

*I trust that all has been well with you since the beginning of the year which opened with a lot of activities ranging from the visit of Action for Life 5 team, the 1<sup>st</sup> Eastern Africa Youth Conference, Peace Circles, The showings of An African Answer film as well as the Kenya I Care programme. We share with you news on all these.*

*On the inspirational corner, we share a must read poem 'Only you' by an anonymous person, it is a heart and mind challenging poem. We also update you on what is happening next in Kenya and beyond!*

Newsletter editors,  
Ann Njeri & John Njoroge

## THE EASTERN AFRICA YOUTH CONFERENCE

The idea of an Eastern Africa Youth Conference was conceived after a group of young people met during the Harambee Africa meeting that was held in Ethiopia. The conference was planned to take place at first in Uganda but due to the political changes that were in place this year, it was scheduled to be held in Nakuru Kenya from 9<sup>th</sup> – 13<sup>th</sup> February this year.



The theme of the conference was beyond **me** it **is time to act**. This gathering expected to challenge the thinking and attitude of our African youth and also inspire them to have courage to be involved in the initiation of change processes in the region.

The dialogue and workshops were meant to show that there is more to mama Africa than corruption, unemployment, HIV/AIDS, war, drugs, and crime. And on the other hand, make the young people realize that by listening to the inner self we can bring tremendous change in Africa by being *the change that we want to see*.

There was then a great procession from the conference venue to the town, a distance of 3 kilometers. Songs and dance were performed as we all moved to sensitize the locals on the need to take the first step to change.

The next EAYC will take place on 7-12 Feb, 2011 in Uganda under the leadership of Mbindyo Kimanthi. Read the full report at <http://www.iofc.org/node/54188>

## SHOWINGS OF AN AFRICAN ANSWER

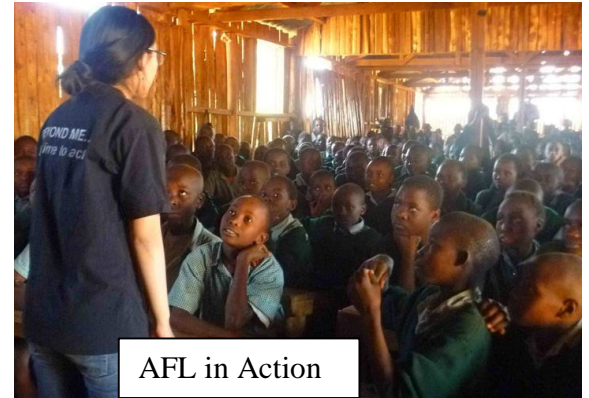
The An African Answer has been taking stronger roots and impacting a lot of people's life. Dr. Alan Channer, the Director of the film was in Kenya for three months for follow up on the film. To read more on people's reactions to the film <http://www.iofc.org/node/53577>, <http://www.iofc.org/node/54205>, <http://www.iofc.org/node/53687>

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## ACTION FOR LIFE 5 TEAM

This group of ten- from Tibet/India, Ukraine, China, South Korea, Australia, Fiji, South Sudan, and Uganda arrive in the country on 5<sup>th</sup> January, 2011 and headed to Sudan and Uganda on 26<sup>th</sup> February 2011. While in Kenya they were based in Nakuru and visited Gilgil, Eldoret North, Eldoret East, Bungoma, Subukia, Ndaragua, and Nyeri where they engaged people with their message 'Be the Change You want to see in the world'.

It has been a learning and challenging time for most of them. Dima from Ukraine, reflected: "I am inspired by these people. My dream is to serve communities in this way. My habit, when I don't immediately trust someone, is to withdraw and build a wall, but from now I want to listen more and understand more deeply what is in my heart and theirs and to see how to help. This is new for me." And a young Chinese shared 'I was touched by the spirit of African villages,' said Ming Ling, who herself grew up in a Chinese village in a school with no windows. 'They want water, power and classrooms and are not satisfied with their situation. Yet they laugh more than those who have more, and give the best of what they have. May God bless Africa and the people here.'



They come back to Kenya on the 23<sup>rd</sup> march and will leave the country on 3<sup>rd</sup> April.

For more information about the Action for Life, please visit their website [www.afl.iofc.org](http://www.afl.iofc.org), or join them on facebook 'Action for Life'

## Only you by anonymous

A person can make you feel high,  
A person can make you feel low.  
But only you can decide,  
Which way you want to go.

A person can hurt you mentally,  
A person can hurt you physically.  
But only you can place,  
A limit on your abilities.

A person can cause drama,  
A person can cause a situation.

But only you can create,  
Your own reputation.

A person can make you laugh,  
A person can make you cry.  
But only you can make,  
Decisions for your life.

I guess what I'm trying to say,  
That when you're living day to day,  
Don't live by what people do,  
But live by what you know is true.

## QUOTE OF THE MONTH

**We affect generations to come with the decisions that we make today.**

Joel Osteen

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## KENYA I CARE

There have been several outreaches to schools by the Subukia team. We had a great time with Mwangaza primary, Mwireri primary and Tetu primary school students. We had dialogue revolving around our contribution to success. Every hardship can be overcome by our strong willpower which comes from our *inner self*. The students confirmed that they were determined to bring a positive change to life.



At Mwangaza primary this was rather real to them since there are 5 orphans and the rest are mostly from poor families. Therefore, their desire to have basic needs is very real in their lives and so is their determination. We also had time to talk to the orphans and donate some clothes.

At Mary Land secondary we re-introduced *iofc* as we had been there before, then casted our play *Majuto-regret*, and the *Double Dealer* all which highlights our need to be honest and pure in mind.

The students had several questions which showed their eagerness to contribute to the transformation of our society. Many confessed to having friends and parents who are in alcohol and drugs. They are willing to do anything to get them out of the problem.



We discussed about listening to our inner self so as to get direction. We also shared our own stories of change and encouraged them to share their stories to get relief and also inspire others with our ability to acquire change.

There are more schools that are on the waiting list and you are welcome to join us.

By John Njoroge

## UPCOMING EVENTS

**Peace Circles Facilitation Training** in Nairobi organized by Jean Brown [jean.brown@iofc.org](mailto:jean.brown@iofc.org), and coordinated by Nelly Njoki [nelly@acafrica.org](mailto:nelly@acafrica.org)

**Kenya I Care School Programme** [njoromaina@yahoo.com](mailto:njoromaina@yahoo.com)

**Harambee Africa Leadership Training in Nigeria** 15-29 October, 2011  
<http://www.iofc.org/node/52993>

## Share your news with us....

Please feel free to share your news with us on what is happening and we will let our friends in Kenya know about it. It is through sharing that we inspire, motivate and challenge each other to make a difference. Please write to [mra@ke.iofc.org](mailto:mra@ke.iofc.org) or [njoromaina@yahoo.com](mailto:njoromaina@yahoo.com)

Thank you for your continued support!

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