

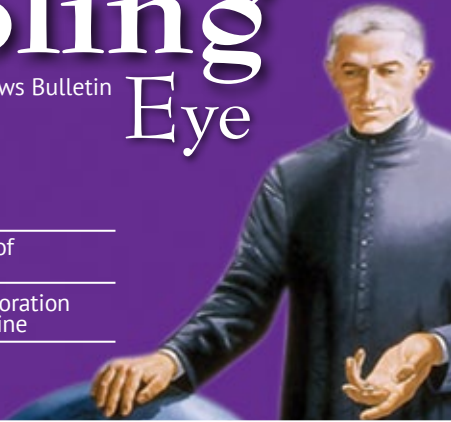
November 2016

# The Consoling Eye

Consolata Shrine Parish Monthly News Bulletin



- 02** God's mercy has no end
- 04** Saint Cecilia Patroness of musicians (Choirs)
- 14** Perpetual Eucharistic Adoration Chapel At Consolata Shrine
- 19** Children's Corner



## EXTRAORDINARY JUBILEE OF MERCY

DEC. 8, 2015 - NOV. 20, 2016



"IT WILL BE A HOLY YEAR OF MERCY."

-POPE FRANCIS



Consolata Shrine, Westlands, Nairobi



@ConsoShrine

# God's mercy has no end

*Dear parishioners,  
May the consolation of Jesus Christ through the  
intercession of Our Lady Consolata be with you all!*

Today, we look back at the month of October, the missionary month, with gratitude and we praise God for all what we have gone through. It was marked by a number of activities. Besides the fact that the month of October in 2016 had five Sundays; and therefore we dedicated each Sunday to pray for each of the five continents, we also experienced different faces of the Missionary work of the Church.

- On the second weekend of October, we lived the **Mission as a way of taking care of our environment**. Organized by the Justice & Peace Committee, there was a successful clean up exercise in caring for the environment in Westlands.
- The third weekend was the opportunity to live the **Mission as Proclamation**; that is, to evangelize and proclaim the Word of God by sharing with the people in the streets...across Chiromo road, in front of Waumini House, we set up a missionary tent. We had this activity as missionaries who answer to today's

needs and in response to the appeal of Pope Francis: "I want the church to go out into the streets".

- On the fourth weekend, we moved to experience the **Mission as Charity**, with Upendo Day at Karura Forest - a fundraising event that was full of fun activities.
- And on the fifth weekend of October, it was the **Mission as celebration of life of missionaries' right in our own land**, when some went to Gikondi, Nyeri, to celebrate the feast day of Blessed Sister Irene a Consolata missionary, who gave her life for the missions.

The missionary month is over, but we definitely know that the missionary dimension in our life has just grown and it remains an everyday task.

If we look at next month... December... Christmas... end of the year is just round the corner! But let us not hurry up!

For now, let us just focus on this month of November.

On one side we have started with two beautiful celebrations: the Solemnity of All Saints on 1<sup>st</sup> November and the commemoration of all the

faithful departed on 2<sup>nd</sup> November, both of them marked by the gospel of the Beatitudes. Then we will have among other events two great moments: on 20<sup>th</sup> November during the Feast of Christ the King, we will have the closure of the Jubilee of the Year of Mercy. On 27<sup>th</sup> November we begin a new Liturgical Year, with the First Sunday of Advent. On this same date, we will be celebrating as a Parish the Family Day which will mark for us, at Consolata Shrine, the beginning of another year dedicated to the Family.

Saints... departed brothers and sisters... mercy... family... different faces of the same reality.

I believe that all these realities knock at our hearts and minds asking us to rise from our daily life with all its joys and worries, and it reminds us of who we are; of where we come from and who we are called to be.

Created in God's likeness and image, a Spirit of Life was given to us, who sanctifies us and shows us how God patiently keeps taking care of us, so that he can complete the work that He has started in us. God created us holy; St Paul constantly calls his audience "holy people".

When we become conscious of our relationship with those who went back to the consoling arms of God before us, perhaps we will be consoled by the life they have lived; other times... we may cry and feel their absence among us; at times... we might be filled with questions to God and about life itself; but all in all I assure you that they are in God's hands and if we approach them with serenity we will feel their protection and intercession, now that they see God as He really is.

On the other hand, called to be instruments of God, we trust in His Mercy and Compassion which we

experienced during this Jubilee Year in different ways, but which does not end with the closure of the Year of Mercy... On the contrary, like any good thing, it tells us... Come on! Continue! Because God's Mercy has no end therefore, the invitation for us to "Be merciful like the Father" has no end. It is just the way to let what we are right inside - holy and God's image- to come out of us and be manifested.

It is all a journey of building with those close to us, and those a bit distant- a community, in which we become aware that we are connected with one another. This is nothing new for our culture. Remembering the great statement of John Mbiti "I am because we are and, since we are, therefore I am" it invites us to merge during this time all these dimensions as a result of the new impulse given to us by the Missionary Month. The "we" created by the communion between the living and the dead; between the family and friends; mingling the reality of love and forgiveness; the diversity between the sorrows and joys of the events and celebrations to come... all harmonized in our life in which God is taking a leading role; remembering that God often sends you his angel to walk by your side.

Don't take it for granted, and be that "angel" whom God wants you to be so that you make somebody feel more loved and consoled by Him through you.

May Our Lady protect you and make you feel that special maternal care, with which you can console and be close to somebody else. **CE**

Have a blessed month!

**Fr Daniel Berteau,**  
Parish Priest



## Pope's Prayers Intentions for November 2016

### General intention: Countries Receiving Refugees

That the countries which take in a great number of displaced persons and refugees may find support for their efforts which show solidarity.

