

January - February 2024

# The Consoling Eye

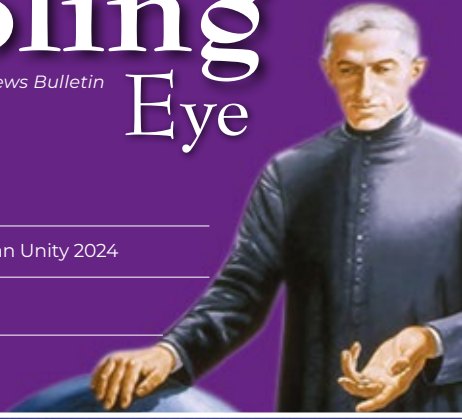
*The Consolata Shrine Parish Quarterly News Bulletin*

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## Season of Lent 2024



## Here we are in 2024

The year 2023 ended on a high note for us here at Consolata Shrine. We had various activities and sacraments including First Holy Communion on the feast of Christ the King. On 10 December 2023, we had confirmation. We then prepared for Christmas. We had a novena for Christmas setting our minds towards Bethlehem where Christ was born. The Christmas vigil was well attended.

We had a Choirs Christmas Concert in the auditorium and this time, CMA and PMC participated. The attendance was good and for future Christmas Concerts,

**We look forward into 2024 with a lot of hope. We will inaugurate the Adoration Chapel in the course of the year. The adoration chapel will enhance moments of prayer.**

we look forward to having more groups, including Small Christian Communities participating.

Here we are in 2024.

We look forward into 2024 with a lot of hope. We will inaugurate the Adoration Chapel in the course of the year. The Adoration Chapel will enhance moments of prayer. We concluded the Christmas Season; Ordinary time is ending, and we are now focusing on the coming season of lent. Lent is the highest season of preparation in the Catholic Church as it is geared to the celebration of Easter. It is a time for us to experience the Mystery of the Cross. We want to be ready to welcome the mystery of Christ when He saved the world.

We hope for every Christian to have a special time of dedication to prayer, as individuals and as families. We are reflecting a lot on the family this year as it is the basic unit of the Church, and as the

wider family of Consolata Shrine.

We want to experience more, the presence of the youth in our parish. Now, the youth are not so strongly engaged, and we want to see what we can do to have them focus more on the Mystery of Christ, take up responsibilities and have more activities.

The choir is important for us. We will be recruiting more choir members, especially for the 5.00pm Mass on Saturday and the 5.00pm mass on Sunday. His Grace Archbishop Philip Anyolo has given us guidance that choir members focus on family life and be in the sacraments.

Other ecclesial groups will also have recruitment of members. CWA and CMA have started formation. Sustained focus will be on Small Christian Communities where numbers have increased. It is in the jumuias, where parishioners know each other more, integrate more to enhance this spirit of unity in our church.

Soon, we will announce plans for **Pastoral Team**

our pilgrimage that was disrupted by COVID-19. This year is the year of special centenary for 100 years of Blessed Joseph Allamano. We will plan to visit several places including where he was born, lived and to visit his tomb in Turin.

Let us have unity as Christians. When we move together, we own our parish and every member feels accepted and at home in Consolata Shrine.

The backbone of a Christian is prayer. Without prayer, we cannot attain much. We want to see more people experience the inner relationship with God. More groups should organize themselves especially on Saturdays to animate the Rosary in the evening. This being a Shrine under Our Lady Consolata, we would like to see that the Rosary is prayed as often as possible. Devotion in Mass is also important, to enhance the prayer atmosphere in the parish. ☒

## The Pope's prayers intentions



### January For the gift of diversity in the Church

We pray that the Holy Spirit may help us to recognize the gift of different charisms within the Christian community and to discover the richness of different traditions and rituals in the Catholic Church.

### February For the terminally ill

We pray that those with a terminal illness, and their families, receive the necessary physical and spiritual care and accompaniment.



## Week of Prayer for Christian Unity 2024

***"You shall love the Lord your God... and your neighbor as yourself."***  
**Luke 10:27**

The theme for this year's Week of Prayer for Christian Unity was taken from the first chapter of the Gospel of Luke, which reflects on the connection between love of God and love of neighbor with a particular concern for challenging the boundaries of who is considered "neighbor".

In this pericope, Jesus is questioned as to the path to eternal life. His answer is not to only observe the commandments, but to also imitate the love of God in the giving of self for another. It is a call for charity, mercy, justice, and unity.



We pray, O gracious Trinity: Father, Son and Holy Spirit, that we all may be one as you are one. In your community of complete unity, we have our beginning and our end. To you we pray, asking for the gift of visible unity among all who believe in your Christ.

As we commemorate this Week of Prayer for Christian Unity, we are reminded by your Word that all human beings are our neighbors and that we are to love them like ourselves and in the same way we love you. Help us to overcome the barriers and divisions we have nurtured against your will.

Grant to us, O Lord, a new Spirit of love and solidarity, that we may proclaim your good news to all of creation. We ask this through your Son, Jesus Christ, who with you and the Holy Spirit are one God, for ever and ever.  
Amen.

### Day 1:

Lawyer stood up to test Jesus. "Teacher," he said, "what must I do to inherit eternal life?" (Lk 10:25)

### Scripture

Romans 14:8-9  
Psalm 103:13-18

### Prayer

God of life, You have created us to have life, and life in all its fullness. May we recognize in our brothers and sisters their desire for eternal life. As we follow Jesus' way with determination, may we lead others to you.  
We pray in his name. Amen.

### Day 2:

He answered, "You shall love the Lord your God with all your heart, and with all your soul, and with all your strength, and with all your mind; and your neighbor as yourself." (Lk 10:27)

### Scripture

Deuteronomy 10:12-13  
Psalm 133

### Prayer

Lord, give us the grace to know you more deeply, in order to love you with all of our being. Grant us a pure heart, to love our neighbors as ourselves. May the gift of your Holy Spirit enable us to see your presence in our sisters and brothers, that we may love each other with the same unconditional love with which you love us. Through Christ our Lord. Amen.

