Health Focus

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A Healthy Nation requires Healthy Families

By The Very Rev. Canon Sammy Wainaina

In the month of June our focus has been on health with an emphasis on cancer. However, we should look at the holistic health of a family which is physical, mental and spiritual as healthy families directly affect the nation.

We all know that the family is the basic unit of any society. When families are broken then society reflects that brokenness. Someone even went on to say that the current generation is nothing more than a reflection of the one gone before. This is to say that in the upbringing of the current generation something has gone wrong.

This is not to say that sin hasn’t progressed leading many to become rebellious as we are told in the Bible. However, many parents are also to blame as they have relegated direct parenting of their children to third parties. In turn, these third parties exert negative influence upon the children and give them free will to do as they please because they cannot discipline them.

This sad situation translates to impatient, unreasonable, irreligious and rebellious adults. The same individuals we accuse of being hooligans; running amok and destroying property.

Today, we see a polarized nation. Radio & TV stations that are ethnic-specific to the exclusion of others. We can all tell that temperatures have risen in the last several weeks with the crisis in Judiciary, IEBC and competition between the incumbent government and the opposition. These issues are not the disease that ails our nation but rather symptomatic of a bigger problem.

So what went wrong? Why aren’t we as Christians making impact in our societies today, yet it is claimed that 80% of the populace are professing Christians?

To a large extent, the church has lost its influence on society because Christians have neglected their responsibility to be salt and light in the world. As we have neglected to be what God has called us to be, the world has decided to ignore us.
Jesus in His sermon on the mountain (Matthew 5) completed the beatitudes by admonishing His hearers to be the salt and light of the world. Why did Jesus use the metaphor of salt? In his time and in that context salt was almost as valuable as gold or silver coins. Indeed, our English word “salary” comes from the Latin “salarium” which literally means “salt-money”. And our expression, “That man is not worth his salt,” is a reminder of the high value that salt had in biblical times. Salt and light have very distinct but very key qualities that we can apply today.

Salt has many qualities in its direct use as a household item. It preserves as it retards spoilage. Salt flavours as it is used to season food thereby enhancing natural flavour. It acts as an antiseptic, where there is no pharmaceutical drug to kill germs. Too much of it causes us to thirst. All these characteristics can be applied to believers.

a. Preservative: When Christians share the Gospel, we influence society positively by preserving it from the full sway of evil. I strongly believe that one major reason that God’s grace continues to prevail on the world today is because the Holy Spirit and the Bride of Christ (the church) is still on Earth. Once the church is raptured total chaos will erupt and the world will clearly recognize the full force of evil.

b. Flavouring: The Christian is the personification of how life is to be lived. In our Anglican liturgy, we often sing in the Song of Jesus “Love your enemies, do good to those who hate you, bless those who curse you, pray for those who abuse you…” Imagine, if every Christian lived like this, what transformation it would make in our lives.

c. Antiseptic: Christians have a responsibility to point out sin and also offer healing and help. By exerting our influence we can prevent the ravages of disease and death caused by sin.

d. Thirst: Christians by our exemplary living can direct others to God and Christ thereby creating a hunger that might otherwise be lacking for godliness.

Similarly with light which is a source of illumination, we can effect change in society when we live up to our high calling of faith. Light is known to dispel darkness, reveal things that are otherwise hidden, awaken and warn.

i. Dispel darkness: When Christians reflect the light of Christ we dispel spiritual darkness. In our African context, it is easy to mix our traditions with our Christian faith. Some of these traditions may appear
innocuous but are quite dangerous. When we share our faith *simply* and *clearly*, we clarify what is pleasing to God and snatch others away from the fire!

**ii. Reveals:** similarly with dispelling darkness, when the light of the Gospel is shed upon our circumstances we gain knowledge and wisdom. When we act upon this knowledge we then experience transformation in our lives.

**iii. Awakens:** The Gospel has the power to awaken the dead both literally and figuratively. Awakening connotes hope. The world is in desperate need of hope. For example, if we share with others the hope of eternal life beyond our present existence, it fills both us and them with a sense of future expectation from which others can draw encouragement to continue in the walk of faith.

**iv. Warning:** The Gospel which is described as *a double-edged sword* and the *Sword of the Spirit* warns us of impending danger where there is wanton carelessness caused by sin. The Holy Spirit convicts both the sinner and the saint of sin thus redirecting both to godliness as a means of averting the terrible consequences of sin.

Certainly, “*a city on a hill cannot be hidden*” neither “*do people light a lamp and put it under a bowl*” *(Matthew 5:14, 15).* We must remain relevant by being distinct. *Let’s not shy away from our Christianity for it is our distinctiveness that makes a difference in the world.* In business it is called marketing, in advertising, positioning; and in Christians – holiness. It is what sets us apart from the rest of the world.

One unique characteristic about salt is that in its pure form it remains salt. Should you store it away for 10 years, it will still be salty. However, it loses its *saltiness* when mixed with other things. For us Christians it is dangerous to lose our influence upon the world (saltiness). For if we are not affecting the world then the world is affecting us. There is need for a call back to holiness starting with our families.

Last Sunday we celebrated the *Father’s Day:* do fathers know that they are priests in their families? What influence are you formulating in your children’s lives? Can they say that who you are in public is who you are at home?

In the same vein, if something is worth doing, it is worth doing well or not at all. Similarly with Christianity, we must be seen and heard! We must be known to be salty and shed light not *secretly* or *weakly* but *distinctly* and *strongly!* A look back at history
shows us the magnanimous impact Christianity has had upon society through varied types of social reform including abolition of slavery, peace-building amongst warring tribes/clans; civilization; education which today is seen in thriving institutions including CMS, Universities (Berkeley, Princeton, Yale); Bernado's Homes, William Booth's Salvation Army, YMCA, YWAM, World Vision amongst others.

To be sure, we are not called to save the world for there is only ONE Messiah – Jesus Christ. However, we can make a difference by partnering with Christ to save the world. Let us cast aside the weights and the sin that so easily entangles us including prejudice, indifference and self-centeredness and instead let us embrace our high calling in Christ.

Today, decide to take action. Tackle the challenges you face in your home directly. Speak to your children, live what you say: as it is said, *if we stand for something we will not fall for everything.* Be the change you want to see, it starts with you and me at home, at work, in traffic, at leisure.

