

# COLUS



Community of Love Unity and Service



**Holy Trinity**  
Catholic Church, Kileleshwa

VOLUME 1. ISSUE 1, 2012

#### LETTER FROM OUR PARISH PRIEST

by Fr Fiorenzo

#### OUR COMMUNITY

Meet parishioners Dr Caesar Mwangi, CEO, Sasini Ltd and Mrs Rosemary Saina, Principal, Kenya High School.

#### ARTICLES

*Faith* by Fr Arthur Moke

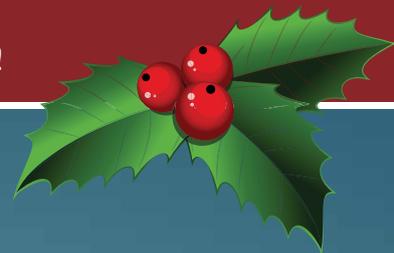
*Why Celebrate a Year of Faith?* by

Fr Lengarin

#### YOUTH CORNER

#### GALLERY

and more!



# Why Celebrate a Year of Faith?

BY FR. LENGARIN BHOLA



The Church has a new objective, one that will last just over a year: from the anniversary of the opening of the Second Vatican Council on October 11th, to the Feast of Christ the King on 24th November 2013. There will be events, celebrations, conferences and encounters – all under the title “The Year of Faith”. When Pope Benedict XVI announced this initiative last October it was clear that, after the Pauline Year and the Year for Priests, the next would reflect the vast challenge of the New Evangelization. The Year of Faith already has all the characteristics we usually associate with other major events: opening and closing celebrations, special highlights, its

own logo, etc. And it won't just take place in the Vatican either but in all local Churches all over the world have hosted their own events, encounters, celebrations, conferences and exhibitions, to mark this Year of Faith.

Faith needs time, testimony and transmission. Faith aims at transforming the faithful. The spirit of the moment, exciting as it may be, isn't enough. The Year of Faith can't be just another series of events.

So what can the Year of Faith be? Pope Benedict told us on October 16th last year when he announced it. To start with, he used a series of active verbs: give, conduct, strengthen, donate and, of course, announce. In his own words, the Pope wants to give new impulse to the Church. Later the same day, during his Angelus address, the Pope again stressed the purpose of the Year of Faith: it's not an anniversary – like that of the Council, for example – it's a source of nourishment, it's an announcement. The Year of Faith is something active or, better still, it's meant to reactivate the vitality of our Faith.

The Year of Faith has a three-fold focus:

knowing our Catholic faith, living it out sacramentally within the church and in the world, and sharing the faith through evangelization and catechesis.

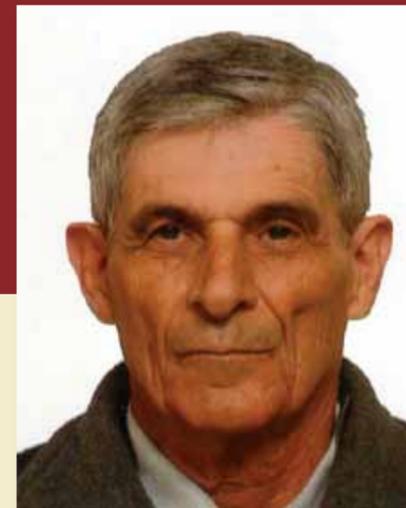
As an event, the Year of Faith could make an important contribution. The key-word is “impulse”. The celebrations and encounters, the liturgies and concerts, can't give us the answers we so urgently need. But they can stimulate us to ask the questions we need to ask. That's why even events are useful: they help us place objectives in context.

The Year of Faith is a continuation of what the Synod of Bishops is starting in October in the Vatican. It's a continuation of the Second Vatican Council: a renewing of the renewal. It will do the Church good to spend a whole year focussing on the issue of announcing the Faith in our own time, knowing that we are all involved. That's why we are celebrating this Year of Faith. Then we'll have to apply it in our everyday lives – as always.

For us at Holy Trinity Catholic Church Kileleshwa, we are already setting plans to implement these proposals of the Year of Faith starting as individuals, families, groups and associations and as a Church to experience the living God in our human realities. Let us revisit the well of salvation to quench our spiritual thirst.

## Letter from our Parish Priest

FR. FIORENZO CANZIAN



Dear Parishioners of Kileleshwa, It is a great privilege and honour to present to you the first issue of C.O.L.U.S – Community of Love, Unity and Service – this is what we called our Parish on the day of the inauguration, 3rd June 2012. This is what we wish to be.

Many wonders or special interventions of God, throughout the intercession of the Virgin Mary, Marked the beginning of the Parish.

First, it was the unanimous effort of the faith of Consolata Shrine who wanted to donate a church in this area as a thanksgiving for what Mary Consolata did for them. Then followed by the Small Christian Community of Our Lady of Mount Carmel who so generously animated the people of the area.

And then, the final touch of grace of Our Lady came one Saturday when some of us from Consolata Shrine surveyed the area with the rosary in our hands. We went around everywhere evaluating the pros and cons, finally we stopped at the present site of the church, we prayed some more 'Hail Marys' and then we approached the owners of the two plots. They were willing to sell them but at what price?? The money we had was little, but we said 'yes'!