### Evangelization: Collaboration of Priests and Laity

That within parishes, priests and lay people may collaborate in service to the community without giving in to the temptation of discouragement.



# Saint Cecilia Patroness of musicians (Choirs)

Saint Cecilia (Latin: Sancta Caecilia) is the patroness of musicians. It is written that as the musicians played at her wedding she "sang in her heart to the Lord". Her feast day is celebrated in the Latin Catholic, Eastern Catholic, Anglican, and Eastern Orthodox churches on November 22.

November 22nd is the feast day of St. Cecilia, one of the most revered of the early Virgin Martyrs of Rome, as evidenced by her name appearing in the Roman Canon of the Mass.

She lived during the Roman Empire in the 3rd century and was born to a wealthy Roman family. She vowed her virginity to Christ, but her parents married her off anyway. She then converted her husband to the Christian faith, and he in turn respected her virginity and converted his brother.

Together with her husband and his brother, they buried martyred Christians which was illegal, and therefore resulted in their martyrdom. St. Cecilia responded by converting hundreds of people and by burying her husband. This and her refusal to worship false gods resulted in her being arrested.

According to legend, St. Cecilia was not

martyred easily. They first attempted to suffocate her but it did not affect her. Then they attempted to behead her but they were again unsuccessful. She instead bled to death for three days as she continued to preach and people collected her blood in sponges and napkins. The story of St. Cecilia is one of courage, evangelization, and love of God in the midst of persecution and strife.

St. Cecilia is most remembered today as the patron of musicians due to this legend: ***"While the profane music of her wedding was heard, Cecilia was singing in her heart a hymn of love of Jesus, her true spouse."***

You can read more: [www.marypages.com/cecilia.htm](http://www.marypages.com/cecilia.htm)

## The Consolata Shrine Choirs

At the moment we have 5 fully formed choirs and 2 upcoming choirs

1. St. Cecilia Choir  
- Animates 7.30am Mass
2. Youth Choir  
- Animates 9.00am Mass
3. Blessed Allamano Choir  
- Animates 10.30 Mass
4. Blessed Irene Choir  
- Animates 12 O'clock Mass
5. Immaculate Choir

- Animates mass at deep sea (St. Joseph)

## Upcoming

6. Saturday 5.30pm (By Grace of GOD) choir  
- Animates Saturday 5.30pm Mass
7. Sunday 5.30 pm choir  
- Animates Sunday 5.30pm Mass

The parish choirs animate mass every Saturday and Sunday and other events that require their singing. They participate in all activities of the parish, animate mass during Easter and Christmas Vigils, as well as the Easter and Christmas concerts. For the last 5 years, the choirs of the parish have visited Nairobi Hospital for Christmas Carols after invitation by Fr. James the Chaplain of Nairobi Hospital.

This year the choirs of the parish have accomplished the following other activities/ events:

- 1) Animated ordination mass for consulate priests and deacons held at Consolata grounds
- 2) Participated in music festivals at Denary and Archdiocese level held in July and September respectively
- 3) Visited Kenyatta National Hospital children's cancer ward
- 4) Visited Wamo Children's home in Kawangware. A children's home for orphans
- 5) Recorded seven Masses at Radio Waumini
- 6) Visited Nyumba ya Wazee
- 7) Held official election of officials

8) Held spiritual retreats to Kyumbi and Resurrection gardens

9) Held spiritual formation talks

## An appeal for more Choir members to join the existing ones

Quoting St. Augustine: "He who sings prays twice" We appeal to people who are gifted in music to join any of the choirs and experience spiritual nourishment. We have choir directors who will direct you musically so do not be afraid to join.

We encourage those who can read/write music/play instruments to join the choirs as a service to the church. All these choirs are in dire need of you.

## What it takes for one to be a member

- Be a Christian
- Committed for practice sessions
- Be willing to join the choir

Different choirs have different practice sessions and one will be advised once they register so that they chose time good for them.

Lastly, we wish to thank Fr. Daniel, the Parish priest and Fr. Evans (Chaplain of parish choirs) for the support that they have given us this year. May GOD bless them and fulfill their pastoral desires. **CE**

## Article by

Abbyserah Kiruri, St. Cecilia choir



# The Solemnity of All Souls - November 1st

All Souls day is a Solemnity celebration in the Roman Catholic Church during which the Church, remembers those who have died, prays for their release from the dreadful purgatory, being cleansed of their venial sins and the temporal punishments for the mortal sins that they had confessed, and being made pure before entering into the presence of God in heaven.

## History of All Souls Day

The importance of All Souls Day was made clear by Pope Benedict XV (1914-22) when he granted all priests the privilege of celebrating three masses on All Souls Day. One for the faithful departed, one for the priests' intentions, and one for the intentions of the Holy Father.

The devotion to the memory of the dead is one of the most beautiful expressions of the Catholic faith. The church dedicates the entire month of November to the Holy Souls in Purgatory. During this month, we pray for the faithful departed, especially those whom we have known and loved.

Those in purgatory die in the mercy of God, however, because of their attachment to sin at the time of their death, they must undergo the spiritual purification of their souls before they are able to fully love God with their whole heart, mind and soul for all eternity.

Those in purgatory cannot pray for themselves this is why they are called "poor" souls. They can no longer merit anything for themselves and rely entirely on others to pray and make sacrifices on their behalf, as they are nevertheless part of communion of saints, they depend upon us to help ease their suffering and quickly advance them through their purification so that they can join the

saints in heaven.

Prayers for the faithful departed please God, who makes use of our prayers to help purify these souls that He loves. It is an act of charity that we can give for those we have known and loved, for our ancestors who gave us life, for those who have no one else to pray for them.