We urge the incoming Archbishop to uphold and rally the church and the nation towards a family-centred nation as a way of influencing positive change under the umbrella of a practical Christian faith because *a healthy nation requires healthy families!*
**DISABILITY MINISTRY:** the Disability Ministry is appealing for computers to donate to Dr. Rebeiro Primary school unit of Cerebral Palsy. You can register your donation at the Information Tent or contact Rev. Josephine Ngahu for more information.

**HOSPITAL VISITATION VOLUNTEERS:** we are looking for volunteers who have a calling to visit the sick in hospitals during weekdays and on Sundays, kindly register your name at the Information Tent.

**SENIOR CITIZENS AGM:** the Senior Citizens will hold their AGM meeting on **Saturday 9th July 2016**. Senior citizens are welcome to attend.

**ASC SACCO:** the ASC SACCO AGM will be held on **10th July 2016 at 1.30pm**. There are 5 vacant posts up for election. If you are interested please pick a nomination form from the SACCO Office. Members are encouraged to attend.

**NEW BELIEVERS CLASS:** will commence on **10th July 2016**. This is a ten week program whose objective is to equip believers on spiritual discipline necessary for our growth. Please register at the Information Tent.

**SUBMISSION OF ARTICLES** – Deadline for submission of articles for July is **Wednesday 13th July 2016**. Please submit clear photographs with an article of 600 words or less to hmumina@allsaintsnairobi.org OR info@allsaintsnairobi.org. If material is not original, please quote the source. Priority is given to reports of church events. Editors reserve the right to edit or withhold submitted items. Opinions expressed in News & Views are not necessarily those of the Editors or the Cathedral.
Abandoned Twice

By Rev. Lilian Karinga & Lucy Kamau

The Children’s Ministry Easter mission this year again took us to Kenyatta National Hospital’s (KNH) children’s wards. We were able to visit with children and their parents who are facing various health issues, the majority being cancer, pneumonia and burns. A special group of children caught our attention: the abandoned children. They do not have a special tag to that effect, but in the course of interacting and sharing with the mothers that were at hand to oversee their children’s treatment, they would identify for us small, ailing children who no one would lay claim to. Our enquiry on their fate saw us working in liaison with New Life Home Trust with whom we have a special connection through Susanna and Guy Bastable who are Cathedral members.

We noted that more often than not the children that are abandoned in hospitals will find placement in children’s homes and hopefully subsequently get adopted into a loving family. It is however extremely difficult to place children with special needs. Even children’s homes will hardly take them in and especially if and when their case is viewed/termed as severe/extreme. There is thereby a likelihood of these children remaining in hospital indefinitely. A case in point is a 14 year old who was abandoned at KNH when she was 7 years old. She was brought in with meningitis which developed complications and rendered her immobile. 7 years down the line, she has become calcium deficient because of lack of sunshine; supplements are no longer working. The caregivers tell us that her bones have become so brittle that they have started breaking even when she is picked for the purposes of changing her sleeping position.

Lucy Kamau who is a Social Worker at the New Life Home Trust says that UNICEF defines an abandoned child as one whom:
• Does not know where his or her next meal is coming from.
• Does not know where he or she is spending the night.
• Does not live with either the mother or the father.

While defining a problem is helpful, no definition illustrates the plight of abandoned children as clearly as the following set of statistics:
• Every 2 seconds, a child becomes an orphan.
• Every 14 seconds, a child is orphaned by AIDS.
• 1,000,000,000 of the world’s families live on less than a dollar a day.
Tragically, less than 1/10 of 1% of Evangelical resources go to reaching, rescuing and making disciples of these children. And yet, it was Jesus Himself who said, “Let the little children come to me, and do not hinder them, for the kingdom of heaven belongs to such as these.” - Matthew 19:14 (NIV)

Dozens of times, the Bible commands us to “care for the orphan” and “care for the fatherless”. If we don’t reach out to them, who will? Instead of asking, “Why me?” try asking this instead: “Why not me?”

“A Father to the fatherless is God in His holy habitation.” - Psalm 68:5

It is unfortunate how the number of abandoned children has risen in the recent past. This has been highly influenced by various factors, with the most common being:

a) Rising poverty and higher costs of living in the country
b) Family conflicts
c) Taboo children: twins in some cultures, incest children and children with disabilities.
d) Minor parenthood
e) Children living with HIV/AIDS

Many of the children in the categories listed above are either put up for adoption by their parents or abandoned.

Distribution of food & clothing items by the Children’s ministry
It is however not easy to place or rescue children with disabilities due to such reasons as:

a) It is expensive to care for them (e.g. therapy, medication etc.)
b) They require constant care and attention
c) Most adoptive parents want “perfect” or “nearly perfect” children
d) The stigma attached to such children by the society.

Listening to Jesus in Matthew 26:31-46, He would term the abandoned children as the ‘least of these’. He would not separate Himself from them but would say that whatever we do to, or for them we have done to Him. Consider these words of Jesus and take time to think about these children with special needs about whom we could say that they have been ‘abandoned twice’ and be the heart of Christ for them in whichever way God would move your heart. For Lucy and myself ‘our little thing’ was to highlight their plight in this issue.

I can almost hear you saying: - ‘I did not know this!’ Now you know.

Destined for a Fall

There was a people long ago
Who had great riches, wealth untold;
They built a city with a wall,
A kingdom they thought would never fall.
How they labored unceasingly
To lay up treasure increasingly;
They gave no thought to what lay beyond,
That their kingdom would someday be gone.
But one by one the stones came down;
The city was leveled to the ground,
No more fortune to be found,
No one left to wear a crown.
The mighty kingdom fell at last;
Its beauty’s gone, its pleasure’s past;
All was lost they sought to gain,
Their lives were wasted, their labor vain.
You can build a kingdom with a mighty wall,
But like the kingdom long ago, it is destined for a fall,
Unless Christ the Lord becomes your King
And ruler of everything.
—Perry Boardman
A disciple is a follower of Jesus Christ with a commitment to walk in the truths of the gospel sharing the same truths to others so that they may know that Christ died for them. Jesus Christ as the Son of God died and raised from the dead is a fundamental belief for all Christians. The joy of the relationship with Christ is such that this life cannot be kept hidden and secret. It is to be shared and proclaimed! It is not an optional extra for a Christian. It is the heart of being one. It is impossible to stay a secret disciple.

In Luke 23:44-56 we meet Joseph of Arimathea who tried being a secret disciple but the happenings of the arrest, trial and crucifixion of Jesus Christ were so dramatic that it broke his silence. The words “It is finished” and the shout of the centurion “Surely this man was the Son of God!” kept ringing loudly in his heart as he stood gazing at Christ hanging on the cross. Nicodemus may have stood a little distance waiting for the action Joseph was going to take. Of course the women stood there crying together with John the disciple.

