



COLUS



Community of Love Unity and Service



Holy Trinity
Catholic Church, Kileleshwa

ISSUE 4, 2014

LETTER FROM OUR PARISH PRIEST

by Fr Fiorenzo Canzian

OUR COMMUNITY

Meet parishioners Dr Caesar Mwangi, CEO, Sasini Ltd and Mrs Rosemary Saina, Principal, Kenya High School.

ARTICLES

Via Dolorosa by Fr Fiorenzo Canzian,



WITH LENTEN ACTIVITY CALENDAR

Catechism on Lent

BY FATHER FIORENZO CANZIAN | FROM THE BOOKLET "LENTEN CAMPAIGN 2014"

LENT: The liturgical season of forty days which begins with Ash Wednesday and ends with the celebration of the Paschal Mystery (Easter Triidum). Lent is the primary penitential season in the Church's liturgical year, reflecting the forty days Jesus spent in the desert in fasting and prayer. By the forty days of Lent, the Church unites herself each year to the mystery of Jesus in the desert.

QUESTION: Which are the rules for Fasting and Abstinence in the Catholic Church? Fasting and abstinence are spiritual practices that are vital to the Christian life. The rules are set forth in the Code of Canon Law:

Can. 1250: The penitential days and times in the universal Church are every Friday of the whole year and the Season of Lent.

Can. 1251: Abstinence from meat, or from other food as determined by the Episcopal Conference, is to be observed on all Fridays, unless a Solemnity should fall on a Friday. Abstinence and fasting are to be observed on Ash Wednesday and Good Friday.

Can. 1252: The law of abstinence binds those who have completed their fourteenth year.

The law of fasting binds those who have attained their majority, until the beginning of their sixtieth year. Pastors of souls and parents are to ensure that even those who by reason of their age are not bound by the law of fasting and abstinence, are taught the true meaning of penance.

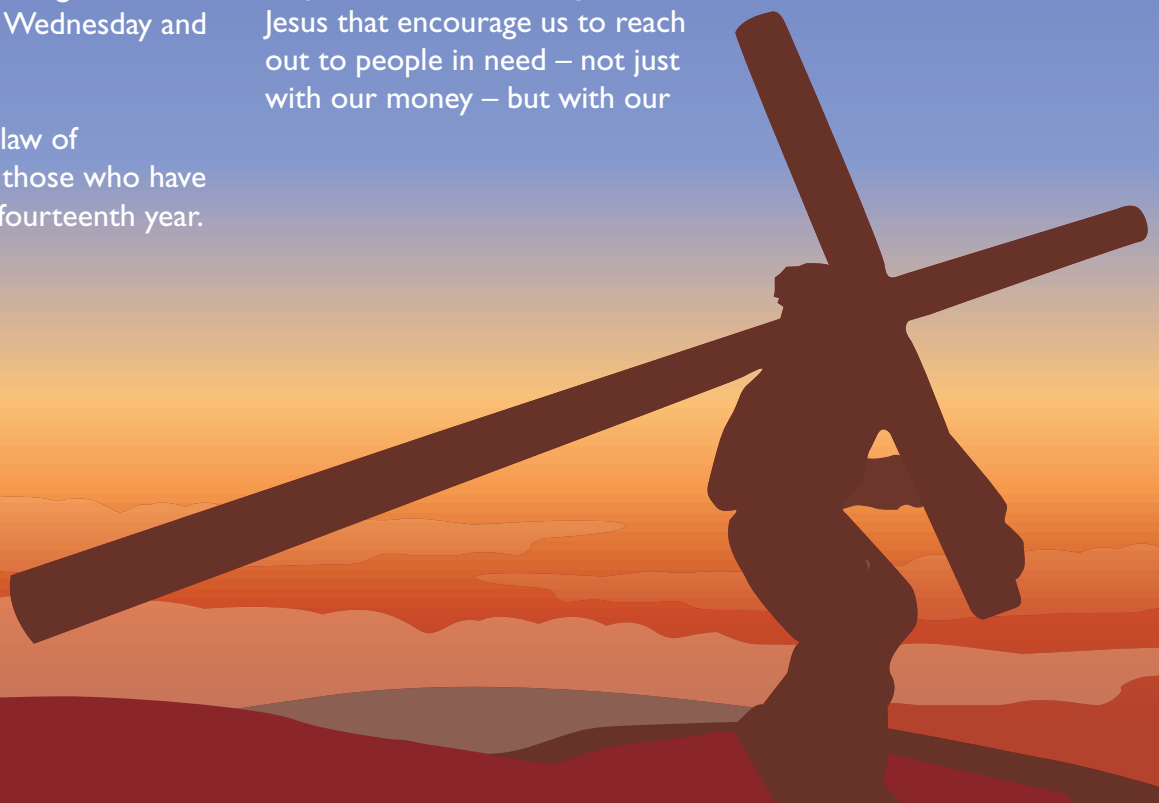
What almsgiving really means
Giving alms has always been an important part of Lent. For many people, it means giving money or other goods to charities or other good causes.

