



WEEKLY REFLECTION



Get into tune with me
in the peace and stillness.
How can you expect to hear my still small voice
when you are in turmoil within
and are too busy to take time to be still and listen?

As you learn to be still, you will be able to do it, no matter what you are doing
and no matter where you are.

You will be able to pull your cloak of peace and stillness around you and find
that centre of peace which nothing can disturb.

There you will find me in the very midst of you. You will find your realisation of
oneness with me, the source of all creation.

In this state of peace and oneness you will be in full command of every
situation, and you will know exactly what to do and how to do it. It is something
all individuals can do when they want to; it is not reserved just for the few. Why
not be still now and be at perfect peace?

Eileen Caddy





EDMUND RICE FEASTDAY CELEBRATION AT EDMUND RICE SINON



Students of Edmund Rice Sinon during the Edmund Rice feast day celebrations

Last Saturday ERSSS celebrated the feast day of Edmund Rice with much energy and colour as students sang and danced, listened to some inspirational talks and gave awards to students who received distinctions in last year's form six results. Much was wonderful about the day, but I was struck very much by one ex student (by the name of Gasper) who gave a short talk to the present students. He had received a distinction and would be going to university soon to study law. What struck me was his humility and his message to the present students. He had received very ordinary marks in form two and form four at a different school. When he came to ERSSS, Clem Barrett enrolled him and told him that it didn't matter what marks he came with, it was what he was going to leave with that mattered. Clem's words, he said, struck him very deeply and he said to himself, "I can be the author of my own life. I don't have to live the same story that I had been living up to now." From there, he worked hard, cooperated with teachers and did well. Gasper, then gave a very positive and inspirational few words to the present students, encouraging them not to worry about what they have achieved up to now, but to "write their own lives."

It was a real inspiration to me to listen to these words about the freedom we all have (if we want it!) to "tell ourselves a different story" to the one we may have been telling ourselves up to now. It also reminded me how a simple comment by a teacher, mentor or older person (did Clem know at the time how his words would affect this new boy a few years ago?!) can have such a positive effect on a young person and help him to change his life. I left with the invitation and challenge to be much more aware of what I say to people, who come into my sphere of influence, and how I say it.

GERARD ELLUL





———— **EDMUND RICE SINON SECONDARY SCHOOL**
CELEBRATES EDMUND RICE FEAST DAY ————

Edmund Rice Feast day, normally celebrated on 5th May, was celebrated on 25 July at Edmund Rice Sinon Secondary school. The delay was to give room to form six national examinations which took place in May. This year the celebrations were attended by various guests including Br. Frank O’Shea, the former Head Master of Edmund Rice Sinon. On his ride out from Obama chaos in Kenya, Frank surprisingly appeared in school. In his speech, he was impressed to see his former students serving as staff members at Edmund Rice Sinon. The guest speaker was Br. Clem Barret, the former Headmaster of Edmund Rice Sinon and current Registrar, who spoke about the seed that was sown more that 200 years ago and still alive today. He urged all to embrace the spirit Edmund Rice so as to transform society. The celebrations also had some alumni who encouraged the students to work hard so as to achieve their dreams. The climax of the day was the awarding of certificates to all 14 form six graduates who scored “Distinction Class” in their national examination this year. This was recognition of the few among the entire class which did tremendously in their examination. The summary of their results is indicated as follows: 14 Distinction, 31 Merit, 63 Credit, and 28 Pass.

To all Edmund Rice Family, happy feast day.

Br. Simon Kaswahili

———— **DON’T DROP THE SWEET** ————

Every Monday is a busy day at EFL. The members are expected to be at the compound by 9:00am, when one arrives late, Br Bill Colford charges them KES 10 (USD 0.01 cents) for anyone who arrives after 9:30am. He carries out this duty with utmost seriousness. I was told the money collected forms part of the welfare funds that supports the beneficiaries. Every Monday evening Bill goes to the bank to deposit the funds collected, no matter how meager the collection has been.

In the compound the meeting is in progress. After songs of praise and worship, the members read the gospel of the day, and those who wished to contribute gave their interpretation of what the passage is speaking to each one of them. That was followed by some information of who is unwell, who has a reason not to attend and giving their apologies and who is facing some difficulties in life, a sign of the community that cares about the welfare of every member.





Monica presenting to the EFL members

What surprised me most was when Monica Wagwau, a beneficiary who is now also a staff member, gave the topic of the day. She spoke about sexual abstinence as a way of living healthy while being HIV positive. Monica did not mince her words. She spoke to them as they are. In a lighthearted moment, she

used an analogy, which she shared on how to

keep their chastity. They were told to hold a sweet (candy) between their knees and not allowed to drop it. If it hits the ground you are in trouble. HIV was addressed not as some hidden reality, but as something present right in their midst, something within each one of them. I was left speechless by the honesty and the courage with which the topic was tackled.

GEORGE MASSAY

EDMUND RICE CAMPS for KIBERA

We were denied the use of Regina Pacis which led us to the old Edmund-Mary Rice Centre. The activities once again went very well with a good effort to introduce the new games learn on the training day. On and off, we had 42 leaders and 66 children. The feature in the afternoon was the creativity and initiative in forming each group's hose with cupboard received from supermarket Cleanshelf. Once again, we give thanks for Sammy Muga's organization and John Omondi's effort in getting the exact number of children scheduled

PETER COLE

NOTICE

Brothers in Nairobi are invited for the farewell dinner for our brothers Philip Kwena, Lawrence Agalo and Sammy Munyua as they head-off to Zambia for the orientation program prior to joining the new clusters of communities in Zambia.

The dinner will be at South C Community on Sunday 30th August at 5:00pm.

RSVP George Massay for catering purposes.





CALENDAR

August 9-14	AP Brothers workshop with Br. John Casey (CLT)
August 10-14	PLT meeting
August 30	Send-off dinner at South C for Sammy, Philip and Lawrence
September 4-6	Child Protection Workshop
September 12	Nairobi Cluster meeting
September 19	Arusha Cluster meeting

Many Blessings,

George Massay

