrations of Saint Joseph Allamano



The Faithful from St. Joseph Deep Sea with Father Joseph Musito and Father Jonathan, who accompanied Fr. Walter Ingosi during the burial of his father in Kapsabet, Nandi County, in early March. The family are long time residents of Deep Sea.



St Joseph's Chapel Deepsea Catholic Women Association – 14 new members were commissioned by Fr Joseph Musito in January this year.



Opening Procession of the Games to raise awareness and fundraise for the Camisassa project.



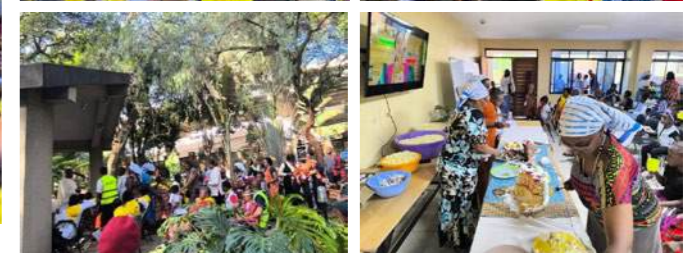
Consolata Shrine Catholic Women Association – CWA during their commissioning in January this year at the Consolata Shrine. Fr Joseph Musito, Consolata Shrine Parish Priest commissioned them. A total of 83 new members were commissioned.



Consolata School participating in the Games for the Camisassa.



Father Musito celebrating Epiphany Sunday (the Feast Day of the Society of the Holy Childhood) by commissioning the new members of the PMC, presenting the prizes for the best Liturgical files from the Children's Sunday Service and honouring the graduates of the Children Sunday Service entering formal Catechism Classes.



The Epiphany Children's Mass in the Prayer Garden and the celebrations hosted and sponsored by the CWA in the Children's Hall.

A New Gateway for a Growing Shrine

Security Improvement and Modernizing the Consolata Shrine Main Gate for Safety, Dignity and the Future

“I was glad when they said to me, ‘Let us go to the house of the Lord.’” (Psalm 122:1)

Every journey to the Consolata Shrine begins at the gate. It is the first point of welcome, the first encounter with sacred space, and the threshold between the busyness of the world and the quiet reverence of worship. For decades, the Shrine’s main gate has faithfully served parishioners, pilgrims, clergy, and visitors alike. Today, however, changing times, growing numbers and evolving security needs call us to reimagine this important entrance.

It is with prayerful reflection and collective discernment that the Shrine now embarks on a transformative project: **the security improvement and modernization of the Consolata Shrine Main Gate** - a state-of-the-art gatehouse with an iconic raised tower, improved vehicular flow and integrated safety and security screening measures.

This is not simply a construction project. It is a shared journey of faith, responsibility and stewardship.

have expanded, and major liturgical celebrations now attract large congregations. While this growth is a blessing, it has also placed new demands on infrastructure originally designed for a different era.

Some of the challenges currently experienced include:

- Congestion at entry and exit points, especially during major celebrations
- Limited separation between vehicular and pedestrian movement
- Inadequate space for organized security screening
- The need for enhanced safety for parishioners, clergy, and visitors

In today’s world, **safety and order are not optional**. They are essential aspects of responsible pastoral care. The proposed modern gate responds directly to these realities while preserving the dignity and sacred character of the Shrine.



Artistic impression of the proposed iconic modern gate, showing vehicular inflow and outflow, gatehouse and raised tower.

Why Security Improvement and Modernization Is Necessary

Over the years, the Consolata Shrine has experienced remarkable growth. Parishioners have increased, pilgrimages



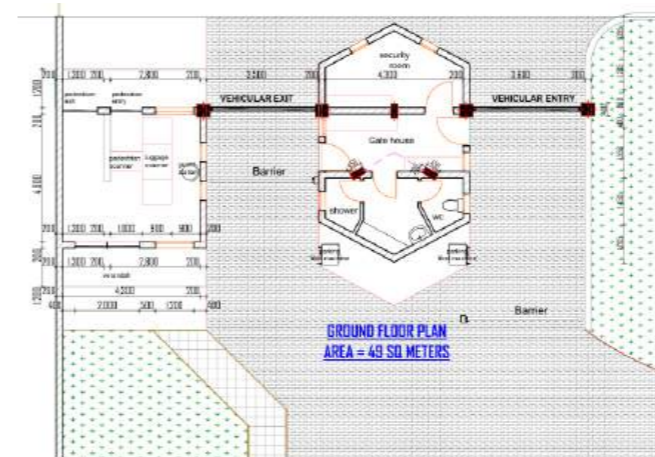
A walk-through pedestrian security feature has been enhanced, towards enhanced overall safety for everyone at the Shrine

The Vision: Faith Meets Modern Design

At the heart of this project is a clear and prayerfully developed vision:

To create a dignified, secure, and efficient gateway that reflects the spiritual significance of the Consolata Shrine while meeting modern safety standards.

- Key features of the new main gate will include:
- **A security and modern gatehouse** designed for security and organized access control
 - **A raised iconic tower**, serving as both a visual landmark and a symbol of welcome
 - **Improved vehicular flow**, reducing congestion and confusion
 - **Dedicated pedestrian pathways**, enhancing safety
 - **Inbuilt security screening measures**, discreetly integrated into the design



Architectural drawings illustrating pedestrian passages and separate vehicular inflow and outflow.

The architectural concept seeks harmony - honouring the Shrine’s spiritual heritage while embracing contemporary design and technology. The result will be a gateway that is not only functional, but also symbolic: a visible sign of a living Church that prepares responsibly for the future.

From Concept to Reality: A Structured Journey

To ensure excellence, transparency, and accountability, the project has been carefully structured into clear phases, each supported by professional expertise and regular communication with parishioners.

1. Concept Development and Consultation

The first phase focuses on understanding needs and shaping the idea. This includes:

- Reviewing current access and safety challenges
- Consulting Church leadership and relevant authorities
- Developing preliminary architectural concepts
- Aligning the project with the Shrine’s pastoral mission

At this stage, visuals, sketches, and explanatory materials will be shared with the parish to help everyone understand the vision and its benefits.

2. Professional Design and Technical Consultancies

To ensure the highest standards, the Shrine will engage qualified professionals, including:

- Architects
- Structural and civil engineers
- Security and safety consultants
- Traffic and access planning specialists

These experts will ensure that the design meets regulatory requirements, security standards, and best practices - while remaining respectful of the Shrine’s sacred environment.

Transparency remains central. Parishioners will be kept informed about who is involved, what roles they play, and how decisions are made.



The current main gate, with a shared entry and exit for both vehicles and pedestrians. (to get a clear image of the current gate)

Fundraising: A Shared Act of Stewardship

Every stone laid will represent not only construction effort, but also **faith, sacrifice and collective responsibility**.

The modernization of the main gate will be funded through a combination of:

- Parish contributions
- Individual and family donations
- Support from benefactors and well-wishers
- Institutional partnerships

The fundraising approach will emphasize:

- Clear communication of project costs and phases
- Regular updates on funds raised and applied
- Recognition and gratitude for all contributions

Each parishioner is invited to participate according to their ability, remembering the words of Scripture: *“All the skilled artisans among them made everything the Lord commanded... And the people continued to bring freewill offerings morning after morning.” (Exodus 36:1, 3)*

This is an opportunity to leave a lasting legacy for future generations of worshippers. »

» **Construction Phase: Building with Care and Communication**

Once designs are approved and funds mobilized, construction will begin in carefully managed stages. During this period, the Shrine commits to:

- Ensuring safety around construction areas
- Clearly communicating any temporary changes to access or parking
- Providing regular progress updates through notices, photos, and reports
- Minimizing disruption to worship and parish activities

Construction sites will be properly marked, and parishioners will always be guided on safe entry routes. Patience and cooperation during this phase will be essential—and deeply appreciated.

Completion, Blessing and Celebration

The completion of the new main gate will be a moment of thanksgiving and joy.

Plans include:

- An official commissioning and blessing ceremony
- Recognition of all contributors and partners
- Media and parish communication to share the achievement
- A renewed emphasis on proper use and care of the facility

This moment will mark the fulfillment of a collective vision—one built through prayer, generosity, and unity.

Handover and Long-Term Stewardship

Following completion, the gatehouse will be formally handed over to Shrine management, with clear guidelines for:

- Daily operations
- Security procedures
- Maintenance and upkeep



The goal is sustainability. The new gate is not just for today, but for decades to come. Proper stewardship will ensure it remains a source of safety, order, and pride for the entire parish community.

A Symbol Beyond Structure

More than steel, stone, and glass, the new Consolata Shrine Main Gate represents:


- Care for human life and dignity
- Responsibility in an evolving world
- Unity of parishioners around a common mission
- A welcoming threshold for all who seek God

Every person who passes through it - whether a regular parishioner, a pilgrim, or a first-time visitor - will encounter a Church that is organized, secure, and deeply attentive to the wellbeing of its people.

Walking This Journey Together

As this project unfolds, parishioners are encouraged to:

- Stay informed through parish communications
- Participate actively in discussions and fundraising efforts
- Pray for wisdom, safety, and unity throughout the process

May this endeavor strengthen not only our physical infrastructure, but also our sense of belonging and shared purpose. 

The gate we build today becomes the welcome of tomorrow.

The Allamano Centre Board



**CONSOLATA SHRINE
PROFESSIONALS GROUP**

ASANTE!