Then the inspiration came to give praise, honour and glory to the Holy Trinity in preparation for

the Great Jubilee of Redemption of the year 2001/2002. We set out the ambitious plan to complete the church in 3-4 years, in honour of God the Father, God the Son and God the Holy Spirit. Believe it or not, donations started to pour in an amazing and unpredictable ways, from every corner and from every person through the method of buying shares (brick-stones), architects, engineers and other experts offered their free service and cooperation.

Now we enjoy praying in this beautiful church of ours. I am really convinced that this church as well as the community are the fruits of wonders and special interventions of God throughout the intercession of the Blessed Virgin Mary.

A Community, the Family of God in Kileleshwa, brothers and sisters from all countries and continents under our Almighty Father. Of Love, sharing our joys and sorrows and caring for each other especially for the sick, elderly, the needy and those in special difficulties.

Unity, no divisions of whatever nature, ready in any event to reconcile with each other. And Service, our motto, 'ask yourself what you can do for the others rather than asking what the others should do for you'. Faithfulness to the Bible, the teaching and example of Jesus, the reaching and tradition of the Catholic Church, strengthened by the Eucharist and a sincere devotion to Our Lady of the Assumption is what will make us A Community of Love, Unity and Service.

*Your brother and servant in Priesthood of Christ  
Fr. Fiorenzo Canzian*

WISH YOU  
ALL A MERRY  
CHRISTMAS &  
A PROSPEROUS  
2013



# About the Holy Trinity Church, Kileleshwa

The idea of starting a church in the Kileleshwa area was mooted in 1992 by the then Parish priest of Consolata Shrine Westlands Fr. Rossi jointly with members of Consolata Shrine and the Kileleshwa Community in the area who were parishioners of Consolata Shrine. A Church in the Kileleshwa area was befitting as the population of the area was growing fast.

## INCEPTION PROCESS

After the idea was conceived, the following activities took place:

Early in 1992, after every Mass at the Consolata Shrine Church, announcements were made asking people from Kileleshwa to register their names.

One warm afternoon in August, 1992, Sr. Felicina of the Little Daughters of St. Joseph, accompanied by Mr. Samuel Muturi, Fr. Rossi's cook, visited the house of Mr. and Mrs. Frederick Makoriwa on Olekejuado Road, Kileleshwa. They enquired about the Catholics in that area. Mrs. Makoriwa took them to the houses of Mr. and Mrs. Leonard Amalia, Mr. and Mrs. Bernard Adundo and Mr. and Mrs. Sylvano Odero, all on Gichugu Road.

The following Sunday, after each Mass at the Shrine, it was announced that there would be a meeting of the Catholics in Kileleshwa. Roselyne, a teacher at the Kileleshwa Primary School offered her house for this first meeting. On the second Sunday, members met at the Makoriwa's house. The third meeting was held at the Amalia's house. Meetings were held every Sunday at two and each time the Holy Rosary was said. Members were referred to as a prayer group. The group had no leader. Members used to volunteer to host the meeting. Every Sunday, announcements of where the meetings would be were made at the Shrine after every Holy Mass.

Membership started swelling as more people from Tabere Crescent joined. Fr. Rossi would pay the members a visit every now and then. Sr. Wilma and Felicina would also pay a visit.

After about one year, Fr. Rossi conducted elections and Mr. Charles

Otieno was elected Chairman and Mrs. Amalia the treasurer of the group. The meeting day was changed to Wednesday at 6.30pm. Members started reading the Gospel instead of praying the Rosary. About a year later, the group was named Our Lady of Mt. Carmel Small Christian community. Later Mr. Otieno stepped down in November 1997 and Mrs. Makoriwa was elected in absentia and the name changed from chairman to Coordinator.

Sisters Pierina and Carla of the Comboni Sisters would come to the meetings. The community was visited twice by Fr. Joseph Heeley



from Tanzania and Rose Msimba of Holy Trinity Buruburu and a member from Kisumu Diocese to help members grow in SCC. Fr. Heeley donated some books.

## THE FIRST STEPS

Other Parish priests coming thereafter namely Fr. Canzian, Fr. Cellana and Fr. Marino had similar commitment to the Church project. Their determination was to give the most beautiful gift to the Holy Trinity during the Great Year of the Jubilee.

Just as the early Christian Church was founded on Christian communities gathering regularly to pray together, to read and meditate on the scriptures, to listen to the teachings of the Apostles (Acts

2:42), so was the Holy Trinity Church, Kileleshwa. It was founded on the basis of the 1st Small Christian Communities whose members just did the above. That was indeed the spiritual preparation.

Some of the important steps taken were:

- Formation of the 1st SCC as a basis upon which the Church would be founded. After Our Lady of Mt. Carmel SCC, the second to be formed was St. Lawrence followed by St. Monica and Emmanuel SCCs;
- Purchase of the two plots upon which the Church now stands;
- Charging the Development Committee of Consolata Church with overseeing the construction of the Church through mobilisation of resources (mainly financial) for the Church.

