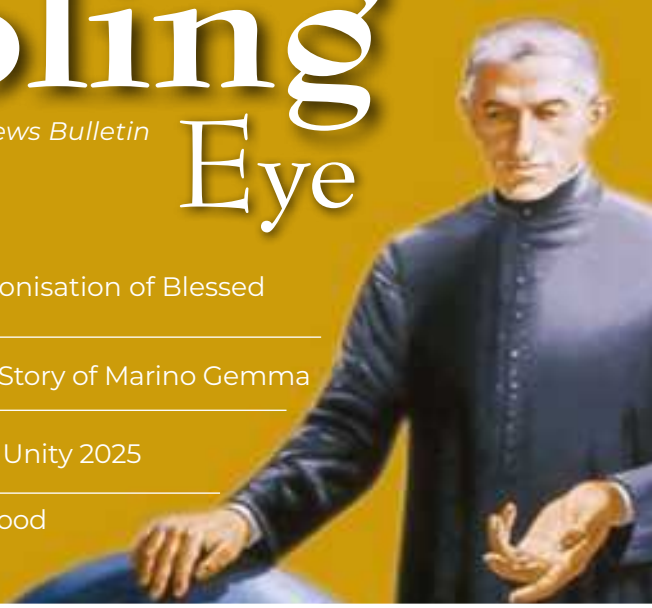
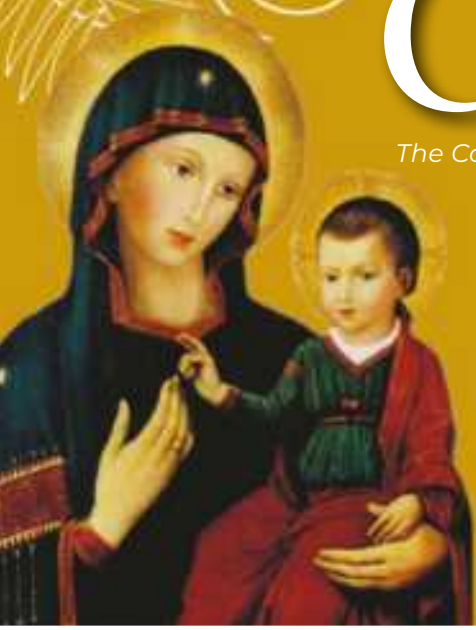


The Consoling Eye

The Consolata Shrine Parish Quarterly News Bulletin



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Saint Joseph Allamano

Joseph Allamano
Canonization
20th October 2024

First Saints then Missionaries

Canonisation of Saint Joseph Allamano

The Road to Rome and Canonisation of Blessed Joseph Allamano



St. Peters, Rome

Dear Parishioners,

The Parish had originally planned a pilgrimage to Italy in 2019. With the construction of the Allamano Centre, we wanted to know, *‘Who is this Allamano? What is his spirituality?’* The original intention was to trace the roots of Allamano. These plans were waylaid by the Covid Pandemic. However, it seems to have been the plan of God that this pilgrimage take place in the year of Blessed Joseph Allamano’s canonization.

A fresh pilgrimage was proposed. The intention was similar to the one four years ago; namely, to understand the spirituality of Allamano by visiting the physical landmarks of his life. The ultimate goal was Turin, where the body of Allamano is located and where the Consolata Missionaries were founded. An itinerary was planned. This pilgrimage, which had been planned from March, faced stumbling blocks. Unfortunately, the idea did not seem to have caught the imagination of the parishioners. Registration was slow, however the intention to go to Italy remained.

In May, another intervention, by the Will of God, came about. His Lordship Bishop Peter Makau IMC was appointed the Bishop of Isiolo. At this point, the pilgrimage was put aside

once again so that we could concentrate on the upcoming events. After his consecration in Isiolo, we turned our focus, once more, to the pilgrimage. The latter was now planned for the end of September. The numbers who registered were still low, but regardless, a decision was made to go forward with this small group.

As the new plans were being formalised, there was yet another intervention of a divine nature: The Canonisation of Blessed Joseph Allamano was announced. The date of the Italy pilgrimage was now adjusted to include the period of the canonisation in Rome. With the new situation, things changed drastically: ninety-eight people registered for the pilgrimage.

The travel logistics for this large group had to be organised within a month. This involved airlines, hotels and, most



Going to Mass in the Milan Cathedral.

importantly, visas. Ultimately, eighty-seven pilgrims were cleared to travel to Italy.

The first group of forty-nine pilgrims finally left on 11th October, flying to Milan, Italy via Dubai. This was to be the beginning of a deeply moving and unique spiritual journey across Italy. During the coming days we were going to celebrate Mass in the most beautiful historic sanctuaries and experience the deep sanctity of Italy as preserved by her holy saints.

Our first Eucharistic celebration was in the **Milan Cathedral** on 12th October. This church is special. During the time of the famous former Bishop, St Ambrose, the Holy Father gave permission for the use of the Ambrosian Rite. This means that Mass there has a unique Liturgy. The Cathedral surprised and scared us also, by having the preserved bodies of former bishops, laid out under the floorboards, visible through panes of glass.

On the same day, we proceeded to Turin. The next morning we celebrated Mass in the **Basilica Superga**; a church on top



Pilgrims outside the Basilica Superga, the Church on the Hill.



Alpignano Joseph Allamano Social Health Centre

of a hill. This allowed us to have a beautiful panoramic view of the area. The locals were fascinated by the lively visitors and some joined us at Mass.

We went to **Alpignano** to visit the Consolata Missionaries working there. There is a home for the aged priests. We thank God because we were able to see some of the priests who had been with us in Kenya: all were happy to have an encounter with the Kenyan pilgrims. Father Eugene Ferrari, in particular, was very happy to see us. We prayed with them and greatly appreciated the kindness of the Father in charge of the home, Father Butte.

During this time, the next group from Consolata Shrine, led by Father Deo, joined us in Turin.

On Monday we all went to the birthplace of Joseph Allamano, **Castelnuovo, Don Bosco**. We went to the actual place where he was born; his home. The latter is now being cared for by the Consolata Missionaries. This was followed by a tour around the home of his uncle, St Joseph Caffaso. Unfortunately, we did not manage to go to the homes of St Don Bosco or St Dominic Savio. All these saints were from the same area.

How the spirituality of the area developed was explained by the former Superior General, Father Pietro Trabucco, and the Consolata Sisters. They talked movingly about the Mission »



Father Jackson and Father Deo at Castelnuovo Don Bosco.

also there, assisting in the presentation. We were happy to reconnect with other priests, including Father Angelo.

The next day, Tuesday 15th October, we travelled to Siena. The tomb of St Catherine of Siena was a point of interest. Her body is preserved and may be viewed. St Catherine is a Doctor of the Church. We learnt more about her life including the mediation when the Church was in crisis in the Middle Ages.

Another experience awaited us in Padua. The famous saint associated with this area is St Anthony. His tomb is there. However, parts of his body, namely the teeth and tongue, have been preserved for viewing and veneration. Their presence there is a miracle. The tongue should have disintegrated hundreds of years ago, but still remains. The jaw and the teeth are intact. This was another place of spiritual awakening. Prayers were said, and again, some were moved to tears.

There is a Kenyan connection with Padua. A number of Fidei Donum Priests (Gift of Faith –Diocesan priests who become missionaries for a period of time) are sent by the Diocese of Padua to Kenya. We had the great luck to meet a priest who had been in Muranga. He rejoiced at the opportunity to speak Kikuyu again.

Italy continued to reveal her treasury of saints. We were now going to Assisi. This is the home of the great St Francis, the founder of the Franciscans. Upon arrival in Assisi, we initially went to the **Basilica of St Clare of Assisi**. There we found the tomb of St Francis' student, St Clare, the founder of the Poor Clare Sisters. We prayed next to her body before moving on to the tomb of St Francis at the **Minor Basilica of St Francis of Assisi**. His body was not exposed.

There was another place of interest, the **Church of the Renunciation**, also known as the 'Naked Church'. This name

» and the promotion of women by St Joseph Caffaso. This was a touching experience.

Our next stop was the **Mother House**. This is where the Consolata Missionaries were founded and where the tomb of St Joseph Allamano is located.

We celebrated Mass and had the privilege of meeting Sister Felicita Muthoni Nyaga, a Consolata Sister from Embu, who was at the centre of the events leading to the Canonisation of Blessed Joseph Allamano. She narrated the whole story, animated by a touching presentation on the screen. People were deeply affected and some were weeping. Father Gigi was



The Tomb of Saint Joseph Allamano. It is more than a Tomb: It is an Altar.



Tomb of Saint Clare.



Basilica of St Francis.

comes from the encounter Francis had with his father. He totally undressed in front of the bishop and renounced all worldly things. The 'Naked Church' has become a place of great interest. It became the climax of our Assisi visit. Why? Because in the church is the body of the soon to be canonised Blessed Carlo Acutis. At the age of fifteen, he died a week after being diagnosed with a very aggressive form of leukaemia.

If you see the body, it is as if he is asleep. He is there with his tee shirt, jeans and sports shoes. You just see a very handsome boy: you think he will come back. You really think that he is waking up. We prayed there.

The following day we left Assisi and headed towards the spiritual home of Padre Pio. The schedule was not easy but the depth of the spiritual experiences was overcoming the tiredness of the body. There was no talk of fatigue. Instead, people were happy and savouring every moment. The wonders did not stop unfolding.

However, on Thursday we had a quiet day. It was a time to absorb all we had seen and rest.



Blessed Carlo Acutis.

It is fitting that we had visited the tomb of Carlo Acutis. He had been fascinated with the Eucharistic Miracles. We were about to be in the location of one of the most famous.

Friday 18th October, we resumed our journey towards Rome. On our way to the southern part of Italy, we passed through **Lanciano**. This is the site of the great Eucharistic Miracle which took place around 750 AD. A priest was doubting the presence of Jesus Christ in the Eucharist. One day at Mass, as he elevated the Sacred Host, it became flesh and the blood started oozing into the chalice. The same chalice and ciborium, containing the Flesh and the Blood of Jesus, are preserved at **St Francis Church**. We could see everything clearly with our own eyes.

We then proceeded towards **San Giovanni Rotondo**. Our aim there was to be, again, beside the tomb of a great saint. This time it was to be the Capuchin (Franciscan) Padre Pio, »



The Eucharistic Miracle at Lanciano.

“We must never forget that Father Joseph Allamano was also a diocesan priest. Consequently, the Consolata Family, although missionary in nature, will always proudly identify with the larger Family of the Diocese or Archdiocese.”

» originally from Pietrelcina. His body is lying there as if he is alive. Everything about him denotes life. Prayers were offered by his body.