### Day 3:

"Who is my neighbor?" (Lk 10: 29)

### Scripture

Romans 13:8-10  
Psalm 119:57-63

### Prayer

God of love, Who writes love in our hearts, instill in us the courage to look beyond ourselves and see the neighbor in those different from ourselves, that we may truly follow Jesus Christ, our brother and our friend, who is Lord, for ever and ever. Amen.

### Day 4:

When he saw him, he passed by on the other side. (Lk 10:31)

### Scripture

Isaiah 58:6-9a  
Psalm 34:15-22

### Prayer

Lord Jesus Christ, As we journey with you towards unity, may our eyes not look away, but be wide open to the world. As we travel through life, may we stop and reach out, bind up the wounded and in so doing experience your presence in them: you who live and reign for ever and ever. Amen.

### Day 5:

He went to him and bandaged his wounds, having poured oil and wine on them. (Lk 10:34)

### Scripture

Joel 2:23-27  
Psalm 104:14-15, 27-30

### Prayer

Gracious God, You who are the source of all love and goodness: enable us to see the >



needs of our neighbor. Show us what we can do to bring about healing. Change us, so that we can love all our brothers and sisters. Help us to overcome the obstacles of division, that we might build a world of peace for the common good. Thank you for renewing your Creation and leading us to a future which is full of hope: you who are Lord of all, yesterday, today and forever. Amen.

#### Day 6:

Then he put him on his own animal, brought him to an inn, and took care of him. (Lk 10:34)

#### Scripture

Genesis 18:4-5

Psalms 5:11-12

#### Prayer

Father of love, in Jesus, you showed us the meaning of hospitality, by caring for our fragile humanity. Help us to become a community that welcomes those who feel abandoned and lost, building a house where all are welcome. May we come closer to one another as we offer the world your unconditional love. This we pray in the unity of the Holy Spirit. Amen.

#### Day 7:

Jesus said: "Which of these three, do you think, was a neighbor?" (Lk 10:36)

#### Scripture

Philippians 2:1-5

Psalms 10:17-18

#### Prayer

Holy God, your Son Jesus Christ came among us to show us the way of compassion. Help us by your Spirit to follow his example, to serve the needs of all your children, and so give united Christian witness to your ways of love and mercy. We pray in Jesus' name. Amen.

#### Day 8:

Jesus said to him, "Go and do likewise." (Lk 10:37)


#### Scripture

Romans 12:9-13

Psalms 41:1-2

#### Prayer

Heavenly Father, we thank you for the gift of the Holy Spirit, the giver of life, who makes us more open to each other, resolves conflict, and strengthens our bonds of communion. May we grow in mutual affection and in the desire to announce the Gospel message more faithfully, that the world may come together in unity and welcome the Prince of Peace. Through Christ our Lord. Amen.

For more on reflections and meditations, please visit: <https://www.usccb.org/committees/ecumenical-interreligious-affairs/week-prayer-christian-unity-2024#> 

## Lent 2024 - Integrity for a Just Nation

*The season of Lent is here with us.*



It is a time when we pause to reflect, pray, fast, repent and be charitable. Our merciful God is always present to show us his everlasting love through reconciliation with self, with others and with creation.

As Catholics, this special time reminds us that we are mortal beings. This Lenten season occurs at a historical moment when the Universal Church is focused on strengthening itself as a Synodal Church. The spirit of Synodality is one in which we journey together as one community, actively participating in the life and mission of our call to be witnesses of the risen Christ.

The Synodality journey is one in which we are privileged to be missionaries who bring the Good News of the Lord to the end of the earth (Acts 1:8). We are, therefore, invited to continue praying for this process of Synodality to be a moment of conversion towards making our Church Christ centered in what we do and in whom we are as children of God.

The Kenya Catholic Bishops during the launch of this year's Lenten Campaign 2024, dubbed Let's "return to integrity"

The Lenten reflections this year touch the core of our Christian faith: **care for the poor**. The Church in her teachings, practice and prayers places the poor at the heart of her mission. This year's theme, **Integrity for a Just Nation**, focuses on using our integrity to build a culture of justice in Kenya. A just nation is only possible if the citizens are people of integrity. The invitation, therefore, is to reflect on our journey of faith as the baptised people of God who should live with integrity to build a just nation.

This Lenten season places responsibility at our doorstep: conducting ourselves with integrity. As moral beings, we must go forth and fight for justice for the poor. There are many causes which as Christians we are called to fight for. However, Mother Church says there is only one choice to make over the poor: the preferential option for the poor. >



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#### Who are the poor we must attend to?

- In the Old Testament, widows and orphans are often mentioned as vulnerable members of society. In the Sermon on the Mount, Jesus pronounces: "Blessed are the poor in spirit, for theirs is the kingdom of heaven."
- Jesus illustrates the consequences of neglecting the poor in the parable about a rich man and a poor beggar named Lazarus. Numerous passages in the prophetic books condemn the oppression of the poor and call for justice.
- In the parable of the Good Samaritan, Jesus emphasises love and care for our neighbours, mainly those in need.
- concern for others.
- Isaiah 1:17 calls us not only to passively acknowledge justice but to actively seek it and defend the oppressed.
- Micah 6:8 emphasises that our integrity is not a solitary pursuit but must be coupled with a commitment to justice and a compassionate, humble approach to our relationship with God and others.
- Pope Francis, leading as an example in his humility and simplicity, emphasises serving the poor and marginalised, aligning his actions with the principles of justice and integrity.
- Mother Teresa embodied humility through a life dedicated to serving the poorest of the poor, showcasing the impact of a life lived with integrity and justice.