In 1998, the 1st Mass was celebrated under a tree after the blessing of the grounds. After a while, the old house on the grounds was renovated and became the Church for about 100 people. As the congregation grew larger, it was found necessary to pitch a tent on the grounds which were used as the Church till the new larger Church was completed, and officially opened by His Grace Archbishop Mwana wa Nzeki in December 2000. It is from these humble beginnings that the Holy Trinity Church Kileleshwa community grew in unity and appreciation of each other.

## COMMUNITY PARTICIPATION

Because of the total commitment of the parishioners to the project and their immeasurable generosity through financial and other material contributions, the project which

looked a mammoth task was completed in only a span of three years.

## NAMING OF THE CHURCH

The Church was dedicated to the Holy Trinity in recognition of the fact that all these activities were done during the three years the then Holy Father John Paul the II had dedicated to God the Father (1997), God the Son (1998) and God the Holy Spirit (1999). A supportive devotion of Our Lady of Assumption to the Holy Trinity was also adopted after committing the choice of the devotion to prayer.

## A COMMUNITY OF UNITY AND LOVE

The first community of the Holy Trinity Church had a lot of similarities to the first Christians in that they were united heart and soul. This unity is still evident even today. It is a community of faith, worship and love.

## ANIMATION OF THE LITURGY

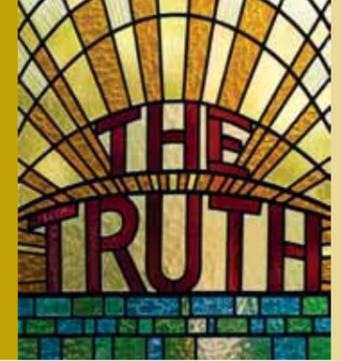
The Church started with a handful of people approximately 100 people and now has a congregation of over 700 people who gather each Sunday to worship the Lord through the Liturgy.

The Church over the years has managed to form various Small Christian Communities. Other apostolic groups are the Third Phase, the Youth group, the Children's Club and the Choir. They take turns and play an active role in preparing, animating and leading the Sunday Liturgy, other special feasts and novenas in the Church.

The Holy Trinity Church in Kileleshwa, is an example of how to put Christ's idea of a Church in practice. It is a community of communities, one that is active in participating in the destiny of their Church.



## THE ADVENT SEASON: RENEWAL OR BUSINESS AS USUAL?



The days of our lives are ordered in weeks; weeks into months and months into years. This order gives us seasons.

The seasons are four for those living on the northern and southern hemispheres; but generally for us who live in the tropical lands; we are having the two major seasons. This same order of seasons we do also find in the Church! Here they

are not summer, spring, winter and autumn; but they are: Advent, Lent, Easter and Ordinary time.

As the climatic seasons help the nature of all living things to grow and to propagate; in the same way the seasons of the Church are meant to help us grow in faith and propagate this faith to others. But many a times, it becomes the "business as usual", the same Church, the same Christians the same Christmas corals, the same liturgy, the same...! the same...! But what we ought to understand is that the yearly circle should make us grow. This will only be possible if we strive to discover something each day such that the same way the climatic seasons helps the trees and other living organisms to grow and propagate; our liturgical seasons should help us to grow spiritually. How can we make this possible? How can each advent season make us "feel" something more in our spiritual growth and prepare us to receive the Lord in our hearts?

If only we can be like a tree "keeping vigil" within the hot summer and as soon as the spring dawn in the earth's surface starts budding and



then producing flowers, then *ad venio* or "to come to" production of the fruits. Then this season will be a time for us to come to the real grace of God. For this to come to its fulfilment in us, we have to be docile to the teaching of the church and take this time seriously by following the "rich"

teachings the mother church is giving us during this time. We have to make the readings of this season to be really God given and make them enhance our growth!

Right from the first Sunday of advent, the Church is giving us the readings preparing us for the vigilance! That is to say, to prepare ourselves for the coming of our Lord. This vigilance we ought to make real by meditating on the gospel and praying. That is to say we should have time for God and with God. If we have time for Him in our daily life, then soon we shall be like trees budding and producing flowers which soon grow into fruits! This is the only way we will be keeping vigilance to the coming of Our Lord. And as we reach the Christmas celebration it will no longer be business as usual but we shall find ourselves rediscovering the beauty of the liturgical circle. Literally it will no longer be for us a "circle", but rather it will be for us a "spiral" is to say: as the seasons repeats year in year out, it starts slowly by slowly taking us upward to the mountain of the Lord where we shall be transfigured...! praised be Jesus Christ!



A Choir is a group of singers that praise the Lord and evangelize to others during the Liturgical celebrations through Sacred Music. Its duty is

to ensure the proper performance of the parts of Mass which belong to it, according to the different kinds of music sung, and to encourage the active participation of the faithful by their singing.