## SUMMARY OF NEW VATICAN GUIDELINES FOR BURIAL AND CREMATION

(Ad resurgendum cum Christo or To Rise with Christ)

On October 25<sup>th</sup>, the congregation for the Doctrine of the Faith issued a document entitled Ad resurgendum cum Christo, "regarding the burial of the deceased and the conservation of the ashes in the case of cremation"

The document has become necessary as cremation is increasingly used around the world, along with a rise in beliefs and practices that are contrary to Catholic doctrine on death, burial, and the afterlife.

Nothing has changed in Church teaching, rather, this document is a re-statement of previous guidelines due to the widespread mishandling of cremated remains.

The congregation for the Doctrine of the faith has deemed opportune the publication of a new instruction, with the intention of:

- 1) Underlining the doctrinal and pastoral reasons for the preference of the burial of the remains of the faithful and
- 2) To set out norms pertaining to the conservation of ashes in the case of cremation.

## Guidelines in Summary

Following the most ancient Christian tradition, the Church insistently recommends that bodies of the deceased be buried in cemeteries or other sacred places.

That Burial is above all the most fitting way to express faith and hope in the resurrection of the body.

That by burying the bodies of the faithful, the Church confirms her faith in the resurrection of the body, and intends to show the great dignity of the human body.

That Burial in a cemetery or another sacred place adequately corresponds to the piety and respect owed to the bodies of the faithful departed who through Baptism have become temples of the Holy Spirit.

That the burial of the faithful departed in cemeteries or other sacred places encourages family members and the whole Christian community to pray for and remember the dead.

That through the practice of burying the dead in cemeteries, in churches or their environs, Christian tradition has upheld the relationship between the living and the dead and has opposed any tendency to minimize, or relegate to the purely private sphere, the event of death and the meaning it has for Christians.

That in the circumstances when cremation is chosen because of sanitary, economic or social considerations, this choice must never violate the explicitly-stated or the reasonably inferable wishes of the deceased faithful.

That the Church raises no doctrinal objections to this practice, since cremation of the deceased's body does not affect his or her soul.

Thus cremation, in and of itself, objectively negates neither the Christian doctrine of the soul's immortality nor that of the resurrection of the body.

That the Church continues to prefer the practice of burying the bodies of the deceased, because this shows a greater esteem towards the deceased.

That cremation is not opposed *per se* to the Christian religion under the condition that this choice has not been made through "a denial of Christian dogmas, the animosity of a secret society, hatred of the Catholic religion under and the Church".

That in the absence of motives contrary to Christian doctrine, the Church, **after the celebration of the funeral rite**, accompanies the choice of cremation, providing the relevant liturgical and pastoral directives.

That when, for legitimate motives, cremation of the body has been chosen, **the ashes of the faithful must be laid to rest in a sacred place**, that is, in certain cases, in a church or an area, which has been set aside for this purpose, and so dedicated by the competent ecclesial authority.

That from the earliest times, Christians have desired that the faithful departed become the objects of the Christian community's prayers and remembrance.

That the preservation of the ashes of the departed in a sacred place ensures that they are not excluded from the prayers and remembrance of their family or the Christian community.

**That the conservation of the ashes of the departed in a domestic residence is not permitted.**

**That it is not permitted to scatter the ashes of the faithful departed in the air, on land, at sea or in some other way, nor may they be preserved in mementos, pieces of jewellery or other objects.**

That when the deceased notoriously has requested cremation and the scattering of their ashes for reasons contrary to the Christian faith, a Christian funeral must be denied to that person according to the norms of the law. **CE**

**For the full report on New Vatican Guidelines for Burial and Cremation, kindly visit: <http://consolatashrine.org/publications/>**

## Compiled by:

Charles Peter Otieno, Communications Committee  
E-mail- [Charlesotieno@hotmail.com](mailto:Charlesotieno@hotmail.com)  
Twitter- @charlesotiesh.



## St. Charles Borromeo Bishop and Patron Saint of Catechist's Memorial 4th November every year

St. Charles Borromeo was born in the year 1538 in the castle of Arona. He was a Franciscan tertiary and one of the greatest saints of the third order. He took the poverty of St. Francis of Assisi as the model of his life.

In the year 1563, St. Charles Borromeo was ordained a priest and later a Bishop at the age of 25 years. Before he was ordained a priest, his uncle who was a pope by then called him to Rome and made him the administrator of the Papal States as well as the archdiocese of Milan and also a Cardinal.

As a Cardinal at the age of 22yrs, he was an exceptional young man endowed with extraordinary gift of mind, heart, deeply spiritual and devoted whole heartedly to the welfare of the church. It was due to his vigorous efforts and leadership that the council of Trent re-opened and concluded successfully three years later.

The difficulties he encountered never stopped him but made him more dogged in carrying out his mission. In the year 1569, an attempt was made in his life. A bullet struck Saint Borromeo as he was kneeling in prayer but he was miraculously preserved from harm.

After a long struggle, when he felt that he was about to die, he calmly made his will, prepared himself for death. Rich in merits and esteemed by all, St. Borromeo died on 3<sup>rd</sup> of November 1584 at Milan aged 46 years. He was canonized by Pope Paul V on 1<sup>st</sup> November 1610. He is venerated as the Patron Saint of Catechist's.