#### What do the Scriptures teach us about integrity?

- Psalm 25:21 is a prayer for divine protection based on the virtues of integrity and uprightness. The psalmist seeks to safeguard not through worldly power but through personal attributes according to God's values. Integrity is a cornerstone of the teachings of the church, which signifies a genuine

The seven dimensions of integrity that I find key in our everyday lives are honesty and truthfulness; transparency; adherence to moral principles; accountability; humility; courage; ethical decision-making and commitment to doing what is right.

As clearly stated in our Catholic Social

Teaching, the preferential option for the poor means that we cannot see injustice towards the poor, leave them in their unbearable condition and find reasons to justify our inaction. Our spiritual poverty should enkindle the inner fire to alleviate the suffering and misery of the poor. We are called to be agents of ensuring a just nation

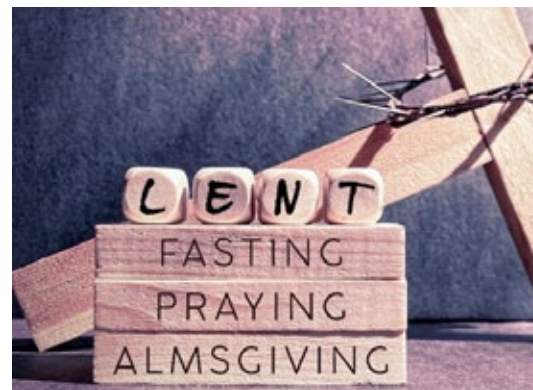
"Let us be careful to do right not only in the sight of the Lord but also in the sight of people." 2 Corinthians 8:21

Social justice emphasises the fair distribution of resources, opportunities, and privileges in society. It calls on all of us to address inequalities and promote the common good.

**Week 1** of Lent focuses on the Sovereignty of the people as articulated in the Constitution. Improved government service delivery is a right for Kenyans.

**Week 2** focuses on the right to clean safe and adequate water. With a proper understanding of environmental justice, which extends the principles of justice to the relationship between humans and the environment, we see our role in protecting the environment. Distributive justice involves the fair allocation of resources, benefits and burdens in a society.

**Week 3** focuses on, the high cost of living



coupled with high taxes. The Government must be accountable and transparent in how it uses taxpayers' money. The right to worship is a justice issue.


**Week 4** focuses on the unacceptable horrendous acts of sects which use the name of religion to commit religious extremist atrocities as we witnessed in Shakahola and other places.

**Week 5** of Lent focuses on social justice. If conditions favourable to human living are lacking, many families will not cope with emerging threats to the very concept of family as God ordained it. Developments in technology and what Pope Francis calls the "dictatorship of relativism" are real threats to the family.

In the Synodality process, Christians are called upon to support and prioritise the needs of the poor. The spirit of Synodality invites us to be in communion with one another and actively participate in the life of the Church. This begins from the family embracing the mission of our Lord Jesus Christ.

May we find time to introspect, amend our ways, carry out acts of charity and, beyond these, carry out our prophetic role to support the poor by reforming the social structures that create inequalities.

May the graces of this Lenten season make us better instruments of God's call to go forth and be witnesses of social justice in our communities.

At the end of the 40 days of prayer, repentance and renewal, may we enter the paschal mystery with magnanimity and rise with the Risen Christ in Easter. 

**Very Rev John Oballa Owaa**  
Chairman, Kenya Conference of Catholic Bishops, Catholic Justice and Peace Department Bishop of the Catholic Diocese of Ngong



# Our Lady of Lourdes

## Feast Day celebrated on February 11th

Lourdes is located in the Pyrenees Mountain region of France, it is the home of one of the most significant shrines of the Catholic Faith; the Grotto of Massabielle. This region of France was a strategic stronghold throughout medieval times.

During the 100 years of war, the French captured this region from the English in 1406 after an 18-month siege. The medieval castle was a state prison from the reign of Louis XIV (1643-1715) until the beginning of the 19th century. **It was in 1858 when Lourdes as a military and state stronghold ended and its spiritual importance began.**

Bernadette Soubirous, a young fourteen year old peasant girl, experienced eighteen apparitions between February 11 and July 26 1858 from the Virgin Mary in the nearby grotto. It was only until the 9th apparition that the healing powers were revealed and Bernadette Soubirous was the only one who could see the vision although sometime many who stood with her watched.

**Our Lady of Lourdes** is a title of the Blessed Virgin Mary recalling her apparitions. Our Lady instructed Bernadette to dig in the ground nearby, from which came a spring with healing properties, active to this day. Her digging revealed a healing spring of water from which the Church has officially declared **70 miracles**. A miracle

is determined if the illness that was healed was exclusively attributed to divine power, beyond the power of created nature, and subject to the perception of the senses. Beyond their sensational value, the cures and miracles witnessed in Lourdes are intrinsically a sign of God and an evangelical experience.

She appeared as a woman dressed in a white dress and veil, a blue sash, and a yellow rose on each foot. Over the course of several apparitions, this woman revealed herself to be “the Immaculate Conception,” one of the most well-known titles of Mary today.

Below are 3 miracles performed by Our Lady of Lourdes and approved by the Catholic Church that you need to know about.

### 1.) Catherine Latapie

The miraculous healing of Catherine Latapie was the first documented miracle after the apparitions of Our Lady of Lourdes. In 1856, Latapie had fallen from a tree, leaving her right hand mostly paralyzed. At the time of the apparitions, she was at the end of her 3rd pregnancy.

On March 1st, 1858, Latapie rose at 3 a.m. in the morning, woke her young children and set off for Lourdes. Arriving at dawn, she met with Bernadette at the infamous grotto and washed her hand in the healing spring water. In the presence of over 1,500 people, Latapie’s hand miraculously regained function.