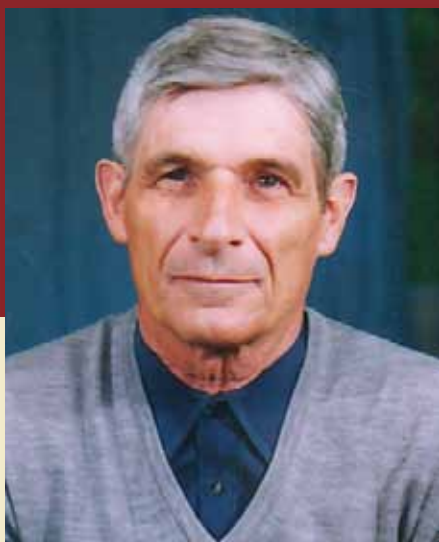
But the concept of almsgiving goes much deeper. It is our response to the teachings of Jesus that encourage us to reach out to people in need – not just with our money – but with our

time and talents. Today we might call it "stewardship".

Lent gives us the opportunity to cultivate a spirit of generosity. It gives us the chance to share what we have with other people. It puts us in communion with others and helps us to understand that we are all members of the Body of Christ.

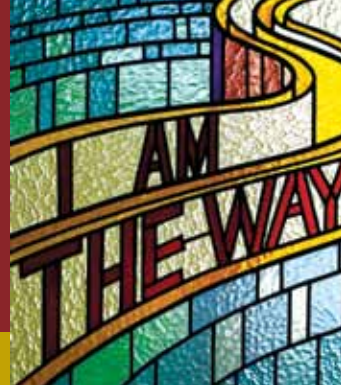
Think carefully about how you will share your time, your talents and your treasure during Lent. Keep in mind the words of Jesus who himself said, "It is more blessed to give than to receive: (Acts 20:35).





Via Dolorosa – The Way Of Sorrows, Lent 2014

FR. FIORENZO CANZIAN



Holy Trinity
Catholic Church, Kileleshwa

“And when they had mocked him, they stripped him of the cloak, dressed him in his own clothes, and led him off to crucify him” (Mt. 27:31).

During the time of Lent, each Christian undergoes a spiritual growth culminating with the renewal of their baptismal promises on the Easter Vigil.

