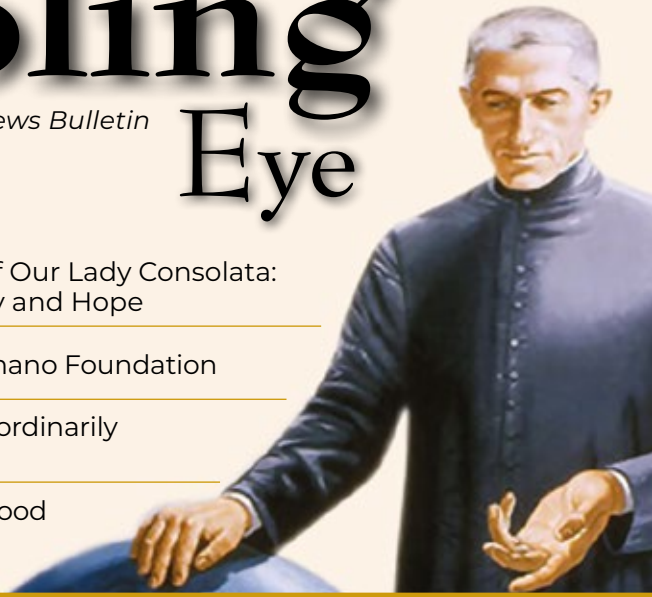


# The Consoling Eye

The Consolata Shrine Parish Quarterly News Bulletin



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By Clifford Oluoch

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## SPECIAL EDITION

# CONSOLATA, FAMILY DAY & THANKSGIVING

### ALSO INSIDE

**Gate & Gate House Ground Breaking**



**Consolata Shrine 2025 – 2030 Strategic Plan Launch**





JOIN US FOR THE SOLEMN CELEBRATIONS OF

# CONSOLATA FAMILY DAY & THANKSGIVING

**MAIN GATE / GATE HOUSE GROUND BREAKING**

**CONSOLATA SHRINE 2025 – 2030 STRATEGIC PLAN LAUNCH**

MAIN CELEBRANT:



**RT. REV. DAVID KAMAU**

AUXILIARY BISHOP OF THE ARCHDIOCESE OF NAIROBI

**21** 09:30AM  
**JUNE**  
**2026**

**AT THE CONSOLATA  
SCHOOL GROUNDS**

## PROGRAM

- 9:00am - Parishioners and invited guests to be seated
- 9:10am - Inspection of Guard of Honour mounted by Don Bosco Boys Band
- 9:20am - Main Gate & Gate House Blessings and Groundbreaking Ceremony
- 9:30am - Solemn Procession with the Icon of Our Lady Consolata
- 10:00am - Eucharistic Mass
- 12:00pm - Family (Harvest) Thanksgiving
- Launch of the Consolata Shrine 2025 – 2023 Strategic Plan
- Final Blessings
- Cutting of the Consolata Family Day Cake
- 1:30pm - Lunch, Children’s and general entertainment
- 5:00pm - Feast of Our Lady Consolata, Evening Mass



Dear Consolata Shrine Community; apolosite & ecclesial groups and parishioners, The Parish Pastoral Team with the Parish Pastoral Council wishes to welcome you all to the Consolata Shrine Community Forum. The forum is solely intended to disseminate important parish announcements and inspiration messages by the Pastoral Team.

**Kindly scan the QR Code to join.**



# The Consolata Shrine Pastoral Team



**Fr Joseph Musito**  
Parish Priest



**Fr. Deogratias Davie Kibirango**  
Assistant Parish Priest



**Fr. Nicholas Makau**  
Assistant Parish Priest

## Family Day and the Feast of Our Lady Consolata: A Celebration of Faith, Unity and Hope



**Fr Joseph Musito, Father in-Charge, Consolata Shrine.**

**T**he Feast of Our Lady Consolata on 21st June is a cherished moment in the life of our parish. It is a day when we gather not only to honour the Blessed Virgin Mary, our Mother Consolata, but also to celebrate the beauty of family life, the strength of our Christian community and the blessings God continues to pour upon us. This year's Family Day and Thanksgiving Celebration carries an even deeper significance as it marks the beginning of a new chapter in the history of our parish.

The family is the first school of faith, the first place where love is learned and the first community where Christian values are lived. By dedicating this feast to families, the parish reminds us that strong families build a strong Church and a strong society. In an age marked by individualism and many social challenges, the call to become a "family of families" is both timely and prophetic. Every home is invited to become a

small domestic church where prayer, forgiveness and mutual support flourish.

The celebration is also an occasion of thanksgiving. Gratitude is at the heart of Christian life. We thank God for the gift of faith, for the guidance of Our Lady Consolata, for the dedication of priests, religious and lay faithful and for the many blessings that have sustained our parish over the years. Thanksgiving also challenges us to recognise that every achievement is a shared responsibility and every blessing a call to greater service.

A major highlight of this year's celebration is the official launch of the Parish Strategic Plan. This vision is not simply an administrative document but a pastoral roadmap that seeks to transform our community into a **House of Prayer, a School of Faith, a Family of Families and a Centre of Hope and Mission.** These four pillars express the identity and mission of the parish. »

» As a House of Prayer, the parish seeks to deepen the spiritual life of every Christian through vibrant liturgy, Eucharistic devotion and personal encounter with Christ. As a School of Faith, it commits itself to continuous Christian formation for children, youth and adults. As a Family of Families, it promotes unity, inclusion and pastoral care for every member of the community. Finally, as a Centre of Hope and Mission, the parish reaches out to the poor, the vulnerable and those searching for meaning, carrying the Gospel beyond the church walls.

**“As a House of Prayer, the parish seeks to deepen the spiritual life of every Christian through vibrant liturgy, Eucharistic devotion and personal encounter with Christ. As a School of Faith, it commits itself to continuous Christian formation for children, youth and adults.”**

The feast will also witness the groundbreaking ceremony for the construction of the new parish gate, a symbol of welcome, safety, security and a renewed future. At the same time, the installation of kneelers on the church pews reflects our commitment to fostering reverence and deeper participation in prayer and worship.

This joyous occasion is further enriched by the recognition and welcoming of our parish leaders, whose generous service strengthens the life and mission of the community. Leadership in the Church is a sacred trust, rooted not in privilege but in servant leadership after the example of Christ.

As we celebrate Family Day under the loving protection of Our Lady Consolata, may this feast renew our faith, strengthen our families and inspire us to work together for the growth of our parish. United in thanksgiving and guided by a shared vision, we can build a community that truly becomes a beacon of prayer, faith, hope and mission for generations to come.

*May Our Lady Consolata intercede for us always.* ☩

**Fr Joseph Musito**  
Parish Priest  
Consolata Shrine

# From The PPC Moderator Desk



**Patrick Nderitu, Moderator**

It is with great joy that I welcome you all to a very special day in our parish calendar - **Our Lady Consolata Feast Day** and our **Family Day**.

Today, we celebrate our dear Mother Mary, venerating her as **Our Lady Consolata** and acknowledging her loving presence and constant intercession in our lives. We also gather as one Consolata family to pray together and give thanks to Almighty God for the many blessings He has bestowed upon us as families and as a parish community. This is your day, and I warmly welcome each one of you.

Since our last Family Day, the parish has remained vibrant and active, with most ecclesial groups successfully achieving the goals and activities they had set for the year. In accordance with the guidelines of the Archdiocese, elections were conducted for leaders across all ecclesial groups. Many

leaders who had completed their first term were re-elected to serve a second and final term, while a good number were elected to positions at the deanery and archdiocesan levels. We congratulate all those elected, wish them God's blessings in their service, and encourage you to support and pray for them as they undertake their responsibilities.

The mission of the Catholic Church is to proclaim Jesus Christ and serve Him in all our brothers and sisters. In our desire to contribute more effectively to this mission, we have developed and documented a parish strategic plan covering the period **2026-2030**.

The development of this strategy began with a parish-wide survey aimed at understanding the current state of our parish. The survey revealed that our parish community is composed largely of relatively young and well-educated »

## Popes Prayers intentions for the month of June & July 2026



**JUNE**  
**For the values of sports.**  
Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.

**JULY**  
**For respect for human life.**  
Let us pray for the respect and protection of human life in all its stages, recognizing it as a gift from God.

» individuals, with women making up approximately 60 percent of the congregation. Most parishioners are actively engaged in productive economic activities, whether through formal employment, self-employment, or business.

The survey identified the following as the key strengths of our parish: a strong foundation of worship that nurtures the spirituality of parishioners; rich and vibrant liturgical celebrations; strong devotional practices such as Eucharistic Adoration and Novenas; a welcoming parish environment; accessible priests and leaders who are responsive to the needs of parishioners; and an inclusive culture that embraces children, youth, seniors, and persons living with disabilities. These strengths form the foundation upon which we must continue to build as we strengthen our parish identity and support the spiritual growth of our community.

The survey further highlighted areas requiring greater attention. These include strengthening community life and fostering deeper relationships among parishioners beyond participation in Mass; improving communication through better use of digital platforms and more consistent information sharing; providing greater support to young couples and marriages under five years old; and investing more intentionally in youth formation to nurture the next generation of Catholic leaders.

Taking these findings into account, we developed our strategic plan with the invaluable support of the Parish Professionals Group. We sincerely thank them for their leadership, expertise, and commitment throughout the

***The survey identified the following as the key strengths of our parish: a strong foundation of worship that nurtures the spirituality of parishioners; rich and vibrant liturgical celebrations; strong devotional practices such as Eucharistic Adoration and Novenas; a welcoming parish environment; accessible priests and leaders who are responsive to the needs of parishioners; and an inclusive culture that embraces children, youth, seniors, and persons living with disabilities.***

***We humbly ask for your continued support, generosity and prayers as we undertake these projects. It is our hope and prayer that both initiatives will be completed before the end of this year.***

process. Above all, we thank Almighty God for guiding us and enabling us to successfully complete this important journey, culminating in the launch of our parish strategy today.

On the development front, we have made significant progress. We refurbished our public address system; enabling parishioners to participate fully in the liturgy regardless of where they are seated in the church. We also roofed the terrace on the right side of the church and installed a new screen, thereby expanding our seating capacity and accommodating our growing parish family.

We have now commenced a project to install cushions on the kneelers to make worship more comfortable for everyone. In addition, we are planning to modernise our main gate to enhance safety and security while improving the appearance of the entrance to our shrine. The groundbreaking ceremony for this gate modernization project is scheduled to take place today.

We humbly ask for your continued support, generosity and prayers as we undertake these projects. It is our hope and prayer that both initiatives will be completed before the end of this year.

As we celebrate this Feast Day and Family Day, let us renew our commitment to Christ, to one another, and to the mission of our parish. May Our Lady Consolata continue to intercede for us, guide our families, strengthen our faith, and lead us ever closer to her Son, Jesus Christ.

May God bless you all, and may you have a joyful and grace-filled celebration.

Thank you. ☩

**Patrick Nderitu**  
Parish Pastoral Council Moderator

# Consolata Shrine Parish Pastoral Council Executive (2026 – 2029)



**Patrick Nderitu**  
Moderator



**XXX**  
Vice Moderator



**XXX**  
Moderator – St Joseph Deep Sea



**Timothy Murunga**  
Secretary



**XXX**  
Vice Secretary



**XXX**  
Treasurer



# Parish Pastoral Council Members (2026 – 2029)



Parish Pastoral Council Members during the commissioning in the church March, 2026.



Parish Pastoral Council members in a group photo after commissioning in March, 2026.

# Consolata Shrine Leaders Elected at Deanery Level



**Timothy Murunga**  
Consolata Shrine – PPC Executive Secretary  
Kabete Deanery - Executive Council Vice Secretary



**Consolata Mwangi**  
Consolata Shrine – Moderator, CWA  
Kabete Deanery – Moderator, CWA  
Nairobi Metropolitan Archdiocese – Vice Moderator, CWA



**David Obonyo**  
Consolata Shrine – Secretary, CMA  
Kabete Deanery – Secretary, CMA



**Josephine Koki**  
Consolata Shrine – Catechist  
Kabete Deanery - Catechists Treasurer



**Grace Akinyi**  
Consolata Shrine – Secretary, Choir  
Kabete Deanery – Secretary, Choir



**Joyce Nderitu**  
Consolata Shrine - Moderator, Sacred Heart  
Small Christian Community  
Kabete Deanery - Vice Secretary



**Felix Waithaka**  
Consolata Shrine - Moderator, Youth Serving in  
Christ Kabete Deanery - Vice Moderator, Youth  
Serving in Christ



**Diana Mwaura**  
Consolata Shrine – Moderator, PMC  
Kabete Deanery – Moderator, MYM



**Lynn Nkathaa**  
Consolata Shrine – Moderator, PMC  
Kabete Deanery – Moderator, PMC



**Chris Agunga**  
Consolata Shrine – Moderator, CJDP  
Kabete Deanery – Moderator, CJDP

Let's congratulate our new leaders who will serve at the Kabete Deanery for the period 2026 - 2029  
  
We wish them God's blessings as they serve in their new roles



## READINGS

### THE SOLEMNITY OF OUR LADY CONSOLATA

#### FIRST READING

ZP 3: 14-18

*“Be glad exult with all your heart, daughter of Jerusalem”*

A reading from the prophet Zephaniah

Thus says the Lord: Shout for joy O daughter of Zion, Israel, shout aloud! Rejoice; exult with all your heart, daughter of Jerusalem! The Lord has repealed your sentence; he has driven your enemies away. The Lord, the king of Israel, is in your midst; you have no more evil to fear. When that day comes, word will come to Jerusalem; Zion, have no fear, do not let your hands fall limp. The Lord your God is in your midst, a victorious warrior. He will exult with joy over you, he will renew you by his love; he will dance with shouts of joy for you as on a day of festival.

*The Word of the Lord*

#### RESPONSORIAL PSALM

LK 1:46-55

*R. The Lord has consoled His people.*

1. My soul glorifies the Lord,  
My spirit rejoices in God, my savior.  
He looks on his servant in her lowliness;  
Henceforth all ages will call me blessed. R

2. The Almighty works marvels for me  
Holy His name!  
His mercy is from age to age,  
On those who fear Him. R

3. He puts forth his arm in strength  
And scatters the proud-hearted.  
He casts the mighty from their thrones  
And raises the lowly.  
He fills the starving with good things,  
Sends the rich away empty. R

4. He protects Israel, his servant,  
Remembering His mercy,  
The mercy promised to our fathers,  
To Abraham and his sons forever. R

#### SECOND READING

2 Cor 1:3-7

*“God consoles us in all our tribulations”*

A reading from the second letter of St. Paul to the Corinthians

Blessed be the God and Father of our Lord Jesus Christ, a gentle Father and the God of all consolation, who comforts us in all

our sorrows so that we can offer others, in their sorrows, the consolation that we have received from God ourselves. Indeed, as the sufferings of Christ overflow to us, so, through Christ, does our consolation overflow. When we are made to suffer, it is for your consolation and salvation. When, instead, we are comforted, this should be a consolation to you, supporting you in bearing the same suffering as we bear. And our hope for you is confident, since we know that sharing our sufferings you will also share our consolations.

*The Word of the Lord*

**Alleluia**

Rejoice O highly favoured! The Lord is with you; blessed are you among women.

**Alleluia**

#### GOSPEL

LK 1:26-38

*“Hail, full of grace, the Lord is with you”*

A reading from the holy Gospel according to Luke

The angel Gabriel was sent by God to a town in Galilee called Nazareth, to a virgin betrothed to a man named Joseph, of the house of David; and the virgin's name was Mary. He went in and said to her, 'Rejoice, so highly favoured! The Lord is with you'. She was deeply disturbed by these words and asked herself what this greeting could mean, but the angel said to her 'Mary, do not be afraid; you have won God's favour. Listen! You are to conceive and bear a son, and you must name him Jesus. He will be great and will be called Son of the Most High. The Lord God will give him the throne of his ancestor David; he will rule over the House of Jacob for ever and his reign will have no end.' Mary said to the angel, 'But how can this come about, since I am a Virgin?' 'The Holy Spirit will come upon you,' the angel answered, 'and the power of the Most High will cover you with its shadow. And so the child will be holy and will be called Son of God. Know this too: your kinswoman Elizabeth has, in her old age, conceived a son, and she whom people call barren is now in her sixth month, for nothing is impossible to God.' 'I am the handmaid of the Lord,' said Mary, 'let what you have said be done to me.' And the angel left her.

*The Gospel of the Lord*

#### MARIAN PROCESSION

MARIA CONSOLATA – Sakora

*(Ee Mama Bikira, Maria Consolata.) x2*

*(Ndiwe mfariji zetu, mwingi wa huruma,*

*Twakukimbilia, twakukimbilia Mama.) x2*

1. Usituache, Mama, sisi wana wako,  
Ee Mama Maria utuombee.  
Utuongoze, Mama, kwa Mwanao mpenzi,  
Ee Mama Maria utuombee.
2. Twakukabidhi, Mama, familia zetu,  
Ee Mama Maria utuombee.  
Uendele, Mama, kuzilinda vyema,  
Ee Mama Maria utuombee.
3. Uwafarihi wote wanaoteseka,  
Ee Mama Maria utuombee.  
Wadhambi na wagonjwa uwasaidie,  
Ee Mama Maria utuombee.

TUMWIMBIE MARIA – Mukoto

*{Tumwimbie Maria, nyimbo zetu tumshangilie.} x2*

1. Kwa utiifu alikubali kuibeba mimba ya Mungu,  
Ndipo nasi tuweze pata kuuona 'falme wa mbingu.
2. Ya dunia yote kaacha kuifuata amri ya Mungu,  
Amzae Yesu Masihi, Mkombozi wa wanadamu.
3. Ya asili dhambi kakingwa, hata doa la dhambi hana,  
Kwa ukamilifu wake, twapokea neema tele.
4. Tunapochunwa na shetani macho yetu  
yanamtazama,  
Kimbilio letu wanae, nani kama mama Maria.

NYOTA YA MATUMAINI – Mkola

1. Mama yetu Maria ni mama wa neema,  
Tena ni kimbilio la watu wote wakosefu;  
Ni msaada wa kweli, mama tuombee.

*(Ni nyota) Ni nyota, ni nyota,*

*Mama yetu Maria ni nyota ya matumaini. (x2)*

2. Mlango wa mbinguni, sanduku la agano,  
Malkia wa amani, malkia mwenye huruma,  
Mama mpendelevu, mama tuombee.
3. Nyota ya asubuhi ni mnara wa pembe,  
Kimbilio la wakosefu, mama utuombee,  
Mama yetu, Maria, kiongozi wetu.
4. Twakushukuru mama kwa maombezi yako,  
Na kwa neema zote unazotuomba mama,  
Malkia wa amani, mama tuombee.

NYOTA YA ASUBUHI – Kavakule

*{Izameni (nyota) ya asubuhi,*

*Inang'aa (ha)kika yapendesa.} x2*

*(Nyota hiyo (ni) Mama Maria,*

*Njooi nyote tumshangilie Mama.) x2*

1. Yeye ndiye bikira amini,  
Yeye ndiye nyumba ya dhahabu.
2. Yeye ndiye mlango wa mbingu,  
Yeye ndiye chombo cha heshima.
3. Yeye ndiye Mama mpendelevu,  
Yeye ndiye asiye na dhambi.
4. Yeye ndiye Bikira wa enzi,  
Yeye ndiye Mama wa huruma.

## SONGS

MAMA MARIA POKEA ZETU SALAMU – Kavakule

*(V: Mama Maria, pokea zetu salamu,*

*W: Twakusalimu, ee Mama wa Mkombozi,*

*Leo twakuimbilia tukikushangilia.) x2*

1. Utuombee kwa mwanao Yesu Kristu, tupate heri na maisha ya furaha.
2. Maombi yetu pamoja na salamu zetu, zifike kwake Yesu Mkombozi wetu.
3. Twakusalimu salamu Mama Maria, mbarikiwa uliye jaa neema.
4. Twakuimbilia kwa shangwe pia furaha, twakusalimu pokea zetu salamu.

JINA MARIA – Kayetta

*Jina Maria jina tukufu,*

*La furahisha la tutuliza,*

*Hata malaika wanaliimba siku zote*

*(Wakisema bila mwisho:*

*Ave, ave Maria.) x2*

1. Jina Maria, jina tukufu,  
La furahisha, la tutuliza.
2. Jina Maria jina tukufu,  
La tuletea neema ya Mungu.
3. Jina Maria jina tukufu,  
La wafukuza pepo wabaya.
4. Jina Maria jina tukufu,  
La wapendeza watakatifu.