She returned home to give birth to her 3rd child allowing us to be sure of the date of the cure. Her child, Jean-Baptiste, grew up to become an ordained priest in 1882. In 1862, her case was officially documented a miracle amongst those “presenting a supernatural character.”

### 2.) Louis Bouriette

One of the most well-known miracles,

Bouriette was 55 when he visited the grotto of Lourdes in March of 1858 to seek healing. He was rendered blind in his right eye from a mine explosion, which had also killed his brother. Known in the local area for his Christian faith, he had heard of the apparition and told his daughter to fetch the healing water saying, “Go and get me some of that water. The Blessed Virgin, if it be her, has only to wish it, and I shall be cured.”

Sure enough, his eye was miraculously healed after repeatedly rubbing it with the muddy spring water. His doctor confirmed that no physical explanation could warrant such an immediate healing. In 1862, his miracle was officially confirmed and documented.

### 3.) Sister Bernadette Moriau

The more recent healing of Sr. Moriau was declared the 70th miracle of Our Lady of Lourdes in 2018. Suffering from spinal pain which left her disabled and wheelchair-bound, Sister Moriau went on a pilgrimage to Lourdes in 2008 to receive a blessing of the sick where the apparitions of Mary had taken place.

After she was blessed, she said, “ I felt a [surge of] well-being throughout my body, a relaxation, warmth... I returned to my room and there, a voice told me to ‘take off your braces.’” After doing so, Sister Moriau was surprised to find that she was able to completely leave behind her wheelchair, braces, and pain. After being reviewed extensively by the International Medical Committee of Lourdes, it was determined that her healing could not be medically explained and was officially declared a miracle in 2018.

### The significance of the site in helping Catholics to deepen their faith

Our Lady of Lourdes is a significant site where Catholics can deepen their faith. “Faith is being sure of what I hope for, and certain of what I cannot see.” - Hebrews ➤



“**Catholics today deepen their faith through Mary who appeared to Bernadette Soubirous where she identified herself as the Immaculate Conception.**

11:1. Our Lady of Lourdes is a place where Catholics can put their faith into their actions and journey across the pilgrim in order to deepen their faith. The reason Our Lady of Lourdes is significant, is due to the history and the meaning behind Lourdes. The apparitions, miracles and healings applied from Mary Immaculate are what define this sight as a significant place.

Therefore, what makes Our Lady of Lourdes so significant is the relationship between the site and Mary. Mary is not only the chosen mother of Jesus, but she was Mary Immaculate who was born without sin. Mary is the main reason why Lourdes is so significant because it is the site where she appeared to put herself forward to heal people and set miracles.

Catholics today deepen their faith through Mary who appeared to Bernadette Soubirous where she identified herself as the Immaculate Conception. “Hail, Full of grace, the Lord is with you” (Luke 1:28). Mary gave Bernadette a message for all “Pray and do penance for the conversion of the world.” Then on, for four years the church investigated Bernadette’s claims approving devotion to Lourdes and its Catholic Teachings.

**Whilst on the pilgrim at Our Lady of Lourdes, just like other pilgrims, you undertake a series of five steps in order to deepen your faith.**

1. **The sign of the cross:** in every moment of our Christian life a prayer accompanied by a gesture can help you

find the door of faith and go through it, in this case is the sign of the cross.

2. **The rock of the grotto:** Before making the sign of the cross, we remind ourselves that faith is a gift of God received as a seed in our Baptism, so that we can welcome it, live it and let it grow by making us develop.

3. **The water from the spring:** The sign of the cross, expression of our Baptism, is given to us to open the door of faith in an ongoing way. To express our trust in God, as we can do by touching the rock of the Grotto, makes us enter by the door of faith. But, in becoming more effective, our relationship with God immediately sheds light on our relationship with others through our own behaviour in thought, word, and deed.

4. **The light of pilgrims:** The sign of the cross helps us to find and cross the door of faith. At this level, trust allows us to live more deeply for the first time on the door of faith. Then confidence gives us the desire, not only not to be separated from God, but above all to commit ourselves to a path back to God. In the Gospel, Jesus says: *“I am the light of the world. Whoever follows me will never walk in darkness, and will have the light of life”* (Jn 8:12).

5. **New life:** The final step is like the sign of the cross, to be lived always and everywhere. It is the relationship with the other person who, when lived with the Lord, becomes for each person a door of faith because of the experience of love.

**What is the message of Our Lady of Lourdes?**

The whole message of Lourdes is contained in this gesture of the Virgin! God has so loved us that he gave himself up for us; this is the message of the Cross,



“mystery of death and of glory.” The cross reminds us that there is no true love without suffering, there is no gift of life without pain.

Lourdes has a special appeal for the fragile and the weak, including wounded military personnel.

*In his Angelus address this year Pope Francis asked people to reflect on what they have done to help the sick and the suffering: “In real terms, when was the last time I went to visit someone alone or sick?”*

*“Or when was the last time I changed my plans to meet the needs of someone who asked me for help?”*

*Pope Francis, urged people to bring God’s love to the sick and suffering through “concrete actions”*

### Conclusion

Bernadette was the chosen one with special grace from God among many to see and listen to the message of our

Mother Mary in her apparitions. She was the mediatrix between humanity and Mary, Mother of our Lord. Each one of us like Bernadette has received special grace to announce and bring the person of Christ to humanity. It is our duty and mission to make known our mother Mary and his son Jesus. For where there is Mary there is Jesus and where there is Jesus there is Mary.

**Powerful prayer to Our Lady of Lourdes for healing and miracles?**

*Allow Your healing Hand to heal me. Touch my soul with Your compassion for others; touch my heart with Your courage and infinite Love for all; touch my mind with Your Wisdom, and may my mouth always proclaim Your praise. Teach me to reach out to You in all my needs, and help me to lead others to You by my example.*

*Our Lady of Lourdes, Pray for Us!* ☑

**JWK – Communications Committee**





Some of the CWA members from the Consolata Shrine who participated in this year's National Prayer day at the Subukia National Shrine on February 3rd, 2024.



