

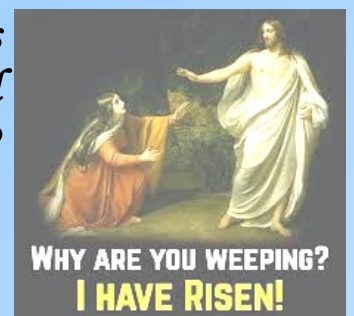
# SAVE AFRICA

## NEWS LETTER



*"It is Only by Confronting the Cross that We can Find the Hope We Need to Live as Risen People, as Daniel Comboni Teaches Us: Could a True Apostle's Heart Ever Be Downcast and Fearful at All these Obstacles and Extraordinary Difficulties? No, It is not Possible, Ever! Triumph is in the Cross Alone."*

*St Daniel Comboni*



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**SAVE AFRICA NEWSLETTER (SAN)**

is a biannual publication of the Comboni Postulancy, Nairobi. We publish the most recent developments in the Catholic Church and the Comboni Missionaries in Kenya and South Sudan.

We educate people on the activities of the Postulancy as well as the trending issues in the Comboni Missions. Through this we journey together, with our families in discerning our vocation and making a difference in the modern world.

You can be part of us too, you can be part of our vocation.

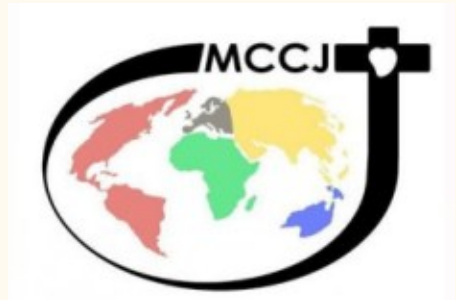
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## **\*\*Prayer to St. Daniel Comboni\*\***

God of goodness, who called Daniel Comboni to bring your message of love to the suffering peoples of the African continent, grant that we may find in the suffering around us the face of your son Jesus Christ. Who lives and reigns forever. Amen.

## Happy Easter Message 2025

*Fr. Clement Mutie, MCCJ*



*The angel said to the women, “Do not be afraid, for I know that you are looking for Jesus, who was crucified. He is not here; he has risen, just as he said. Come and see the place where he lay” Mt 28:5-6*

On February this year, we organized “Come and See” in our postulancy. Ten young men participated in this *Come and See* experience. During one-on-one encounter, I asked one of them why he longs to become a missionary. And his answer was simple, he responded “father, my motivation is to bring Easter to the people of God for the kingdom of God”. This summarizes it all; to witness and bring hope to the people of God and this is the totality of the Easter experience.

Dear Brothers and Sisters, Easter reminds us about the double experience encountered by the disciples; that is experience of the crucified Lord and the experience of the risen Lord. This experience of resurrection which is centred on faith should ignite in us the spirit of hope. The message of the angels to the women who were at the tomb is one of hope. Jesus’ resurrection transformed the women’s sorrow, fear, doubt and confusion into joy, assurance and hope. The women responded to the new reality with obedience and faith. The women believed in the Angels words, remembered Jesus’ prophecies and shared the good news to others. Our encounter with Jesus should generate joy in us and have a positive life-giving consequence for others.

The empty tomb communicates resurrection and joy, a sign of end which becomes a sign of new beginnings implying victory over death and sin. This triumph assures us that we have a living hope in Jesus who is alive and continues to transform us. Resurrection also confirms the identity of Jesus as truly the son of God which is a fulfilment of Old Testament prophecies concerning the Messiah. Easter comes with the gift of hope that surprises, amazes us and compels us to bring the message of joy and hope to humanity.

His sacrifice on the cross was acceptable and the symbol of death becomes a symbol of life.

Today, despite the indifference, trials and difficulty situations humanity continue to face, the resurrection of Jesus gives us hope and confidence that He is risen, he is with us and he gives us power to overcome these obstacles. Just like the tomb of Jesus was sealed with a heavy stone, blocking the possibility of life again, today many people continue to experience heavy crosses which block the path of hope to humanity. Sometimes due to the difficulties we encounter, just like the women in the gospel we may have difficulties to let hope find place in our hearts. But as we celebrate Easter in this jubilee year of hope, we are reminded that from the empty tomb of Jesus, all begins a new and that is the true meaning of hope, having the possibility to start again in Christ. Christ bears a new name of hope inviting us to open our hearts to the hope that God brings.

May Joy and Hope be our Easter Gift’s!!



## Thanking God for the gift of Vocation in our Provinces

*By Fr. David Ahiro, MCCJ*



Saturday 1<sup>st</sup> March 2025 was a great day at St. Martin of Tours Parish, Langalanga, Gilgil in Nakuru where we witnessed our confrere Samuel Ngugi Mwangi being ordained a priest. The Bishop of Nakuru, Rt. Rev. Cleophas Oseso Tuka who was very happy to ordain our deacon, praised the

Comboni Missionaries for the good work that they did many years in the diocese particularly in the parishes of Gilgil, Naivasha and Mogotio.

Bishop Cleophas speaking to deacon Samuel in his homily, encouraged him to be a man of prayer, obedient to his superiors and live the words of



Ordination of Deacon Samuel

our founder St. Daniel Comboni of offering himself totally for the mission. Samuel who looked happy was encouraged to love the people he is going to serve imitating Christ and his founder St. Daniel Comboni.

Speaking to the congregation, the bishop insisted much on the words of St. Daniel Comboni, 'Save Africa with Africa' showing how the church in

Africa particularly in Kenya has grown a lot in the sense that the Africans have accepted the invitation of embracing priestly vocation. The celebration which was marked with colourful music and dancing saw the presence of the Political leaders led by the area MP and the women representative of the county of Nakuru.

The confreres from all the four zones attended in plenty. In his speech, the provincial superior, Fr. Andrew Wanjohi, thanked the Parish Priest together with the faithful of Gilgil Parish, for the colourful preparation for the occasion. He also thanked the Bishop of Nakuru for accepting to ordain our brother to the order of priestly. Fr. Samuel Mwangi was assigned to the province of Mala-wi-Zambai for his first mission.



Aspirants

Meanwhile from 17<sup>th</sup> to 21<sup>st</sup> of February 2025, we had a group of ten young men who had come for their 'Come and See' in the view of joining the Comboni Missionaries of the Heart of Jesus in August. We thank Fr. John Korir for this tireless mission for looking for vocation in Kenya. This group will replace the current nine pre-postulants who are staying in Kariobangi and doing their experiences in Napenda Kuishi Rehabilitation in Korogocho, teaching in our schools in Kariobangi parish. This group will be finish-

Fr. David and the Finalists with their Research Papers



ing in May ready to begin their postulancy in August together with other six candidates from South Sudan.