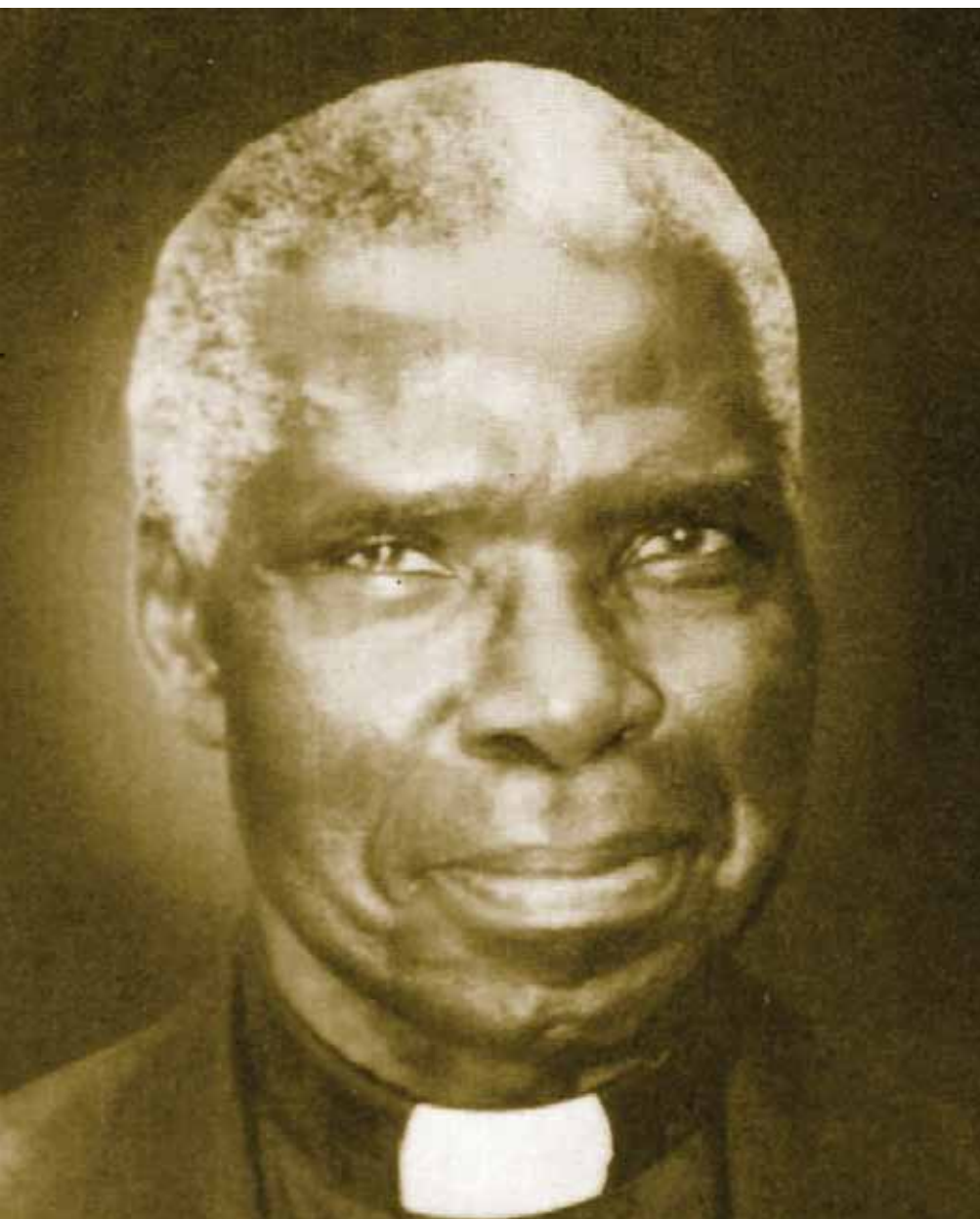
GUIDELINES FOR TIME OF LENT

1. Frequent and deep meditation on the Word of God both during the weekdays and the Sunday of Lent.
2. Reception of the sacraments of Reconciliation and Eucharist.
3. Penance and fasting in union with the sufferings of Christ.
4. Works of charity.