AVE MARIA (JINA MARIA) – Kavakule

*V: Jina Maria*

*W: Ni jina tukufu;*

*V: La furahisha,*

*W: Linatutuliza;*

*Malaika mbinguni wanaliimba, usiku na mchana wanaliimba*

*(Wakisema Ave, Ave Maria;*

*Ni jina tukufu, jina la Maria.) x2*

1. Maria, mama wa Mungu, 'tuombee,  
(‘Tuombee kwa mwanao Yesu Kristu.) x2
2. Jina lako siku zote lapendeza,  
(Wewe uliye mnara wa Daudi.) x2
3. Jina lako siku zote lapendeza,  
(Wewe uliye malkia wa mbinguni.) x2
4. Twaliimba jina lako siku zote,  
(Jina Maria linatufurahisha.) x2

#### ENTRANCE HYMNS

NJOONI TUNGIE – David Okoth

1. (V: Njooi tuingie nyumbani mwa Bwana;  
W: Njooi tuingie nyumbani mwake.  
V: Wazee ingieni nyumbani mwa Bwana;  
W: Njooi tuingie nyumbani mwake.) x2

*{Tunaingia – Kwa vijijo na shangwe;*

*Kwa ngoma safi – Na madaha na maringo.*

*Tujiandae – Tuombe radhi kwa Mungu;*

*Atutakase – Tukamtotee sadaka.}x2*



- (V: Vijana furahieni ulinzi wa Mungu;  
W: *Njooi tuingie nyumbani mwake.*  
V: Pamoja tujongee tupige makofi;  
W: *Njooi tuingie nyumbani mwake.*) x2
- (V: Mwenyezi atupenda kwa pendo la kweli;  
W: *Njooi tuingie nyumbani mwake.*  
V: Kwa kweli tumeumbwa kwa mfano wake;  
W: *Njooi tuingie nyumbani mwake.*) x2

**TWENDE NYUMBANI – Mueke**

- (V: Nalifurahi waliponiambia twende nyumbani mwa Bwana,  
W: *Nalifurahi waliponiambia tawende nyumbani mwa Bwana.*) x2

*Tawende nyumbani, tawende nyumbani,  
Njooi tuingie nyumbani mwake Bwana Mungu.  
(Inapendeza.) Tawende nyumbani, tawende nyumbani,  
Njooi tuingie nyumbani mwake Bwana Mungu.*

- Nyumba ya Mungu yakuabudiwa, njooi tukamuabudu. (x2)  
Nyumba ya Mungu inayopendeza kweli imejaa baraka. (x2)
- Nyumba ya Mungu ni yenye amani pia ni yenye upendo. (x2)  
Tufurahie nyumbani mwa Mungu kwani ni yenye furaha. (x2)
- Tucheze ngoma, kinanda, kinubi, gita, kayamba na zeze. (x2)  
Tumuimbie anaye stahili kwani ni Mungu milele. (x2)

**NALIFURAHİ SANA – Matoke**

V: *Nalifurahi sana waliponiambia*

W: *na tawende.*

V: *Furahi sana waliponiambia*

W: *na tawende*

(*Nyumbani mwa Baba tawende,*

*Nyumbani mwa Baba tawende.*) x2

- Nitakushukuru kwa moyo wangu wote – nitakushukuru.  
Mbele ya miungu kuimba zaburi – nitakushukuru.
- Nitakusujudu katika nyumba yako – nitakusujudu.  
Nitalishukuru jina lako, ee Bwana – nitalishukuru.
- Kwa fadhili zako na uaminifu wako – nitakushukuru.  
Kwa maana wewe umekuza ahadi – nitakushukuru.
- Nilipokuita uliniitikia – nitakushukuru.  
Ukanifariji, ukanitita nguvu – nitakushukuru.

**INTO YOUR SANCTUARY – Ifeanyichukwu Eze**

*Into Your Sanctuary we've come t'adore You, Lord. (x2)*

*In adoration and praise, we glorify Your holy Name.*

*Into Your Sanctuary we've come t'adore You, Lord.*

- We thank You, Lord, for the gift of life in us,  
We rev'rence Your holy Name, oh our God.
- With sweet melody of joy our mouth is full of praise  
For one day in your house is better than a thousand elsewhere.
- Hide us under the shadow of Your wings,  
That we may overcome the tribulations of the world.
- Let glory and honour be ascribed to the Father,  
The Son and the Holy Ghost for ever more.

**BWANA UTUHURUMIE: BANANA – Matoke**

All: Bwana tuhurumie,  
Bwana utuhurumie,  
Bwana utuhurumie, utuhurumie) x2  
SA: Kristo utuhurumie,  
All: Kristo utuhurumie,  
Kristo utuhurumie ) x2

All: Bwana tuhurumie,  
Bwana utuhurumie,  
Bwana utuhurumie, utuhurumie) x2

**UTUKUFU: BANANA – Matoke**

- Utukufu kwa Mungu juu mbinguni,  
Na amani duniani, kwa watu aliowaridhia
- Tunakushukuru kwa ajili, ya utukufu, wako mkuu, ee Bwana Mungu Mfalme wa mbinguni
- Mungu Baba Mwenyezi, Ee Bwana Yesu, Kristo mwana pekee, ee Bwana Mungu, Mwana Kondoo wa Mungu mwana wa Baba
- Mwenye kuondoa dhambi za ulimwengu, utuhurumie, Mwenye kuondoa dhambi za ulimwengu poka ombi letu
- Mwenye kuketi kuume kwa Baba, utuhurumie, kwa kuwa ndiwe, uliye peke yako, Mtakatifu
- Peke yako Bwana, peke yako, u---liye juu kabisa, juu—kabisa Yesu Kristo
- Pamoja na Roho, Mtakatitifu, Ka----tika, utukufu, wa Mungu Baba a---mina.

**BIBLE PROCESSION**

**NIMESIKIA BWANA – Kavakule**

- Nimesikia Bwana wewe waniita,  
Nikatangaze neno lako Bwana. (x2)

**Nami nakuja, ninakuja, nakuja, nitume mimi Bwana. (x2)**

- Milima na mabondeni unitume mimi,  
Nikatangaze neno lako Bwana. (x2)
- Kwa waliowagonjwa unitume mimi,  
Nikatangaze neno lako Bwana. (x2)
- Kondoo wako Bwana wafike mbinguni,  
Nikatangaze neno lako Bwana. (x2)
- Popote duniani unitume mimi,  
Nikatangaze neno lako Bwana. (x2)

**THE WORD OF GOD – Shilingi**

*(The word of God, this is the word of God.*

*The word of God is our tool.) x2*

- The word of God is our love; the word of God is our tool. (x2)
- The word of God is our life; the word of God is our way. (x2)
- The word of God is our strength; the word of God is our light. (x2)
- The word of God gives us food; the word of God makes us drink. (x2)
- The word of God protects us; the word of God delivers us. (x2)

**GOSPEL ACCLAMATION: BANANA**

V: Alleluya  
W: Alleluya, alleluya alleluya. (x2)

**OFFERTORY**

**NTHEMBO TENE – Munywoki**

- Nthembo tene nisyaumaw'a – ni etikili ivinda ya tene,  
(*Long ago, sacrifices were being offered by believers*)  
Nisyaumaw'a na kuthembwa – nthembo kwa Ngai Asa. (x2)  
(*They offered the sacrifices to God the Father*)

**Tumuthembe – Ngai tumuthembe. (x2)**

(*Let us present our offerings to God.*)

**Na makwasi – Ngai tumuthembe.**

(*Sweet potatoes – offer them to God.*)

**Na malenge – Ngai tumuthembe;**

(*Pumpkins – offer them to God;*)

**Tumuthembe – Ngai tumuthembe.**

(*Let us present our offerings to God.*)

- Syindu syonthe ila twinasyo – Mbui na ng'ombe syonthe ni syake.  
(*All that we have – Goats and cows belong to Him.*)  
Mbemba, mboso, nduma na maiu – Nthembo kwa Ngai Asa.  
(*Maize, beans, arrow roots and bananas – Let us offer them to God the Father.*)
- Tumye nthembo ta Aveli – Ngai Asa atuathime.  
(*Like Abel, let us offer our sacrifices, and God will bless us.*)  
Tuete syonthe kithembeoni – Nthembo kwa Ngai Asa.  
(*Let us offer all we have to God the Father.*)
- Avalaamu niwaumisye – Nthembo ya mwana wake.  
(*Abraham offered sacrifice of his only son to God the Father.*)  
Amuthembe Ngai Asa – Ngai amuathime.  
(*And God blessed him.*)

**EARTHLY GIFTS – Atuanya**

*Earthly gifts we offer you, oh God.*

*(Receive us, oh God and bless us.*

*Shower your blessings upon us.) x2*

- We give you Bread, Bread and Wine,  
*Come, come, come, come and bless your people.*  
Receive our Bread we give to you,  
*Come, come, come, come and bless your people.*
- We give you gifts from our hearts,  
*Come, come, come, come and bless your people.*  
Receive our gifts we give to you,  
*Come, come, come, come and bless your people.*
- We give you praise and thanks,  
*Come, come, come, come and bless your people.*  
Receive our praise we give to you,  
*Come, come, come, come and bless your people.*

**LETENI SADAKA KAMILI – Kalimsenga**

**Leteni sadaka kamili ghalani. (x2)**

**(Ili chakula kiwemo katika nyumba yangu,  
Asema Bwana, Bwana wa majeshi.) x2**

- Mkanijaribu kwa njia hiyo – *Asema Bwana;*  
Nitafungua milango ya mbingu – *Asema Bwana;*  
Na kuwamwagia baraka tele – *Asema Bwana;*
- Mimi ndimi mgawa wa vipaji – *Asema Bwana;*  
Nitawaongezea maarifa – *Asema Bwana;*  
Ya kuyashinda magumu yote – *Asema Bwana.*
- Mtakachokiomba nitawapa – *Asema Bwana;*  
Nitawapa vyeo na mali nyingi – *Asema Bwana;*  
Na kuondoa umaskini – *Asema Bwana.*
- Nitawalinda na kuwastawisha – *Asema Bwana;*  
Nanyi mtazaa matunda mema – *Asema Bwana;*  
Yatakayodumu milele yote – *Asema Bwana.*

**PRESENTATION**

**TWENDE WOTE ASTE ASTE (SADAKA) – Onyonka**

*Tawende wote aste aste na sadaka mikononi, vipaji mbali mbali,*

*Tawende wote kwa furaha,*

*Mungu aweza tubariki, Mungu aweza tuongoza,*

*Na tuseme aleluya daima na milele. (x2)*

- Mungu Baba tubariki, Mungu Mwana tukomboe,  
Naye Roho Mtakatifu atuongoze daima.
- Sadaka zetu mikononi matoleo kwako Baba,  
Vyote vyako Mungu wetu, tubariki daima.
- Watoto wetu twatoa kwako kufanya kazi ya Mungu,  
Watoto wako Mungu wetu wabariki daima.
- Mali yote yatoka kwako, mifugo mimea pia kwako,  
Twasema asante Mungu wetu, usifiwe daima.
- Kaka, dada, usiachwe nyuma zawadi yako mikononi,  
Ili ujazwe baraka tele kwake Mungu wetu.
- Ingawa Baba ni kidogo poka zawadi zetu,  
Tumetoa kulingana na uwezo wetu.

**NGINYUKITIE NGUITE**

- Nginyukitie nguite mugate na ndibei,  
(*I am coming forward carrying bread and wine*)  
Niguo ngutegere Mwachani ciamukire. (x2)  
(*so that I may offer them to You, Lord receive them.*)

**Ndahoya (Ngai), (Ngai) ndahoya,**

(*I beseech you God, God I beseech You*)

**Ngai unjitururie irathimo ciaku. (x2)**

(*God, pour out your blessings upon me*)

- Moko–ini ma muguthinjiri amukira mbeba,  
(*Through the hands of your priest, receive my {..offering of.. } money*)  
Gacunji kanini tu ka nyingi uheete. (x2)  
(*only a fraction of the much you have given me*)
- Nguite na moko magetha kuma migunda,  
(*I carry in my hands the harvest from the farm(s)*)  
Maciaro ma mimera iria tuhandaga. (x2)  
(*fruits from the crops that we plant*)
- Kenio ni magetha maya ndiragutegera,  
(*Be pleased with this harvest that I offer to You*)  
Ni uthaka na riri wa bururi uyu witu. (x2)  
(*It is the prosperity of our land*)



- Irathimo ciaku ni nyingi wee Ngai wakwa, *(Your blessings are bountiful, o my God)*  
Ndakuhoya Mwathani unjitururirie. (x2)  
*(I beseech you Lord, that you may pour them out on me)*

**ANAMIANG'O – Odongo**

*{Anamiyang'o Nyasaye wuora madimoringa,*

*(What shall I offer to God my Father, my protector?)*

*In michiwo ngima mane Adam wuora nosekoga wito.} x2*

*(You are the giver of the life that Adam our father threw away.)*

*{Abiro gi yilo, abiro gi muolo, abiro gi mor koro akelo mich ma an godo.} x2*

*(I come with joy, I come with humility, I come with happiness as I bring the little that I have.)*

- Pesa mawagole ofuke wan wakeloni gi mor,  
*(The money that we remove from our pockets, we bring to you with joy.)*  
Yie igwedhgi jalamo wan wakeloni gi hera.  
*(Please bless it Lord, we bring it to you with love.)*
- Bando mawagolo epuotho wan wakeloni gi mor,  
*(Maize that we have got from our shamba we bring to you with joy)*  
Yie igwedhgi jalamo wan wakeloni gi hera.  
*(Please bless it Lord, we bring it to you with love.)*
- Mwandu mawagolo emiere wan wakeloni gi mor,  
*(The riches that we got from the land, we bring to you with joy.)*  
Yie igwedhgi jalamo wan wakeloni gi hera.  
*(Please bless it Lord, we bring it to you with love.)*
- Rombe mawagolo ekunde wan wakeloni gi mor,  
*(The sheep that we have from the shed, we bring to you with joy.)*  
Yie igwedhgi jalamo wan wakeloni gi hera.  
*(Please bless it Lord, we bring it to you with love.)*
- Dhok mawagolo ekunde wan wakeloni gi mor,  
*(The cows that we have from the shed, we bring to you with joy.)*  
Yie igwedhgi jalamo wan wakeloni gi hera.  
*(Please bless it Lord, we bring it to you with love.)*

**BLESSING OF GIFTS**

**RECEIVE O LORD – Syote**

*(Receive, O Lord our offering,*

*And hear our prayer as we pray to you.*

*Receive, O Lord, our offering,*

*And hear our prayer to you.) x2*

- We offer unto you our offering and prayer,  
May it be pleasing and befit us salvation.
- Sanctify your people by the Sacrifice of your Son,  
Wash our sins away and strengthen us to serve you.

**MTAKATIFU: BANANA – Matoke**

Mtakatifu, mtakatifu, mtakatifu Bwana Mungu wa majeshi.

(x2)

(Mbingu na dunia zimejaa utukufu wako,

Mbingu na dunia zimejaa utukufu wako.) x2

*Hosana, hosanna, hosanna, juu mbinguni x2*

Mbarikiwa, a—jaye, a—jaye, kwa jina la Bwana (x2)

*Hosana, hosanna, hosanna, juu mbinguni x2*

**FUMBO LA IMANI: BANANA – Matoke**

Ee Bwana tunatangaza kifo chako,

na kutukuza ufufuko wako (mpaka, utakapo kuja) x2.

**AMINA: BANANA – Matoke**

V: Amina,

W: Amina, Amina, Amina) x2

**SIGN OF PEACE: AMANI IKALE – Maitha**

V: Amani ya Bwana ikale nawe, ikale nawe;

*(Peace of God stay with you, stay with you.)*

W: **Ye ye ye ye ye,**

(V: Amani,

W: **Amani ya Bwana, amani ya Bwana ikale nawe,**

**Ikale nawe, asena, ikale nawe.) x2**

*(Peace of God, peace of God stay with you, stay with you friends,*

*stay with you.)*

V: Mahenzo gha Bwana ghakale nawe, ghakale nawe;

*(Love of God stay with you, stay with you)*

W: **Ye ye ye ye ye,**

(V: Mahenzo,

W: **Mahenzo gha Bwana, mahenzo gha Bwana ghakale nawe,**

**Ghakale nawe asena, ghakale nawe.) x2**

*(Love of God, love of God stay with you, stay with you friends,*

*stay with you.)*

V: Faraja ya Bwana ikale nawe, ikale nawe;

*(God's comfort stay with you, stay with you)*

W: **Ye ye ye ye ye,**

(V: Faraja

W: **Faraja ya Bwana, faraja ya Bwana ikale nawe,**

**Ikale nawe asena, ikale nawe.) x2**

*(God's comfort, God's comfort stay with you, stay with you*

*friends, stay with you.)*

**MWANA KONDOO: BANANA – Matoke**

Mwana Kondoo wa Mungu, uondoaye dhambi, za ulimwengu,

utuhurumie x2

Mwana Kondoo wa Mungu, uondoaye dhambi, za ulimwengu,

(utujalie, a—mani, utujalie, amani) x2

**COMMUNION**

**YESU NAKUPENDA – T. Swai**

*{Ee Yesu natamani uwe wangu siku zote,*

*Na mimi niishi nawe, niwe wako milele.} x2*

*{(Kweli) Yesu (wangu) nakupenda, (Ingia) ndani mwangu*

*unilinde,*

*Nijalie Bwana wangu nikupende siku zote.} x2*

- Ee Yesu uwe nami katika Ekaristia,  
Niweze kuvishinda vishawishi vya yule mwovu.
- Unitakase Yesu kwa Mwiliyo na Damuyo,  
Nishe niwe safi niziepuke tamaa mbaya.
- Mwokozi nakupenda, njoo Yesu niishi nawe,  
Nijalie Bwana wangu nilidumishe pendu lako.
- Unijalie Yesu nilijue neno lako,  
Nilitangaze kwao watu wote wa dunia.
- Unipe ujasiri wakuhubiri wewe,  
Niyafanye matajifa yote yakufuate wewe.
- Ee Yesu uwe nami katika Ekaristia,  
Niweze kuvishinda vishawishi vya yule mwovu.

**TUJONGEENI MEZANI – Kavakule**

*(Tujongeeni mezani, mezani kwa Bwana.) x2*

*(Ili tukauonje utamu wa mbinguni.) x2*

- Mwili wake Bwana Yesu ni chakula,  
Damu yake Bwana Yesu kinywaji safi.
- Aulaye mwili wake ana uzima,  
Ainywaye damu yake taburudishwa.
- Hima hima twende wote tumpokee  
Ili tupate uzima wa roho zetu.
- Ukarimu wake Bwana wa ajabu,  
Kwani ametualia mezani pake.

**I NEED THEE EVERY HOUR**

- I need Thee ev'ry hour most gracious Lord,  
No tender voice like Thine can peace afford.

*I need Thee, Oh I need Thee,*

*Ev'ry hour I need Thee,*

*O bless me now my Saviour,*

*I come to Thee.*

- I need Thee ev'ry hour, stay Thou nearby,  
Temptations lose their pow'r when Thou art nigh.
- I need Thee ev'ry hour in joy or pain,  
Come quickly and abide or life is vain.
- I need Thee ev'ry hour; teach me Thy will,  
And Thy rich promises in me fulfil.

**O BREAD OF HEAVEN**

- O bread of heaven, beneath this veil  
Thou dost my very God conceal:  
My Jesus, dearest treasure, hail;  
I love thee and adoring kneel;  
Each loving soul by thee is fed  
With thine own self in form of bread.
- O food of life, thou who dost give  
The pledge of immortality;  
I live, no, 'tis not that I live;  
God gives me life; God lives in me:  
He feeds my soul, he guides my ways,  
And every grief with joy repays.
- bond of love, that dost unite  
The servant to his living Lord;  
Could I dare live, and not requite  
Such love - than death were meet reward:  
I cannot live unless to prove  
Some love for such unmeasured love.
- Beloved Lord in heaven above,  
There, Jesus, thou awaitest me;  
To gaze on Thee with changeless love,  
Yes, thus I hope, thus shall it be:  
For how can he deny me heaven  
Who here on earth himself hath given?

**THANKSGIVING**

**BWANA NAKUSHUKURU ASANTE – Chavallah**

- Bwana, nakushukuru, asante. (x2)  
Pendu lako kwangu kubwa sana. (x2)

*Umenilisha mwili wako na damu yako,*

*Ili nipate uzima wa milele,*

*Bwana, nakushukuru, asante.*

*Nitakulipa nini mimi, Mwokozi wangu,*

*Kwa mema yote ambayo wanijalia,*

*Bwana, nakushukuru, asante.*

- Bwana, nakushukuru, asante. (x2)  
Kwani umenilisha mwilio. (x2)
- Bwana, nakushukuru, asante. (x2)  
Kwani umeninywasha damuyo. (x2)

**NENO ASANTE – Murishwa**

- Ninakushukuru Baba Mungu wangu kwa mema  
unayonitendea Baba,  
Siku zote ninawaza jinsi gani nitalipa nini mimi kwa

shukrani.

*Moyoni mwangu, moyoni mwangu,*

*Nisiposema neno asante, nisipokiri wema wa Mungu;*

*Ulimi wangu ugandamane na kaaka na kinywa changu*

*mimi.*

- Yote uliyoyatenda juu yangu nashindwa kusimulia  
Baba yangu,  
Machozi yenye upendo na furaha tazama  
yamelipamba shavu langu.
- Leo ninaimba nyimbo za furaha ninageuka kushoto  
na kulia,  
Nimeamsha vinanda na vinubi asubuhi na mapema  
ninaimba.
- Umenishibisha mema ya mbinguni pendu lako  
limetua ndani yangu,  
Furaha imetawala moyo wangu jinsi ninavyokusifu  
Mungu wangu.

**HARVEST**

**ASHUKURIWE MWENYEZI – Ufunguo**

*V: Kilindi cha moyo wangu*

*W: Kimejaa maneno ya kushukuru,*

*V: Ashukurawe Mwenyezi*

*W: Anayeketi katika patakatifu usiku, mchana,*

*Mwanzo wa mwaka mpaka mwisho wake.*

*Ni Mungu aketiye juu anayelinda;*

*Midomo yangu itaimba maneno ya kushukuru*

*Asante nakushukuru Bwana wa mbingu.*

- Anayewalisha ndege wa angani ndiye anayeshusha  
neema, anashusha kwa viumbe vyote.
- Jua na mwezi, nazo nyota za angani, ndiye  
aliyeziratibisha, akanipa zawadi ya maisha.