Lastly, our finalists in the Postulancy; Samson Owino, Nelson Mandela and Zephaniah Cheruiyot are on their final touches of completing their philosophical classes in Tangaza University. They will sit for their BA Comprehensives (written exams) on 26th April and (oral exams) on the 3<sup>rd</sup> of May 2025; thus ready to start their novitiate period in Lusaka-Zambia come August 2025. At the same time, we join in praying for our brother Simon Yomkuey from South Sudan who will be ordained deacon in May.

## Vocation Story: "My Parents Nourished My Vocation"



My name is **Samson Owino**. I was born on November 11, 2000, to Simon Barasa and Saraphine Agutu. Am the seventh born in the family of eight, three boys and five girls. My journey of Faith began in 2001 after being baptized. After a full year of catechism, I received my First Holy Communion in 2012 and confirmed the same year. My Godfather, Vincent Wanguche, is a good person to me and been journeying

with me in this journey of faith.

My vocation journey begun when I still young as I used to church with my parents. I got moved with the way the priests used to vest while celebrating the mass. I admired it and this motivated me a lot in that even when I was in school, my goal was just to become a priest and that one day I would be able to vest like them and celebrate mass for the people. While in school, almost every student in our class knew about my desire of becoming a priest. My parents also helped me a lot in nourishing my vocation of becoming a priest since they never objected my desire when I told them about it, but continued supporting me in many ways in order to achieve my goal thus fulfilling my desire of serving the people as a priest.

As time went by, I came to know more about the priesthood, even knowing that we have two kinds of priests, religious and diocesan. With more knowledge of the two, I got attracted to a religious priest so that I can be able to serve in different parts of the world. After my high school, I didn't even apply for the university because I wanted to join the seminary. Therefore, during my discernment about which congregation I could join since I wanted to be a religious, I happened to meet with Fr. John Korir, the Vocation Promoter of the Comboni Missionaries. He explained to me all about the Comboni Missionaries and Missionary life, and this increased my desire of joining this kind of life. After my application, I was invited for my come and see programme for one week and later admitted for the Pre-Postulancy at Kariobangi.

My experience begun in Korogocho working with the street boys who were for rehabilitation programme at Napenda Kuishi. In the centre, I used to offer my time by being with the boys, sharing scriptural verses by valuing the human person and helping them to know and appreciate themselves. We were also having moments of sharing life stories, so that through these stories, they could encourage each other, having moments of indoor games, sports, team building, among other activities that were bringing them together always. This positive experience helped me to grow in my aspects, as it exposed me to different realities in the slums.

After my Pre-Postulancy Experience, I was again admitted to the postulancy for my philosophical studies. During this period of my Postulancy, I have gained a lot of key values starting from the intellectual aspect, spiritual aspect, human growth, and community aspect. I have encountered different people from different nationalities, thus making me an international person. The formation in the postulancy has played a key role in my discernment journey and at a personal level at large in that it's during this time that I have been able to encounter both the strengths and challenges in life.

After undergoing all these stages of formation, starting from my aspirancy, pre-postulancy, and postulancy, I have begun to enter deeply in the Charism of the Comboni missionaries, something that igniting in me more fire of going out and be of service to others. I have come to learn that the Comboni missionaries are simple people and that they are ready to serve all persons without any boundaries but especially mostly those who have been abandoned in the society. Generally, the services that the Comboni missionaries are offering and their commitment to the pastoral work keeps motivating my journey of discernment.



**SAMSON OWINO**



## Recollection in a Formation Setting: As the Beating of the Heart.

**By Simon Lodai Amin**



Have you ever wondered how seminarians manage with a busy schedule? Nearly the twenty-four (24) hours of the day are consumed by activities; shaping the intellectual, moral, social, physical, spiritual and apostolic capacities in the seminarians. From reciting or chanting the *Lauds* in the early hours, *Vespers* in the evening, to *Compline*

and studies thereafter. This is besides the chores and day activities. Our Postulancy is not exempted from such a busy schedule.

Being exhausted, it becomes imperative to have a moment of silence. Times so serene, peaceful and tranquil in solitude. Listening to reflection on particular parts of the Bible or any text that helps accompany us. We take time to recollect ourselves which has been scattered; each part so busy. The recollection then attempts to bring a unity and harmony of the mind, heart, body and soul. To refresh the psyche once more to start another moment with freshness. We do this once every month.

During this time, we do not open our mouth. Only one person, an accompanier/animator who helps us to restore ourselves to “factory setting” and freshness of the whole. After hours of silence, we then have some experience sharing during the closing Mass. At last, we can share the experience of silence, listening to the Word of God and contemplating Him.

### Recollection and Prayer

“Prayer,” the Church reminds us, “*is the life of a new heart,*” but because we “*tend to forget God,*” we constantly need to recall Him to mind “*by the memory of the heart.*” Recollection, therefore, can be described as *the beating of that heart*, for without a beat the heart would fade and die. Recollection plays a crucial role in our relationship with God. We gain a vivid image of God in recollection, reconsider our previous positions and make a return to His way.

We can encounter God in the silence, the silence of our hearts, mind, soul and body – working harmoniously. Therefore, having been dissipated by many thoughts, work or preoccupations, it is important to take sometimes to recollect and commune with God. This time affords a person a golden opportunity to reconcile with God, strengthen one’s relationship with him and make a beginning which is full of God’s grace.

A formation setting therefore, inevitably needs moments of recollection. For after ministering to people in the places of apostolates, studying, working and doing many things, the formees need to recollect and commune with God once more. Of course, throughout their stay, they start their day with God and end with God. But this happens amidst a busy schedule. One might not be so focused. Hence, a private though short moment to recollect becomes inevitable. They then take time to reflect on their apostolates, work, studies and the many things they do. This way, they sieve their vocation motivations and discernment. This is how they are able to cope up with the formation process; allowing themselves to be led by God through the process.



## Retreat: Called to be in Christ, With Christ, and For Christ



*By Emmanuel John Gor*

Our postulants had their annual spiritual retreat from January 3rd to 5th, characterized by deep reflection, renewal, and communion with the Divine. The retreat, inspiringly themed "Together in Christ, With Christ, and For Christ," was attended by a total of 27 postulants, Postulant Kirui who is on his experience and their formators, Frs. David and Clement. Directed by Fr. Kelly, MCCJ, the retreat guided participants through a series of enriching experiences involving prayer, meditation, and communal sharing.

