

KENYA PROVINCE

Profile

LOCATION

Kenya is located in East Africa and borders Somalia to the Northeast, Ethiopia to the North, Sudan to the North West, Uganda to the West, and Tanzania to the south and the Indian Ocean to the East. The country straddles the equator, covering a total of 582, 600 Square kilometres. Nairobi, Kenya's largest city and capital, is located in the central highlands.



Kenya- largest Cities - Nairobi, Mombasa, Nakuru, Eldoret, Kisumu.

POPULATION

Population of Kenya as of October 9, 2015 - 48, 4351415

Births per day – 22, 158

Deaths per day – 5, 153

Net increase of 1 person every 5 second.

Life expectancy in Kenya is 63.29 %

PEOPLE AND LANGUAGE

Kenyan population is comprised of 42 ethnic groups, each with its own unique dialect. As Kenyan's national languages, Kiswahili and English bridge the communication gap and unite Kenyans as a single nation.

CULTURAL VALUES AND ETIQUETTE

Kenyans are a friendly and hospitable people, regardless of ethnic affiliation. Greetings are important part of social and business interaction. Hand shaking when greeting people you meet for the first time is customary.

Kenyans place great importance on family. Kenyan families are often large and usually include the extended family. Kenyans honour collective responsibilities and traditional values, which includes treating the elderly with respect and reverence.

LITERACY LEVEL

The literacy level of Kenyans age 15 and over is 85.1 per cent.

The literacy level in Nairobi is 87.1 per cent. In Machakos literacy level is 88 per cent.

THE NEW KENYAN CONSTITUTION OF 2010- DEVOLVED POWER

Kenya's new constitution was **enacted on 27th August 2010** replacing the old one that had been in place since Kenya's independence in 1963. The promulgation of this new constitution marked the end of one of the longest journeys in Kenyan history; a two-decade struggle for reforms. Over 67% of Kenyan voters approved this new constitution in a referendum that paved way for a historic and spectacular moment in Kenya's democracy.

The Kenya Constitution is the supreme law of Kenya. It establishes the structure of the Kenyan government, and also defines the relationship between the government and the citizens of Kenya.

The Kenya constitution establishes **47 counties**, each with its own government. County governments consist of a county assembly and a county executive. The vast County governments are in charge of agriculture, health services, public amenities, county trade development and regulations, county planning and development among other services that they're mandated to provide to the residents of that county.

CLIMATE

Kenya's climate varies across the country, from the tropical humidity of the coast, the dry heat of the savannah or semi- arid areas to the cool air of the highlands. Temperatures in these areas are fairly constant year round with an average of 27°C (70°F) at the coast, 21°C to 27°C (70° F to 80° F)

in the highland, while in Nairobi and the highland over 5000 ft, the daytime temperatures normally range between 19°C and 24°C (66⁰ F to 75° F).

Most parts of the country experience two rainy seasons; the ‘long rains’ falling over a ten weeks period between April and June, and the ‘short rains’ over a five weeks period between October and December. The rain tends to fall mainly at night and usually a short and heavy tropical downpour.

Rain may occasionally fall outside of the normal rainy seasons. In the highland areas north of Nairobi it may get chilly at night or in the morning especially June, July, and August when temperatures are cooler.

MAIN OCCUPATIONS IN KENYA

Farming is the major occupation in Kenya. Agriculture is the mainstay of economy, employing about three – fourths of the population and generating a significant amount of export earnings. Tea and coffee are the main exports.

RELIGION

As far as Kenya religion goes, the Constitution of Kenya guarantees freedom of religion and worship to its people.

The vast majority of Kenyans are Christians. The Anglican and Roman Catholic Churches are the most established Christian denominations. Other well established African religions and dominations include the African Inland Church (AIC), Seventh Day Adventists (SDA), and the Presbyterian Church of East Africa (PCEA). In addition, there are a number of Evangelical churches and independent African Christian Churches.

