



ACK CHRIST CHURCH WESTLANDS

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Lent, 2022

CHRIST CHURCH CONNECT



From the Vicar's Desk

By **Rev. Canon Peter Adolwa**
Vicar.

The Church exists today to carry out the “Great Commission” as recorded in Matthew 28:19-20.

“Therefore, go and make disciples of all nations baptizing them in the name of the Father and of the Son and of the Holy Spirit and teaching them to obey everything I have commanded you”.

The work and ministry we are doing at Christ Church Westlands is in response to the Great Commission, that is, going, making, teaching. Everybody who is part of the body of Christ has a role to play in this task.

Making disciples remains at the heart of our mission. Discipling children, teens, youth, young adults, adults, middlers, seniors.

The approach is discipling by engaging members in service of the Lord and belonging.

Many times, discipleship has been compartmentalized, which is detrimental. Jesus disciplined by spending time with his original followers. They watched Him doing everything. They were immersed in a life with Jesus. It should come as no surprise, then, that we see them doing the exact same thing in the book of Acts.

This year we require all **HANDS ON DECK**. Every member of the body of Christ has a spiritual gift. These gifts will thrive if we identify them and put them to use (practice).

As people engage with other believers, they can never remain the same in their faith journey.

The ask I have for every member of the Christ Church community is to be involved in the following three ways:

- Join a cell group.
- Serve in a ministry
- Sit on a committee

a) You can join any of the following cell groups, located in the neighborhood where you live:

- Kileleshwa
- Kilimani A
- Kilimani B
- Loresho
- ABC
- Runda
- Amani
- Rhapta A
- Rhapta B
- Rhapta C
- Rhapta D
- Lavington
- Church Road
- Karengata
- Ombi



Rev. Canon Peter Adolwa
Vicar,

ACK Christ Church, Westlands

b). Serve in the following ministries

- Choir (Worship Team)
- Service leaders
- Ushering
- Mentoring
- Kids to Kids teaching
- Intercessors
- Bible readers
- Counselling
- Instrumentalists
- Flowers
- Actors
- Media team
- Sunday school/Teens teachers

c). Sit on a Committee

- Parish Church Council
- Development & Property Committee
- Children ministry
- Youth Committee
- Men's Ministry Team
- Mother's Union Committee
- Worship & Art Team
- Finance & General-Purpose Committee
- Special Needs
- Kids to Kids Committee
- Strategic, Monitoring & Evaluation
- Communication Committee
- Education & discipleship
- Pastoral Care & Counselling Committee
- Events & Outreach Team
- Teens Team
- Ministries Committee
- Fundraising Committee
- Human Resource Committee
- Cell Group strategy team

I encourage every member to serve in at least one area of each section for their personal growth.

COME AS YOU ARE. We shall induct you and hold your hand.

We shall be doing a survey and also audit our member involvement in 2022.

2022: A NEW DAWN

This year started on a high note, when compared to last year. Evidently, the energy observed during the Advent Season had been carried over to the New Year. The spirits of the congregants was high and physical church attendance greatly increased, thanks to the gradual return of normalcy in the country due to reduced COVID infection rates.

To maximise on this, the church carried out an intentional campaign to encourage members back to physical worship. Towards the end of last year the different ministries held and organised breakfast meetings, brainstorming sessions and planning meetings to deliberate, plan and energise the teams ahead of 2022. This is coupled with the theme for the year, **Unity in Christ**, which is an effort to create a community within the Christ Church space to enable us to coexist as one family of believers under Christ. This has been boosted by the rallying call encouraging members to either serve in a preferred space in the church or join a cell group.

Different ministries have also come up with different methods to keep their teams united and plugged into the church. **The Men's Ministry** has continued with quarterly fellowships at Karura, known as *The Men of Christ Church in the Park*. Recently, they also held a *Daddy-Daughter Bowling* at the Sarit Centre Bowling alley. The activities help the men to keep their spirits up and energise them as captured in their slogan, "leaving no man behind".

The **Ladies' Ministry** has also worked to realise their tagline, "we are better together." The ministry holds a *Dance and Exercise session* at the church every second Saturday of the month which helps the ladies maintain and enjoy a good and healthy routine as they progress spiritually (3 John 1:2).