**TEGEMEO LETU – Zachariah Gerald**

- Haitakuwa rahisi kulitangaza neno  
Kwani shetani yupo, anavizia vizia,  
Bila nguvu zako Mungu hatutafanikiwa,  
Tegemeo letu linatoka kwako wewe.

*Tumaini letu kwako Bwana,*

*Tegemeo letu wewe, (wewe uliye juu.)*

*Twakutegemea pekee yako ndiwe nguvu yetu we;*

*Tumaini letu kwako Bwana,*

*Tegemeo letu wewe, (wewe uliye juu.)*

*Twakutegemea pekee yako, wewe Mungu wetu,*

*(Wewe) Mungu wetu.*

- Katika maisha yetu tunapitia magumu,  
Wenyewe hatuwezi, tunajikongojabure  
Bila nguvu zako Mungu hatutafanikiwa,  
Tegemeo letu linatoka kwako wewe.
- Kwenye familia zetu migogoro inazidi,  
Hakuna wakujishuha malumbano kila siku,  
Bila pendu lako Mungu hatutafanikiwa,  
Tegemeo letu linatoka kwako wewe.



4. Tazama uchumi wetu, madeni yanatuzidi, Biashara nazo ngumu, ajira zimeyeyuka, Bila neema zako Mungu hatutafanikiwa, Tegemeo letu linatoka kwako wewe.

**APEWE SIFA – Zachariah Gerald**

*Sifa na utukufu vyote ni kwa Mungu, hee hee! (x2)*

*(Utukufu nakupa wewe,*

*Utukufu nakupa wewe,*

*Sifa na heshima nakupa we,*

*Ewe Mwenyezi unaweza.) x2*

Nguzo ya moto aliwasha nilindwe usiku,

Nayo ya wingu akashusha nipita mchana;

Nakumbuka mapito yote niliyopitia,

Nakumbuka na njia zote nilizopitia;

Tazama Mungu, tazama wewe,

Tazama Mungu, tazama wewe;

Tazama Mungu, tazama wewe unatimiza ahadi yako,

Tazama Mungu, tazama wewe tazama Mungu ni mwaminifu;

Tazama Mungu, tazama wewe unatimiza ahadi yako.

*(Utukufu nakupa wewe,*

*Utukufu nakupa wewe,*

*Sifa na heshima nakupa we,*

*Ewe Mwenyezi unaweza.) x2*

Jemedari mwenye maguvu yule Goliathi,

Akamlaza kwa kombeho mkononi mwangu.

Nakumbuka alikemea mawimbi ya maji,

Nakumbuka yalimtii nikafika ng'ambo.

Tazama Mungu, tazama wewe,

Tazama Mungu, tazama wewe;

Tazama Mungu, tazama wewe unatimiza ahadi yako,

Tazama Mungu, tazama wewe tazama Mungu ni mwaminifu;

Tazama Mungu, tazama wewe unatimiza ahadi yako.

*Utukufu nakupa wewe ...*

Bahari haiwezi kutuzuia – *Tunatumbea bila mitumbwi;*

Na maji yanageuka kuwa ukuta – *Mungu mwenyewe ni*

*mtumbwi wetu, tunavuka.*

Maana amesema tumfuate – *Tunatumbea bila mitumbwi;*

Mizigo itulemeayo tukampe – *Mungu mwenyewe ni mtumbwi*

*wetu, tunavuka.*

Muhimu tumwendee tukiamini – *Tunatumbea bila mitumbwi;*

Na hata juu ya maji tutakanyaga – *Mungu mwenyewe ni*

*mtumbwi wetu, tunavuka.*

Alimkumbuka Daudi, mtumishi wake, akamkweza,

Akawavusha Waisraeli katika maji bila mitumbwi. (x2)

Apewe, apewe, apewe sifa kuu,

Mungu apewe, apewe, milele, milele.

Apewe, apewe, apewe sifa kuu,

Mungu apewe, apewe,

Sifa na utukufu vyote ni kwa Mungu, hee hee!

**NIKUSHUKURUJE – Msoka**

Ee Mungu wangu nakushukuru umenitendea mema mengi

Bwana,

Asante, asante, Mungu wangu, nashukuru.

Ee Mungu wangu nakushukuru umenitendea ukarimu,

Bwana,

Asante, asante, Mungu wangu, nashukuru.

*Mungu wangu ninakushukuru*

*Kwa upendo na wema wako Bwana,*

*Sijui mimi nikushukuruje Bwana*

*Kadiri ya wingi wa ukarimu wako, (Bwana).*

*Mungu wangu ninakushukuru*

*Kwa upendo na wema wako Bwana,*

**Sijui mimi nikushukuruje Bwana**

*Kadiri ya wingi wa fadhili zako Bwana.*

1. Bwana Mungu wangu, Mungu wa Abrahamu, Uliyegawanyisha bahari ya Shamu; Wana wa Israeli wakavuka salama, Umedhihirisha wema wako kwangu (Bwana).
2. Unaninyeshea mvua ya baraka, Na kuniangazia nuru ya uso wako; Umenizungushia nyimbo za ushindi, Wema wako kwangu hauna kipimo. Umenijalia familia bora Ilojaa upendo na moyo ya imani; Umenizawadia na marafiki wema Wanishikao mkono kwa upendo (Bwana).
3. Siku zote Bwana unanilinda vyema, Chini ya mbawa zako Bwana niko salama; Nikukoseapo Bwana wanisamehe, Na kunirejesha kwako kwa upole. Leo ninaimba wimbo wa shukrani, Kwa kinywa changu Bwana ninasema asante; Milele na milele nitakusifu wewe, Na kusimulia ukarimu wako (Bwana).

**HAZINA YA MBINGUNI – Wasonga**

*Hiki ndicho nilichoandaa siku ya leo,*

*Nami nakusihii ukipokee.*

*Hii ndiyo shukrani yangu, sehemu ya pato langu,*

*Itokayo ndani ya mtima wangu;*

*Hivyo (naileta mikononi mwako ambapo nondo*

*hawataiharibu (kwa kutu),*

*Naileta mikononi mwako ambapo mwizi hawezi kuiba,*

*Naileta mahali salama iwe hazina yangu mbinguni.) x2*

1. Ninakutolea moyo wangu wala si mifuko yangu, Ndiyo kazi ya mikono yangu, nakusihii uibariki.
2. Hata kama nikidogo nakusihii ukipokee, Kwani ndicho nilichoandaa kukutolea, ee Mungu wangu.
3. Hiki ninachokutolea kikakupendeze Mungu wangu, Kama ile sadaka ya mtumishi wako, mtumishi wako Abeli.

**EXIT**

**NYOTA YA MATUMAINI – Mkola**

1. Mama yetu Maria ni mama wa neema, Tena ni kimbilio la watu wote wakosefu; Ni msaada wa kweli, mama tuombe.

*(Ni nyota) Ni nyota, ni nyota,*

*Mama yetu Maria ni nyota ya matumaini. (x2)*

2. Mlango wa mbinguni, sanduku la agano, Malkia wa amani, malkia mwenye huruma, Mama mpendelevu, mama tuombe.
3. Nyota ya asubuhi ni mnara wa pembe, Kimbilio la wakosefu, mama utuombe, Mama yetu, Maria, kiongozi wetu.
4. Twakushukuru mama kwa maombezi yako, Na kwa neema zote unazotuomba mama, Malkia wa amani, mama tuombe.

# A Faithful Shepherd, A Wise Diplomat Bidding Farewell to Archbishop Hubertus van Megen

*"Well done, good and faithful servant; enter into the joy of your master."  
(Matthew 25:23)*



Archbishop Hubertus (Bert) van Megen, the Apostolic Nuncio to Kenya whose transformative seven-year tenure strengthened ecclesial communion, episcopal leadership and diplomatic relations between Kenya and the Holy See, as he departs for his new mission in Germany.

As the Church in Kenya bids farewell to His Excellency Archbishop Hubertus van Megen, Apostolic Nuncio to Kenya and South Sudan, the faithful of Consolata Shrine join Catholics across the country in offering heartfelt thanksgiving to God for a ministry marked by pastoral closeness, liturgical reverence, missionary zeal and distinguished diplomatic service.

After seven years of service (2019–2026), Archbishop van Megen concluded his mission in Kenya following his appointment by the Holy Father as Apostolic Nuncio to Germany in May 2026. His departure marked the close of a significant chapter in the life of the Church in Kenya, a chapter during which he served as a bridge between the Holy See and the local Church, strengthening ecclesial communion while promoting peace, justice, human dignity and dialogue in society.

**A Ministry Begins: Arrival and Mission**

When Archbishop van Megen arrived in Kenya in 2019, he brought with him decades of diplomatic and pastoral

experience within the universal Church and the diplomatic service of the Holy See.

From the outset, his mission was marked by a clear commitment to ecclesial communion and pastoral presence. He travelled widely across dioceses, parishes, seminaries and mission stations, encountering both urban Catholic communities and remote frontier missions, witnessing firsthand the vitality and missionary dynamism of the Church in Kenya.

**A Representative of the Holy Father**

As Apostolic Nuncio, Archbishop van Megen served as both ecclesial representative of the Holy Father and diplomatic envoy of the Holy See.

In this dual role, he embodied communion between the universal Church and the local Church, consistently reflecting pastoral closeness, unity and diplomatic prudence.

His ministry echoed Christ's prayer:

*"That they may all be one; even as you, Father, are in me, and I in you." (John 17:21)*



**A Shepherd Rooted in the Eucharist**

At the heart of his ministry was a profound reverence for the Eucharist and the sacred liturgy.

He presided over numerous major liturgical celebrations, consistently teaching that the Eucharist is the source and summit of Christian life. His preaching invited the faithful to deeper communion with Christ and fidelity to their baptismal calling.

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

**The Consolata Connection: A Deep Ecclesial Bond**

A defining dimension of his ministry was his close relationship with the Consolata Missionaries.

Following the canonization of Saint Joseph Allamano in Rome on 20 October 2024, Archbishop van Megen presided over the Kenyan thanksgiving Mass on 9 November 2024 at the University of Nairobi grounds. Kenya holds a foundational place in Consolata missionary history, being the first mission territory outside Italy following the arrival of the first missionaries in 1902.

Later, in February 2026, he presided over the Centenary Celebrations of Saint Joseph Allamano at Consolata Shrine, marking a century of missionary witness inspired by the founder’s charisma.

These two celebrations stand as enduring signs of communion between the Apostolic Nuncio and the Consolata family, highlighting the universal significance of Allamano’s missionary vision.



Archbishop Hubertus van Megen cuts a commemorative cake during the National Thanksgiving Mass for the Canonization of Saint Joseph Allamano at the University of Nairobi Grounds on 9 November 2024, a historic celebration of the Church’s newest saint and founder of the Consolata Missionaries.

**Strengthening the Church Through Episcopal Leadership**

Among his most significant contributions was his role in shaping episcopal leadership in Kenya.

During his tenure, Archbishop van Megen was instrumental in the appointment of approximately twenty-six bishops and prelates. He also presided over twenty-two episcopal



Archbishop Hubertus (Bert) van Megen, Apostolic Nuncio to Kenya presents the Trust Deed to the faithful following its blessing during the Centenary Celebrations of Saint Joseph Allamano at the Consolata Shrine grounds in February 2026. The symbolic gesture underscored the enduring spiritual and missionary legacy of the founder of the Consolata Missionaries.

ordinations, serving as principal consecrator in sixteen of these celebrations.

These ordinations expressed the Church’s apostolic continuity, that of the living transmission of the mission entrusted by Christ to the Apostles.

**Consolata Bishops in the Episcopate**

Closer home, two members of the Consolata Missionaries were elevated to the episcopate during Archbishop van Megen’s tenure.

In both cases, they had first been appointed Monsignors before being subsequently designated as Coadjutor Bishops and later ordained to the episcopate.

Msgr. Peter Munguti Makau, IMC, then serving as Regional Superior of the Consolata Missionaries in Kenya and Uganda, was appointed by Pope Francis as Coadjutor Bishop of Isiolo in May 2024, with the right of succession in accordance with Canon Law (Can. 403 §3; Can. 409 §1).

He was ordained a bishop on 27 July 2024, entering into full episcopal ministry and assuming co-responsibility in the



The episcopal ordination and installation of Bishop Peter Munguti Makau, IMC, as Coadjutor Bishop of the Catholic Diocese of Isiolo at St. Eusebius Cathedral grounds in Isiolo. The solemn Mass, presided over by Apostolic Nuncio Archbishop Hubertus van Megen, marked a joyful moment of ecclesial continuity for the young diocese.



A joyful and historic celebration as Bishop Jackson Murugara, IMC, is ordained Coadjutor Bishop of Meru. The ordination was presided over by Apostolic Nuncio Archbishop Hubertus van Megen at Kinoru Stadium on 19 March 2025, marking a significant moment of ecclesial continuity for the Diocese of Meru.

governance of the Diocese of Isiolo, in preparation for eventual succession as diocesan bishop.

Prior to his episcopal appointment, he served as Regional Superior of the Consolata Missionaries in Kenya and Uganda and held pastoral and leadership roles in Venezuela, including parish ministry and service as Superior Delegate (2014–2019). His formation spans philosophy and theology in Kenya and the United Kingdom, complemented by studies in Canon Law in Caracas.

Msgr. Jackson Murugara, IMC, then Parish Priest of Consolata Shrine, was appointed Coadjutor Bishop of Meru in January 2025, following years of pastoral, formative and spiritual leadership within the Consolata Missionaries.

He was ordained a bishop on 19 March 2025 during the Solemnity of Saint Joseph, Patron of the Universal Church, and later assumed full pastoral governance of the Diocese of Meru in January 2026 following the retirement of Bishop Silas Mugambi.

His long priestly ministry included formation work at Consolata Seminary, pastoral assignments in Kenya, advanced studies in Spirituality at the Teresianum University in Rome and extensive pastoral service at the Consolata Shrine in Westlands.

That Archbishop van Megen presided over both episcopal ordinations remains a source of deep gratitude for the Consolata family, affirming the enduring missionary contribution of the Institute in the life of the Church in Kenya.

**A Missionary Spirit**

*“Go therefore and make disciples of all nations.” (Matthew 28:19)*

Archbishop van Megen consistently upheld the missionary identity of the Church, encouraging evangelization and affirming the vitality of the African Church as a living expression of missionary renewal.

**Supporting Vocations and Formation**

He placed strong emphasis on priestly and religious formation,

regularly engaging seminaries and formation houses and calling for holiness, intellectual depth and pastoral charity rooted in Christ.

**A Diplomat for Peace and the Common Good**

As Apostolic Nuncio, he promoted peace, justice and human dignity through dialogue with civil authorities and international institutions.

*“Blessed are the peacemakers, for they shall be called children of God.” (Matthew 5:9)*

He also served as Permanent Observer to UN agencies in Nairobi, including UNEP and UN-Habitat, advocating for environmental stewardship and integral human development.

**Standing with the Vulnerable**

*“Whatever you did for one of the least of these... you did for me.” (Matthew 25:40)*

His ministry consistently upheld the dignity of the poor, refugees and marginalized communities.

**A Shepherd Who Came to Love Kenya**

At the conclusion of his mission, Archbishop van Megen’s bond with Kenya found its most poignant expression during his farewell Mass at the Holy Family Minor Basilica in Nairobi.

In a moment of profound emotion, he echoed the covenantal language of Scripture, drawing from the spirit of Psalm 137, the Psalm of exile and enduring remembrance:

*“Kenya, if I ever forget you, let my right hand wither.” (cf. Psalm 137:5–6)*

In invoking this biblical imagery, the Archbishop placed his affection for Kenya within the sacred memory of Israel’s longing for Jerusalem, a love that refuses forgetfulness and endures even in separation. What was once the cry of a people exiled from their holy city became, in his farewell, a testimony of pastoral attachment to a Church and nation he had come to serve and love.

It was not merely a farewell address, but a blessing of remembrance, an ecclesial act of gratitude, of sealing seven years of communion between a shepherd and the flock entrusted to him.

**A Legacy That Will Endure**

As Archbishop van Megen departs for Germany, the Church gives thanks for a legacy that will continue to bear fruit in the bishops he helped form, the communities he served and the bonds he strengthened between Kenya and the Holy See.

The Holy See has not yet announced his successor. A new Apostolic Nuncio to Kenya will be appointed in due course.

*“I have fought the good fight, I have finished the race, I have kept the faith.” (2 Timothy 4:7)*

May Our Lady Consolata accompany him in his new mission and may the Lord continue to bless him abundantly.

*“The Lord will guard your going out and your coming in, both now and forever.” (Psalm 121:8) ☩*



# The Birth of St. Joseph Allamano Foundation

By: Wambui Mwicigi-Muya



Rev. Fr. Zack Kariuki, IMC, Regional Superior of the Consolata Missionaries, Mr. Fred Ngatia, S.C., Chairman of the Allamano Foundation, and members of the Foundation display a dummy copy of the Allamano Foundation during the St. Joseph Allamano Centenary celebrations at Consolata Shrine grounds in February this year

*'A journey of a thousand miles begins with a single step'.* In 2019 Dr. Peter Munga, who is now a Trustee of the St. Joseph Allamano Foundation, made a trip to Italy with the intention of speaking to the General Superior of the Consolata Missionaries, about the possibility of starting a foundation for the work of Consolata Missionaries. The warm reception of this idea coupled with Dr. Munga's passion would form the single step! The idea was shared to the then Regional Superior and now Bishop of Isiolo, Bishop Peter Makau, and together with the Regional Council, the dream began to take shape, only to be temporarily interrupted by the dreadful Covid season! Other more urgent matters took root and the idea was shelved for a number of years.

In 2024, the year we often fondly refer to as the Year of Consolata Missionaries, there was planning of projects such as the Camisassa Home Project, multiple events, pilgrimages and celebrations leading up to and after the Canonisation of

St. Joseph Allamano, the founder of Consolata Missionaries. The successful collaboration between the religious and the laity, the missions of the region, parishes and parishioners, reignited the dream of a Consolata Missionaries Foundation.

Through the able guidance and leadership of the Regional Superior Kenya and Uganda, Rev. Fr. Zack Kariuki and the Regional Council, the journey to set up the Foundation gathered momentum and came to fruition in 2025, through the appointment of Trustees and the formation of a legal entity known as a Trust. **The St. Joseph Allamano Foundation was registered on 14<sup>th</sup> August 2025 under the Trustees (Perpetual Succession) Act. It is a non-profit making Foundation incorporated by the Consolata Missionaries to serve the Kenya-Uganda region.**

The Foundation aims to uplift the marginalised communities, particularly in arid and semi-arid areas, where basic necessities such as water, food, health and education are

grossly inadequate. The Foundation also brings a collective aspect to fundraising and project implementation for the work of the Consolata Missionaries.

The Trustees of the Foundation are: - Settlor – Regional Superior Rev. Fr. Zack Kariuki IMC, Chairman – Mr. Fred Ngatia S.C, Secretary – Agnes Wambui Mwicigi-Muya, Treasurer – Mr. Elijah Githinji Itegi, Dr. Peter Munga, Justice Mwaniki Gachoka, Mr. Paul Russo, Ms. Jane Michuki, Mrs. Ruth Kulundu, Mr. George Kamau Kihara, Mr. Gerald Museti Masese and Mr. Mark Michael Macharia Ng'aru.



The Trustees of the St Joseph Allamano Foundation with Rev. Fr Zack Kariuki IMC and Fr Felix Mulwa IMC.



Justice Mwaniki Gachoka and Lucia Mwanki



Rt Rev Jackson Murugara IMC, Bishop of Meru with Consolata Shrine Parishioners (including the Parish Moderator Patck Nderitu and Secretary Timothy Murunga)



Wambui Mwicigi - Muya (Trustee & St Joseph Allamano Foundation Secretary, Mr Fred Ngatia S.C. Trustee & St Joseph Allamano Foundation Chair, Gerishon Njenga Family Bank, John Waimini Managing Director Family Group Foundation, Julius B.K. Muya Director Family Bank Ltd and Rt Rev Fr. Zack Kariuki Regional IMC Superior Consolata Missionaries, Kenya and Uganda.



Rt. Rev. Jackson Murugara IMC Bishop of Meru and Regional Superior Fr Zach Kariuki IMC with the Trustees unveiling the St Joseph Allamano Trust Deed

The St. Joseph Allamano Foundation was launched on 28th February 2026 at the colourful ceremony which launched the Centenary Year of St. Joseph Allamano. The event was officiated by the former Nuncio to Kenya, Archbishop Bert Van Megen. The theme of the Centenary Year **'St. Joseph Allamano, consoled to console'** is at the heart of the »

» Foundation, its formation, operation, success and impact! The Trustees who are at the helm, the Consolata Missionaries, friends and supporters of the Foundation are called upon to give consolation to those in need of consolation, as a result of the gift of the consolation they themselves have received from the Consolata Missionaries in many areas of their lives. **(Isaiah 40:1 'Console my people, console them,' says your God)**

The St. Joseph Allamano Foundation launch and fundraising dinner on 21<sup>st</sup> May 2026 was the Foundation's inaugural event organized by the Trustees. The goal was to officially introduce the Foundation and invite potential partners and sponsors to join the Foundation on the very first project; the construction of **twenty solar powered boreholes in the North Eastern, Eastern and Coastal Regions at a cost of Kshs. 5,000,000 each.** These boreholes will be in the custody and supervision of the missions but will be open to serve members of the community and their livestock. This will ensure that the most vulnerable members of the society are served and supported through addressing the desperate situation in these areas; the lack of water. The Trustees are delighted to share that the launch and fundraising dinner was a resounding success, with over Kshs. 35,000,000 raised and pledges to follow.

