



———— “I WORRIED” ————



“ I worried a lot. Will the garden grow,
will the rivers
flow in the right direction,
will the earth turn
as it was taught, and if not how shall
I correct it?

Was I right, was I wrong, will I be forgiven,
can I do better?

Will I ever be able to sing, even the sparrows
can do it and I am, well,
hopeless.

Is my eyesight fading or am I just imagining it,
am I going to get rheumatism,
lockjaw, dementia?

Finally I saw that worrying had come to nothing.
And gave it up. And took my old body
and went out into the morning,
and sang.”

By Mary Oliver





———— SOMEONE TO KEEP IN OUR PRAYERS ————



Br Simon Peter Odongo

Simon Peter Odongo has begun his 30-day Ignatian retreat, famously known as the Spiritual Exercises.

The Spiritual Exercises are a compilation of meditations, prayers, and contemplative practices developed by St. Ignatius Loyola to help people make a life choice in relation to following Jesus. These themes of discernment and discipleship are very

appropriate, as Simon is doing this retreat as part of his discernment about final profession in our Congregation.

We are all asked to keep Simon in our prayers during this one month of retreat.

George Massay

———— A VISITOR THIS WEEK ————

We welcome Shane Woods into our District this week. Shane is here at the request of the Director of Edmund Rice Foundation Australia (ERFA) to audit our current procedures and protocols in the implementation of our Child Protection policies in projects supported by the Edmund Rice Foundation Australia (ERFA). ERFA is one of the major funders of our mission in East Africa.



Br Shane Woods in South C - Nairobi

He is also here to visit places in East Africa where Volunteers and Immersion groups from Oceania visit and work, to assess the child protection and personal safety aspects of these sites.

You are most welcome Shane.

George Massay





COLLABORATIVE LEADERSHIP IN COMMUNITIES



Brothers pose for a photo before beginning the hike

The annually professed Brothers were privileged to reconnect with each other and to learn more about collaborative leadership in a workshop facilitated by John Casey. The general mood of the workshop was conducive to growth and very reflective. The Brothers were able to share freely with each other their ‘individual life story’ and to relate it to life in the community. This was quite remarkable and very inspiring. Throughout the workshop the word that stood out most for the Brothers was “brothering,” a simple word that has a deep reflective meaning. Brothering in this context refers to the deep bond of relationship among us as Brothers and being able to accept my brother, despite my role (title) in the community or in ministry.

Effective collaborative leadership helps us to understand each other and calls us to deeper listening and dialogue, to being responsible with the roles and responsibilities entrusted to us, and, above all, embracing leadership as a free gift given to me by God.

The brothers were able to name the blocks that hinder the effective development of the community and the strategies that could help build a healthy community, geared towards creating a deep bond of relationship among the brothers. Ability to listen to another’s story with an open mind and heart was indeed a way of brothering to each other.





Within the five days of the workshop, there was a free day where the brothers went to hike Mount Longonot. The most exciting aspect of the excursion is that all the brothers managed to reach the peak of the crater. The brothers, who had extra energy, managed to walk the rim of the crater. The hike was challenging but a very worthwhile exercise as it helped us to bond even better.

The climax of the workshop was the celebration of the Eucharist, table fellowship that was quite enriching. I am optimistic that the energy the brothers received after attending the workshop will help build our shared brotherhood and thus help us individually in our personal growth and in the growth of the community.

The brothers were grateful to have been given the opportunity to learn more about collaborative leadership and the issues of concern that were pointed out will help transform our way of living our brotherhood. I wish to offer a sincere word of heartfelt appreciation and gratitude to John Casey for the inspiring facilitation of the workshop and the District for arranging the workshop. May the spirit of Jesus and Edmund help us to strengthen our brotherhood and exercise the pure gift of gratuitousness.

