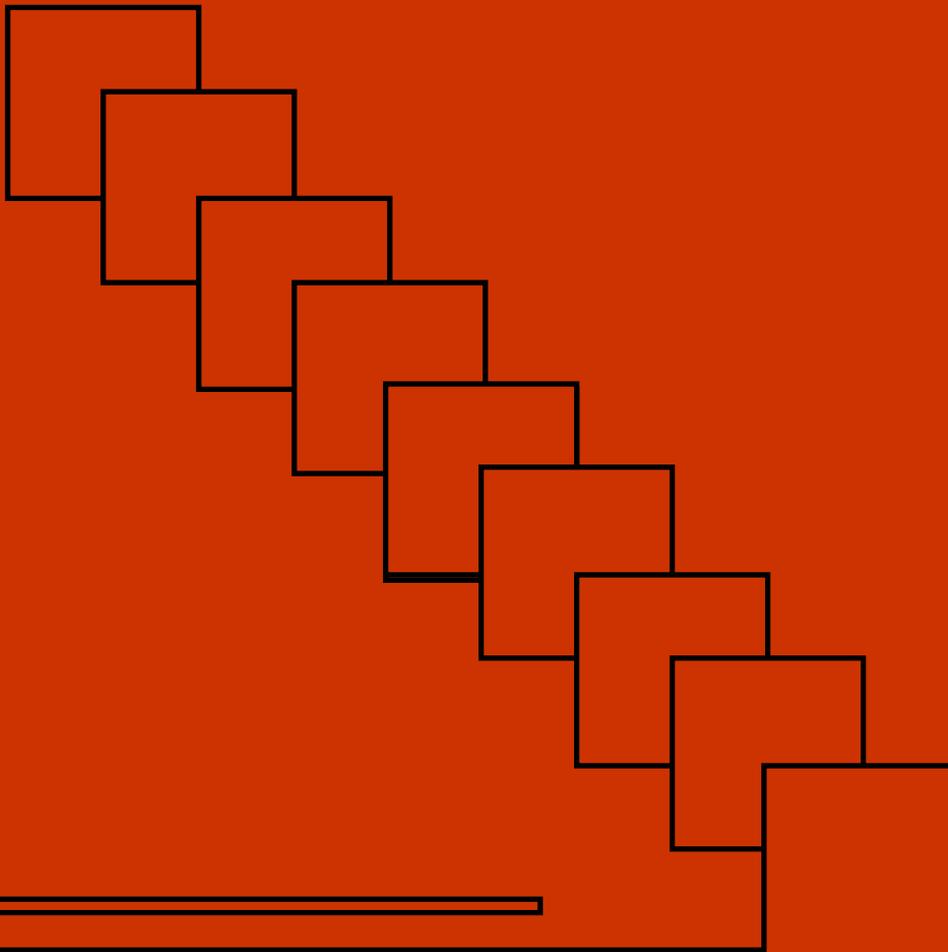




**KENYATTA
UNIVERSITY CATHOLIC
COMMUNITY**

2020 END OF YEAR MAGAZINE



THE COVID-19 SEASON EXPERIENCE

Chaplain's desk

The 13th day of March 2020, marked the announcement of the case number of Covid-19 infection in Kenya. It was shocking news that brought a lot of confusion. Personally, I prayed that the virus would not spread as had been predicted by the western countries.

Closure of the University

On 15th March 2020, the President directed that all schools and institutions be closed as a way of managing the spread of the virus. Kenyatta University was closed on 17th March 2020. All programmes at the University and needless to say at

the Chaplaincy were brought to an "abrupt" halt.

A few days later, places of worship were also closed. What was I to do?

I decided to make it a retreat:

Daily prayers and celebration of Holy Mass at the chapel was the order of the day.

Mass was at 8.00 am where I was joined by the Chaplaincy employees. They became very good sacristans and lectors. A few parishioners would sneak in at times. They would recite the rosary after Mass at remain for adoration. The Easter Triduum was celebrated quietly as I offered prayers for the end of the Covid-19 darkness.

The workers kept me good company and they kept the Church compound tidy and



clean. We embarked on a few renovations here and there.

I also dedicated time for physical exercises: jogging, walking, cycling and aerobics.