Thank you

our partners in the successful free Medical
Camp at Deep Sea and Consolata Shrine

































































CONSOLATA SHRINE WESTLANDS JUMUIYAS



BL. IRENE NYAATHA STEFANI, SCC
 Blessed Irene Stefani (1891-1930) was an Italian Consolata Missionary Sister who served in Kenya and Tanzania. Known as "Nyaatha" (mother of mercy), she cared for the sick, taught catechism, and comforted wounded soldiers during World War I. She died of disease contracted while nursing others. Beatified in 2015, she inspires mercy.
Feast Day: October 31st
Meeting Days: Every Wed (Online) 2nd Sun of the month
Venue:



BL. LEONELLA, SCC
 Blessed Leonella Sgorbati (1940-2006) was an Italian Consolata Missionary Sister who served in Kenya and Somalia. A dedicated nurse and educator, she founded a nursing school in Mogadishu. She was martyred in Somalia amid rising tensions. Beatified in 2018, she is remembered for her courage, faith, and message: "I forgive."
Feast Day: September 17th
Meeting Days: Every Last Thursday of the month
Venue: In Church



OUR LADY CONSOLATA, SCC
 Our Lady Consolata is a Marian title venerated in Turin, Italy, meaning "Our Lady of Consolation." Tradition traces her icon to the 4th century, rediscovered miraculously in 1104. The devotion spread widely, inspiring the Consolata Missionaries founded in 1901 by Saint Joseph Allamano, who brought her message of comfort worldwide.
Feast Day: June 20th
Meeting Days: 1st and 3rd Sun of every month
Venue: Allamano Center



OUR LADY OF FATIMA, SCC
 Our Lady of Fatima appeared to three shepherd children in Fatima, Portugal, in 1917. She urged prayer, penance, and devotion to her Immaculate Heart. The apparitions included prophetic messages and the Miracle of the Sun. Her message emphasized peace and conversion. She is honored worldwide, especially on May 13.
Feast Day: May 13th
Meeting Days: Every Wednesday
Venue: Allamano Center & Online



OUR LADY OF LOURDES, SCC
 Our Lady of Lourdes appeared to St. Bernadette Soubirous in 1858 in Lourdes, France. Mary identified herself as the Immaculate Conception and urged prayer and penance. A spring with healing properties emerged at the site. Lourdes became a major pilgrimage destination, known for miracles and devotion to the Blessed Virgin.
Feast Day: February 11th
Meeting Days: online 4th week Thursday
Venue: Allamano Center & Online



OUR LADY OF MOUNT CARMEL, SCC
 Our Lady of Mount Carmel is the title given to the Virgin Mary as patroness of the Carmelite Order, founded on Mount Carmel in Israel. Tradition holds she gave the Brown Scapular to St. Simon Stock in 1251, promising protection. She symbolizes spiritual closeness to Christ and devotion through prayer and sacrifice.
Feast Day: July 16th
Meeting Days: 1st and 3rd Sunday of the month
Venue: Allamano Center



ST. GONZAGA GONZA, SCC
 St. Gonzaga Gonza (d. 1886) was one of the Uganda Martyrs, a lay catechist and royal servant under King Mwanga II. He courageously refused to renounce his Christian faith and was executed by burning. Canonized in 1964, he is honored for his steadfastness and is a patron of Ugandan youth.
Feast Day: May 27th
Meeting Days: Last Sunday of the month
Venue: In Church



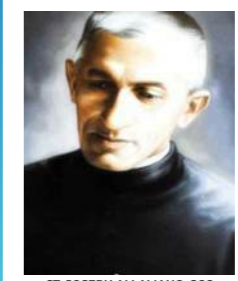
STS. JOACHIM AND ANNE, SCC
 Saints Joachim and Anne are honored as the parents of the Virgin Mary and grandparents of Jesus. Though not mentioned in Scripture, tradition holds they were faithful, elderly Israelites who longed for a child. Their devotion was rewarded with Mary's birth. They are patrons of grandparents, parents, and Christian families.
Feast Day: July 26th
Meeting Days: 2nd and 4th Sunday of the Month
Venue: In Church



ST. JOHN, APOSTLE & EVANGELIST, SCC
 St. John the Apostle was one of Jesus' twelve disciples and the author of the Gospel of John, three epistles, and Revelation. Known as the "beloved disciple," he witnessed key events like the Transfiguration and Crucifixion. He cared for Mary and lived to old age, becoming a symbol of love and truth.
Feast Day: December 27th
Meeting Days: 1st and 3rd Wednesday of the month
Venue: In Church



ST. JOSEMARIA ESCRIVÁ, SCC
 St. Josemaria Escrivá (1902-1975) was a Spanish priest who founded Opus Dei in 1928, promoting holiness in everyday life and work. Amid political turmoil, he spread his message globally, inspiring laypeople and clergy. Canonized in 2002, he is remembered for teaching that ordinary duties, done with love, lead to sanctity.
Feast Day: June 26th
Meeting Days: 1st and 3rd Thursday of the month
Venue: In Church



ST. JOSEPH ALLAMANO, SCC
 St. Joseph Allamano (1851-1926) was an Italian priest and founder of the Consolata Missionaries. Inspired by his uncle, St. Joseph Cafasso, he emphasized missionary work and clergy formation. He established the Consolata Missionary Fathers in 1901 and Sisters in 1910, promoting evangelization and development. He is honored for his pastoral zeal.
Feast Day: February 16th
Meeting Days: Alternate Thursdays
Venue: In Homes



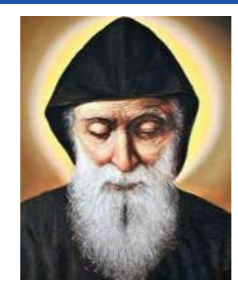
ST. JOSEPH THE WORKER, SCC
 St. Joseph the Worker is honored as the foster father of Jesus and a humble carpenter. Pope Pius XII established his feast on May 1, 1955, to highlight the dignity of labor and counter communist ideologies. He is the patron of workers, embodying integrity, hard work, and devotion to family and God.
Feast Day: May 1st (Westlands Primary)
Meeting Days: Every Wednesday
Venue: Westlands primary (The School Library)



ST. ANTHONY OF PADUA, SCC
 St. Anthony of Padua (1195-1231) was a Portuguese Franciscan priest known for his powerful preaching and deep knowledge of Scripture. Originally an Augustinian, he joined the Franciscans after witnessing martyrdom. He preached across Italy and France, converting many. Canonized quickly after death, he is patron of lost items and seekers of truth.
Feast Day: June 13th
Meeting Days: 2nd and 4th Tue of every month
Venue: Consolata Shrine



ST. BAKHITA, SCC
 St. Josephine Bakhita (c.1869-1947) was born in Sudan and kidnapped into slavery as a child. After gaining freedom in Italy, she became a Canossian nun, known for her humility and deep faith. Her life of forgiveness and love inspired many. Canonized in 2000, she is patron of victims of slavery.
Feast Day: February 8th
Meeting Days: 2nd Sun and every Mon of the month
Venue: Consolata Shrine



ST. CHABEL, SCC
 St. Charbel Makhlouf (1828-1898) was a Lebanese Maronite monk and priest known for his deep prayer and solitude. Living as a hermit, he inspired many through his holiness and miracles. After his death, countless healings were reported. Canonized in 1977, he remains a powerful symbol of faith and devotion in Lebanon and beyond.
Feast Day: July 24th
Meeting Days: 1st and 3rd Tue of the month
Venue: In Church



ST. CHARLES LWANGA, SCC
 St. Charles Lwanga (c.1860-1886) was a Ugandan convert to Christianity and leader among the Uganda Martyrs. As chief page in King Mwanga's court, he protected young converts and refused to renounce his faith. He was burned alive at Nampungo. Canonized in 1964, he is patron of youth and African Catholics.
Feast Day: June 3rd
Meeting Days: 2nd and 3rd Sunday of the month
Venue: In Church



ST. JUDE, SCC
 St. Jude Thaddeus, one of Jesus' twelve apostles, is traditionally identified as the author of the Epistle of Jude. He preached the Gospel in difficult regions, often facing persecution. Known as the patron saint of hopeless causes, he inspires trust in God's power during desperate times.
Feast Day: October 28th
Meeting Days: 1st, 2nd and 4th Sunday of the month
Venue: In Church



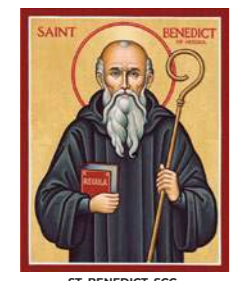
ST. JULIA OF CORSICA, SCC
 St. Julia of Corsica, a Christian from Carthage, was enslaved by Vandals and sold to a pagan merchant. Despite captivity, she remained devout. While in Corsica, she refused to renounce her faith and was crucified around 429 AD. Venerated as a virgin martyr, she is patroness of Corsica and torture victims.
Feast Day: May 22nd
Meeting Days: Alternate Saturdays
Venue: In Church



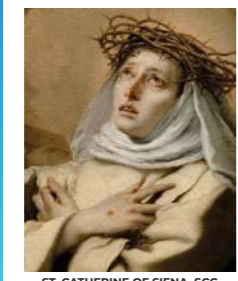
ST. MARTIN DE PORRES, SCC
 St. Martin de Porres (1579-1639) was a Peruvian Dominican lay brother of mixed race, known for his humility, healing gifts, and care for the poor. Despite discrimination, he served tirelessly in Lima, founding an orphanage and caring for animals. Canonized in 1962, he is patron of social justice and interracial harmony.
Feast Day: November 3rd
Meeting Days: 2nd and 4th Friday of the month
Venue: In Church