Islam is another major religion in Kenya. Followers include both Sunni and Shi'ite Muslims. The largest number of Muslims in Kenya is found in Mombasa and neighbouring coastal regions, as well as the North eastern regions of Kenya. Nairobi has numerous Mosques and notable Muslims.

Many of the traditional African regions are no longer widely practiced. Some of the denominations considered as indigenous religions combine aspects of Christianity with traditional religious beliefs. One of this is Dini ya Msambwa found mostly in Kenya's Western province.

The few Kenyans who adhere to Hinduism and Sikhism are mostly of Indian origin. They reside in most major towns and cities across Kenya.

The following statistics show Kenya's most recent religious composition.

- Christian
 - Protestant 45%
 - Roman Catholic 33 %
- Islam 10 %
- Indigenous Religions 10%
- Others 2 %

RNDM PRESENCE IN KENYA - 1967

In Kenya the missionary dream of Euphrasie is continued by an international group of Sisters coming from eight countries: Kenya, Australia, India, Ireland, Myanmar, New Zealand, Peru and Vietnam. We are working in three dioceses, Machakos, Nairobi and Meru. The Sisters are involved in formal Education, Health Care and Pastoral Work.



The first RNDM mission in Kenya was part of the 1996 General Chapter thrust, which itself was a response to Vatican II's call to religious congregations to reclaim the charism of their founders. For the RNDMs our response was to take up again the vision of Euphrasie in founding a congregation 'consecrated for mission'.

In Kenya, these were the early years of Independence and the Kenyan Government was moving to provide education for all. Earlier most of the schools in Kenya were Church-based and education was not available to all. Now the number of schools increased and Kenya moved towards developing its own systems of education. The nineteen sixties also saw a new movement in the Church with the ordination of indigenous priests. Junior Seminaries were opened to enable young men begin their priestly formation.

The first four RNDMs M. Valeria (Cecily Timoney), M. St Dara (Marian McCouaig), M. Bernardine (Esther Corcoran) and M. Cecilia (Una McCarthy) from the British Isles Province arrived in Kenya in August 1967 just four years after Independence. The RNDMs were very aware that this was the first RNDM foundation not only in Kenya, but in all of Africa.

Two of the teachers came under the auspices of the British Ministry of Overseas Development. The interviewing panel for this selection gave a serious word of caution "Remember Sisters, you are not going out to build your own kingdom but to help the Kenyan people to develop their country." Right from the start, the emphasis was on development and the building up of the country and the local Church. The arrival of the sisters was timely for the needs of the new country.

Between 1967 and 1981, the Sisters were involved in teaching in a number of secondary schools including two minor seminaries in Ruaraka (1969) and Katoloni (1979). They taught in the oldest 'mission' school in Machakos diocese in Kabaa and were involved in the early development of Karinga Girl's School, Matuu High and Holy Ghost Memorial in Matuu and in Bahati Girl's School in Nakuru.

The last mentioned foundation was an example of the way the Sisters were involved with the growth of local congregations of religious women. Bishop Ndingi invited the Sisters of Our Lady of the Missions to run a High School for five years while the Little Sisters of St. Francis, who had recently begun formation in Bahati would prepare to take over. The five years stretched to eleven but this was seen as living our missionary motto – 'build up and move on.'

This handing over has been part of our ongoing RNDM story with the handing over of the Missions in Kabaa, Karinga, Ruaraka and Katoloni to other Congregations and Diocese. The Sisters of Our Lady of the Missions were actively involved in the development of AOSK Kenya and were actively involved in setting up the Catechetical Programme and its work for Justice and Peace.

From the beginning, the Sisters were involved in catechetics at parish level and also acted as Religious Education Advisors. They were pioneers in the two catechetical programme REAP (Religious Education Awareness Programme) and CISRET (Catholic In-service for Religious Education Teachers) in the Diocese of Machakos.