We thank and acknowledge the support of our sponsors;

The Foundation also thanks in a very special way all those who attended the dinner, the many family members, friends and well-wishers who donated towards this noble cause. Every act of generosity moved us closer to the goal!

Last, but certainly not the least, we thank the Regional Superior, Rev. Fr. Zack Kariuki, Chair of the Foundation, Mr. Fred Ngatia S.C and each and every Trustee for the valiant effort that culminated in a very successful launch and fundraising dinner.

The success of the St. Joseph Allamano Foundation will only be realised if we ALL come together in unity and purpose, in recognition of the role the Consolata Missionaries have played in the Kenya-Uganda region since their arrival in 1902.

Many Kenyans have benefited from spiritual instruction and guidance, quality education, employment, formation of communities through parishes and various groups, supportive priests and brothers, prayers and counseling, medical attention in hospitals and countless other ways. It is now our time to give back, through service to others who are yet to receive this consolation. We invite one and all, to become **Friends of St. Joseph Allamano Foundation**, so that together **we can change lives!** (please use the link or scan the QR code below).

Platinum	Gold	Silver	Bronze	Others	Religious (Parishes, Groups & Institutions)
316 Upper Hill Chambers,	Institute of Consolata Missionaries (Consolata Fathers),	Kimani & Michuki Advocates,	ADVATECH Group Ltd,	Diocese of Meru,	Consolata International University,
Dr. Mattress,	KCB Foundation	Ital Products Ltd,	Nairobi West Hospital,	NCBA Bank,	Consolata School Westlands,
GEOCHEM Middle East,	AMS Properties	Catholic Diocese of Maralal,	Consolata Shrine Westlands,	Family Bank,	Holy Trinity Kileleshwa Parish,
ALUGLASS	MG.	SBM Bank.	ICEA LION Asset Managers,	Moling Building Contractors,	Ugunja Parish, St.
			Britam Asset Managers,	Atlas Copco Eastern Africa,	Allamano School Likoni,
			Ngewa Ltd - Summerdale Inn,	Advent Valuers,	Nazareth Chaplaincy,
			Hydery (P) Ltd,	Kenya Civil Aviation Union,	Consolata Media Centre,
			Royal Properties Market Ltd.	Healthwatch Insurance Agency,	Consolata Shrine Kisumu
				Dar-Ul-Hayat Enterprises Ltd	Likoni Parish.
				Pinch Africa.	



Link: <https://bit.ly/SJAFFriends>

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**Donation - Friend / Name of project**  
**St. Joseph Allamano Foundation**

For further information, please contact the Foundation Office at the Allamano Centre, Westlands, Nairobi.  
 Email: [info@stjosephallamanofoundation.org](mailto:info@stjosephallamanofoundation.org)  
 Tel: 0713395905

**ST. JOSEPH ALLAMANO FOUNDATION**

*Asante Sana!*  
**THANK YOU TO ALL OUR SPONSORS**  
 We are changing lives together

# Consolata Shrine: Charting a Vision of Faith, Mission and Hope for 2026 – 2030

“Arise, shine, for your light has come, and the glory of the Lord rises upon you.”  
(Isaiah 60:1)

**STRATEGIC PLAN LAUNCH**  
21 JUNE 2026

**CONSOLATA SHRINE:**  
CHARTING A VISION OF FAITH, MISSION AND HOPE FOR 2026 – 2030

“Arise, shine, for your light has come, and the glory of the Lord rises upon you.”  
(Isaiah 60:1)

**OUR STRATEGIC PILLARS**

- LITURGY**: Deepening our faith through vibrant worship and sacraments.
- SOCIAL JUSTICE**: Serving the poor and vulnerable and promoting peace, justice and care for creation.
- DEVELOPMENT**: Building facilities that support worship, formation, fellowship and community outreach.
- COMMUNICATIONS**: Evangelizing and connecting through modern media and effective communication.
- YOUTH & CHILDREN**: Nurturing the next generation of faithful, skilled and mission-oriented leaders.
- FINANCE & GOVERNANCE**: Ensuring accountability, stewardship and sustainability for mission impact.

**OUR IDENTITY**

- HOUSE OF PRAYER**: A sacred space where all encounter God.
- SCHOOL OF FAITH**: Forming disciples through catechesis and spiritual growth.
- FAMILY OF FAMILIES**: A welcoming community where everyone belongs and grows in love.
- CENTRE OF MISSION AND HOPE**: Reaching out in love and service to transform lives and society.

One Family. One Faith. Sent in Hope. Guided by the Gospel, inspired by Our Lady Consolata and the example of St. Joseph Allamano. TOGETHER, LET US ARISE AND SHINE FOR GOD'S GLORY AND THE GOOD OF ALL.

Consolata Shrine has unveiled an ambitious and transformative Five-Year Strategic Plan (2026–2030), a comprehensive roadmap designed to deepen the spiritual life of the faithful, strengthen community bonds, expand social outreach and position the Shrine as a leading centre of evangelization and mission within the Archdiocese of Nairobi and beyond.

Far more than an administrative document, the strategic plan is a faith-inspired vision that seeks to guide the parish community into a future rooted in prayer, discipleship, stewardship and missionary outreach. It reflects months of consultation involving clergy, religious, parish leaders, professionals, ministries, youth groups and parishioners whose voices helped shape the direction of the Shrine for the next five years.

At the heart of the plan is a clear identity: Consolata Shrine as a **House of Prayer, a School of Faith, a Family of Families and a Centre of Mission and Hope**. These four pillars capture the essence of the parish's vocation and provide the foundation upon which all pastoral, social, developmental and financial initiatives will be built.

The strategic document acknowledges the many blessings already present within the parish. Parishioners identified the Shrine's vibrant liturgical life, strong devotional practices, welcoming atmosphere, accessible clergy, beautiful worship environment and active volunteer culture as key strengths. The parish's renowned traditions that includes 24-hour Eucharistic Adoration, Confessions, Marian devotions, First Friday Vigils and the Nine Saturdays Novena, continue to attract faithful from across Nairobi and beyond.



The Apostolic Nuncio to Kenya, Archbishop Bert van Megen, led the Eucharistic Celebration during the Centenary commemorations of the death of St. Joseph Allamano. The celebration reflected the missionary charism and liturgical vitality that continue to guide Consolata Shrine's mission of evangelization and faith formation.

At the same time, the parish recognizes emerging challenges that require intentional action. Areas identified for improvement include ongoing catechesis and faith formation, youth retention and mentorship, communication effectiveness, family support structures, accessibility for persons with disabilities and stronger social outreach initiatives. The strategic plan responds directly to these concerns through measurable goals and practical action plans.

The **Liturgy Pillar**, which serves as the spiritual anchor of the parish, seeks to deepen reverence, participation and understanding of the sacraments. The plan proposes renewed catechetical formation on the Mass and Sacraments, improved liturgical ministries, enhanced sacred music, upgraded liturgical resources and greater inclusion of children, youth, the elderly and persons with special needs. The Shrine envisions becoming a national beacon of Marian devotion and liturgical excellence where every celebration leads to a profound encounter with Jesus Christ.

A particularly significant focus is the formation and empowerment of lay ministers. Standardized training programmes, ministry handbooks, ongoing spiritual formation and structured pathways for young people transitioning from childhood faith formation into adult ministry leadership will ensure continuity and sustainability within parish life.

Recognizing that faith must be lived beyond the walls of the church, the **Social Justice Pillar** places catholic social teaching at the centre of community engagement. Inspired by the Gospel call to serve the poor and vulnerable, the parish intends to strengthen support systems for needy families, widows, persons with disabilities, the sick and marginalized communities.

Among the notable initiatives are the proposed Adopt-a-Family programme, expansion of healthcare services at Deep Sea, establishment of counselling and mediation centres, peacebuilding initiatives, civic education programmes and environmental conservation projects inspired by Pope Francis' *Laudato Si'*. The plan targets the planting of 10,000 trees by

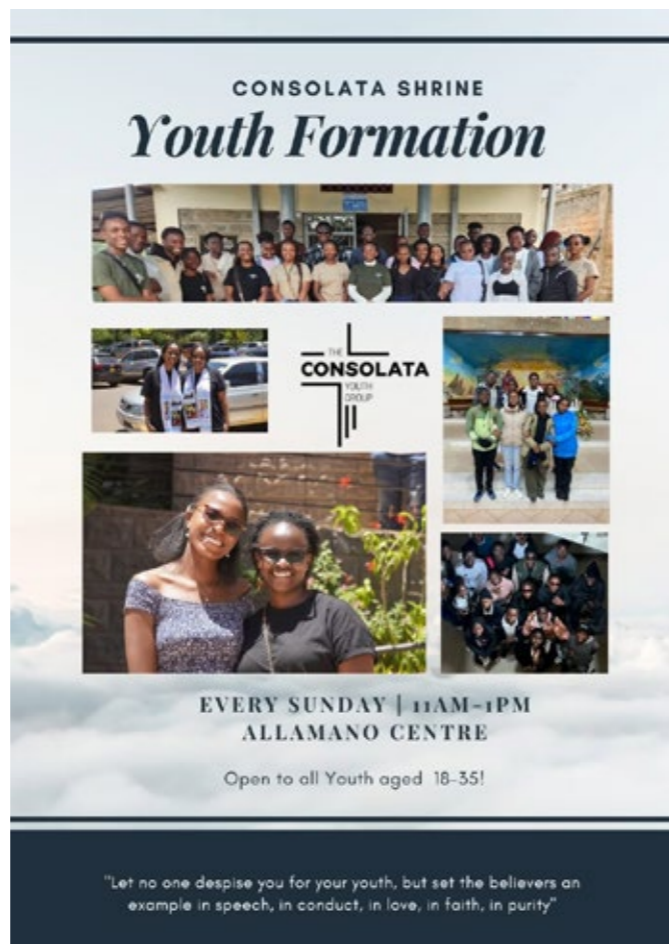


2030 while promoting renewable energy, waste management and ecological stewardship throughout parish facilities.

The **Development Pillar** addresses the physical infrastructure necessary to support the growing needs of the faith community. Planned improvements include renovation of church facilities, modernization of the Allamano Centre, enhancement of the Prayer Garden, accessibility upgrades, improved signage, expanded facilities at St. Joseph's Deep Sea and implementation of safety and emergency preparedness systems. These projects aim to create a welcoming, secure, and spiritually enriching environment for worship, formation, and fellowship.



The Consolata Shrine Adoration Chapel, inaugurated by Archbishop Philip Anyolo in 2024 during the Feast of Our Lady Consolata celebrations, stands as a landmark development project of the Shrine. The chapel provides a dedicated space for Eucharistic Adoration and prayer, reinforcing the parish's mission as a House of Prayer for all.



# World Communications Day 2026

## Theme: Preserving Human Voices and Faces in a Digital Age

*A Call to Authentic Communication for the Church in Kenya and the World*



Equally important is the **Communications Pillar**, which embraces the realities of the digital age. Under the theme “*One Family, One Faith, Sent in Hope*,” the parish seeks to strengthen evangelization through modern communication platforms. Enhanced livestreaming, expanded social media engagement, monthly e-newsletters, digital catechesis, improved parish branding and the preservation of the Shrine’s rich Marian and missionary heritage will help connect parishioners locally and globally.

The plan recognizes that effective communication is no longer optional but essential for evangelization, transparency and community building. By 2030, the parish aims to significantly increase digital engagement, strengthen internal coordination among ministries and ensure every parish group has a voice and visibility within the wider parish family.

A major highlight of the strategic framework is its commitment to the next generation. The **Youth and Children Strategic Plan** establishes a comprehensive pathway from Pontifical Missionary Childhood (PMC) through Missionary Youth Movement (MYM), Youth Serving Christ (YSC) and Young Catholic Adults (YCA). This integrated approach seeks to nurture young people spiritually, socially, professionally and economically.

Targets include training youth in leadership and employability skills, creating youth-led enterprises, facilitating mentorship programmes, supporting mental wellness initiatives and fostering stronger intergenerational relationships within the parish. The vision is to form a generation of faithful, skilled, confident and mission-oriented Catholic leaders capable of transforming both Church and society.

*The plan recognizes that effective communication is no longer optional but essential for evangelization, transparency and community building.*

Supporting all these initiatives is a robust **Finance and Governance Framework** that emphasizes accountability, transparency, stewardship and sustainability. Strengthened financial oversight structures, prudent resource management, strategic asset utilization, and clear performance indicators will ensure that parish resources are directed effectively toward mission priorities.

A unique and inspiring feature of the strategic plan is its five-year catechetical journey aligned with the liturgical calendar. Beginning with God the Father in 2026, moving through Jesus Christ, the Holy Spirit, the Blessed Virgin Mary and concluding with St. Joseph in 2030, these annual themes will provide spiritual direction and theological reflection for the entire parish community.

Ultimately, the Consolata Shrine Strategic Plan represents a bold expression of faith and hope. It invites every parishioner to become an active participant in building a parish that is spiritually vibrant, socially responsive, financially responsible and missionary in outlook.

As the Shrine prepares for the years ahead, the message is clear: this is not merely a plan for committees and leaders, but a shared mission for the entire faith community. Guided by the Gospel, inspired by Our Lady Consolata and strengthened by the example of St. Joseph Allamano, Consolata Shrine seeks to become ever more fully what it is called to be – a living sign of God’s presence, consolation and hope in the world. **CE**

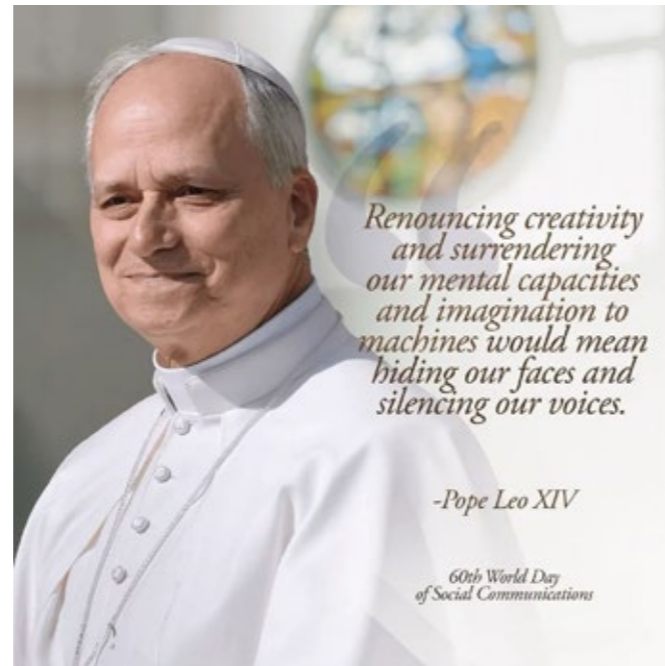
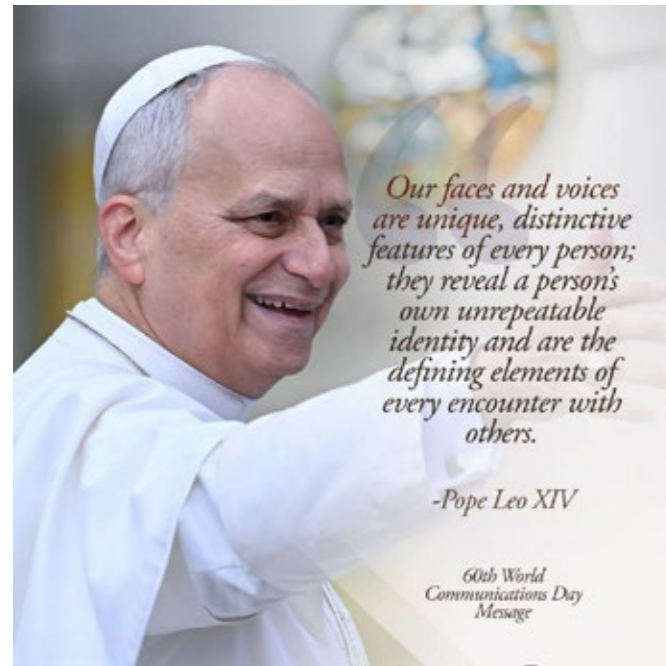
As the Catholic Church marks the 60th World Day of Social Communications, the 2026 message of the Holy Father, Pope Leo XIV, offers a deeply timely reflection for a world increasingly shaped by artificial intelligence, digital platforms and rapid information exchange. The theme, “Preserving Human Voices and Faces,” is both a celebration of human dignity and a warning against the quiet erosion of authenticity in modern communication.

World Communications Day, established following the Second Vatican Council, remains the only global observance directly called for by the Council Fathers. Its enduring purpose is to ensure that communication remains at the service of truth, human dignity, peace and evangelization. In a world where information spreads instantly, identities can be digitally fabricated, and algorithms increasingly influence

what people see and believe, the Church’s message becomes more urgent than ever.

We now live in a communication environment where human interaction is increasingly mediated by screens, platforms and artificial intelligence systems capable of producing convincing text, images, voices and even video. While these technologies offer remarkable opportunities for education, evangelization and connectivity, they also raise serious moral and pastoral questions about truth, authenticity and the value of the human person.

At the heart of the Holy Father’s message is a simple but profound reminder: communication is fundamentally human before it is technological. The human voice carries more than words; it carries conscience, emotion and truth. The human face reflects dignity, identity and relational presence. When



» these are imitated, manipulated, or replaced without ethical grounding, society risks losing something essential about what it means to be human.

For the Church, communication is never merely functional. It is deeply theological. God Himself is the first communicator – revealing Himself through creation, through the prophets and fully in Jesus Christ, the Word made flesh. Christ's communication was never abstract or artificial; it was embodied, relational and rooted in encounter. He spoke, touched, listened, healed and walked among people. The Church is therefore called to mirror this incarnational model in every form of communication.

In a world increasingly shaped by speed over reflection and sensation over truth, the Church is called to be a voice of clarity and conscience. Yet this mission is not without challenges. Modern digital spaces often reward outrage over understanding, misinformation over verification and performance over sincerity. As a result, communication can become fragmented, divisive and at times dehumanizing.

It is within this global context that the message of World Communications Day 2026 speaks directly to the Church in Kenya, a country where digital communication has become deeply woven into social, political and religious life. From mobile messaging platforms to social media networks, Kenyans are among the most active digital communicators in Africa. Yet this connectivity also comes with growing concerns around misinformation, digital manipulation and the weakening of face-to-face community life.

For the Catholic Church in Kenya, guided by the Kenya Conference of Catholic Bishops, the call is to move beyond digital presence alone and embrace digital discipleship. It is no longer enough for parishes and Catholic institutions to simply have online platforms; there must be intentional formation on how to communicate as Christians in digital spaces. Every

post, comment and share becomes an expression of moral responsibility and Christian witness.

One of the most urgent pastoral lessons is the need to strengthen truth in an environment where misinformation spreads rapidly, especially through informal digital networks. Catholic communities must be formed to critically evaluate information before sharing it. Within parish WhatsApp groups, diocesan pages and personal networks, the discipline of verifying information must become part of Christian integrity. In many cases, choosing not to share unverified content is itself a moral act of witness.

Closely linked to this is the responsibility to protect young people, who are the most immersed in digital culture. Kenyan youth are growing up in a world where identity is often shaped by online validation, algorithm driven content and curated digital lifestyles. Without proper guidance, there is a risk of distorted self-image, weakened interpersonal relationships and reduced capacity for deep human encounter.

The Church must therefore invest more intentionally in digital formation within youth ministries, Catholic schools and parish catechesis. Media literacy, ethical communication and responsible online behaviour should be treated not as optional skills, but as essential elements of Christian formation in the modern world.

At the same time, Catholic communicators including journalists, broadcasters and content creators carry a particularly important mission. In a competitive media environment that often prioritizes speed and sensationalism, Catholic media must remain anchored in truth, dignity and balance. Institutions such as the Kenya Conference of Catholic Bishops Communications Department and Catholic media houses in Kenya are called to resist the temptation of sensationalism and instead promote communication that builds unity, promotes peace and respects human dignity.

Beyond media structures, there is also a deeper pastoral challenge: the recovery of listening. In an age where people are constantly speaking, posting and reacting, the ability to listen deeply is diminishing. Parishes are uniquely positioned to restore this culture of listening through confession, pastoral dialogue, small Christian communities and genuine interpersonal encounter. A listening Church becomes a healing Church.

Another emerging area of concern is the rapid rise of artificial intelligence and its impact on communication. AI-generated content, deepfakes and automated messaging systems are increasingly shaping public discourse. While these tools can be useful, they also carry risks of manipulation and deception. The Church in Kenya must begin integrating basic AI literacy into its pastoral and educational programs so that clergy, catechists and lay faithful can discern the ethical dimensions of digital content.

Yet amidst these challenges, the Church must also recognize the immense evangelizing opportunities that digital communication offers. Livestreamed liturgies, online catechesis, Catholic podcasts and social media evangelization have enabled the Gospel to reach people who might otherwise remain distant from the Church. When used responsibly,



technology can strengthen faith formation, deepen community and extend the Church's pastoral reach.

However, the Holy Father's message is clear: technology must remain at the service of the human person, never its replacement. Machines can process information, but only human beings can exercise moral judgment, compassion and love. Communication that loses its human anchor risks becoming empty, even when it is highly efficient.

Ultimately, World Communications Day 2026 calls the Church, both globally and in Kenya to reclaim the sacredness of human communication. It invites the faithful to reflect on their own habits: the words they speak, the content they share, the tone they use online and the authenticity of their digital presence. It challenges every Christian to ask whether their communication builds communion or division, truth or confusion, dignity or harm.

