

# **MORAL-REARMAMENT KENYA**



## **ANNUAL REPORT**

**2013/2014**

**BY**

**THE EXECUTIVE  
COMMITTEE**

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## THE EXECUTIVE COMMITTEE



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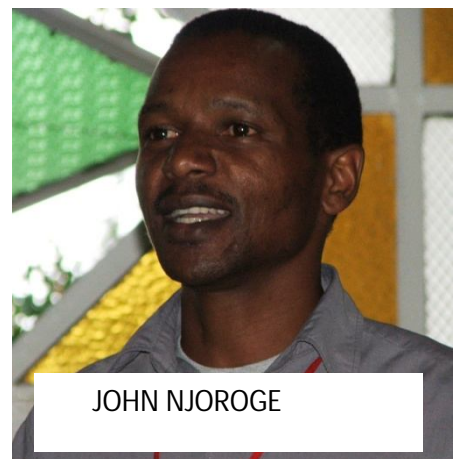
## THE BOARD MEMBERS



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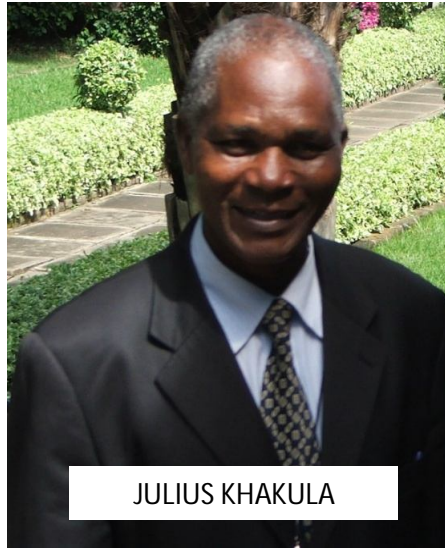


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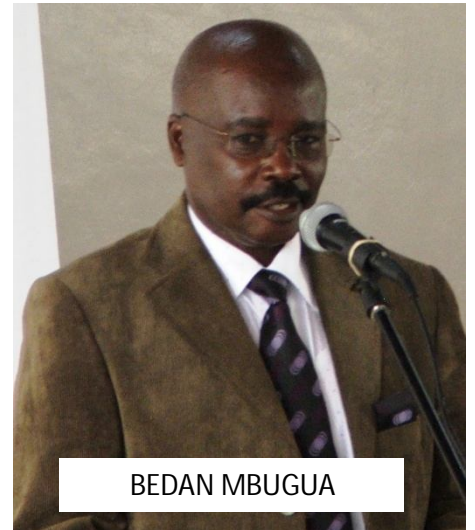
## THE TRUSTEES



MARY MACHARIA



JULIUS KHAKULA



BEDAN MBUGUA

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### FROM THE EDITOR'S DESK

*Well, it's another end of the year! It's been a year full of blessings and one that has continued to call for more of our commitment and taking action. Our efforts towards working for peaceful and just communities, albeit small, remains very relevant and appreciated by many in different parts of Kenya and beyond. Majorly the programmes and events that took place during the year are; Creators of Peace, and Peace and Reconciliation, Workshop for Africa, Kenya I Care and EAYF .*

**Ann Njeri Ndiangui-Kimanthi**  
**Editor**

**You must not lose faith in humanity. Humanity is an ocean;  
if a few drops of the ocean are dirty, the ocean does not  
become dirty.**

**– Mahatma Gandhi**



## PEACE AND RECONCILIATION PROGRAMME

The Peace and Reconciliation programme, driven majorly by Joseph Wainaina, Joseph Karanja, Steve Kimaru, Alan Channer together with Imam Ashafa and Pastor Wuye continued to reach many in different corners of Kenya with the message of peace. The workshops and trainings that took place last year were through the support of United States Institute of Peace (USIP) and IofC

### An end to cattle raids in Baringo

In a bid to support peace building and reconciliation in Baringo, Joseph Karanja held a meeting on 29-30 March, 2013 (Easter holiday) in Marigat. The meeting attracted 25 participants mostly opinion leaders from the Pokot, Ilchamus, Tugen and Turkana communities. The government, being a major stakeholder, was heavily represented by four area chiefs and one Head Woman. Present also were two retired senior chiefs and several religious leaders from the said communities.



There was deep and honest sharing. The Pokots were challenged to do more, as all the others perceived them as the aggressors in cattle rustling. With a lot of grace, the Pokot admitted and sought for help to reach out to their communities. Several outreaches are lined up in various areas of Baringo, which is known for its harsh and challenging terrain. These meetings are part of an elaborate plan for a Peace festival and Peace Ritual that will bind the communities to lasting peace.



‘This county has to find a solution to the challenge of animal rustling among its various pastoralist communities. This problem often leaves a trail of tears and pain. Unless peace is worked at as a matter of urgency, Baringo shall remain a distant admirer of other counties in the development contest. My role and that of others that are prepared to sacrifice their comfort for the sake of peace in Baringo will be to walk alongside them, listening and if necessary be the bridge to be stepped on.’ Shares Karanja.

**I've learned that people will forget what you said, people will forget what you did, but people will never forget how you made them feel.**

—Maya Angelou

## A dream come true in Eldoret

For Joseph Wainaina, to lead a peace caravan in his home city of Eldoret was a dream come true. In 1992, Wainaina and his family, who are Kikuyus, had to flee for their lives from Eldoret, after election-triggered clashes between the Kalenjin and Kikuyu communities. His house was burnt down and his aunt was killed.