ST. MARY MAGDALENE, SCC
 St. Mary Magdalene was a devoted follower of Jesus, often identified as a repentant sinner healed by Him. She witnessed His crucifixion and was the first to see the risen Christ, becoming the "apostle to the apostles." Honored for her faith and love, she is patron of converts and contemplative life.
Feast Day: July 22nd
Meeting Days: Every Saturday
Venue: In Church



ST. BENEDICT, SCC
 St. Benedict of Nursia (c.480-547) founded Western monasticism and wrote the Rule of St. Benedict, guiding communal monastic life with prayer, work, and discipline. He established Monte Cassino Abbey, shaping Christian spirituality for centuries. Revered for his wisdom and balance, he is patron of Europe and students seeking spiritual order.
Feast Day: July 11th
Meeting Days: 2nd and 4th Sunday of the month
Venue: In Church



ST. CATHERINE OF SIENA, SCC
 St. Catherine of Siena (1347-1380) was a Dominican mystic, theologian, and peacekeeper from Italy. Known for her deep spiritual insight and bold diplomacy, she advised popes and helped bring the papacy back to Rome. Canonized in 1461 and declared a Doctor of the Church in 1970, she is the patron saint of Italy and nurses.
Feast Day: April 29th
Meeting Days: 2nd and 4th Sun of the month
Venue: In Church



ST. FAUSTINA, SCC
 St. Faustina Kowalska (1905-1938) was a Polish nun who received visions of Jesus emphasizing Divine Mercy. She recorded these revelations in her diary, inspiring the Divine Mercy devotion. Canonized in 2000, she is known as the Apostle of Divine Mercy and is the patron of mercy, trust, and those seeking forgiveness.
Feast Day: October 5th
Meeting Days: 2nd and 4th Saturday of the month
Venue: In Church



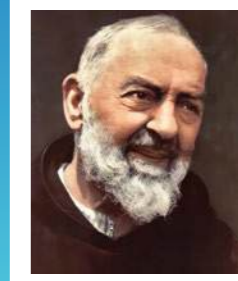
ST. FRANCIS XAVIER, SCC
 St. Francis Xavier (1506-1552) was a Spanish Jesuit missionary and co-founder of the Society of Jesus. Sent to Asia, he evangelized in India, Japan, and Southeast Asia, baptizing thousands. Known for his zeal and adaptability, he died en route to China. He is the patron of missions and missionaries worldwide.
Feast Day: December 3rd
Meeting Days: On Fridays every fortnight
Venue: Home (Lidashi Area)



ST. KIZITO, SCC
 St. Kizito (872-1886) was the youngest of the Uganda Martyrs, baptized at age 14 by St. Charles Lwanga. He showed remarkable courage and joy in his faith, even facing death. Martyred by King Mwanga II for refusing to renounce Christianity, he is the patron of children and youth in Africa.
Feast Day: June 3rd
Meeting Days: 1st and 3rd Sunday of the month
Venue: In Church



ST. MARIA GORETTI, SCC
 St. Maria Goretti (1890-1902) was a young Italian girl known for her purity and forgiveness. At age 11, she resisted a sexual assault and was fatally stabbed. Before dying, she forgave her attacker. Canonized in 1950, she is the patron saint of youth, purity, and forgiveness, inspiring many with her courage.
Feast Day: July 6th
Meeting Days: 1st and 3rd Sunday of the month
Venue: In Church & Homes (Waiyaki way)



ST. PADRE PIO, SCC
 St. Padre Pio (1887-1968) was an Italian Capuchin friar known for his piety, stigmata, and miraculous healings. He spent hours in confession, guiding souls with wisdom and compassion. Despite suffering, he remained joyful and faithful. Canonized in 2002, he is the patron of confessors and those seeking spiritual healing.
Feast Day: September 23rd
Meeting Days: Alternate Sundays
Venue: In Homes (Nakuru - Naivasha High way)



ST. TERESA OF CALCUTTA, SCC
 St. Teresa of Calcutta (1910-1997), born in Albania, founded the Missionaries of Charity in India to serve the poorest of the poor. Known for her compassion and tireless service, she received the Nobel Peace Prize in 1979. Canonized in 2016, she is a global symbol of mercy, love, and humble devotion.
Feast Day: September 5th
Meeting Days: 2nd and 4th Saturday of the month
Venue: In Church



ST. THERESA OF THE CHILD JESUS, SCC

St. Therese of the Child Jesus (1873-1897), also known as the "Little Flower," was a French Carmelite nun who embraced a simple, humble path to holiness through love and sacrifice. Her "Little Way" inspired millions. Canonized in 1925, she is a Doctor of the Church and patroness of missions and florists.

Feast Day: October 1st
Meeting Days: Every Saturday
Venue: In Church



ST. THOMAS AQUINAS, SCC

St. Thomas Aquinas (1225-1274) was a Dominican priest and philosopher who united faith and reason. His work, Summa Theologica, shaped Catholic theology. Known for his clarity and depth, he was declared a Doctor of the Church and is the patron of students and scholars, inspiring generations with his intellectual legacy.

Feast Day: January 28th
Meeting Days: Alternate Mondays
Venue: In Church



ST. DOMINIC, SCC

St. Dominic (1170-1221) was a Spanish priest who founded the Dominican Order to preach truth and combat heresy. Known for his deep prayer, humility, and devotion to the Rosary, he emphasized education and evangelization. His legacy lives on through the Dominicans' global mission of preaching, teaching, and defending the faith.

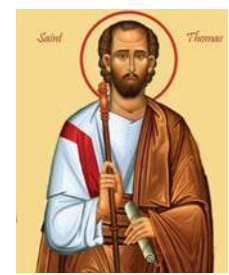
Feast Day: August 8th (Deepsea)
Meeting Days: Every Sunday
Venue: St. Joseph Deepsea



ST. FRANCIS OF ASSISI, SCC

St. Francis of Assisi (1181-1226) was an Italian friar who renounced wealth to live in poverty and serve the poor. He founded the Franciscan Order, preached peace, and embraced all creation as family. Known for his humility and love of nature, he is the patron saint of animals and ecology.

Feast Day: October 4th (Deepsea)
Meeting Days: Every Saturday
Venue: Masaai Village Chapel Hall (Parklands)



ST. THOMAS THE APOSTLE, SCC

St. Thomas the Apostle, known as "Doubting Thomas," was one of Jesus' twelve disciples. He is remembered for questioning Christ's resurrection until seeing His wounds. Tradition holds Thomas traveled to India, spreading Christianity and was martyred around 72 AD. He is the patron of architects, theologians, and the blind.

Feast Day: July 3rd
Meeting Days: Every Sunday
Venue:



ST. AUGUSTINE OF HIPPO SCC

St. Augustine of Hippo (354-430) was a brilliant theologian and bishop from North Africa. Once drawn to worldly pleasures, his conversion led to deep faith and influential writings like Confessions. A Doctor of the Church, he shaped Christian thought and is the patron of seekers, theologians, and philosophers.

Feast Day: August 28th (Deepsea)
Meeting Days: Every Sunday
Venue: St. Joseph Deepsea



ST. JOSEPH THE WORKER, SCC

St. Joseph the Worker is honored as the foster father of Jesus and a humble carpenter. Pope Pius XII established his feast on May 1, 1955, to highlight the dignity of labor and counter communist ideologies. He is the patron of workers, embodying integrity, hard work, and devotion to family and God.

Feast Day: May 1st (Deepsea)
Meeting Days: Every Friday
Venue: St. Joseph Deepsea



ST. MONICA, SCC

St. Monica (c. 331-387) was a devout Christian from North Africa, best known as the mother of St. Augustine. Through years of prayer, patience, and perseverance, she witnessed his conversion from a life of struggle to sainthood. She is the patron saint of mothers, wives, and those praying for loved ones.

Feast Day: August 27th (Deepsea)
Meeting Days: Every Sunday
Venue: St. Joseph Deepsea



ST. PETER & PAUL, SCC

Saints Peter and Paul were pivotal apostles in early Christianity. Peter, a fisherman, became the Church's first pope, while Paul, once a persecutor, converted and spread the Gospel across the Roman Empire. Both were martyred in Rome—Peter crucified upside down, Paul beheaded—honored together for their foundational witness.

Feast Days: June 29th (Deepsea)
Meeting Days: Every Tuesday of the month
Venue: Members Homes



ST. RITA, SCC

St. Rita of Cascia (1377-1457) was an Italian wife, mother, widow, and later an Augustinian nun. Known for her deep faith, she endured a difficult marriage and the loss of her family. She received a stigmata-like wound and became a symbol of forgiveness and perseverance. She is the patron of impossible causes.

Feast Day: May 22nd (Deepsea)
Meeting Days: Every Monday
Venue: St. Joseph Deepsea

A Jumuiya is a community of families and individuals walking together in faith. In Jumuiyas, we build faith, friendship, and a stronger Church - one family at a time.

WOULD YOU LIKE TO JOIN ONE?
If so, text or WhatsApp your name to the number: **0768767884** and we will get in touch.

Pontifical Missionary Childhood (PMC)- is a world-wide organisation under the patronage of the Pope.

Motto: 'Children Helping Children'



Who is invited to join? Every baptised child (up to 13 years old) is a member of the PMC. The introduction of Junior Secondary Schools has resulted in the formation of a new group within the PMC. The PMC Role Models are Grade 7 and 8 pupils. They have specialised instruction and a new uniform.

Vision: To foster Christian Faith and Missionary Formation of children and to help them to take responsibility in the Church as Missionaries.

Mission: To help children proclaim the Gospel to other children through their prayers, works of charity, inviting others to join them and providing material help to the most needy.