All these moments beside the saints were precious and a time for deep reflection for all of us. We had not forgotten the prayer intentions we had been entrusted with from home. At these times, and during Mass, we remembered them all.

Finally, on Saturday 19th October, we began our very long bus ride to Rome. It took practically the whole day: we arrived around 4pm. Upon arrival, we had an opportunity to tour inside the beautiful basilicas. We started with the old papal **Lateran Palace**. Here we saw **the Holy Stairs (Scala Sancta)**. They were brought from the Holy Land by St Helena. Tradition states that Our Lord Jesus climbed these very steps to be condemned to death by Pilate. They have been fortified by concrete. The pilgrims are invited to ascend the Holy Stairs on foot or on their knees.

We also entered the **Basilica of Mary Major**, dedicated to Our Lady. During our Rome visit, we were fortunate to be allowed to celebrate Mass in one of the chapels in the Vatican.

Indeed, throughout the pilgrimage we were given the grace to pray and celebrate the Holy Mass in many exquisite chapels within the beautiful basilicas and cathedrals. When both groups of pilgrims combined, there were twelve priests concelebrating at each Eucharistic Celebration. Of these priests, only two were Consolata Missionaries. The other ten priests were from areas (e.g. Muranga, Embu, Nyeri and Nairobi) brought to faith by the Consolata Missionaries. To this day, they have numbers of Parishes whose names reflect the legacy of Joseph Allamano.

We must never forget that Father Joseph Allamano was also a diocesan priest. Consequently, the Consolata Family, although missionary in nature, will always proudly identify with the larger Family of the Diocese or Archdiocese. This was reflected by the number of non Consolata clergy (including Bishops) from around the world who came to be part of the canonisation of Blessed Joseph Allamano.

On Sunday 20th October, the great day of the canonisation, we were up very early. By 5.30am we were at the breakfast table. Even though we were at St Peter's Square by 6.30am, a long queue had already formed. It was difficult to get in. Thankfully, by 7.30am, we were already seated and ready for the celebration. The latter was to begin at 10.00am; there was still some time to go. To our delight and relief, the threat of rain failed to materialise. The sun rose brightly and fulfilled



The Twelve Priests concelebrated Mass.



A portrait of Blessed Joseph Allamano overlooking the square at St Peter's Basilica.

the promise of a beautiful day. This was one of many small miracles and graces we experienced on this pilgrimage. The previous day had been very wet.

The third group of pilgrims from Nairobi joined us at St Peter's Square. This final group consisted of over one hundred individuals, including twenty five priests (Consolata Missionaries and others).

There were many pilgrims from all over the world. It was good to reconnect with Confreres whom we had not seen for over twenty years.

The celebration was presided over by His Holiness Pope Francis with cardinals assisting. Everyone was very happy when Saint Joseph Allamano was proclaimed for the whole world to hear.

Following the canonisation, there was an opportunity to meet the Bishops from all over the world. A large number of Consolata Bishops were present. Among the many Diocesan Bishops, our own Archbishop, His Grace Philip Anyolo was present. It was very good to spend time with them.

The next day was to be the final one in Rome and Italy. Our last Mass was celebrated at the **Basilica of St Paul Outside the**

Walls. In a country full of the tombs of saints, this basilica is built over the buried remains of one of the greatest saints, the Apostle to the Gentiles, St Paul. It was a fitting conclusion to our profound spiritual journey.

The day was spent shopping and preparing to return home.

We are planning more Parish pilgrimages. A pilgrimage is not a tourist event: it is a spiritual journey. This one was a good example: we were challenged and drawn deeper into the 'Things of God.' Please start planning to attend the next one!

Upon return to Kenya, we had to assist the pilgrims who had been unable to join us due to the visas. This was a reminder that the possibility of a pilgrimage is very much determined by the authorities of the destination country. All we can do is plan and pray.

There was also the planning for the Thanksgiving Mass. This was to give the Church in Kenya the opportunity to celebrate the canonisation of St Joseph Allamano. Time was limited. However, a joyous celebration was organised and took place on Saturday 9th November in the University of Nairobi Grounds. The Papal Nuncio to Kenya, His Excellency Rev. Hubertus Matheus Maria van Megen, was the main celebrant with several bishops and priests. Over five thousand faithful attended the event.

Next year, we shall celebrate the centenary of the death of St Joseph Allamano. It will also be a time to create awareness about the Spirituality of Allamano. He died in 1926. Everyone will be invited to investigate and personalise the essence »



In Rome after the Canonisation of St Joseph Allamano.

“Each and every person should give thanks to God for their Christianity. St Joseph Allamano sent missionaries to bring Christ to the people of Kenya. We must pray, through him, to bring back families according to the plan of God.”

of the founder of the Consolata Missionaries. In addition, materials will be prepared to enhance awareness about St Joseph Allamano.

This coming year is also the **Year of Jubilee** in the Universal Church. We are just concluding the Year of Prayer which was to prepare us to be *Pilgrims of Hope*.

The journey towards the canonisation of St Joseph Allamano has been one of *transformation*; individually and as a community. There has been a missionary transformation.

Each and every person should give thanks to God for their Christianity. St Joseph Allamano sent missionaries to bring Christ to the people of Kenya. We must pray, through him, to bring back families according to the plan of God. The families are under attack today. The intention of St Joseph Allamano was *‘not to found a congregation but a family.’*

We must also consider the two pillars of prayer in Allamano Spirituality; *the Holy Eucharist and the Holy Rosary*. By God’s Providence, in this year of canonisation, we have a new Adoration Chapel. Let us increase our Adoration of the Blessed

Sacrament. Let us be Eucharistic People. The Mystery of God has been brought closer to us.

It was Our Lady Consolata who inspired the formation of the Consolata Missionaries. Let us continue to pray the Holy Rosary.

I pray that our good Lord will continue blessing us. We are very grateful for all the blessings we have received; for the canonisation of St Joseph Allamano. We give thanks through the Eucharist.

May God bless all the Christians of Consolata Shrine in the name of Father, Son and the Holy Spirit.

Amen. **CE**

**Father Jackson Murugara
Father in Charge**

“We must also consider the two pillars of prayer in Allamano Spirituality; the Holy Eucharist and the Holy Rosary. By God’s Providence, in this year of canonisation, we have a new Adoration Chapel. Let us increase our Adoration of the Blessed Sacrament. Let us be Eucharistic People. The Mystery of God has been brought closer to us.”

Popes Prayers intentions for the month of January 2025



For the right to an education

Let us pray for migrants, refugees and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.

Climbing Mt. Kilimanjaro to Celebrate the Canonisation of St. Joseph Allamano

Brief History of St. Joseph Allamano

St. Joseph Allamano was an inspirational figure born on January 15, 1851, in Castelnuovo Don Bosco, Italy. After being ordained a priest in 1873, he devoted his life to missionary work, particularly focusing on outreach in Africa. In 1901, he founded the Consolata Missionaries (IMC) with a vision to evangelise and serve marginalised communities, emphasising the importance of cultural exchange and education.

St. Allamano’s dedication to mission work culminated in the establishment of the Consolata Shrine in Turin, Italy, as a significant hub for spirituality and mission awareness. His contributions to the Church were formally recognised with the announcement of his canonisation on July 1, 2024, by Pope Francis, highlighting his tireless commitment to faith and social justice.

Significance of Climbing Mt. Kilimanjaro

Climbing Mt. Kilimanjaro is an arduous and rewarding endeavor that embodies the spirit of resilience and determination. This climb represented not just a physical challenge, but a metaphorical journey of faith, akin to the struggles encountered in missionary work.

Hoisting the flag of St. Joseph Allamano at Uhuru Peak, the highest point in Africa, served as a powerful symbol of our commitment to carry forth his mission. It represented a collective effort to honour and celebrate his legacy, while reminding us of the heights we can achieve through perseverance and faith.

Significance to Consolata Shrine Westlands

At the Consolata Shrine in Westlands, this climb holds profound significance. It reinforces the mission of the Consolata Missionaries, reminding us of our responsibility to serve our community and the world. The act of climbing not only illustrates the challenges inherent in service, but also fosters a spirit of unity among parishioners, as they come together to commemorate a foundational figure in their faith.

By carrying and hoisting St. Joseph Allamano’s flag at Uhuru Peak, we celebrated not just his life, but also the guiding principles he instilled in the Consolata community:



The Consolata Mountaineers Group led by the leader Richard Kathambana (right) celebrating at the peak of Mt Kilimanjaro with Saint Joseph Allamano’s poster after conquering the mountain compassion, education, and the relentless pursuit of justice for the marginalised.

Personal Reflection on Celebrating the Canonisation

Choosing to climb Mt. Kilimanjaro as a way to celebrate the canonisation of St. Joseph Allamano is deeply significant to me. Climbing up to Uhuru Peak, while carrying his flag, symbolised not only my respect for our founder, but also, my aspirations to uphold his legacy in my own life.

This climb served as a spiritual pilgrimage, enabling me to connect with the essence of St. Allamano’s dedication and to reflect on the power of faith in overcoming challenges. It is a meaningful way to honour his memory. It also promotes communal participation in living out the mission that he so passionately championed.