Eldoret was also ravaged by post-election violence in 2007/8. On 16 May, Joseph Wainaina led the peace caravan, through former conflict hot-spots of the city, with



his close friend and co-organizer, Chrisostom Maiyo, former Area Chief of Eldoret, a Kalenjin. They were supported by the local Initiatives of Change team and two local NGOs, the Centre for Human Rights and Development, and Change Agents for Peace International.

The vision for the caravan arose after Wainaina, Maiyo and others from Eldoret's IofC team attended a 'training of trainers' in November 2012, delivered by internationally acclaimed peace-makers from Nigeria, Imam Muhammad Ashafa and Pastor James Wuye.

Wainaina, Maiyo and team worked on a 'Campaign for Clean Elections' before polling day - and planned to take a message of peaceful coexistence around the city after it.

**'I will tell my family that, if they wish, they can now come back to Eldoret'. Wainaina said afterwards**

The caravan - a large, open-sided truck with a public address system - was flagged off from Eldoret Town Hall by District Commissioner Christopher Wanjau. As it wended around the suburbs of the city, the mood was celebratory. A dance troupe performed at each location.

The whole thing was timed so that Pastor Wuye and Imam Ashafa could join the celebrations in person, and share their appreciation of Kenya's peaceful elections with the crowds.

*Report by Joseph Karanja, Steve Kimaru and Alan Channer*

## Come back home!

Our youth are affected by radicalization, drug abuse, peer pressure and social media. I have been wanting to bring together Christian and Muslim youth in Mombasa for 10 years,' said Reverend Jane Jilani. 'Today it has happened.'

The idea for the workshops was born when Rev Jilani and Muslim youth leader Zuhura Juma, both from Mombasa, attended a 'training of trainers' for religious leaders in Nairobi, in November 2012. This training was the first step in a project 'to transfer the methodologies depicted in the film An African Answer across Kenya'.

Jilani and Juma put into practice a high-risk trust-building methodology. During the first workshop, they split the group along both religious and gender lines - and asked the Muslim men, Muslim women, Christian men and Christian women (separately) what they like and dislike about the other. A high-ranking representative of the Hindu Council of Kenya added a welcome, additional ingredient!

The groups then came back into plenary, to evaluate the 'likes and dislikes'. An array of issues surfaced, with insights on marriage, divorce, dress code, fear, expectations, freedom, forms of worship, the value of family life, inheritance and busyness. As the group addressed these, a new-found sense of unity emerged - and a readiness to look together at the challenges which both Muslim and Christian youth in Mombasa face.



## Peace and Reconciliation in Kenya

They came to Nairobi from the desert reaches bordering Somalia, the port city of Mombasa, the drylands of Baringo and the political hotbed of Eldoret. The All Africa Conference of Churches provided the venue without charge. The theme of the gathering was 'The dynamics of peace and reconciliation in Kenya'. It was facilitated by internationally acclaimed peacemakers from Nigeria, Imam Dr Muhammad Ashafa and Pastor Dr James Wuye.



12 December 2013 marked 50 years of Kenyan independence. "We are all human beings," he said: "We all make mistakes. But we can all forgive. That is what we need to learn in Kenya. Where I have harmed you, I ask forgiveness. We must put the past behind us."

A clip was screened from the short documentary, '*Is he my brother?*' which Channer made with Kenyan cinematographer Sir Mohinder Dhillon.

The film features the British settler Colonel Alan Knight, commandant of the Athi River detention camp for Mau Mau insurgents. At the peak of the 'emergency' in Kenya, British colonial authorities were executing 100 Mau Mau detainees every week. Knight used to read out the names of those who had been hanged on the camp intercom. But his Christian faith and the ideas of Initiatives of Change (then known as Moral Re-Armament) impelled him to change heart:

'I decided to apologise for the arrogance and the selfish way I had lived as a white man all those years in their country.... They gathered round me, they shook me by the hand – men who wouldn't even speak to me before.... I was in my officer's uniform and they were in their prisoner's uniform.... And one man said, "God will not favour the white man, God will not favour the black man." And I've believed in miracles ever since that moment.'





Imam Ashafa offered a reflection on ‘the embodiment of a good Muslim’ – and how Muslims might wish to be regarded by the non-Muslims whom they live amongst. Sheikh Hassan drew everyone’s attention to Pastor James’ artificial hand. ‘You see it is plastic. The real one was cut by Muslims who were trying to kill him. Yet he is here with us preaching peace.’

*Alan Channer, Joseph Karanja, Steve Kimaru, Gunilla Hamne*

## TEAM RETREAT

The Workshop for Africa (WfA) team, led by Anthony Duigan, joined the Kenyan team of Initiatives of Change for a refreshing retreat held at St Mary’s Pastoral Centre, Nakuru on 6-7 July 2013. The participants comprised about 20 volunteers with IofC programmes and six WfA participants



The purpose of the gathering was to create a time of fellowship for the local team as well as to welcome the WfA.

For the two days the team looked deeply into personal transformation. ‘Be your own original. Be like incense. In all situations radiate sweetness. In all situations, with everyone, everywhere and every time live your own values,’ Ashwin Patel, Chairman of IofC Kenya, shared. The selfless personality of Dr

Frank Buchman, founder of Moral Re-armament (now known as IofC) in the early 1930’s set a revolutionary path that every human should seek, he said. Passion, courage and commitment to one’s calling and starting with change in yourself, is the only way to change other people. The exemplary lives of people like Mother Theresa, Mahatma Gandhi and Frank Buchman were based upon ‘thinking about others, listening to their stories, pains, concerns, anguish and being an answer to them’.