Patron: The Child Jesus
Patron Saints: St Therese of the Child Jesus, Martyrs of Uganda and St Maria Goretti
Role Model Saints: St Francisco and St Jacinta of Fatima



Missionary Youth Movement

(MYM - Identity seekers- Who are we in Christ?)

Motto: 'Fishers of Men.'



Who is invited to join? Teenagers from 14 - 18 years of age (School Grade 9 to Form Four)

Mission: To foster Christian faith and missionary formation through prayer, charity and sharing; helping teens grow as missionaries and mature leaders in the Church.

Vision: Youth as wealth - youth is valuable

Service - encouraging a Spirit of Service, using personal gifts for the Glory of God and helping others.

Integrity - Living lives of integrity, pursuing goals with determination and resisting corruption



Patron Saints: St Kizito and St Maria Goretti
Patron Saint of Kabete MYM: St Carlo Acutis

Youth Serving Christ (YSC)

Motto: 'Serving Christ, Changing lives'
(and having fun doing it)



Who is invited to join: Young people ages 18 - 26 years. YSC should be unmarried and without children, residing within the Archdiocese of Nairobi and wish to deepen their faith and walk with fellow young people.

Vision: To build a vibrant community of young believers dedicated to living out Christ's teachings and making a positive impact in the world.

Mission: Nurturing spiritual growth, foster unity and empower youth to serve Christ through faith-based activities



Patron Saint of YSC: St John Paul II



Young Christian Adults (YCA)

Motto: *'By Christ, For Christ.'*



Who is invited to join?: Young people 27 to 35 years old (The Legacy Seekers). It also includes those young people who are below 27 years but are married with children, or any other circumstance as may be approved by the Parish Priest or group chaplain.

Mission Statement:

- To fellowship together, inspire, evangelise and champion the Catholic Social Teachings (increasing our knowledge, love, and faith in God.)
- To create a learning, living and teaching environment for Young Catholic Adults founded in the Catholic faith.
- To harness skills, talents, gifts, core competences and capacities for Young Catholic Adults to create an impact in the community.



Patron Saint of YCA: St Oscar Romero

Missionary Youth Movement

(MYM - Identity seekers- Who are we in Christ?)

Motto: *'Strong in Faith.'*



Who is invited to join?: Baptised Catholic women who are at least 18 years of age; registered members of the Parish.

Vision: Seeking to bear witness to Christ and committed to the holistic development of Catholic women in Nairobi.

Mission: To empower Association members in the Archdiocese spiritually in order to strengthen their faith, evangelise families and society at large.



Patron Saint of CWA: St Monica (Mother of St Augustine)



Catholic Men Association (CMA)

Motto: “ ‘Good Men, Good Family, Good Church, Good Society.’ ”



Who is invited to join?: Catholic adult men baptised (or yet to be baptised before commissioning day) and willing to commit to participation in the formation classes after registration.

Vision: A CMA that enriches the society by living Gospel values in the Family, Church and Society.

Mission: To promote the family institution through companionship, fatherhood, and active participation in the Church’s mission of evangelisation and sanctification of humanity.



Patron Saint: St Joseph, the Husband of Mary

The Culmination of the Year of Hope: Walking Forward as Pilgrims of Hope

By Simon Mutunga, YCA, St Joseph Deep Sea

As the Year of Hope drew to a close, the community of St. Joseph Chapel Deepsea rejoiced with thankful praises, joyful dances, and songs of gratitude. We looked back with grateful hearts at how far the Lord had brought us and reflected with renewed confidence, knowing that the God who began this good work was far from finished with us.

This year taught us something beautiful: **hope was not wishful thinking**, nor was it mere optimism powered by crossed fingers. Hope was faith in action - sometimes quiet, sometimes bold, but always stubbornly alive. As some said, “Hope is trusting God even when the answer is still loading because His timing never buffers by mistake.” And it proved true time and again.



St Joseph Youth Pilgrims at the Subukia National Shrine in October 2025.

There were moments when progress felt slow, plans needed revision, and patience became a full-time ministry. Yet, by God’s grace, we achieved much; spiritually, communally, and missionally. The efforts of our **church leadership, devoted Small Christian Communities, and all liturgical groups** played a key role in making the year a success. God remained faithful to us; even when timelines stretched, His faithfulness never wavered.

The year bore witness to God’s works among us. From celebrating the **episcopal ordination of our then-parish priest in March**, to marking three priestly ordination anniversaries, to participating in several pilgrimages and community Christian works, hope did not remain a mere them: it became a lived experience. Through service, fellowship, prayer, and perseverance, we discovered that **hope grew strongest when shared**.

As we stood at the threshold of a new year, our hearts were filled with joyful expectation for 2026. Though we did not know all that the new year would bring, we trusted the One who went before us. **With hope as our compass and faith as our strength**, we stepped forward believing that greater things lay ahead: greater unity, deeper faith, and wider impact.



Faithful from St Joseph Deep Sea during mass at Namugongo Shrines last year.

The season also found us waiting in joyful hope for the birth of our Lord, Jesus Christ. **Advent reminded us** that God entered our world not with noise and spectacle, but with humility, love, and promise. In a manger, hope took on flesh, and ever since, the light of Christ continued to shine - sometimes softly, sometimes boldly - but never dimmed.

As **Pilgrims of Hope**, we understood that the journey mattered just as much as the destination. We may not have had all the answers, but we walked with confidence because our hope was anchored in Christ. Unlike worldly hope, this hope did not disappoint.

As the **Year of Hope** culminated, we did not merely close a chapter; we turned a page. With gratitude behind us and promise ahead, the community of **St. Joseph Chapel Deepsea** continued as a cradle of people of hope; people on a mission and ready for all that God would do next. Surely, if God had carried us this far, He had a great plan for us.

During the holidays, as we shared meals, danced, and sang, we were reminded that the **love of God engulfed each and every one of us**, and we awaited in joyful hope the birth of our Savior and a blessed, prosperous new year. **CE**

A Shared Victory: Our Kitchen Refurbishment Complete

'Give thanks to the Lord for He is good, His love endures forever.'
Psalm 107:1

With grateful hearts and joyful spirits, we are delighted to announce that the Consolata Youth Group (CYG) St. Joseph Deep Sea Nursery Kitchen Refurbishment Project is now complete!

This milestone is the fruit of extraordinary love, generosity, unity, and shared commitment across our Parish Community and friends of Consolata Shrine. Through the *'A Night To Remember: Once A Youth' Fundraiser Dinner* held on 1st of August 2025, we raised **Kshs 3,320,520/-**, with one pledge still outstanding. From this amount, **Kshs 938,340/-** was applied toward expenses incurred during the fundraiser dinner, while a portion supported approved youth formation and ministry activities. After these allocations and the completion of the kitchen works, the youth account balance currently stands at **Kshs 1,467,244/-**, which will be used to finance youth activities across the three different groups: Missionary Youth Movement (MYM), Youth Serving Christ (YSC) and Young Catholic Adults (YCA) in both Consolata Shrine and St. Joseph Deep Sea Chapel for the year 2025-2026.

The Kitchen before renovation



The old kitchen, showing the jikos and cooking area.

Originally, the plan had been to construct a new kitchen facility. However, following consultations with Parish Leadership, including The Parish Priest and members of Parish Pastoral Council (PPC), it was determined that, in light of the long-term Master Plan for Deep Sea, refurbishing the existing structure would be the most responsible and sustainable course of action at this time and would provide the community at Deep-sea a safe and hygienic place to make the meals for the children.

Refurbishment works began on 27th December at a cost of **Kshs 350,000/-**, and today we celebrate a transformed space which is safer, more functional, and better equipped to serve our children, youth, and parish gatherings. One of the workers even commented that they are now able to make plenty of chapatis for the children, something they could not do under the previous structure. Now with the flowing water, good ventilation (smoke has been redirected out of the kitchen), and better lighting, the community at Deep-Sea is drawing a lot of benefit from the improved structure.

The Kitchen after renovation



A Chef working in the newly renovated kitchen.



The clean and neat renovated kitchen.

What once required urgent attention has now been renewed into a facility that will support the community for years to come. They can now cook not only for school, but also for other activities like the upcoming family day, weddings, or special events. Even more so, they can hire it out for caterers to use



A group photo of the youths behind the project led by Ms Nyakinyua(l) and Felix(r), with St Joseph Workers.

when they need a kitchen, which can translate to additional income for the Deep-Sea community.

We extend our deepest and most heartfelt gratitude to all our sponsors: Our Parish Priest, Fr. Joseph Musito, the Parish Pastoral Council, the Allamano Board, AdvaTech, ICEA Lion Group, Safaricom, Farmers Choice, Equity, 365 Love Kenya, Kishirazi Design, M&N Cost Consultants, Camirel Limited, Sasini, Revolutionary Coffee, Rialto, The Warwick Hotel, Akello Karuga & Company Advocates, Parishioners, and all our friends who made this possible. Your financial contributions, pledges, prayers, encouragement, and trust carried this project from vision to reality. For each part you played, every step of the

way by praying for us, giving generously, and supported us behind the scenes, you are part of this achievement.

In a special way, we would love to appreciate our Chief Guest, Mrs Wambui Mwicigi-Muya who gave us her time, advice and her commitment throughout this journey. Our Patron and Matron, Mr & Mrs Kahuko who encouraged us, walked with us and loved us through it all. To the Consolata Youth Group, we appreciate the time, effort, sacrifice and love poured into this project. We would also like to thank the development committee of the shrine under the stewardship of Mr. Charles Mochoge, who ensured that this project was brought to life in the shortest time possible.