It was the flames of fire on the day of Pentecost that ignited the eleven disciples, who had initially gone into hiding, but when they received the Holy Spirit in the upper room they were fired up and they went everywhere as witnesses of Christ. Mark 16:20

JOSEPH OF ARIMATHEA, THE MAN WHO BURIED JESUS

Joseph must have followed Jesus Christ noting the great works of the ministry of the Gospel, the holy life of Christ, pure doctrine, supernatural miracles, and seen the impact of many Jews embracing what Jesus taught. He was not only a great admirer of the teachings of Christ but became a sincere convert, and followed Christ. His problem was his position in society not only of great wealth but “a councillor of honourable estate” that out of fear made him a “secret disciple”.

The spectacle and the humiliation of the condemnation of the Lord and the painful death on the cross awakened the passion and revealed the true Joseph of Arimathea. Fully aware of
Deuteronomy 21:23 that a body was not to hang on a cross after sundown before a Sabbath realised he had a duty to perform. Going to Pilate, he asked for the body of Jesus to give the Saviour a proper and befitting burial. If he had not done so, the body probably would have been thrown on a garbage heap and burned, robbing us of the proof of the resurrection.

The Lord wants his followers to be “the light of the world. A city on a hill cannot be hidden.” Matthew 5:14. We must shine for him in this hostile world. There are situations in our work places, our homes, and our society that demand someone to stand up and be counted. Openly stand for Jesus Christ as Joseph of Arimathea identified himself as Jesus hung on the Cross.

THE 4 FACTORS THAT WILL HELP US STAND:

1. Go often to the foot of the cross
“Let us fix our eyes on Jesus, the author and perfecter of our faith, who for the joy set before him endured the cross, scorning its shame, and sat down at the right hand of the throne of God.”
Hebrews 12:2

The Cross will remind us that Jesus was rejected despised and died a cruel painful death on our behalf to set us free from the consequence of our sins. He was actually buried in fulfilment of the scriptures raised from the Dead to confound the world. The resurrection is the foundation of the entire Christian faith.

2. Go to the upper room
“When they saw the courage of Peter and John and realized that they were unschooled, ordinary men, they were astonished and they took note that these men had been with Jesus.” Acts 4:13

In the upper room the disciples were filled with the Holy Spirit and received the power to live and witness for Christ. It was a transformational experience turning the ordinary followers to courageous disciples to stand out for Christ in the middle of opposition. The scholars in authority observed these illiterate followers powerfully share the truths of the gospel in such a manner many turned to Christ with healing and wonders as Christ had done.

The Lord explaining the mystery of the power the Holy Spirit as a fountain of living water (John 7: 38-39) the power that enables the believers to go all the over world to spread the gospel (Acts 1:8), the life giving word that we experience today to call ourselves Christians. But you must begin by moving out from the upper room to share with those who are waiting below and wondering what has changed your life. Go tell it!
3. Be prepared to pay the price
“If anyone would come after me, he must deny himself and take up his cross daily and follow me.” (Luke 9:23)

Joseph paid the price: He was kicked out of the prestigious Council, lost the social influence he had always enjoyed, and his reputation in Jerusalem ruined. His wife and children may have been ostracized. We have to sacrifice our ‘nominal religion’ for Christ as well as our conveniences. Genuine Christianity is sacrificial and a life of denying the pleasures of this world to follow Him.

4. Be found shining for Him
“My prayer is … through their message (and life) … that the world may believe that you have sent me.” Jesus Christ John 17: 20-21

Jesus came to the world to reconcile us to Him that through our lives in Him the message of salvation may change many others to turn to Him. You are the instrument God has set apart for that purpose just as the women stood by Him and the disciples who were fired in the upper room. This will be achieved by what Shannon Alder that we be found hiding in Christ.

“Hide yourself in God, so when a man wants to find you he will have to go there first.” Shannon L. Alder

In hiding in Christ, the light will shine so brightly that you cannot hide from them. This is what makes you an ambassador of Christ in the ministry of reconciliation.

“Let your light shine before others, that they may see your good deeds and glorify your Father in heaven.” Matthew 5:16

Go to the foot of the cross and think about the Saviour’s death on your behalf. Experience the empowering of the Holy Spirit to give you courage to stand for Christ. Be prepared to count the cost. Hide in Christ always so that the light of Christ in you, will shine in your daily life. God will use you as He used Joseph of Arimathea, the women at the cross, and the disciples after the upper room were found everywhere standing for Christ in all they lived for. Let us be bold witnesses rendering valuable service for Christ the Saviour. AMEN.
Faith like Moses

It doesn’t matter how long it takes...

By Enock Jesse Owuyo

In life, it really matters how you view your circumstances. Your perception is so critical. Let us explore at a few scenarios; Abraham begot his son Isaac when he was 100 years old. His wife Sarah was 90 years old. When the Lord appeared to Abraham a year earlier and told him that his wife Sarah would have a son, Sarah laughed when she overheard this. She was too old and way past her child bearing years. Sometimes we allow limitations such as age discourage us from pursuing our vision. But if God said He would do it, it doesn’t matter how long it takes, He will still do it because His word never goes back to Him void, and He is never limited by time. Actually time is in His hands. No matter how long it takes, don’t give up and don’t lose the vision, keep your eyes on the goal. The Bible says that Abraham believed, and it was accounted to him as righteousness.

David and Goliath… when everyone saw Goliath as a big giant hard to beat, David saw Goliath as too big to miss. How are you looking at your challenges? Are you seeing them as impossible to beat or as an opportunity for God to glorify himself through you when you finally conquer them because of their magnitude?

Moses sent out 12 men to spy the land of Canaan, 10 of them saw giants but Joshua and Caleb saw the Canaanites as grasshoppers, and they told the Israelites to go in and posses the land. Don’t be the person who sees challenges in every situation. Your ability to see opportunities in every situation is what will revolutionize your life. Change your perception of life and your life will change. Be strong and of good courage, soon your circumstances will catch up with your revelation. All things are possible if we only believe!
By Rev. Canon Francis Omondi

Bishop Dr. Jackson ole Sapit has been elected the 6th Archbishop of the Anglican Church of Kenya. After an election that saw him favoured over his six other colleagues. He was born in June 1964 and trained for ministry at Berea College, and St. Paul’s University (dip. 1992, BD. 1997). Bishop Sapit is married to Esther and together they have six children.