Spiritual re-connection with our students and parishioners.

In August 2020, the Inter-Faith Council of the Covid-19, advised that places of worship would open with the strict observance of the laid down protocols. With Catechist Francis, we embarked on preparing couples for the

sacrament of marriage. The Grace of God was with us. Between August 28th and 5th December 2020, ten couples solemnizing their marriages in our parish.

Meanwhile, I kept in touch with the student community by praying for them and encouraging them to hold virtual meetings of the SCC. I also learned and was able to live-streaming my Sunday homilies and shared it with our students via Facebook and YouTube.

Inter-faith service

With the guidance of the Vice-Chancellor, the Chaplaincy wing of the Directorate of Student Affairs organized two virtual inter-faith services streamed live in national TVs, KUTV, Kenyatta

University social platforms.

28th June 2020 – the focus was to reach out to our students and staff members with a message of encouragement as we faced the Covid-19 pandemic.

18th October 2020 – the focus was to thank the Lord and seek guidance from the Good Shepherd as we opened the University for face-face learning.

Charity work

The corona virus darkness deprived many individuals and families without a livelihood. I appealed for donations and the parishioners responded by giving monetary and food donations. These, we distributed to our needy students who were staying around and to parishioners mainly from KM. We are really indebted to all those who gave donations. We also sent donations to Tondonyang parish in Lodwar – monetary help, clothes, stationary and sanitary

towels. Fr Andrew was very appreciative for the help.

Gratitude to God.

Despite the challenges we are ending 2020 well. We thank God for all the Graces bequeathed to our chaplaincy. We thank our Lord Jesus Christ for hedging us with His Most Precious Blood. We have been and have remained safe all these dark months. We have celebrated Mass, weddings as well as baptisms, observing all Covid-19 protocols and God has kept us safe.

I pray that all of us will enjoy a peace-filled Christmas season and begin the New Year 2021 with blessings.

*Fr. Boniface Kariuki
Chaplain
23rd December 2020*

IN A NUTSHELL

The year has been filled with joy, continual graces, ups and downs with endless uncertainties. The university was closed on a busy week filled with events, exam phobias and acclimatization by the new church leaders. Elders night, Inter-faith service, the annual outreach program, Closing Joint SCC, end of year bashes, visiting guests from Machakos University and Technical University of Mombasa, were in a nutshell a great wait for us.

It was after a fantastic Kiswahili spoken PPC meeting that the news of closure of all public institutions reached us. I remember



the funny jokes everyone had cracked, not knowing everything would turn out to be serious eventually. The last warm, heartfelt embraces were quite notable.

The period was quite grace-filled as family unity was not lost. The virtual SCC meetings were quite commendable. Each and every topic of discussion, ranging from religion to social issues were quite informative and indeed we learnt a lot. Great thanks to our creative coordinators.

Love life was well taken care of in another dimension.

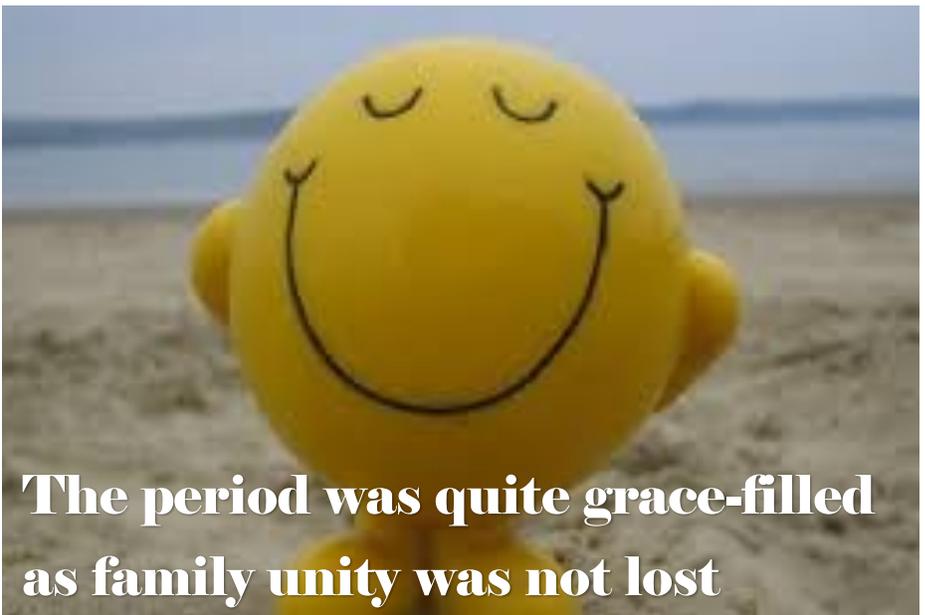
Congratulations to all who wedded during this period. Ten weddings in half a year was a great blessing to us. I do pray that God may multiply them hundred-fold in the coming year. I can't forget our older brothers who got engaged and all members who made new friends over the period. May God bless your relationships abundantly. Birthdays were a thing to remember since each week we had a beautiful soul to celebrate. God was indeed gracious to us.