This kitchen stands as more than a renovated structure; it is a visible sign of what we can accomplish together through love, stewardship, collaboration, and faith.

We warmly invite you all to join us on the 22nd of March 2026 as we officially open the kitchen during the St. Joseph Deep Sea Family Day. Thank you for believing in the Consolata Youth Group and for walking with us in building a vibrant and mission-driven Parish Community. **CE**

With sincere appreciation,
The Consolata Youth Group (CYG) Leadership Team



The Chief Guest during the "Once a Youth A Night to Remember", Mrs Wambui Mwicigi-Muya



Beacon Boys Programme: Nurturing Tomorrow's Leaders

Overview of the Beacon Boys Programme, its purpose, core activities, areas of formation, and the significance of its structured monthly sessions held every second Saturday of the month under the CMA Mentorship.

1. The Beacon Boys Programme is the initiative of the Archdiocese which is implemented by the CMA.

It is designed as a holistic formation initiative. The programme focuses on nurturing boys into responsible, disciplined, morally grounded, and purpose-driven young men. It integrates character development, leadership formation, spiritual grounding, life-skills training, and community engagement into a single, coherent formation pathway.

2. Programme Overview

The Beacon Boys Programme is a values-based mentorship and leadership initiative that aims to develop boys into well-rounded individuals. Its goal is to provide guidance, stability, and positive direction at a critical stage in a boy's life. The programme is grounded in educational, spiritual, psychological, and social principles that support holistic development.

2.1 Vision

To nurture boys into morally upright, responsible, confident, and community-oriented young men who serve as beacons of integrity in society.

2.2 Mission

To provide structured, consistent, and holistic formation through mentorship, life-skills training, spiritual guidance, leadership development, and positive peer engagement.

2.3 Target Group

Boys typically in age groups 9 to 17 years.

3. Programme Structure

3.1 Monthly Sessions (Every Second Saturday of the Month)
The programme operates on a consistent cycle, meeting every second Saturday of the month from January through November. This structure ensures continuity, discipline, and long-term growth while giving participants adequate time to practice lessons learned.

3.2 Formation Model

The curriculum follows a progressive model where each month introduces a new topic or skill, reinforcing previous lessons and ensuring cumulative development.

3.3 Methodology

Formation approaches include:

- Group discussions
- Mentorship sessions
- Role-plays and simulations
- Presentations and demonstrations
- Spiritual reflections
- Team-building activities

- Peer feedback sessions

This blended methodology ensures that boys learn through experience, reflection, and practice.

4. Core Pillars of the Programme

The Beacon Boys Programme is built upon eight core pillars that guide its structure and content.

4.1 Character Formation

Character formation is the foundation of the programme. Boys are trained to cultivate:

- Integrity
- Honesty
- Respect
- Responsibility
- Self-discipline
- Empathy
- Courage
- Humility

Lessons on character are spaced throughout the year to ensure continuous reinforcement. Starting sessions in January emphasize identity, goal-setting, and personal values. As the year progresses, discussions become more practical, focusing on behaviour, decision-making, peer influence, and personal accountability.



A football team of the Beacon boys.

4.2 Leadership Development and Mentorship

Developing leaders of integrity is central to the programme. Boys are introduced to leadership principles such as:

- Initiative
- Effective communication
- Decision-making
- Teamwork
- Service leadership
- Conflict management »



» Mentors model these values, creating a mentorship culture that allows boys to learn from positive adult role models. Monthly meetings ensure that leadership growth is not a one-time event but a process shaped over months through practice, evaluation, and reflection.

4.3 Spiritual and Moral Grounding

Spiritual formation and moral education are integrated into the programme, especially for boys raised within Christian and Catholic traditions. Key areas include:

- Importance of prayer
- Understanding moral choices
- Respect for God, parents, peers, and community
- Living Christian virtues
- Applying faith in daily life

Sessions provide moral guidance while encouraging boys to develop a personal relationship with God. This spiritual grounding contributes to emotional stability, ethical behaviour, and inner discipline.

4.4 Life-Skills and Practical Competence

The programme equips boys with essential life skills needed for personal responsibility and future success. These include:

- Time management and planning
- Personal hygiene and grooming
- Study techniques and academic discipline
- Financial literacy and saving habits
- Digital responsibility and safe online behaviour
- Public speaking
- Emotional self-control
- Social etiquette and communication

Each of these topics is assigned to specific months, allowing boys time to practice and internalize the skills before new ones are introduced.

4.5 Positive Peer Interaction and Social Skill Development

The programme creates a safe and supportive space where boys form healthy friendships grounded in shared values. Sessions encourage:

- Teamwork
- Dialogue and listening skills
- Respect for differences
- Collaborative problem-solving
- Peer accountability

By meeting monthly, boys have regular opportunities to bond, share experiences, support each other, and grow in confidence. The group becomes a positive peer environment that counterbalances negative external influences.

4.6 Identity, Positive Masculinity and Purpose

Each boy is guided toward understanding his identity and developing a healthy concept of masculinity. Topics include:

- Self-awareness
- Body changes and puberty
- Emotional regulation
- Making responsible choices
- Long-term goal setting
- Understanding strengths and weaknesses

4.7 Service and Community Responsibility

The spirit of service is emphasized to teach boys that leadership

is expressed through helping others. Activities include:

- Home-based responsibilities
- Volunteering in church or community
- Acts of kindness like sharing.

Participation in group service projects like Cleaning the Church together with their CMA Mentors

Monthly sessions include reflection on personal acts of service, giving boys opportunities to share experiences and receive guidance on how to grow in generosity and community engagement.

5.1 Consistency and Routine

5.2 Reinforcement and Practice

Spacing sessions a month apart gives participants time to apply what they learn. This strengthens retention and promotes behavioural change.

5.3 Progressive Formation

5.4 Relationship Building

Boys develop trust with mentors and build strong friendships with peers. This relational continuity is essential for emotional and social growth.

5.5 Reduced Pressure

5.6 Holistic Impact

Boys grow spiritually, emotionally, socially, mentally, and academically.

6. Programme Outcomes

By the end of the January - November cycle, boys typically demonstrate:

- Improved discipline and self-control
- Increased respect for parents and authority
- Enhanced leadership skills
- Better communication and social etiquette
- Greater self-confidence
- Stronger spiritual grounding
- Improved academic discipline
- Ability to manage online spaces responsibly
- Appreciation for hygiene and personal grooming
- Awareness of purpose and personal goals

Additionally, they form friendships that support them through adolescence and prepare them for a responsible, purposeful future.

7. Conclusion

The Beacon Boys Programme is a transformative initiative that blends mentorship, spirituality, character development, leadership training, and practical life skills into a cohesive formation system. Its structured approach - meeting every second Saturday of the Month.

The programme plays a vital role in developing the next generation of responsible, value-driven, and purpose-oriented young men. Its impact extends beyond the boys themselves, enhancing families, churches, and the broader community through the positive values it instills. **CE**

2025 MYM CAMP REPORT ST ALOYSIUS GONGOZA CATHOLIC PARISH WAMBA SAMBURU COUNTY



The combined Missionary Youth Movement (MYM) of the Consolata Shrine and St Aloysius Gongoza Parishes in Wamba.

Last year, the MYM went to Our Lady of Sorrows Mujwa in Meru County. There we were hosted by Father Fredrick Ndirangu (who gave us a goat to share with the local youth) and his assistant Father Max (whom we knew from his time at Consolata Shrine).

This year, following consultation with Father Musito (our Parish Priest, who was familiar with the missionary parish), we went to spend three days at **St Aloysius Gongoza Wamba in Samburu County**. The Parish Priest at Wamba, Father Paul Otieno, greatly facilitated our visit but was unable to be with us due to a prior commitment.

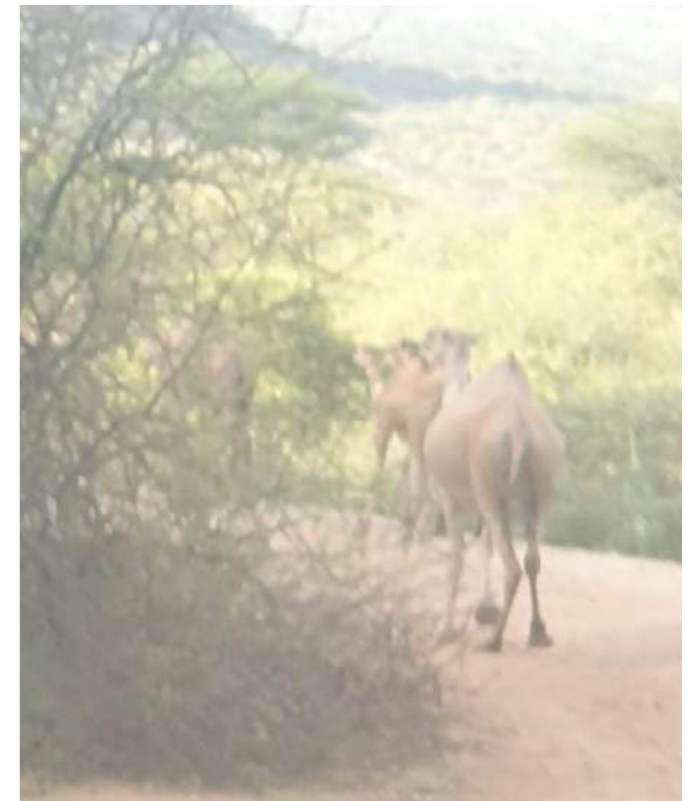
DAY 1

The day started at 5:00am. We were required to be at the church early due to the far distance; about 380 km. Our journey started at about 6:00am. We were accompanied by Fr. Makau and Tr Theodora, and left the big noisy city of Nairobi to head north. Along the way we had a couple of stops for refreshments and snack purchases. We passed major landmarks on the way such as the Sagana River and the famous Mt. Kenya. We then made a stop-over at about 1:00pm at Entrecote Cafe (Kisima Farm) just after Nanyuki. Here we were welcomed by amazing customer service and served delicious food.