To have more positive results from the choirs, a proper formation of the choirs must be taken in to consideration so that parishioners and choir members are able to be blessed by the Liturgical celebrations. The Formation of the choirs includes Musical, Liturgical, and Spiritual and Pastoral formation. Once the choir members understand the requirements for their Formation, it then becomes easier for the choirs to play their effective role for the Liturgical celebrations. The choirs can only play a better role for the proper performance of the parts if they know the essence of those sacred parts. Once they themselves have effective and active participation, then they can also make the faithful take active part in the Liturgical celebrations.

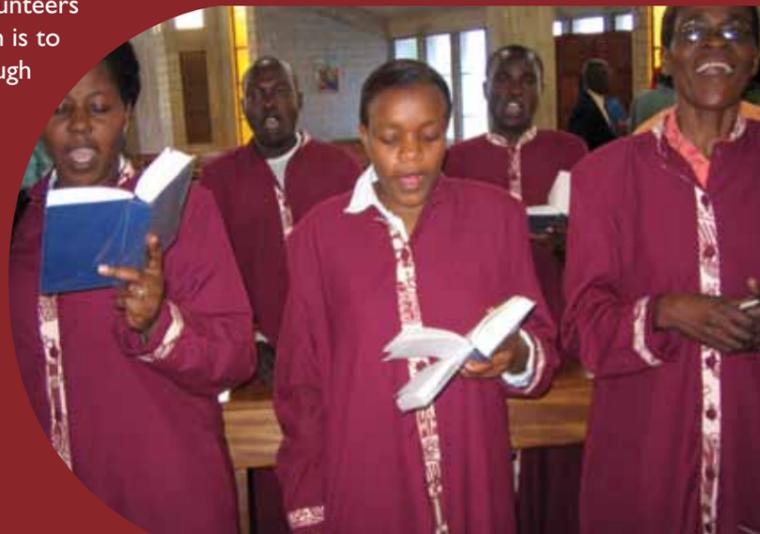
At Holy Trinity Kileleshwa Parish, we have three Masses on Sunday of which are all led by the choirs when it comes to singing. The singing during the 8.00am Mass is led by

the Youth choir, mainly composed of members from the Parish Youth group. The 10.00am and 12.00pm Masses are animated by volunteers from the Parish membership. These include the singers, the organist right to the choirmaster. We are thankful for the dedicated members of our parish who serve in our choirs bringing beautiful music to our church.

The Holy Trinity Main Choir is also known as 'Our Lady of Assumption Choir', and is made up of men and women volunteers whose main aim is to evangelize through their singing. Membership is open to all Catholics that can sing, play an instrument or direct a choir. The choir meets on Saturdays

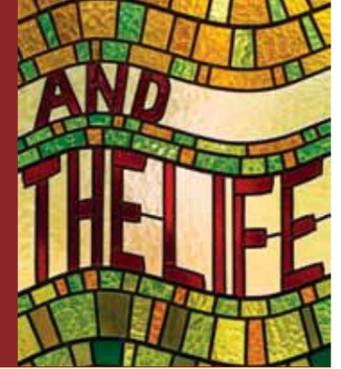
from 4.00pm-6.00pm, on Sundays for an hour before the 10.00am Mass and from 12.00pm-1.30pm after the Sunday 10.00am Mass. On Saturdays during the 4.00pm-6.00pm practice session, it is a joint meeting for the 10.00am and 12.00pm choirs.

The choir is always available to sing during Weddings, Requiem Masses and during special occasions e.g. private Baptisms at the church; at a fee. New members are invited to join.



## Our Community

C.O.L.U.S. talks to some members of our church community



## Balancing Church, Family & Work Life

AN INTERVIEW WITH CONVENER OF HOLY TRINITY CATHOLIC MENS ASSOCIATION AND SASINI CEO, DR CAESAR MWANGI

On this cool Wednesday morning on 7th November, as US President-elect Barrack Obama delivers his Victory Speech, I am led into Caesar Mwangi's office in downtown Nairobi. Caesar is the CEO of Sasini Ltd, a leading Kenyan agribusiness listed on the Nairobi Stock Exchange. I find him ready for the interview, so we delve into the intricacies of leadership and the challenges of balancing work, family and other societal commitments. If you are a regular worshiper at Holy Trinity Kileleshwa Parish, you are likely to spot Caesar at the 10am mass accompanied by his family. He has been a parishioner here for the past five years.

Caesar's participation at the church does not end with the final blessing by the priest at the end of second Mass. He is closely involved in the continuous development of the young Parish as a member of the Parish Council and as Convener of the Catholic Men Association (CMA). The CMA focuses on various issues involving the men members of the parish

As he passionately outlines the above roles, Caesar reckons "men's roles as head of their families should not be limited to their households, but extended to the community and the church." He explains, "We all have a responsibility to place our talents at the disposal of the wider community which we are part of and this includes our community of faith which is the parish we belong

to". He hopes that the important role the Association plays in the parish will attract more men to enrol. The CMA meets every other Saturday from 8.00am – 9.00am at the Church. Approximately 20 men turn up for meetings and each subsequent meeting attracts a couple more. Registration is still open and all men are encouraged to join.