The retreat provided a sacred atmosphere for participants to withdraw from daily life and realign themselves with their spiritual vocation. The days were thoughtfully organized to include times for silent reflection, Eucharistic celebrations, scripture reflections, and communal prayers. The guidance of Fr. Kelly played a central role in helping the postulants grasp the profound meaning of their calling and the importance of being rooted in Christ.

The first day focused on the main thematic dimension: "Together in Christ." Fr. Kelly highlighted the value of living in community within the context of formation. He reminded the postulants that the path of discipleship is not solitary but requires encouragement, perseverance, and acts of selflessness from one another. Through group discussions and moments of personal reflection, participants explored how unity in Christ deepens both personal and communal faith.



The second day addressed the theme of "Being With Christ." Fr. Kelly emphasized the significance of nurturing a personal relationship with Christ through prayer and sacraments.

He challenged the postulants to embody a life of profound faith, joy, and meaning found in Christ's presence. This message was reinforced through moments of adoration and contemplation, providing each participant the opportunity to reaffirm their intimate walk with the Lord. On the third day, attention turned to living "For Christ." This session invited postulants to embrace mission and service as defining aspects of their vocation. Fr. Kelly stressed that being for Christ means surrendering oneself to His will, becoming instruments of His love in the world. The retreat concluded with a solemn Mass of thanksgiving, during which postulants entrusted their journey to Christ, renewing their commitment to remain faithful to their formation.

The retreat was a grace-filled experience that fostered spiritual growth, friendships, and a deeper appreciation of the call to religious life. As they progress in their journey, the postulants carry with them a renewed energy and commitment needed to be with one another in Christ, in Christ Himself, and for Christ.





## Transforming Lives: Napenda Kuishi Rehabilitation Program

By *Evance Otieno*



In the heart of Nairobi's slums, where poverty and hardship are rampant, the Comboni Missionaries have been a beacon of hope for street children through the Napenda Kuishi Rehabilitation Program.

Established in 2007, this initiative has been pivotal in transforming the lives of vulnerable youth, steering them away from the perils of street life and guiding them toward a future filled with promise.

The Program was established in 2007 to answer the plight of street children in the slum of Korogocho, in Nairobi. Started as a small children program operating out of a small facility in Korogocho, in the course of many years the project has developed into a fully-fledged rehabilitation program for teens and young men.

The shift from children to young men was made in the year 2015 after a thorough social analysis of the reality of the slums surrounding Kariobangi, where the Comboni Missionaries serve the Parish of Holy Trinity since 1973. Because of their reality and their situations, these teens and youth were and are certainly the poorest and most abandoned among the people living in the streets. For this reason, the Comboni Missionaries in Kariobangi opted to switch the activities of Napenda Kuishi Trust from street children (age 8 to 12-13) to street teens and youth age 14 to 20- 21.

### THE REHABILITATION FACILITIES

#### **Kisumu Ndogo Centre, Boma Rescue Centre and Kibiko Residential Home**

In the day centres of Kisumu Ndogo Centre and Boma Rescue, both in Korogocho, the activities are on a day out-patients' modality. The teens and youth come every day from the streets and there the various activities and therapies take place. During this period most of them are still on drugs on drugs, and often are violent, sick and dirty, with dangerous weapons. With a lot of patience, the program and therapies begin to change them.

By the month of July, (the Program begins with a new group of teens every year in January) many of the teens have reconnected with their families in some way. The centres serve an average of 50 teens per centres per day. After these two resourceful centres the boys are referred to the **Residential Home** located along Gataka Road in Ongata Rongai.

The Home allows its beneficiaries to be rehabilitated in a

safe environment away from their normal urban environment where access to drugs and alcohol is easy. The home attended by a team of counsellors and social workers who offer professional guidance and counselling, spiritual, moral and behaviour change programs. They work together with the teens and at the end reintegrate them in formal learning institutions, in vocational training and ultimately, when possible, back to their families.

Comboni postulants have played a major role most especially in the house located in Ongata Rongai in various ways:

**Spiritual and Moral Guidance:** the postulants help the youth by providing spiritual direction, sharing the message of God's unconditional love and showing them their worth and dignity.

**Prayer Sessions:** Engaging street youth in prayer meetings and Bible study sessions can help them reconnect with God.

**Counselling:** Providing moral guidance and being a listening ear has been key role to navigate their struggles and make better choices. **Sacramental Preparation:** they prepare them for sacraments such as baptism, confession, and the Eucharist that instil a sense of renewal and transformation.

**Creating a Sense of Community** and Belonging One of the biggest struggles for street youth is loneliness and a lack of supportive relationships. The postulants have fostered a sense of belonging by Organizing Recreational and Social Activities, creating peer support networks that them to share their experiences.

The transformative impact of the **Napenda Kuishi Rehabilitation Program** is evident in the success stories of its beneficiaries. For instance, Duncan, a former street youth, progressed from living on the streets to enrolling in the University of Nairobi to study law. Such narratives underscore the program's effectiveness in altering life trajectories and offering brighter futures to marginalized youth.

## From the Pulpit to the Battlefield: A Call for Peace In Africa



**By Faustino Tino Maloba**

Africa has long suffered from conflicts that have devastated lives and communities. In Sudan and South Sudan, civil wars have displaced millions. In the Democratic Republic of Congo, armed groups continue to wreak havoc. Ethiopia's Tigray region has seen mass killings, while

Nigeria and the Sahel struggle with extremist uprisings. These conflicts perpetuate poverty and instability, slowing down Africa's progress.

The Comboni Missionaries, inspired by St. Daniel Comboni, are committed to building peace. They work at the grassroots level especially in the areas where these wars are happening for example in places like Sudan, promoting dialogue, justice, and reconciliation. Their vision is an Africa where people co-exist in harmony, free from war. Through education, humanitarian aid, and peace initiatives, they strive to address the root causes of violence.



Christians must actively advocate for peace. The 2009 *African Bishops' Synod* emphasized the Church's role in fostering reconciliation. As followers of Christ, we are called to be peace-makers (Matthew 5:9), rejecting tribalism, corruption, and violence. Churches need to speak out against injustice, promote forgiveness, and support nonviolent paths for youth. Faith communities must take action by encouraging dialogue, advocating for justice, and assisting war victims. The Comboni Missionaries set an example, but all believers share the responsibility. Through collective efforts, Africa can move toward peace and prosperity. As St. Daniel Comboni urged, "Save Africa with Africa."