Consolata Shrine Parish Pastoral Council during the annual formation and retreat in Sagana.



Fr Max celebrating Mass at the MYM Camp at Gatamaiyu Forest.



CJPD Consolata Shrine Committee hosted CJPD leaders from the Central and Kabete Deaneries on 21 January 2024.



PMC on stage at the Christmas Concert.



CJPD Consolata Shrine Committee attended a sensitization forum on the Lenten campaign organized the Archdiocese of Nairobi at St Peter Clavers Catholic Church on Feb 3rd 2024.



Youth Lenten Formation Session 1.





PMC annual mass with His Grace Philip Anyolo at St Mary's, Msongari.



The Consolata Shrine Moderator and the Vice Moderator among other parishioners gave a surprise 2nd priestly Anniversary cake to Fr. Maximillian Bahati. He was ordained on 24th February 2022. Fr. Joakim joined the celebrations.

May God continue to bless his journey.





Consolata Shrine

## LENTEN CAMPAIGN 2024

Contributions to Support the New Adoration Chapel

Contributions can be sent via:

Mpesa, Paybill No: 508702 [ A/C- Adoration Chapel ]

Cheques to be written to: Consolata Fathers - Consolata Shrine





# Missionary Youth Movement Day Out in Gatamaiyu Forest

## DAY 1:

The long-awaited day had finally arrived. We gathered at Consolata Shrine, joining friends in lively conversation. New faces could be noted and were warmly welcomed by the MYM family. We packed up and set off for Gatamaiyu Fishing Camp in Kereita, with Fr. Maxmillian leading the Rosary. This trip was not only an escape from the noise and stress of city life but also **an opportunity to connect with God and find comfort in life's simple pleasures.**

Before continuing with our journey, we made our first stopover at Viewpoint, taking in the mesmerizing view of The Great Rift Valley. After an exhausting and tedious two hours on the road, we finally reached our destination. Immediately we were ushered to our tents by our guides, Kelvin and Steve. To our surprise, we all were invited to take a 'selfie' with our phone. Then a small box appeared and we were instructed to place our phones there; to be returned on Friday.

We were then divided into groups which would be used to allocate the chores and duties during the camp.

Soon after, we began the first activity of the day; a Treasure Hunt.

The goal was to find all ingredients of an omelet inscribed on a small pieces of manila paper. Each component was hidden around the camp area. This activity was thrilling as much as it was brain-racking. Ultimately, we derived important values and skills such as **teamwork and communication.** These were key to succeeding in the game. Next, we had a Riddles Game, my most favourite activity. The responses that some of the teams gave were hilarious. *What comes at the end of every rainbow?* If you know this one, consider yourself a riddle sage.

After a short break following lunch, we celebrated our first Mass outside, to thank God. As the sun began to set, we took turns to freshen up, as there were few bathroom stalls available. As the night fell, we gathered around a bonfire and waited patiently for supper to be ready. One of our guides, Kelvin, asked some thought-provoking questions, which made us contemplate what we wanted out of our lives. Eventually, supper was served, and before we knew it, it was time for the Evening Prayers and bed.

## DAY 2:

Still drunken with sleep, we groggily stirred from our tents, while Kelvin fervently rang the bell, signaling us to wake up. Our dear seminarian Br Dawit took us through the Morning Prayers before our scheduled morning run. We ran in a serene environment, watching the small town slowly come to life under the sun. The rich green fields, that stretched endlessly, were breathtaking and unforgettable.

Out of breath, but feeling rejuvenated, we made it back to camp. Some of us, barely broke a sweat.

Immediately after breakfast, we warmed up with some stretches before our five-hour hike in the Gatamaiyu Forest. Our

guides took us through the history and background of the area known as *Kereita*. Its historical importance dates back to the era of the Emergency. It was known to be a place where the Mau Mau camped and hid from their enemies. Thus the vernacular term *Kereita*, meaning 'a place of warriors.'

Our hike was challenging due to the damp ground, dense foliage, and fallen trees obstructing the trail. Nevertheless, we persevered. We later discovered that the trees that had *fallen* belonged to a unique species known as the *Croton* trees. These trees had a peculiar way of preserving their species. A mature tree would "sacrifice" itself to allow more of its kind to grow. This fact sparked an interesting analogy in my mind. In the same way, Christ is >







considered the ultimate sacrifice, having given Himself up for humanity to thrive in this world, free from consequences of sin and shame. Truly remarkable, isn't it?

As we trekked through the forest, we stumbled upon a stunning waterfall. Despite the deafening roar of water, we took the opportunity to conduct our Rosary and bask in the beauty of the scenery. Afterwards, we spent a considerable amount of time taking photos of the falls.

We thought we had completed the hike, but we were wrong. We still had a steep slope to climb to exit the forest. The physical exertion we had undergone that day was immense, and we were all completely exhausted.

Thankfully, the guides gave us the rest of the day off to recover from our tiring yet exciting adventure. The hike taught us many valuable lessons, such as teamwork, helping one another, conquering our fears and anxieties, and enjoying nature. Overall, it was an **inspiring and unforgettable experience**. Later in the day, we celebrated Mass on the grounds, not forgetting to thank God for the blessed day.

Night fell and we gathered around the bonfire, cherishing the moments we spent together. Though our time here was limited, we didn't let that spoil the joy of the present. The final event was the Prayers of the day led by Br Davit.



### DAY 3:

After completing our usual morning routine (Morning Prayers followed by the forest run), we gathered in the hall for a Mass. It had started to rain. The day was a bit different because we had planned many activities. After the Mass, we had breakfast and then set out on a short trip to the farm near our camp. We were assigned plots to weed the overgrown wild plants, which was a bit hectic; but the experience was worth it. We planted our seedlings, prayed for them, and took photos with them. It was really fun.