We then continued on with the journey, past Isiolo and eventually branched off the highway headed to Marsabit at a sign post marked WAMBA. We then experienced a 53 km endless murrum stretch which we thought would never end.



Lunch break



Camels on the road to Wamba.

We managed to capture the sights of animals, such as camels, elephants and baboons, otherwise the surrounding environment looked rather dry with scattered trees and massive hills.

The bus arrived at Wamba at about 5:00pm. We took residence at St. Aloysius Gonzaga Catholic Church at the heart of the town. It was not to everyone's expectation as we entered but we were amazed at the quality of accommodation offered by the caretakers of the church. The church had about thirty »



The church compound in Wamba.

» guest rooms which were enough to accommodate us all. Each room had two beds which could accommodate two people.

During supper, we were shocked at the good quality of the food we were served based on the harsh conditions of the surrounding area. We also used this opportunity to celebrate the birthdays of Princess and Trevor. They were turning seventeen and fifteen years old respectively.

DAY 2

The day began at 6:00am. We were told earlier that the Missionary Youth Movement of the parish had been informed of our arrival and that they were eager to meet us. We were taken to their parish hall where they were utterly excited to see and interact with us. We first of all introduced ourselves to each other and were later intermingled into groups of the different parishes. We then had group presentations of kindergarten songs which gave us a perfect opportunity to also ask each other different questions about the local community.

We then had Mass at around mid-day with the local Missionary Youth Movement group.



Fr Nicholas Makau presiding at the Mass.



Consolata MYM proclaiming during the Mass.



Father Makau with altar servers including two members Consolata MYM.

Later, one of the MYM members of the Wamba Parish gave us an explanation of some of the cultures practised in the Samburu Community. One of them was circumcision, where the initiates are taken far from the town and towards the hills. This would usually happen when the initiate is around fifteen years old, depending on the community. Once a boy is circumcised they tease the local girls (their age mates) by threatening to shoot the girls in the ankle unless they hand over some form of beadwork (necklace or bracelet). The girls are aware and move small pieces of jewelry to handover.

The girls are prepared for early marriage with circumcision. This happens at ten years of age, depending on the community. The girl has no say in her choice of husband. Parents may choose an old man, about sixty years old who brings a bride offering of animals and food stuff. Later on, the girl is married off. This practice however, is being fought by the Church in the area since it denies the girl child a chance to continue with her education and freedom in her life. The women in the church plan to involve the men in the curbing both FGM and early marriages.

After lunch, we had sports activities, specifically football. The team of the local community MYM was a rather competitive one. As much as they were competitive, the game was enjoyable and interactive. After the games, Sister Joyce took us to the church farm where we passed by the Wamba Hospital which provides healthcare services to the local community. We then had a sumptuous supper and later lit the bonfire.



Beside the bonfire.

During the bonfire, the leader of the YSC gave us a talk on general situations that we, as teenagers, go through. We then retired to bed afterwards.

DAY 3

This was the day we were to visit the Huruma Home of the abled-differently. We woke up at about 6:00am to prepare for Mass at 6:30am. We then returned to the farm where we milked a cow. This was a first time experience for many.



Milking the cows.

After breakfast we went to the parish hall and Sister Joyce gave us her backstory leading to her being a religious sister. She explained to us how hard it was to make the decision but at long last, she arrived at her decision and chose to work at a hardship area. She then explained the work they do in the Huruma Home.

It is believed in the Samburu culture that when a mother gives birth to a disabled child, the family is cursed. So, after the birth of the child, the parents usually abandon the child in the hospital to the mercy of the sisters who work in the home.



The MYM with Sr Veronica and Sr Joyce at the Huruma Home. We took 75 kg of Rice, Cooking Oil and three crates of drinking water.

We were then taken to the home where we met Sister Veronica. She explained some of the hardships these children face. Due to their condition, they were unable to go to school. She also explained how it was difficult to identify their ailments since most of them had difficulty in speaking.

We were then taken round the rooms where they were being taken care of. Later we were given a chance to interact with the children and feed them their lunch. This was a reflection of how privileged we are and reminded us not to take even the smallest things for granted. After the exercise, we congratulated the sisters for the work they did in the home and acknowledged that not everyone is able to do the work that they do.

After lunch, we had a short game of football and later we went out of the church to visit the surrounding community and learn how they lived. We visited a few families in their homes (manyattas) and interacted with some of those who resided in them. The overall head of the youth accompanied us and explained how they coped with hard economic times as they struggled to meet their basic needs.



Amongst the manyattas.

We then walked towards the hill at about 3:00pm to view the sunset at the summit of the hill. The walk was long and tiring but it was worth it. When we managed to get to the top of the hill it gave us an opportunity to see a breathtaking view of the land which surrounded Wamba town. »



Walking to the sun set.



The beautiful Wamba Sunset.

» After the sunset we went back to the church and had some rest. We had our last supper of the camp and went to the bonfire for some bonfire games till late.

DAY 4

This was our last day in Wamba. We had our breakfast and went for prayers in the church. After prayers, the local MYM was waiting to bid us farewell. One of us gave a vote of thanks to Sister Joyce and the head of the youth in the church for our stay in the parish.

The work that they do should not be taken for granted: it was for the benefit of the community. After breakfast, we then packed our things into the bus and headed back to Nairobi bidding goodbye to the town of Wamba.

This camp gave us a chance to appreciate all that we have. We shouldn't take everything we have for granted but appreciate what we have in our lives. **CE**

*By Brian and Consolata Moracha
Missionary Youth Movement (MYM)
Consolata Shrine Westlands*



Fare well and thanksgiving prayers led by Madam Alda Ntipiyan; A community leader and CWA Moderator of the Parish.



Walking in the steps of St Jacinta and St Francisco - Being a PMC Role Model

Role Models are people whom you look up to and would love to be like. My name is Ekkaterrinah Mose. I am a PMC Role Model from Consolata Shrine. Being a Role Model comes with great responsibility and sacrifice. I can clearly relate with the concept because I am a first born. This means there is a lot of sacrifice for younger siblings. At first, I thought it was a bit unfair but as I grew older, I came to understand that it is not really unfair. I observed that there are things I can withstand but my younger siblings cannot.



A good example is when I had a doll and my younger sister wanted it. I had to give it to her with a heavy heart. I realised that I

was older than her, so I was bound to sacrifice.



PMC Role Model - Ekkaterrinah Mose.

A good example is when I had a doll and my younger sister wanted it. I had to give it to her with a heavy heart. I realised that I was older than her, so I was bound to sacrifice. **Basically, the main point is that when you are older or a Role Model, you should learn to sacrifice for the younger ones.** Not only that, we should guide them to the right path: what they see us do, they will do also. In that sense, when Role Models disobey the teachers they imitate and when they see us leading the Rosary, they also want to lead. This means that **we should make responsible choices which impact the younger ones positively: in any case, they are our future.**

Even though we are Role Models, we should look up to our Role Models; St Jacinta and St Francisco. They were deeply rooted in their faith and had a strong connection to the **Immaculate Heart of Mary**. They offered all their pain and suffering for sinners. They both died at a devastatingly young age and bore unbelievable pain, especially Jacinta. She suffered from the severe pneumonia that overtook Europe. The disease was slaying thousands and was after Jacinta. It was said that her arms were 'shockingly thin'. In addition, she had tuberculosis and a deep wound on her side. Jacinta died on 20 February 1910. On 4 April 1919 Francisco had died battling the same disease

Personally, I find their death tragic but they never complained: they actually »



PMC Role Model - Desmond Baraka.

» wanted to suffer more. In our lives today, we see suffering as a punishment or test. I feel that nowadays we prioritise ourselves: it's Me! Me! Me! We should not forget that **"A friend in need is a friend indeed!"**

"A Role Model is someone whose life is worth imitating. He or she must have certain qualities worthy of being copied. The saints for the newly formed Role Models are St Francisco and St Jacinta."

PMC Role Model Ekkaterrinah Mose. (14 years old)

A Role Model is someone whose life is worth imitating. He or she must have certain qualities worthy of being copied. The saints for the newly formed Role Models are St Francisco and St Jacinta. They were both born in Fatima, Portugal. Their family was very poor at the time but they were dedicated to Our Lady. Surprisingly, Mary appeared to Lucia, Jacinta and Francisco six times. On the thirteenth of each month (except August because they were jailed for interrogation) Mary would appear to the children telling them to pray the Rosary.

The reason why Mary appeared to them was because she was determined that the children should live a life of faith and service to God. She told them to **pray the Rosary every day for peace in the world, make sacrifices for the sinners in the world and to make reparation (doing something to show remorse) to the Sacred Heart of Jesus.**

During one of the apparitions they were shown a vision of hell. They saw people, their bodies in flames but they were not burning up. This scared the children and they promised to do all they had been told to do. They prayed the Rosary every day and also added the 'O my Jesus' Prayer after each decade of the Rosary. On 13 October 1917 they went to their grazing sites accompanied by their parents and thousands of people. Here they witnessed the Miracle of the Sun. After this miracle, the people began to believe in God and abandon their sinful ways.