It is therefore upon the African leaders to take initiative among themselves to solve these internal disputes. I personally was touched by the words of the former president of Kenya, Hon. Uhuru Kenyatta talking about the initiative our leaders should take, cause why should people spend a lot of resources to buy equipment which in turn should come and inflict harm on each one of us.



**#A MYSTERIOUS CALL#**

**By Maurice Muthoka Joseph**

**A desire slowly grows,  
Spiritual accomplishment the key,  
In dilemma firm choice made,  
Period of meditation new direction taken,  
A call is that is!**

**Family the roots of vocation,  
God or Family priority needed,  
Supreme being inclined becomes,  
Every call family -based foundation,  
A call is that is!**

**Focus and discipline mountains it moves,  
Ambiguous storms more inspiration gained,  
Where heart is there is one's treasure,  
Africa or Death like a covenant becomes,  
A call is that is!**

**No prayer call useless becomes,  
Jesus and Mary devotion Tsar Bomba it is,  
Garage of the mission prayer founds,  
Loose one save millions attitude guides,  
A call is that is!**

**No goal meaningless life becomes,  
Selfless and focus secret to success,  
Admitting the cross journey to salvation,  
Precious Death legacy it leaves,  
A call is that is!**

## The Role of Women in the Catholic Church : *A Trending Issue*

**By Samson**

The role of women in the Catholic Church has become a prominent and contentious issue, particularly regarding their inclusion in ministry and leadership roles. Central to this debate is the ongoing Synod on Synodality, initiated by Pope Francis, which raises questions about how the Church can remain faithful to its theological traditions while embracing greater inclusivity, particularly for women.

Historically, women have played significant roles in the Church, contributing to evangelization, charity, spiritual leadership, and founding institutions for instance women like St. Frances Xavier Cabrini founded institutions for the poor and sick, further illustrating the essential service provided by women in the Church. Despite their significant impact, the Church traditionally has restricted women to roles that emphasize service rather than sacramental authority, raising philosophical questions about the nature of leadership and authority within religious structures.

### Current Developments

In light of declining clergy numbers and the increasing leadership roles women are already undertaking in various Church activities, there has been a growing discussion about how these historical contributions can be expanded. The Synod on Synodality marks a shift toward a more inclusive Church, as it includes women as voting members for the first time, granting them a greater voice in ecclesial decision-making. This change signals a growing recognition of women's leadership, which historically has been relegated to advisory or supporting roles, prompting deeper reflection on gender equality and justice within the Church.

Pope Francis has established a commission to explore the theological and historical implications of expanding women's roles, particularly regarding the diaconate. According to these proponents, gender equality is a matter of both justice and necessity, especially in modern society, where women already perform substantial pastoral duties. Advocates suggest that formalizing these roles could enhance the Church's relevance, especially among younger generations and in secular societies that prioritize gender equality. This raises a key philosophical question; Can the Church

adapt its structure to reflect contemporary values of justice and equality without compromising its doctrinal foundations? The answer requires balancing tradition with the evolving needs of the faithful.

### Theological and Doctrinal Challenges

The Catholic Church's teaching on ordination as a sacrament, linked to Christ's choice of male apostles, stands at the heart of this debate, this teaching, emphasized in documents like *Ordinatio Sacerdotalis* by Pope John Paul II, asserts that the male-only priesthood is a divine law, not merely a matter of ecclesial discipline. Pope Francis has explained that men and women have complementary roles within the Church, represented by the Marian-Petrine principle. This principle states that women's roles are symbolically tied to nurturing and spiritual dimensions, while men's roles are associated with governance and ministry. While acknowledging the indispensable contributions of women, this principle inadvertently reinforces traditional gender roles, confining women to nurturing functions rather than expanding their leadership within the Church.



This principle raises important questions about justice, representation, and the evolving understanding of gender. Critics claim that restricting ordination to men perpetuates gender inequality and overlooks women's existing leadership in many areas

of the Church. They suggest that formalizing women's roles in ordained ministry e.g. diaconate would not only strengthen the Church's mission but also align it with contemporary understandings of gender equality. On the other hand, traditionalists say that ordination involves more than leadership it is a sacramental act reflecting Christ's relationship with the Church. From this perspective, the male priesthood is not about inequality but about preserving theological symbolism.

Pope Francis has encouraged prayerful discernment and theological study to address these challenges, emphasizing that reforms must align with the Church's mission. This ongoing dialogue is a response to the tension between doctrinal purity and the need for inclusivity in an evolving world.





By Benedict Mumo

## “Ignite Hope in The Young People,” Bishop Oballa

*“Pilgrims of hope we have entered this church today through the HOLY door, which follows the holy Father opening the holy doors on 24<sup>th</sup> December, 2024 on the eve of Christmas. We have opened again to encounter the Lord in this Jubilee year to celebrate the presentation of the lord on the holy Temple. It is a blessing for us to celebrate the lives of consecrated lives in jubilee year which will be closed on 6<sup>th</sup> of January, 2026 by closing of the holy doors”.* **Bishop John Oballah.**



On 1<sup>st</sup> February, 2025 was marked with gracious culmination of the celebration of the year of jubilee which was celebrated in the presence of consecrated men and women serving in the Catholic diocese of Ngong. The celebration of the Catholic Jubilee Year, was first established by Pope Boniface VIII in 1300, which originally focused on pilgrims visiting Rome to receive indulgences and participate in acts of repentance. Over time, it evolved from a primarily indulgence-cantered event into a broader spiritual renewal, with Pope Clement VI and others adapting the practice for wider participation. By the 16th century, the Church adjusted the celebration in response to the Protestant Reformation, and subsequent centuries saw the frequency of Jubilees standardize to every 25. The Great Jubilee of 2000 marked a major milestone, emphasizing reconciliation and mercy. Pope Francis highlighted the social justice dimensions of the Jubilee, focusing on themes of forgiveness, outreach to the marginalized, and living the Gospel's message. The Jubilee remains a time of spiritual renewal and pilgrimage. The 2025 Jubilee year marks 700 years since the first official celebration.

According to bishop John Oballah it was reduced to 25 years so that many people would be able to approach the door of Mercy.

The bishop called on the renewal of sacraments of the Eucharist and penance, to make of peace with ourselves, to our brothers and sisters and to God, so that all faithful are able to get closer to the church for reconciliation and restoration. He encouraged all to get renewed in this jubilee year by approaching the sacrament of reconciliation.