In conclusion, climbing Mt. Kilimanjaro and hoisting the flag of St. Joseph Allamano at Uhuru Peak represents a commitment to his legacy, a challenge embraced together, and an invitation to continue his work in our communities. It stands as a powerful reminder of where faith takes us, both in spirit and action. **CE**

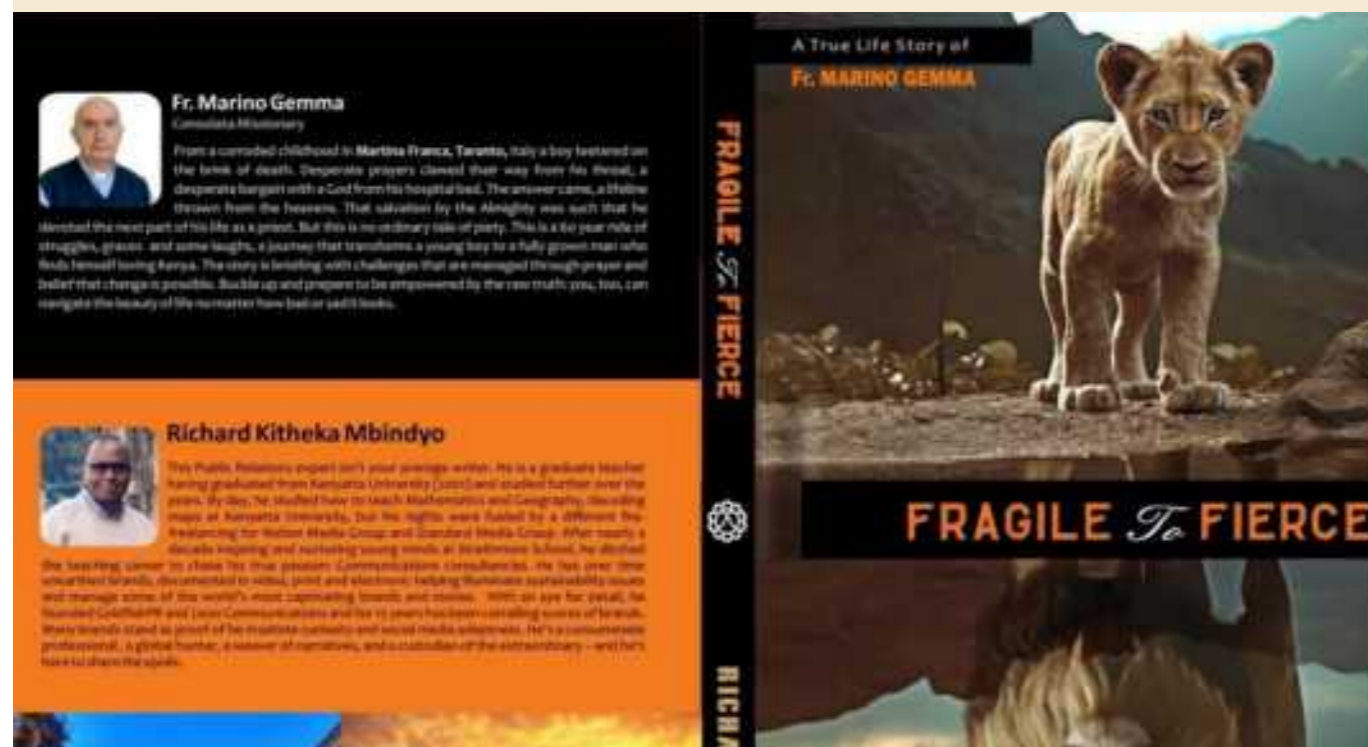
**By Richard Kathambana
Organiser, Consolata Mountaineers**

Fragile to Fierce: A True Life Story of Marino Gemma

A Genre Shift in Missionary Narratives

Not many take an introspective look at their lives and what events shaped them. Here Fr Marino Gemma unlocks the exemption with clarity and hope that it will be used to improve someone's personal encounters with God.

Book: Fragile to Fierce
Biographer: Richard Kitheka Mbindyo
Pages: 192
Publisher: DonBosco 2024



Fragile to Fierce: A True Life Story of Marino Gemma

“Fragile to Fierce: A True Life Story of Marino Gemma” by Richard Mbindyo marks a significant shift in the genre of missionary narratives. Traditionally, these accounts have focused on the collective efforts of religious societies. However, *“Fragile to Fierce”* delves into the personal story of Fr. Marino Gemma, a Consolata missionary. The book offers a more intimate look at the life and impact of an individual dedicated to spreading the faith with the hope that this personal travail will inspire anyone going through a period of self-doubt and doubt of God’s mysterious majesty over our lives, careers and

growth curves- if only we receive Him and let Him take charge. All through life we encounter delicate areas punctuated with psychological impasses or wounding, if I may. No one is immune. All of us undergo some sort of period when things don’t make sense and we have the echo of loss or resonance of failure stalking us from within. This devitalising depression in life is common. For some people, it brings misalignment and sorrow, or layers itself as a lifetime wound, affecting how we see and react to the world. The complex ongoing narrative can begin to access the



Fr Marino Gemma signing a copy for the parishioner

range of masculine and feminine domains of our lives and can kill our life force. Most people do not speak about their losses or pains as Fr Marino has done. He has presented his experiences to us to dissect and hopefully help us all be better one way or another.

This writer’s biographical approach allows for a nuanced portrayal of Fr. Gemma’s personality and how it shapes his approach to evangelisation, a rare move by a writer. Through detailed descriptions and insightful reflections, the reader gains a deeper understanding of how Fr. Gemma utilises the specific charisms of his Consolata congregation, which he has now served for 30 years; most of these years being served in Kenya. The narrative, rich with details gleaned from personal interviews and conversations, paints a vivid picture of this remarkable missionary.

The book engages with reflections, prayers and scriptural connections, thus becoming an interactive book that invites the reader to actively participate in the narrative, all the while being a storyteller book.

The scripture citations relevant to each chapter provide additional avenues for contemplation and personal connection to the themes explored. This innovative structure transforms reading “Fragile to Fierce” into a spiritually enriching experience, reminiscent of Ignatian Spiritual Exercises.

According to Prof Fr Lawrence Mbugua, “Richard Mbindyo’s command of the English language allows him to seamlessly shift between concise prose and evocative descriptions, employing vivid imagery to create a captivating narrative. Importantly, the book heavily features Fr. Gemma’s own words, transcribed from extensive interviews done and refined over a year. This collaboration lends a powerful voice to the protagonist, ensuring his personality shines through the pages.”

The endorsements in the book are cited from people who reviewed it before it was published. Sixteen of them to be precise; laymen, Christians at large and clergy at hand. From these diverse readers there is a suggestion that *“Fragile to Fierce”* has the potential to join the ranks of impactful spiritual

“The book engages with reflections, prayers and scriptural connections, thus becoming an interactive book that invites the reader to actively participate in the narrative, all the while being a storyteller book.”

narratives alongside classics like *“Apologia Pro Vita Sua”* by St. John Henry Newman and the *“Confessions of St. Augustine.”* It offers a refreshing perspective on the lives of missionaries, highlighting not just their actions, but also their personal journeys of faith.

In a literary landscape dominated by biographies of politicians and celebrities, *“Fragile to Fierce”* stands out as a Christian biography unlike the others. It sheds light on the life of a man who has dedicated himself to leaving a spiritual legacy, not only in Kenya but beyond. The book’s significance is further emphasised by the powerful cover image, depicting a cub transforming into a lion: a visual representation of the title’s core message.

In the forward, Prof Fr Lawrence Mbugua, who is the Chaplain of JKUAT University and a well-known, revered theologian, compels us to *“Iolle lege”* - “Take up and read!”. This is a powerful invitation to delve into *“Fragile to Fierce”* with all its nuances, promises and rewards. The book promises a captivating journey, not just through the life of Fr. Gemma, but also into a deeper understanding of faith, perseverance, and the power of individual dedication.

I encourage you to read it and make it your companion as you reflect on your personal journey, or take up a retreat at Karen Resurrection Gardens, or any retreat you may choose to make. even if it’s just a couch or bedside retreat. **CE**



Prof Fr Lawrence Mbugua and Fr Marino Gemma takes to a jig during the launch of the book at the Auditorium of the Allamano Centre, Consolata Shrine

The 2025 Holy Year of Jubilee

Theme: Pilgrims of Hope



The Jubilee opens in a dimension of universal evangelisation, for everyone.



The Jubilee opens in a dimension of universal evangelisation, for everyone.

The 2025 Holy Year of Jubilee is a Catholic Church celebration that will take place from December 24, 2024 to January 6, 2026. The theme of the year is “Pilgrims of Hope”, the **Year of Jubilee** is a significant event in the Catholic Church, observed periodically as a time for spiritual renewal, reconciliation, and indulgences. The **2025 Year of Jubilee**, which marks the 2000th anniversary of the birth of Jesus Christ, is especially important because it is the **Holy Year** declared by the Vatican. This year will be filled with special celebrations, pilgrimages, and indulgences for Catholics around the world.

What is the Year of Jubilee?

A **Jubilee Year** is a sacred year in the Catholic tradition that is typically celebrated every 25 or 50 years. It is a time for **penance, conversion, and reconciliation**. The Jubilee is a reminder of God’s mercy, forgiveness, and the need for spiritual growth and renewal. It is based on the biblical tradition of the **Year of Jubilee** described in the Old Testament, where every 50th year was to be a year of rest, forgiveness of debts, liberation of slaves, and the return of land to its original owners (Leviticus 25).

The 2025 Holy Year of Jubilee

The **2025 Jubilee** is expected to hold particular significance for the worldwide Catholic community, as it will be the **2000th anniversary of the birth of Jesus Christ**. While there are still details to be finalized, it is anticipated that the Pope will declare a **Holy Year or Extraordinary Jubilee** for this occasion.

Key Features of the 2025 Jubilee Year

- Pilgrimages to Rome and Holy Sites:** Pilgrimages to **Rome**, especially to **St. Peter’s Basilica**, and other important holy sites around the world are a central aspect of the Jubilee celebrations. Catholics will have the opportunity to visit these places and gain special indulgences through the Year of Jubilee.
- Indulgences:** The **Jubilee indulgence** is a special dispensation granted by the Pope that offers remission of temporal punishment due to sins that have been forgiven. During a Jubilee year, the faithful who fulfill certain conditions, such as **going on pilgrimage, confessing their sins, and receiving the Eucharist**, may receive these indulgences.
- Papal Declarations and Messages:** The Pope will likely issue special messages and possibly a document reflecting on the themes of **mercy, forgiveness, and Christian unity**. These messages would be distributed globally, offering spiritual guidance to the Catholic faithful during this extraordinary year.
- Events and Ceremonies:** Throughout the **Jubilee Year**, there will be special masses, public celebrations, and ecumenical events both in **Rome** and across the world. These will often include gatherings for prayer, reflection, and communal worship.
- Global Participation:** Though centered in Rome, the Jubilee will be a worldwide event. Dioceses and parishes across the world may host their own celebrations and pilgrimages. The faithful will be encouraged to come together for shared prayer and reflection on the life and teachings of Jesus.



Spiritual Themes

The **2025 Year of Jubilee** will likely focus on themes such as:

- Mercy and forgiveness:** Emphasising God’s forgiveness and the call for Catholics to forgive others.
- Reconciliation:** Encouraging the faithful to reconcile with God and one another.
- Renewal of faith:** A time for Catholics to deepen their commitment to following Christ.

Preparation

The Year of Jubilee will be inaugurated on 24th December, with the opening of the Holy Door of the Basilica of St Peter in the Vatican. In our Archdiocese of Nairobi, it will be marked by the opening door of Holy Family Minor Basilica on Sunday 29th December. Catholics around the world are already beginning to prepare spiritually for these significant celebrations.

2025 will be the **Holy Year of Jubilee** marked by pilgrimages, indulgences, special celebrations, and a renewed focus on God’s mercy and forgiveness, all culminating in a global renewal of faith as the Catholic Church commemorates **2000 years of Christ’s birth**. ☑

THE JUBILEE LOGO

The cross of Christ is the hope that cannot ever be abandoned because we are always in need of it, especially in the most difficult moments.