### The Pastoral Ministry of Saint Charles Borromeo

1. He acted on the clarifications of some church doctrines and established a Christian doctrine for the proper instruction of children.
2. He reformed church music and made sure that Liturgy was celebrated in a worthy manner.
3. In remote villages, he instituted new parishes and monasteries, won innumerable souls from witchcraft and heresy (wrong teachings), preached and distributed Holy Communion for hours at a stretch.
4. He made sure that the lay catechists in his confraternity of Christian doctrine prepared children well for the sacraments.
5. Charles Borromeo reformed his 3,000 clergy, founded and reformed six exemplary seminaries and the Swiss College in Milan. He then founded the oblates of St. Ambrose in order to lead the priests to personal holiness.
6. A new spirit animated clergy and the laity when it was seen that he did not hesitate to even sit by the roadside and instruct an old man or some children.
7. He always ministered to the sick and the dying.

### Modern day catechist

A Catechist is a layperson specially appointed by the Church, in accordance with the local needs, to make Christ known, loved, and followed by those who do not yet know him and by the faithful themselves.

All those entrusted with the vital task of catechesis are called catechists. It must be clarified at this juncture that catechesis is not just like

catechism thus instructing of children in class for baptism, communion and confirmation. Therefore, catechists are not just a small group of people working in a parish. There are a number of people referred to as catechists in order of the roles they play in the efforts of making the Kingdom of God manifest.

A catechist is a specialized worker in the vineyard of Christ, direct witness, indispensable evangelizer, who represents the basic strength of Christian communities. These lay members of Christ's faithful who have received proper formation and are outstanding in their living of Christian life. Under the direction of the pastors, they are to present the Gospel teaching and engage in liturgical worship and in works of charity.

### The role of a Catechist

The role of a catechist is many-sided. Apart from the explicit proclamation of the Christian message and the accompaniment of catechumens and the newly baptized Christians on their road to full maturity in the faith and in the sacramental life, the Catechist's role comprises presence and witness, and involvement in human development, inculturation and dialogue.

The catechist is entrusted in accordance with the canonical norms, certain functions of the sacred ministry that do not require the character of Holy orders. However, a Catechist is not a simple substitute for the priest, but is by right, a witness of Christ in the community.



**Sammy Kakai**  
Catechist, Consolata Shrine



**Josephine Koki, Catechist, St Joseph - Deep Sea**

Some of the tasks of a catechist include; Specific task of Catechizing young people and adults in faith, preparing candidates and families for the sacraments of Christian initiation. He

is responsible in helping with recollection and other meetings in connected with catechesis. Catechists' collaborate in different forms of Apostolate with Ordained ministers, e.g., preaching to non-Christians, Catechizing catechumens and those already baptized; leading community prayer, helping the sick and presiding at funerals; guiding volunteer catechists in their work. He also takes charge of pastoral initiatives and organizing parish functions.

The catechist is also involved in preparing couples for the sacrament of Matrimony. The couples who are already married are invited to seminars on how to enrich their marriage. The catechist as a leader shows the way for others to follow. He points the direction for other leaders to follow.

### Conclusion

So many times it has fallen on the catechist to strengthen and build up the young communities, and even to find new ones through the first proclamation of the Gospel. It is a challenging responsibility but we thank the Lord for this vocation and with full conviction that our names will be written in heaven. (Luke 10:20). **CE**

**By;**

**Josephine Koki, Catechist, St Joseph - Deep Sea & Sammy Kakai, Catechist - Consolata Shrine**



# The Year of Mercy comes to a close

Last December, Pope Francis called for the beginning of the Year of Mercy—also called the Extraordinary Jubilee Year (not related to Kenya's politics).

It has been a time for the Church faithful to focus on forgiveness, gain in indulgences, reconciliation and healing in a special way. This Jubilee year ends on November 20<sup>th</sup> during the Feast of Christ the King.

We were asked to focus on studying and reflecting on mercy, receiving mercy, and being merciful towards others. It was an encounter with the heart of God. By focusing on the seven spiritual and seven corporal works of mercy, faithful realize that extraordinary acts of love are possible for us all—no matter where we are in life.

Catholics were encouraged to join together in prayer, go to confession, and share the genius of Catholicism with others.

Essentially, a Jubilee Year is time to help people grow spiritually, strengthen their faith, and encourage works of service while promoting unity within the Catholic Church and society in general. The last Jubilee Year was in 2000, called for by Pope Saint John Paul II.

During a Jubilee Year, a person can receive a plenary indulgence for the Year of Mercy. A plenary indulgence removes all of what is called "temporal punishment" due to sins that have already been forgiven.

## The Works of Mercy

The works of mercy are the practical ways in which we live out mercy. They are ways in which we show loving kindness, compassion, and self-restraint to the people around us, both physically and

spiritually. While the exact list has varied slightly throughout the history of the Church, there are 14 consistently recognized works of mercy.

## Corporal works of mercy

- Feed the hungry
- Give drink to the thirsty
- Clothe the naked
- Shelter the homeless
- Visit the sick
- Visit the imprisoned
- Bury the dead

## Spiritual works of mercy

- Counsel the doubtful
- Instruct the ignorant
- Admonish sinners
- Comfort the afflicted
- Forgive offenses willingly
- Bear wrongs patiently
- Pray for the living and the dead

A *kairos* is a time of special favor, an opportune time for God to be grasped in the present.

Pope Francis urges us to "see the Lord present even in those who have lost their faith, or turned away from the practice of their faith," calling on them to follow the example of Christ who came "to reinstate the outcast, to save those outside the camp." We are to be as merciful as the Father and to give consolation to every man and every woman of our time.

A Jubilee year is a great religious event. It originated in Judaism and was linked to universal pardons and reconciliation and, as the Old Testament Book of Leviticus (Chapter 25: 8-13) tells us, it was celebrated every fifty years. It was a year in which slaves and prisoners were freed, debts were forgiven and God's mercy was made more manifest.