The bishop also emphasized the importance of consecrated men and women as role models for the youth thus partaking of the youth ministry as a commitment. He encouraged young people to observe and learn from the lives of those who have dedicated themselves to God, highlighting their commitment, humility, and service to others as this would enable them to learn how to discern, to know their own vocation, whether it is marriage or consecrated life or priesthood.

Young people who are the majority in the country, confronted by the advancement in the world spirit of civilization, find themselves in dilemma. Shaped by positivism and consequent secularism, the world set up have the potential to drive these youths to a wrong end. Nonetheless, the church has got an immense potential to redirect these young people to the end of humanity. This is possible when consecrated persons give much time and consideration to young people.







## Is It Ever Easy to Forgive? Or Is It Difficult to Forgive?

**By Angelo Botha Wusong**

Gazing through the history of humanity, we see that forgiveness has always been a challenging path whenever someone has been offended. When we look at Jesus on the cross we see the love of God to the humanity. God gave us His son in

order for us to be forgiven. Which means that as followers of Christ we have a chance to forgive our own brothers who have offended us in any way. We should understand that, to be in a community which has been blessed with diversity, nationalities and cultures it is always not easy if we are lacking peace and love. God is kind, merciful and compassionate, full of love and faithful when we face each other for forgiveness. Therefore, understanding forgiveness as a path of healing and peace is a fundamental concept rooted deeply in the bible offering a path to mental peace, spiritual renewal and emotional healing. We thank God for bringing us together as a community of peace, love and forgiving.

God's will to forgive finds its perfect manifestation in Jesus Christ whom he offered to redeem us from our sinful acts. Thus, as children of God let us forgive each other generously as Christ taught His disciples. If Christ can forgive us, who are we not to forgive our own brothers? Christ instituted the sacrament of forgiveness to the church where as Christian we should forgive our own brothers from the bottom of our hearts as well as our enemies.

### Christian Vision About Forgiveness

We are created for communion with God and one another. Human life is all about union, unity and peace to each one of us as living creatures of God. Forgiveness itself started with Jesus, the human face of God, Jesus Christ is the compassion of God who has come to reconcile us to the Father and to one another. Lk 15: 11-32, shows the father who embraces the prodigal son with that infinite tenderness of love. Sometimes we might wrong each other in any way, let us feel sorry for it and be ready to ask for forgiveness. God has brought us together as a community full of love to one another, thus the need of forgiveness each other. If we are to ask ourselves, why did God forgive our sin by sending His only son Jesus to die on the cross because of our sin?

God himself made it clearly to us that, "He will not abandon us when we turn away from Him or from others or even our own self". Which means forgiveness is a gift from God and a sacrament of peace and happiness in our life. God is our model through forgiveness; we should forgive unconditionally as God does to us. Forgiveness

should be springs from the deepest desire of our heart to be at peace within and with others. In Mathew 18:21-22, Jesus teaches his Peter, about the extent forgiveness, "I do not say to you, up to seven times, but seventy times seven." If you calculate it mathematically it gives 490 times. This passage highlights the infinite nature of forgiveness, urging us to forgive others always. We are being advised in Ephesians 4: 32 "Kind and compassionate to one another, forgiving each other, just as in Christ God forgave you." The Holy scripture has clarified to us that; forgiveness is not optional but a core element of the Christian faith.

### How Does Forgiveness Benefit Us Spiritually, Mentally and Emotionally?

Spiritually, forgiveness is a most fundamental element which connects us deeply with God; through forgiveness, we see the mercy of God and fosters a closer relationship with Him. When we forgive, we obey God's command and open ourselves to receive his forgiveness and grace. Moreover, mentally, forgiveness reduces stress and anxiety. When we hold a lot of rubbish and bitterness in our heart, it weighs heavily in the mind thus full of negative thoughts. Therefore, forgiveness assists us to free these burdens, giving peace of mind and liberation.

Emotionally, forgiveness can promote the spirit of healing and emotional well-being. It allows us to drive away the past hurt and resentment, demonstrating empathy and comprehending towards those who have wronged us. This emotional release can improve our mood, enhance our connection and increase our happiness with others.

Finally, without love rooted deeply in our heart as that of Christ, it is difficult to forgive those who offended us. Martin Luther King said, "*The person devoid of the power of forgiveness is devoid of the power of love*". Which means without infinite love in our heart, it is difficult to forgive those who wrong us but with love always ready to forgive with purity of heart. Pope John Paul II once said, "*Real peace is not just a matter of structure and mechanism; it rests above all on the adoption of a style of human coexistence marked by mutual acceptance and a capacity from heart.*" We all need to be forgiven by others, thus we must be ready to forgive.

## The Spirit of Indifference: *The “I don't care Mentality”.*

*By Hillary Bing'erwa Werunga*



The society of today has adopted a new crazy phrase "I don't care". This monster was named as the spirit of indifference. If one decides to close his/her eye to a brother/sister who is suffering, by this he/she is guilty of sin. During the visit of Pope Francis to Kenya in November 2015 and addressing the youth gathered at Nairobi University grounds, he begun by saying, *"I want to speak to you about a danger that is ruining the mission of your generation. That danger is the 'sin of indifference.'"* He remarked that the world has the tendency to turn blind themselves the cries of the suffering, the poor and the marginalized. Indifference is not just a moral failure; it is a sin. The vice is eroding the value of the humanity in the present generation. This sin is not only eating our Jumuiyas but the entire church where have turned away from the cries of others. We have so many Cain in current era in that many see others being attacked on the road or a neighbour's child being ruined but all close their eyes. Individualism has become the order of the day. Unfortunately, this is what is observed in our big towns and cities.

I remember what my own brother told me when I was about to come to Nairobi for the first time. He said that I should never trouble myself when walking in the streets even if things are not okay. Always to mind my business. Thus I wonder how many young people have been misled with just statements. Is this the heart of a Christian and a true believer of Christ?

In Matthew 25:46, Jesus invites us to do good to one another. That's why the church is embarrassing the Spirit of Synodality. Our formation in the Postulancy is embracing the brotherly love thus killing the Spirit of indifference. We are formed and prepared to serve the poor and the most abandon, instilling the value compassion in us. We are being called daily to know the where about of our brothers at any given time. As our Formator, Fr. David always says, *"Am always happy when I see you restless and concern about your brother's well-being"*.