The Cross, in the shape of a sail, is transformed into an anchor that imposes itself over the waves in motion. A universal symbol of Hope.

The figures represent humanity from the four corners of the World. They are embracing each other to illustrate the solidarity between the peoples, as the first holds onto the cross.

The rough sea is a reminder of the difficulties of the pilgrimage of life. Often, personal events as well as those of the world, press on us more intensely, demanding a greater hope.

The logo shows how the way of the pilgrimage is not an individual effort, but rather collective, with the impression of a growing dynamism that tends more and more to the cross.



Jubilee of Hope 2025

To all Christians and people of goodwill in the Archdiocese of Nairobi

On the occasion of the Nativity of Our Lord 2024
BELOVED BROTHERS AND SISTERS IN CHRIST

Dear Christ's faithful and all the people of goodwill in the Archdiocese of Nairobi,

On this blessed occasion of the Nativity of our Lord this year, 2024, I greet you all warmly in the name of Jesus – our dear children and young people, fathers, mothers, priests, men and women religious. May the peace of the Lord be with you.

As we stand at the threshold of the Jubilee Year, marking 2025 years since the birth of our Saviour, we prepare to embrace the theme chosen by Pope Francis: Pilgrims of Hope. The Holy Door of this Jubilee Year will be opened by the Holy Father at St Peter's Basilica on December 25 2024, and in our Archdiocese, we will inaugurate the Jubilee Year on Sunday, December 29. At Holy Family Basilica and the other seven churches.



The Archbishop of Nairobi Most. Rev Philip Anyolo presided over the Holy Mass and the official launch and opening of the 2025 Jubilee DOOR OF HOPE at St. Peter and Paul Kiambu Parish.

The 2025 Jubilee will be centered on the theme “Pilgrims of Hope”.
We are wishing you a reflective journey of faith

Let us greet each other with the greetings of the holy Year of Jubilee:

*“Pilgrims of Hope – Together in Prayer
Together in Prayer – Pilgrims of Hope”*

*“Mahujaji wa Matumaini – Pamoja katika Sala
Pamoja katika Sala – Mahujaji wa Matumaini”*

Consolata Shrine and St Joseph Catholic Men melodious crowning at the Zonal Festivals

On Sunday September 8th 2024 (Twenty - Third Sunday in Ordinary Time Year B) was a great day at Consolata Shrine.

The Catholic Men Association Zone B, comprising of Western, Makadara, Kabete and Central Deaneries which consists of twenty Parishes, had Choir Festivals of which Consolata Shrine was the Host.

This Zone B Choir Festivals was to find the Top Eight (8) finalists who would compete in the Archdiocese Finals to be held later in November.

The Set Piece Song for this year's CMA Choirs is derived from the Old Testament's KUMBU LA TORATI” - MPENDE MUNGU WAKO” (DEUTERONOMY 6). It states the commands, decrees, and laws the Lord God directed Moses to teach the Israelites. They were to observe them as they crossed the Jordan to the land they were going to possess. It was important to follow these decrees so that their offspring would fear the Lord as

long as they lived, by keeping all His decrees and commands.

It translates to, “Na hii ndio Sheria na hukumu yake Bwana, Mungu wenu, mfundishwe, mpate kuzitenda katika nchi ile (across the Jordan) mnyoivukia kuimiliki, Upate kumcha Bwana Mungu wako, Kushika amri zake zote...”

In preparing for the event, our CMA members had been practising for the previous two months; including three sessions within the week preceding the day of the Festivals. We were well prepared and aiming for the top position since at the Deanery level, we had secured Position Two.

By 1.30pm the entire church compound was engulfed in blue!! CMA Men in full CMA uniforms from different parishes had arrived with their supporters, who came to hype them up as they performed.

The Auditorium at The Allamano Center was the venue for the Zone B Choir Competition. The Master of Ceremonies for the event, our Consolata Shrine CMA member, Mr. Raymond »



Jubilant Consolata Shrine and St Joseph Deep Sea CMA members holding a trophy after triumphantly emerging winners in the Kabete Deanery CMA musical competitions. The competitions were held in the Auditorium of the Allamano Centre

» Jumah, had everyone in the Auditorium seated by 230pm when the event started.

There were two adjudicators, Geoff Maasai and Eliud Njuguna, from the Archdiocese.

We witnessed different performances with different tempos, dynamics and different body movements as per the theme of the song. CMA Men, young and old, performed their best as their parishioners present in the audience cheered after every performance.

We gave a once in a lifetime rendition of the theme song, "Mpende Mungu wako," with good tonal diction and well-coordinated body movements. All voices were coordinating well up to a smooth and well harmonised ending, complete with drumming and kayamba.

There was a round of applause from the entire audience as we gave it our all.

All the fifteen choirs performed and the results were as follows: -

1. *Winners* - Holy Family Basilica
2. *Runners up* - Don Bosco
3. *Position 3* - Regina Caeli
4. *Consolata Shrine*
5. St Mary's - Mukuru
6. Our Lady of the Rosary - Ridgeways
7. St Francis Xavier - Parklands
8. Our Lady of Visitation - Makadara
9. Blessed Sacrament - Buruburu
10. St Austin's - Msongari


11. St Teresa's - Eastleigh
12. Holy Trinity - Buruburu
13. St Michael - Langata
14. St John the Evangelist - Langata
15. Mary, Queen of Apostles - Dagoretti

Though we were confident of nothing short of a win, we felt encouraged by the movement. We had progressed from Position 8 last year to Position 4 this year. The first placed choir had 92 points and we had 88 points. A difference of only 4 points!

Our teachers, Mr. Clement Moi, S. K. Wawira and Samuel Otieno applauded us for an improved performance, compared to the Deanery level performance we had two months earlier. They urged us to work even harder for the Archdiocese finals.

The winner (Holy Family Basilica), runners up (Mary, Help of Christians - Don Bosco) and Regina Caeli, all received trophies and cash prizes. They sang, danced and rejoiced the entire evening and we congratulated them for a job well done.

The final prayer and blessings for the event were by Fr. Joakim, the Kabete Deanery CMA Patron.

The point to take home from the event is that it brought men together with unity of purpose; to praise God, to be good members of society and to lead from the front for both the Family and the Church. 

David Obonyo
The writer is a CMA member at Consolata Shrine



Consolata Shrine and St Joseph Deep Sea CMA emerged position six at the Archdiocese level in a previous competition.

Consolata Shrine and St Joseph Deep Sea Medical Camp by the Consolata Shrine Professionals' Group

We desire and commit to evangelize to our community through

- + Raising community awareness on topical issues
- + Addressing real community needs/gaps through FREE professional services
- + Availing professional support to the church community
- + Developing members spiritually and nurturing good leadership

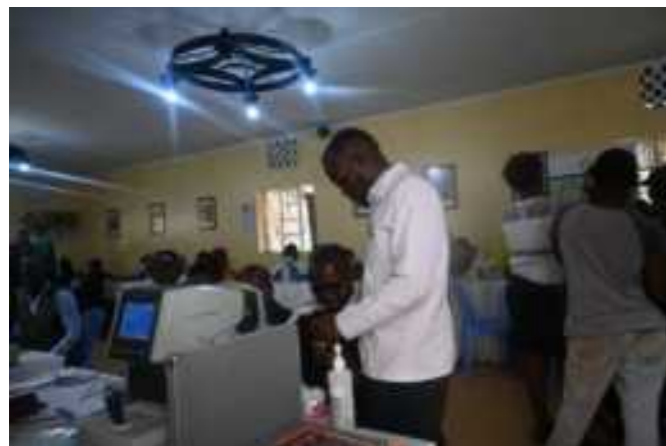
The date was Saturday, 28th September 2024 at St Joseph, Deep Sea and the Parish Priest, Fr. Jackson was at hand to bless and open the medical camp. The mood was expectant,

energetic and hopeful. The community was already in line queuing patiently waiting to be served by the volunteering medical providers. Doctors, nurses, clinical officers, lab technicians, counsellors, pharmacists were all set to serve the community.

The skies favoured us with very friendly weather. Great teamwork and collaboration between the registration team, ushers, triage nurses, doctors, lab services, and pharmacy. We managed a seamless flow through all the steps and we could hear the community in their conversation saying "leo wamejaribu sana, wameleta dawa," loosely translated to "this time they have done better. They even brought free



Fr Jackson at hand to receive and commission the Medical Camp at St Joseph Deep Sea on 28th September 2024. A special thank you goes to the volunteering healthcare service providers and medical items and equipment donors.



The session inside St Joseph Deep Sea.

» medicine". The whole idea of bringing free medical service to the community is to offer everybody an equal chance to basic healthcare. No one was left behind, from the elderly to the young ones.

This is the second medical camp offered by the Consolata professionals. The first was last year with over six hundred people receiving healthcare services at both Deep Sea and the Shrine. This time we had over one thousand people receiving medicare services and we thank God for this growth in numbers.

We are truly humbled by the generosity of our community. You donated medical supplies including medicines, non-pharma items and most of all your voluntary service to our community. May God always reward your humbling acts of mercy.

We have started a beautiful story of how each one of us can impact our community in the simplest of ways. The Consolata Professionals are partnering with every church group, starting with our Small Christian Communities to all the ecclesiastical groups, to deliver free services to our community. Our

ultimate goal, particularly in the medical sector, is to find a sustainable way of complimenting the free medical camps with free monthly doctor visits to our Deep-Sea clinic. We call upon you, our community, to support us towards achieving this goal.

We observed some interesting facts which served as lessons for escalations and for our further planning purposes;

- + the overwhelming need for medication,
- + need for specialised treatment to be offered periodically but consistently at Deep Sea,
- + need to offer preventive care through community education,
- + make it a community activity by partnering with all other church groups, healthcare providers, donors and individual volunteers.

Happy and healthy families make a happy community. We are relentless in our efforts to make the dream of sustainable free healthcare accessible to those who most need it. Follow us on our YouTube channel (www.youtube.com/@ConsolataShrineProfessionals) for updates on our activities.

By Miriam Wambui,
Moderator, Consolata Shrine Professionals Group



Some of the participating healthcare providers.



Fr Jackson with some PPC members shares a meal with the less fortunate in the Auditorium of the Allamano Centre during the Christmas festivities.



A meeting of fraternity and joy was the one that Father Jonathan Acuña had on October 18th 2024 with Pope Francis at the General Audience.

Father Jonathan gave the Pope letters from pupils from the Westlands Primary School in Nairobi, Kenya. The letters expressed the pupils' admiration, dreams, intentions of prayers and their commitment to pray for the Pope.

The letters were accompanied by a photograph of the group taken on Sunday, October 13 during celebrations of the Eucharist held at the school for the pupils and the Hispanic Community that lives in Nairobi. The celebration was held in English, Swahili and Spanish as a symbol of the universality of the Church.