He was ordained in 1992 and assigned vicar Belgot parish before being moved as Vicar Kilgoris Parish and project manager of Transmara Rural Development Programme. He ably served as Nakuru Diocese’ Missions and Development Coordinator until 2002 when he went to University of Reading UK to study social development for sustainable livelihood [MA social development 2003]

He was made suffragan bishop of Nakuru diocese in 2004, until 2008 when the area became Kericho diocese. The diocese was curved out of Nakuru diocese to serve the South Rift area of South West Kenya. Bishop ole Sapit became its first bishop. He served as Chairman of Kenya Anglican Youth Organisation [KAYO] from 2006 until 2011 when he was appointed Chairman of the Provincial Board of Social Services, which was renamed Anglican Development Services (ADS). The Board of Social Services and now (ADS) is a policy making body appointed by the Anglican Church of Kenya Provincial Synod to govern the social development services of the Church.

He is in the board of BECON AFRICA who also published some of his writing: “Impact of climate change on food security: a biblical reflection”.

He has built for Kericho a strong profile of international partners including Tearfund (UK) and Tearfund (NL), Diocese of Chichester (UK), Crosslinks, Trinity Cheltenham (UK), Church Army, World Vision, Christian Aid, Compassion, Comic Relief, EGPAF, Just Earth and Diakonia (Germany)

One of the diocese partners had this to say about his style: “Bishop Sapit is a man of energy blessed with a scope of vision that is both inspiring and engaging. He is a team player and, rightly, understands that as Archbishop Rowan Williams..."
once said, “Only the whole Church is able to grasp the whole Gospel.” For that reason he seeks to involve every level of the Christian community in discerning its God-given gifts and talents, and identifying its unique place in God’s transformational activity in the world.”

In 2012 the Global University for Lifelong Learning (GULL) of California USA, were impressed with his ongoing community work and recognized his contribution by awarding him an honorary Doctorate degree doctor of professional studies while Tearfund nominated Bishop Sapit as GULL Ambassador.

Bishop Sapit has a passion to re-strategize the missions of the Anglican Church from mainly pulpit based into the society through integral missions. He believes that the church’s focus should be wholistic and interpersonal. He spoke passionately for the need to disciple youth through discipleship and mentoring. The chief concern he raises is one of integration of the church: how can we bring in those on the margins? Only an inclusive church built around credible leadership will make an impact in Kenya today. Unity of the church locally and internationally while maintaining focus of doctrine are so dear to him.

While the election of the Archbishop will not have a direct effect on this ecumenical perspective, there will likely be a residual impact of the incoming prelate’s preferences, which could reverberate throughout the church. In recent years, the Anglican church has been more congenial in its interaction with the more established charismatic and Pentecostal communities. The
continuation of this will serve the prophetic cause of the Kenyan church going forward.

Kenya is a young nation. Researchers put the median age at 18 and postulate that the nation will remain young for the next 50 years. The East African Institute of the Aga Khan University recently published an East African Youth Survey that polled that 85% of Kenyan youth list faith as the most influencing value in their lives. Paradoxically, 50% of the same youth believe that it does not matter how one makes money as long as they do not go to jail, revealing a staggering deficit of integrity amongst Kenyan youth. The ability of the Anglican Church to keep the youth engaged and focused falls squarely on the laps of the leadership of the church under the direction of the Archbishop.

Various initiatives have experienced mixed success with some congregations reporting high retention of young people, and others lamenting the loss of their youth to “these mushrooming churches.” Capturing the soul of the youth must remain on the front burner for all churches, new and historic alike, if we are to safeguard the nation’s moral fibre and spiritual future.

We must add a final word about the voice of the Kenyan Anglican church on the global platform. It would not be an understatement to say that if the Anglican church in Africa sneezes the Anglican church in the global West could be checking into ICU comatose with severe flu. The Anglican Church in Kenya is demographically significant. There are more Anglicans in Kenya than there are in all of North America. Kenya has more than twice as many Anglicans as the average weekly attendance of the Church of England in the UK. To its credit, in matters doctrine, the church in Africa has fiercely held to the evangelical tenets of traditional Anglicanism. A notable example is the question of the ordination of gay clergy. Kenyan Anglicans through the outgoing Archbishop Eliud Wabukala have played their part valiantly. The incoming Archbishop carries with him a big responsibility to speak into the life of the entire denomination, more than half of who reside in Africa south of the Sahara.

Good leadership, like good sorghum porridge, takes the shape of the container that holds it, warming the container and its surroundings, while nourishing its beneficiary. The shape of the Kenyan political, social, economic and spiritual landscape is clear. With this there is clarity on how the leadership of the church generally, and the Anglican Church in particular can respond to, influence and serve the public. We wish Bishop Sapit God’s blessings as he steers the Anglican Church of Kenya into a new dispensation as its Archbishop.
Household air pollution is one of the biggest health risks in the developing world. In Kenya, each year children and adults, especially women, suffer or die from respiratory diseases due to the inhalation of household air pollution caused by the smoke from cooking fires. It is very unfortunate that most households are unaware of their exposure to harmful impacts resulting from cooking over open fires and dangerous cookstoves. To date household air pollution has been recognized as an important determinant of morbidity in Kenya and also in other developing countries. In Kenya illnesses linked to cooking smoke claim more than 15,000 lives a year who die as a result of respiratory illnesses. Much of the harm is due to the fact that more than 80% of our population relies on solid fuels like firewood and charcoal for cooking. In Kenya firewood demand has been about 3.5 million tonnes per year and women are greatly involved in collection. According to UNEP, air pollution has an economic cost of 1.3 million USD per year exclusively on health costs. This are resources that can be channeled to development work.

Photo courtesy: Practical Action – traditional cooking stoves that emit toxic emissions
in the health sector if household air pollution is effectively addressed.

The Kenyan Government is on the right track in facilitating access of clean energy for Kenyan households. During the June 2016 budget reading Treasury Cabinet Secretary Henry Rotich announced the removal of VAT on liquefied Petroleum Gas (LPG) which is a good initiative towards enhancing affordability of a cleaner fuel for cooking to the many vulnerable households. More of similar government initiatives are welcome.

Since household air pollution is a global issue, Radha Muthiah the Chief Executive Officer for Global Alliance for Clean Cookstoves (GACC) has highlighted five ways clean cooking improves human health.