After the Sisters had been present in the country for more than a decade, the decision was made to share our charism with young African women. Bishop Urbanus Kioko allocated five acres of land on which to build a Novitiate and provide a shamba. In 1986 the Sisters began formation programmes. Today our Kenyan Sisters are sharing in our international missions in Kenya, Philippines, Sudan and Rome.

Our recent General Chapter calls us to find new ways of living our missionary vocation responding to the needs of a rapidly changing world. 'We continue to marvel at God's unfolding revelation in creation and hear the cry of earth's distress rising in the silence.' General Chapter Document 2014.

In keeping with the founding vision of Euphrasie Barbier the Sisters of Our Lady of the Missions seek to reach out to the very poor and most vulnerable. They have worked in collaboration with NGOs and funding Agencies who share their vision of integral development for all.

ADMINISTRATION

During the first two years, the missionaries who came to Kenya were present only in Machakos. Then there was excitement when another convent was opened in Ruaraka on the outskirts of Nairobi, in the compound of the Queen of Apostles Junior Seminary. This house eventually became the Regional House until the early 1990s when the search for a more central location began on 1 January 1994, Kathleen Gillespie was handed the keys of the Ngong Rd property which was to

become our Regional House. Kathleen and Johanne Knowles formed the first community of this new foundation. By January 1996, plans were afoot to build further on the site, so that by 2001, there were two new buildings, one for administration (Cenacle House). The other, Utume House, provided accommodation for the community and for the many Sisters who would eventually come for study or mission experience from over the Congregation. Young RNDMs from Asia arrived to take advantage of the study opportunities that Kenya offered. Some came to learn English while others came to pursue courses that were more directly related to ministries they could later undertake. We were chosen to host the EGC in October 2006 and we were delighted to meet many new friends and to share our missionary life with sisters.

SISTERS OF OUR LADY OF THE MISSIONS NGONG RD NAIROBI

Since 2001 this site has housed the Provincial Offices and is the place of gathering for all the Sisters of the Province. It is situated in the Parish of Our Lady of Guadalupe, a dynamic Parish embracing part of the slum of Kibera as well as residential suburbs. It is in close proximity to Tumaini, the Offices of the Association of Sisters in Kenya.



The Sisters gathered in Nairobi Pentecost 2015

The Community House is the home of our student Sisters, who study at Tangaza University College, Kenya Technical University, Catholic University of East Africa in Nairobi. It is also accommodation for Student sisters from other Congregations.



Utume House (Student House) - Nairobi

RNDM Students 2015: From left: Jacinta Kasili Kisese studying Fashion and Textiles Technology. Lydiah Waruguru Mugo studying Education: Mathematics and Computer. Nguyen Kim Tram studying Youth Counseling and Elizabeth Kan Hwai studying Counselling Psychology.



The Community house is also the home of sisters who were involved in individual ministries in Nairobi, working for AOSK, teaching in schools in Kibera slums and Nursing in Nairobi Hospital.

MATUU COMMUNITY 1981

Matuu is a Market Town in Yatta district Machakos County Kenya. It is situated on the Thika-Garissa Highway and is the centre for a large rural area. Matuu is in a hot arid area, its only source of water being a seasonal river which dries up so the people are constantly threatened by drought and famine. Many of the inhabitants of this area of Yatta are subsistence farmers.

The first RNDMs – Mary Teresa Martin (Helena Harrington), Mary Paul of Tarsus (Veronica Maddison), Mary Kelly and Catherine Corrigan went to Matuu in December 1981. These Sisters were involved with catechetics, youth work, women's groups, and teaching at Matuu High school.

Today Matuu Parish covers a vast area with more than thirty out-stations. The Sisters' House is part of the Mission Compound. The Parish is very active with many Groups and Associations for all ages. There are a number of schools in the town including residential secondary schools. The Sisters are involved in various levels of parish activity and are responsible for two major projects – the Matuu Mission Health Centre and Tei Wa Ngai Project for People with Disabilities.