PRACTICAL SUGGESTIONS FOR THE TIME OF LENT:

- Read passages of the Bible related to the Passion and sufferings of Christ individually and in your family.
- Resolve to pray in your family every day of Lent.
- Come to Church during the day to make the Way of the Cross.
- Make sure that you attend the community Way of the Cross every Friday of Lent.
- Resolve to receive the Sacrament of reconciliation during Lent, after a thorough examination of conscience.
- Find out which act of penance you wish to do during Lent.
- Make sure that you abstain from something during Lent.
- Put all effort to fulfil your duties, promises and commitments.
- Make all possible efforts to reconcile yourself with others.
- Offer all your sufferings, pain and tribulations to God in union with the sacrifice of Christ.
- Put your Lenten offering in the “Lenten Envelopes”.
- Visit and console the sick, elderly, needy and marginalized and persons with personal or family problems.
- Abstain from buying expensive things or food.
- Abstain from things that cause you to fall into sin.
- Avoid bad company and dangerous places.
- Abstain from alcohol, cigarettes, drugs, pornography, etc...
- Avoid dependency on television or other forms of communication which might endanger your spiritual life.
- Resolve to obey and respect your parents, elders, teachers, etc...
- Every day make an examination of conscience to find out whether you are going on well on your journey of Lent towards Resurrection.

PRAYER FOR THE
BEATIFICATION OF
THE SERVANT OF GOD
**MAURICE MICHAEL
CARDINAL OTUNGA**

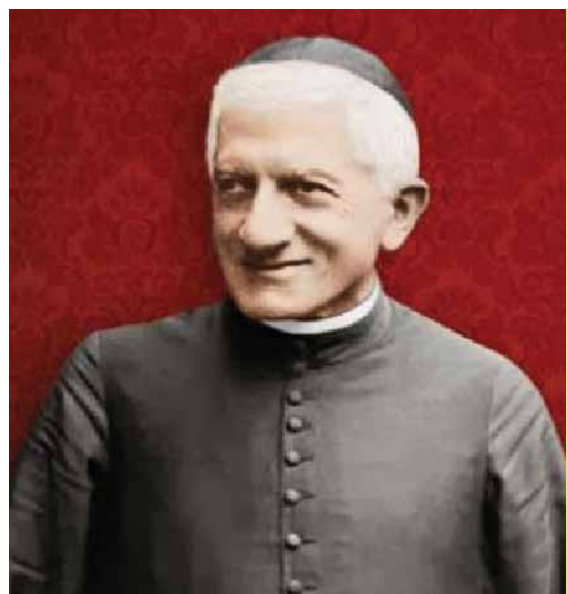


○ God, you granted your Servant Maurice Michael Cardinal Otunga the Grace to be an exemplary pastor at the service of the Church, making him a symbol of humility and love for the poor and less fortunate in the society; while denying and detaching himself from the pleasures of the world. Grant, we beseech thee, that we may also learn to respond faithfully to the demands of the Christian vocation, converting all moments

and circumstances of our life into opportunities of loving you and our neighbours with joy, kindness, and of serving the Kingdom of God with humility.

We humbly request you to grant your servant Cardinal Otunga a share in the Glory of Heaven which is promised to those who served you well. Through his intercession, bless the Church, our country, our families and children and grant us the favours we humbly request ... (say your intentions). Through Christ our Lord, Amen.

Blessed Joseph
Allamano
The Founder of The
Consolata Missionary
Institute



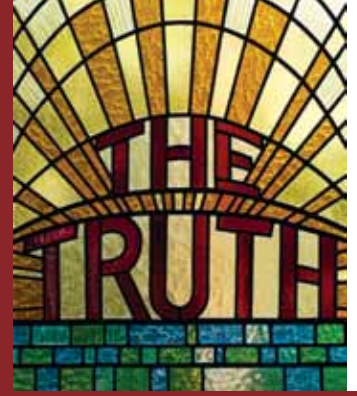
We set aside this special year to pray and work so that the Church may recognize the holiness of Blessed Allamano and propose him as a model for the universal Church" reads a joint letter written and signed by the Superior General of the Consolata Fathers, Fr. Stefano Camerlengo and Mother General of Consolata Sisters, Sr. Simona Brambilla.

To commemorate this year each Consolata Missionary has been given a reliquary containing a relic of Blessed Allamano which they will carry with them during their visits to the sick. Christians are asked to pray the Novena of Bl. Allamano to receive graces needed.