Mary had spoken to the children, saying, *"Two of you will come to heaven straight away but Lucia will remain to help me in my request."*

The children wanted to know more about the urgent request: Mary wanted the Holy Father and all the bishops to consecrate Russia to her Immaculate Heart in order for the world to have peace. She had told them, *"If the consecration is not done, then a war much worse than this one will occur and the Holy Father will have much to suffer."*

Unfortunately, Francisco and Jacinta died from illness but Lucia remained until 2005. She was ninety- seven years old when she passed.

Their story teaches us about obedience, dedication and reparation. We should learn from the children of Fatima. The Archdiocese of Nairobi selected Jacinta and Francisco as our Role Models, not just for their sainthood, but their determination and persistence in prayer.

Their story teaches us about obedience, dedication and reparation. We should learn from the children of Fatima. The Archdiocese of Nairobi selected Jacinta and Francisco as our Role Models, not just for their sainthood, but their determination and persistence in prayer.

PMC Role Model Theodore Desmond Baraka (14 years)

St Francisco, pray for us. St Jacinta, pray for us. **CE**

Easter Word Search

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ANGELS
APOSTLES
BETRAYAL
BLOOD
CALVARY
CROSS
CROWN OF THORNS
CRUCIFIXION
DARKNESS
DEATH
EARTHQUAKE
EASTER
GOLGOTHA
HIGH PRIEST
JESUS CHRIST
JOSEPH
JUDAS ISCARIOT
KING
LAMB

MARY
NAILS
PASSOVER
PIECES OF SILVER
PIERCED
PILATE
RESURRECTION
ROBE
ROMANS
SACRIFICE
SIMON OF CYRENE
SOLDIERS
SON OF GOD
SPEAR
STONE
TEMPLE
THIEVES
THREE DAYS
TOMB



A Life of Mission, Service and Faithful Leadership

Honouring Rev. Fr. Angelo Riboli, I.M.C.”
12 May 1951 – 28 January 2026



cese of Maralal, **Monsignor Virgilio Pante** where he strengthened the diocesan administration, financial systems and development projects across the diocese. Through **Caritas** and other initiatives, he advanced healthcare, education, access to clean water and food security, bringing hope and practical support to the most vulnerable.

He managed **Wamba Hospital**, a beacon of care in a remote region and served as chaplain to prison inmates in Wamba, restoring dignity and comfort to those society often overlooked. Beyond his administrative and pastoral work, Fr. Riboli was a gifted artist of inculturation. He created murals that beautifully blended Gospel truths with local Samburu and Kenyan imagery at **Wamba Pastoral Centre** and **Simiti Chini Church**, leaving a lasting spiritual and cultural legacy.

From **2016 to 2019**, while en route to a new assignment in Ethiopia, he briefly served at the **Consolata Regional House in Nairobi**, where he was seconded to the **Allamano Centre Board** as a financial consultant. It was here that he coined the Board’s inspiring motto,

“Commitment to the end,”

which motivated the team to complete the construction of the **Allamano Centre at Consolata Shrine**, turning what seemed an insurmountable task into a celebrated achievement.

Kenya was his mission. Maralal was his workshop. The poor were his priority.

His life reflected the heart of the Consolata charism: total dedication, humble service and love for those in need.

May heaven now be his eternal dwelling place. Until we meet again in the Resurrection, we honour and give thanks for the life and ministry of **Rev. Fr. Angelo Riboli, I.M.C.** ☩

Rest in Eternal Peace.

The Catholic Church in Italy and Kenya mourned the passing of **Rev. Fr. Angelo Riboli, I.M.C.**, a devoted Consolata Missionary whose life exemplified faith, selfless service and unwavering dedication to the poor and marginalized. Over forty years, he served primarily in the Diocese of Maralal, Kenya, leaving an indelible mark on the communities he shepherded.

Born in Offanengo, Italy, Fr. Riboli was ordained on **23 September 1979**. Shortly after ordination, he was sent to Kenya where he worked closely with the founding Bishop of the Dio-

Remembering Sarah Fernandes: A Life of Faith, Service and Dedication

By Phyllis Kimbo, former Parish Pastoral Council Chair



The late Sarah Fernandes, one of the longest-serving former Secretaries of the Consolata Parish Pastoral Council.

The Consolata Shrine community mourned the passing of **Sarah Fernandes**, who peacefully departed on **3rd October 2025**. Sarah was a devoted parishioner whose unwavering faith, dedication and service left a lasting mark on many lives. Her presence at the Shrine brought comfort, inspiration, and joy, and her legacy continues to guide the parish community she so dearly loved.

I had the privilege of knowing Sarah for many years. She first served as Personal Assistant to the CEO at **Kenya Breweries Limited**, before moving closer to **Consolata Shrine** to work as Personal Assistant to the Chairman of **Simba Colt Motors**. It was during this time that she became an active member of the **Consolata Pastoral Council**, serving as Secretary with remarkable diligence.

One of Sarah’s most celebrated gifts was her **mastery of Pitman’s Shorthand**, a skill she wielded with unmatched precision. Her shorthand notes and record-keeping were legendary; every minute, report and document she produced was meticulous and reliable. Her professionalism ensured that the work of the Council and parish administration ran smoothly, earning the admiration and respect of all who worked with her.

Beyond her administrative talents, Sarah was deeply committed to the **spiritual life of the parish**. She was a familiar face at the **Adoration Chapel**, where she spent countless hours in prayer and she frequently assisted at Father’s House in financial and administrative matters. Her dedication was evident in the care and love she invested in every task, inspiring others to serve with equal devotion.

Sarah also played a pivotal role in several **key parish projects**. She foresaw and actively supported the construction of the **Allamano Centre**, a hub for parish activities and community gatherings. She also participated actively in the improvement of the Shrine’s **washroom facilities**, ensuring comfort and accessibility for all worshippers, and contributed

to the creation of the **modern Adoration Chapel**, a sacred space for prayer, reflection and spiritual renewal. These contributions reflected her vision, commitment and love for the Consolata Shrine community.

Sarah was not only a faithful servant of God but also a dear friend. On a daily basis, she shared words of hope and encouragement, reminding those around her of God’s presence and love. Her gentle spirit, humility and generosity made her a beloved figure in the parish, and her absence is deeply felt by all who knew her.

As we remember Sarah Fernandes, we celebrate a life dedicated to **service, faith and community**. Her legacy lives on not only in the projects she helped bring to fruition but also in the countless lives she touched with her kindness, wisdom and devotion. Though she was no longer with us in body, her spirit continues to inspire the Consolata Shrine family to live in faith, hope and love.

The parish community gave thanks for her life and prayed that the Lord, whom she served faithfully, would welcome her into His eternal kingdom. ☩

May her soul rest in eternal peace among the angels. Amen.

TRIBUTE TO SARAH FERNANDES

By Fr. Marino Gemma, former Parish Priest and current Rector of Resurrection Garden,

It is with a heart both heavy with loss and uplifted by gratitude that I offer these words in loving memory of Sarah. To speak of her is to speak of a life lived with quiet profundity, a life whose impact was felt not in fanfare, but in the steady consistency of her character. Attempting to capture her essence in mere words feels like trying to hold a sunbeam in your hand - you feel its warmth and see its light, but its true nature is too pure to be fully contained. This is a reflection on the profound void left by her absence, and the even more profound legacy of her presence.

To me, her absence creates a void on two fronts. Professionally, I have lost what can only be described as the perfect secretary - a pillar of efficiency, grace and unwavering reliability. She was the quiet engine of so much good work, and her absence will be deeply felt.

Yet, this professional loss, as significant as it is, feels almost secondary. Above all, I mourn the passing of a holy and devoted parishioner of Consolata Shrine. Her faith was not something she wore on her sleeve, but something she lived in her every action - a steady, gentle, and radiant light. I have so much to say about her, yet words often feel inadequate to capture the essence of a soul like hers.

Above all, I find myself simply feeling grateful. I am immeasurably happy and truly blessed for having met her along the journey of my life. She was a quiet example of what it means to live a life of faith, service and love.

It brings me to a thought that has been a comfort to me: there are proclaimed saints and unproclaimed ones. That is certainly the case with Sarah. Her sanctity was lived in the small, hidden moments - a word of encouragement, a patient smile, a prayer faithfully offered. While the Church may never formally recognize her name, I have no doubt that she has taken her place among the communion of saints in the presence of our Lord.