MATUU MISSION HEALTH CENTRE 1993

The Health Centre provides accessible, quality, affordable services – preventative and curative-to all clients regardless of their status. It has a particular focus on Care of Women and Children Following the example of Jesus, the Healer; we are committed to promote life for all through having a listening heart and giving compassionate care.

To ensure the best care for all, staff members are committed to uphold high professional standards, respect confidentiality and work in collaboration with other health providers.

The facility offers comprehensive out- patient care with services of diagnosis, laboratory, treatment and medication.

The regular programme includes a number of specific programmes or clinics:

Ante- Natal Clinic and Maternity: The expectant mother is advised and helped prepare for the new baby. She is encouraged to deliver in a hospital. In emergency situations deliveries are conducted in the Health Centre.

Child Welfare Clinic: Regular Clinics are held to guide the Mother in care for the baby taking particular care of monitoring nutrition and milestones of development. The UN Vaccination Programmes are included in this clinic which is also offered monthly in mobile clinics.

Support for those with HIV/AIDS: The facility has a Comprehensive Care Centre with a support group to enable people to live positively. A particular focus is given to the Prevention of Transmission from Mother to Child.

Diabetes Support Group: A group of Adults living with Diabetes M meet monthly for support, monitoring of sugar levels. They organize small income projects.

Epilepsy Clinic: The Dispensary works in cooperation with TWN to provide accessible care for those with epilepsy.

Dental Care: Clinics are offered weekly in the centre by visiting specialists.

Eye Care: Clinics are offered monthly in the centre by visiting specialists.

Cancer Screening: Initial Tests for early detection are available. An annual free Cancer Screening Clinic is conducted and clients assisted to access follow-up treatment.



Matuu Health Centre

Tei Wa Ngai – A programme for those with disabilities. 1997

The Tei Wa Ngai programme based in Matuu covers ten parishes in Matuu deanery: Matuu, Kithimani, Mavoloni, Ndithini, Manaja, Ekalakala, Masinga, Thatha, Kithioko and Kaewa. It is a home-based programme, which encourages and empowers parents and society to accept children with disabilities, to access health care and education, to provide protection and financial sustainability.

BACKGROUND

In Matuu, rural Kenya a child born with a disability is destined for a life of dependency. For the poor this burden can be extreme. Disabled children can be a social, financial, mental and physical

burden to their families. Through lack of knowledge and skills of the family, the children do not get the appropriate help they need. The children do not go to school and hardly leave their homes. Therefore, they are not challenged and do not develop mentally or physically. Families will often favour a healthy child over a disabled child, when it comes to food and attention.

In addition, Matuu suffers frequent droughts yet most residents rely on subsistence farming. Owing to this, most of the affected parents have no disposable income to care for such children. The harsh environmental reality only exacerbates the household poverty level. In addition, the severity of incapacity of some of those with special needs calls for 24-hour care.

The programme is coordinated by the Sisters and is carried out in collaboration with a Team of Health Workers. The key feature of the Programme is home visits by sisters and community health workers to identify new clients or follow up those on the programme. On each visit they discern what is needed and then act appropriately evaluating the home situation of the clients to determine those able to make some contribution and those totally unable.

The programme works in collaboration with other agencies and seeks contributions to assist in providing medical intervention and education.

There is a monthly Physiotherapy Clinic held in six areas in collaboration with the Association for Physically Disabled of Kenya. During these clinics the physiotherapists make medical recommendations and the education assessor makes recommendations about special schools for the clients. Some are assisted through Liliane funds. For others we seek well-wishers. Each semester the students are visited in the school situation.

Each Year the Kijabe Hospital arranges Clinics in Matuu and other centres. Many of the children are referred to have surgery. Parents are often accompanied to the hospital and in some cases the programme seeks financial assistance from well-wishers. These surgeries include placing of shunt in cases of microcephalus, spina bifida, correction of limb deformities and cleft palate surgery.

The Kikuyu Eye Hospital also conducts mobile clinics and does follow up surgery.

The Programme enables some Clients to become financially independent through equipping them with skills through Vocational Training programmes.