## Prayer of Pope Francis for the Jubilee

Lord Jesus Christ, you have taught us to be merciful like the heavenly Father, and have told us that whoever sees you sees Him. Show us your face and we will be saved. Your loving gaze freed Zacchaeus and Matthew from being enslaved by money; the adulteress and Magdalene from seeking happiness only in created things; made Peter weep after his betrayal, and assured Paradise to the repentant thief. Let us hear, as if addressed to each one of us, the words that you spoke to the Samaritan woman: "If you knew the gift of God!"

You are the visible face of the invisible Father of the God who manifests his power above all by forgiveness and mercy: let the Church be your visible face in the

world, its Lord risen and glorified. You willed that your ministers would also be clothed in weakness in order that they may feel compassion for those in ignorance and error: let everyone who approaches them feel sought after, loved, and forgiven by God.

Send your Spirit and consecrate every one of us with its anointing, so that the Jubilee of Mercy may be a year of grace from the Lord, and your Church, with renewed enthusiasm, may bring good news to the poor, proclaim liberty to captives and the oppressed, and restore sight to the blind.

We ask this through the intercession of Mary, Mother of Mercy, you who live and reign with the Father and the Holy Spirit for ever and ever. Amen.

"Dearly beloved brothers and sisters, we have reached the end of the Jubilee Year.

It has been an extraordinary time of grace and mercy.

In this Eucharistic celebration, we raise our voices to the Father in a hymn of praise and thanksgiving for all the gifts he has bestowed upon us."

And it leads to a basic attitude during this time, thanksgiving! That is why the final prayer to close the Year of Mercy in a Eucharist, expresses:

Brothers and sisters, let us joyfully thank God, the Father of our Lord Jesus Christ.

The Roman Catholic Church revived that tradition in the year 1300 under Pope Boniface VIII. Since then there have been 29 Jubilees or Holy Years. (Jubilees were first celebrated at intervals of 100 years, then 50 and more recently 25, and were classified as "ordinary".)

These Jubilee or Holy Years of grace involved "opening of the Holy Doors" in the four Papal major basilicas in Rome—by the Pope, and the designation and opening of similar "Holy Doors" in parishes and/or at national level throughout the Catholic world. The opening of doors is a symbolic event meant to convey the opening of the doors of God's mercy to people who seek that mercy and pardon.

"The way of the church is not to condemn anyone for eternity," Pope Francis stated. Rather, "It is to pour out the balm of God's mercy on all those who ask for it with a sincere heart. The way of the church is precisely to leave her four walls behind and to go out in search of those who are distant, those essentially on the 'outskirts' of life."

An invitation to the closing ceremony of this Year of Mercy during the Eucharistic Celebration, reads:

Throughout this year of grace, he has bestowed on us every heavenly blessing in Christ.

He has given us this precious time of mercy and conversion.

Let us express our thanks and joy in the words of the Virgin Mary, our Mother.

As we sing the Lord's mercy extending to every generation, let us ask him to pour out, like the morning dewfall, that same mercy unceasingly upon the entire world.

In the remaining days of November, let us all redeem even more benefits from works of mercy as we close this exciting *kairos*.

But at the same time, let us make sure that mercy doesn't finish within us with the closure of the year of mercy, but that it continues, even with more impetus and energy. **CE**

Compiled by Richard Kitheka



Pictures courtesy of Eric Fernandes



Above: Mission month October 2016.



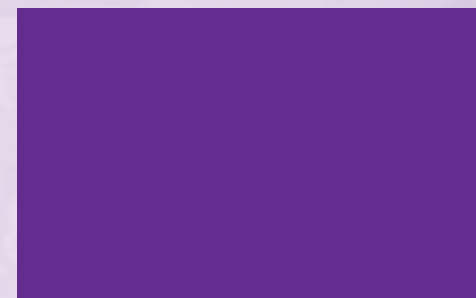
Above: Celebrating Mission Sunday, celebrating the mass was the Nuncio.



Above: A missionary giving her testimonial about her journey to the call.



Above: Mary Ndeti youth member at St. Joseph - Deep Sea during her wedding at Kawethei Parish, Kangundo. Some PPC members and Local Council were in attendance.



Above: Parishioners during the Karura Forest Charity Walk. The event started with Mass in the morning, then a walk through the forest then games and raffles, where winners were awarded.



The Flying Rosary; The missionary rosary was released into the sky celebrating missionary month.



Above: New proclaimers who were commissioned during the month of October.



Above: The CWA singing their hearts out in commemoration of missionary month.



## Perpetual Eucharistic Adoration Chapel At Consolata Shrine



The Perpetual Eucharistic Adoration Chapel at the Consolata Shrine was blessed and inaugurated by the then Archbishop of Nairobi, His Grace Raphael Ndingi Mwana 'a Nzeki on 28<sup>th</sup> January 2001, on the feast day of St. Thomas Aquinas, having been established earlier and opened on the 28<sup>th</sup> August 2000. The Chapel operates continuously 24 hours, seven days a week in the presence of Jesus, except on the days prevented by the liturgical orders. Successive adorers undertake to make holy hours of prayer once a week. These Holy Hours continue day and night without ceasing. The Chapel can sit 40 adorers at any one time.

### *What is Eucharistic Adoration, and why Adore?*

- Eucharistic Adoration is a prayer in the presence of Jesus in the Blessed Sacrament.
- We Adore Jesus in the Blessed Sacrament:
  - To express in the most concrete way our love for Jesus.
  - To give Him thanks for the gift of Himself.
  - To meet and worship Christ in a bodily way so as to share in the privilege of those who were close to Him 2000 years ago.
  - To encounter Jesus and grow in intimate friendship with Him.
  - To deepen our communion with the Trinity. It is also a way for people who are unable to receive Holy Communion to encounter Jesus in Spiritual Communion.
  - Because in Eucharistic Adoration, we learn to place all our trust in the Sacred Eucharistic Heart of Jesus and this trust drives away our fears, our doubts and our sadness.