Across the developing world, people cook over open fires or using simple stoves that burn solid fuels like wood, animal dung, and coal. Cooking this way emits small particles, carbon monoxide, and other noxious fumes at levels up to 100 times higher than recommended health limits. As a result, the simple act of cooking kills more than 4 million people each year. That’s more than three times the number of people killed in traffic accidents annually, according to the World Health Organization (WHO). Cooking over open fires and smoky stoves also leads to a wide range of non-communicable diseases, such as pneumonia, lung cancer, and cardiovascular disease.

The good news is that it doesn’t have to be this way. Around the world, more and more people are buying cleaner, more efficient cookstoves, which require less fuel and produce far fewer toxic emissions. Some cookstoves, known as rocket-stoves, can burn solid...
fuels far more cleanly than traditional models and reduce fuel expenditures and deforestation in the process. Other stoves rely on cleaner burning fuels such as biogas, ethanol, liquid petroleum gas, solar, and electricity and can save lives and improve health, while also empowering women, protecting the environment, and improving livelihoods.

**Ways in which clean cooking can improve human health includes:**

**Saving lives:** In developing countries, women often spend hours cooking over open fires and inefficient cookstoves, which emit harmful and often deadly pollutants. The sustained use of clean cookstoves and fuels can dramatically reduce smoke emissions, and resulting exposure, which can save lives and reduce the burden of disease associated with cooking. In a recent report, the World Health Organization highlighted proven, cost-effective measures such as reducing the use of solid fuels for cooking as immediate actions countries can take to reverse the upward trend of environment-related disease and deaths.

**Lowering risk of burns:** As mothers know, children enjoy playing at home. But there is a very real risk of severe burn injuries when rudimentary stoves, open fires, or unregulated liquid fuel-burning stoves are in use. Burns from open fires and unsafe cookstoves are an insidious risk faced by poor households, contributing to a substantial percentage of the estimated 265,000 burn deaths that occur annually. Because burns require prompt and sophisticated medical intervention often lacking in remote areas of the world, such injuries often result in debilitating scarring and loss of movement in their victims. A modern cookstove can help prevent burns, improve wellbeing, and save lives in the process.

**Helping children survive and thrive:** Exposure to air pollution starts in the womb, and can cause widespread problems, including low birth weight, which increases the risk of health problems throughout life. Household air pollution causes 500,000 child deaths each year from acute lower respiratory infections, including pneumonia. Preliminary findings from studies currently underway in Ghana, India, Nepal, and Nigeria demonstrate that clean cooking can dramatically reduce exposure to harmful emissions and improve infant and child health.

**Reducing injury and exposure to violence:** Women and children often have to walk long distances to get the fuel they need to cook, putting themselves at risk of head and spinal
injuries, and pregnancy complications from the strenuous task of carrying heavy loads of firewood or other fuels. These long trips can also increase the chances of suffering from assault, gender-based violence, animal attacks, dehydration, and skin disorders. Cleaner more efficient stoves can reduce fuel consumption significantly.

**Cutting emissions and outdoor air pollution:** Health risks don’t stop when smoke leaves the home. Instead, in many areas, fine particulate emissions from household cooking are a major source of ambient or outdoor pollution, which has major implications for both human health and the environment. In addition to deforestation and air pollution, burning solid fuels releases emissions of some of the most important contributors to global climate change: carbon dioxide, methane, black carbon, and other short-lived climate pollutants, all of which can also impact human health.

To save millions of lives and improve global health, we must tackle the clean cooking issue. The more than 1500 partners of the Global Alliance for Clean Cookstoves are working to create a thriving global market for clean and efficient household cooking solutions. We invite you to learn more about our work at www.cleancookstoves.org and help us spread the word about how clean cookstoves can help families stay safer and live more healthy, happy lives.
REFLECTIONS ON DISABILITY – PART 1:
WHAT IS QUALITY OF LIFE?

By Dr. Julius Oladipo

“Life begins from conception till death.” Do you believe that?

It was one of the contentious issues on the Kenya Constitution Draft in 2009-2010. The ‘pro-abortion’ and ‘pro-life’ movements respectively held entrenched positions. The ‘death penalty’ proponents also took issue on it. It is not a simple matter. Each of us may probably recall an occasion of seeing a person in a very pathetic condition that we had wondered whether, for that person, death wasn’t really better than living.

If a pregnancy scan indicates that the foetus has major physical malformations, what would you personally recommend as a way forward, supposing you were the pregnant woman’s husband, or parent, or parent-in-law? And in the case of a dear one in a vegetative state? My friend David maintained that his mother remain on life-support until she was pronounced clinically dead two years later. My cousin Beth was kept on life-support for four years. The stress on the whole family, the colossal expense – is it worth it?

Actually, there is no agreed-upon definition of ‘quality of life’ in the medical or bioethical literature. The term seems to connote a subjective estimation of the value of human life based on extrinsic (external) factors. However, what does ‘quality of life’ mean to you? What is ‘human fulfilment’? It is a matter that calls for deep personal reflection and personal conviction.

This subject of ‘quality of life’ touches on ongoing struggles that some categories of people are facing in self, in family, and in coping in and with society. The case of persons with severe chronic disability comes to mind – persons with mental retardation and those severely

Should extent of ADLs determine whether or not a person’s life is worth living, worth preserving, or worth supporting? Human life is sacred, and its intrinsic worth is immensurable.
chronically restricted in performing any of the six basic ‘activities of daily living’ (ADLs): transferring (walking), self-feeding, washing the body, dressing and grooming, toileting, and personal hygiene.

Obviously, disability implies limitation. But since we all have limitations, disability is relative. We all know that it is irrational to view life in terms of what a person is unable to do. However, the word ‘disability’ is a conventional technical term which is of functional importance. WHO (1979) gives a 207-page classification of impairments, disabilities, and handicaps. There have been repeated attempts to get a ‘friendly’ substitute term, but that conventional word ‘disability’ has remained. One of the first therapeutic interventions is to get a person to accept their condition, and hence the term ‘disability’ is generally accepted by these persons. It is mostly others who are not in the condition who feel uncomfortable with the term.

For a person with disability, focus is on what one could do, and what to pleasantly experience, enjoy and offer in life in spite of physical limitations. The role of family, church, community, and government is to facilitate the space, environmental conditions, assistive devices, and psychosocial support for the person to optimally realize these goals. This entails actively working to remove the various environmental and social barriers in their way. It is about empathy (understanding, supportive feeling) and action, not sympathy or condescending pity. A family-with-disability is also in need of empathetic accompaniment. And, in the case of severe disability, there is the caregiver, who also needs support. These three classes of people (persons-with-disability, families-with-disability, and caregivers) have separate forms of needs. How much are we offering them? And how much more can we offer – at a personal level in our scopes of influence?
The 2015 Youth Camp in Uganda was not only my first but also afforded me an opportunity to gain a new experience and a life changing moment. One, I think I was the last person to pay for the camp for the reason that I was not sure if I really wanted to attend it. I remember my booking being cancelled twice only to be called again that I was still on. At one point I got so annoyed that I informed the chairlady to exclude me from taking part in the camp but as God would have His way, miracles happened and I managed to pay for the camp on the last Friday before we traveled.