At Sasini Ltd, Caesar has been at the helm for the past four years. The company is one of Kenya's big six tea producers and also produces coffee, horticulture and dairy products. Caesar attributes the successful streak in the company to the great team he works with and he is quick to point out that this is in addition to God's grace. He recognizes that he can do very little on his own and has praise for his colleagues at the Company whom he describes as a great workforce. "I surely cannot do it without all the great people I interact with at work every day". His management approach is proactive, where he encourages all staff to contribute to the development of the company with a deep sense of ownership as their basic guiding philosophy. "They need to work as if they are running their

own business" he explains and I have to lead by example. He also explains that he emphasizes personal integrity as a critical value in the business and this has assisted the business to grow.

Despite being responsible for a workforce of over 4000 people in a business environment that is fragile and easily upset by natural forces like weather and fluctuating commodity prices, Caesar is quite relaxed during our interview.

He explains that if one is doing his best and having a reporting system that ensures proper management, then it is likely that the desired results will be achieved and there is no need for undue stress.

His Christian faith also plays a crucial role in his work. "Work is sacred." He tells me.

"It is a duty given by God and hence it needs to be done well". He adds that "Whatever duty we are engaged in, we need to do it well and sanctify it and as we do it well we also sanctify those we work with. This is consistent with the tenets of our faith

where we are required to be 'salt and light' in the place that God has placed us and this includes at work and in our ordinary social interactions. In practice we thus need to set a good example, pay attention to small details, finish our work well, provide support where needed and treat people with respect.

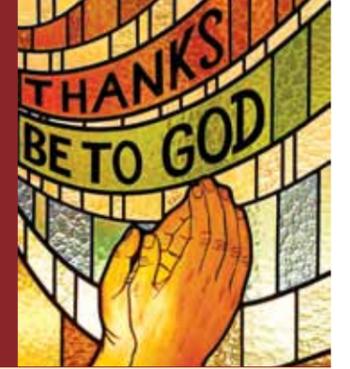
Whereas he is passionate about his job, Caesar is categorical that he is careful that his work does not overshadow his family life. He has been



Continues on Page 7

# Our Community

C.O.L.U.S. talks to some members of our church community



## One on One with Mrs Saina, Principal of the Kenya High School



The parting shot from the interview with Mrs. Rosemary Saina, still resonates in my mind long after the interview is over. "We are mere mortals with no power to do anything. Power to execute our duties comes from God."

This statement sums up our two-hour interview as Mrs. Saina shared with C.O.L.U.S. her role as Chief Principal at The Kenya High School. Mrs Saina is only the 7th Chief Principal since the over 100 year old school, started in 1910 moved to its current site in the 1930's. She was appointed principal in 2000 after deputizing her predecessor Mrs. M.W. Wanjohi for nine years.

Mrs. Saina has worshipped at Holy Trinity Kileleshwa Parish since its inception. Together with her husband Ernest Saina, the couple has played a leading role in the formation of the parish. Ernest was Chairman of the Parish Council during the formation of the church in 2000, a position he held for seven years. Mrs. Saina challenges parishioners by asking each one to be involved in the formation and development of the church. Because of her position at The Kenya High School, she does not attend any particular Mass at the Holy Trinity

Kileleshwa as she sometimes has to share her time with the students, though the 10.00am mass is her preferred option from old habits.

She remembers many challenges that at times pushed her to the edge. She is however grateful to her supportive partner and husband Mr. Saina. The Kenya High School is the fourth school Mrs. Saina has worked in. She cautions that every school is unique and presents its own challenges. It is an extraordinary school, seated on a 100 acre-plot and spotless clean, with professionally manicured lawns, defined pathways. She tells me 'cleanliness is next to Godliness, you know.' The environment is to say the least, serene. Its' construction at the current premises started in 1927 and 85 years on, Mrs. Saina tells me construction and updating of the school structures to keep up with institutions changing needs is a never ending process.

Some of the achievements The Kenya High School has realized under her watch is producing the best girl students in the country in 2000 2008 and 2010 Kenya Certificate of Secondary Education (KSCE) examination. More so, the school is able to qualify over 90% for university admission. The School has sent students to international conferences including Romanian Junior United Nations Conference on environment in April 2012, and recently, The World Youth Alliance Conference. The number of trophies, awards and recognition certificates the school has received are too many to mention.

During the interview, I marvel at the numerous achievements, before I spot a poster on her notice board printed with six virtues I assume play a big role in ensuring smooth running of the school. They include: Respect, Understanding, Patience, Forgiveness, Appreciation and Openness.

With over 1000 students, teachers

and non-teaching staff to deal with, the soft spoken Chief Principal reminds me these are not only the people she interacts with daily. You guessed right. She has to deal with parents too. She herself is a very proud mother of three girls and one boy. Her role as a mother however extends to all the girls in school. It is evident Mrs. Saina spends more time with the girls than their parents. Consequently she has to mould them and instil confidence in them during their four-year stay in school.