Happy Birthday to you all. If times would allow, we would have a mega wash from our Hydrology department.

After all is said and done, the year also had its downs. We lost souls, lost connections and home was not quite favorable to everyone. Nevertheless, as the bible says, *'The Lord is my shepherd, I shall not want,'* we survived to the end of the year. May the souls of all the faithful departed rest in peace.

Reporting to school was ecstatic since we all yearned to see friends and "get back home, away from home". This too came with another news that Fr. Gabrielle Foti was departing for Italy for studies. It was a period of mixed emotions and we greatly appreciate him for the services he had rendered to us.

Mass during COVID-19 have not been a walk in the park. Caution had to be taken and sometimes, our plans proved futile

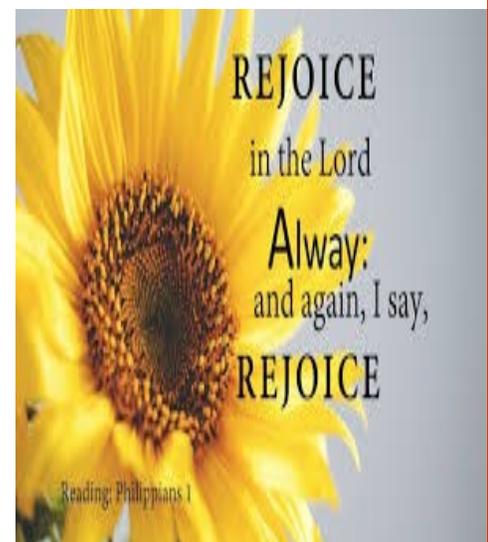


especially when many parishioners attended mass. We have put in place several measures to ensure our members are safe. I really thank God that all masses have been good so far.

God has indeed been gracious and as Philipians 4:19 says, *'And my God will fully supply your every need according to his glorious riches in the Messiah Jesus.'* We thank Him for all the provisions. May you all stay safe and remember your God each and every moment of your life.

Merry Christmas and a Blessed new year 2021!

***Felix Murinda,
Chairperson 2020***



Fr. Gabriel Foti

Fr. Gabriele is a friend who sought me, who sought us. Each moment was an opportunity to share life, even when misunderstandings arose because he would be the first one to look for me; making it evident that life consists in always starting anew. The one thing that will forever remain with me, is his eagerness to communicate the beauty of faith and the beauty that had conquered his own life; and which had to be shared with others at all costs, especially with his friends.

He always helped one to realize in themselves the longing



for fulfillment and happiness. Which finds an answer not in what one can do, but in the relationship with Christ risen and present here and now. Staying with him, it became evident that the simple realities to which we are called: be it studying, love, singing in the choir, work or even living with one's family are not left out in the relationship with Christ. It is precisely there that we can see Him in action.

Father was available to accompany us in the things that characterize our daily lives like studying, friendship, love, suffering, celebrations etc. He helped to awaken or reawaken important questions in us, as Pope Francis says, "*what's necessary to life is important questions, not answers.*" Living without questions, one doesn't know what they await and therefore can settle for anything.



The companionship of CL to which he belonged, is something that has deeply touched me, us: and right now, our belonging to that companionship is even deeper. It's evident that Christianity is a vibrant reality, not one that is boring as the common mentality has it. Lastly, being a missionary, it has been defined in one word, *obedience*. Ten years ago, he left his home country to come to an unknown land and now he has had to leave. It's evident from all these facts that

complete obedience, submission and abandonment in the hands of God like our Lady, Mary did.