### *Adoration is the Gethsemane Hour.*

Jesus began this devotion of the Holy Hour of Reparation, when He entered the Garden of Gethsemane on Mount Olive. He said to

His Apostles: "My soul is sorrowful even unto death. Stay here and watch with me." Later He said to them: "Could you not watch one hour with me? Watch and pray, that you enter not into temptation." (**Matt: 26. 38, 40, 41.**)

As Jesus spoke to His Apostles, so He pleads with us to stay and watch and pray with Him. His Sacred Heart is filled with sadness, because so many doubt Him, despise Him, insult Him, ridicule Him, spit upon Him, slap Him, accuse Him, and condemn Him. In the sacrament of His love, so many forget Him. Every mortal sin brings down the terrible scourges on His Sacred Body, presses the sharp thorns into His Sacred Head, and hammers the cruel nails into His Sacred Hands and feet. The ingratitude of mankind continually pierces His Sacred Heart. Our visit to Jesus in the Blessed Sacrament consoles Him for those who do not love Him and wins countless graces for many to be converted to Him.

### *Why commit to a specific Hour?*

When people make commitment to specific hours, we ensure that a number of people (3 or 4 if possible) will be present in the Chapel before the Blessed Sacrament every hour it is exposed. It is really necessary for people to commit to a specific hour each week, for example Tuesday at 4.00 pm. In this way, it is possible to ensure that there are always people present before the exposed Blessed

Sacrament. This commitment permits many other people to avail themselves for adoration. If only for at least one hour. Jesus is very important in our lives, therefore we should set aside at least one hour each week as individuals, as a family or even as a group to be in His presence and to keep Him Company. It is simply a matter of putting first things first. "In everything you do, put God first, and He will direct you and crown your efforts with success." (Proverbs 3: 6)

### *We need your support*

The adoration Chapel at Consolata Shrine is operated with the kind support of the Parish Priest, with the assistance of Parishioners who volunteer their time to organize the activities in the Chapel; as well as to arrange the operations of the First Friday Devotion to the Sacred Heart of Jesus, and the First Saturday Devotion to the Immaculate Heart of Mary. We also have the Community Rosary before the Blessed Sacrament on the first Sunday after the 12 o'clock Mass. We appeal to any of our parishioners who would wish to join our Apostolate to kindly contact the Convenor of Perpetual Eucharistic Adoration or the Coordinator on the telephone number given below. **CE**

**Convenor: Telephone Number 0722-841-225**

**Coordinator: Telephone Number 0722-762-440/0733-926-421**



# Happy Thanksgiving!



CONSOLATA SHRINE

## FAMILY THANKSGIVING / HARVEST DAY SUNDAY, NOVEMBER 27<sup>TH</sup> 2016

All Masses will be celebrated as usual.

Thanksgiving/Harvest collection will be done immediately after Holy Communion. Families will proceed to the Altar with their envelopes/items, where they will be Blessed by the Priest.

This is in honour of thanking Our Lord for the abundance of Harvest as well as funding various projects undertaken by the Parish.

Immediately following Thanksgiving Masses, there will be **breakfast** served from **8:30am to 11:00am** and thereafter **Lunch** from **12:00noon to 3:00pm**.

There will be lots of entertainment for the kids and youths all day long.

## Let us Give Thanks!



## Camp

## HOLIDAY CAMP 2016

This November young people are invited to spend three weeks of sports, fun and formation at Consolata Shrine. There will be a wide range of indoor and outdoor activities including:

- ✓ Football
- ✓ Basketball
- ✓ Badminton
- ✓ Skipping
- ✓ Aerobics
- ✓ Chess
- ✓ Darts
- ✓ Arts/crafts
- ✓ Singing and
- ✓ Modern dance.

During this time the participants will spend a day at the Resurrection Gardens to conclude the Jubilee Year of Mercy.



### Holiday Program.

Tuesday 8<sup>th</sup> November - Friday 25<sup>th</sup> November.

8.30am Arrival/Registration

5.00pm Departure.

Age of participants: 4 years – 16 years. Participants will require the following each day:

- Packed lunch/drinking water
- Sportswear and
- Note book/pen/pencil.

Snacks will be provided in the morning and the afternoon.

These three weeks are going to play a central part in our Thanksgiving Day on Sunday 27<sup>th</sup> November.

All the young people who take part in the Holiday Camp will receive a Certificate of Participation. In addition during the camp, there will be competitions and quizzes. The prizes for those events will also be presented on the Thanksgiving Sunday.

To show case what was learned at the Camp, the participants will also perform on Thanksgiving Sunday.

Let us all take this opportunity to come together as One Parish-One Family.



## Meet the Pastoral Team



Fr Daniel Berteau,  
Parish Priest



Fr Joseph Caesar  
Assistant Parish Priest



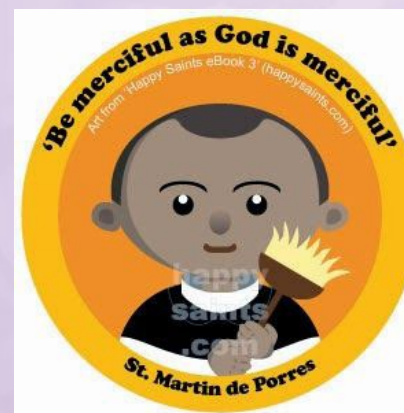
Fr Evans,  
Assistant Parish Priest



Deacon Bernardo Kim



In November we remember the Church Triumphant in Heaven, and the Suffering Church in Purgatory. We ask the Saints in heaven to pray for us but we must pray for the souls of our dead relatives and friends in Purgatory. There are many saints whose feast days we celebrate in November. Let us learn more about four of them.