Graduation and Commissioning ceremony of the catechists held at St Augustine's Catechists Training Centre on 28th October 2024. The Centre is in the jurisdiction of the Catholic Archdiocese of Nyeri. St Joseph Deep Sea was represented by Catechist Revocat Ndayisaba. Congratulations to him as we wish him well in the journey of faith.



St. Joseph Deepsea hosted youths of both the Consolata Shrine and St Joseph Deepsea where they animated the Holy Mass, shared and socialized amongst themselves on October 6th, 2024.



Consolata Shrine and St Joseph Deep Sea Parish Pastoral Council members during their Christmas dinner evening held in the Auditorium of the Allamano Centre courtesy of the Pastoral team. The Chief guest was Fr James Lengarin, the Superior General of the Consolata Missionaries. Accompanied by other officials from the office. Fr Zachariah Kariuki, IMC, the Regional Superior for the Consolata Missionaries in Kenya-Uganda also graced the occasion.



The two new members of the MYM with Fr Deo and Diana, MYM Moderator.



Consolata Shrine PMC participating in the Deanery Conclusion of the Missionary Rosary at St Joseph the Worker, Kangemi.



Fr. Deogracious Kibirango celebrates Holy Mass with the Consolata Shrine parishioners during the occasion to mark his 30th years of priestly ordination on December 12th 2024 at the Consolata Shrine.

Fr Deo prays and cuts the cake prepared in his honour by the Consolata Shrine Women Association, receiving gifts from the parishioners.

Small Christian Community moderator, Mark Macharia Ng'aru.

Group photo with the PPC members.

Receiving cake from the Consolata Shrine Moderator, Patrick Nderitu

CWA members who graced the occasion.



Consolata Shrine and St Joseph Deep Sea Catholic Men Association when they gave a surprise visit to Fr Joakims parents' home in Nyeri. They joined local parishioners for a Holy Mass and later did an impromptu fundraiser to buy benches for the local church.



St Joseph Deep Sea faithful, led by their moderator Miriam Ndirangu, bid farewell to the outgoing moderator of Small Christian Communities Anne Mareka who relocated from Kenya. It is during Anne's tenure that the SCC grew in leaps and bounds, to 40 groups (7 at St Joseph Deep Sea).



His Lordship Peter Makau with parishioners after conferring the Sacrament of Confirmation at the Shrine, Saturday 7 December. During the celebration he said, "It is good to be home."



Squirrels Children's Self Help Group Mascot at the Children's Party.



The Epiphany of the Lord

On Sunday 5th January 2025 the Catholic Church celebrated the Solemnity of the Epiphany of the Lord. Epiphany means **manifestation or revelation**. What the Church celebrates is the manifestation of our Lord to the whole world. The feast of the manifestation is traditionally celebrated on the twelfth day after Christmas, 6 January. Recently, the feast is celebrated on the Sunday between 2 January and 8 January.

The Eastern Church views the birth of Christ as the manifestation of God to man. This was the original feast of the Epiphany. Toward the end of the fourth century, the feast gradually came to be known and celebrated in the West. The Birth of the Saviour was already celebrated on 25 December. This event was associated with the poverty and helplessness of the cave in Bethlehem. Mary and Joseph watched beside the manger in poverty, and the shepherds, who came to offer their humble worship, were equally poor. At Christmas, Christ is shown to a few of His chosen souls.

In the West, the feast of the Epiphany is associated with the Adoration of the Christ - Child by the Magi. These three men from the East, through their faith, recognized and acknowledged the helpless Infant as the Redeemer and King of

the world. **Christian tradition sees the Magi as the first fruits of the Gentiles. In their coming, they lead in their wake all peoples of the Earth, and thus the Epiphany is an affirmation of Universal Salvation.**

Their visit symbolises the Gentiles finding Jesus (Isa.11:10; Matt.28:18-20) and expressing, through their gifts of **gold, frankincense, and myrrh**, who He is: **King, God, and Saviour** (Is. 60:6; Matt. 2:11). In doing so, they show that Christ, Himself, is the greatest gift to all humanity.

In his homily, St Gregory looks at the gifts from the viewpoint of the givers. The three gifts represent **Wisdom** (gold), **Prayer** (frankincense) and **Mortification of the Flesh** (myrrh)

Both interpretations are worthy of consideration. Some little reflection on them should prompt us to bring all the powers of our intellect to our **King**, the incense of our prayers to our **great High Priest**, and the myrrh of our sufferings and labours to our **Saviour**.

The Magi found a poor, weak child, attended by poor parents. However, through their faith they recognised and acknowledged the helpless Infant as the **Redeemer and King of the world**. They adored Him.

Let us do likewise. **CE**



The first group of PMC Role Models cutting a commemorative cake with Fr Deo, and in group photo outside the Allamano Centre. Inset; three of the PMC Role Models during their confirmation.



CWA and Role Models distributing cake after the Epiphany Mass.



Children in procession for the events of Epiphany Sunday, the feast of the Society of Holy Childhood.



Father Jonathan giving a cake to Consolata Mwangi, the CWA Moderator.



The beautiful cake donated by the CWA for the occasion of the feast of Epiphany.



Jesus Christ, Light of the World has been born to dispel the darkness that covers its people. God's glory appears in human form. Life on Earth will never be the same again! Arise, shine, for the Light of the World has come! Amen



Journey to Isiolo for Bishop Makau



His Lordship leaving Regional House.



His Lordship escorted by the Consolata community from the Shrine, Holy Trinity Kileleshwa and other communities within Consolata.



His Lordship with his mother at the church in Nyeri.



His Lordship taking vows during Vespers in Isiolo.



His Lordship being escorted to the altar in Isiolo



His Lordship blessing the Christians accompanied by His Grace Archbishop Anthony Muheria.



Consolata Parishioners who escorted His Lordship to his ordination in Isiolo.



Left: A present from the Holy Angels Sisters

Right: The Sunday Mass with Consolata Shrine Parishioners.



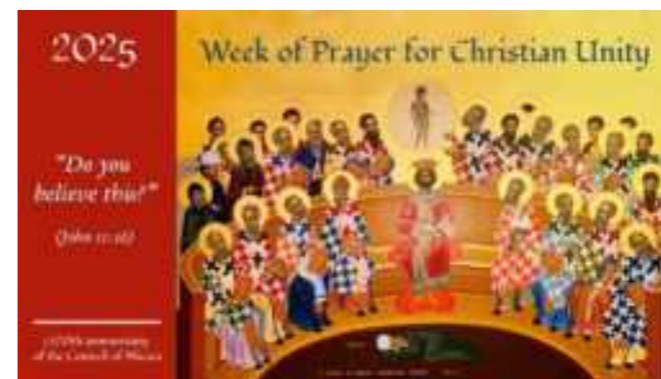
Left: Celebration with Cake after the Sunday Mass.

Right: A card from the Consolata PMC, at Regional House.



Right: His Lordship's Crest of Office.

Week of Prayer for Christian Unity 2025



- **January 18:** The Feast of the Confession of St. Peter, commemorating the moment when Peter recognized Jesus as the Messiah (Matthew 16:16).
- **January 25:** The Feast of the Conversion of St. Paul, marking Paul's dramatic conversion on the road to Damascus (Acts 9:1-19), which led him to become a pivotal figure in spreading Christianity. These two events emphasize the need for personal and communal conversion, reconciliation, and the unity of all believers.

Introduction of the Theme

The **Week of Prayer for Christian Unity 2025** will be observed from **January 18 to January 25, 2025**. This annual week is a significant time for Christians of different denominations to come together in prayer, reflection, and solidarity, focusing on the goal of unity within the body of Christ. Below is a detailed look at the observance of the Week of Prayer for Christian Unity 2025.

This year marks the 1,700th anniversary of the first Christian Ecumenical Council, held at Nicea, near Constantinople in 325 AD. The commemoration provides a unique opportunity to reflect on, and celebrate the common faith of Christians as expressed in the *Nicene Creed*. The latter was formulated at this Council. During this anniversary year, the centre will be the meaning of believing and the affirmation of faith. This will consider both personal and communal; both "I believe" and "We believe".

The guiding text this year is John 11: 17-27. The theme is **"Do you believe this?" (John 11.26)**.

This is the question Our Lord Jesus asked Martha after His pronouncement regarding His power over life and death. The Lord had said, *"I am the resurrection and the life, even though they die, will live, and everyone who lives and believes will never die."*

All Christians are going to be invited to ask themselves what they believe. We are called to witness together to this faith in the resurrection, which is for us the source of hope and joy, to be shared with all peoples.

Dates and Structure

The Week of Prayer for Christian Unity takes place from January 18 to January 25 each year. These dates were chosen because they encompass two important feast days:

Ecumenical Prayer Services and Activities

Each of the eight days has been allocated a specific Bible text highlighting key statements of the Nicene Creed. Each day is allocated two readings and one psalm.

- Day One:** The fatherhood and care of God who rules the universe
- Day Two:** Creation as God's work
- Day Three:** The Incarnation of the Son
- Day Four:** The Paschal Mystery: Passion, Death and Resurrection of Jesus
- Day Five:** The Holy Spirit, the Giver of Life and Joy
- Day Six:** The Church: Community of believers
- Day Seven:** Baptism into Death and Resurrection of the Lord
- Day Eight:** Waiting for the Kingdom and the life to come.

During the Week of Prayer for Christian Unity, local churches and Christian communities organize a variety of ecumenical events and services. These activities aim to foster dialogue and unity among different Christian traditions. The week is observed with the following activities:

- **Joint Prayer Services**
- **Bible Studies and Reflections**
- **Community Outreach.**

Resources and Materials

The **Pontifical Council for Promoting Christian Unity**, in collaboration with the **World Council of Churches (WCC)**, typically provides a set of **official resources** for the Week of Prayer for Christian Unity. These resources include:

- **Daily Prayer Booklets:** These materials guide the prayers for each day of the week, offering reflections and specific prayers.

- » • **Liturgical Resources:** These may include hymns, scripture readings, and sermon outlines that can be used during the ecumenical services.
- **Thematic Reflections:** In the lead-up to the event, theologians and church leaders often produce reflections on the selected theme, which can be used in prayer and study.

Global Participation

While the Week of Prayer for Christian Unity is observed worldwide, it is especially important in countries where Christian communities are diverse, and ecumenical dialogue is a priority. Participation includes:

- **Local Churches:** Churches from all Christian traditions—Catholic, Protestant, Orthodox, Anglican, and others—are encouraged to take part in joint services, prayer, and discussion.
- **Regional and National Organizations:** Many countries have national or regional ecumenical bodies that organize events, promote the theme, and distribute materials to support the week.
- **Ecumenical Movement Groups:** In some countries, ecumenical groups that represent multiple Christian denominations also help organize prayer events, conferences, and other initiatives.