I am certain that we are not left as orphans, God in his own unique way still accompanies us, especially through faces of certain people.

By Madambo James

HAVE A GOOD TIME.

May your blessings be many
and your troubles be few.
And may you feel God's presence
in all you say and do.
May your family surround

you
and give you reasons to smile.
May your friends and loved ones
go with you an extra mile.
May you know joy and gladness
and have a life of peace.
And may your load grow lighter
and all your cares decrease.

May your sleep be ever so sweet
as you retire each night.
And when you wake each morning,
may your burdens feel light.
May mercy and grace follow you
every minute of every day.
And may you feel the love of God
As you go on your way!

Its
Christmas
time!!



WHAT ARE YOU UP TO THIS CHRISTMAS SEASON ?

*Lets feed you
with some tips
to make it
memorable...*

How blessed is the Virgin
girl,
Conceiving by the power of
the Holy Spirit,
How blessed would I be
If I was that righteous.
Knowing no sin and no blem-
ish,
My hands carrying no blood,
If I humbled myself when in-
sulted,
If only I knew no impurities.
Nowadays no new bar is un-
known,
To me his CHILD

If I had the heart to accom-
modate the helpless.
I want to change my life-
style,
That is my friends and deals
I am involved in...
I want to hold righteous
money
From my own sweat.
I want to be humble and
lower the pride in me.
Not knowing if its ever too
late,
Too late to make my confes-
sion.

Too late to make the wrong
right.
Its my time to be born
knew in Christ,
Too see his light and salva-
tion,
To be called the child of the
Most High,
To resist all evils and temp-
tations,
Its never too late...
Never too late for you and
me.

By Grace Bernard



We know that all things work together for good for those who love God, who are called according to his purpose (Romans 8:28).

May our good Lord, Jesus, always forgive our little faith as we believe in the power of the almighty God.

He says, *"Do not fear, for I am with you, do not be afraid for I am your God, I will strengthen you, I will help you, I will uphold you with my victorious right hand"* (Isaiah 41:10).

Have you missed your Father's Love? Let's turn to Jesus to receive the unconditional and compassionate love of the Father. It is He who is the way to the Father.

We all need salvation, since Jesus the son of the most High did not come only to save Israel the chosen race, He came to save all mankind.

Therefore, let's leave behind our wicked ways so as to be

saved. *"There is no salvation through anyone else, nor is there any other name under heaven given to the human race by which we are to be saved."* (Acts 4:12)

*By Regina Mutheu,
Ruiru coordinator*



Ever known that, Boxing Day was traditionally a day off for servants, and the day when they received a special Christmas box from their masters? It is also St. Stephen's day. Now you know



1. Take a holiday card photo. (You can hire a professional photographer to help you capture the Christmas spirit).

2. Plan a family photoshoot. (Remember to bring treats to keep the kids smiling through the end of the activity).



Dance is definitely many things; it is joyful, therapeutic in a special way, it is also a way of communication, a way of connecting cultures, a form of worship among others and when you get people who share a common interest, in it a home is created. It is said that home is where the heart is and I think I did find a home when I joined the dance for Christ movement that was in 2017. The journey has been amazing and I would definitely redo it. The love that fills this place can't be measured and the memories shared with the great members are worth keeping. The group offers room for people to be themselves in the process of dance, keeping in mind that everyone can

regardless of perfection and that passion and hard work plays a great role in dance.

Since the year 2020 took a huge bump on us, we have not been able to take part in most of our physical activities. Members have kept sane by use of social media where videos are sent to the group and we exchange dances and hold meetings on the WhatsApp group. This has enabled us keep sane and the togetherness still alive.

"Dance in itself has its own benefits," speaking to one of the coordinators, Simon peter says "Dance is therapeutic, it not only eases daily mental steam but also helps in nurturing talent. It is an art that is so special to the young people, that it puts a smile on everyone watching it and to the dancer as well. It gives one flexibility and helps in body shaping."

In matters of talent nurturing the club creates room where members showcase their talents during the talent shows organized by the church.