Patel concluded that everyone is called to act and be an answer in their own unique way. And this realization therefore challenges everyone to stick by what is right and strive not to compromise personal values. Accommodating each other, even in the hardest of times helps us learn how to get along with different characters, and this builds trust between people.

*Report by Mike Muikia*



## WORKSHOP FOR AFRICA IN KENYA

Workshop for Africa (WfA) is a movement based on personal change and a commitment to work for ethical leadership and accountable citizenship in the institutions of Africa. WfA was in Kenya since the beginning of July 2013. They began their three month's visit in the Rift Valley and also had a 10-day programme in the coastal city of Mombasa. It comprised of five members i.e. Warija Mikaele and Khamis Kennedy from South Sudan, Roy Ncube – Zimbabwe, Samuel Muiruri and Mediatrix Masava from Kenya. John Njoroge and Zacharia Muturi joined the team later in Kenya.

During these three months, they visited a number of towns across Kenya, travelling by varied modes of transport, meeting a wide cross section of the communities, e.g. a former Chief and County Administrator, farmers, business persons, civil servants, artists, university students, school leavers and housewives.

After one two-day dialogue facilitated by WfA in Subukia, 43 km north east of Nakuru, one participant who has been vying for political office, made a commitment to stop sabotaging local community projects and will from now on mobilise community members for progress rather than destruction as has been the case in the past. Another participant made a commitment never to steal working time again from her employer, the government.

In Ndaragwa the WfA team met with about 200 internally displaced persons (IDPs). Originally displaced in the 2007 post-election violence, they were resettled into this camp in 2011. Sam Muiruri, a member of the WfA team, started with the construction of toilet facilities for the camp with 'bricks' made from plastic bottles stuffed with soil and waste plastic rubbish - turning a plastic disposal problem into a solution.



In Subukia, as part of the WfA's contribution to Needs based Development, Roy Ncube gave a demonstration on the plastic Bottle and Circle Farming techniques. This method of farming is excellent in areas that have serious water challenges as it has an 80% efficiency water usage by plants. After the demonstration was over, eight farmers committed themselves to adopting this method of farming as it has many advantages for the farmer. Money is saved on pumping costs with once a week watering regime and the farmer has more time to attend to other farming activities.

On another occasion the WfA team spent the day in Simboiyon village in Waseges to meet up with 45 young men and women, comprising mostly of farmers, students and businessmen operating Boda bodas (motorbike transport), and the unemployed.

This meeting had been organised by two young men, Wilson Chariot and Mongi Murege, both previous graduates of the first two-day workshop held by WfA in Subukia. They were so fired up that they took the responsibility to make sure that their friends back in the village could also receive the same training that they had received themselves.

At the IofC office in Nakuru, the WfA group took time for a team-building exercise with 11 specific individual participants from the various areas reached.



These participants are to continue the 'change activities' started by WfA. The activity centred around answering questions to do with personal change that had happened to each member since their last encounter with WfA, what their own outreach plans were and how this network could be strengthened in order to keep the momentum of personal change going on.

In Bungoma County the team met with IofC friends Grace and Julius Khakula, and others. They also had time with the County Commissioner, Mr Mohammed Maalin. He resonated with the ideals shared by WfA and encouraged the group to meet up with

all the relevant stakeholders in the county and motivate the residents for development. 'If we all cared enough and shared enough, then no one will go to bed hungry,' he said.

At the end of August the group was in Mombasa County. There they had the opportunity to meet young men and women as well as college students in a Mombasa suburb. One of the commitments from the participants at the end of the workshop was to make their town a drug-free zone.

## CREATORS OF PEACE CIRCLES

### Creators of Peace Re-union

When women come together, there is power and strength,' These were the words of one of the women who attended the Creators of Peace Circle re-union in Nakuru, Kenya. It has been six great years since the 'simple and yet transformative' programme of Creators of Peace Circles was introduced in Kenya by Jean Brown back in mid 2007. Since then, hundreds of women's lives from all over Kenya have been directly touched and transformed by the programme while thousands have been reached and transformed indirectly. On the 16-18 May, 2013, 56 of the women who have been part of the programme over the years came together for a re-union- to renew their commitment, get re-energised and get refreshed as creators of peace in their homes, communities as well as in our country Kenya. The theme was 'Enhancing Women's Capacity in Peace Building'.

'Creators of Peace Circles is a life transforming experience. It is a simple but very touching experience' said Joy Mbaabu, the Director of Amani Communities Africa, during the opening ceremony. She also challenged women to create personal space during the three days and reflect on what hinders them from being peace creators and what can make them

better creators of peace. 'This re-union is a rare opportunity for us women to have space since we as women are always very busy taking care of others' she added. Joy Mbaabu has run several circles through her organization.



The women took their time to share, connect and encourage each other collectively and at personal levels. They shared their life stories, their successes, their



challenges, their hopes and aspirations for the future as mothers, and as creators of peace. The re-union incorporated personal story sharing, which is a vital tool of learning and encouragement, throughout the programme. There were moments of laughing together and moments of crying together.



‘The story sharing has changed my mindset and has encouraged me to continue introducing the creators of peace circles to my family, church and community.’ said Mrs Wachira. ‘I have also learnt that once I deal with my unfinished business I will be able to understand others and be able to stop the blame game and take responsibility towards healing our society.’ she added.