25<sup>th</sup> June 2024 became a historical day in Kenyan youths who were nine years old when pope Francis visited Kenya, they stood up and put aside their differences to fight the same monster corruption and injustice resulting from the Spirit of Indifference in our political leaders. The biggest question is; will this coalition of youth win? will they maintain the rule of law even when it is against them? And will they sit and devise a better manner of addressing matters without forfeiting their life's for change? They stand a chance of becoming leaders, anti-tribal and undivided, consciously they opt to fight for change and this is the correct way.

Albert Einstein a German philosopher asserted, "the world is not bad because of bad people, but because of good people who do nothing" but only to that which bothers them. Again before a brother or a sister fall into depression, there is one who initiated the idea but chose to remain silent. Many chose to remain silent when people are giving or taking bribes, and this leads to corruption and suffering.

My dear brothers and sisters, we need to be strong and kill this complacency spirit within us, for us to have a better future. Tomorrow is in our hand, and let's shape it to our advantage.



**A HEART FOR AFRICANS**

*By Joseph Odhiambo*

**My dream for Africa is far away**

**The of changing one song**

**The song of liberty for the Africans**

**To dedicate hundred life for Africans**

**The blue heaven and blue earth**

**Represent yourself and myself together**

**Let save Africa with Africa**

**My heart shall, Africa or death**

**Let someone answer dream I have for Africa**

**Even if only one must stand,**

**Hold firm, don't let go of His hand**

**For each day, a sacrifice made**

**A whispered prayer that shall not fade**

**A single Hail Mary from a heart so true,**

**Hold worth beyond what number do**

**For given wholly, with love untold**

**It shines like night, more precious than go.**

**The wisdom of God in the cross we see**

**A love so deep, so vast, so free**

**Through trials endured, I understand**

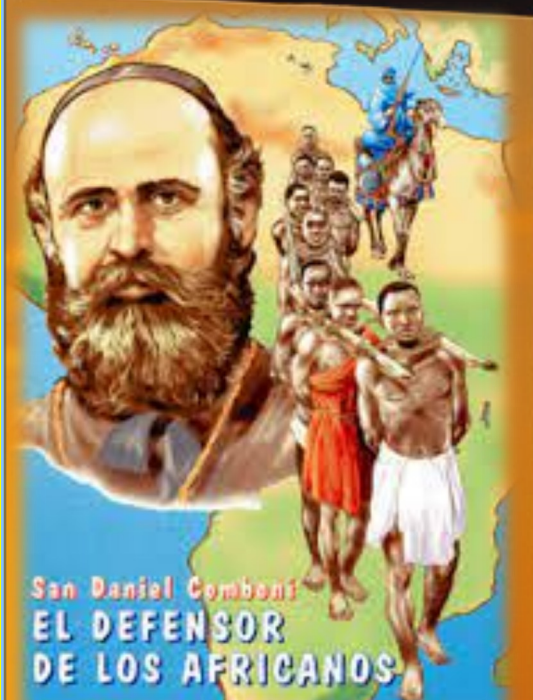
**This path is drawn by His own hand**

**A bride I've chosen, firm and bright,**

**Bound in love, in sacred light**

**With life to give, with faith to see,**

**The hope of Africa, rising free**



**In land, where heart s in faith abide**

**Where dreams and duty walk side by side**

**With confidence, in God i stand**

**To build, to heal, to bless the land**

**For A Africa dawn, so strong so near,**

**A call to rise, a call to hear.**

**Not by others, nor by decrees**

**But Africa1s soul shall set it free.**





## To the Youths: Be Transformed and Resilient

*By Stephen Oluoch*

I write to you young men because you are strong and the word of God abides in you. You are the pillars of hope and future of the imminent church and good

church is based on the good foundation of our youthfulness in the contemporary and ever changing world structured by building emotional resilience, setting realistic goals, limiting social media exposure, developing healthy habits, embracing failure and learning from mistakes. These challenges can range from academic pressure and societal expectations to the influence of social media and struggles. However, with the right coping strategies and support, you can navigate these challenges and emerge stronger.

One of the first steps in coping with challenges is developing emotional resilience. Resilience is the ability to bounce back from setbacks, adapt to difficult situations, and maintain a positive outlook. You can build resilience by learning to manage your emotions, seeking support from family and trusted friends, and practicing mindfulness. Activities like journaling, meditation, and deep-breathing exercises can help you process your feelings and stay grounded in tough times. **Proverbs 3:5-6:** "Trust in the Lord with all your heart, and lean not on your own understanding, in all your ways submit to him, and he will make your paths straight."

Academic and career pressures often weigh heavily on you. Setting realistic and attainable goals is significant in reducing the overwhelming feeling that comes with expectations. Breaking larger tasks into smaller, manageable steps can make challenges seem less daunting. Celebrating small victories along the way helps build motivation and self-confidence. It is also important for you as youth to understand that failure is a part of the learning process, and setbacks don't define their worth or future potential. Failure can lead to redemption. The younger son asks for his inheritance, squanders it in reckless living, and ends up in dire circumstances. His failure and repentance led to reconciliation with his father, showing that mistakes and failures can lead to a deeper understanding of grace, forgiveness, as well as restoration.

The constant presence of social media has amplified pressures on youth, creating unrealistic standards of beauty, success, and happiness. Constant comparison can lead to feelings of inadequacy and anxiety. It's essential for you as youth to limit your exposure to social media programs such as WhatsApp, Face-book, Tiktok, Instagram, Telegram, focus on real-world interactions, and engage in activities that promote self-esteem and body positivity. Digital detoxes or setting boundaries on screen time can help mitigate the negative effects of online comparison.

Physical health is closely tied to mental health, and maintaining a healthy lifestyle can help one cope with stress. Regular physical activity, a balanced diet, adequate sleep, and staying hydrated can improve mood and energy levels. Exercise, in particular, is known to release endorphins that reduce stress and increase feelings of well-being. In addition, engaging in hobbies or creative activities provides an outlet for self-expression and relaxation.

Today's youth often face the pressure to succeed in all aspects of life, which can lead to fear of failure. Learning to view failure as a natural and valuable part of the growth process can help reduce this fear. By embracing mistakes and seeing them as opportunities for learning, young people could develop a mind-set growth. This mind-set enables them to approach challenges with determination and resilience rather than giving up when things don't go as planned.

The challenges faced by today's youth may seem overwhelming at times, but they are not insurmountable. By building resilience, setting realistic goals, limiting social media exposure, and developing healthy habits, young people could better cope with the hurdles they encounter. Embracing failure as a learning opportunity and practicing self-compassion are also crucial steps toward personal growth. With the right strategies and a strong support system, youth can overcome the challenges of today and thrive in the face of adversity.