"Watching members of the crew shine in dance and even more in their other talents like modelling, singing, comedy, acting just to mention a few and not forgetting the titles they bring home including Mr. and Miss KUCC, Miss October madness and so much more is proof that dance for Christ nurtures talents. The beauty of having a family that gives you all round development is incomparable to anything else in this world" says Dancer Enila.

Dance is an expression of what our soul feels and I am truly happy to show this in this family (D4C).

Long live the Dance for Christ dancers! To more growth in this journey.

By Nyambura Wachira



FAMILY



A family begins in a marriage that has been instituted by the church. It needs to provide love and support, a framework of values to each of its members and share the joys and sorrows of their lives.

Parenting may be a tough journey but you can overcome it by using the correct resources, e.g. books and one on one communication; though in our society parents are preoccupied with their day to day duties so as to

be able to put food on their tables, pay rent, educate their children etc. This leads to them not having enough time with their children.

We need to be role models of faith to our children through personal relationship with Christ.

MARRIAGE

- There is no perfect marriage.
- He who finds a wife finds happiness; it is a favor he receives from the Lord (Proverbs 18:22)
- Whom you marry will not come from heaven, not from

your contacts nor from your circles.

- God establishes connections and for you to discover you need to be patient.
- Make yourself available by going to good places and being accommodative (hiding in the house and praying will not help).
- Let your attraction be from the spirit and body attraction will follow.
- In order to strengthen a loving relationship you should know how to deal with Finances, Communication and Conflict resolution.
- Every couple needs to eventually deal with their own problems.



4. Host a Christmas party

5. Kids may write letters to Baby Jesus, Mary or Santa

A STORY FROM A REKNOWN GRADUATE

LIFE AFTER CAMPUS

When Felix got in touch with me to write this article for the end year magazine, I could not bring myself to do it. Why? I was probably too b... Scratch that. I could not get my thoughts together to tackle this topic. I kept wondering, 'Why me?' I mean, it's not like I had landed a job with a blue-chip company like Kenya Airways—my dream employer—or a multinational corporation like some of my peers. I just wasn't the right person

to write this article, or so I thought.

However, the idea of me writing about life after campus gave me an opportunity to reminisce and review my academic life and the much I had achieved after campus.

Looking back on my first two years at Kenyatta University, I had the lofty dream of securing a job during my final undergraduate year. Umm... "*kwa ground vitu ni different.*" I graduated from campus in December of

2019 with big hopes for a better future. Graduating gave me the competitive edge I needed to leverage my skills and expertise. Then, the unprecedented happened: a novel virus, Covid-19, hit the whole world and transformed our lives. The aviation industry was crippled. Pilots and engineers alike, were sent home on compulsory leave. The idea of getting my dream job was no longer feasible. It is now one year down the line since graduation and I still have nothing to show for my 'grandiose' aerospace engineering degree. I mean that both in the literal and figurative sense.



7. Volunteer/
give back.
8. Attend a
church service.

9. Go on a hike or
walk.
10. Get your family
personalized gift.

Just to give you a little perspective: my life after campus has been filled with huge disappointments, especially during job hunting. I often come out as aggressive for those of you who know me and have interacted with me. Doing an analysis of all the job applications I have made to different companies, both in the engineering industry and other related fields, I have made more than fifty applications. I simply lost count. The number of companies that got back inviting me for their recruitment process were twelve to be precise. I diligently prepared for the interviews, dressed appropriately and answered the interview questions to the best of my ability. And I was totally



unsuccessful. Come to think of it, what right do I have to advise you on life after campus if I have failed at least twelve times? Well, here comes the answer. I have loads of experience in failing. I am here to share my experience in failing with you and hope that you might learn a thing or two. My first significant experience of failing happened in 2019. I was interviewing with three top multinational companies for a graduate recruitment position across these peer institutions. The process involved being taken through a series of not less than 5 interviews before being given an offer. In all the three companies;

I made it to the recruitment process' final interviews but was not successful in the last interview. This experience took a toll on me and made me fall into depression. Thanks to my better half who helped me get through the effects of this bitter setback.