Shoshana Faire, who had graciously joined us all the way from Australia, took the ladies on a Conflict Transformation workshop. It was a good learning exercise for the women on how to respond to conflict in their daily lives. ‘Conflict is an opportunity,’ she said. She left the women with an interesting phrase that one can always say to themselves whenever faced with a conflict; “Ah...Conflict .... what an opportunity.”

The women took time to reflect on their lives and renew their commitments as makers of homes and creators of peace in the society.

As we came to the end of the re-union, many of the women made decisions to reach out to more women in their communities through Creators of Peace Circles. ‘I have been encouraged to take initiative to organise and run a peace circle in my community.’ These sentiments were echoed by many at the re-union. The women also made a resolution to start a Women Council of Peace so that women can also have a voice in matters of peace building in the society.



The re-union was followed by a three days (18-21 May, 2013) facilitation training for 15 participants- one of them being a man! We now celebrate a pool of trained Creators of Peace Circles facilitators who are willing to reach out to other women all over Kenya. As Juliana put it, peace involves sacrifice and she encouraged all to sacrifice our time for peace building.

## Peace Circles

*Peace Circles have continued to spread and transform women and their families and friends in Kenya. In the months of April, June and July 2013, four workshops were facilitated and 65 women and seven men had the opportunity to go through the 'simple but transformative' Creators of Peace Circles process. Every workshop runs for three full days.*

*Annie Gitu from Nakuru who has been the main facilitator writes:*

### **Mbuyu- Nanyuki**

Juliana Nakhumicha and Annie Gitu, travelled to Mbuyu, a small village close to Nanyuki, to facilitate a Creators of Peace Circles (CoPC) workshop for 15 women. The training ran from 15-17 April, 2013. The workshop had been repeatedly requested by a lady who had participated in one of the Peace Circles last year and she wanted her women to experience what she had experienced, i.e. - inner healing and peace. This group of women were recently relocated from the Internally Displaced camps where they had lived since the post-election violence that hit the country back in 2007/2008. Needless to say, this was a group of

'wounded' participants, both physically and emotionally.



We took the participants through the different Creators of Peace gathering points, namely: inner listening; what is peace; what creates/destroys peace; forgiveness; daily reflections among others. As time passed, the participants started opening up and sharing. Nancy, one of the participants, shared how powerful the Peace Circles workshop was and that even though she had attended very many other workshops while living as an Internally Displaced Person (IDP), CoPC was the best workshop she has ever attended since it started a personal healing process for herself and the other participants.

The 'power of forgiveness' was a highlight for many and a point of personal transformation. Rachael, one of the participants said, 'I was touched and transformed by many of the topics explored during the workshop. The 'powers of forgiveness' session helped me learn that I should forgive those that evicted and burnt our homes. I will take time to go back to Burnt Forest and meet with those that evicted us and I will go with the message of forgiveness.'

On the last day of the workshop, the chief and one of the village elders visited the group and they were very grateful for the training that encouraged and challenged the women not to carry and pass on bitterness.

### **Subukia**

Despite the heavy rain and the muddy roads I reached Subukia safely and met our 21 participants - 18 women and three men.

During one of the times of reflection one of the participants by the name of Lilian was really moved by the workshop. 'I wish all women in Subukia could get this training. Subukia could be very peaceful. I will share with those that have not gotten this message from this workshop,' she said.







Another participant, Grace, a chief in Subukia said, 'This workshop has really helped me because in listening to others it will guide me in how to listen and handle cases brought before me.'

Madam District Officer, Mrs Ndemo, heard about the programme and said she would love to attend specifically the session on forgiveness and to come as a critique! She was touched and ended up sharing her personal story and said, 'I am excited by the way you Creators of Peace handle the power of forgiveness.'

## Olkalau

In Gichaka, Olkalau, the 18 participants (two being men) were very excited with the programme. As the workshop continued, the women shared their experiences. One participant by the name of Naomi said, 'I have gone to so many seminars, even church seminars, but this one has conquered all the others.'

Another lady, Ann, felt in her heart that this workshop had specifically come for her sake. 'This workshop,' she shared, 'has assisted me in how to solve and handle a very difficult decision



between me and my husband. For five years we have lived in the same house but without talking to each. I have been very bitter for so long but after going through the power of forgiveness session, I have written a letter to him forgiving him and asking him that we should forgive one another.' She later presented the letter to her husband and told us, 'My husband broke down in tears and I broke down as well. We forgave each other and now we are talking to each other after five years! My husband is

now very interested in the programme because he said that it is amazing how in just three days I was transformed compared to all the years I have been in the church but I never accepted his apologies. Both my husband and I are so grateful to Creators of Peace; you came because of me. May God bless you.'



## Eldoret

In Sugoi, Eldoret I was hosted by Ruth Stephens. The mode of transport locally was motorbike! There the Peace Circle was attended by 18 participants - two of them men - a District Peace Committee member and a Chief of that area.



One participant shared, 'I have been earning a living by brewing illegal alcohol to support my five children. After the Creators of Peace training I have decided to stop the illegal business and I will now start selling vegetables.'

Another lady, Selina, shared her story with a lot of bitterness but later came to a peaceful resolution and decision, 'I am not on good terms with my mother-in-law and my brother in-law.'