In the Kenyan context, this message is especially urgent. A Church that communicates truthfully in a noisy digital environment becomes a beacon of trust. A Church that forms its youth for responsible digital engagement becomes a protector of future generations. A Church that prioritizes listening over reaction becomes a space of healing. And a Church that keeps Christ at the center of all communication becomes a true witness to the Gospel.

As the Church journeys deeper into the digital age, the challenge is not to retreat from technology, but to humanize it. Not to fear communication platforms, but to sanctify them through truth, compassion and integrity.

In the end, the most powerful communication the Church can offer the world is not technological innovation, viral content or digital reach. It is the enduring witness of authentic human love that is rooted in Christ, expressed through truth and lived through genuine encounter.

For it is only when human voices remain truthful and human faces remain visible that communication truly becomes what God intended it to be: a pathway to communion. **CE**

ASSOCIATION OF SISTERHOODS OF KENYA  
United we stand as a sign of Gods presence

**WORLD COMMUNICATIONS DAY 2026** SUNDAY MAY 17, 2026

A global celebration of the role of communication in building understanding, community and peace in our world.

THEME 2026  
**“PRESERVING HUMAN VOICES AND FACES”**

In a world shaped by digital innovation, let us ensure technology serves humanity—not the other way around.

COMMUNICATION THAT BUILDS • TECHNOLOGY THAT SERVES • HUMANITY THAT UNITES

<b>DIGITAL LITERACY</b> Let us develop a digital literacy for all—understanding how AI works, the impact of algorithms, and how to spot digital fraud.	<b>MACHINES AS TOOLS</b> Technology must remain a tool to facilitate human connection, not a substitute for authentic encounter.	<b>PRESERVE HUMAN DIGNITY</b> We are called to protect human voices, faces and identities in a digital world shaped by AI, deepfakes and automated systems.	<b>OUR SHARED RESPONSIBILITY</b> Developers, legislators and users must work together to govern AI ethically and safeguard the dignity of every person.
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Let us communicate with truth, compassion and respect—building a culture of encounter and weaving bonds of unity.

UNITED WE STAND AS A SIGN OF GODS PRESENCE





# The Legion of Mary

The Legion of Mary is a lay apostolic association of Catholics who, with the sanction of the Church and under the powerful leadership of Mary Immaculate, Mediatrix of All Graces, serve the Church and their neighbour, voluntarily in about 170 countries.

taught by St. Louis Marie de Montfort, and which had a profound influence on the Founder of the Legion, the Servant of God, Frank Duff, the Legion is at the disposal of the bishops and priests for use in the mission of the Church. While essentially a lay association, legionaries look for spiritual and apostolic formation to priests and religious, who, as Legion Spiritual Directors, hold an honored place in the Legion system. The Legion requires ecclesiastical approval to work in a diocese or parish. Loyalty to the Magisterium and to Ecclesiastical Authority is a basic legionary principle.

The Legion aims to bring Mary to the world as the infallible means of winning the world to Jesus. Legionary service is based on the doctrine of the Mystical Body of Christ so that in their fellow members and in those they serve, legionaries seek to have the Person of our Lord once again seen and served by Mary, his Mother.

The general and essential means by which the Legion of Mary is to effect its object is personal service acting under the influence of the Holy Spirit, having Divine Grace as its moving principle and support, and the glory of God and the salvation of souls as its final end and purpose.



## What is the history of the Legion of Mary?

The group was founded in Dublin, Ireland, on 7 September 1921 by the Servant of God Frank Duff. In 1936, the group established its roots here in Kenya and the larger East Africa by the diligent work of Venerable Edel Quinn. In 2021 we celebrated 100 years of existence.

## What are the objectives of the Legion of Mary?

The objectives of the Association are the sanctification of its members through prayer and participating in the mission of evangelization by direct apostolate, particularly among those who are far from the Church; home visits to the sick, inmates, and needy families; teaching catechism in the parishes; religious instruction for young people; literacy courses for immigrants; supporting drug dependents and street girls; celebrating the Liturgy of the Word and organizing prayer meetings in places without priests. In addition to the weekly meetings, the members are encouraged to consecrate themselves to Mary following the spirituality of St. Louis Marie Grignion de Montfort, take part in annual spiritual retreats and undertake to recite every day the "Catena Legionis", the prayer of Our Lady which is their bond of union.

## What is the Spirituality of the Legion of Mary?

Drawing its inspiration from the True Devotion to Mary, as

## How is the Legion of Mary organised?

The highly structured organization of the Legion of Mary is based upon that of the Roman army, whose terminology it »

**The objectives of the Association are the sanctification of its members through prayer and participating in the mission of evangelization by direct apostolate, particularly among those who are far from the Church; home visits to the sick, inmates, and needy families; teaching catechism in the parishes; religious instruction for young people; literacy courses for immigrants; supporting drug dependents and street girls; celebrating the Liturgy of the Word and organizing prayer meetings in places without priests.**



## Development & Maintenance Capital Projects

# CONSOLATA SHRINE

## BUILDING TOGETHER IN FAITH, SAFETY & DIGNITY

### Parish Infrastructure & Accessibility Initiative

*“Unless the Lord builds the house, the builders labor in vain.”  
(Psalm 127:1)*

#### A MESSAGE FROM THE PARISH PRIEST

*Dear Parishioners and Friends of Consolata Shrine,*  
Our Shrine remains a sacred place of prayer, worship, healing and encounter with God. This continued growth is a blessing that calls us to renewed responsibility in caring for the House of the Lord entrusted to us.  
Following pastoral reflection and consultation, the Parish is launching a **Parish Infrastructure & Accessibility Initiative** aimed at strengthening safety, enhancing worship spaces and improving the overall experience of all who come to Consolata Shrine.

This initiative is both a necessary intervention and a pastoral commitment to ensure that our Shrine remains dignified, secure and welcoming for all generations.  
I therefore invite every parishioner, family and friend of the Shrine to join us in prayer, participation and generous support as we undertake this important work together.  
*May Our Lady Consolata intercede for us always.*

**Fr Joseph Musito**  
Parish Priest  
Consolata Shrine

#### INTRODUCTION

Consolata Shrine stands as a sacred place of worship, prayer, healing and spiritual nourishment for thousands of faithful who gather here daily and weekly in service to God and one another.  
As our parish community continues to grow, we are entrusted with an even greater responsibility to preserve, enhance and safeguard this sacred space for present and future generations.

Following pastoral reflection and consultation, the Parish is undertaking a major **Infrastructure & Accessibility Initiative** aimed at improving safety, enriching the worship experience and strengthening stewardship across the Shrine compound.  
This initiative arises from both necessity and vision: necessity, because certain areas of our infrastructure require attention and improvement; and vision, because the Shrine

must continue to serve as a dignified, secure and truly welcoming house of God for all who enter it.

#### PROJECT OVERVIEW

The initiative comprises two complementary projects designed to strengthen safety, accessibility and the overall worship experience within the Shrine compound.  
The first component is the construction of a modern main gate and gatehouse, designed to significantly improve safety, access control and the orderly movement of both vehicles and pedestrians. The proposed structure will incorporate organized entry and exit points, enhanced security screening systems and dedicated facilities for security personnel. Beyond functionality, the gate will also serve as a symbolic expression of welcome, dignity and stewardship.



*The proposed new main gate and gatehouse will enhance safety, security and vehicle access control at Consolata Shrine while providing a dignified and welcoming entrance for worshippers and visitors. The design features an elevated tower crowned with a cross, creating a distinctive landmark that strengthens the Shrine's visibility and identity as a beacon of faith, prayer and evangelization.*

has adopted. The highest authority of the Legion of Mary is the *Concilium Legionis*, in Dublin. The basic unit of the Legion of Mary is the *Praesidium*; a group of people who work in the parishes following the instructions of the bishops and the parish priests. All of the *Praesidia* in a parish or several parishes in the same area constitute a *Curia*. The work of the *Curiae* and the *Praesidia* is coordinated by the *Comitium*. The *Regia* and the *Senatus* cover territories of large dimensions and whole countries, respectively.

- Parishioners may join the Legion of Mary as
- **Active members**, who attend the weekly meetings and devote two hours a week to apostolic work;
  - **Praetorian members**, who undertake the same obligations as the active members, attend daily Mass and receive Holy Communion, and recite the Legion prayers and an office approved by the Church daily;
  - **Auxiliary members**, who support the active members in the apostolic work with their prayers and
  - **Adjutorian members**, who are auxiliaries who undertake the same commitments as *praetorians*.

To be an active legionary it is necessary to apply for membership in a *praesidium*, which holds a weekly meeting and allocates

a weekly apostolic task to the members, who generally work in pairs. After a successful period of probation, members are called to make the **Legionary Promise** (this is only applicable for members over 18 years) which is directed to the Holy Spirit.

**Here at Consolata Shrine the Legion of Mary exists as two Praesidia. One at Consolata Shrine identified as Mama wa Amani and the other at Deep Sea identified as Nyumba ya Dhahabu. Both groups meet on Sunday with Mama wa Amani meeting between 9am and 10:30am. Nyumba ya Dhahabu meet between 11am and 12:30pm.**

Our Spiritual Director is Reverend Fr. Deogratius assisted by Sr. Magdelene of the Sisters of St. Joseph Mombasa.

We welcome new members to continue with the Apostolic work of evangelization and Salvation. ☪

**Solomon Thuo.**  
**Moderator,**  
**Mama wa Amani Praesidium, Legion of Mary,**  
**Consolata Shrine.**



*The proposed kneelers for the Consolata Shrine pews are designed to enhance comfort, reverence and active participation in the liturgy. As part of the Shrine's commitment to fostering a deeper sacramental life, the installation will provide worshippers with a more conducive environment for prayer, adoration and Eucharistic celebration while preserving the dignity and beauty of the sacred space.*

**VISION AND JUSTIFICATION**

Over the years, Consolata Shrine has experienced remarkable growth in the number of parishioners, pilgrims, liturgical celebrations and pastoral activities. This growth is a blessing and a testament to the spiritual vitality of the community. However, it has also brought with it increased pressure on existing infrastructure and facilities.

Movement within the compound has become more complex, safety considerations more demanding and the need for inclusive worship spaces more evident.

The proposed modern gateway is therefore not only a structural upgrade but also a pastoral response to the need for order, safety and dignified access to the Shrine. It will stand as a visible sign of a welcoming Church that is attentive to both security and hospitality. By improving access management and strengthening security infrastructure, the project will support the smooth functioning of the many pastoral, liturgical and community activities hosted at the Shrine throughout the year.

The installation of kneelers reflects the Parish's commitment to inclusive worship, ensuring that physical limitations do not hinder full participation in prayer and liturgy. It is a practical expression of care for the elderly and vulnerable within our community while enhancing the comfort and spiritual experience of all worshippers. The project also contributes to the beauty, reverence and liturgical dignity that befit a major centre of prayer and pilgrimage.

Ultimately, this initiative is not merely about construction works; it is about strengthening the sacred environment where people encounter God, receive grace and experience community.

**FUNDRAISING STRATEGY**

To achieve the target of **Kshs 9 million within a six-month period**, the Parish proposes a blended and inclusive fundraising approach that allows participation across all segments of the parish community and beyond.

At the core of this strategy is a **Parish Membership Contribution Model**, based on the estimated **3,000 members** of the Shrine community. Under this model, each member is encouraged to contribute **Kshs 500 per month for six months**, amounting to a total contribution of **Kshs 3,000 per member** over the campaign period. If fully embraced, this model alone is sufficient to meet the project target while ensuring affordability and shared responsibility.

In addition to this core model, the Parish encourages **flexible giving arrangements** to accommodate different capacities. These include monthly pledges of varying amounts, one-time

donations, family or household contributions, and special thanksgiving offerings during Masses and parish events.

The initiative also opens space for **groups and institutional participation**, including Consolata Shrine groups and committees, corporate partners, friends and well-wishers. Such groups may choose to support either the Main Gate & Gatehouse Project, the Pew Kneelers Project, or contribute collectively toward the overall goal.

To complement these efforts, the Parish will organize special fundraising activities, including dedicated fundraising Sundays and awareness campaigns designed to keep the faithful informed and engaged throughout the six-month period.

**PAYMENT OPTIONS**

To ensure ease of contribution, transparency and accountability, all donations shall be channeled through the following official avenues:

- **M-Pesa Paybill Number:** 508702  
**Account Reference:** Infrastructure Project / Parish Contribution
- Cheques may be drawn in favour of: **Consolata Fathers – Infrastructure Project** – and delivered to the Parish Office.
- **Cash contributions** are also accepted at the Parish Office, where official receipts will be issued immediately upon receipt of funds.

**ACCOUNTABILITY AND TRANSPARENCY**

The Parish leadership remains fully committed to transparency, accountability and responsible stewardship



throughout the implementation of this initiative.

Regular updates will be provided through Sunday announcements, monthly progress reports, parish bulletins and notice board updates. Financial accountability reports will also be shared at key milestones to ensure that the entire community remains informed on the progress of the project.

This commitment is grounded in trust, integrity and the shared responsibility we hold as stewards of God's house.

**CALL TO PARTICIPATION**

This initiative is ultimately a collective act of faith and stewardship. It is an invitation to strengthen the environment in which generations encounter God, pray together and experience the peace and dignity of worship.

We therefore humbly invite all parishioners, families, friends, institutions and well-wishers to walk this journey with us through prayer, financial support, pledges and active participation in the fundraising campaign.

Every contribution, regardless of size, becomes part of a larger act of building and renewal – ensuring that Consolata Shrine remains a safe, welcoming and dignified House of God for present and future generations.

**CLOSING PRAYER**

May Our Lady Consolata continue to intercede for us, and may God bless all who support this noble mission. **CE**

**The Allamano Centre Board**  
**“Commitment to the End”**

» The second component involves the **installation of kneelers on church pews**, a pastoral intervention aimed at improving comfort and inclusivity during worship. This enhancement is particularly important for elderly parishioners and those experiencing knee or mobility challenges, ensuring that full participation in liturgical celebrations is supported and dignified. The project will also help create greater uniformity within the worship space while fostering a more prayerful and reverent environment for the faithful.

Together, these two interventions form a coherent response to the evolving needs of a growing parish community, strengthening both the physical infrastructure and the quality of the worship experience offered at Consolata Shrine.

**PROJECT COST**

The total estimated cost of the entire initiative is **Kshs 9,000,000**.

This amount covers the construction of the main gate and gatehouse and the procurement and installation of pew kneelers, including materials, labour, professional services and all associated implementation costs required for successful completion.



# Ordinary Things Done Extraordinarily By Clifford Oluoch



I see my role as creating environments where learners, teachers, and entire communities can flourish.

The appointment as CEO is not merely a professional milestone for me. It is a calling. It is an opportunity to contribute to institutional transformation while remaining faithful to the values that have guided me throughout my career. I believe schools must prepare learners not only for examinations but also for life. Academic excellence remains important, but it must be accompanied by character, resilience, creativity, and compassion.

As Kenya continues to embrace Competency-Based Education, I see immense opportunities for nurturing well-rounded learners. Education should move beyond memorization and encourage learners to think critically, solve problems creatively, collaborate effectively, and engage meaningfully with the world around them. However, curriculum reforms alone cannot transform education. True transformation occurs when schools intentionally cultivate values and character alongside knowledge and skills.

One question I often ask myself is this: What kind of young person should emerge from our schools?

For me, the answer goes beyond grades and certificates. A truly educated young person should be disciplined, responsible, respectful, and socially conscious. They should possess the courage to lead, the humility to learn, and the compassion to serve.

**S**chool set-ups and the energy of children have always fascinated me. Every morning when I walk into a school environment, I am reminded that the future is bright. The laughter in the corridors, the curiosity in classrooms, the dreams carried by young learners, and the dedication of teachers all reinforce my belief that education remains one of the most powerful tools for transforming society.

My journey in education has spanned more than three decades. During that time, I have had the privilege of serving as a classroom teacher, deputy principal, principal, and now as the first Chief Executive Officer of MM Shah and MV Shah Academy. Each role has shaped me differently, but all of them have taught me the same lesson: leadership is ultimately about people.

As a teacher, I learned the importance of connecting with learners and understanding their individual needs. As a school leader, I discovered that creating systems that enable others to succeed is just as important as personal performance. Today, as CEO, my responsibility extends beyond managing schools.



My passion for writing has greatly influenced how I approach this mission. What began as a love for reading eventually evolved into a passion for writing. Over the years, I have authored children's books, creative writing materials, biographies, and mathematics resources. Writing has allowed me to reach learners far beyond the confines of a classroom.

Stories have a unique ability to shape minds and hearts. Through storytelling, we communicate values, inspire imagination, and encourage critical thinking. Every book I write represents an opportunity to influence young people positively. It is my way of contributing to the development of future generations and fostering a culture of literacy and lifelong learning.

Faith has also played a central role in my life and leadership journey. My involvement at Consolata Shrine, Westlands, extends beyond participation in the Catholic Men Association. As a member of the Parish Pastoral Council, I have had the opportunity to contribute to church governance, parish development, and spiritual formation initiatives.

Church leadership has taught me invaluable lessons about stewardship, accountability, and servant leadership. In many ways, the principles that guide my educational leadership are the same principles that guide my service within the Church. Leadership is not about authority; it is about responsibility. It is about serving others faithfully and creating opportunities for them to grow.



My participation in retreats, pilgrimages, parish projects, and other church activities is driven by a conviction that faith should be lived actively rather than merely professed. Faith provides the foundation upon which I build my personal and professional life. It reminds me that every leadership position is ultimately an opportunity to serve.

This commitment to formation and mentorship extends to my work with the Beacon Boys initiative. I have always believed that young boys need intentional guidance as they navigate the journey to adulthood. Even when they come from supportive families and privileged backgrounds, mentorship remains essential.

Success in youth formation is not measured by academic achievements alone. Rather, it is reflected in the values that young people carry into adulthood. I hope every young man who passes through our programmes develops a strong sense of responsibility, integrity, humility, and service. These values are becoming increasingly important in a world that often prioritizes success over character.

Another significant part of my journey has been community service. Through the Homeless of Nairobi initiative, I have witnessed both the challenges and resilience of vulnerable communities. Our work includes feeding programmes, support for children's homes, literacy initiatives, and empowerment programmes within informal settlements.

Community service has taught me some of life's most profound lessons. It has shown me that dignity matters. People do not simply need assistance; they need opportunities, respect, and hope. Sustainable service is not about creating dependency. It is about empowering individuals and communities to become agents of their own transformation. »





# Living with Autism: A Family's Journey



Each stage of our son's growth (Toddlerhood → Early – Middle childhood → Adolescence → Adulthood) has presented different challenges; hence the reason for his transfers to the various learning institutions to meet the specific challenges.

**PHYSICAL.** Open, green spaces were / are a 2<sup>nd</sup> home to our son. A couple of months ago, on a routine medical check-up, the attending physician jokingly told us to consider relocating from the concrete jungle (Nairobi) to our rural home. This was after listening to our narration of our son's experience in the two environments; his **anxious** state in the city versus his **relaxed** demeanour in the countryside.

**SPIRITUAL:** Genesis 1:27: "God created mankind in his image; in the image of God, he created them; male and female he created them." A verse that establishes the **dignity** of man.

As practicing Catholics, we are indebted to the Church for its pastoral care of all parishioners, shown by the open-door policy of the leadership, ongoing formation classes, talks that serve as a reminder of our oneness, and goal in life; which is to **know** God, **love** God and **serve** God.

**EMOTIONAL / SOCIAL Well-Being:** "A chain is only as strong as its weakest link".

We, as a family, made a decision very early on in our lives, that we would support each other, and grow together organically. With his two younger siblings (now 25yrs and 18yrs), the value of this proverb is profound. It is exemplified by the deep care and concern shared amongst family members. Milestones such as **cycling, ADLS, expressive** (non-verbal) language and many other 'typical' mannerisms are a result of the ethical vow 'leave no one behind'.

Final Remarks: "Be Encouraged, You Never Walk Alone" **CE**

**Lucy Wairimu Komora,**  
**Parishioner,**  
**Consolata Shrine, Westlands**

» The experiences I have encountered through community work have deepened my understanding of humanity and reinforced my commitment to servant leadership. They have reminded me that leadership must always have a human face.

Many people ask how I manage to balance my responsibilities as an education leader, church servant, author, mentor, and community founder. The answer lies in discipline, systems, and clarity of purpose. I have learned the importance of prioritizing what matters most and surrounding myself with capable people who share a common vision.

Trust is another principle that I value deeply. Throughout my leadership journey, I have discovered that titles may command attention, but trust earns influence. Trust is built through consistency, integrity, and reliability. It is earned when actions align with words over time.

Whether I am interacting with students, teachers, parents, parishioners, or community members, I remain conscious that leadership is always being observed. People pay more attention to what leaders do than what they say. This awareness challenges me to strive for authenticity and consistency in every area of life.

As I reflect on my journey, I am grateful for the opportunities I

have been given to serve. I do not measure success solely by positions held or achievements attained. Instead, I measure it by the lives touched, the communities strengthened, and the positive change inspired.

Looking ahead, my hope is to leave a legacy of service, mentorship, and transformation. I would like to contribute to an education system that nurtures both excellence and character. I would like to see more young people embrace leadership rooted in integrity and purpose. I would like to continue building communities where dignity, compassion, and opportunity are accessible to all.

If there is one message I would share with emerging leaders, it is this: pursue excellence, remain grounded in your values, and never underestimate the power of ordinary things done extraordinarily well.

In the end, meaningful change is rarely the result of one grand gesture. More often, it emerges from small acts of service, repeated consistently over time. Those ordinary acts, performed with passion and purpose, have the power to transform lives, strengthen communities, and shape a better future.