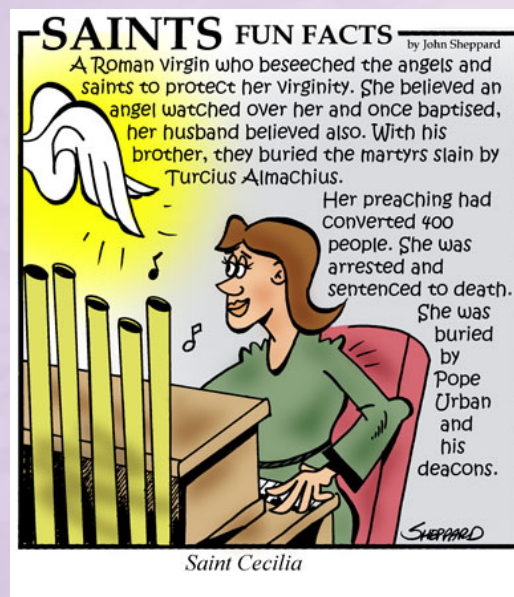
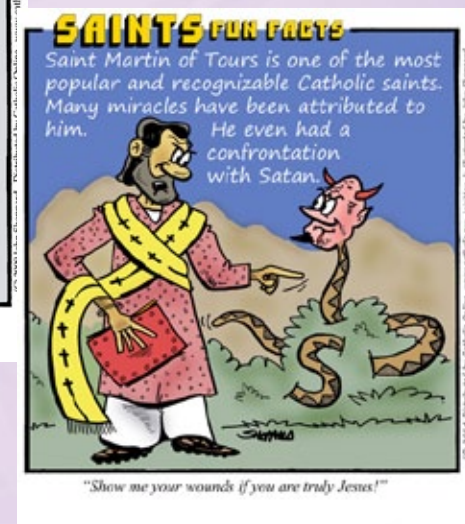


St. Martin de Porres was born in Lima, Peru to a Spanish father and mother of African descent. Being of mixed race made life very difficult for him. His father left the family and Martin grew up in poverty. But he was not bitter. Instead he was gentle and compassionate with others. He loved and cared for the sick and helpless. Martin was eventually allowed to be a Dominican Brother. This allowed him to give his life totally to God.



Who is your Patron Saint? We are usually given our saints at Baptism or Confirmation. If you do not have one, chose one. It is good to have a friend in heaven to pray with.

All the Saints in heaven, pray for us.



## November Saints and Feast Days Word Search



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

All Saints	St. Margaret of Scotland	St. Cecilia
All Souls	St. Elizabeth of Hungary	St. Clement I of Rome
St. Martin de Porres	Presentation of Mary	St. Columban
St. Charles Borromeo	St. Andrew	Christ The King
St. Leo the Great	St. Albert the Great	St. Rose Philippine
St. Martin of Tours	St. Andrew Dung-Lac and	Duchesne
St. Frances Xavier Cabrini	Companions	

Word Search and Saint Elizabeth of Hungary Art Work © 2015 RealLifeAtHome.com

Follow the instructions carefully; not all the information is to be used in the Word Search.

God bless you all.  
Christian Education Committee.



## Baptisms in October

1. Maya Wambui of Eva Njeri and Antony Gitau Kariuki
2. Raphael Osikemekha of Catherine Wangari and Osigbeme Awudu
3. Michael Angelo Okoth of Cecilia Gisiri and Antony Okoth Onyango
4. Grace Wambui of Judy Wanjira and Christopher Ngige
5. Annette Njeri of Judy Wanjira and Christopher
6. Eleanor Kavedza of Syliva Wachira and Alex Gatuma
7. Marylene Wangui of Magdaline Njambi and Stanley Kinuthia
8. Gabriel Mwangi of Anne Wanjiru and Major Samson
9. Aaron Maina of Joan Njuguna and Levin Karuoya
10. Johari Thuku of Loise Nyanjau and Anthony Macharia
11. Inami Njeri of Loise Nyanjau and Anthony Macharia
12. Tavian Ezra Gakuru of Anne Wambui and Josphat Njagi
13. Makena Njoki of Evelyn Wanjugu and Michael Gitari
14. Mikael Kamau Maina of Catherine Wambui and John Maina
15. Toussaint Bravoh Githambo of Aileen Mwari and Martin Gatheru
16. Michael Mwema of Centreen V. Mwende and Michael Makovo
17. Gabriella S. Muthoni of Beatrice Wachira and Sammy Ndambuki
18. Olivia S. Koki of Beatrice Wachira and Sammy Ndambuki
19. Carlos Asava of Priscilla Njambi and James Ukiru
20. Linus Oganyo of Colleta Onganyo and Frank Agwanda
21. Sheryl Temira Nnabe of Caroline Wachira
22. Austin C. Gitau of Fidelis Njeri and Samuel Mwendwa Mbindyo
23. Kayla Wambui of Natasha F. Anyango and Eric Gitau
24. Michael Joseph Ratemo of Maria Kivaa and Edward Ratemo
25. Gerard Ogutu of Virginia Wanjiru and Martin Ratemo
26. Ivan Lkama of Catherine Njeri and Samuel Njuguna
27. Daria Nerise of Jaelle Santa and David Musoko Shitakha
28. Sasha Ilya of Jaelle Santa and David Musoko Shitakha
29. Jeanne Muthoni of Maureen Akoto and Samuel G. Mbugua
30. Robert Murimi of Alice Mwhaki and Thomas Ndegwa
31. Gabreeel Rabala of Brenda Akinyi and Pius Onyango Oyoo
32. Jason Muigai of Carolyne Shikhule and Jerry Shikhule
33. Justin Mweru of Nancy Wahithe and George Ochieng Onaye