When my husband died, my mother-in-law, accompanied by her sons, chased me and my five children away from the house we had built with my husband and I was left with nothing and nowhere to go. I have struggled so much to educate my children but with a lot of bitterness. I have been touched by this training and I will go to my mother-in-law and her sons and ask them for a meeting so that we can forgive

## CoPC 2014

**In the month of February 2014, two Peace Circles took place in Naivasha and in Mai Mahiu all facilitated by Annie Njeri Gitu and EstherMarrie Inzekellah.**

### NAIVASHA

#### **NEED TRUE HEALING? TRY FORGIVENESS!**

Enough is enough, it's time we took charge and change this community ourselves. Those are the words uttered by the women of Naivasha, during the recently held Creators of Peace Circle workshop in that area. The three day workshop took place in Naivasha Kenya, from the 10<sup>th</sup> to 12<sup>th</sup> of February 2014, with a total of twenty participants (5 being men). The inclusion of men in the circle was due to the marvelous requests of men participation from the previous circles. The women insisted that if their husbands too could be allowed to attend the circles, things would be much better in terms of creating peace in the families and that they too (men), could be able to also spread peace in the '*maskani*' (meeting joints). Indeed it proved awesome having them amidst the women and have them share their experiences as well.



Naivasha is among the hotspot areas in Kenya where even a small wrong move would trigger a massive violence and damage. This has been witnessed in the past, during the 2007/2008 post election violence and even after that, there has been the issue of land for pasture for the Maasai pastoralists and the farmers who want the same land for farming. The area being cosmopolitan we therefore hoped that the workshop would enhance self healing, acceptance, forgiveness and reconciliation which would enable the communities there to coexist peacefully and harmoniously.

The participants were taken through the moments of quiet time and reflections for self connection, correction and direction that helped many to be able to acknowledge their contributions to the problems (conflicts), learn to apologize, forgive and embrace each other to live in harmony.

'I use to be a very bitter person and actually forgiveness to me was a vocabulary. An eye for an eye was the way to go all my life but now am feeling touched and am convinced that forgiveness is the path to healing. I have learnt communication puts issues on the table and enables people to talk about it and get solutions', said Elizabeth, one of the participants.

Isaac, a community worker who attended the workshop had something to say also, 'I work with the community and most of my work involves listening to people. I never knew that I was a poor listener until this now, from today I commit myself to listening fully before saying anything, judging or giving advice'.



## MAI MAHIU

### THE PEACE AMBASSADORS

The 27<sup>th</sup>, 28<sup>th</sup> and 29<sup>th</sup> of February 2014 marked yet another amazing experience in the creators of peace circles. This was during a three day workshop run in Mai Mahiu town. Mai Mahiu town is in between Naivasha and Narok towns. The workshop brought together seventeen women. The women were from the different locations of the town and even had two from the Maasai community.



Just like Naivasha, Mai Mahiu also has issues between the Maasai that borders with Narok and the other tribes in the area. This is because the Maasai need the land for their animals' pastures while the other communities need it for farming. Like most parts of Kenya, this area was also affected by the last general election violence.

The women shared passionately of their personal experiences. As usual, we create time for each participant to share their stories if they have the courage to do it. This experience, though not therapy by itself, but its effect are very therapeutic. Each participant's story is different, unique, important and special in its own way.

One of the participants, 52 year old Hannah, shared her story that left everyone with wet eyes. 'I was the first born daughter in a family of ten. My parents used to overwork me so much that I never had time to concentrate on my studies. Due to this, I dropped out of school in primary school. My parents would also punish me for every little mistake my siblings did, all in the name of being the first born. I was hired as a house help and my dad could take all the salary to pay for my younger sister's school fees, forgetting that they denied me a chance to concentrate on my studies and besides that, I was a girl and needed other personal things. As if that was not enough, three years later I was without my consent married off to a sixty year old man. At first, I was made to believe he was my new boss, only to learn later that night that he was my husband and that he had even paid dowry to my parents!'

She continued 'My dad passed away years later. In my marriage, God blessed me with eight children. My husband also died leaving me with the entire burden to shoulder on my own. Not even my mother could help, in fact she bought another piece of land and made it very clear to me that it was for 'her' children

(my siblings), leaving me wondering whose child I was. I was and have lived a bitter life because I knew no one ever cares for me. I knew no one loved me, no one. I have never shared this with anyone in all of my fifty something years. I knew no one cares and no one would even listen to me. I am glad that this forum came, I feel like it came just for me. I am feeling relieved in my heart that you created time and offered ears to listen to me. I have never thought I could ever forgive my family, but now, after this workshop, I will go to my mother's place and make peace with her. I will forgive her and my dad for discriminating and neglecting me and for marrying me off like that'.



***Creators of Peace was organised and facilitated majorly by Annie Njeri Gitu and supported by Esther Inzekellah, Juliana Nakhumicha & Njeri Kimanthi***

## KENYA I CARE!

Be the change that you want to see in the world' has been the message in my quest for change around Kenya. With the help of some IofC friends from my university- Egerton, we have been able to hold some outreaches and a few other activities around Njoro, Samburu/ Maralal and Turkana. These regions are among the most marginalized areas in Kenya and that's why I thought it was prudent for me to work in them.

In the Samburu outreach, we were able to visit six Secondary Schools and one University namely; Wamba Boys High School, Wamba Girls High School, Maralal High School, Maralal Girls High School, AIC Moi Girls Samburu, Kisima Girls High School and eventually Laikipia University-Maralal Campus. In Turkana County, we were able to reach out to five schools namely Lodwar Boys High School, Lodwar



Girls High School, AIC Lokichar Secondary School, Turkwel Boys High School and Turkana Girls High School. We also had a small session with the community youth members around Lodwar.

