



*We trust that you are doing well. This month's newsletter we feature the experiences of two of those who were at Caux this summer. We also get to hear of how the pilot programme of Youth and Youth which was initiated by Muikia progressed. The real life experience space is a bit different this month, we bring you a beautiful article on four clues you need to be happy by **Khushwant Singh**. More on the news, soon we will have an IofC Africa website and more interesting is the fact that sooner we will have an IofC office in Kenya!*

For this and more...You simply can't afford to miss out!

~Ann Njeri & John Njoroge~

Youth 2 Youth Dialogue (Y 2 Y Dialogue)

The Y 2 Y dialogue program kicked off well on 18th July at the Kenya assemblies of God church in Subukia. Some Thirty energetic and eager young people availed themselves for this debut session.

This new program aims at opening a topic of discussion between groups of young people after choosing a topic. It enables them to learn from each other and realize that indeed solutions to problems are just within our reach.

The group was in favor of relationship matters over drugs abuse. It was our intention to cover relationships in general but that of boy/ girl relationship became dominant. It was the impression of the young people that we were professional counselors and thus expected ready answers to their problems as experienced elsewhere. But we had to make them realize that there is great help got through *sharing our personal life experiences*.

Much of the days' discussion were based on the theme *'it's not what Kenya can do for me but what I can do for Kenya'*

The issue of young people getting engaged in alcoholism and drugs was also a major concern to many. This is something that is creeping in slowly and destroying the lives of many young people with great potentials. That church, where the session took place, is also coincidentally located at a place with a long line of bars selling cheap liquor!

'We have to stand up courageously and take action', one member summarized. The entire team had one conclusion after the meeting – *it begins with me*

We hope to reach as many groups as possible and the churches are offering a good opportunity.

By Mike Muikia and John Njoroge

Peace Circles in Eldoret:

A group of 68 women came together in Eldoret for a **Peace Circles workshop**. **This was a ripple effect from the workshop** that had taken place in June. The facilitators of the workshop were from the workshop which took place in May at St Mary's Pastoral centre. They together

addressed issues like; how women would bring peace in this country? why are they needed for peace? how can they involve their children into peace and harmonious living with everybody?

The women noted that many women are uneducated and it is important to empower them in issues of peace creation.

As we all know, Eldoret is one of the places that has suffered negative ethnicity most. The women have suffered a lot. And this group of women is determined to visiting Eldoret and its environs with the message of peace.



By Juliana Nakhumicha (Eldoret)

Caux, Switzerland Experiences

Nelly was part of the Caux Scholars programme which took place as from 5 July - 4 August, 2010. She and Ann Njeri were also privileged to take part in the Leading Change for a Sustainable World conference on 4-10 August. They share their experience with us;

Nelly Njoki: *'The Leading Change for a Sustainable world was innovative and unique both in terms of content and methodology which met my expectation of building networks, getting a fresh vision and commitment for change. The link between poverty and environmental degradation was well illustrated and coupled with the leadership skills delivered helped me identify my role in contributing to a sustainable world in Kenya. I took back with me knowledge, new ideas, networks, personal transformation and a sense of responsibility in tackling poverty in Kenya. This I will do through sharing lessons learnt with IOFC Kenya and identifying an activity we can embark on. The trust building and creators of peace sessions were very relevant to my work in Kenya.'*

I will conduct sessions on the same within my organization and the community leaders that I work with in order to heal the divisions among Kenya's ethnic communities.'

Ann Njeri: I was fortunate to be part of the 'Leading Change for a Sustainable World' conference at Caux. There were talks, brainstorming and sharing from environmental sustainability, awakening the responsible leader within to building sustainable trust.

There are many people and insights that inspired me, but on top of my list is two questions that were shared by one of the speakers on building trust *'What do we need to hear from the other group in order to begin to build trust? ... What are we doing in our group that perpetuates the problem?'* These questions really got into my minds. I come from a region which has two major tribes that have been fighting in the crudest manner possible causing a lot of pain and

or death. My family have suffered the tribal clashes in

the past, it was clear in my heart that there are a few things I would like to hear from people from the other tribe. And I would also like to know what they would like to hear from my tribe so that sustainable trust and peace can be built in the region. If these questions are honestly and genuinely reflected upon and answered by the rival tribes, I feel, it might open grounds of building sustainable trust not just between groups but also in homes.



Nelly & Ann at Caux

Communications: There is a new email loop IofC members across Africa africanteam@lists.iofc.org . You are welcome to share your news with Africa! And very soon we will also have a collective IofC website for the African continent. We will share the news of the website as soon as it is in place.

Office Space In Kenya- In a meeting with the IofC Kenya Committee early August, it was agreed that IofC Kenya will now have its own office space. After some deliberations, it was decided that we have the office in Nakuru. We have found some space at the Highway Towers building- 8th floor, which is right opposite the Nakuru Odion Cinema. We need prayers and thoughts on the finances involved. If you feel called to make a contribution in this regard, you are welcome. We will keep you posted on the developments.

Success is not in getting first position!

John Njoroge had the privilege of spending a lot of time with some 25 young children between the ages 6 and 12 years at Thithinda PCEA church. We have had time to learn songs and poems all with a theme on **giving heed to God's commandments**. This was a good time to teach various other precepts necessary in life; discipline, commitment, ambition, confidence. *'... and to me I feel I get all the time to employ the iofc's moral standard practically.'* Says Njoroge



The issue of winning and losing was high between the kids. But is being is failure to be first make you failure in life? *'We have to truly accept that we are not failures just because we are beaten by other competitors.'* Shared John. *'Success is not in getting first position but in faithfully dedicating our abilities as God directs. Men judge our performance but God judges our inner motives.'* He told the kids.

Inspirational moments....

Clues To Happiness By- Khushwant Singh

1. **Good Health.** If you do not enjoy good health you can never be happy. Any ailment, however trivial, will deduct from your happiness.
2. **Lack Of Envy** towards those who have done better than you in life; risen higher, made more money, or earned more fame. Envy can be very corroding; avoid comparing yourself with others
3. **Do Not Allow Other People** to descend on you for gup-shup. By the time you get rid of them, you will feel exhausted and poisoned by their gossip-mongering.
4. Every morning and evening, devote 15 minutes to **Introspection**. In the morning, 10 minutes should be spent on stilling the mind and then five in listing things you have to do that day. In the evening, five minutes to still the mind again, and ten to go over what you had undertaken to do.

RICHNESS is not Earning More, Spending More Or Saving More, but...

RICHNESS IS WHEN YOU NEED NO MORE!

QUOTE OF THE MONTH:

Encouragement is food for the heart, and every heart is a hungry heart – Pat Morley