34. Liam Siro Kiage of Lilian Mulwa and Andrew Siro
35. Keera Atieno of Anne N. Magero and Erick Omwandho Opiyo
36. Olivia Wacuka of Phyllis Wanjiru and Samuel Maina
37. Lucia Ariela Kozyreva of Lolita Kozyreva and Yuri Kozyrev

## Marriage Banns in October 2016

There is a promise of marriage between:

1. Judith Naibei Sakana and Martin Mutuku Muvua
2. Nelly Nyambura Gita and John Michael Muecheke Mwangi
3. Laurancia Arochi Barasa and Jean Edgar Ojiambo
4. Veronica Mbaika Martin and Godfrey Onoko Okun
5. Anne Wanjiru Mwangi and Major Samson Muringo
6. Moreen Kemunto Onsongo and Christopher Michael Mwenda Kamandu
7. Margaret Wothaya Nduati and Philip Mwenda Hinga
8. Cecilia Wambui Kiiru and Moses Weboko Juma
9. Jackline Milkah Muthoni Mwangi and Martin Achieng Ocholla
10. Caroline Murugi Nyaga and Joshua Sindiga Moenga
11. Evelyn Nyawira Wanjira and Joseph Kiruri Gichamba

**Note: If Anyone Knows of Any Particular Reason Why The Above Ceremony Cannot Take Place, Please Report Immediately To The Parish Priest.**

## Weddings in Oct/Nov 2016

1. Jacinta Mbithe Maingi and Antony Waweru Kiboi
2. Melisa Zena Cherono and John Paul Maloba
3. Mercy Wangui Wangai and Charles Mburu Mwangi
4. Grace Sylvia Wanjiku Igecha and Dennis Albert Mbogwa
5. Beatrice Mukuhi Ndungu and Charles Nganga Gicho

## Deceased of the Parish:

Francis Kamuyu Kamuyu 24/10/2016  
Brigadier Christopher Kuto 24/10/2016

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

*By Sammy Kakai, Catechist, Consolata Shrine*



# EVENTS OF THE PARISH FOR NOVEMBER 2016

Missionary Intention: That within parishes, priests and lay people, may collaborate in service to the community without giving in to the temptation of discouragement.

Sat 12	<ul style="list-style-type: none"> <li>• Saturday of week 32 in Ordinary Time</li> <li>• or Saturday memorial of the Blessed Virgin Mary</li> <li>• 3rd Rite of Initiation – Parents meeting (Cardinal Otunga Plaza)</li> <li>• Sacred Heart Day (Shrine of the Sacred Heart)</li> <li>• Annual Adoration Retreat 9.30am - 4.30pm</li> </ul>
Sun 13	33rd Sunday in Ordinary Time <ul style="list-style-type: none"> <li>• Executive Committee 10.30am</li> <li>• Youth Barbeque sale</li> <li>• Charismatics – All leaders full day retreat</li> </ul>
Fri 18	<ul style="list-style-type: none"> <li>• Dedication of the Basilicas of Saints Peter and Paul, Apostles</li> <li>• Alpha Dinner</li> </ul>
Sat 19	<ul style="list-style-type: none"> <li>• St Cecilia Day – Mass for Choirs</li> <li>• Spiritual preparation and rehearsal for 1st Holy Communion Candidates (8.30-11am)</li> <li>• CMA Parish end of year party and last meeting for the year 2016</li> </ul>
Sat 19 – Sun 27	<ul style="list-style-type: none"> <li>• Rites of Initiation into Committed Adulthood (RICA) (Queen of Apostles)</li> </ul>
Sun 20	Christ the King <ul style="list-style-type: none"> <li>• Closing of the Year of Mercy</li> <li>• Parish Pastoral Council 10.30 am</li> <li>• Celebration of 1<sup>st</sup> Holy Communion (3pm)</li> </ul>
Mon 21	The Presentation of the Blessed Virgin Mary
Mon 21-Fri 2 Dec	<ul style="list-style-type: none"> <li>• PMC Formation</li> </ul>
Tue 22	<ul style="list-style-type: none"> <li>• Saint Cecilia, Virgin, Martyr – CHOIR</li> </ul>
Wed 23	<ul style="list-style-type: none"> <li>• Formation of parents and sponsors of Infant Baptisms (6pm)</li> </ul>
Sat 26	<ul style="list-style-type: none"> <li>• PMC zone C Mass</li> <li>• On-going formation for children that have received 1st Holy Communion from 10am to 1pm.</li> <li>• Infant Baptisms (2.30pm)</li> <li>• Consofeste</li> <li>• National Youth Festivals in Eldoret Diocese</li> <li>• St John Paul II, retreat, 1.30pm</li> </ul>
Sun 27	1 <sup>st</sup> Sunday of Advent- YEAR A (Mathew) <ul style="list-style-type: none"> <li>• FAMILY DAY</li> <li>• Children mass at 9am</li> <li>• First step for Adult Catechumens during 12 noon mass. Adult catechumens close</li> </ul>
Sun 27 – Fri 2 Dec	<ul style="list-style-type: none"> <li>• Annual Rural Choir Seminar</li> </ul>
Wed 30	<ul style="list-style-type: none"> <li>• Saint Andrew, Apostle Feast</li> </ul>