Special Focus on Unity

The goal of the Week of Prayer for Christian Unity is to foster a deeper sense of community among Christians, despite the divisions that may exist. This unity is centered on:

- **Mutual Respect:** Promoting understanding between different Christian traditions and highlighting common ground rather than focusing on differences.
- **Shared Faith:** Celebrating the shared belief in Jesus Christ, even as Christians recognize and respect their theological and liturgical differences.
- **Commitment to Action:** Unity is not only about prayer, but also about working together to address common challenges like poverty, injustice, and the care for the environment.

Significance and Impact

The Week of Prayer for Christian Unity has a deep spiritual and social significance. It serves as:

- **A Reminder of Christian Responsibility:** The unity of Christians is considered a witness to the world of Christ's love and the call for peace and reconciliation.
- **A Tool for Healing:** The week offers an opportunity for Christian communities to heal historical wounds, reconcile past conflicts, and build a stronger, more unified Christian witness in the world.
- **An Invitation to Ongoing Dialogue:** The Week of Prayer for Christian Unity is not just a one-time event but part of the

broader ecumenical movement that encourages ongoing dialogue, cooperation, and mutual support.

Ongoing Ecumenical Efforts

Beyond the specific events of the Week of Prayer for Christian Unity, many denominations and ecumenical organizations engage in ongoing efforts to foster Christian unity:

- **The Ecumenical Movement:** Rooted in the 20th century, this movement continues to grow and has seen significant milestones, such as the establishment of the **World Council of Churches** in 1948, and the collaboration between Catholic, Protestant, and Orthodox traditions.
- **Theological Dialogues:** Continuous theological dialogues between different denominations help clarify doctrinal differences and identify commonalities.
- **Shared Mission Work:** Many Christian communities engage in collaborative mission work, humanitarian projects, and educational initiatives to demonstrate their unity in action.

Challenges and Opportunities


While the Week of Prayer for Christian Unity is an important expression of faith, challenges remain:

- **Doctrinal Differences:** Despite shared beliefs in Christ, doctrinal disagreements continue to be a barrier to full unity. The week encourages Christians to acknowledge these differences while focusing on common faith and love.
- **Cultural and Geopolitical Divides:** Cultural differences and historical tensions can sometimes complicate unity, especially in regions where Christian denominations have been in conflict for centuries.

However, the Week of Prayer for Christian Unity also provides opportunities for:

- **New Partnerships:** It offers a space for Christians to forge new relationships and partnerships that extend beyond denominational lines.
- **Increased Public Witness:** When Christians unite in prayer and action, it strengthens their collective witness to the world, showing that despite differences, they share a common mission to embody the love and teachings of Christ.

Conclusion

The **Week of Prayer for Christian Unity 2025** is a momentous occasion for Christians around the world to come together in prayer, reflection, and action. It offers an opportunity for believers to renew their commitment to unity in Christ, to address shared challenges, and to foster a deeper understanding of what it means to be one in Christ. Through prayer, dialogue, and joint action, the Week of Prayer for Christian Unity strengthens the global ecumenical movement and helps build a more unified Christian witness in the world. 

St Joseph Chapel Deepsea

The Centrality of the Journey of Faith of the Small Christian Communities at St Joseph Chapel

As the Association of Member Episcopal Conferences in Eastern Africa (AMECEA) celebrates its 50 year anniversary, Small Christian Communities (SCC) have continued to be central in the life of the Church in the AMECEA region, helping to nurture faith, address social needs, and build bridges of peace and understanding across cultural and religious divides. The success of SCCs serves as an attestation to the power of the local church in building strong families and sustainable faith communities, where Christians reinforce camaraderie of church life by leading and guiding each other towards salvation.


In St Joseph Chapel Deepsea the success of SCCs is very profound and can be linked to the feeling of family life where the church operates as one big family. The SCCs come in handy through safeguarding the building blocks of the Church; our families and our hearts. Therefore, by having strong SCCs, we have strong families, thus strong hearts bound by the love of Christ.

In St Joseph Chapel Deepsea we have seven SCCs namely; St. Joseph, St. Francis of Assisi, St. Dominic, St. Peter and Paul, St. Rita, St. Monica and the youngest of them all St. Augustine of Hippo. All these SCCs play a very significant role every Sunday as each one is usually allocated a Sunday where they animate the Mass. By doing so, the members of each jumuiya (SCC) are engaged in a greater way in serving the Church: more than being just a member. In animating the Mass, members of a particular SCC do so by bringing the Offertory (matega), participate in ushering, Bible Procession and even in the proclamation of the Word of God. The aura of the SCCs in St Joseph Deepsea is contagious: it can be felt once you step in that chapel. During

feast day celebrations, the church comes together to celebrate the feast days of each SCC; cementing the feeling of family life, friendship and Christhood.

Under the core values of AMECEA, SCCs in St Joseph Deepsea play a major role in evangelisation, prayer, worship, community works, sharing, caring and social commitment. Every SCC has weekly meetings where they read the Word of God, pray and worship together. They also have planned pilgrimages, recollections and formations to boost their faith. Therefore, SCCs have offered a more intimate space for congregants to grow spiritually, support one another, and deepen their understanding of the Gospel.

The longevity and success of SCCs, particularly within the framework of AMECEA, serve as an important reminder that the Church's mission is not just carried out in grand cathedrals or from the top-down through formal institutions, but thrives most effectively when it is rooted in the lived experiences of ordinary people. In a rapidly changing world marked by technological advancements and other global issues like civil wars, SCCs will continue to be critical in engaging the broader Church in meeting new needs and solving emerging conflicts.

In conclusion, St Joseph Deepsea is the cradle of Small Christian Communities and home of hospitality, where everyone is welcome to come worship and probably benchmark with us in matters of Small Christian Communities. 

Compiled by
Simon Mutunga
Young Christian Adults (YCA), St Joseph Deep Sea



Catholic Men Association of St Joseph Deep Sea during the Celebrations of Saint Joseph.



PMC of St Joseph Deep Sea animate Holy Mass during the joyous Family Day 2024.



Catholic Women Association in the Holy Mass procession at St Joseph Deep Sea.

Discover the world of the Young Adults within the parish

Situated in the vibrant Westlands community, Consolata Shrine serves as a guiding light of faith and devotion for many. With a deep-rooted history and a mission dedicated to serving God and the faithful, the Shrine has evolved into a spiritual sanctuary for countless individuals in search of comfort and connection.

Among its devoted congregation, a lively group of Young Catholic Adults has emerged, reflecting the values and teachings of the Catholic faith in contemporary life. This article explores the dynamic world of the Young Catholic Adults at Consolata Shrine, highlighting their distinctive traits, spiritual practices and aspirations within this sacred community.



THE YOUNG CATHOLIC ADULTS (YCA)

Officially commissioned on May 19, 2024

The YCA group consists of thirty five members, with numbers continuing to rise. This energetic community thrives within the walls of Consolata Shrine, infusing it with enthusiasm, passion, and a fresh outlook on the Church's time-honored traditions.

The YCA at Consolata Shrine showcases a rich diversity of backgrounds, all united by their common faith and a desire for spiritual growth. Ranging from students to working professionals, this community exemplifies inclusivity and acceptance, welcoming individuals aged 27 to 35, with exceptions for 26-year-olds in transition and those under this age who have children.



CONSOLATA YCA LEADERSHIP TEAM-2024

YCA at Consolata Shrine are on a quest to deepen their faith, seeking experiences that truly resonate with their inner selves. Their spiritual journeys blend traditional practices with contemporary interpretations, creating a dynamic mix of the old and the new within the Shrine. Under strong leadership, the Consolata YCA proudly joined the Kabete deanery YCA (which consists of 7 parishes) and quickly made a name for themselves, notably achieving third place in the YCA Cultural Day Competition held on July 20, 2024.

Fueled by their faith and a commitment to making a positive impact, the YCA of Consolata Shrine are actively participating in various service and social initiatives that enrich both their lives and the surrounding community.



vibrant and inclusive community that fosters faith, personal growth, and active community involvement. **COMPILED BY | JUSTINE BETTY | YCA MODERATOR**

The Consolata Youth Serving in Christ Journey: A Year of Growth, Service, and Impact

The year 2024 has been a transformative journey for the Consolata Youth Serving in Christ group, filled with significant milestones and achievements. From spiritual growth and community outreach to creative performances and competitions, this vibrant group of young believers has truly embodied the essence of faith in action. Their journey began with commissioning classes and has since evolved into a year of impactful initiatives and memorable experiences.

Commissioning Classes: Laying the Foundation for a Faithful Journey

The first part of the year was marked by the commissioning classes, designed to provide the youth with a solid foundation in both their personal and spiritual lives. These classes covered a range of essential topics, including **love, friendship, alcohol and drug addiction, financial management** and **spiritual life**. Each session aimed to equip the youth with the knowledge and skills they needed to navigate the challenges of adolescence and young adulthood while remaining rooted in their faith.

The topic of **love and friendship** focused on building healthy, Christ-centred relationships, emphasizing the importance of mutual respect, understanding, and support. These lessons were particularly impactful as they encouraged the youth to foster connections that would uplift and inspire each other in their spiritual journeys.

The session on **alcohol and drug addiction** provided a candid look at the dangers of substance abuse, while also offering

practical advice on how to avoid these pitfalls. Through this, the youth learned the value of making wise decisions and seeking help when necessary.

Financial management was another key topic, as it taught the youth the importance of budgeting, saving, and being good stewards of their resources. This class not only addressed personal finances but also laid the groundwork for their upcoming project, where they would put these skills to use.

Finally, the spiritual life segment focused on deepening their relationship with God through prayer, worship, and service. It was a time of reflection and renewal, reminding the youth of their ultimate purpose: to serve Christ and be His ambassadors in the world.

On the last Sunday of April, after months of preparation and learning, around **70 youth** were officially commissioned. This event marked the beginning of a new chapter for the group, as they were now ready to actively engage in their faith and community.

“SET AN EXAMPLE” Project: A Creative Approach to Community Engagement

Following their commissioning, the Consolata Youth launched a project called “**SET AN EXAMPLE**,” a testament to their desire to lead by example and inspire others within the congregation. The project drew its inspiration from **1 Timothy 4:12**, which states: *“Don’t let anyone look down on you because you are young, but set an example for the believers in speech, in conduct, in love, in faith and in purity.”*



This initiative showcased the group’s creativity and entrepreneurial spirit, as they effectively combined their faith with practical skills.