Looking back, I am however, grateful for two things. First, the experience of applying for jobs allowed me to get some familiarity with handling rigorous recruitment processes. Second, I developed a thick skin towards failure. I have gotten so accustomed to receiving regret emails from companies that nowadays, I just laugh them off and take life one day at a time. My message to you, brethren, is this: brace yourselves for failure. It is coming. If

it knocks you down, don't worry, you won't be the first nor the last. However, do not stay down! Dust off and bounce back in style. My all-time favourite orator, Dr Martin Luther King Jr said: *"If you can't run, walk. If you can't walk, crawl, but by all means, keep moving."* In your journey after campus, you will face insurmountable obstacles, but do not let these setbacks hold you back from achieving what you set yourself out to achieve.

A few of the greatest lessons I have learnt over time and would like to share with you, brethren, are these. First, enhance your skill set and expand your portfolio in addition to your primary degree of study. If you can take a minor in

another degree, please do so. If there are any professional courses in your area of study, enroll in them today. If you are not yet accustomed to information technology, please take the numerous free online courses. I am basically asking you to enhance your employability brand as early as now when you have invaluable assets such as time. Second, pursue avenues of innovation, creativity and entrepreneurship. Make the big ideas in your head that can solve, challenging societal problems a reality. Pursue uncharted territories and leave a trail for others to follow. Finally, brethren, pursue happiness in life. Follow your passion. Life is too short to be stuck in an unhappy relationship/

marriage or for that matter an unfulfilling career.

As I sign off, I would like to beseech you, brothers and sisters in Christ, to find a purpose in life. For those of you still in campus, this is the time you get to decide your life's blueprint. Let it be something that gives you fulfillment and meaning in life. So that, as you set sail into the journey of life after campus, you have a clear sense of direction about what your life's work will be. Most important, however, let your existence and your being be centred in the Almighty God. Blessings!

Dan Mosongo Mokuu

An Aerospace Engineer, former KUCC chairperson, and currently a Master's student.



11. Try stitching a sweet something for a friend, teacher, or relative.



12. Decorate a tabletop tree



13. attend a local choir or holiday concert, there are countless musical performances that will deliver all the Christmas cheer you desire.



14. Bake your favorite cake.



15. Play Secret Santa, a perfect way for gift giving that doesn't break the bank.



16. Video chat with an out-of-town friend or relative.

A SHORT STORY OF ST. FRANCIS OF ASSISI

Born in Italy Circa 1181, Francis was renowned for drinking and partying in his youth. After fighting in a battle between Assisi and Perugia, Francis was captured and imprisoned for ransom. He spent nearly a year in prison – awaiting his father’s payment – and, according to legend, began receiving visions from God. After his release from prison, Francis heard the voice of Jesus, who told him to repair the Christian church and live in poverty. Imagine from partying and luxury to respond to call to poverty, it was easy anyway. Francis abandoned his life of luxury and became a devotee of the faith, his reputation spreading all over the Christian world.

Later in life, Francis reportedly received a vision that left him with the stigmata of Christ – marks that resembled the wounds of Jesus Christ when he was risen – making Francis the first person to receive such holy wounds. He was canonized as a saint on July 16, 1228. During his life, he also developed a deep love for nature and wild animals and is known as the patron saint of environment and animals; his life and words have been a lasting resonance with millions of followers across the globe – don’t be left out, be on the look out for our next article

Adopted from, “St. Francis of Assisi Biography”

by Ongeru Jackline

First aid knowledge

First aid involves provision of initial care for an illness or injury. It is performed by a person to a sick or injured person until definite medical treatment can be accessed.

The aims of first aid are to:

- ◆ Preserve life
- ◆ Prevent further injuries
- ◆ Promote recovery.

Every person should at least know the basic first aids by heart. You never know when you might need them. First aid in institutions is essentially helpful as people often get into accidents that need swift care in order to prevent things from escalating.



Whether a minor or major injury like a fracture, preventing further complications is paramount.

Ensuring there are trained first aiders will help an institution to be a safer environment for everyone.

First aid prompts quick response. Since some accidents won't require any professional treatment, a speedy response from a first aider will prevent things from getting worse and provide the necessary care.

It also helps save lives. When it comes to more serious injuries, a first aider plays an essential

role in keeping the casualties from getting worse and helps to stabilize their condition before professional help is accessed.