The **Youth Ministry** have continued to have fellowships, Bible studies and other activities to also them united as a team as they propagate the word of God to each other. Other youth activities so far include a movie afternoon, showcasing the movie: *The Case for Christ*, which was not only for entertainment but also a fellowship session for spiritual development. They also held a fellowship and picnic at the Oloolua Nature Trail in Karen.

At the Diocesan level, there was adequate representation from Christ Church Youth at the All Saints Cathedral Diocese Sports Day held on the 9 April at the All Saints Primary School Grounds in Madaraka. We had representatives in the various sports and games held and this was a great opportunity for community building and fellowship with the other KAYO members drawn from all the 12 parishes in the Diocese.

We thank God for where we are so far and pray that we will sail to even greater heights and build more energy as we proceed through the year.



The Season of Lent: A Gospel View

By

Rev. Canon Dr. Emmanuel Kwasi Amofo

The season of Lent is a period set aside in the Church calendar to help Christians prepare their hearts and minds to celebrate the death and resurrection of Christ, commemorated at Easter. Traditionally, this preparation of our hearts and minds has been done through the sacraments of prayer, repentance, fasting and giving to those who are less fortunate than ourselves.

The season of Lent covers the 46-day period from Ash Wednesday to Easter. The six Sundays in this period are usually not counted, so that Lent is considered to be the 40-day period before Easter. These 40 days reflect the 40-day period of fasting by Jesus in the wilderness before He began His ministry.

The word “Lent” comes from the Old English word “lengten (lencten)”. This word was chosen as the name for the 46-day period between Ash Wednesday and Easter because in the European and Mediterranean worlds, this was the period when the days lengthen from the Winter season to the Spring season, and everywhere, new life was seen springing forth in renewed vegetation. Because of this natural seasonal change, Lent came to symbolise a time in which Christians celebrate the victory of the light and life of Christ over the darkness of sin and death.

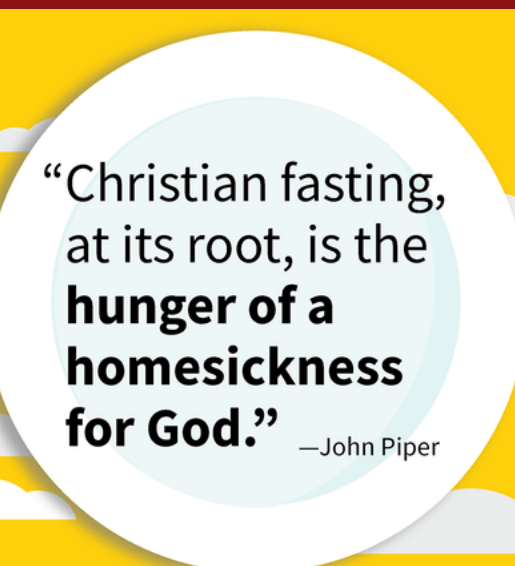
During this season, therefore, as we journey from Ash Wednesday to Easter, as the seasons change bringing more daylight time, the Lent sacraments remind Christians that God’s abundant grace, permanently displayed in Christ crucified on the Cross and resurrected from the dead, overcomes the darkness and pain of our broken humanity.

Just as we carefully prepare for big events in our personal lives such as a wedding or a graduation, the season of Lent invites Christians to make our hearts ready to celebrate Jesus’ death and resurrection at Easter because, for Christians, the death and resurrection of Christ, the cornerstone of the gospel, is the biggest event in the history of the world.

At Easter we are also reminded of His guaranteed Second Coming into this world. This is when God’s eternal kingdom will be established on earth to renew our broken world and make it forever a world without sin, without suffering and without death.

So, during Easter, we should be encouraged by the gospel assurance that, when all is said and done, it is God’s love and God’s light, and God’s eternal life in Christ that will have the last word, not the fear and despair we may be seeing everywhere around us today.





FASTING DURING LENT

By the Prayer Leadership Team

This year, Christ Church Westlands held a corporate fast during Lent which ran from Ash Wednesday to Good Friday.