A provision for a website <http://giuseppeallamano.consolata.org> has been put up where a variety of aids for prayers, such as novenas, Stations of the Cross and litanies to help people pray through the intercession of Allamano.

The Agonies of Mary

By TOM ABUOGA



Mary's humility drew from the bosom of the Eternal Father into her virginal womb, the divine Word; and thus the Lord chose her for His Mother but not without first obtaining her consent. The Angel Gabriel sent by God saluted her saying, "Hail full of grace (merits)"; a reference that has been used on no other in the history of creation, and yet, in spite of all the fullness of her graces, Mary still had to undergo pain, anxiety and a life of sacrifice.

The Lord in His inscrutable ways does not make known to us the crosses that await us but in return He awaits our acceptances of our inconveniences, troubles, worries and even joys as of the Will of God. Our Church Fathers tell us that God gives sufferings, out of love, for the purification of a soul and that the heavier the cross the greater the refinement.

Mary surrendered to the Will of God and accepted her crosses in the course of the attainment of that great plan of Salvation. Let us glance at some pointers:

- The Blessed Virgin Mary: gave birth to her son (King of the universe) in a cave; she was aware of the slaughter of hundreds of children (read 'first born sons') on account of her son's birth renting the air with cries of grief; she was a pilgrim with her child and husband, escaping into safety for fear of the death of their infant; at the presentation of her son in the temple, she was told that He

will be a mark of contradiction and the cause of the persecution of men and that, of her own soul, a sword shall pierce. Our Lady reportedly told St. Bridget of Sweden, that, she relived that pain her entire life, grieving at every moment of thought or contact with her Son, in fresh sorrows.



- How about the physical and emotional drain of losing her child for three days; of seeing the people who were healed, cured and given the 'Good News' later reject, scorn, scourge, ridicule and crucify Him, who came to save; how about walking her son along the Via Crucis and stomach all that pain, in silence. What mother would stand at the foot of the cross and stare at her entirely nude son still being mocked even in death, in silence? What mother would still, thereafter, have the strength to carry her dead son in her arms, pieta and not go into a delirium? And what caring mother, now triumphant and having seen the salvation of God, not grieve at seeing her lukewarm children at the risk of perdition and not make all sorts of interventions to turn them back, away from sin by encouraging them to be faithful to the Gospel?

- History has it that after the death of our Lord, Mary His Mother and ours, often retraced the steps of the crucifixion of her son in profound meditation reliving the sorrowful events. She is said to have further lived a life of deep prayer, fasting (a source of fervour in prayer) and atonement till her death.

During this Lenten period, let us soul search and make an offering, for our sins and those of mankind; picking a leaf from our Lady's examples, in silence.

Returning To My Father Through Song

BY LILLIAN OPONDO



Yes, I shall arise, and return to my Father! ...

The song above to me is always a reminder that the Lenten season is here and thus a time for me to be 'Super Holy' with lots of sacrifices from my side. Being my favourite Lenten hymn, it ministers to me in a special way and reminds me that no matter what the situation may be, I should always place my trust in God. Lent being one of the most important seasons in the Catholic faith is also a time when one re-examines themselves to decide on what they can give up or give in for the Church as their Lenten sacrifice.

As a member of my Parish Choir for many years, and currently "fishing" for more members to join us, I implore you all to especially re-examine the issue of self-denial and deny yourselves the fear of joining the choir. Numerous appeals have been made before to parishioners

to join the choir but with little success. And thus my conclusion of 'fear of joining the choir'. Everybody can sing, and especially sing well when trained. The senior Parish choir is blessed with a dedicated Choir Teacher who trains all



members on their voices and advices you on where you best fit. Singing is a gift from the Lord above; and if blessed with the gift, think about sharing it with others especially during this Lent. Let us make this season the best for our Parish by joining the choir and adding on to the limited voices that are available in order to come up with a solemn and fruitful season of ministering and evangelizing to others through song.