In the afternoon, we carried out our second activity. We put on gloves and set out to pick up garbage in the community. This gave us a better opportunity to observe the area and appreciate the simplicity of the locals' way of life. We gathered sacks of litter and returned to our camp.

We treated everyone to supper today, and Tr Theodora teased us saying: "We might as well eat supper tomorrow!" However, we managed to pull off a delicious meal on time, and even Kelvin and Steve praised



us for it. As it started to rain, we moved to the hall and spent the night chatting away. Br Davit led us in the Evening Prayers. Finally, we all retired to bed to prepare for tomorrow. And just like that, our last day at Gatamaiyu Fishing Camp came to an end.

### DAY 4:


Despite the heavy rain in the morning, we proceeded with our planned activities once it had stopped. Following our Morning Prayers, we participated in a dance session led by our instructor. Defeating the cold weather, we were able to warm up and enjoy ourselves with simple to complex dance moves that left us all breaking a sweat. Overall, it was a fun experience.

We cleaned our tents and packed our belongings right after breakfast. Our last Mass was celebrated midmorning. After the Mass, Steve and Kelvin addressed the group. They also selected and rewarded the most organised group of campers. Although we were eager to go back home, we didn't feel like leaving Camp Gatamaiyu so soon.

After lunch our transportation arrived. We said our goodbyes to the guides and

others we had interacted with, taking with us a piece of the experience forever in our hearts.

Father Maxmillian, together with our seminarian Br Dawit, led us in praying the Rosary for a safe journey back home and expressing gratitude to God for our enjoyable stay at the camp. We made a brief stop at Viewpoint, where some of us purchased souvenirs. Shortly after, we arrived back at Consolata, feeling tired but content.

I want to thank our patrons, whose unwavering support and dedication were instrumental in executing this endeavor. I would also like to extend my deepest gratitude to our talented animators, Tr. Theodora, Fr. Maxmillian, and our seminarian Dawit, for making our trip unforgettable. Furthermore, I would like to sincerely thank all the parents who generously supported us in this venture, willingly sacrificing their valuable time and resources to make this possible. We are forever grateful for your unwavering support. 

**Georgina Thuo,  
MYM member**





# 2024 Living Lent

SUNDAY MONDAY TUESDAY

**18 1st Sunday of Lent**

"You shall worship the Lord, Your God, and him alone shall you serve."  
Luke 4:8

**19**

**JESUS**

Go somewhere QUIET, think about JESUS, and tell Him, "I love You!"

**20**

Go on a walk today and see all the beautiful things God made for us!

**25 2nd Sunday of Lent**

His face changed in appearance and his clothing became dazzling white.  
Luke 9:29

**26**

Make a Giving Box by decorating a little box with a slot in the lid. Put a jar of coins nearby. Whenever anyone does a kind deed, they secretly take a coin from the jar and put it in the box. Give the money to the poor on Easter Sunday.  
Read Luke 6:38.

**27**

WEDNESDAY THURSDAY FRIDAY SATURDAY

**14**

Jesus wants to be your Friend. This Lent, turn away from what is wrong and come closer to Him.  
**ASH WEDNESDAY FEBRUARY**

**15**

Put your favorite toys or games in a box. On top, write "Goodbye for Lent. See you at Easter!" Give Mom the box.

**16**

Give up something you like (TV, ice cream) today and offer it for someone in need.

**17**

Decorate a candle and light it when your family prays.

**21**

**I'm Sorry!**

Forgive someone for something that made you feel sad or hurt your feelings.

**22**

**"LORD, make me an instrument of Your peace."**  
Today, keep quiet when you want to say angry words.

**23**

Have members of your family write their names on pieces of paper and put them in a bowl.

**24**

Draw names to find your secret friend for Lent! Do special things (write notes, give little gifts, offer prayers) for your friend, and give him or her a card on Easter Sunday!

**1**

Just as food makes your body strong, God's Word makes your soul strong.  
Today, read **Matthew 19:14.**  
**MARCH**

**2**

Help clean up after a meal.

**28**

Make an ichthus with yarn. Wear it and tell people about Jesus making the Disciples fishers of men.  
Read Luke 5:1-11.

**29**

**DRAW A PICTURE** of Jesus on the cross with sad people, and one of Jesus risen with happy people!  
Read John 12:24.

SUNDAY MONDAY TUESDAY WEDNESDAY THURSDAY FRIDAY SATURDAY

**10 1st Sunday of Lent**

"I am the light of the world!"  
John 9:5

**11**

Create a Prayer Space in your home with a cross, Bible, cloth, and a rock or candle. Gather and pray as a family.

**12**

Visit or make a card for someone who is elderly or sick.

**13**

List what is special about each person in your family, and then **GIVE** it to them!

**14**

"I am the God of your father, the God of Abraham, the God of Isaac, and the God of Jacob."  
Exodus 3:6

**15**

Pray and remember the Way of the Cross that Jesus walked on Good Friday.

**16**

Talk with your family tonight:  
"Do we love God more this Lent? If not, how can we grow closer these last few weeks?"

**17 2nd Sunday of Lent**

"I am the resurrection and the life; he who believes in me, even if he dies, will live."  
John 11:25

**18**

Watch the movie **Jesus of Nazareth** as a family and talk about it.

**19**

Jesus, the carpenter's son, honored Joseph His father. Today, do something special for dad!

**20**

Pray and remember the Way of the Cross that Jesus walked on Good Friday.

**21**

Write a prayer for someone in your family—make it a surprise!

**22 Make a Banner**

Use any material (paper, fabric, etc.) for a background. Write a Bible verse or cut out an Easter symbol (butterfly, empty tomb, etc.). Hide it and bring it out Easter Sunday!