The church determined to do a Biblical fast. This is the voluntary abstinence/sacrificing/denying oneself from food and/or drink for spiritual purposes. It is accompanied by weeping, repentance and other acts of humility. It is a time of returning to God (Joel 2:12–13 3). Jesus also encouraged us to fast: “... when you fast, ...” (Matthew 6:16–18). Jesus did not say “if you fast...”, which means it is something we are supposed to do.

The Bible has several examples of fasting:

- Moses 40 days (Exodus 34:28/)
- Queen Esther 3 days (Esther 4:16/)
- Nehemiah (Nehemiah 1:4/)
- Daniel 21 days (Daniel 9:3–27/)
- Nineveh (Jonah 3:1–10/)
- Anna her life (Luke 2:36–37/)
- Jesus 40 days (Matthew 4:2)

The Bible refers to different types of fasts:

- Normal fast (also known as the Jesus fast)—One chooses to abstain from food but takes water. This type of fast is for a maximum period 40 days (Jesus, Moses)
- Absolute fast (also known as the dry fast)—A person who chooses this fast takes no food and no water. It has a maximum period of three days and three nights but a person must prepare for it (Esther, Paul)
- Partial fast (also known as the Daniel fast)—The fast involves a restricted diet and has several variations:
 1. Liquids only, that is, fresh fruit juice only fast
 2. Only vegetables
 3. Missing some meals in a day, for example, skip breakfast or lunch or dinner, or miss breakfast and lunch, and eat dinner.
 4. Fast from choice foods like meats, sweets, added sugar, caffeinated drinks (tea, coffee)
 5. Reduce food portions for all meals.

CAUTION: If you are on medication or already on a restricted diet due for health reasons or are pregnant, do not fast by not eating or drinking water. Focus instead on increasing the time you spend in prayer during the entire 40-day period (some parts of this information are extracted from Ombi: A Prayer Adventure by Simon Mbevi).

During the Lent period, the Christ Church congregation was encouraged to:

- Choose one type of fasting for the 40 days
- Join in corporate prayer times which were held in person and online every Wednesday from 6:00 to 8:00 pm at the church (from 2 March to 13 April 2022) and virtually every Sunday from 7:00 am
- Share testimonies in their cell groups, of what God is doing in their lives in response to fasting, lessons from the Lenten Meditations and praying for each other's needs



The Children's Centre Groundbreaking Ceremony

"Arise for the Future!"

The long awaited ground-breaking ceremony for the Children's Centre happened on 22 January 2022. The event, which was held over breakfast at the church and attended by The Most Rev. Dr. Jackson Ole Sapit, was attended by over 150 members physically and a virtual audience of over 200 people.

ACK Christ Church prides itself as the premier Children's Church in the Diocese. It was established in the 1920s as the Children's Church to serve the non-Catholic children from the community in its vicinity and those attending school within the locality. The project aims to further this agenda by raising the capacity of the church, targeting to serve at least 500 children every Sunday. The project therefore adopted the tagline 500 Children for Christ. This will have a great impact in shaping the children both personally and spiritually, making them better members of the society and the Church in future.

The Kids to Kids ministry is also set to benefit greatly from this project. With improved classes and better infrastructure, we hope the children will enjoy a more conducive learning environment as they continue to pursue their journey through early education. The classes will also have a higher capacity, easing the way to reaching the targeted capacity of 70 children from the less privileged society in the vicinity of the Church, up from the 30 pupils currently enrolled in the programme.

During the event, the day's speakers emphasised the plight of children in today's society, especially with the digital era, which has contributed greatly to the moral decadence of society at large. The Centre will provide dedicated place for spiritual and moral nourishment, helping them grow as role models in society. As of the slogan of the project says, let us all ARISE FOR THE FUTURE and make this a reality!

Every Single Donation Counts.

#Arise4The Future



CHILDREN'S CENTRE

CONSTRUCTION COMMENCES

The Children's Centre Project is on...!

The excitement towards the Children's Centre Project couldn't have got any better without actually seeing the contractor on site. After a long period of waiting and speculation, the site works kicked off in March. This was a high point for not only the children, who are the key beneficiaries of the project, but also for the entire Christ Church community. It was a symbol that our long-standing dream of the flagship project under the 2019-2024 strategic plan is underway.