First aid provides a greater sense of security.

Becoming trained on first aid methods will help you feel secure and confident when dealing with emergency situations as you will know the most efficient way to deal with the situation.

In addition, the people around you, be it colleagues, friends or family will also feel reassured knowing that there is a trained person at sight.

Also, attending to a casualty and seeing them respond well, brings a

sense satisfaction that you have touched a soul. It's believed that there is nothing more satisfying to the heart than having an impact on a soul.

*By Waussy,
PPC First aid*

HINT OF HOW WEALTH IS CREATED

St Paul in one of his epistles talked about work. In fact, he says that if one will not work, he should not eat. On the other hand, he meant not that whoever works more, or rather works harder, should eat more or in measures of the work done. It is also wise to note that, not all work will earn you food.

Likewise in matters to do with wealth, it is not really about hard work. You can work in a restaurant,



for instance, working eighty hours a week, and you are not going to get rich.

Getting rich is about knowing what to do, who to do it with, and when to do it. It is much more about understanding than purely hardwork. Yes hardwork matters, and you can't skimped on it, but it has to be directed in the right way.

If you don't know yet what you should work on, the most important thing is to figure out. You should not grind at a lot of hard work until you figure out what you should be working on.

*by Martin Njagi,
Ppc St. Francis of ASSISI SCC,*

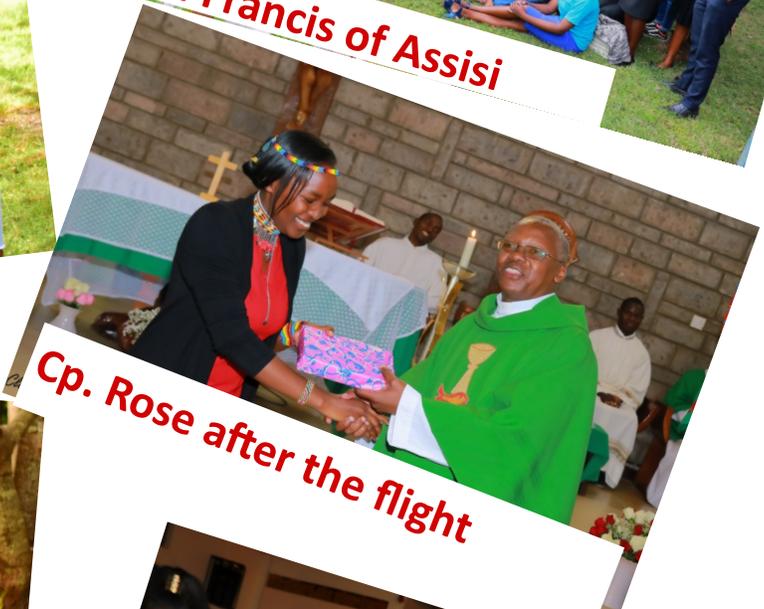
GALLERY



The mighty Prolifers



St. Francis of Assisi



Cp. Rose after the flight



Ruiru community



The splendid pageant



Usher's bash



St. Michael SCC

GALLERY



ST. DOMINIC SCC



YCS



Family



CLC Members



ST. PERPETUA SCC



**Fr. Boniface Kariuki (Chaplain) with
'chaplain' Bosire and 'Prof.' Guya**



ST. CATHERINE SCC

HIGHLIGHTS

"A moment of the year worth remembering from each group."

EOW

EOW formation in Ndingi hall.



NMCS

seminar in Laikipia University in January with a tour to Thompson's falls and training on SDG's

USHERS

Farewell bash in March

LEGION OF MARY

Pilgrimage at VPH Lavington and Kyumbi shrine (Machakos)

YOUFRA

Retreat at VPH Lavington in February

ST. MICHAEL

Family meeting times. The fun we have in our families is incredible.

ST. DOMINIC

Mass animation and participating wholly in the talent show and African Sunday

PROLIFE

Golden Jubilee celebration for Rev.Fr.Prof. Raphael Wanjohi and the trainings in UON and CUEA.

ST.PERPETUA

SCC bash and playing soccer with marsabit catholic students.

CHOIR

Retreat at Resurrection Gardens, Karen

ACOLYTES

Prayer retreat in February.