## A New Comboni Missionaries' Church Building in Rankau

*By Mishael Meshack Yawa*



**St John The Apostle, Catholic Church . This New Church belongs to the Comboni Missionaries of the Heart of Jesus (MCCJ).**

On Sunday, 2nd of March 2025, we experienced the opening of a new Church in the Catholic Diocese of Ngong with the priests' rectory for the community of Rankau sub-parish under Kandisi parish by Rt. Rev. John Oballah Owa, the bishop of Ngong diocese. From 2022, this community has been under the pastoral care of the Comboni missionaries of the heart of Jesus. The Church was blessed and dedicated to St John the apostle. The occasion which was a blessing to the Comboni Missionaries and the Christians of Rankau, was witnessed by the Comboni Missionaries working in Nairobi Zone. In a beautiful celebration, his Lordship John Obala Owa, praised the good works and the collaboration they were and are still offering to the diocese.

It was a great and new spiritual experience for the Christians of Rankau sub-parish as they celebrated their first mass in the new church, which came as the fruits of their support and contribution. The consecration of the church was a deep spiritual moment following the Catholic Church traditions, as the bishop led the dedication of the altar and blessing all the building with the blessed water.

During mass the bishop offered his heart felt appreciation to the Comboni missionaries for their great works they have done in the diocese starting from their first parish in St Mary's Ongata Rongai and affirmed his support for their mission, encouraging them to continue with their work of evangelization. From this one parish, the bishop added that he had seen the birth of other eight parishes, Kandisi being one of them.

The faithful through their leaders appreciated Fr. Chrisantus Mose, MCCJ for being with them supporting and journeying with them. In his part Fr. Andrew Wanjohi, the provincial superior of the Comboni missionary in Kenya affirmed the support of the Comboni missionaries in supporting the community of Rankau in their future plans, mentioning that the establishment of a cemetery in the same compound is a clear sign that Rankau is now a home for the Comboni Missionaries. He encouraged the faithful not to get relaxed as there are still a lot to be done in the development of the sub-parish which in future might be elevated to a parish.



**Bishop John Oballah Delivers a Homily During the Opening of St John the Apostle, Rankau (Far right).**

## The Comboni Missionaries and the Enduring Unrest in South Sudan

*By Denis Dino Clement*

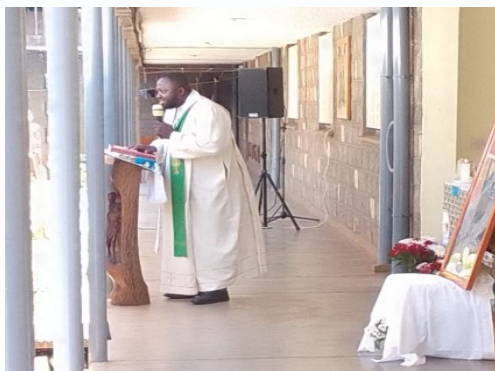


Fr. Pius is a Comboni Missionary who works in South Sudan, teaching at the diocesan major seminary in Juba. During the traditional celebration of the birthday of St Daniel Comboni at the Uganda Martyrs' Scholasticate, Nairobi – Fr. Pius

briefed the confreres and sisters present on the situation unfolding in South Sudan. According to him, the Comboni missionaries are involved in education, pastoral work, health and peace efforts in the country.

Wreaked by the alleged violation of the 2018 R-ARCSS (Reconstituted Agreement for the Resolution of Conflict in South Sudan), the country has been said to be “at the brink of a civil war.” The militias in Nassir County, well known as the

“White Army’s” launched attacks against the South Sudan People’s Defense Forces (SSPDF) resulting in the death of many soldiers and at least a Major General, Major.



Fr. Pius, MCCJ briefs about the situation in South Sudan. 15/3/2025

According to a statement from Radio Tamazuj (March 7, 2025), “A South Sudan People’s Defense Forces (SSPDF) commander and a United Nations crew member were killed in Nasir County, Upper Nile State, after a UN helicopter came under fire during an evacuation mission on that Friday morning. The UN helicopter was deployed to evacuate SSPDF soldiers, including their commander, [Gen. Major Dak](#), who had been stranded in Nasir following clashes between the SSPDF and a local armed group known as the White Army. The evacuation was part of efforts to defuse tensions after recent fighting in the area.

Fr. Pius stated that, among the youth (White Army) was also a General who was killed by the SSPDF and they were not happy. These actions invited the ongoing unrest in the country with the government laying blame on the opposition party as supporting the White Army. Thus, the country was submerged in a series of military actions which threatened hard-won peace agreement of 2018 which ended a nearly five years’ civil war.

“I ask myself, we ask ourselves: evangelization which was started by the Comboni Missionaries, is it fruitful, is it effective or not?” Fr. Pius lamented with an interrogating attitude. The presence of the Comboni missionaries, their enduring impact, influence and efforts to establish the Church in South Sudan and Sudan has always been met by many obstacles. History tells that in 1964, the Sudanese government expelled the missionaries out of the country. The recent and ongoing civil war in North Sudan has devastatingly erased some missions of the Comboni Missionaries including the long standing Comboni College in Khartoum. Hence, the question of Fr. Pius comes, “is our evangelization fruitful, is it effective?”

Moreover, Fr. Pius recounts the incident that happened early this year in January where some South Sudanese were killed in Sudan. The angry youth went and looted the shops of the North Sudanese leaving in South Sudan. Some were killed and others went to stay under Police custody. Notwithstanding the fact there are returnees and refugees from the North who are taking refuge in South Sudan.

Despite all these, the Comboni Missionaries remain actively engaged in their pastoral, educational and health activities in the missions. Their resilience bears a witness of faith, love and hope for a people whose history has been stained by bloodshed. They bring hope to the poor and most abandoned, assisting the local church to develop and establish its grounds on genuine evangelization and human promotion.



Guns and Other Ammunitions threaten life



## The Art of Habit: What are Habits?



**By John Omondi Auma**

Habits can be defined as repeated actions which can either be bad or good. Interestingly enough we tend to carry with us more of bad habits rather than good habits and it is also very easy to continue with bad habits rather than developing good habits, this is because bad habit is like an oak tree in our lives that we've left and has grown to its maturity and its now when you want to pluck it out, it can never be an easy task as you might have thought. It requires a lot of patience and commitment. Whenever we try to change a bad habit, we're always full of fears which is a normal thing to happen to us, since we're trying to enter into a new realm which we are not sure of the outcome. This fear when not faced properly might sabotage our changing from worse to better.