Sacraments Received

August 2025 – February 2026



MARCH	
THE HOLY FATHER'S INTENTION- Let us pray that nations move toward effective disarmament, particularly nuclear disarmament, and that world leaders choose the path of dialogue and diplomacy instead of violence.	
Sun 1	2nd SUNDAY OF LENT PMC Mass, 9am Perpetual Adorers: Eucharistic Rosary before Blessed Sacrament, after 1pm Mass CYG: Combined Mass at St Joseph's, Deep Sea Christian Education: Teachings on Church Doctrine Catechism: Parents meeting for First Holy Communion candidates, 2.30pm CJPD: Monthly Meeting Couples for Christ (Christian life program {CLP wk2}) 11am-12.30p
Thur 5	JCT and Jumuiya moderators meeting, 6pm
Fri 6	FIRST FRIDAY Way of the Cross (after 1.15pm Mass, 4pm and after 5.30pm Mass; 6pm St Joseph's Chapel)
Sat 7	CWA: Team building for International Women's Day YCA: Juvenile Prison visit, Kamiti Youth Correctional Centre Choirs: Recollection Catechism: Mass with presentation of Holy Bibles, First Holy Communion candidates, 10am Deanery: PMC Executive meeting at Consolata Shrine YSC Bible study on Ngong Hills CMA Priest Visit ANIAMTION OF THE HOLY ROSARY BY ST GREGORY CHOIR
Sun 8	3rd SUNDAY OF LENT Laudatte Sunday Deanery Pastoral Council meeting (Q1) CMA: Animation of 9am Mass followed by 11am meeting; Football match, 3pm St Joseph's Chapel: Lenten Recollection Catechism: 1 st Rite of Scrutiny for Adult Catechumens (2025-2026), 1pm Mass MYM: Meeting, 11am - 1pm CLM: Formation/Meeting Charities Committee: Retreat, 9am-5pm OLOF SCC: Q1 Charity Event Professionals: Meeting and Formation Couples for Christ (Christian life program {CLP Wk3}) 11am-12.30pm Wellness Centre & Counselling-Mental Health Literacy & Advocacy."
Thur 12	Seminar for all priests in the Parishes, Queen of Apostles, Ruaraka
Fri 13	Way of the Cross (after 1.15pm Mass, 4pm and after 5.30pm Mass; 6pm St Joseph's Chapel.
Sat 14	Deanery: PMC Music and Presentations (MAP), Parish Level Deanery: YSC Recollection, Resurrection Garden Deanery: Proclaimers Lenten Recollection, Our Lady of the Rosary, Ridgeways Catechism: Mass for Confirmation Candidates, 3pm St Theresa of the Child Jesus Mass at 4pm - Chapel ANIMATION OF THE HOLY ROSARY BY OUR LADY OF MOUNT CARMEL SCC



Sun 15	4th SUNDAY OF LENT SCC ELECTIONS (to be done on the Church premises) Shrine SCCs: Mass, 11am CMA: 2026 Cohort Formation Class, from 10.30am Divine Mercy: Formation, 2pm Couples for Christ (Christian life program {CLP wk4}) 11am-12.30pm
Tue 17	St Anthony of Padua SCC: Commencement of 13-week Novena in preparation for the feast day.
Wed 18	Charities Committee: Meeting Professionals: Virtual Talk
Thur 19	ST JOSEPH, HUSBAND OF MARY, Solemnity St Joseph's Chapel Community Feast Day
Fri 20	Way of the Cross (after 1.15pm Mass, 4pm and after 5.30pm Mass; 6pm St Joseph's Chapel) Proclaimers: Overnight retreat and charity, Sagana
Sat 21	ARCHDIOCESE: CMA PATRON SAINT DAY (St Joseph the Husband of Mary), St Joseph Institute Kamulu Grounds Deanery: CWA Annunciation Seminar, Holy Trinity Deanery YCA: Jericho Walk to Resurrection Garden, Holy Family Basilica Catechism: Day of Recollection, Adult Catechumens, (2025-2026) Legion of Mary: ACCIES, St Peter Claver Parish CJPD: International Day of Forests Perpetual Eucharistic Adorers: Meeting, 9.30am-1pm Our Lady Consolata SCC: Recollection and Charity ANIMATION OF THE HOLY ROSARY BY ST PADRE PIO SCC
Sun 22	5th SUNDAY OF LENT ST JOSEPH'S CHAPEL: FAMILY DAY SCC ELECTIONS (to be done on the Church premises), all Parishes Formation of parents and godparents for Infant Baptism, 2.30pm CSHG Management meeting Couples for Christ (Christian life program {CLP 5}) 11am-12.30pm
Wed 25	THE ANNUNCIATION OF THE LORD, Solemnity ANIMATION OF THE HOLY ROSARY BY ST CECILIA CHOIR
Fri 27	Way of the Cross (after 1.15pm, 4pm and after 5.30pm; 6pm St Joseph's Chapel)
Sat 28	ARCHDIOCESE: All Parishes Liturgy Committee Workshops, Queen of Apostles Deanery: PMC Music and Presentations (MAP), Consolata Shrine Deanery: All Choirs Recollection, St Raphael Kabete CMA: Visit and meal with the priests Catechism: Day of Recollection for First Holy Communion and Confirmation classes, Close Term 1 CWA: Act of Mercy, Visit to Kenya National Hospital YSC: Car wash Infant Baptism, 2.30pm Self Help Group: Members Training St Gonzaga Gonza SCC: Zumba Team Building St John Paul II SCC Mass and Charity 2.30pm ANIMATION OF THE HOLY ROSARY BY CONSOLATA SACRED HEART MOVEMENT
Sun 29	PALM SUNDAY OF THE LORD'S PASSION
Mon 30	HOLY MONDAY
Tue 31	HOLY TUESDAY

APRIL	
THE HOLY FATHER'S INTENTION —Let us pray for priests going through moments of crisis in their vocation, that they may find the accompaniment they need and that communities may support them with understanding and prayer.	
Wed 1	HOLY WEDNESDAY
Thur 2	HOLY THURSDAY Chrism Mass, 10am Holy Family Basilica The Lord's Supper Consolata Shrine 6pm and St Joseph's Chapel 5pm Eucharistic Adoration, 8pm - 9pm (followed by closure of the Adoration Chapel)
Fri 3	GOOD FRIDAY CYG: Animation of the Way of the Cross, 10am Solemn Celebration of the Passion of the Christ and Veneration of the Cross, 3pm Special collection for Holy Land Divine Mercy Group: Beginning of the Divine Mercy Novena
Sat 4	HOLY SATURDAY Easter Vigil <ul style="list-style-type: none"> ● Spiritual Preparation and rehearsals for Adult Catechumens, 9am ● Solemn celebration of the Easter Vigil Celebration of the Sacraments of Christian Initiation for Adults Class 2025-2026, 6pm <ul style="list-style-type: none"> ● Blessing of the fire in the church compound ● Lighting of the Easter Candle and Procession ● Easter Exultet ● Liturgy of the Word, Alleluia, Gregorian chant by priest/choir ● Liturgy of Baptism, Litany of the Saints, Blessing of the Baptismal Water, Baptism, renewal of Baptismal Promises, sprinkling of Holy Water ● Confirmation
Sun 5	EASTER SUNDAY
Mon 6	Easter Monday
Thur 9	SCC: JCT Meeting, 6pm
Sat 11	Deanery: PMC Moderators/Coordinators, St Catherine of Siena CMA: Beacon Boys Character Club activities/Hike/ Sports YSC: Movie night CLM: Charity Work at Sereoupi Archdiocese CJPD – Civic engagement Holy Family Basilica ANIMATION OF THE HOLY ROSARY BY ST TERESA OF CALCUTTA SCC
Sun 12	2nd SUNDAY OF EASTER – DIVINE MERCY Elections of Parish/Local Church Pastoral Council Leaders and Leaders of Ecclesial Movements and Associations MYM: Meeting, 11am - 1pm CMA: Meeting at 9am followed by 11am Mass Choirs: Easter Concert CJPD: Monthly meeting CLM: Day of Recollection Couples for Christ (Christian life program {CLP Wk5}) 11am-12.30pm Professionals: Meeting and Formation
Tue 14	PMC and PMC Role Model formations, separate groups (14- 17 April)
Thur 16	St Bernadette Soubirous of Lourdes



Sat 18	<p>Deanery CWA Council meeting SCCs: Jumuiya Charity Quiz, 2pm Self Help Group: Squirrel Event Couples for Christ – Precommissioning CFC retreat</p> <p>ANIMATION OF THE HOLY ROSARY BY ST FAUSTINA AND ST FRANCIS XAVIER SCCs</p>
Sun 19	<p>3rd SUNDAY OF EASTER Elections of Deanery Pastoral Council Executives and Leaders of Ecclesial Movements/Association Groups YSC: Commissioning of YSC, 9am CMA: 2026 Cohort Formation Class from 10.30am Shrine SCCs: Mass, 11am Divine Mercy: Formation, 2pm Formation of parents and godparents for Infant Baptism, 2.30pm Couples for Christ Commissioning 11am-12.30pm Wellness Centre & Counselling – Teen Parenting & Youth Resilience.</p>
Tue 21	MYM Formation directed by Archdiocese (21 - 24 April)
Wed 22	<p>Charities Committee: Meeting Professionals: Virtual Talk</p>
Fri 24	CMA: Visit and meal with the priests
Sat 25	<p>St Mark, Evangelist, Feast ARCHDIOCESE: PMC MUSIC AND ART PRESENTATIONS(MAP), Archangel Gabriel Parish Mutomo ARCHDIOCESE: MYM ANNUAL MASS, St Mary’s Msongari Infant Baptism, 2.30pm Couples for Christ – Pre-commissioning CFC Retreat</p> <p>ANIMATION OF THE HOLY ROSARY BY CONSOLATA CHARISMATIC PRAYER GROUP</p>
Sun 26	<p>4th SUNDAY OF EASTER Elections of Deanery Pastoral Council Executives and Leaders of Ecclesial Movements/Association Groups Youth Mass, 9am MYM: Meeting, 11am-1pm CWA: Meeting at 9am followed by 11am Mass ARCHDIOCESE: YSC ANNUAL MASS, St Mary’s, Msongari Charismatic Group: Worship Sunday, 2.30pm - 4.30pm Couples for Christ – CFC Commissioning</p>
Wed 29	<p>St Catherine of Siena, Virgin, Doctor, Memorial St Catherine of Siena SSC: Feast Day</p>
Thur 30	<p>Our Lady Mother of Africa, Memorial</p> <p>ANIMATION OF THE HOLY ROSARY BY THE ROSARY GROUP</p>