The project was officially launched on 10 July 2021 in a well-hyped fundraising launch breakfast at the Sankara Hotel in Westlands, Nairobi. We then embarked on a vigorous drive to encourage well-wishers to pledge and donate funds in the period leading to the official ground-breaking, done by the Most Rev'd Dr Jackson Ole Sapit on the 22 January 2022 at a well-attended breakfast on the church grounds. This set the ball rolling and the work was handed over to Eagle Realty, the contractor who won the tender after a competitive tendering process done by the Christ Church Development and Property Committee.

Initially projected to run across a period of 30 months, the contractor challenged us, promising to hand over the complete Children's Centre by Christmas day this year. This meant we needed to speed up our collection process to match the new time frame.

Among other activities that have been organised for this include the 500 Children for Christ walk which took place on the 2 April 2022 within Westlands. This walk was the final activity in the collection exercise by the children and teens for the late February to March period; the intention was to raise at least 2 million shillings towards the project with over half a million raised as at the time of this publication. After this, the planning committee has planned a major fundraising event on the 2 July and a golf tournament in October.

The Children's Centre, once complete, is projected to serve 500 children every Sunday by providing a conducive environment and the necessary infrastructure for children, teens and the youth to learn, engage and grow in their faith in Christ.

In addition, the project will help us upgrade our current infrastructure. The Church office, kitchen and ablution blocks will be revamped; modern meeting spaces will be set up to optimise the interaction of the various ministries, youth and children's groups; and dedicated counselling rooms are part of the plan to cater to the spiritual and emotional nourishment of our community. The Centre will also host a modern restaurant for the nourishment of the physical kind.

Let us all plug in to support this project in whatever capacity to make it a reality.



500 CHILDREN FOR CHRIST WALK

After a whole month collecting funds, using forms given to the children and teens of Christ Church, the exercise climaxed with a 500 Children for Christ Walk on the 2 April 2022. The walk, which started early in the morning (flagged off at 7:30 am), saw a high turnout of participants, who braved the morning chill as part of the larger cause of putting up the Children's Centre. To build energy and enthusiasm for the walk, the Chair of the Children's Ministry Committee led several teams in rolling up their sleeves to work together and ensure a successful event. All factors were considered including the protocol, safety, entertainment, awards and nourishment of the both physical and the spiritual kind. The Committee appreciates the efforts of the well-wishers from within and outside the Christ Church community for their generous contributions and support to the walk and the project at large.

The energy had already been evident from the congregation who signed up in large numbers, coupled with the huge demand to buy the limited edition T-shirts for the walk. The children's zeal was also high, urging their parents to brand them for the day. After the flag-off from the church by the Curate, Rev. Kennedy Were, the children, some parents and the guides marched off, painting the neighbourhood in the ACK Christ Church, Westlands colours. The route ran from the Church and back, covering two options for 3 km and 5 km as per the walker's ability and preference. The shorter option was through Rhapta Road, turning back at Ibis Styles Hotel and the longer route went all the way to the Prime Bank junction and back.

Despite the light showers and chilly weather, the walk gained momentum. The children had a great time interacting with their peers along the way, exchanging ideas and creating friendships. All this will, in the long run, help create one solid Christ Church community across age groups.

Being the main beneficiaries of the Children's Centre Project, the walk was organised as a plan to plug in the Children and Teens ministries. The aim is for these ministries to raise at least 2 million shillings towards realising the project target of 50 million shillings to help complete the structure.



ACK CHRIST CHURCH AGM 2022

This year's Annual General Meeting was held on the 26 February. Starting at 8:30 am, the meeting was held online via Zoom and it recorded a well-represented attendance from the different ministries, committees and general members of the ACK Christ Church Family. Among the top of the agenda was the consideration and approval of the audited accounts for the year ended 31 December 2021, along with appointing the auditor for 2022. The meeting unanimously agreed that Kreston KM & Company LLP continue to serve as auditors for another year.

The Children's Centre project was also a major topic of discussion. Having launched the fundraising in July 2021 and the ground-breaking ceremony held in January this year. The development team gave an elaborate update on the developments and progress so far in relation to the project.

The Mother Union Chair, Pauline Gikang'ah, and the People's Warden, Mcharo Mbogho, both having served the maximum term (6 years), stepped down and were replaced. Cathryn Malanga who had been elected by the Mother's Union to take up the new role as the Union's chair was presented to the church. Fiona Lukwago was elected the People's Warden.