Many Catholics pray and fast during the 40 days of Lent. Prayer and fasting cleanses and prepares us for a spiritual awakening. Others pray, meditate and give up daily rituals, such as driving to town, eating meat or even watching football for the entire 40 days. Imagine a Parish choir united for a season of spiritual enrichment. Practising the spiritual disciplines of prayer through singing strengthens a Catholic's spiritual walk.

Singing in the choir leads to a second form of offering – that of offering 'to'. While we sing in the choir as members throughout the year, it takes on particular meaning during the Lenten season. Singing during Mass and also when called upon by the Parish on whatever occasion that may arise, is a form of self-sharing that leads to radical transformation. By singing, we ease the burdens others carry. Imagine the impact that a song like 'When I survey the wondrous Cross' may have on a parishioner that is having difficulties forgiving a friend that

has offended them. By spending our time in choir practice to learn new songs and to practice for Mass animation, we provide comfort and compassion to other parishioners especially when the song carries a message that may particularly minister to them. Through works of social justice like singing, we contribute to the well-being of the entire Parish community and in the realization of God's Kingdom on earth.

Prayer through song is an integral part of Lent. Whether joining with others in communal singing or singing in the Parish choir, we make an offering of our lives to God. It takes on a particular meaning during Lent as a way to open ourselves more fully to the merciful love of God that is offered back to us in abundance. As it is also a humble form of prayer, it also calls upon us to extend forgiveness and mercy to others and thus make our own small contribution towards global peace. As was well stated by St. Augustine, "Those that sing well pray twice", you can reinforce

your praying this Lenten season by joining the choir. And you never know, by the end of the 40 days of Lent, the good Lord may have touched your heart and opened your eyes for you to see that you were what the choir was waiting for in order for it to be successful.

The Parish is in great need of new choir members especially during this Season of Lent and the upcoming Easter season. I hope that anyone with an interest in singing will listen to God's call to participate in our rich and prayerful music Liturgy. We have an especially strong need for male voices i.e. tenors and basses! Ladies are of course also welcome to join the sopranos and altos.

Let us all therefore answer the Lord with, 'Yes, I shall arise!!! And return to my Father...through the Choir:

For those interested in joining, please contact the Church office to leave your name and contact. We look forward to singing with you as we worship the Lord through song.



Our Community

A Profile of St. Joseph The Worker SCC

CONVENER

Dorothy Akumu

DEPUTY CONVENER

Daniel Odhiambo

SECRETARY

Sophie Karanja

TREASURER

Janet Muendo

DEPUTY TREASURER

Sara Krystine

CONTACT EMAIL

sjscc2013@gmail.com



LOCATION

The SCC is open to all church members regardless of where they reside. It covers membership from Kileleshwa, Lavington, Kilimani, Ngong road and even westlands ,it does not restrict members as it was formed when the parish was relatively new hence it included membership from different geographical locations.

Current the number of active members is 23 and still growing. The group is represented by both genders. We have no age limitations,some members are actually also in the youth group,but by and large the members are young professionals with young growing families.

VALUES

We live by the core values of the parish and all our activities are founded on living the kingdom, in our community of love,unity and service.This we have achieved by having members of the SCC take active roles in the various Holy Trinity Church committees (see the box "Participation in Church Committees").



- 1 At St.Austin's Cemetry where we had gone to conduct prayers on All Souls Day 2013
- 2 Visit to Nyumba ya Wazee
- 3 During mass at a member's house
- 4 Retreat held in 2013 convened by Fr. Kalyepe



MEETING SCHEDULE

Meetings are held every alternate Tuesday usually in a members house where we get to share the gospel readings and apply it in our daily lives. Sometimes we meet in the church compound. Masses are held atleast every 2 months while during October the holy month of the Rosary we focus on praying the rosary during our meetings.

ACTIVITIES

We have taken part in various acts of charity eg.Visiting the sick,visiting children homes,visiting the aged at nyumba ya wazee.

Spiritual nourishment of all members through retreats and talks on certain topics on the church doctrine and other talks that help to grow our faith as catholics and grow as a jumuiya ,a family and ultimately a church.