That has been my journey, and it continues to be my mission. **CE**



**M**y name is Lucy Komora: a wife, a mother of three, and a wearer of many other hats. Our journey began 28 years ago, with the birth of our first-born son. His early development was neuro-typical; achieving the required milestones. He commenced school (PLAYGROUP) at age two (2). As the year progressed, we noticed his inability to settle in a classroom environment; preferring to play outdoors ALONE. This behaviour prompted us to seek a medical assessment, which yielded the diagnosis of Autism Spectrum Disorder (ASD).

**Autism Spectrum Disorder (ASD).** It is a **neurological** condition that affects communication, social interaction and behaviour.

The holistic development of an individual requires a balance of **physical, academic, spiritual and emotional / social** well-being.

**PHYSICAL:** "You are what you eat". The food one eats directly impacts one's health, energy Levels and overall well-being.

Autistic individuals face at **significantly** higher risk of nutrient deficiencies due to sensory sensitivities.

GFCF (Gluten-free, Casein-free) diet, amongst other dietary interventions, have assisted in managing symptoms (Attention Deficit, Aggression, Meltdowns). But a proper medical diagnosis is advised before embarking on an **elimination** diet.

## ACADEMIC JOURNEY

With the diagnosis of Autism, the choice of appropriate schools to enroll our son in became a priority.

Age	School Set-Up	Key Milestone
3-4 Years	Regular (Day)	Established daily routines, including meal times and sleep schedules.
4-5 Years	Integrated (Day)	Successfully achieved toilet training.
5-9 Years	Special (Day)	Developed basic cognitive skills, including recognition of shapes, colours,
10-17 Years	Inclusive (Day)	Developed teamwork skills and responded well to verbal instructions.
18-21 Years	Special (Boarding)	Achieved independence in activities of daily living, including self-grooming, laundry, dishwashing, and animal care.
22 Years-Present	Special (Day)	Developed talents in cycling and acrobatics while acquiring vocational skills in woodworking and beadwork.



# World Environment Day

## From Lenten Reflections to Lasting Change



**F**or 40 days, Lent is a time for us to pause, reflect and turn back to what matters. At Consolata Shrine, the Catholic Justice and Peace Department brought over 500 parishioners gathered both online and in person for a Lenten campaign unlike any before. The theme was “Building a Just, Peaceful and United Kenya - Upholding Equity and Human Dignity,” and what unfolded was not just a series of prayers but also a serious conversation about debt, leadership, technology, and the very sanctity of life itself.

The campaign unfolded over five weeks, each dedicated to a pressing issue drawn from the Kenya Conference of Catholic Bishops Lenten campaign guidelines. Week one focused on leadership and integrity, reminding parishioners that integrity is not reserved for politicians alone but that every citizen is called to choose honesty over convenience.

Week two tackled the ballooning debt and over taxation, drawing 154 people to a single webinar. The key lesson was

striking: debt is not merely an economic issue but a moral one. When leaders borrow and tax without integrity, ordinary families carry the burden. The Church, the speakers argued, is called to provide a stronger voice against the “cancer” of corruption while assuring the faithful that there is still hope.

Week three examined the sanctity and dignity of human life, with over 100 attendees discussing how human life is sacred from the moment of fertilization onward. Panelists pointed to a growing crisis of despair among Kenyan youth, driven by social media comparison, economic pressure, and academic stress. They called for community, non-judgmental listening, and trusted mentors.

Week four turned to youth and technology, revealing a paradox. Technology offers young people unprecedented access to knowledge and opportunities, yet it is intentionally engineered with infinite scroll, auto-play, and constant notifications to capture attention. The result is depression,



The Allamano Centre Property Manager, Stephen Maingo (left), assisted by a member of the Catholic Justice and Development Programme (CJDP), plants a commemorative tree outside the Allamano Centre to mark this year's World Environment Day

anxiety, chronic sleep loss, and diminished focus. But the same technology, when directed ethically, can promote inclusion. One example shared was the Ishaara AI project, which helps bridge communication gaps for the deaf community.

Finally, week five responded to the cry of the earth. Environmental degradation, speakers said, is directly linked to human suffering. Poor governance, unplanned construction, and obstructed waterways worsen disasters that hit the poor hardest. Stewardship, they reminded listeners, is a divine mandate. Creation is a deliberate gift from God, not an object for domination. The way forward includes demanding accountability from leaders, supporting renewable energy, planting indigenous trees, and living simpler lifestyles.

The campaign reached far more people than those who attended the live sessions. The team produced 28 podcast episodes in both English and Swahili, generating over 1,000 views on YouTube and additional plays on Soundcloud. Thirty volunteers served across 32 Masses, and 19 expert speakers contributed their time and wisdom. One parishioner named Joanne summed up the impact simply: “Through the webinars, I was inspired to join CJPD.”

The seeds planted during Lent must continue to grow in families, in the parish, and across the nation.

Pope Francis said “Let us not allow the season of grace to pass in vain. May the Lord Jesus obtain for us the grace to renew our hearts and our lives, and to build a more just and fraternal world.”

The Lenten campaign may be over, but the invitation remains open. This week, consider one small act of justice. Mentor a young person struggling online. Plant a tree or simply listen without judgment to someone carrying a heavy load. To get involved with ongoing action groups on life issues, the environment, or youth accompaniment, reach out to the CJPD at Consolata Shrine via [cagunga24@gmail.com](mailto:cagunga24@gmail.com). The season of grace should not pass in vain. **CE**



# Catholic Justice and Peace Department

## The Tree That Knew Tomorrow

The elders of our land say that every tree has a soul. That when you press a seedling into the earth with intention, you do not plant a tree, you plant a promise. And the earth, which has heard every promise ever made since the first rains fell on the slopes of Mt. Kenya, holds it patiently until the day arrives for it to be kept.

Nobody reminded the Mwangi family of this on the morning they arrived at Consolata Shrine with members of the Catholic Justice and Peace Department to celebrate the Laudato Si season in May 2025. There was Mass. Afterwards, the priest blessed the ground. The choir sang one verse of a beautiful song. Members of the congregation planted several trees. And the Mwangis planted something that would outlive them. Bishop tree (*Bischofia javanica*).

seven-year-old who understands that some moments are bigger than he is.



And so, it began to grow.



In the first weeks, quietly. Humbly. The way all great things begin, without announcement, without applause. The roots

went down first, as roots always must, through the red soil, past the dry season's stubbornness, reaching for water that had been below the surface long before this place had a shrine on it, long before there was a road, long before there was a name for this place at all.

By the time the rains eased, the bishop tree had decided to stay.

Baraka and Jabu came every Sunday after Mass, carrying their green watering can. They talked to the tree the way they talked to their grandmother, with complete confidence that they were being heard.

People make the mistake of thinking a young tree sleep. It does not. Even then, even small, it is working.

Baraka noticed it first. The ground around the bishop tree stayed soft longer after rain, while other patches hardened and cracked. Jabu noticed the coolness, how standing beside their tree on a Sunday afternoon felt different from standing anywhere else in the compound, as though the tree had learned Mercy before it had learned height.

The birds found it before it grew tall. A pair of sunbirds arrived when the first leaves appeared, scouting it as though they had received a message. They will nest there. One tree, properly loved, is never just one tree.

This is the moment on this continent when forests are becoming charcoal faster than they are becoming trees. The rains have forgotten their schedules. Farmers look at the sky with an expression that should frighten all of us.



But the tree nurtured by the Mwangis does not know this. Or perhaps it knows it better than we do, because a tree has only one answer to every crisis: grow.

Baba explained it to Baraka one afternoon, the boy's small hand on the trunk that had not yet thickened: "You are not planting this for yourself. You are planting it for someone whose name you will never know."

Baraka frowned. "Then how will they thank me?"

Baba laughed, a sound like stones settling. "The shade will be the thank you."

The tree nurtured by the Mwangis is one year old. It is already beautiful. It is already working. It is already whispering to the future in the only language trees know; giving what they have, needing only what they were given.

It is not the tallest tree in the Consolata Shrine compound. Not yet. It is still finding its height, still negotiating with the wind about how far it can lean before it must hold firm. But it is there. It is rooted.

Plant the tree.

Listen. Can you hear it growing?

The tree whose shade you sit under today was planted by someone who never sat under it.

Plant a tree for the one you have not met, yet. **CE**

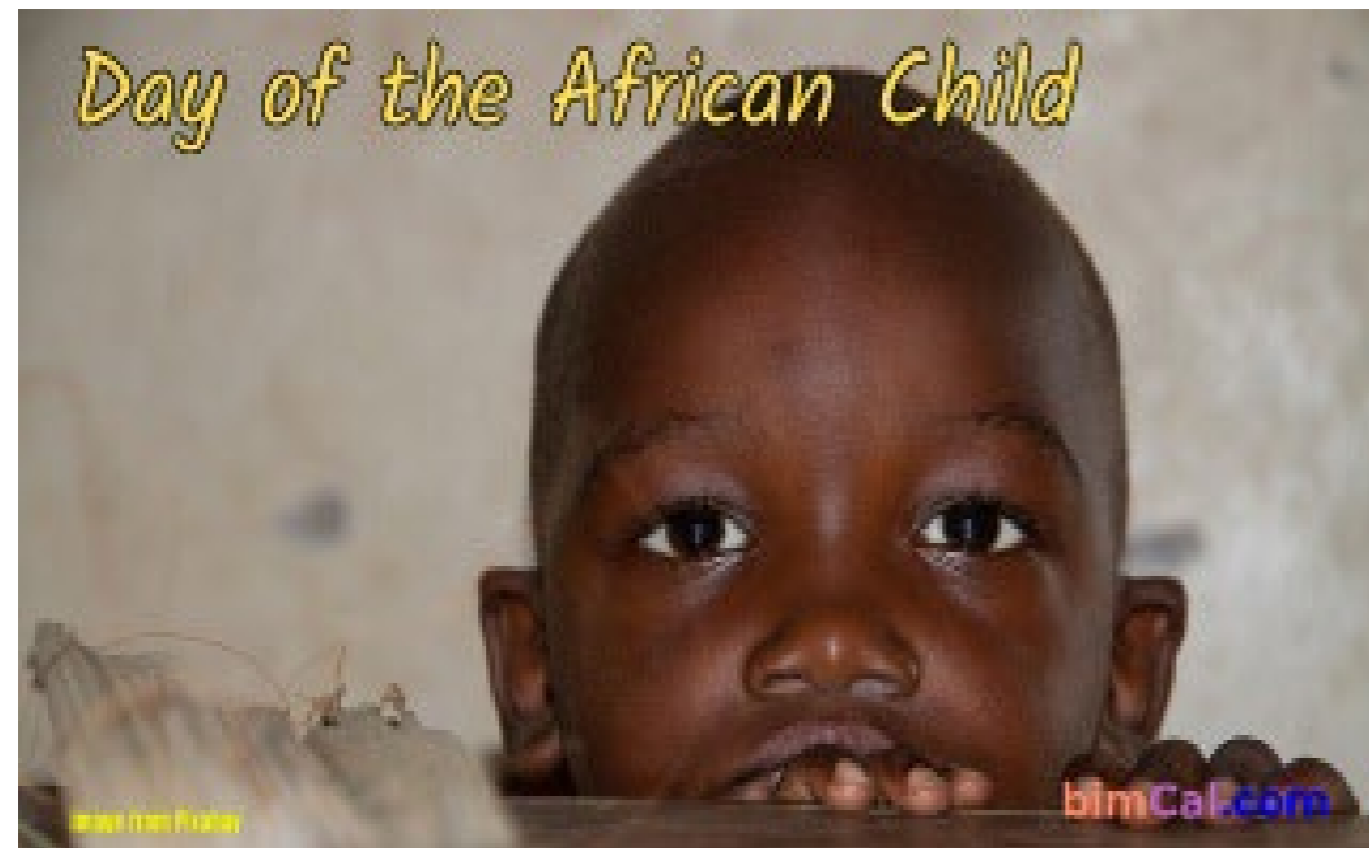
Written by Asha Shaaban-Mwangi



They knelt together - Baba, Mama, Baraka and Jabu - around a hole behind the Allamano Centre, the red soil still cool from morning shade. Baba lowered the seedling in. Mama cupped its roots with both hands, the way you cup a face you love. Baraka poured the water slowly, with all the ceremony of a



# Day of the African Child



**T**he Day of the African Child is celebrated annually on 16 June. We recall the day when children in Soweto, South Africa, stood against an unjust educational system and paid a heavy price for their quest for dignity, justice, and equal opportunity. For the Catholic Church in Africa, this day is not merely a historical remembrance but a prophetic call to safeguard the dignity, rights, and holistic development of every child. Inspired by Jesus' words, "Let the little children come to me" (Matthew 19:14), the Catholic Church is called to welcome, protect, and nurture children as valued members of God's family.

The Church in Africa recognizes that many children continue to face poverty, violence, armed conflict, trafficking, Child Labour, displacement, inadequate health and education and digital exploitation. **Consequently, the celebration of the Day of the African Child becomes an occasion for prayer, advocacy, and concrete action aimed at promoting children's rights and integral human development.**

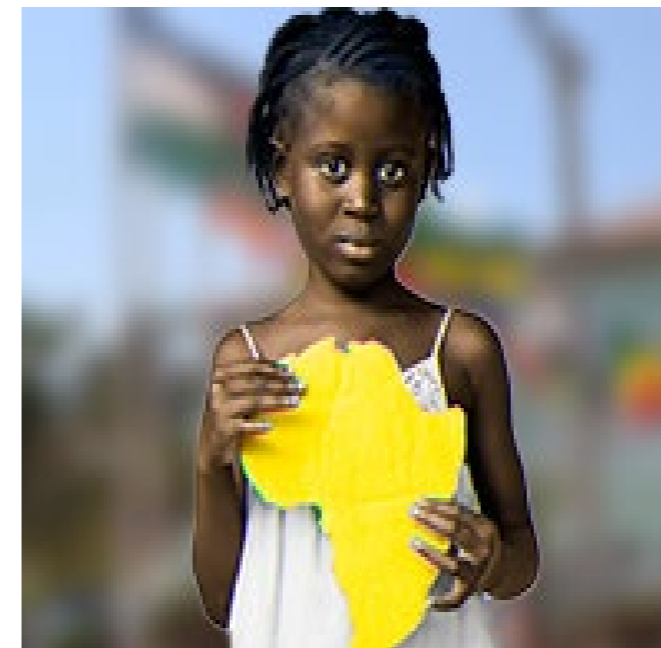
Through its commitment to education, justice, peace and integrity of creation, the Association of Member Episcopal Conferences in Eastern Africa (AMECEA) encourages local churches to create environments where **children can flourish spiritually, intellectually, emotionally, and socially and ensures that every child has access to education, health**

**care, moral formation and opportunities for participation in society.** The Kenya Conference of Catholic Bishops (KCCB), affirms that evangelization cannot be separated from safeguarding and the protection of minors. **"Every Catholic institution, parish, school, and family is therefore called to become a safe environment where children are respected and protected".**

Inspired by Saint Joseph Allamano's vision of charity and mission, we are called to create families, schools, and parishes where children are loved, protected, heard, and formed in faith. By investing in their spiritual, educational, and human development, we build a future of hope for the Missions.

**"The Church in Africa recognizes that many children continue to face poverty, violence, armed conflict, trafficking, Child**

**Labour, displacement, inadequate health and education and digital exploitation.**



The Church honours this day by celebrating Children's Mass and Blessing; allowing children to actively participate in the liturgy and receive a special blessing. Children's Talent Showcases are organized for children to express their gifts via songs, poems, drama, and cultural presentations.

Adults have an undeniable role to play as guardians and parents of our children. The establishment of forums on Safeguarding Awareness (to remind parents, catechists and parish leaders of their responsibility to create safe environments for all children) has become a necessity. It is important for Family Prayers and inter-listening moments at home. Parents can pray with their children, discuss their hopes and challenges, and affirm their value and dignity. Such moments strengthen family bonds and help children grow in faith, confidence, and a sense of belonging.

As we celebrate the African Child, let us renew our



commitment to ensuring that **every child is loved, protected, heard, and empowered to grow in faith, dignity, and hope.** As Jesus teaches, "Whoever welcomes one such child in my name welcomes me" (Mt 18:5). The Church's mission, therefore, is not only to celebrate children but to accompany them, defend them, and empower them to become agents of transformation in Africa and the world.

The Day of the African Child was established in 1991 by the precursor of the African Union (AU), the Organisation of African Unity. Each year the member states of the AU agree on a theme. This year the theme is based on the basic right of clean water for all.

Millions of children across Africa face daily challenges due to unsafe water, poor sanitation and lack of hygiene. UNICEF estimates that over 190 million children are at high risk from water related threats including disease and climate hazards. Inadequate WASH (Water, Sanitation and Hygiene) services across Africa contribute to child, mortality, malnutrition and school absenteeism, disproportionately affecting rural and vulnerable communities.

The campaign aims to mobilise political commitment and resources for child responsive WASH systems.



In Kenya, the day will be marked in Marsabit County. **CE**



# Commissioning of New YCA Members Set for 28 June 2026

“Legacy Seekers Growing Together in Faith, Fellowship and Service”



YCA Members in a past commissioning ceremony in the Church

## Are you between 27 and 35 years and wondering where you belong in the Church?

On Sunday 28 June 2026, the Young Catholic Adults (YCA) of Consolata Shrine, Westlands, will celebrate a significant milestone as seventeen new members are commissioned during the 9am Youth Mass. They successfully completed a rigorous formation programme comprising thirteen classes.

The commissioning marks another chapter in the growth of a group that was established only three years ago. The group has continued to attract young professionals and adults seeking to deepen their faith, while building meaningful social and economic relationships.

## Who are Young Catholic Adults?

Within the Archdiocese of Nairobi, youth ministry encompasses persons aged between 14 and 35 years and is organized into three pastoral structures: Missionary Youth Movement (MYM) for ages 14 to 18, Youth Serving Christ (YSC) for ages 18 to 26, and Young Catholic Adults (YCA), which brings together young people aged between 27 and 35 years.



As the final stage of youth ministry, YCA members are fondly referred to as “Legacy Seekers”- young adults striving to build lives rooted in faith while creating a lasting impact in society. »



## PASTORAL NOTICE CHILD SAFETY & SAFEGUARDING

**Dear Parishioners,**  
In recent times, our nation has experienced rising concerns regarding child safety, including reported cases of abductions and other forms of insecurity affecting families and communities. As a place of worship and formation, the Shrine remains deeply committed to the protection, dignity and well-being of every child entrusted to our care.



In this regard, the Shrine wishes to gently but firmly call upon all parishioners, parents, guardians, leaders and PMC teachers to embrace heightened awareness and precautionary measures during all children-related activities, including but not limited to:

Children are a sacred gift from God, and the Church has a moral and pastoral duty not only to nurture their faith but also to ensure that they are safeguarded in all spaces where they gather in our name.

### KEY SAFEGUARDING EMPHASIS – WHAT WE ALL MUST DO

- 1** Parents and guardians are encouraged to personally drop off and pick up their children whenever possible
- 2** Children should only be released to authorized and known guardians
- 3** All ministry volunteers working with children must remain vigilant and accountable in their duty of care.
- 4** Movement of children within Church premises should be monitored and coordinated at all times.
- 5** Any suspicious activity or concern should be reported immediately to Church leadership or designated security personnel.

### THIS APPLIES TO ALL CHILDREN'S ACTIVITIES INCLUDING:

- PMC (Pontifical Missionary Childhood) meetings
- Sunday School sessions and related catechetical programs
- All liturgical, games, and formation activities involving minors
- School-related engagements at Consolata School and associated Church events.

The Shrine also encourages all groups to reinforce safe communication practices, proper registration of children in programs and clear identification of responsible supervisors during all gatherings.

This is not a moment of fear, but of renewed responsibility and love. As a faith community, we are called to be both spiritually nurturing and practically vigilant, ensuring that our Church remains a truly safe sanctuary where children can grow in faith, joy and safety.

Let us all stand together in prayer, awareness and action to protect the little ones whom Christ Himself entrusted to us.



“Whoever receives one such child in my name receives me.” – Matthew 18:5

Fr. Joseph Musito  
Parish Priest



» **More Than Just a Group**

*So, what makes YCA different?*

It is more than a Sunday gathering. It is a family of young Catholics committed to growing spiritually, socially and economically. Guided by Catholic Social Teaching and Gospel values, the group seeks to nurture holistic young adults who are rooted in Christ and transformed to serve society.

**Daisy Yator:** *"I enjoy praying the Rosary in the Prayer Garden because it offers a quiet space for reflection with minimal distractions. We can make it even more meaningful by introducing a Rosary Walk and dedicating each session to specific intentions; such as prayers for jobs or peace, while inviting other parishioners to join the youth in animating the Rosary."*

The mission is simple yet profound; to fellowship together, inspire, evangelize and champion Catholic values while creating an environment where members can learn, live and teach the faith. Through the group, members are encouraged to harness their skills, talents and professional competencies to positively impact the Church and the wider community.



**Faith Beyond the Pew**

Life in YCA extends beyond the walls of the church. Members gather physically and virtually for Rosary sessions, fellowship and hangouts. They participate in charity visits, support community initiatives and actively take part in Archdiocesan and National YCA Masses, fostering a vibrant network of Catholic young adults united by faith and friendship.

**Kelvin Sultan Nyota:** *"It was a great experience hosting YCA members during the May Rosary and Hangout. It was a wonderful opportunity to pray, interact, and bond together. I look forward to many more such moments of fellowship."*

The group has become a space where careers, vocations and life experiences intersect, allowing members to journey

together while supporting one another through the different seasons of adulthood.