The youths were hungry for the message of change due to its marginalization and scarcity of such activities. The reception to these schools more appreciated compared other regions who have many organizations that visiting them.



Unlike the Urban regions and non-marginalized areas, these regions have many stories of change. These are the regions that practice traditional methods of living- some of which are detrimental. For example the issue of the girl child is neglected and more so they still practice Female Genital Mutilation (FGM). Child labor is also rampant where you find children going out to the grazing land instead of going to school. The people also use very painful and dangerous traditional methods of healing.

Drought is also rampant and this made students of Turkwel Boys High School sent home due to water problem. We were lucky to find some few students who were getting ready to go home and a few others who were recalled from home to attend the



Kenya I Care session. Transport also is a big blow in this region. No road networks and at some point, we were forced to sleep over at near school because it rained and vehicles could not move.

Due to these and more challenges affecting the youth of that region, we were forced to be flexible during the Kenya I Care activities. The teachers also recommended that we address the emerging issues e.g premarital sex which made children to have children, the issue of the girl child, FGM, importance of education and more so morality. These also incorporated the issue of violence and tribalism facing the area. Besides sharing and brainstorming, we also used short skits to drive the message home.



After every session, we received positive responses from the audience as they pledged to change their behaviors. One student said, 'we thank you very much for coming and we would love you to come more often to enlighten our community which the majority are ignorant. I regret being born in such a community but I will strive hard in my education so that I can come back and do what you are doing to bring change to the community. I admire your voluntary job and thank you'. This short note was so touching and we felt motivated to carry on with the work.

However we faced some resistance as some people had strong beliefs with their culture and were not willing to change. One school girl confessed that all her sisters have undergone FGM and it would be disgraceful for her not to undergo the cut. So she said she must undergo the ritual. One youth member told us 'Tafuteni kazi ingine muhimu ya kufanya na wakati wenu.' (Find better things to do with your time. We are very much okay.)

We have also been able to visit a number of schools in and around Egerton area. The schools are; Kilimo High School, Kilimo Primary School and Egerton Primary School (all in Egerton).

In conclusion, I would recommend the Kenya I Care program to be focused on more of these marginalized regions where the message of change has a greater impact than in the urban and non-marginalized regions where many other groups are concentrated hence duplicating the same work.

We should also train other trainers in these regions to ensure sustainability of our work and the message of change will spread across Kenya and around the world.



*By James Gitonga*

More on *Kenya I Care*...

In Nairobi County we visited Inoorero University where we had an interaction with around 15 students. The main topic we ventured on was Responsibility and Personal Change. Being the first time here we made the session interactive and tried to reflect on social issues affecting young people. HIV/Aids, Drug abuse, Unemployment, illiteracy e.t.c . We introduced quiet time and had few people sharing. Inorero University is one of the few institutions we must follow up and build a network.

Kangui High School is located in Gatanga Constituency of Murang'a County. We had one session with 11th and 12th grade students on the theme 'My life is my message.' A group of around 50 students from Journalism club .

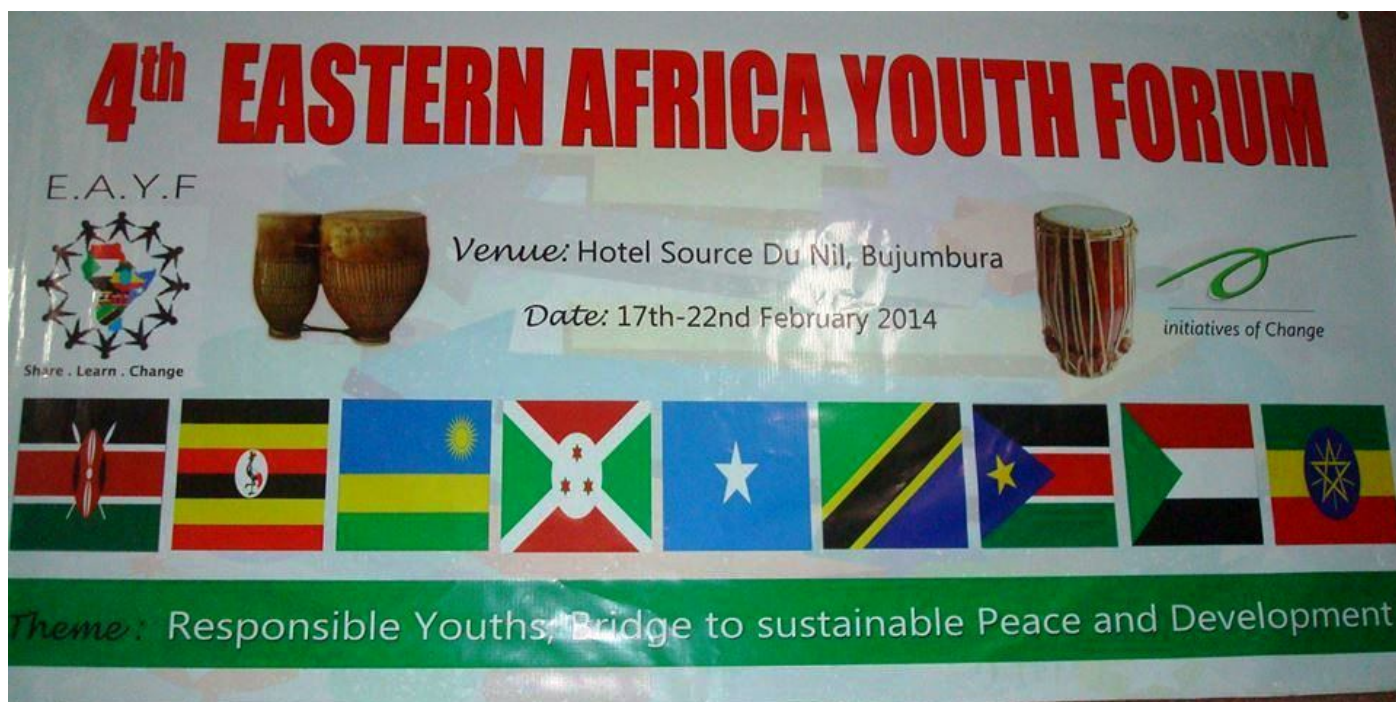
Alpha College ( Juja) sealed a one year agreement with IofC on getting two interactions every month (July 2013-July 2014). We were able to do around 5 sessions on IofC values.