Generally, the AGM was successful and ended on a high note at 9:30 am.



FATHER- DAUGHTER BOWLING

By Elsie Asura

On Sunday 24th April, the Pins Arena at Sarit Centre hosted an activity for happy fathers and their daughters of ACK Christ Church, an afternoon spent so well organized by the Men's Ministry.

For some, it was the first time bowling but the teamwork not only made it enjoyable and calm, but also way more memorable. It was fun and entertaining to see church members that we knew so well getting very competitive in the game. Everyone who played was cheered on hence no pressure, and nothing felt vigorous, it was such a nice day surrounded by lovely people and great energy throughout the bowling.

TEAM A	TEAM B	TEAM C
Mwangi-144	Sakwa-131	Macharia-118
Elsie-98	Mcharo-123	Kamau-110
Paul-95	Robin-104	Kui-108
Tinashe-90	Valerie-92	Alex-106
Mutua-89	Wakesho-85	Wanjiku-69
Victoria-77	Talia-81	Muthoni-65
Makia-73	Geoffrey-81	
Danson-71	Paula-78	
Scratch total: 737	Scratch total: 775	Scratch total: 576
Average: 92.13	Average: 96.88	Average: 96



We were divided into teams of about six to eight members, to play in each alley. Everyone bowled for ten rounds, our points cumulated at the end of each round. All teams had great bowlers and to our delight many managed to hit a strike (all the bowling pins at one go) which was amazing. The sportsmanship and team effort and the father-daughter support really did make the event as magical as it turned out to be. We capped the afternoon with a tasty meal at the restaurant adjacent to the arena.

There were short touching speeches; one from a father and another from a daughter, before Rev. Dr. Linda closed the event off with the final remarks and a prayer.

ACK Christ Church will continue to engage its members with every new event planned and executed at our very best, and also provide opportunities for connection and fellowship. We thank God for giving us the moments to bond like this over bowling.

Looking forward to having more fun and making memories, during the next activities, the next time.



Digital Fasting?

By Maria Mwangi

Social media has transformed modern society and the way in which we communicate. It has even influenced our way of thinking and our opinions. It is a tool that, in the right hands, has far-reaching opportunities and capabilities. But in the wrong hands it can have a negative impact on our lives. We must therefore balance the opportunities of this new form of engagement and the challenges it brings. During Lent, fasting was an integral part of bringing us closer to God and putting our own desires and needs aside for the development of our spiritual strength and obtaining spiritual guidance. For the most part, our fasting was focused on the denial of meals and using that time to get into communion and prayer with our heavenly father.

What if in addition to fasting meals and drinks, we also fasted the constant distraction of social media? Social media has a way of disrupting our quiet spaces and creating busyness in our minds which takes away from our quiet time with God.

For young people, social media can be a real threat to their mental and emotional wellness. In recent years, the rate of depression has increased drastically particularly in young people. This can be anecdotally attributed to the increase and prevalence of social media. Social media can form a basis of comparison with others who seem to have better material possessions and leading much better lifestyles than ourselves. This can hinder a young person's view of themselves in relation to the outside world. Young impressionable minds compare the number of followers they have in relation to their peers and this can be a source of bullying and rejection in the "new age" popularity contests that are now growing in our schools.

The accessibility of social media also means that young people can be influenced easily and be exposed to a range of images and soundbites. Recently, Mark Zuckerberg, the CEO at Facebook, announced the development of a "Metaverse" which will be a cyber world where people will be encouraged to live and enjoy their best lives. This may come with some benefits but will likely come with some psychological issues in society that will need to be managed. We therefore need to protect ourselves and our emotional health from the more sinister aspects of social media. "Influencers" also play a big role in how we think about the world around us and how we consume products.



In the movie "The Joneses", a seemingly perfect family move into an upmarket suburb in the guise of being a typical family when in fact, they are professional stealth marketers leading an extravagant lifestyle and owning products that they plan to advertise to their fellow neighbours. This leads to untold envy and misery for the unsuspecting neighbours. Sometimes, reality is not that much stranger than fiction with the introduction of "influencer marketing" in social media where influencers are provided with free fashion and luxury products in order to "sell" them in their social media posts to their followers. Some of the lives on social media are too good to be true, but this is not always obvious to young impressionable minds.