**A Growing Family**

The commissioning of the seventeen new members is a testament to the increasing vibrancy of youth ministry at Consolata Shrine.

**Josémaría Muendo:** *"As a new YCA member, I have felt warmly welcomed by the closely-knit and active community. I especially enjoy the regular gatherings, particularly the end-of-month Rosary and social sessions that foster prayer and meaningful connections. I am truly happy to be part of YCA."*

It reflects the desire among young adults to remain active in the Church and to find communities where they can belong, grow and serve.



As the Church continues to call young people to be protagonists of evangelization, the YCA stands as a reminder that faith remains relevant and transformative, especially for those navigating adulthood.

**Could This Be Your Next Step?**

If you are aged between 27 and 35 years and have been searching for a community where faith meets fellowship, where spirituality meets purpose, and where friendships blossom into lifelong support systems, then perhaps YCA is where you belong.

*Join us on Sunday 28 June 2026, during the Youth Mass as we witness the commissioning of our newest members and celebrate God's work among young adults.*

**Because legacy is not built alone; it is built together. CE**

**By Stanley Lugaria**  
YCA Moderator

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

# Serving Christ, Changing Lives



Every Friday at 6:00 pm, the Youth Serving Christ (YSC) community gathers for an evening dedicated to faith, fellowship, and a deeper understanding of God's Word. Our Friday Evening Bible study has become a cornerstone of our youth ministry, providing a welcoming space where young people can reflect, learn, and grow together in their Christian journey.

The Bible Study was initiated by our liturgical leaders, Alvine Kibaki and Jacinta Wambui, with the aim of encouraging young people to engage more deeply with Scripture. Since then, we have studied four books of the Bible: **Ephesians, 1 Timothy, 2 Timothy, and, currently, Esther.** Each book has offered valuable lessons on Christian living, leadership, courage, perseverance, and the importance of keeping Christ at the centre of our youthful lives.

We have also been privileged to learn from a variety of facilitators, including Fr. Musito, Fr. Nicholas, Fr. Felix, Dr. Pamela, Tr. Theodora, and Mr. Kahuko. Their unique perspectives and experiences have made each session engaging and insightful; helping us to understand the Scriptures beyond their literal meaning and apply them to our daily lives.

Reflecting on the impact of the Bible Study, Alvine Kibaki shares, *"Growing closer to God is the key right now, sharpening your faith every day by not just reading but also understanding the Scripture."* This sentiment captures the essence of our gatherings; where the goal is not simply to read the Bible but to understand its message and live it out in our everyday lives.

For Everlyn, the Bible Study has been a place of personal growth and shared learning. She says, *"For me, I've learnt so much based on each chapter we've read, but in general, I've learnt to read the Scriptures and not only interpret them as a direct translation, but to look for the meaning of what is being told."*

*Being able to listen to other people's reflections from the same verses opens up my mind and helps me understand the message of the Word more. It's also a good space to share thoughts on life matters and discuss them."*

These reflections highlight one of the greatest strengths of our Bible Study: the opportunity to learn from one another. Every discussion allows members to share different perspectives, ask questions, and connect the teachings of Scripture to the realities of everyday life. It has become a safe and supportive environment where faith and friendship grow side by side.

Over time, the Bible Study has fostered tremendous growth among the youth. It provides a peaceful way to end the week; offering a chance to step away from the demands of everyday life and focus on spiritual renewal. Even Nairobi's heavy rains and public holidays have not hindered our gatherings, reflecting the dedication and enthusiasm of our members to continue growing together in faith.

Recently, we introduced snacks during our sessions, creating an even warmer and more welcoming atmosphere where fellowship extends beyond the study itself. These moments of sharing and conversation have strengthened the sense of community within the group and made everyone feel more connected.

As our Bible Study continues to grow, we look forward to welcoming more people and introducing new ideas that will enrich the experience for all.

**We warmly invite everyone to join us every Friday at 6:00 p.m.** Whether you are beginning your faith journey or seeking to deepen your understanding of Scripture, you will find a community ready to learn, reflect, and grow with you. Together, we continue to strengthen our faith, build lasting friendships, and discover the transformative power of God's Word. CE



**Linnet Lobora**  
Secretary Youth Serving in Christ  
Consolata Shrine

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

# 'Watch Your Watch!'

This year the Archdiocese Lenten Formation (in preparation for the annual Commissioning of the MYM) was based on the book by Rev. Brother Eric Kramo, FMS. The formation was written to help young people live intentional, disciplined, and faith-based lives in today fast paced world



Material provided by the Archdiocese of Nairobi (ADN)

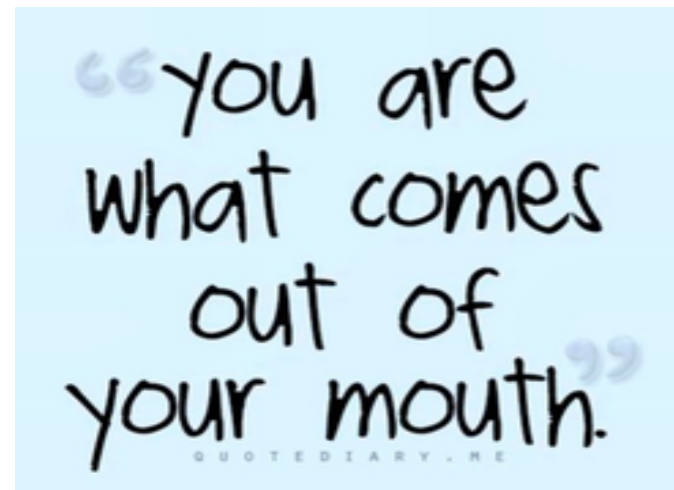
The title carries a deep creative meaning. Just as we look at a wrist watch to manage time, we are called to constantly 'watch' our lives; to guard, to monitor and be mindful of the small daily choices that shape our character. Many young people drift through their lives on autopilot; reacting instead of choosing. 'Watch Your Watch' calls us to *pause, reflect and take responsibility for how we live each day.*

**Watch** is an acronym (Words, Attitude, Time, Companions, Habits). The areas covered in the formation are *spiritual responsibilities*. **When these responsibilities are neglected, life slowly drifts into regret, broken relationships and wasted potential; when guarded with prayer, discipline and God's grace, they lead to growth, joy and purpose.**

## WATCH YOUR WORDS - My Words, My Power!

### WORDS

are powerful tools. They build or destroy.



### Present Challenge

- Have your words ever hurt anyone? How did you feel?
- Have your words ever healed or saved someone?
- What can you do before texting, posting, or speaking to avoid hurting others?



'Watch the Watch' formation session with Youth Facilitator Dennis Maina

### Reflection points

- ✓ Words can build or destroy.
- ✓ Careless words can leave lasting pain.
- ✓ Kind and truthful words bring life.
- ✓ With God's help, teens can control their tongue and message.

### Spiritual Challenge

James 3: 5-10

- ❖ **Pause. Think. Speak life**

## WATCH YOUR ATTITUDE - Attitude shapes my day!

### Attitude

is how we choose to respond to life. Two people can face the same situation and experience different outcomes because of attitude.

### Present Challenge

- Complaining, giving up easily, or being negative.
- Reacting in anger or frustration.
- Being lazy of feeling - 'I don't care!'



### Reflection points

- ✓ Attitude is a choice, not a feeling.
- ✓ Faith can help teens choose joy, patience and hope.
- ✓ A good attitude can change results and overall happiness.
- ✓ Jesus chose humility, obedience and love, even in difficult situations. We can learn from Him.

### Spiritual Challenge

Phillipians 2:5

- ❖ **For one week: Each morning say, 'Today, I choose a good attitude.'**
- ❖ **When upset or frustrated, pause, pray and respond positively.**

## WATCH YOUR TIME - Time is a gift - use it wisely.

### Time

our most valuable resource



### Present Challenge

- Teens spend hours on social media, games or other distractions.

### Reflection Points

- ✓ Time is limited and can not be recovered.
- ✓ Distractions steal opportunities and dreams.
- ✓ Planning and discipline honour God and lead to success.
- ✓ Even small steps each day make a huge difference over time

### Spiritual Challenge

Ephesians 5: 15-17

- ❖ **Create a simple day schedule (Include Prayer, Study, Chores, Rest and Fun)**

## WATCH YOUR COMPANIONS - Your friends shape your future.

### Companions

- are powerful.

### Present Challenge

- ◆ Teens often follow what other teens do.
- ◆ Wrong friends can lead to bad habits or trouble.



### Reflections Points

- ✓ Good friends lead us closer to God. Bad friends pull us away.
- ✓ We have the power to choose whom we spend time with.
- ✓ MYM and church groups can be positive support circles.

### Spiritual Challenge

1 Corinthians 15:33

- ❖ **Pray for courage to set limits with friends who pull you away from God.**



Consolata MYM after commissioning at the Archdiocese Mass

## WATCH YOUR HABITS - Small Habits, Big Futures.

### Habits



- are faith lived daily. They are not built in dramatic moments, but in ordinary repeated choices.

### Present Challenges

- Many young people struggle with
- ❖ Phone addiction, late nights and missed responsibilities, procrastination.
- ❖ Spiritual laziness ('I shall pray tomorrow.')

Reflection Points

- ✓ Habits build destiny - slowly but surely.
- ✓ Bad habits feel comfortable but imprison us
- ✓ Good habits feel hard at first but eventually free us.
- ✓ **God's grace strengthens effort - it does not replace it.**

Spiritual Challenge

Roman 12:2

- ❖ Chose one good habit to build.
- ❖ Chose one bad habit to reduce or stop

Following the four days of formation, the Consolata MYM joined 25000 teens of the Archdiocese for their annual Mass. It was a joyful lively celebration presided over by the Auxillary Bishop of the Archdiocese of Nairobi, Rt. Rev. Bishop David Kamau. During the Mass, the Sisters of St Paul launched the new book: *The story of Cardinal Maurice Otunga: A Humble Servant of God*. The biography aims to educate the young people about the unique spirituality and legacy of this Kenyan Servant of God.



MYM bi-monthly formation with Father Makau, Parish Youth Chaplain

All teenagers currently in Grade 9 up to Form 4, are invited to attend the activities outlined in the MYM Calender. The group meets within the Parish twice a month and during the school holidays. There are also MYM Deanery activities which allow the teens of the seven parishes in Kabete Deanery to interact. **Come and increase your faith with fun, prayer and friendship!** St Carlo Acutis, pray for us. ☒

# THE MOST SACRED HEART OF JESUS

The word **sacred** means holy and worthy of worship. We are not surprised to know that the Heart of Jesus is holy. We connect a heart with love. The Sacred Heart of the Lord Jesus has all the love and mercy waiting for us.

The New Testament mentions the Heart of Jesus:

'...for I am meek and humble of Heart.' (Matthew 11:29)  
 '...a soldier pierced His side with a spear and blood and water gushed out.' (John 19:34) We are reminded of Divine Mercy with two rays coming from the merciful Heart of Jesus.  
 We have seen many images of the Sacred Heart: do we know where the image came from?

### History of the Sacred Heart of Jesus

About 350 years ago (1674 and 1675) a nun in France reported to her Superiors that the Lord Jesus was appearing to her. The Lord was teaching her about His **Sacred Heart** and had shared an image of His Heart. The nun was called Sister Margaret Mary Alacoque from the Order of the Visitation. She described the Heart:

- I. The Heart was exposed - Jesus' revealed love for humanity
- II. Around the middle was a circle of thorns pressing into the Heart- symbolising the sins of humanity and the suffering of Jesus in the Passion.
- III. The Heart had a deep wound - from the lance at the Crucifixion
- IV. On top of the Heart was a burning fire - furnace of the love of God and the purifying power of the Holy Spirit.
- V. There is a cross in the middle of the flames - the Crucifixion and Sacrifice of the Lord.

The Sacred Heart shows how much Jesus suffered for us because He loves us so much. He is asking us to see His suffering and decide to honour His pain by listening to Him.

Jesus wants us to make reparations (to make amends) for all the time we make Him suffer by ignoring Him and forgetting Him. If we turn our hearts to Him in prayer, the thorns, hurting and piercing the Sacred Heart, will change to flowers of consolation.

Our Lord told Sr Margaret Mary many things we can do to make reparation, including:

- To spend one hour in Adoration before the Blessed Sacrament every Thursday to console the Lord on the night of His Agony in the Garden,
- To receive the Lord in Holy Communion frequently, and
- On the first Friday of the month (for nine months without a break) the faithful are invited to attend Holy Mass and receive the Blessed Sacrament in a state of grace. During the Mass, the intention should be to make reparation to the Sacred Heart. Anyone who fulfils the nine months will not be alone when they die. The Lord Himself will be their protection. This is one of the Twelve Promises associated with the Sacred Heart.

The Lord asked for a Feast of the Sacred Heart. The Feast was to be on the Friday of the Octave after Corpus Christi. This is also the third Friday after Pentecost. This year the Solemnity of the Most Sacred Heart of Jesus will be celebrated on Friday 12 June,

On the day after the Solemnity, the Church honours the Immaculate Heart of Mary.

Sacred Heart of Jesus, have mercy on us.

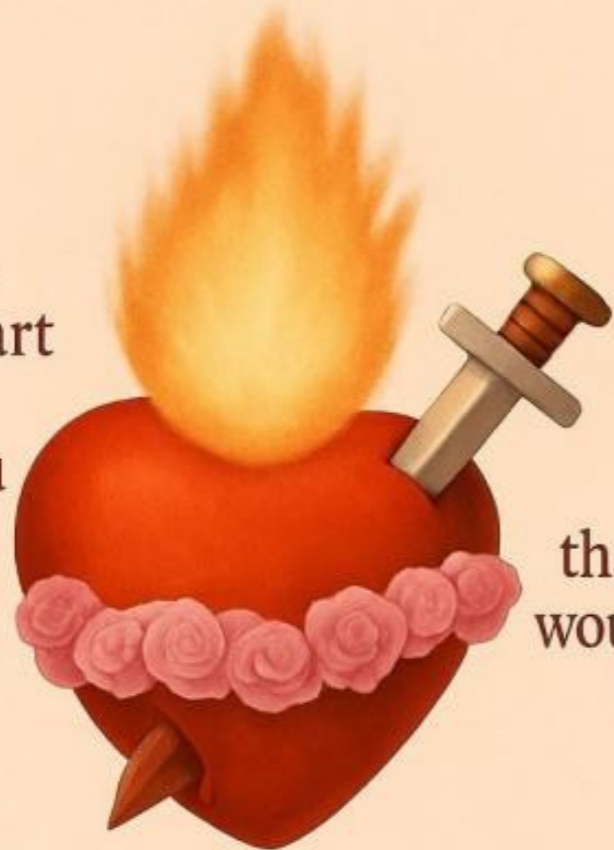
Immaculate Heart of Mary, pray for us. ☒



# Symbols of the Immaculate Heart of Mary

## Flames

Symbolizes that her heart burns with love for Jesus and for all the humanity.



## Sword

Recall the prophecy of Simeon, who said that her heart would be pierced by a sword.

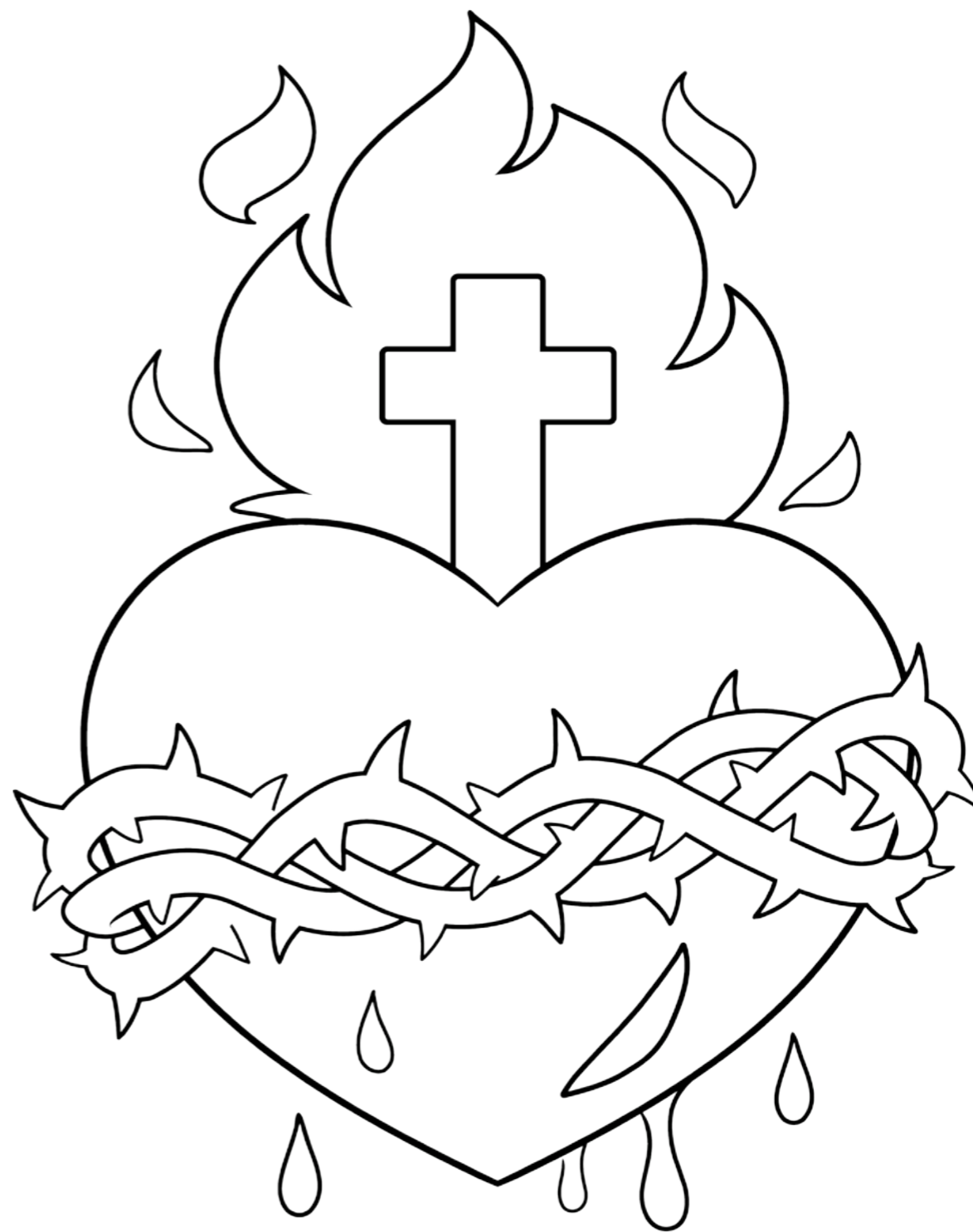
## Roses

They represent her Immaculate conception & perpetual virginity.

## Heart

It symbolizes her maternal love as the mother of Christ & mother of the Church.

## Coloring Page



EasyDrawingGuides.com

## June Saints and Feast Days Word Search

B A P T I S T N Y K L K L P  
 E P H R E M L P Z C K N H R  
 N T L M L Z M A R T Y R S T  
 G L T S A C R E D H E A R T  
 M G F I R Z N P D L W E M G  
 P Z T M W B N K I Z B A O P  
 J R N M Z W A R C R R N A P  
 A E X A G Z Y R O Y Z U V E  
 N L S C T C Y N N A L N Y T  
 T X L U V I R J G A I Y E E  
 H M R L S N V A P T B M Q R  
 O C N A F Z W I S T O A X K  
 N R Z T T J T U T R G C S X  
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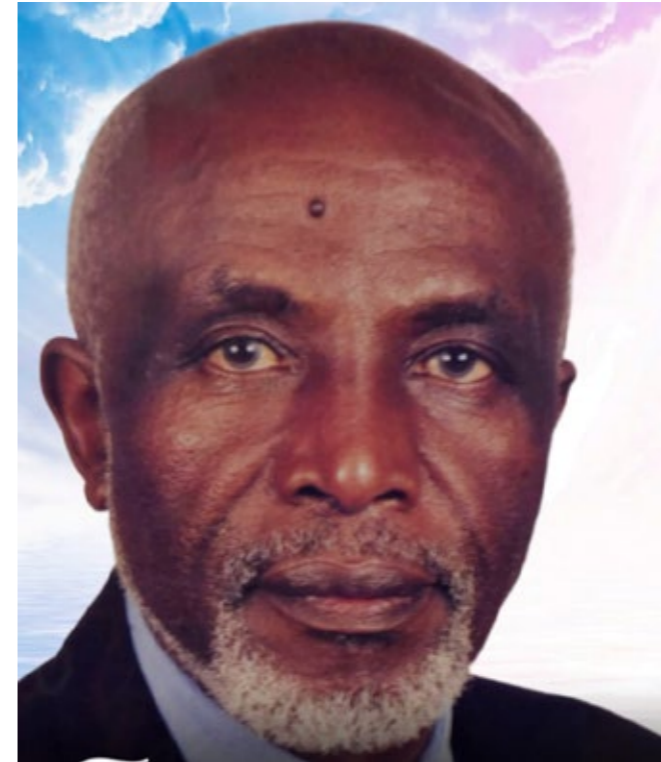
Find all of the words or phrases in the puzzle that are in **BOLD** in the word bank below.