This camp was not just a time for me to be away, bond with friends and of course learn, but it was also one of those rare moments when you encounter God’s transforming message head on. The year had been a rough one with a good number of situations that almost had my life head south. The situation was so bad that I had to go as far as take a break from so many things that I am usually very passionate about. December was the perfect time that I had planned to take leave and just unwind. Camp was obviously the best place since I had made a deal with God that if He does not move, He and I were going to hold

Rev. Alfred Apela flanked by Youth at the Namugongo Martyr’s Shrine in Uganda (during the camp)
a serious conversation on reviewing our relationship and plan on our future engagements in the subsequent years. All I wanted was for someone to give me a reason not to give up, throw in the towel and take a different direction.

The trip was rather long, longer than the usual 8 hour drive to Western Kenya that I am accustomed to. Strangely enough, I was allocated a bus whose members were rather quiet and rarely engaged in loud and joyful banter. A pet peeve of mine! Unfortunately, this provided me the perfect environment to overanalyze the situation I was facing at the time, sadly affirming my desire to give up. This would take on a dramatic twist on the following day during our first session.

The teaching was on prayer which quickly changed to how and when to hear the voice of God. That is when I realized that all this time, I had been making a lot of noise by talking and not giving God a chance to speak! I realized how I had made my conversations with God a monologue and the fact that I was not hearing from Him because I was not giving him a chance to speak. I realized that I had inadvertently opened a wide door for the enemy who was obviously having a holiday tormenting me since I had lost the power to fight back. By the second day, I had made so many resolutions key among them being to fight back and also allowing God to speak to me during my prayer times.

I heard God speak to me in so many ways and so clearly from the speakers and the friends with whom I interacted. At the end of the camp, I had learnt so much; I felt spiritually rejuvenated spiritually and physically relaxed. I also formed many new friendships which I would otherwise not have had, had I not attended the camp.

My parting shot is that the Youth Camp is not just a place to unwind but also one where you can go in burdened and literally come back unburdened! I thank God for the opportunity to revive my fledging trust and faith in God and the many friends I made. This year’s camp will be held in Mombasa (dates to be communicated later). I encourage Youth to get involved not just in the camp but other church activities. This way, they can meet like minded Christians and get encouraged in this journey of faith!
Introduction

A parable is a story with a hidden meaning. During Jesus’ life on earth He used to teach using parables. I am going to be helping you understand the parables and get their meanings. We are going to be looking at the following parables: the parable of the mustard seed, the parable of the yeast, the Great Feast, the lost sheep, the lost coin, the lost son; the rich man; the widow and the judge; the Pharisee and the tax collector, the gold coins; and other parables. We will start with:

The Good Samaritan

Luke 10:25-37

A teacher of the law came up and tried to trap Jesus saying, “Teacher, what must I do to receive eternal life?” Jesus answered, “What do the Scriptures say? How do you interpret them?” The man answered, “Love the Lord your God with all your heart with all your soul, with all your strength and with all you mind. And, love your neighbour as ou love yourself”. “You are right!” Jesus replied, “do this and you will live.” But the teacher of the law wanted to justify himself so he asked Jesus, “who is my neighbour?”

Jesus answered, “There was once a man who was going down from Jerusalem to Jericho when robbers attacked him, stripped him and beat him up leaving him half dead.” It so happened that a priest was going down that road; but when he saw the man, he walked on by on the other side. In the same way a Levite also came along, went over, looked at the man and then walked away. But a Samaritan who was travelling that way came upon the man and when he saw him his heart was filled with pity. He went over to him poured oil and wine on his wounds and bandaged them. Then he put the man on his own animal and took him to an inn where he took care of him.”

The next day, he took out two silver coins and gave them to the innkeeper. “Take care of him”, he told the inn keeper, and when I come back this way I will pay you whatever else you spend on him.”

I will tell you the meaning next month, but let me leave you with a question: In your opinion, which one of these three acted like a neighbour towards the man attacked by robbers?
The recipe I will share today is one of my favorite breakfasts of all time. It gives a combo of soft, crunchy, sweet and savory!

Here is what you will need:

- Two hard boiled eggs
- Two slices bread
- One tomato
- Half green bell pepper
- Parsley (dhania)
- Half red onion
- One tablespoon mayonnaise
- One tablespoon butter

**Method:**

- Cut the two bread slices into cubes
- In a frying pan, melt half the butter and add the bread cubes
- When the bread is browned, turn to other side and add the remaining butter. Fry till brown
- Set aside the bread to cool. These are called croutons
- Wash thoroughly and slice the vegetables i.e. tomatoes, onion, bell pepper, parsley
- Cut the boiled eggs into quarters
- Assemble all the ingredients in a bowl, sprinkle a pinch of salt and stir with a wooden spoon gently so as not to break the yolks
- Top it with a spoonful of mayonnaise.

To make your mayonnaise interesting, add a little tomato sauce and some diced onions to it and mix well.

*Enjoy your breakfast!*

This egg salad is really filling and delicious and will go well with just about anything including fruit juice, warm tea or coffee. It is also well balanced with all the nutrients the body needs to start the day.

Have fun experimenting with new food ideas!
Too often we take for granted the fact that we have all our senses working properly and that we are able to carry out our normal living quite easily. In our primary school science classes, we were often reminded that we have five senses – sight, hearing, taste, smell and touch. We therefore grew up with the knowledge that these senses were what made a person complete and that everyone had the five senses. As we grew older, some of us came to learn that not everyone is privileged to have their sense organs working properly. We often encounter the blind, deaf, dumb or those with physical or mental impairments. This goes on to alter our world view in accepting that there are those amongst us who have challenges living normal comfortable lives. For those who happen to have such people in their families, the reality is even clearer as they have to both accept and adapt their home surroundings to fit the person or people with physical limitations.

This fact cannot be truer than at the home of Mrs. Esther Sande who has for the past 46 years, taken care of her blind and deaf son, Albert Okwara. Albert was born this way which as you can imagine has been extremely challenging considering that Albert is a 46 year old man who has been reduced by these disabilities into a total dependant.