In some cases parents are given an Income Generating Loan to assist them in caring for their child particularly for those with Cerebral Palsy who need twenty-four hour care.

The programme assists all clients to be legally registered and to access Cash Transfers from government sources. Some former clients are very active members of Income Generating Groups for those with disabilities.

The Coordinators and Health Workers work closely with the local chiefs and children officers especially in reporting cases of neglect.

There is a monthly epileptic clinic conducted by the Health Workers under direction of a visiting doctor. Clients find this a safe place where they are welcomed and are sure to find medication is available.



FORMATION HOUSE – MACHAKOS 1986

A second Community was opened near Machakos town in 1986 to commence Formation. The Sisters continued to be involved in Machakos Diocese through the nearby Community in Katoloni until 2014.



The Sisters took up residence on 13 January 1986. Machakos, our first foundation in Kenya, is the home of the Kamba tribe and most of Kenyan sisters are from here. Young women from different tribes as Kikuyu, Meru, Embu and Luo joined us, so even among our Kenyan sisters there is cultural diversity.

Postulants Lilian & Sylvia Novice Janette 2014

The first Formators were from Europe and later Asian sisters were involved as Formators. We were aware of the blessings and challenges our community would experience as older European sisters and young Kenyan sister began living together. Both groups needed to adapt as they reached out to one another in love. The 25 April 1994 was a day of special blessings for us as we celebrated the first profession of two Kenyan RNDMs, Pauline Ncabira M'mbwiria and Mary Magdalen Nthenya Nyile.

In recent years, Kenyan sisters have taken responsibility in this formation area; Pauline Ncabira was in charge of the novices; Lucy Wambui was responsible for postulants and Felista Nyamasyo is in charge of both postulants and novices at the moment.

MUO PROJECT EMPOWERMENT OF WOMEN

In 2001 a Programme was commenced with a focus on the empowerment of women in response to the expressed need of the women in the area a programme was set up which would teach dressmaking skills but would include programmes on life skills and empowerment. Young girls who cannot afford to go further for study after their secondary education are offered regular classes.

There is also a special programme for a group of widows. There is also an income-generating section where some who have been trained continue to use the skills to support the programme. The programmes offered include skills of tailoring, knitting, beading and spiritually to strengthen their faith in order to face difficulties and challenges in life.



Women making rosary beads



Women – group sharing

KARIAKOMO HOUSE - MERU DIOCESE 2014

RNDMs are mainly present in Machakos and Nairobi Dioceses. There has been a deep longing to open a new community in a different diocese. Sister Pauline expressed this desire with the Bishop Salesius Mugambi, the bishop of Meru Diocese. He was happy to welcome Sisters of Our Lady of the Missions into his Diocese.

After several meetings with the Bishop, a legal document was drawn up between the Diocese of Meru and our Congregation. On 21st March, 2014, our three sisters Annuncieta Kiio, Rose Musango and Consolata Akinyi Ogola moved into Kariakomo parish. There was a reserved house for religious women. Christians were very happy to welcome sisters into their parish since for a very long time religious women had not been in this local area.



Kariakomo is a small village in Meru County, which is a town in formerly Eastern Province of Kenya. Meru is the sixth largest urban centre in the country. It takes 4-5 hours drive from the capital city Nairobi.

There are different possibilities for ministry such as pastoral works, teaching, nursing and youth ministry. At the moment, Rose Musango and Consolata Ogola Akinyi are engaged full time in the residential primary school which belongs to Kariokomo parish. Annancietta Kiio is working in the dispensary.



Kariakomo Health Centre



Holy Trinity Academy- Pupils Kariakomo

DREAMS FOR THE FUTURE

The Kenyan Province is in many ways in a time of transition. Our sisters have trained as Nurses and Teachers. Some are still doing initial professional training. Until now some are working in Church institutions or Hospitals. We dream of being able to open RNDM Missions in response to the real needs of the poor and most vulnerable in our society.

WELCOME - KARIBU - KENYA