*By Mike Muikia*

***Kenya I Care was planned and facilitated by Mike Muikia, John Njoroge, Olivia Wambui, Esther Inzekellah, Zacharia Muturi, Mediatrix Masava and James Gitonga.***

We learn something from everyone who passes through our lives.. Some lessons are painful, some are painless... but, all are priceless.

~ ***Unknown***



The Fourth Eastern Africa Youth Forum (EAYF) came to a close on 22 February, 2014 where youths from across the region adjourned a week that had been so informative and educative. The forum, which was attended by 67 participants from the region, opened on 18 February, 2014 at Hotel Source Du Nil in Bujumbura, Burundi. The theme for the forum was ***‘Responsible Youths; Bridge to Sustainable Peace and Development’***. The forum had in attendance youths from within Eastern Africa and beyond. We had representatives from Rwanda, Uganda, Sudan, South Sudan, Kenya, Cameroon, Brazil and Burundi the hosting country.

Burundi is widely known as a drumming country and the opening ceremony gave the participants an amazing drumming ceremony start- and the participants happily danced to the hard kicks of the traditional drumming. This occasion marked what would be the next week full of energy.



The Permanent Secretary of the Ministry of Youths had the honor of opening the forum where he encouraged and urged all the youths to keep on the vision of uniting the region. In the same ceremony, Mr Leonidas Nijimbere, the chief of Peace and Reconciliation commission of Burundi and a leader in the Project of the Great Lakes Region, called for more youths to come out and spearhead projects of development and advancement of peace in the entire region.

During the week, the youths had an opportunity to be addressed by different speakers who inspired and encouraged them to be focused on activities for national building. Sharing their experience, most youths expressed their excitement by being very active throughout the sessions.



‘It is my first time and I think this is a very great initiative’. Shared one participant. The energy in the sessions was so contagious and every day was a moment of greater experience and learning.



At the closing ceremony, the guests speakers lay emphasis on the need for youths to be vessels of peace and responsible development. Speaking at the closing ceremony, Madam Justine Nkurunziza, the President of the Coalition of the social civil for monitoring election (COSOME), encouraged the youths to be ambassadors of peaceful elections and agents

of peace. She stressed more on the involvement of youths in development of the nations and specifically addressed the Burundi youths to be at the forefront to being peace agents especially this period when Burundi is preparing for the general elections to happen next year.

In the same occasion, the IofC president in Burundi encouraged everyone in attendance to carry on a candle to light up the path to a region that is going to be a hub of peace.

The previous Eastern Africa took place at Kenya (2011), Uganda (2012) and Rwanda (2013).

By *ZAK MUTURI*

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## INTERNATIONAL PARTICIPATION

In 2013, we were lucky and blessed to have some of our team members participate in different international events and programmes.

**CAUX (Summer 2013):** Stephen Kimaru, Joseph Karanja.

**FARMERS DIALOGUE- CONGO (Nov 2013):** George Kamau, Rosemary Namatsi, Duncan Nduhio, Teresiah Ngigi, Jane Gathogo

**CAUX INITIATIVES BUSINESS – INDIA (Nov. 2013):** Joseph Karanja, Dorothy Nditi, Joy Mbaabu, Bedan Mbugua and other invited leaders from Baringo

**ASIA PLATEAU (6 months- 2013/2014):** Mike Muikia

**WORKSHOP FOR AFRICA -SOUTH AFRICA (2013):** Mediatrix Masava, Stephen Kimaru, Samuel Muiruri

**WORKSHOP FOR AFRICA -SOUTH SUDAN (2013):** Mediatrix Masava, John Njoroge, Samuel Muiruri

**MAKING DEMOCRACY REAL- INDIA (January 2014):** Ashwin Patel, Stephen Kimaru, Mbindyo Kimanthi, Ann Njeri, Nelly Njoki

**IofC AFRICA CONSULTATION- ETHIOPIA (March 2014):** Joseph Wainaina, Stephen Kimaru, Joseph Karanja, Mediatrix Masava, John Njoroge, Nelly Njoki, Mbindyo Kimanthi



## PERSONAL EXPERIENCES...

### FROM THE TEAM MEMBERS

Being in lofC is not a mistake for me. I have grown in very many aspects. First and foremost my leadership skills have grown tremendously. I have been able to think independently as an individual through assessing my life and doing what is right when it is right. This is with the help of the powerful tool that I learnt from lofC; the power of listening to my inner self through quiet time. Generally, I have expanded my knowledge base in my pursuit for change and also been able to interact with many people that I can emulate in life. This means every person I have met has an impact in my life whether positive or negative. The choice is mine to make and this has been easy for me to choose those who impact positively in my life. Another important thing that I have acquired from lofC is confidence and believing in myself i.e. my self-esteem. This enabled me to be a fashion model and won three titles and one runners up including Mr. Peace Nakuru.