Fred Otieno

———— **THE FIRE ALREADY KINDLED
WAS FANNED INTO FLAME AT ISC** ————

The flame within my heart was fanned into flame during the two-month program at the International Spirituality Centre (ISC) in Lusaka. Attending the programme were fourteen participants, nine sisters and five brothers. What remains with me was the enrichment I gained living in a mixed community full of trust, support and fun. Each of us took responsibility to ensure that our community living was different from what we had experienced earlier and that religious life could be lived differently.

Listening to stories was a big part of the programme. Not all people have had good formation experiences. It was so sad listening to my fellow participants describe some painful experiences they had experienced in the name of formation, and the pressure put on them not to commit mistakes.

I don't know if I could have survived the experiences that some of my fellow participants have experienced in their Congregations. I came to appreciate how fortunate we are as Christian Brothers, yet I still think we need to continue improving in some areas through an understanding of transactional analysis. What is my script, when I interact with brothers? Do I interact with them on the level of parent,





child or adult? Let's not accumulate hatred and anger, but share it openly; no one will send us out of the Congregation if we honestly share our feelings. Even if you are sent, you will have been freed from these inner chains, since someone would have listened before taking an action.

Someone shared that, before he joined congregation, he was a prayerful person. After he joined, that prayer life no longer existed. He attends community prayer, goes to mass and to ministry, but does not have a sense of a strong prayer life. I felt the person was very honest, but ... Structures can be helpful, but prevent an individual from developing his/her prayer life. I, as an individual, need to keep track of my prayer life, knowing that's what will sustain me. Dedication and effectiveness in Ministry comes as a result of a strong prayer life.

Thanks to our East Africa Leadership Team for giving Odongo and me the opportunity to attend the course. We, both Odongo and I, feel empowered to make a mature decision. Blessings.

Sammy Munyua

———— COCACOLA SPONSORS BONANZA AT EDMUND RICE SINON SECONDARY SCHOOL ————



Teachers and students in a tug of war

On 8th August, 2015 Edmund Rice Sinon Secondary School held an impressive day featuring a sports bonanza sponsored by Coca Cola as well as a talent night featuring the unveiling of this year's Mr. and Miss Edmund Rice.

The games took place at Muriett Sports Field. The day started around 9am with several epic rounds of Tug of

War between the school houses. Following that, the good people from Coca Cola distributed a Coca Cola to each of the students and held a dance exhibition.

After being refreshed by the beverage, the teachers decided to verse the students at a round of Tug of War and it devastates the writer to announce that the teachers lost overwhelmingly. Too many brains, not enough brawn among our teaching staff clearly!





After the upset we engaged in various athletic events, from 100m and 200m sprints to sack races and a cross-country event. We also held a football competition between the houses. During half time we held the regular 'Chase the Chicken', the chicken being cannier than we counted for when it took off into the crowd, then into the surrounding bushes. Never fear, it was eventually apprehended. Netball and basketball games followed immediately after football and were both equally affairs.

When night fell we launched our talent night, which featured some amazing dance skills from all year levels. The teachers participated also, launching a new song written for that night as well as several solo performances. The competition for Mr. and Miss Edmund Rice was tight, with all nominees being equally deserving for the award. After modeling 3 different outfits, the participants had to answer a question delivered from the emcee. This year our Mr. Edmund Rice was Alex and our Miss Edmund Rice was Angel. The day and night was a rousing success and our thanks are passed on to everyone involved.

Adrienne Ringin

———— **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 by Sunday 23rd August.

REMAINING BIRTHDAYS IN AUGUST

AUGUST 18 CONSTANTINE SUNDAY (Eldoret)

CALENDAR

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
October 2-3	CL's meeting





October 11-13 ERMEA meeting
October 14 DLT meeting
October 16-18 Annually professed workshop
October 20 Mashujaa Day
October 21 DLT meeting
October 23-24 Formation Committee (Nairobi)

October 28-30 DLT, PLT and CLT meeting in Lusaka

November 28 First profession Lusaka

November 23-27 PLT meeting in Lusaka

December 11-14 Reception of the newly professed and assembly
December 12 Jamhuri Day

Many Blessings,

George Massay