Team bonding sessions through family get togethers that allow our children and families to interact as one family of St.Joseph the Worker SCC.

Fundraising activities for the church eg,through T-shirt sales and other branded items in support of the church.

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ACTIVE MEMBERS

PARTICIPATION IN CHURCH COMMITTEES

Liturgy	1 member
Proclaimers	4 members
Communications	2 members
Choir	3 members
Couples for Christ	1 member
Youth	2 members
Sunday school	3 members



Keeping Your Voice Healthy

By DR. WAHOME KARANJA, ENT SPECIALIST

There are many different reasons why your voice may sound hoarse or abnormal from time to time, and some of these reasons are things that you can not really control.

An example would be catching a common cold virus that causes laryngitis. Sure, you can wash your hands frequently and try to avoid people with colds, but virtually everyone catches a cold with a bit of laryngitis now and again. What you probably did not know is that there are steps you can take to prevent many voice problems. The following steps are helpful for anyone who wants to keep their voice healthy, but are particularly important for people who have an occupation, such as teaching, singing, preaching (and politicking :-)) that is heavily voice-related.

Key Steps for Keeping Your Voice Healthy

- Drink plenty of water. Moisture is good for your voice. Hydration helps to keep thin secretions flowing to lubricate your vocal cords. Drink plenty (up to eight 300ml glasses is a good minimum target) of non-caffeinated, non-alcoholic beverages throughout the day.
- Try not to scream or yell. These are abusive practices for your voice, and put great strain on the lining of your vocal cords.
- Warm up your voice before heavy use. Most people know that singers warm up their voices before a performance, yet many



don't realize the need to warm up the speaking voice before heavy use, such as teaching a class, preaching, or giving a speech. Warm-ups can be simple, such as gently gliding from low to high tones on different vowel sounds, doing lip trills (like the motorboat sound that kids make), or tongue trills.

- Don't smoke. In addition to being a potent risk factor for laryngeal (voice box) cancer, smoking also causes inflammation and polyps of the vocal cords that can make the voice very husky, hoarse and weak.
- Use good breath support. Breath flow is the power for voice. Take time to fill your lungs before starting to talk, and don't wait until you are almost out of air before taking another breath to power your voice.
- Use a microphone. When giving a speech or presentation, consider using a microphone to lessen the strain on your voice.
- Listen to your voice. When your voice is complaining to you, listen to it. Know that you need to modify and decrease your voice use if you become hoarse in order to allow your vocal cords to recover. Pushing your voice when it's already hoarse can lead to significant problems. If your voice is hoarse frequently, or for an extended period of time, you should be evaluated by an Otolaryngologist (Ear, Nose and Throat physician.)

Youth Corner

what is the meaning of Lent?



By **VICTOR MWANGI**
Class 6

Lent is 40 days. It starts on Ash Wednesday and ends on Easter Sunday. It is the period when every Catholic fasts and abstains on Fridays. On Good Friday, we are supposed to have a day of fasting and abstinence. The good thing about lent is that you reflect on the destitute and needy in our community.



JEREMY WERIMO (7)
Nairobi Pentecostal
Church Academy, Class 2

Lent is the time that Jesus' is going to be put on the cross so that he can forgive our sins.



**TATYANNA PENDO
OGENDO (7)**
St. Hannah's Preparatory
School, Class I

Lent is that time when we don't eat meat on Fridays, we are supposed to be kind to those people who don't have anything to eat.

MESSAGE FROM THE COMMUNICATIONS COMMITTEE



We encourage members of our community to write interesting and inspirational articles about their Christian life. We especially welcome articles from various Church groups including Small Christian Communities. The word limit is 300 words for a one page article and 600 words for a two page article. Kindly address articles to info@holytrinitykileshwa.org. Include some good photos.

We also welcome new members.