The only solution towards the fear is to face it without prejudice and in the process always be ready to lose yourself in order to be the new person you desire to be. An example suppose you wishes cut off some of your weight and have muscles, it will require you to go to the gymnastic to lift some weight that will enable the muscles to come out, however it won't be a one-day thing as others may have thought. It requires consistency, patience and commitment.

The success we usually encounter doesn't usually come from a one-day thing as others might think, it only requires an individual to start small with little expectations, which later on accumulates to the best outcome that we usually observe at the end. Lastly, we need not to forget the process which took us to the desired results since it's what will matter in the future again, this is because when we relax once we achieve the desired goal, it may take us back from where we began from. Even after receiving the results, we should always stick to the whole process for much better results since our dreams always as human beings is to be much better always not remain stagnant at one point.



## Family Day: Joy, Connection and A Sense of Belonging

*By Abraham Oyet Kanis*



On 22<sup>nd</sup> of March 2025, was a special day in the Comboni Postulancy at Ongata Rongai, Kenya as we celebrated the Family day with our family members and friends. On this day as the readings of the Feast of St. Joseph, the husband of Mary was used which depicted the importance of coming together as a family.

Our families and friends from Kenya and South Sudan showed concern, care and love for us, postulants. Many travelled from far distances e.g. Lodwar in Turkana to be with us. This made me understand and believe that the very most important thing where we live is the family that has love for each other, as all of us within the family desire to be loved as Friedrich Nietzsche says, "In family life, love is the oil that eases friction, the cement that binds closer together, and the music that brings harmony."

The day was marked with colourful cultural dances especially from the community of South Sudan who came with their traditional attires depicting the different tribe; Acholi, Azande, Bari, Balanda, Mundari, Pojulu, Kuku, Dinka, Nuer, Otuho. Those dances brought harmony with the sense of belonging that unite us and remained us of our origin. Besides the dances, we shared drinks, food, and above all the togetherness that gave joy to each of us.



**The South Sudanese Community**

The significance of Family Day lies not only in taking a leisurely break from work and school but also in fostering relationships among family members. At our postulancy, we embrace a cherished tradition that bring joy, connection and a sense of belonging to all of us.

The purpose of family day celebration is to serve as an opportunity of our loved ones to gain insight into our lives and the progress we are making in our formation journey. By inviting them, we aim to foster understanding, appreciation and support for the path we've chosen to follow.

Moreover, the event is a chance for us to share precious moment together, strengthening the bond that unite us as a community. Through celebration of the holy Eucharist together, conversations, entertainment activities, and simply enjoying meal together - family day provides a space for genuine connection.

Importantly, as we welcome our families and friends, we extend an invitation for them to continue supporting us on our journey. Their encouragement, prayers, and unwavering belief in our aspiration are invaluable pillars of strength as we navigate the challenges and triumphs of our formative years.

**Families Gathered for Family Day**





## TEAM BUILDING GAMES



## HOLY MASS EVERYDAY



## RECOLLECTION



## MANUAL WORK



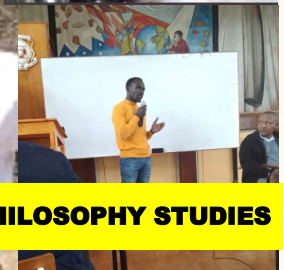
## BIRTHDAY CELEBRATIONS



## COOKING



## PHILOSOPHY STUDIES







Team Building Games During a Community Outing and Group Photo



Session During the Community Annual Retreat at the Carmelite Retreat Center, Langata.



## The Comboni Missionaries: A Life for Mission and Service

The Comboni Missionaries, officially known as the **Comboni Missionaries of the Heart of Jesus (M.C.C.J.)**, are a Roman Catholic religious congregation of priests and brothers founded by **Saint Daniel Comboni** in 1867. Deeply moved by the plight of Africa, Comboni dedicated his life to the evangelization and human development of the African people, guided by his motto: *“Save Africa through Africa.”*

Born in Italy in 1831, Daniel Comboni was a man of vision and great courage. After an initial mission to Sudan in the 1850s, where he witnessed the suffering caused by slavery and poverty, he crafted a strategic missionary plan called the **“Plan for the Regeneration of Africa.”** His plan emphasized local leadership, education, and the full dignity of the African people. His tireless efforts led to the founding of the Comboni Missionaries, a community committed to living among the poor and marginalized, sharing their lives, and proclaiming the Gospel through concrete works of charity and justice.

Today, the Comboni Missionaries are present in **over 40 countries across Africa, Europe, the Americas, and Asia**. Their mission continues to focus on **evangelization, education, healthcare, human rights, and the promotion of integral development**. They work in challenging environments—remote villages, conflict zones, refugee camps, and urban slums—serving where the Church is in greatest need.

A unique aspect of the Comboni charism is their **focus on forming local Church leaders**. Inspired by Saint Daniel Comboni's vision, they place great importance on empowering local communities, promoting vocations, and encouraging self-sufficiency. This is not only a sign of respect for the culture and dignity of the people they serve, but a sustainable model of mission that values collaboration and partnership.

Vocation to the Comboni Missionaries is a call to live a radical life of **faith, simplicity, and brotherhood**. Whether as priests or religious brothers, Comboni Missionaries are united by a deep love for the missions and a willingness to go where others may not. Formation includes spiritual, pastoral, and academic preparation, with opportunities to live in multicultural communities and engage in hands-on mission work.

The Comboni Family also includes **Comboni Missionary Sisters, Comboni Secular, Comboni Lay Missionaries**, and a growing number of **Comboni Associates and Friends** who share in the mission through prayer, financial support, and short-term mission service. Their collaborative spirit reflects the unity and diversity of the Church's missionary outreach.

As the world continues to face challenges like poverty, migration, and climate change, the Comboni Missionaries remain a prophetic witness of hope, compassion, and Gospel joy. Their work is a powerful reminder that mission is not only about preaching—it is about presence, justice, and love in action.

We invite young people to listen to God's call and consider this extraordinary path of service. The harvest is great, and the workers are few. May Saint Daniel Comboni inspire a new generation of missionaries with hearts on fire for the Gospel!

For more, Visit our Website: [www.comboni.org](http://www.comboni.org)



# SAVE AFRICA



*The Comboni Postulancy Community At The End of a Three Day's Retreat*

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