Her faith in the Catholic Church has played a great role in her daily life. The power of prayer she says supersedes all. "Your faith is tested once you are in any position of responsibility and this is no different. I interact with so many people from different walks of life. Their needs are unique. I can only do so much. I am guided by the earlier

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**AT WHATEVER LEVEL SHE INTERACTS WITH THE OTHERS, SHE SAYS, "I MAKE IT WORTHWHILE."**

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mentioned virtues." At whatever level she interacts with the others, she says, "I make it worthwhile." She emphasizes, "I value relationships."

The interview would be incomplete if we do not talk about the just ended long court battle initiated by some parents practicing Islamic religion who wanted their daughters allowed to incorporate the Hijab -The headscarf won by Muslim women, sometimes including a veil that covers the face, except for the eyes; and sometimes the requirement for the students practicing Islamic faith to cover up completely and where white trousers as part of the school uniform. The two year old battle that started in

2009 and ended in court in 2010, Mrs. Saina says was a fight for the school to reinforce equity at all levels among students in the institution. "I have no bad feelings after all, nothing personal. With the help of the school Board, PTA and a great lawyer, we were able to present a very strong logical argument that carried the day." She continues "personally, it was just not about the Hijab. It was on equity, oneness, harmony among the students." She takes me through the history of the over the 100-year-old institution that admits students from all over the country at every level highlighting the importance of uniformity among students. She adds "it has taken a lot of time and concerted efforts from the school management and teachers to reinforce equity among the students, and anything that makes a clique of students feel otherwise would roll back the earlier made efforts."

Leadership is something Mrs. Saina emphasises, skills clearly lacking in our society. "There can only be 1 head girl, 1 sports captain, 1 house captain, etc." But this does not mean the rest cannot lead. "We empower the girls with various responsibilities in school at every available opportunity."

As we end our session Mrs. Saina reminds me of the power of prayer. She says, "We are servants and it is bad to believe in your own power. Always pray to God to empower you. This is one of the practices she lives by. Every morning before she leaves for work she tells me, she prays to God for power to be able to execute her duties. "I cannot do anything without Gods' power." This is an enormous responsibility I have been given she asserts.

She ends by saying, "our lives are journeys that takes us various places, make your journey worthwhile."

*Continued from Page 5*

married to Anne for the last 17 years and has heroic praise for her. They are blessed with five adorable children whom he refers to as blessings and he explains that he always looks forward to going home after a days' work to assume his role as a father and husband. He suggests that family life and work life need to be carefully managed and he compares family life to a glass ball which should be handled with a great deal of care and attention. If this glass ball drops, it could easily break beyond possibility of repair. However work is like a rubber ball, which if dropped could bounce back without breaking.

Caesar is concerned that in the modern fast paced life dominated by Internet, mobile phones and numerous work demands, "time for spiritual life is crowded out." In this regard, the one thing constant in Caesars' life is the need to nurture his interior life and this keeps him going on a day to day basis. Participating in the mass during the week and making time for personal prayer is an important part of daily activities. Together with his wife, they are committed to bringing up their children in the Catholic faith first by example. Children are a reflection of us parents/guardians." Caesar affirms. If we raise our children guided by tenets of true Christianity, we will have a generation of diligent and caring people working for a fair and just society".

As we draw to a close, Caesar challenges male parishioners to join the CMA and be actively involved, "Let us improve the Parish now and make it better for our children and the generations to come."



Things to reflect on this season...

by Fr Lengarin



**CLARE MORAA (11)**  
Class 6, Makini School

There was a time when I would mistakenly carry a different text book from the one that I was supposed to use for my homework. I would then be unable to do my homework which would make my mother angry once she found out.

I always fear not doing my homework on time and forgetting my books at school.



**TERESA WAIRIMU (8)**  
Class 2, Kianda School

I missed a science lesson because of tennis practice, so I borrowed my classmate's science book to copy the notes. Unfortunately, by the time my friend asked for her book, I had not completed the task and this really upset her.

My teacher intervened and requested her to allow me some more time. She became angry and proceeded to tell the whole class to stop talking to me. While some of them complied, others became my friends to protest at my friend's meanness.



**CHEYENNE BRAGANZA (13)**  
Class 8, Premier Academy

Cheyenne values friendship. She has known most of her friends for over seven years. Her criterion for selecting friends includes assessing the level of kindness, trustworthiness and whether they share some common interests.

She loves music and aspires to be a musician. Her preferred type of music includes: Hip hop, House and Rock. Her preferred mode of communication is text messages and a little social media. However, she does not spend much time on Facebook as she enjoys socialising more. She loves Harry Porter movies.

She values friendship and cannot stand mean people



**JACKTONE WATAKA**  
Young professional working in a local bank (28)

His current challenge is that he finds it difficult exercising his Catholic faith among his peers

By practicing his faith openly, Jacktone fears that his friends will become uncomfortable around him and may not confide in him. He enjoys their company and feels that he benefits from them through socialising and when it comes to advancing his career.

His greatest desire is that he can get friends that he will feel free to practice his faith amongst. He would like the freedom to attend mass every day without having to explain himself to anyone.

As head of the parish youth, Jacktone would like his new friends to embrace the spirit of being one big happy family. He would like the youth to get to a point where they can confide in each other to the point of their need. Unfortunately, they all come from different backgrounds making it a challenge to blend easily.