St. Justin	St. Barnabas	St. Cyril of Alexandria
Sacred Heart of Jesus	St. Anthony of Padua	St. Peter
Immaculate Heart of Mary	St. Aloysius Gonzaga	St. Paul
St. Norbert	Nativity of St. John the Baptist	First Martyrs of the Church of Rome
St. Ephrem		

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## The Maestro of the Altar: Remembering Joe Muriithi, Consolata's Finest Liturgist

By Amos Ochieng – Convenor the Liturgy Committee Consolata Shrine



Joseph Gregory Muriithi

The sanctuary of Consolata Shrine has always been a place of profound encounter, but for decades, its spiritual rhythm was guided by a man whose devotion to the liturgy was nothing short of an art form. Joe Muriithi was more than a familiar face in the Consolata community; he was the human custodian of its sacred elegance. A strict adherent of Catholic liturgy without exception, Joe understood that the mass was a foretaste of heaven, and therefore demanded nothing less than perfection.

When Joe took his final bow from this life in early March 2026 at the age of 83, he left behind a legacy woven deeply into the fabric of the Church. He was a man who walked a long, luminous journey of faith, carrying a great spiritual gift wrapped in an unassuming, simple life. To know Joe was to experience a rare blend of rigorous discipline and an infectious, warm smile.

### The Architect of the Word: The Proclaimers Ministry

Joe's enduring monument at Consolata Shrine is undoubtedly the **Proclaimers Ministry**, which he founded in 2002. As the convenor of the liturgy committee under which the proclaimers are anchored, Joe set out to elevate the Ministry of the Word.

To Joe, the ambo was not a place for mere reading; it was a platform for divine proclamation. He disliked any proclamation that was not standard, meticulously prepared, and beautifully articulated. Members of the ministry remember him with a mix of profound respect and healthy dread. When a proclaimer stood at the ambo, the most daunting presence in the congregation was Joe's face staring back from the crowd. He listened with an expert, unforgiving ear.

- **If a reading was poor:** He would not mince his words. He corrected directly, believing that God's word deserved flawless delivery.
- **If a reading was excellent:** He would offer warm congratulations, always accompanied by his trademark advice: "Next time, do even better."

Under his watchful eye, the ministries around the altar moved with a geared precision. The altar servers, the choir, and the proclaimers operated like a finely tuned timepiece, one turning the other toward their logical perfections. Because of Joe, the sanctuary was simply neater, holier, and more dignified.

### From the National Screen to the Sacred Altar

Long before he was known as the bedrock of Consolata's liturgy, Joe Muriithi was a household name across Kenya. To the wider public, he was the famous face on national television advertising the popular cough drop, Vicks Kingo. Affectionately dubbed "**The Kingo Man**," Joe possessed a commanding voice and a charismatic presence that captured the nation.

Yet, despite his national fame, Joe remained remarkably



Popular Vicks Kingo advert icon Joseph Gregory Muriithi



grounded. He did not let the spotlight of the media overshadow his true calling. He channeled that same powerful voice, flawless diction, and magnetic presence away from commercial screens and entirely into the service of the Church. As a Choir Master and the Director of the Altar Boys, he used his talents to mold generations of young Catholics, teaching them to stand tall and serve God with pride.

**A Theology of Precision: Never Lukewarm**

Joe lived his life by a strict biblical philosophy. He frequently reminded those around him of the words of Christ in the Book of Revelation: you are either hot or cold, but never lukewarm. In matters of faith and liturgy, Joe had no room for mediocrity. "He believed that if you are going to do something for God, you give it 100%, or you don't do it at all. There was no middle ground."

When he retired from his professional career and relocated to his home in Thika in 2006, he carried this exact same demeanor with him. His passion did not dim with age or distance; he remained a beacon of liturgical excellence and unwavering faith in his local community until his final days.

**A Legacy of Love, Priests and Family**

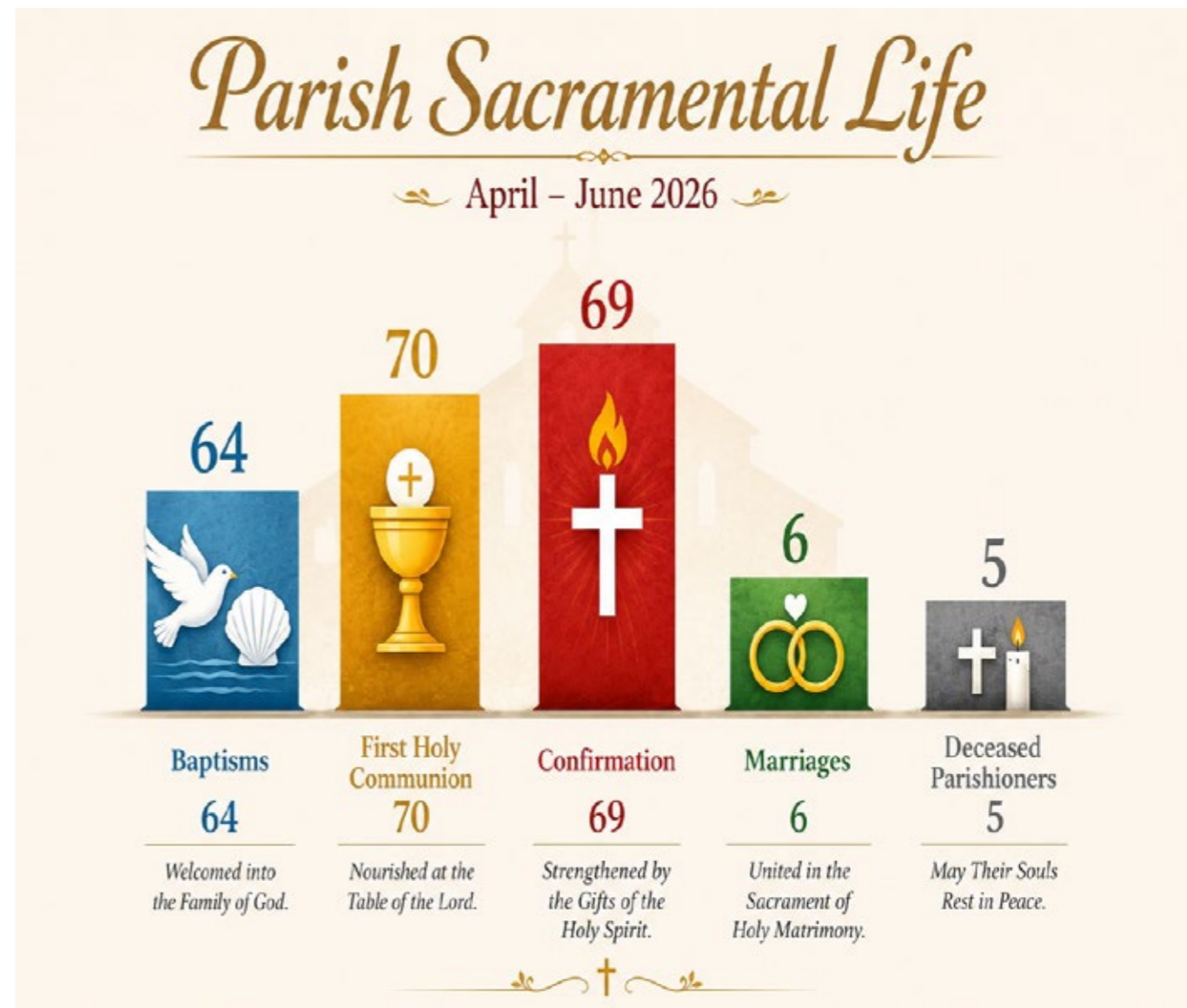
Joe's strictness at the altar was beautifully balanced by the immense warmth of his personal life. He was a man truly friendly to many. For the numerous priests who passed through Consolata Shrine, interacting with Joe was a masterclass. He was a lay theologian in his own right, and clergy found in him a great opportunity to learn something deeper about the nuances of Catholic liturgy.

Beyond his ecclesial duties, Joe was a doting family man. He was immensely fond of his children and found his greatest joy in showering his grandchildren with tight, loving hugs.

His burial in March 2026 was undeniably sad and gloomy, marked by the heavy grief of a community losing a titan. Yet, the atmosphere was simultaneously rich with beautiful memories. Mourners celebrated a man who truly cherished every person he met in life. Joe Muriithi lived a full, uncompromising life of service. As the heavenly choir welcomes its newest Master, the sanctuaries of Earth remain forever enriched by the standards he set. **CE**



Popular Vicks Kingo advert icon Joseph Gregory Muriithi with his wife Lilian Muriithi at their home in Gatuanaga village, Thika Constituency in a past photo





JUNE	
<b>THE HOLY FATHER'S INTENTION-</b> <i>Let us pray that sports be an instrument of peace, encounter, and dialogue among cultures and nations, and that they promote values such as respect, solidarity, and personal growth.</i>	
Sat 20	<b>SOLEMNITY OF OUR LADY CONSOLATA</b> , Candle Lit Rosary Procession after the evening Mass CELEBRATION OF THE CONSOLATA DAY CJPD: The Day of the African Child, Christ the King, Kibera ADN Deanery: Proclaimers Workshop Legion of Mary: Officers Seminary (20-26 June) CLM: Participation in Consolata Day Our Lady Consolata SCC: Feast Day  <b>ANIMATION OF THE HOLY ROSARY BY OUR LADY CONSOLATA SCC</b>
Sun 21	<b>CELEBRATION OF CONSOLATA FAMILY DAY</b> Deanery Choirs: Joint Choirs preparation for ADN Family Day
Tue 23	<b>St Joseph Cafasso</b> , Memorial
Wed 24	<b>THE BIRTHDAY OF St JOHN THE BAPTIST</b> , Solemnity
Fri 26	<b>St Josemaria Escriva</b> , Memorial ARCHDIOCESE: Catechists Pilgrimage, Bible on the ground, Nanyuki St Josemaria Escriva SSC: Feast Day Proclaimers: Formation session/Talk CMA: Visit and meal with the priests
Sat 27	Ongoing formation for children who have received First Holy Communion in 2024-2025 SCC: Jumuiya Charity Quiz, 2pm Deanery: PMC Animators Executive meeting, St Austins MYM: Half Term Activity Self Help Group: Members Training St Gonzaga Gonza SCC: Zumba Team Building  <b>ANIMATION OF THE HOLY ROSARY BY ST JOSEMARIEA ESCRIVA SCC</b>
Sun 28	<b>13th SUNDAY IN ORDINARY TIME</b> Youth Mass, 9am MYM: Meeting, 11am- 1pm CWA: Meeting at 9am followed by 11am Mass CMA: 2026 Cohort Formation Class from 10.30am Charismatic Group: Worship Sunday, 2.30pm - 4.30pm Professionals: Celebration of St Thomas More Feast Day St Joseph Deep Sea jumuiya formation
Mon 29	<b>Sts Peter and Paul, Apostles, Solemnity</b> Sts Peter and Paul SCC

JULY	
<b>THE HOLY FATHER'S INTENTION:</b> <i>Let us pray for the respect and protection of human life in all its stages, recognising it as a gift from God.</i>	
Thur 2	SCC: JCT meeting, 6pm
Fri 3	<b>FIRST FRIDAY</b> <b>St Thomas, Apostle, Martyr</b> , Feast St Thomas SSC: Feast Day
Sat 4	Deanery: PMC Animators Recollection, Subukia Shrine Deanery MYM: Teens Team Building CMA: Day Retreat/Charity  <b>ANIMATION OF THE HOLY ROSARY BY STS JOACHIM AND ANNE</b>
SUN 5	<b>14th SUNDAY IN ORDINARY TIME</b> PMC Mass, 9am Perpetual Adorers: Eucharistic Rosary before the Blessed Sacrament after 1pm Mass CWA: St Maria Goretti theme. Mentoring program CJPD: Monthly meeting Christian education
Mon 6	<b>St Maria Goretti, Virgin and Martyr</b> , Memorial St Marian Goretti SCC: Feast Day
Tue 7	Proclaimers: Introduction of the new proclaimers
Sat 11	<b>St Benedict, Abbot</b> , Memorial ARCHDIOCESE: YSC Zonal Sports ARCHDIOCESE: YCA Annual Mass, Queen of Apostles, Ruaraka St Benedict, Abbot, Memorial ARCHDIOCESE: YSC Zonal Sports ARCHDIOCESE: YCA Annual Mass, Queen of Apostles, Ruaraka ARCHDIOCESE: Parish Liturgy Committee Workshop, Queen of Apostles, Ruaraka CMA: Beacon Boys Character Club activities from 2pm - 4pm Catechism: First Holy Communion Candidates Mass, 3pm St Benedict SSC: Feast Day St Anthony of Padua SCC: Charity Day SCC leaders recollection and Charity PMC & CWA FORMATION  <b>ANIMATION OF THE HOLY ROSARY BY ST BENEDICT SCC</b> <b>Novena for the Nativity of the Blessed Virgin Mary (1). Candle lit procession and Rosary after the 5.00pm</b>
Sun 12	<b>15th SUNDAY IN ORDINARY TIME</b> CMA: Meeting at 3.3pm followed by animation of 5pm Mass MYM: Meeting, 11am-1pm YSC St Joseph: Charity event Choirs: Formation CLM: Formation/Meeting Professionals: Meeting and Formation
Mon 13	OLOF SCC: Commemoration of the 3rd Apparition of Our Lady of Fatima YSC: Movie night
Wed 15	<b>St Bonaventure, Bishop, Doctor</b> , Memorial Charities Committee: Meeting Professionals: Virtual meeting



Thur 16	<b>Our Lady of Mount Carmel, Memorial</b> Our Lady of Mount Carmel SSC: Feast Day <b>ANIMATION OF THE HOLY ROSARY BY OUR LADY OF MOUNT CARMEL SCC</b>
Sat 18	St Camillus de Lellis, Priest, Memorial Catechism: Confirmation Candidates Mass, 3pm RECOLLECTION OF St John Paul II YSC game night <b>ANIMATION OF THE HOLY ROSARY BY STMARY MAGDALENE SCC</b> Novena for the Nativity of the Blessed Virgin Mary (2). Candle lit procession and Rosary after the 5pm Mass
Sun 19	<b>16th SUNDAY IN ORDINARY</b> Shrine SCCs: Formation Seminar Shrine SCCs: Mass, 11am CMA: 2026 Cohort Formation Class from 10.30am/Football at 3pm Charismatic Group: Growth in the Spirit Seminar (19 July to 13 September) Formation of parents and godparents for Infant Baptism, 2.30pm Divine Mercy: Overview of formation, 2pm
Wed 22	<b>St Mary Magdalene, Memorial</b> St Mary Magdalene SCC: Feast Day
Fri 24	<b>St. Sharbel Makhuf, Memorial</b> St. Sharbel SCC: Feast Day
Sat 25	<b>ST JAMES, APOSTLE, Feast</b> Ongoing formation for children who received First Holy Communion, 2024-2025 Catechism: First Holy Communion and Confirmation Classes close Term 2 Infant Baptism, 2.30pm St Padre Pio SCC: Charity event YSC community activity <b>ANIMATION OF THE HOLY ROSARY BY BLESSED IRENE STEFANI SCC</b> Novena for the Nativity of the Blessed Virgin Mary (3). Candle Lit Procession and Rosary after 5pm Mass.
Sun 26	<b>17th SUNDAY IN ORDINARY TIME</b> Youth Mass, 9am MYM Meeting, 11am-1pm CWA: Meeting at 9am followed by 11am Mass Deanery: Joint Choirs practise for ADN Family Day CJPD: Annual retreat - visit to Isiolo Charismatic Group: Worship Sunday, 2.30pm - 430pm St John Marie Vianney SCC; Novena for Feast Day (28th July - 3rd August) Sts Joachim and Anne SCC: Feast Day Legion of Mary: Visit to the priests of Consolata Shrine Formation of DeepSea SCCs
Wed 29	<b>St Martha, Mary and Lazarus, Memorial</b>
Thur 30	Proclaimers: Formation
Fri 31	<b>St Ignatius of Loyola, Priest, Memorial</b> CMA: Visit and meal with priests

<b>AUGUST</b>	
<b>THE HOLY FATHER'S INTENTION- For mutual coexistence: That societies where coexistence seems more difficult, might not succumb to the temptation of confrontation for ethnic, political, religious, or ideological reasons.</b>	
Sat 1	<b>St Alphonsus Liguori, Bishop, Doctor, Memorial</b> ARCHDIOCESE: Beacon Boys Program Annual Mass, St Mary's Msongari YCA: Recollection <b>ANIMATION OF THE HOLY ROSARY BY CONSOLATA CHARISMATIC GROUP</b> Novena for the Nativity of the Blessed Virgin Mary (4). Candle lit procession and Rosary after the 5pm Mass.
Sun 2	<b>18th SUNDAY IN ORDINARY TIME</b> PMC Mass, 9am Perpetual Adorers: Eucharistic Rosary before the Blessed Sacrament CPJP: August monthly meeting and Advocacy session on pre- Election period Christian education
Tue 4	<b>St John Vianney, Priest, Memorial</b> St John Marie Vianney SCC: Feast Day
Thur 6	<b>THE TRANSFIGURATION OF THE LORD, Feast</b> SCC: JCT meeting, 6pm
Fri 7	<b>FIRST FRIDAY</b>
Sat 8	<b>ARCHDIOCESE FAMILY DAY, St. Mary's Msongari</b> <b>St Dominic, Priest, Memorial</b> St Dominic SCC: Feast Day <b>ANIMATION OF THE HOLY ROSARY BY ST JOHN MARIE VIANNEY SCC</b> Novena for the Nativity of the Blessed Virgin Mary (5). Candle lit procession and Rosary after the 5pm Mass
Sun 9	<b>19th SUNDAY IN ORDINARY TIME</b> CMA: Animation of 7am Mass followed by 9am meeting; 2026 Cohort Formation Class from 10.30am; Football match 3pm MYM: Meeting 11am - 1pm Catechism: Adult and children Baptism Classes close Term 2 Professionals : Meeting and Formation Wellness Center & Counselling -Technology Fatigue & Digital Detox.
Mon 10	<b>St Lawrence, Deacon and Martyr, Feast</b> CLM: Pilgrimage to Tuthu PMC and PMC Role Model Formations, separate grps (10-14 August)
Tue 11	<b>St Clare, Virgin, Memorial</b>
Fri 14	St Maximillian Kolbe, Priest, Martyr, Memorial METROPOLITAN: YSC Mass ARCHDIOCESE: Catechists AGM, Mother of God Pariah, Githurai Proclaimers: Prayer Day
Sat 15	<b>THE ASSUMPTION OF THE BLESSED VIRGIN MARY, Solemnity</b> ARCHDIOCESE: CMA Annual General Assembly St Joseph, Kamulu CWA: Formation Talks <b>ANIMATION OF THE HOLY ROSARY BY CATHOLIC WOMEN'S ASSOCIATION (CWA)</b> Novena for the Nativity of the Blessed Virgin Mary (6). Candle lit procession and Rosary after the 5pm Mass



<b>Sun 16</b>	<b>20th SUNDAY IN ORDINARY TIME</b> Shrine SCCs: Formation Seminar, 9am Shrine SCCs: Mass, 11am Divine Mercy: Formation, 2pm
Mon 17	MYM Formation and preparation for Carlo Acutis Cup, 17 - 21 Aug
Wed 19	OLOF SCC: Meeting and Commemoration of the 4th Apparition of Our Lady of Fatima. Charities Committee: Meeting Professionals: Virtual Talk
Thur 20	<b>St Bernard, Abbot, Doctor</b> , Memorial
Fri 21	<b>St Pius X, Pope</b> , Memorial
Sat 22	Our Lady Mother and Queen, Memorial ZONE B: PMC ANNUAL MASS, Regins Coeli Parish, Karen Deanery: Mass and MYM Carlo Acutis Sports Day, St Austins Parish CWA: Formation 2 Retreat CJPD: 26th Anniversary of Father Kaiser Memorial, Machakos Diocese Cathedral Mass St John Paul II SCC Mass at 2.30pm
	<a href="#">ANIMATION OF THE HOLY ROSARY BY MISSIONARY YOUTH MOVEMENT (MYM)</a>
	Novena for the Nativity of Our Lady (7) Candle lit procession and Rosary after the 5pm Mass
<b>Sun 23</b>	<b>21st SUNDAY IN ORDINARY TIME</b> Deanery Pastoral Council meeting, Holy Trinity Deanery: Joint Choir Practise for the Deanery Family Day, Consolata Shrine CMA: 2026 Cohort Formation Class from 10.30am - 12.30pm MYM: Meeting, 11am - 1pm Legion of Mary: Exploration Dominicus Formation of parents and godparents of Infant Baptism, 2.30pm
Mon 24	<b>St Bartholomew, Apostle</b> , Feast
Thur 27	<b>St Monica</b> , Memorial St Monica SCC: Celebration of Feast Day
Fri 28	<b>St Augustine, Bishop, Doctor</b> , Memorial St Augustine SCC: Celebration of Feast Day CMA: Visit and meal with the priests
Sat 29	<b>The Passion of John the Baptist</b> , Memorial ARCHDIOCESE: CWA, St Monica Day Celebrations, St Mary's Msongari Ongoing formation for children who received First Holy Communion in 2024-2025 Infant Baptism, 2.30pm
	<a href="#">ANIMATION OF THE HOLY ROSARY BY ST GONZOGA GONZA SCC</a>
	Novena for the Nativity of Our Lady (8) Candle lit procession and Rosary after the 5pm Mass
<b>Sun 30</b>	<b>22nd SUNDAY IN ORDINARY TIME</b> Youth Mass, 9am MYM: Meeting, 11am-1pm CWA: Meeting at 9am, followed by 11am Mass Charismatic Group: Worship Sunday, 2.30pm - 4.30pm