It is hard to hear the still and quiet voice of the Holy Spirit in the hullabaloo and noise of social media. In the Bible, we can discern that it was in the quietness of the shepherding that David drew closer to God, and it was in the stillness of the wilderness that Moses learned more about God. We all need to have some peace and quiet in our lives in order to draw closer to God, to hear his voice and to be guided by him into our purpose. They also say boredom is an elixir of creativity. As we fast, let us also consider a social media fast to quiet the noise and listen to our creator.



KIDS TO KIDS UPDATE



By David Shilaho
Kids to Kids Coordinator

Academics

We are ever grateful to God for the far that he has brought us. We just completed our academic year. We had a full house of 30 children. Among these children we had some who were part of the last cohort that did not transition because they were not ready. We are now glad that they are ready to take their next big step. They make part of the 11 that we transition during this dispensation. We thank God.

We've had several of our children sitting for their KCPE exams. They performed pretty well.

Volunteers

We wish to appreciate our volunteers for the support that they give us. During this period, we have seen members of our church come out strongly to support the program not only in kind but also with their services and time. To all those people involved in Kids to Kids, God bless you we continue to encourage those who wish to join us. We also have volunteers who are not members of Christ church who support us. We thank God for each one of them.

I wish to report that during the current cohort of the Ropes class, the church offered to take some of the children who are of this age through the program. The boys and girls will greatly benefit from these sessions.

Counseling

Of importance to note is the Christ Church counseling team that has embraced this ministry wholeheartedly. They have an elaborate plan that not only deals with the children alone but the guardians and parents as well. We thank God for these amazing souls.



Donation.

We are truly grateful for the donations we have been receiving from the church community. We have been able to get clothes and shoes that we have given the children and parents. We have also received foodstuff from members of the church. This support goes a long way in making the lives of these children and their families better. God bless you.

Future

During this period Kids to Kids set out to actualize the outcome of the strategy meeting that was held sometime back. We have leaders assigned to each area to see to it that every area of the ministry grows. Members of the Kids to Kids committee are resolute to see to it that the ministry achieves these milestones. We are excited to start a new academic year.

We continue to thank members of Christ church Westland who embraced the 'adoption of a child' "model and continue to give. Your help gives these children hope for a better tomorrow. God bless you.

Thanks.

FIRST QUARTER 2022 FINANCIAL REPORT.

	APPROVED BUDGET	PRORATA	ACTUAL	VARIANCE
ITEMS	YEAR 2022	JAN-MARCH	JAN-MARCH	JAN-MARCH
INCOME	KSHS	KSHS	KSHS	KSHS
OFFERTORY	4,055,611	1,013,903	1,114,407	100,504
TITHES	14,127,781	3,531,945	3,246,028	(285,917)
CAR PARK	2,500,000	625,000	302,300	(322,700)
KIDS TO KIDS	2,058,500	514,625	110,986	(403,639)
OTHER INCOMES	1,725,000	431,250	400,026	(31,224)
TOTAL INCOME	24,466,892	6,116,723	5,173,747	(942,976)
SPECIAL PROJECTS	20,155,000	5,038,750	3,673,450	(1,365,300)
GRAND TOTAL INCOME	44,621,892	11,155,473	8,847,197	(2,308,276)
EXPENDITURE				
SALARIES,ALLOWANCES & EMOLUMENTS	10,992,992	2,748,248	2,641,400	(106,848)
MINISTRY /OPERATIONS COST	2,900,000	725,000	860,704	135,704
DIOCESAN EXPENSES	2,400,000	600,000	554,124	(45,876)
MINISTRY COST	8,173,900	2,043,475	845,147	(1,198,328)
TOTAL RECURRENT EXPENDITURE	24,466,892	6,116,723	4,901,375	(1,215,348)
SURPLUS / (DEFICIT)		-	272,372	
CAPITAL EXPENDITURE	20,155,000	5,038,750	516,432	(4,522,318)
TOTAL EXPINDITURE	44,621,892	11,155,473	5,417,807	(5,737,666)



ACK CHRIST CHURCH WESTLANDS



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