Jacktone hopes that young people will begin to see that tribalism has no future in our country. He believes that the society as a whole has nurtured tribalism and this includes parents and senior members of our country.

## LAUGHTER

**Student:** Mwalimu, nikichanganya Omo na Aerial, itatoa povu?

**Teacher:** Swali gani hilo. Si itatoa povu, zote ni sabuni.

**Student:** Itatoa aje povu na hatujaeka maji!!

by Rodgers Watakah  
Senior Youth Group Member



**NIGEL KANG'ETHE (8)**  
Class 2, Rose of Sharon Academy

I could not finish my homework because I opted to play instead. When the teacher discovered, I was sent out of class and asked to kneel on the school corridor and finish my homework. My father found me kneeling and he too punished me.



**PATRICK OMONDI (9)**  
Class 3, Westlands Primary School

I forgot my textbook and as a result, could not do my homework so my teacher punished me.

To you dear young men and ladies, am very happy to read your concerns and I would like to give you some few reflections. I know quite well that the most important thing in a young person of your age is to be accepted, respected and listened to by friends or peers. If it is unpopular to get good grades, a young person will relax in the academic area to be just like her or his friends. This is what I get in your experiences aired in this issue of COLUS.

This idea of wanting space of importance among your peers creates problems in your way of life. The first thing that happens is you no longer listen to anyone else apart from your peers.

All your energies are geared towards this kind of created need. All what you have been taught in Catechism goes under the bridge. When your parents, guardians and elders talk to you, they seem to be talking to a dead rock. So what!! The Church approaches these issues that you face in many ways. If I may give this space only the example of fear that is as a result of not doing anything to annoy your peers or to go against the group psychology of doing, thinking and performing the same, I can confirm that as a Christian born child, God is our refuge and strength, always ready to help in times of trouble. So do not fear when earthquakes come and the mountains crumble into the sea. Remind yourself that God is greater than the most severe threats in life. Remind yourself that God is always with you. Remember always that God has not given us a spirit of fear and timidity, but of power, love and



self/discipline. The purpose of the Church's social teaching is to present to men God's plan for secular reality. It enlightens men's minds with truth and guides them in building up the earthly city according to the divine plan.

We can distinguish two levels in the development of temporal activities. Sacred Scripture tells us that "God created man and left him in the hands of his own counsel.

He gave him, besides, his commandments and precepts, intelligence and freedom to open the whole range of earthly realities to human opinions and options.

The core of the Church's social doctrine is man's

condition as a person. This

means that he is an intelligent and free being made in God's image. Though composed of body and soul, it is man's soul that makes him specifically human. Thus man acts and perfects himself as a person through knowledge and love. As the intellect is ordained to truth, the will moves toward the good; the human person is perfected in right actions by seeking truth and doing good. This signifies a fundamental law of human action that we call natural law. It is elevated by the law of grace.

This is what I invite you young people to reflect and to see to it that you have the freedom from God to choose between good and bad and do not let peers push you to issues which create in you fear but stick to the things that make you a free and spirited creature that God made you to be. We shall continue in the next issue of COLUS.

# Faith: an effective network to call on God

## FR ARTHUR TAKES AN INTERESTING ANGLE ON THE ISSUE OF FAITH

When talking of faith Saint Paul takes us back from the Old Testament with the experience of Abraham's faith. The promise that God made to Abraham and his descendants to inherit the world was not through the law but through righteousness that comes from faith (Romans 4:13). What is faith then? In the letter to the Hebrews: "faith is the realisation of what is hoped for and evidence of things not seen" (Letter to the Hebrews 11:1). Is this definition of faith convincing? My dear brothers and sisters, if I may ask each one of you about faith, each one will need some minutes before answering the question. Let us now reflect together on this sharing.

I would like to consider what is happening in our society today regarding technology and how



through devices like mobile phones we can reach each other and do so many things. Apart from the simple daily calls and SMS, we can pay our bills, send and receive money through our phones. It is amazing! What a blessing! Imagine that our spiritual life can be expressed as spiritual technology?

Let us now examine the mystery behind the mobile phone. The reality is that one cannot make a clear and good call if the network is not good. Thus, for communication to be effective there must be a strong network. Is our faith a 'network' to call on God? Yes!

For our prayer to be effective, we need faith as a 'network' in order to call on God. Many times in our life we call to God without 'network' and we expect our calls to go through.

Many times in Bible we hear Jesus tells people your faith has saved you. Faith is very important in our spiritual life. We cannot pray without faith. This year our Mother Church has given opportunity to reflect on our faith. As we journey together let us ask Him: Lord increase our faith (Luke 17:5)!



Corpus Christi 2012



Assumption Sunday 12th August 2012



First Baptism 30th June 2012



## Gallery

First Wedding at Holy Trinity: June 23rd, 2012



Sister Cecilia's Final Profession, June 22, 2012



# First Holy Communion, 2012



Sunday 25th November 2012 was a double celebration for the 5 month-old Holy Trinity Kileleshwa Parish. As we joined other catholic faithful the world over in celebrating the feast, Christ the King, a special group of 25 children graced the occasion in receiving their first Holy Communion. This was made possible after successful completion of catechism classes coordinated by the parish catechist Charles and their teacher Peter. This set the course for subsequent catechism lessons to be carried out in the Parish. Below is a write-up of what Catechism is all about and the calendar of events in The Holy Trinity Kileleshwa Parish.