Foreground: Albert Okwara (sitted)
At the beginning caring for a child born with these disabilities was not severely challenging as Esther was able to take her son Albert to a school in Rift Valley County that specializes in the care of such children. However, as Albert grew into his early teens, he had to return home as that was as far as the school could assist in care giving and basic education.

This forced Esther who was a civil servant to leave employment so as to provide care for Albert. During the course of this transition her husband abandoned her upon realizing that Albert’s condition was quite dire and irreversible. Additionally, being the only son with two daughters, it appeared that there would be no other “normal” son born into the family. These amongst other difficult circumstances lead Esther’s husband to abandon the family.

Fortunately, God in His mercy and characteristic way of leaving a remnant – Albert’s younger sisters including the well known TV Anchor Yvonne Okwara received good education and were able to settle into good careers and family life. This has been a big source of encouragement and support for Esther. Similarly, through the help of various NGOs and well wishers Esther who is now in her 60s has received both material help including food and clothing items on a regular basis. Similarly, the house they are living in located in Kitengela in the outskirts of Nairobi was built by an NGO founded by Mr. Shiroko who is an active member of the Cathedral.

Besides the daily challenges of caring for Albert, Esther Sande has been basically confined to remaining at home to provide moment by moment care to Albert. This is because no caregiver has...
been willing to look after Albert due to his condition. As such Esther has been unable to attend family activities at her rural home in Western Kenya or other activities outside her home. This has lead to her being ostracized by most family members who do not understand the challenges she faces in caring for Albert.

As part of its overarching objectives, the Pastoral Care and Sacraments Pillar through the disability ministry paid a visit to Esther to share and offer encouragement to her. The team was led by the Pillar Minister in charge of Pastoral Care and Visitations, Rev. Josephine Ngahu and the leadership of the ministry. In addition to a few household items that the team carried, the purpose of the visit was to share Scripture with Esther and remind her of the love of God which is unending. The individual members of the ministry that were in the group were so touched that they promised to visit her and relieve her of some of the commitments and let her get out of the house for a change.

Too often, we take for granted that we are able to walk, eat, sleep, bathe, work and generally live with minimal hindrance. We complain about being tired of walking because we want a car, we complain about so many little things that in the face of the challenges faced by Esther and her son Albert are really quite laughable.

In view of what Albert and Esther face everyday, we must remain grateful for our lives as they are now, for we are immensely blessed! If you can walk, communicate and carry out daily activities with little challenge, you are tremendously blessed. Be grateful and thank God! Also, extend your hand and help those in need around you for you and I are the tangible love of Christ!
In this day and age of high technology, globalization and fast-paced change, there is a challenge of whether courtesy is as important as it used to be. In the past, children were taught to say “please” and “thank you”, to show respect to their elders and to ask politely when they wanted something. A quick walk around town and even in the churches will tell you that today many people do not see the value in or understand the concept of courtesy. There is plenty of pushing and shoving and people do not even think twice about complaining rudely if something does not suit them.

Courtesy means a polite behaviour, civility, respect, thoughtfulness, kindness, and good manners. The Bible in 1 Peter 3:8 says, “Finally, be ye all of one mind, having compassion one of another, love as brethren, be pitiful, be courteous”. We also find other good instructions in Titus 3:2: “To speak evil of no man, to be no brawlers, but gentle, showing all meekness unto all men.” Much of today’s society does not demand good behavior, so it is important that this matter is taught and practiced in God’s kingdom. The society has largely become a “me” society, and many people have somehow adopted the attitude of “needing” everything right now. This emphasis on individual expression and immediate satisfaction has given rise to a selfish and demanding generation which has caused common courtesies and good manners to look old-fashioned or outdated.

Show Courtesy to All People
The Bible teaches what our attitude should be to persons in authority: “Let every soul be subject unto the higher powers. For there is no power but of God: the powers that be are ordained of God” Romans 13:1 When we have had an unpleasant incident with any official, we want to be careful how we relay the story to others. If we make fun of these people and belittle them, this does not set a good example for anyone listening. As someone once said, “The test of good manners is to be able to put up with bad manners pleasantly.”

It is important to be courteous to other people everywhere. When you find two people conversing or holding a discussion, it is important to excuse yourself before you join in the discussion or interfere without giving an excuse. We must show respect to others no matter their social status.
Good manners begin at home. A parent or adult who uses good manners is the best example for any child. How we behave and speak to others will greatly influence those around us. Useful guidance is found in a song of Zion: “Lord, instruct us now, how to be at home, and to listen to each other, to rejoice with one another, not to fight, cause pain, nor dispute in vain” (431:2).

Good manners require practice and effort, so it pays to teach children the basics early. Simple etiquette and common courtesies—like saying “please” and “thank you,” how to behave when eating, not interrupting or rushing to be first in line, helping elders or disabled, responding when spoken to—can go a long way in helping to interact with others.Courtesy should come naturally and shouldn’t be something we need to plan or think about. In this, parents should be mindful of their own example in how we deal with our children and others, before expecting this behavior of our children.

A good attitude in maintaining good manners and courtesy is to consider others more worthy than ourselves. “Let nothing be done through strife or vainglory; but in lowliness of mind let each esteem other better than themselves” Philippians 2:3 If we have respect for all individuals, no matter their age, race, or personality, courtesy will be genuine.

A Finnish practice that seems lacking in our Kenyan culture is rising from your seat to greet a guest. This simple gesture helps the visitor to feel important and welcome.

The Challenge of Modern Technology
An area of concern when using good manners is the use of modern technology. How many of us have walked into a room or function and all persons in it have their faces glued to a hand-held electronic device? We may get some kind of muffled response for a greeting; however, there may be no eye contact, handshake, or other personal interaction. Could excessive use of smart phones cause us to forget how to have personal, one-on-one conversations? Smart phones and other devices are nice for quick messages, to keep in touch with those far away, and for other uses as well, but let’s remember to be respectful in this area when we’re visiting in homes, at services, or at gatherings of the youth. Rude behaviour has almost subtly, it seems, crept in with all types of recent technology. These concerns need to be addressed, as we don’t want this type of communication to overtake personal interaction.

A Fruit of Faith
Behaving politely and showing kindness, respect, and thoughtfulness are fruits of faith. Good manners are not just actions. They are expressions of the heart.