James Gitonga (Jimmy)

I have been involved mostly in the Kenya I Care programme, Clean Elections Campaign and my own personal initiative- with the help of my fellow fashion models- of visiting orphanages and giving them our donations that we collect around the university. May I say thank you to lofC and I pledge my commitment to its work.

James Gitonga.

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For the past two years that I have been in lofC, I have seen my life changing in many ways.



ESTHER INZEKELLAH

Initially, I was a bitter girl due to some life circumstances. However, lofC has taught me three very important things which are just simple words but if put in action, they create harmony; 'am sorry', 'forgive me' and 'thank you'. Personally, these words have become my foundation in cohabiting with others around me. I also have learnt (although not fully), to be honest with myself. Before I could do things to fit in the group or to please those around me even if I knew that it was wrong, but now, I try as much as possible to do and live the way I believe is right and not to please others. I have become more reasonable and responsible in what I undertake. I thank God for letting me get to meet this wonderful movement of great people back in 2011. I know and believe that am in the right place-given an opportunity to go back to time, I should have joined the movement a long time ago! But anyway, I know it's never too

late to be home.

For the last year, I have been busy with Creators of Peace, Kenya I Care, Clean Elections Campaign and I also was part of the just concluded Eastern Africa Youth Forum in Burundi. Have a blessed year ahead!

ESTHERMARRIE INZEKELLAH.

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Having been accorded the leadership platform of the fourth EAYF in Burundi as the chairman was a great measure of my growth in leadership. I had to travel for nights and days across the region to go prepare the platform for the fourth EAYF that has just concluded. I managed to have interactions with persons from across the region of Eastern Africa which gave me more experience on interpersonal relationship. I managed to trim some of my old behaviors like getting easily irritated and holding it down easily.

Due to different personal characters and behaviors with the persons I have been serving and working with, I found myself getting easily irritated and offended. However, the practice of inner listening has been my greatest tool in handling most of these challenges. I now am able to handle different persons with different personalities easily. This makes me want to keep on reaching out more to people.

I as well managed to be more responsible due to the trust accorded to me in the various activities I was involved in last year. My level of commitment has as well increased as I got to learn a lot over the year. I am now committed to work more for being guided by the values of IofC. The experience I gained was a great opportunity and achievement in my leadership path. The challenges that came along with the responsibilities accorded upon me have been a test of my abilities to make decisions and still be inclusive other than exclusive of others. The experience that I gained as the leader for EAYF 4 has prepared me for greater and bigger responsibilities.

I have now made it my lifestyle to talk, walk and spread peace, love, honesty, unselfishness and kindness- all with a pure heart. I look forward to the next year....

ZACHARIA MUTURI



2013/2014 was a year of opportunities, hopes and optimisms. First the Clean Elections Campaign was an exercise to influence a peaceful democratic process, where individuals would look beyond their needs before casting a vote. Questions about affiliations to political parties and varied responses and feedback from our audiences helped me understand the society and people's situations.



In my career as a film maker-a story teller- an informer, I realise that I must not always stay behind curtains. I need to connect with the masses I am telling the story, tell what is relevant and essential as well as what will prompt meaningful conversation.

My learning throughout has been that I cannot assume ownership of ideas that I am not ready to practice myself. And that If I was given another chance, I'd do nothing but the essential, touch people's hearts by giving them God's love

instead of my own love.

MIKE MUIKIA

The beginning of 2013 was full of inspiration that was derived from running the KIC outreach which was mainly at Subukia polytechnic where students benefited a lot especially from understanding inner listening. My engagement with clean election campaign was another period of growth as I moved from place to place having dialogues with people and various groups on what would be best for this land in terms of leadership. I also benefitted a lot by being one of the few men who participated in the COP program- which is primarily for women. I sat with the women and we shared our stories; it became clear to me that indeed men can also benefit from the CoP program.



NJOROGE

Then with the coming of the Workshop for Africa team things took another gear when I got engaged in one of the most powerful program in the year. This was a time when quick action was needed, serious planning, evaluation, budgeting etc. I met many different people whom we made friends and new network; visited many places all which made me see things in a different perspective. The ability to be in a team of people with diverse interest and maintain the team spirit was again another remarkable mile stone not experienced before.

I have been inspired in many ways mainly to listen, care, write, sing and share more as well as to judge less and to take enough time searching for Gods guidance in anything I tend to venture in. I have come to the conclusion that with constant listening to God and taking quick action as guided is the best way for me to live.

JOHN NJOROGE

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In 2013, I was majorly honoured to spearhead Creators of Peace Circles trainings in different parts of Rift Valley. I have always been amazed by how people receive and appreciate CoP. Through the programme, I have seen women's lives and families being transformed for the better. It is through the commitment and appreciation of what IofC has brought into my life that I feel called to continue engaging the society with the message of peace through Creators of Peace and other programmes.

At a personal level, I have also been able to reach out to street children, pick-pockets as well as the less vulnerable with a message of personal change, responsibility and hope. Through this work to transform the lives of these street children and pick-pockets, I was covered in different television stations including QTV, K24 among others as well as in the People Newspaper.

ANN NJERI GITU

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**Forgiveness means seeing the light of God in everyone - regardless of their behaviour.**

**→ Unknown**