# About Catechism

## What is a catechism?

(Ref: Catechism of Catholic Church second edition promulgated by Pope John Paul II) A catechism is a text which contains the fundamental Christian truths formulated in a way that facilitates their understanding. It is a summary of the official teachings of Catholic beliefs including creeds, sacraments, commandments, and prayers

## What is the purpose of Catechism?

- It conveys the essential and fundamental content of Catholic faith and morals in a complete and summary way.
- It is a point of reference for national and diocesan catechisms.
- It is a positive, objective and declarative exposition of Catholic doctrine.
- It is intended to assist those who have the duty to catechize, namely promoters and teachers of catechesis.

## For whom is the Catechism intended?

The Catechism is intended, first of all, for bishops as teachers of the faith and pastors of the Church. They have the first responsibility in catechesis. Through the bishops, the Catechism is addressed to editors of catechisms, priests, catechists and all others responsible for catechesis. It will also be useful reading for all the faithful. While the Catechism is not intended for direct use by young people or children, Pope John Paul II said that the Catechism "is offered to all the faithful who want to understand better the inexhaustible riches of salvation."

## How, then, can children and young people use the Catechism?

Children and young people - under the direction of a catechist, teacher or parent - ordinarily use texts that are developed from a variety of sources. In this regard see the following Announcements section for catechism events within our parish.

# Announcements

First Holy Communion and baptism:

- **Registration** will take place January 2013
- **Classes** begin in February 2013.
- **Requirements:** Children aged 10 years and above. Must come with baptism cards.

These classes continue and participants are ready to graduate on the feast of Christ the king (This is an occasion to examine the extent to which we place in Christ. In His time people found He was inspiring; He gave guidance, and above all He brought hope to their lives. He can do the same for us today. In that sense He is truly our King.)

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# Mass Etiquette: How to behave during a Catholic Mass

(Adapted from what a priest told his congregation in Canada) We may as well heed this advice!!! Remember you have entered into the house of God for the purpose of prayer, adoration, reflection, or to celebrate a sacrament. We ask you to remember:

**1** Turn off cell phones. Do not text or Facebook from the pews or the back of the church. If you are waiting for an important phone call, consider going to mass at another time. Cameras, likewise should be left at home, except for special occasions in which case the Catechist should be informed.

**2** Do not chew gum during mass or put it in your side cheek, to chew on it later. Did you know that you are supposed to be prayerfully fasting for an hour before mass? There is a possibility that if you keep the gum in your mouth and resume chewing after receiving the Eucharist, you may unintentionally spit out a bit of the body of Jesus. That would be sacrilegious.

**3** Dress with dignity for Mass. It seems that many women, many girls in this day and age have a need to always have a 'sexy' look. Mass is not a cocktail party. Mass is not a hockey arena. Come dressed with decorum, an aura of dignity. Consider teaching your children the different types of dress are important for different occasions.

**4** Do not bring children's activity bags, snacks, water bottles, toys including play stations, game boys, iPod touch or similar amusements to church. Mass is only one hour long. Children would grow in virtue if their parents expected them to detach from these things for at least an hour a week. For little children, keep the busy with beautiful little Catholic books, plastic rosaries or books about saints. Immerse your children in spiritual treasures during mass.

**5** Parents have a duty give their children ongoing, on the job training. That includes training their children in the appropriate times to kneel, sit, stand and face the altar. If children are engaged in playing with toys, eating, and drinking, they are surely not being taught about the fact that Jesus is really up there on the altar, significance of prayer, self-control, and the importance of participating in the mass.

**6** Do not drink bottled water in a house of worship. If an adult, for some reason needs to drink water to take some medication, please leave the church premises or at least the mass and drink the water; if you must outside the celebration of the Eucharist.

**7** If you are late for mass, please do not walk down the aisles looking for a seat until it's appropriate. You are disrupting others. Church ushers should be trained to enforce this. Please do not leave mass before it ends. You will be missing the supernatural graces of the final blessing. Besides it's a bad example for your kids.

**8** Do not be an observer of the mass, but a participator. Don't ask yourself, "What is this mass doing for me?" Instead, ask yourself, "What can I do to participate in the mass more fully?" Make an effort to listen, follow the readings, the homily, read scripture passages before mass, learn the prayers of the mass, follow along in the missalette and sing! You will become an outstanding role model for your kids.

**9** Do not have conversations during the mass. You would never have a conversation, during an important musical performance elsewhere. If you did, you would be asked to correct your behaviour or leave. Quite simply it's rude.

**10** It might be useful to ask ourselves, Who am I? Why am I here? The answers: To know God, to love Him and serve Him especially at Mass!

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ENJOY in the LORD'S presence during the Eucharist Celebration.

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