Adapted from: http://www.llchurch.org/topics/CourtesyGoodManners2014AugVZ.pdf
The Techno-Crat: Hearing Loss

By Peter Kamau

Scene 1: You are certain that you went to bed some few minutes ago, so you are surprised by the rude deafening buzz of the morning alarm! You extend your hand for the snooze button only to fumble and get another loud metallic crush that stirs you up to your senses as the alarm clock hits the hard tiled floor. Outside, birds chirp to music so divine. (Your ears tell it all).

Scene 2: Its morning, you put on your trainers, track suit and tag the MP3 player along, taking on the neighborhood stretch you jog. You can feel each calorie melt at the beat of the music plugged into your ears, you adjust the volume upwards enjoying the captivating beats booming into your eardrums! (Gradually you tone your muscles but wear off your ears!)

The Bible states in 1Corinthians 6:19-20 that our bodies are the temple of the Holy Spirit; this calls for special care and attention to each and every organ in our body.

I value my ears; they are precious as they literally pay my bills. I am a Sound Engineer; I mix for bands, instruct and consult on audio, integrate public address systems, and in turn get a cheque.

How the ear works
From the outer ear sound is channelled down the ear canal striking the eardrum, causing it to vibrate. The vibrations are passed to the three small bones of the middle ear, which transmit them to the cochlea. The cochlea contains tubes filled with fluid. Inside one of the tubes, tiny hair cells pick up the vibrations and convert them into nerve impulses in the inner ear and are delivered to the brain via the hearing nerve. The brain interprets the impulses as sound (music, voice, noise, etc).

Signs of hearing Loss
i) Difficulty hearing conversations, especially in the presence of background noise.
ii) Difficulty hearing environmental sounds, such as birds chirping.
iii) Frequently asking others to repeat what they have said.
iv) Misunderstanding what other people say and answering inappropriately.
v) Requiring the television or radio volume to be louder than others in the room.
vi) Straining to hear or keep up with conversations hence reading lips to follow.
vii) Noise within your ears or head, called tinnitus, which is not caused by an external sound source.

Types of Hearing Loss
Mild hearing loss: One-on-one conversations seem okay but it becomes hard to catch every word in the presence of background noise or when two or more people talk at a go.
Moderate hearing loss: you often need to ask people to repeat themselves during person to person and telephone conversations.

Severe hearing loss: following a conversation/speech is almost impossible without a hearing aid.

Profound hearing loss: difficult hearing or understanding even with amplification. Need of a cochlear implant. This borders on permanent hearing loss or deafness.

Causes of hearing loss
Damage to hair cells: Healthy human ears can hear frequencies ranging from 20Hz to 20,000Hz. Over time, tiny hair cells may get damaged or broken. If enough of them are damaged, hearing loss results. Unfortunately this is irreversible.

Loud sounds: Normal human conversation is at 65dB, any sound louder than 85dB can cause permanent hearing loss i.e. clap of thunder (120dB), ambulance sirens (110dB) or a close range gunshot (140-190dB).

Continuous noise: Prolonged exposure to common noise at work e.g. motor cycles, lawn mowers, grinders etc exceeding 8hrs can also cause permanent hearing damage.

Infections: infections may plague your ears if harmful micro-organisms get inside your inner ears. Avoid excessive piercings, inserting objects, and swimming in contaminated water.

Avoiding Hearing Loss
Ear phones: the small speakers that are directly plugged into your ears feeding constant loud music into your ear drums cause ear fatigue. Avoid them or cut down the time of use to a bare minimum. Instead try headphones at acceptable volumes.

Avoid Loud Music: Musical concerts, large car stereos, domestic HIFI systems can easily impair your hearing.

Cotton swabs: can actually damage your ear drum your ears are self-cleansing; you don't need to clean them up. If you are experiencing excessive wax build-up, see your healthcare professional.

Noisy working environment: your ears are sensitive and delicate, Wear protective earmuffs or earplugs.

Check Up: Have your hearing checked by an audiologist if you or anyone else questions whether your hearing is normal. Consult an ear physician as necessary.

Advanced age: Research has it that the more we age the higher the chances of hearing loss. This could be that lifetime exposure to damaging factors that slowly wear down the ears' delicate mechanics.

Medications: certain drugs have been known to impair/cause side effects and hearing loss. They include some antibiotics, chemotherapy drugs, Ibuprofen & aspirin.
## ALL SAINTS CATHEDRAL CHURCH
### SUMMARY OF THE MONTH'S COLLECTIONS

**May-16**

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<th>GENERAL (B) KSHS</th>
<th>T/GIVING (C) KSHS</th>
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<td>WEEKLY OFFICE COLLECTIONS</td>
<td>1,878,449.50</td>
<td>213,200.00</td>
<td>12,300.00</td>
<td>50,600.00</td>
<td>3,500.00</td>
<td>2,158,049.50</td>
</tr>
<tr>
<td>6.00 PM</td>
<td>368,020.00</td>
<td>157,408.00</td>
<td>2,000.00</td>
<td></td>
<td>42,300.00</td>
<td>569,728.00</td>
</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td><strong>11,030,156.50</strong></td>
<td><strong>4,576,714.05</strong></td>
<td><strong>93,300.00</strong></td>
<td><strong>225,600.00</strong></td>
<td><strong>1,450,528.00</strong></td>
<td><strong>17,376,298.55</strong></td>
</tr>
<tr>
<td>TRINITY COLLECTIONS</td>
<td>3,365,662.00</td>
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</tr>
<tr>
<td>TOTAL CHURCH COLLECTIONS (A+B+C)</td>
<td>15,700,170.55</td>
<td></td>
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</tr>
<tr>
<td>TOTAL PROJECT COLLECTIONS (C+D)</td>
<td>1,676,128.00</td>
<td></td>
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</tr>
<tr>
<td><strong>TOTAL MONTHLY COLLECTIONS</strong></td>
<td><strong>20,741,960.55</strong></td>
<td></td>
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<td></td>
</tr>
</tbody>
</table>

**FOREIGN CURRENCY**

USD = 1,875
The All Saints’ Cathedral Trinity Centre offers modern and well furnished meeting rooms, an auditorium, a restaurant/cafeteria and serene grounds all within a pristine Christian environment.

We have meeting rooms that are ideal for fundraisers, training/seminars, individual graduation receptions, cocktails, dinners and parties. While the auditorium which has a sitting capacity of 1800 is ideal for international and local conferences, wedding services/receptions, concerts/plays, AGMs, graduation ceremonies and dinners. Additionally, the auditorium is fitted with translation booths and state of the art audio-visual equipment.

Contact us for more information/booking on 0728-217715 or Email: trinitycentre@allsaintsnairobi.org