This verse was the guiding message for the project, and it encouraged the youth to embrace their role as spiritual leaders, regardless of their age. With the support of **Father Jackson**, who provided financial assistance, the group designed and produced their own branded T-shirts. These T-shirts, emblazoned with messages reflecting their mission and values, were sold to members of the church, allowing the youth to both raise funds and spread their message.

The project was a resounding success, with over **200 units** sold, and it continues to gain traction as the group expands their outreach. The sales not only provided financial support for their activities but also served as a visible reminder to the congregation of the positive influence the youth were having within the church.

This initiative showcased the group’s creativity and entrepreneurial spirit, as they effectively combined their faith with practical skills. It also strengthened their sense of community, as they worked together toward a common goal, united in their mission to “set an example” for others.

Kabete Denery Competitions: A Showcase of Talent and Faith

In addition to their community-focused initiatives, the Consolata Youth made a significant impact in the arts. They participated in the **Kabete Denery Competitions**, where they showcased their talents through a variety of performances. The group’s commitment to excellence and creativity was evident as they secured second place overall, an impressive achievement that highlighted their dedication and teamwork.



Their **skit** performance was particularly noteworthy, taking **first place** in the competition. The skit, which was a powerful portrayal of faith, challenges, and triumph, resonated deeply with the audience and judges alike. Its success was a testament to the group’s ability to convey meaningful messages through the arts, using their performances as a medium to inspire and uplift others.

The youth also participated in the **musical arrangement category**, where they performed their own rendition of “**El Shaddai**.” This performance also earned them **first place**, further solidifying their reputation as a talented and dedicated group. Their arrangement of the song was both creative and spiritually moving, showcasing their musical abilities and passion for worship.

Zonal Competitions and Preparation for the Finals

Buoyed by their success at the Kabete Denery Competitions, the Consolata Youth advanced to the **Zonal Competitions**, where they continued to shine. Once again, their **skit** took **first place**, reinforcing their status as a top-performing group in the region. However, in a more competitive field, their arrangement of “**El Shaddai**” placed fourth, a result that, while slightly lower than their previous showing, still demonstrated their skill and determination.

Now, as the group looks ahead to the **finals** scheduled for **October 5th**, they are diligently preparing to give their best performances yet. With the support of their mentors, peers, and congregation, the youth are ready to make a lasting impression and bring home more accolades.



Conclusion

The journey of the Consolata Youth Serving in Christ this year has been one of growth, service, and success. From their commissioning classes to their community initiatives and performances, the group has demonstrated a deep commitment to their faith and to each other. **CE**

The 2024 Missionary Youth Movement Camp



Our Lady of Sorrows, Mujwa.

This year the annual Missionary Youth Movement - MYM camp took place in Nkubu town. It was a 4-day camp filled with numerous activities. We were staying at Our Lady of Sorrows, Mujwa Parish. A total of 36 MYM members were in attendance.

The camp began on 10th December 2024 when we all assembled at the Consolata Shrine, ready to start this journey to Meru. The journey was long but filled with talk, and laughter in the bus. Most of us took a nap due to the excitement which tired us. We stopped at a petrol station for lunch where we devoured some chips and sausages which we washed down with soda. After an eternity we finally reached Our Lady of Sorrows, Mujwa Parish. Upon arrival, we were warmly received by our guides, Kevin, Elvis and our host, Father Max. We appointed team leaders, Wanja for the girls and Merlacai for the boys. We settled into our dorms and assembled in a room we would be taking our meals from. We were briefed on the rules then went and freshened up, came back, took dinner, played some games and ended the night at the bonfire where we played more games before bidding each goodnight.

On the second day, which was Wednesday 11th we woke up at 6.00 am for a 6km morning run. Honestly it was tiring though the boys outpaced the girls. Girls took to enjoying the scenic beauty in the environment along the route of the run. Afterwards, we freshened up, took our breakfast then were introduced to the day's activities which included a Nature Walk, football and volleyball games, Holy Mass, dinner then an evening by the bonfire. The Nature Walk was very tiring,



The MYM beginning their Nature Walk during their Mujwa Camp praying the Rosary.

everyone was so tired by the time we reached our destination, a farm. The farm had all sorts of fruits including dragon fruits, kiwis, sugarcane cocoa and also fish farming. We sampled them while on the tour of the farm. Our way back to the Parish, since the 8 km journey looked insurmountable, we received assistance from a school van. We reached the Parish in time for lunch. The afternoon saw our boys play football against locals, which unfortunately they lost 3-12. The girls played volleyball amongst themselves. After the games, we readied ourselves for the evening Holy Mass followed by dinner and then a social gathering by the bonfire, where we played board games including Scrabble, Monopoly and Poker. We signed off for the night.



The long Nature Walk.

Our third day started off with a Holy Mass at 6.30 am. Thereafter we freshened up and had our breakfast. The day's activities included going on a Scavenger Hunt, ziplining, cooking our meals and participating in Community Service. The Scavenger Hunt took place at an amusement park. We were hunting for eggs, tomatoes, onions, oil and salt; ingredients to make omelettes. It was quite fun with a struggle to locate the ingredients. Each team had to find all the ingredients and make the omelettes.

Teacher Theodora and Father Max were the judges. Thereafter we went on the zipline which was also fun and scary at the same time. After that, we left and stopped at a mall to get some ice cream. We arrived back at the Parish for lunch



Ziplining.

before embarking on preparations to prepare food items for the dinner, we cooked ourselves. In the preparations, our boys slaughtered a goat. Our girls made chapati, chips, beef stew and kachumbari while the boys embarked on roasting the meat. Some of the MYM members helped out by painting murals, which was part of the Community Service. Afterwards, we freshened up and then assembled at the bonfire where we ate the sizzling nyama choma. We had a talent show as the evening social engagement in which the winners won cash prizes.

Thereafter members played board games while others compared notes on the day's activities as they chatted out before calling it a night. »



Part of the Murals for Peace Project completed under the guidance of artist Cristian Camargo, an Argentinian Consolata Lay Missionary who had escorted us with Fr Jonathan



Tree Planting.

On the fourth day our day started off with a Holy Mass at 7.00am. Thereafter we embarked on planting trees as part of the Community Service. We took breakfast before engaging in sweeping the Diocese Cemetery for priests, while others continued helping locals with murals and painting.

It was time for our journey back to the Consolata Shrine after an adventurous camp filled with fun, joy, inspirations, happiness and retrospections. We had a brief stopover for dinner at Mwea. We left around 7.30pm for Nairobi, arriving at the Consolata Shrine at 10.00 pm. Fatigue for the four days took a toll on us, where we fell asleep for the entire journey back to Nairobi. We had a brief session of Thanksgiving to the Almighty Lord for a wonderful time, successful camp and journey mercies. We bid each other kwaheri and parted ways as we left for our homes.

If you were to ask me to describe this camp in a few words I would say it was **fun, different and exciting**. If you know you are between the ages of 14–18 years old, make sure you don't miss such events that take place in the church because they are fun-filled with **lots** of activities and games, and it is a chance to make new friends and to meet new people.

Esther Kahuko
Member, Consolata Shrine Missionary Youth Movement Group



Group photo at the farm.

Saint Joseph Allamano: A Holy Childhood

The future saint, Joseph Allamano, was born on 21 January 1851, in present day Castelnuovo Don Bosco, Italy. His parents were Joseph Allamano and Maria Anna Cafasso. There were five children in the family. Joseph Allamano had three brothers and one sister. He was the fourth born. We know a lot about his mother and less about his father. Both of his parents came from very strongly Catholic families and a deep faith was passed onto their children. Sadly, his father died before Joseph Allamano was three years old. His father's brother was a priest, Fr. John Allamano. It was he who helped in the upbringing of his small nephews and niece.



The Young Joseph Allamano as a Seminarian.



Marie Anna Cafasso, the mother of St Joseph Allamano.

very sick. Joseph spent a lot of time looking after her. When he was home, he tenderly moved her from the armchair to the bed and back all day long. A lot of time was also spent patiently reading to her because she became blind. His mother would say to him, *Go out and breathe a bit of fresh air. He would only leave her to return to school.*

His mother's elder brother was a very good and holy Catholic priest. He made a great impact on the young Joseph. This was interesting because Joseph Allamano only met him once; when he was six years old. His holy priest uncle was to become **St Joseph Cafasso**. As he was growing up, people often compared Joseph Allamano to this holy uncle.

There was another future saint involved in building the faith of the young Joseph; **St John Bosco**. When he was ten years old, Joseph started attending the Oratory of Don Bosco in Valdocco. He was there for five years learning catechism and growing in faith.

When it became clear that God was calling him, he decided not to follow the Salesians (Don Bosco Priests). Instead, he joined the diocesan priests. He later wanted to serve God in the Missions. He was very disappointed when poor health would not allow him to become a missionary. However, the strong desire did not leave him and he later formed the great **Consolata Missionaries and Consolata Sisters**.

Since he loved his mother so much, we are not surprised that the new missionaries were named after our heavenly Mother, Mary Consolata.

We thank the Lord for nurturing the childhood of the future St Joseph Allamano. ☑

.... **He increased in wisdom and stature, and in favour with God and man.** (Luke 2: 52)

St Joseph Allamano, Pray for us.