If you would like to advertise in the Colus Newsletter, the rates are as follows:

Full page - Kshs 40,000

Half page - Kshs 20,000

Quarter page - Kshs 10,000

Submit adverts to
Father Zaccheus Alaroh



NOELLE MONICA WIJENJE (10)

Kianda School Class 4

My names are Noelle Monica Wijenje. I am ten years old. I am a standard four pupil at Kianda School. The meaning of my name is "Christmas"

Lenten Season

Lent is the time when we prepare for the death of Jesus Christ's crucifixion. The things we do are: fasting & praying. Besides the things I have mentioned what else do you think you can do?

Resurrection

It is the time after Jesus dies.
It is after three days.
It is also called Easter.
Jesus comes out of the tomb.

Schedule of the Mass Celebrations

MASSES

Sunday	8.00 AM	English
	10.00 AM	English
	12.00 Noon	English
Monday – Friday	6.45 AM	English
	6.00 PM	English
Saturday	9.00 AM	English
	5.30 PM	English

CONFESSIONS

Confessions Take Place 30 Minutes Before Each Mass Or Upon Request.

DEVOTIONS

Adoration Of The Blessed Sacrament (After The 6.00Pm Mass) On Wednesdays.

PLEASE NOTE

- 1) on public holidays the mass schedule is like that of Saturday.
- 2) For the reception of the sacraments (Baptism, Confirmation, Marriage) please contact the Parish Office.
- 3) Baptism of infants takes place on the last saturday of every month after the 9.00am Mass.

“Resolve to
pray in your
family every
day of Lent”



LENTEN ACTIVITY CALENDAR

5th March Wednesday	ASH WEDNESDAY (a day of Fasting and Abstinence) <ul style="list-style-type: none"> Imposition of ashes during the Masses of 6.45am, 1.15pm, 6.00pm and also at the end of all Masses on Sunday, 9th March for those who did not receive them. Those who wish to bring back the Palm branches of last year can do so a week before Ash Wednesday. The collections of this day will be for the "Lenten Campaign" and for the needy. The Lenten Offering envelopes are available next to the blue boxes.
7th March Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after the 6.00pm Mass) animated by Our Lady of Mt. Carmel SCC & St. Lawrence
9th March Sunday	FIRST SUNDAY OF LENT <ul style="list-style-type: none"> Rite of Elections for Adult Catechumens during the 12.00 noon Mass.
14th March Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after the 6.00pm Mass) animated by St. John of God SCC & St. Therese of the Child Jesus SCC
16th March Sunday	SECOND SUNDAY OF LENT
19th March Wednesday	FEAST OF ST. JOSEPH, THE HUSBAND OF BLESSED VIRGIN MARY <ul style="list-style-type: none"> St. Joseph the Worker SCC will animate the 6.00pm Mass
21st March Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after the 6.00pm Mass) animated by Our Lady of Assumption SCC & the Charismatic Group
23rd March Sunday	THIRD SUNDAY OF LENT
28th March Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after the 6.00pm Mass) animated by St. Joseph the Worker SCC & St. Monica SCC
25th March Tuesday	ANNUNCIATION OF THE LORD (Rosary procession to the Marian Grotto after the evening Mass)
29th March Saturday	BAPTISM OF INFANTS (After the 9.00am Mass)
30th March Sunday	FOURTH SUNDAY OF LENT
4th April Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after the 6.00pm Mass) animated by St. Alphonsus Liguori SCC & St. Francis SCC
6th April Sunday	FIFTH SUNDAY OF LENT (Scrutiny for Adult Catechumens during the 12.00 noon Mass)
11th April Friday	<ul style="list-style-type: none"> EXPOSITION OF THE BLESSED SACRAMENT and CONFESSION from 5.00pm-6.00pm WAY OF THE CROSS (after 6.00pm Mass) animated by Emmanuel SCC & Couples for Christ.
Please note that: The WAY OF THE CROSS is done every Friday of Lent after the 6.00pm Mass; conducted by the Small Christian Communities and Parish Apostolic groups • The FRIDAYS OF LENT are days of abstinence • Good Friday is a day of Abstinence and Fasting.	

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