**24 Palm Sunday**

"Hosanna to the Son of David; blessed is he who comes in the name of the Lord."  
Matthew 21:9

**25**

Thank your Mom for being a great Mother.  
Read about Jesus' mother in **Luke 1:26-38.**

**26 Pretzels**

**INGREDIENTS**  
1 cake yeast  
1 1/2 cups warm water  
1 teaspoon salt  
1 tablespoon sugar  
4 cups flour  
1/2 whole wheat  
1/2 unbleached

**PREPARATION**  
Dissolve the yeast into the warm water, then add the salt and sugar. Blend in the flour mixture. Knead dough until smooth. Cut into small pieces. Roll into ropes, & twist into pretzel shape. Place on lightly greased cookie sheets. Brush pretzel with 1 beaten egg. Sprinkle with coarse salt. Bake immediately at 425° for 12-15 minutes.

**27**

**Good Friday**

Be especially quiet from Noon to 3 PM and remember Jesus on the cross.  
John 19:30

**28 Holy Thursday**

"As I have loved you, so you also should love one another."  
John 13:34

**29**

**Good Friday**

Color Easter eggs today, and think of Jesus in the tomb. He won't stay there for long!

**30 Holy Sunday**

Color Easter eggs today, and think of Jesus in the tomb. He won't stay there for long!

**Easter Sunday**  
**MARCH 31**  
He is not here! He is Risen, just as He said! —Matthew 28:6

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# Saint Joseph Day

The Local Council, Small Christian Communities and all the faithful of St. Joseph - Deepsea invites you to celebrate their Patron Saint Joseph on Sunday 17th March 2024 during the Holy Mass at 9:00am.

Karibuni wote

St. Joseph Day

CONSOLATA PARISH

St. Joseph-Deepsea

17

MARCH

Invites you for a Holy mass to celebrate our patron saint St. Joseph Welcome All!!!

Miriam-Moderator: 0722308677

Makalusi: 0722488274



Period	Sacrament of Baptism for infants	Sacrament of Matrimony	Deceased of the Parish
November 2023	35	1	4
December 2023	26	4	5
January 2024	15	1	-
February 2024	-	-	1

	First Holy Communion (FHC)	Sacrament of Confirmation
Year 2023	57	136

MARCH	
<b>THE HOLY FATHER'S INTENTION- For new martyrs:</b> <i>That those who risk their lives for the Gospel in various part of the world might imbue the church with their courage and missionary drive.</i>	
Fri 1	<b>FIRST FRIDAY:</b> Adoration in honour of the Sacred Heart of Jesus. (Program starts 9pm with Confession, Holy Rosary and Mass, 10pm; Concludes with Mass, 5am).  <b>Way of the Cross at 2pm, 4pm and 6pm. St Joseph's 6pm</b> Proclaimers: Palm Sunday/ Holy Triduum Practise
Sat 2	CMA: Day Retreat9am, Consolata YCA ARCHDIOCESE: Recollection CWA: Deanery Recollection, St Raphael, Kabete  <b>The 1st Saturday of the Month.</b> Prayers in honour of the Immaculate Heart of Mary. Hourly Holy Rosary from 9.30am to 4.30pm at the Prayer Garden led by various groups.
Sun 3	<b>3<sup>rd</sup> SUNDAY OF LENT</b> Children's Mass, 9am PEA: Recitation of the Holy Rosary before the Blessed Sacrament after 1pm Mass YCA ARCHDIOCESE: Annual Recollection Christian Education Committee: Teachings on Church Doctrine, 9.30am Catechism: 1 <sup>st</sup> Rite of Purification for Adult Catechumens (2023 – 2024), 1pm Mass St Dominic SCC: Retreat, Resurrection Garden St Jude SCC: Visit to Komarock Shrine
Fri 8	<b>Way of the Cross at 2pm, 4pm and 6pm. St Joseph's 6pm</b>
Sat 9	CWA: International Women's Day, Act of Mercy and Recollection, Familia ya Ufanji, Kahawa West Choirs: Music directors/Trainers Workshop, St Austin's, Lavington YSC: Deanery Recollection Professionals Group: Recollection PEA: Adorers Meeting, 9.30am – 1pm St John Paul II SCC: Charity work, Mji wa Amani CMA: Beacon Boys Character activities (1pm to 3pm) St Maria Goretti SCC: Recollection, Consolata Shrine
Sun 10	<b>4<sup>th</sup> SUNDAY OF LENT</b> Charismatic Group: Conclusion of the Life in the Spirit (Consolata Shrine) CMA: Meeting at 11am followed by 1pm Mass StJCWA: Act of Mercy, Visit to the Elderly, Deep Sea YSC: Start of Six Weeks of Formation to prepare for Commissioning; Raising of awareness about the fund raising drive selling merchandise
Thu 14	ALL CLERGY ARCHDIOCESE: Seminar, Clergy house Charismatic Group: Leadership meeting in preparation for the Novena for Pentecost.