Sacraments for the months of July to December 2024

**Our Lady
Consolata,
Bl Carlo
Acutis and
St Joseph
Allamano.**



145

Baptisms for the infants and school going children

231

First Holy Communion

184

Confirmations

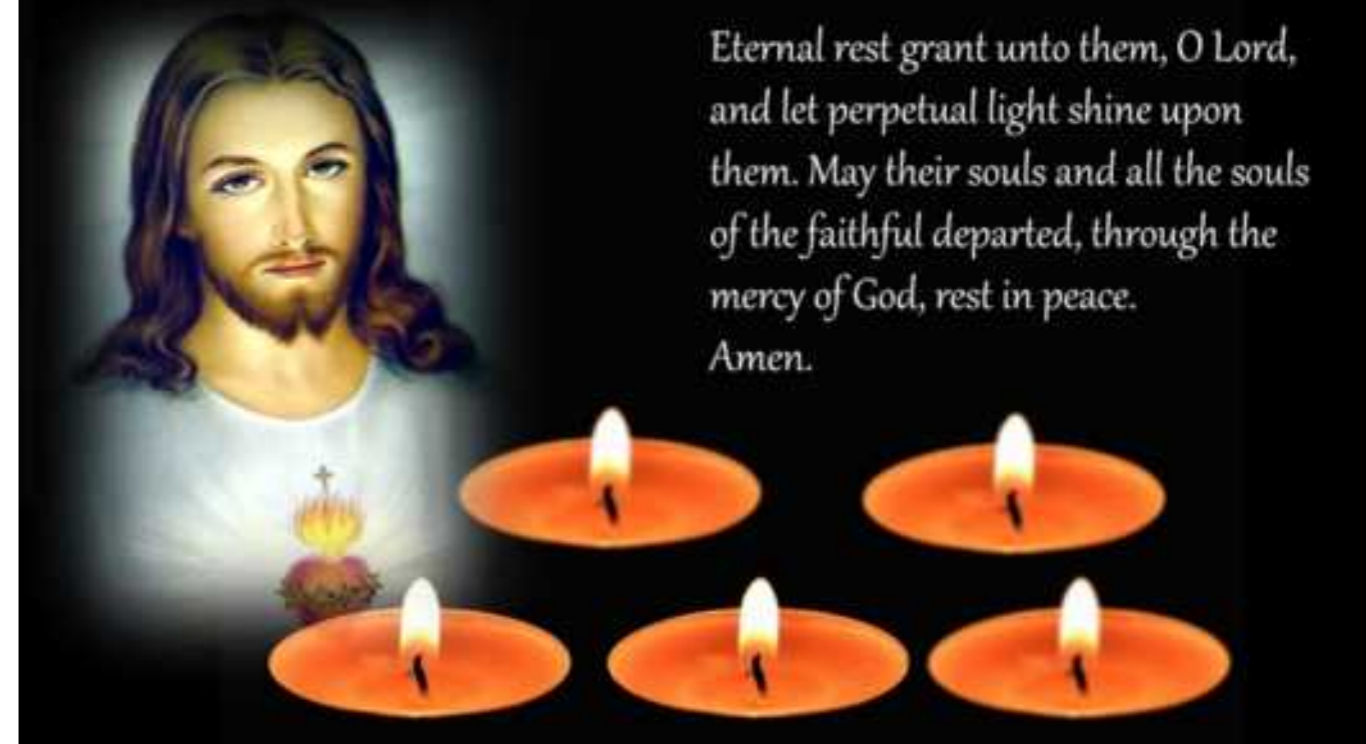
9

Marriages

Deceased members of our parish

1. Joseph Barage
2. Aldo Manos
3. Josephine Katuku
4. Allan Otieno
5. Monica Gathoni kibe
6. JaneFrances Angalia
7. Florence Wamahiga Githuthu
8. Fredrick Odhiambo Okaro

9. Mark Francis Mwangi
10. Jennifer Atieno Oganga
11. Teresa Atema
12. Edward Wagacha Ngethe
13. Peter Oloo Aringo
14. Dr. Wilfred Mutubwa
15. Getrude Namu
16. George Onchera
17. Cedric Ochwanya Mulama



Eternal rest grant unto them, O Lord,
and let perpetual light shine upon
them. May their souls and all the souls
of the faithful departed, through the
mercy of God, rest in peace.
Amen.



JANUARY	
THE HOLY FATHER'S INTENTION-For the right to an education for migrants, refugees and those affected by war, that their right to an education, which is necessary to build a better world, might always be respected.	
Sat 18	The beginning of the Week of Christian Unity ADN PMC: Animators Mass, Queen of Peace, Ruaraka
Sun 19	2ND SUNDAY IN ORDINARY TIME Catechism: Formation for parents and sponsors for Infant Baptism, 2.30pm Catechism: Class for Adult Catechumens (2025-2026) and (2024-2025) starts (9am – 11pm) CMA: Meeting at 11 am followed by 1pm Mass/Formation Class YCA: Financial literacy peer mentorship with Consolata Self Help Group, CMA and CWA) Charismatic Group: Beginning of <i>Life in the Spirit</i> (Consolata Shrine)
Wed 22	OLOF SCC: Opening Mass of the Year/1 st meeting
Thu 23	SCCs: JCT meeting, 6pm Allamano Centre
Fri 24	St Francis de Sales, Bishop and Doctor, <i>Memorial</i>
Sat 25	Conversion of St Paul, <i>Feast</i> Conclusion of the Week of Christian Unity Ongoing Formation for children who received First Holy Communion 2023 & 2024 Infant Baptism, 2.30pm MYM Animators Graduation, Queen of Apostles, Ruaraka CJPD: AND Plenary meeting (Exec), Cardinal Otunga Plaza
Sun 26	3rd SUNDAY IN ORDINARY TIME Youth Mass 9am Mass CWA: Meeting at 9am followed by 11 am Mass Proclaimers: Sunday of the Word of God/ Commissioning of Proclaimers SCCs: New SCC Seminar, 9.30am CJPD: Start of training of the new CJPD members
Tue 28	St Thomas Aquinas, Priest and Doctor, <i>Memorial</i> St Thomas Aquinas SCC: Feast Day
Wed 29	Anniversary of foundation of Consolata Missionaries (29/01/1901) and Consolata Missionary Sisters (29/01/1910)
Thu 30	Proclaimers: Formation Session/ Talk
Fri 31	St John Bosco, Priest, <i>Memorial</i> Proclaimers: Charity activity
FEBRUARY	
THE HOLY FATHER'S INTENTION- For vocations to the priesthood and religious life, That the ecclesial community might welcome the desires and doubts of those young people who feel a call to serve Christ's Mission in the priesthood and religious life.	
Sat 1	First Saturday of the Month ARCHDIOCESE WORLD DAY OF CONSECRATED LIFE CELEBRATION OLOF SCC: Members General Meeting and Seminar
Sun 2	THE PRESENTATION OF THE LORD, <i>Feast</i> Children's Mass, 9am Christian Education Committee: Teachings on Church Doctrine, 9.30am PEA: Recitation of the Holy Rosary before the Blessed Sacrament after 1pm Mass St Joseph's YSC: Parish Youth Mass at St Joseph's Chapel St Jude SCC: Recitation of the Holy Rosary with Capuchin Media CJPD: Monthly meeting/Recruitment of new members

Mon 3	St Blaise, Bishop, Martyr, <i>Memorial</i>
Tue 4	SCCs: JCT and Moderators, 6pm, Allamano Centre
Wed 5	St Agatha, Virgin, Martyr, <i>Memorial</i>
Thu 6	St Paul Miki and Companions, Martyrs, <i>Memorial</i>
Fri 7	First Friday of the Month
Sat 8	St Josephine Bhakita, <i>Memorial</i> St Josephine Bhakita SCC: Feast Day CMA: Beacon Boys Character Club, 2pm- 4pm YCA: Youth Leaders Retreat, 8 Feb -9 Feb Deanery MYM: Animators Meeting and Seminar
Sun 9	5TH SUNDAY IN ORDINARY TIME LITURGICAL CELEBRATION OF WORLD DAY OF SICK, 3pm Professionals Group: Formation 2 SCCs: Liturgy Ministry Seminar Shrine 9 am, Allamano Centre CMA: Meeting at 11am followed by animation 1pm Mass/ Formation Class St Joseph's YSC: Tea Sale
Mon 10	St Scholastica, Virgin, <i>Memorial</i>
Tue 11	Our Lady of Lourdes, <i>Memorial</i> , <i>Candle</i> lit Rosary (Procession after the 530pm Mass) Our Lady of Lourdes SCC: Feast Day WORLD DAY OF THE SICK
Sat 15	Catechism: Mass for First Holy Communion/Confirmation Candidates, 10am ADN YSC: Patron and Matron opening Mass, Queen of Apostles, Ruaraka Proclaimers: Retreat before Lent SCCs: Launch of the "Centenary of the death of St. Joseph Allamano," Tuthu Shrine
Sun 16	6TH SUNDAY IN ORDINARY TIME CELEBRATION OF THE FEAST OF SAINT JOSEPH ALLAMANO St Joseph Allamano SCC to participate in the maini celebration SCCs: Leaders Seminar Shrine, 9am Allamano Centre Catechism: 2 nd Step for Adult Catechumens (2024-2025), 1pm Mass Formation for parents and sponsors of Infant Baptism, 2.30pm
Tue 18	Proclaimers: Beginning of the Practise sessions for the Way of the Cross Animation, Palm Sunday and Triduum
Sat 22	The Chair of St Peter the Apostle, <i>Feast</i> ADN: PMC ANNUAL MASS, St Mary's Msongari CJPD: Launch of the National Lenten Campaign, Mombasa Metropolitan Parish Choirs: Get together
Sun 23	7TH SUNDAY IN ORDINARY TIME Youth Mass, 9am CWA: Meeting at 9am followed by 11 am Mass SCCs: Leader's Seminar, St Joseph's Deepsea, St Josephs
Thu 27	Proclaimers: Formation Session/ Talk
Fri 28	ADN CMA: Dinner, Consolata Shrine

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JUBILEE 2025

CALENDAR OF MAJOR EVENTS

DECEMBER 2024

24 December

Opening of the Holy Door of Saint Peter's Basilica



Photo Vatican Media

JANUARY 2025

24-26 January

Jubilee of the World of Communications

FEBRUARY 2025

8-9 February

Jubilee of Armed Forces, Police and Security Personnel

15-18 February

Jubilee of Artists

21-23 February

Jubilee of Deacons

MARCH 2025

8-9 March

Jubilee of the World of Volunteering

28 March

24 Hours for the Lord

28-30 March

Jubilee of the Missionaries of Mercy

APRIL 2025

5-6 April

Jubilee of the Sick and Health Care Workers

25-27 April

Jubilee of Teenagers

28-29 April

Jubilee of People with Disabilities

MAY 2025

1-4 May

Jubilee of Workers

4-5 May

Jubilee of Entrepreneurs

10-11 May

Jubilee of Marching Bands

12-14 May

Jubilee of the Eastern Churches

16-18 May

Jubilee of Confraternities

30 May - 1 June

Jubilee of Families, Children, Grandparents and the Elderly



JUNE 2025

7-8 June

Jubilee of Ecclesial Movements, Associations and New Communities

9 June

Jubilee of the Holy See

14-15 June

Jubilee of Sport

20-22 June

Jubilee of Governments

23-24 June

Jubilee of Seminarians

25 June

Jubilee of Bishops

25-27 June

Jubilee of Priests

JULY 2025

28 July - 3 August

Jubilee of Youth

SEPTEMBER 2025

15 September

Jubilee of Consolation

20 September

Jubilee of Justice

26-28 September

Jubilee of Catechists

OCTOBER 2025

4-5 October

Jubilee of the Missions

4-5 October

Jubilee of Migrants

8-9 October

Jubilee of Consecrated Life

11-12 October

Jubilee of Marian Spirituality

31 October - 2 November

Jubilee of the World of Education



NOVEMBER 2025

16 November

Jubilee of the Poor

22-23 November

Jubilee of Choirs

DECEMBER 2025

14 December

Jubilee of Prisoners