Fri 15	<b>Way of the Cross at 2pm, 4pm and 6pm. St Joseph's 6pm</b>
Sat 16	CMA ARCHDIOCESE: Liturgical Celebration of Joseph Spouse of the Blessed Virgin Mary, Kamulu Technical Institute CMA: Commissioning Catechism: First Holy Communion/Confirmation, Recollection, Resurrection Garden Legion of Mary: ACIES, St Peter Claver's YSC: Preparation of for the Good Friday Way of the Cross
Sun 17	<b>5<sup>th</sup> SUNDAY OF LENT</b> St Joseph's Chapel: Celebration of St Joseph , Husband of Mary StJCWA: Selling flowers in honour of St Joseph's feast day All SCCs: Mass, 11am Catechism: 2 <sup>nd</sup> Rite of Purification (2023 –2024), 1pm CMA: Presentation of new members, 11am Mass CJPD: March Monthly Meeting; International Day of the Forests CSSHG: Meeting followed by 9am Mass and recruitment of new members Charities: Visit to Prison Formation for parents and sponsors of Infant Baptism, 2.30pm St Theresa SCC: Visit to Mother Teresa Children's Home, Langata
Tue 19	<b>ST JOSEPH, HUSBAND OF MARY, Solemnity</b>
Fri 22	<b>Way of the Cross at 2pm, 4pm and 6pm. St Joseph's 6pm</b>
Sat 23	CWA ARCHDIOCESE: Liturgical Celebration of the Annunciation of the Lord, Reception of St J CWA, St Mary's Grounds, Msongari PMC Deanery: Music and Art Presentation (MAP) Proclaimers: Prayer Day Infant Baptism, 2.30pm YSC: Preparation for the Good Friday Way of the Cross
Sun 24	<b>PALM SUNDAY OF THE PASSION OF THE LORD</b> OLOF SCC: Charity event Catechism: Adult Catechumens close the year (2023 – 2024)
Mon 25	Monday of Holy Week
Thu 28	<b>HOLY THURSDAY</b> <b>Chrism Mass, Holy Family Basilica, 10am</b> <b>The Lord's Supper, 6pm , St Joseph's, 6pm</b> <b>Adoration, 8pm-9pm</b>
Fri 29	<b>GOOD FRIDAY</b> <ul style="list-style-type: none"> <li><b>Way of the Cross</b> animated by the Youth, 10.30am</li> <li>Talk on the Passion of the Lord/Movie 12 noon</li> <li><b>Solemn Celebration of the Passion of the Christ/Veneration of the Cross 3pm</b></li> </ul>



Sat 30	<b>HOLY SATURDAY</b> <b>Easter Vigil</b> <ul style="list-style-type: none"> <li>Spiritual Preparation and rehearsals for Adult Catechumens, 8.30am</li> <li>Solemn celebration of the Easter Vigil Celebration of the Sacraments of Christian Initiation for Adults 2023 –2024, <b>6pm</b></li> </ul>
Sun 31	<b>EASTER SUNDAY OF THE RESURRECTION OF THE LORD</b>

APRIL	
<b>THE HOLY FATHER’S INTENTION – For the role of women:</b> <i>That the dignity and worth of women be recognized in every culture, and for an end to discrimination they face in various parts of the world.</i>	
Mon 1	<b>EASTER MONDAY</b>
Fri 5	<b>FIRST FRIDAY:</b> Adoration in honour of the Sacred Heart of Jesus. (Program starts 9pm with Confession, Holy Rosary and Mass, 10pm; Concludes with Mass, 5 am).
Sat 6	<b>CAMISASSA: GOLF TOURNAMENT</b> Proclaimers: Charity Activity <b>1st Saturday of the Month:</b> Prayers in honour of the Immaculate Heart of Mary: Hourly Holy Rosary starts at 9.30am to 4.30pm at the Prayer Garden by various groups.
Sun 7	<b>2<sup>ND</sup> SUNDAY OF EASTER , DIVINE MERCY SUNDAY</b> <b>Choirs: Easter Concert</b> Children’s Mass, 9am PEA: Recitation of the Holy Rosary before the Blessed Sacrament after 1pm Mass Christian Education Committee: Teachings on Church Doctrine, 9.30am CJPD: Tree Planting Day
Mon 8	<b>THE ANNUNCIATION OF THE LORD, Solemnity</b>
Tue 9	PMC FORMATION (9 – 12 April) Wellness Youth Seminar, 8am–4pm (9–12 April)
Thu 11	St Stanislaus, Bishop, Martyr, <i>Memorial</i>
Sat 13	YSC & YCA ARCHDIOCESE: Pastoral Council meeting CMA: Beacon Boys Character Club activities (1pm–3pm)
Sun 14	<b>3<sup>rd</sup> SUNDAY OF EASTER</b> ARCHDIOCESE Choirs: Directors Residential Workshop, (14 <sup>th</sup> =19 <sup>th</sup> April) Professionals Group: Formation 2 CMA: Meeting 11am followed by 1pm Mass St Joseph’s YSC: Bible Trivia, 11.30am–1pm YSC: Charity Football Match (YSC vs CMA), 2.30pm–4.30pm, Consolata

Mon 15	NATIONAL: Youth Leaders and Chaplains Training, 15 –19 April
Tue 16	MYM: FORMATION (16 –19 April)
Thu 18	ANNUAL INAGURATION FOR ALTARSERVERS (St Dominic Salvo), Queen of Apostles, Ruaraka
Sat 20	MYM ARCHDIOCESE: Annual Mass, St Mary’s Grounds, Msongari Ecumenism Group: Talk- “ <i>What unites Christians?</i> ”
Sun 21	<b>4<sup>th</sup> SUNDAY OF EASTER</b> PPC: Meeting, 1pm Auditorium All SCCs Mass: Commissioning of Leaders, 11am Mass Charities: Meeting, 11am – 1.30pm CJPD: April Monthly Meeting YSC: Visit to a children’s home Formation for parents and sponsors of Infant Baptism, 2.30pm
Wed 24	MYM: Exchange Program with neighbouring Parish, St Raphael, Kabete
Thu 25	St Mark, Evangelist, <i>Feast</i>
Fri 26	Proclaimers: Prayer Day
Sat 27	PMC ARCHDIOCESE: Music and Art Presentations (MAP) YSC: Deanery Sports, St Mary’s, Msongari Infant Baptism, 2.30pm
Sun 28	<b>5<sup>th</sup> SUNDAY OF EASTER</b> Youth Mass, 9am YSC: Fund raising sale of merchandise MYM: Meeting, 11am – 1pm CWA: Meeting at 9am followed by 11am Mass
Mon 29	St Catherine of Siena, Virgin, Doctor, <i>Memorial</i> St Catherine of Siena SSC: Feast Day

“And His mercy is on those who fear Him From generation to generation”.  
 – Luke 1:50