



# HOLY CHILDHOOD ASSOCIATION

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## INTERMEDIATE NEWSLETTER – LENT 2024

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### Welcome to 2024 and our first Newsletter of the year.

As usual in this edition, we anticipate the approach of the Easter season. This year, Easter is on Sunday March 31. This means that Ash Wednesday is on February 14, not far away at all! This is earlier than last year, and maybe only just far enough away from Christmas for us to be out of that Christmas spirit. Maybe!!

It is important to remember that the needs of children in less fortunate countries are still great, and we remain in a position to significantly help them. In this Newsletter, we will direct our attention to the very popular country of **KENYA** in East Africa: a land of contrasts!



(Alexmbogo) CCA Share-Alike 4.0 Int

### SPOTLIGHT ON THE FEDERAL REPUBLIC OF KENYA



What do you know about the country of Kenya? When I think of Kenya, before doing any research, I automatically think of four things:

- ◆ Animals and African safaris
- ◆ Long distance running and gold medals
- ◆ Maasai warriors
- ◆ The Great Rift Valley and Lucy

There are many interesting things about Kenya that make it such a well known country.

- ◆ **OFFICIAL NAME:** Republic of Kenya.
- ◆ **FORM OF GOVERNMENT:** Republic.
- ◆ **CAPITAL:** Nairobi.
- ◆ **POPULATION:** 48,397,527.
- ◆ **OFFICIAL LANGUAGES:** Swahili, English.
- ◆ **MONEY:** Kenyan shilling.
- ◆ **SURROUNDING COUNTRIES:** Ethiopia, South Sudan, Tanzania, Uganda, Somalia

### NATIONAL FLAG

The Kenyan National Flag is one of the most recognisable flags in the world. It distinctively stands out when displayed at international events when surrounded by flags from around the world. The red colour represents common blood for all mankind; the black represents the indigenous people; the green for the fertile landscape and the white for peace. The Maasai shield and spears represent the struggle for self-government.



### HISTORY

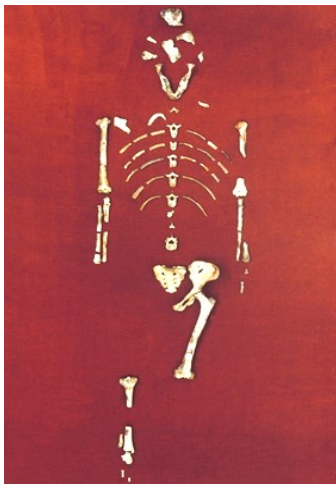
Prior to the colonial era, the area of Kenya was tribal and groups traded extensively with Arab people from across the Indian Ocean. By the 1800's, the slave trade greatly affected Kenya as it did many areas of Africa. Britain had taken control of the area by 1890 and Kenya was a British colony in 1920. Kenya received its independence in 1963 after turbulent colonial times that resulted in the Mau Mau rebellion, which ended in 1960. The country has continued to experience political issues and some religious strife.



Maasai jumping (Carosaun)  
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## THE MAASAI

The Maasai account for only about a million people but are probably the most known due to their high jumping skills, their red dress and their reputation as warriors. Today, their dancing, dress and village design are popular with tourists.



Australopithecus - Lucy

In 1974, the skeletal remains now called "**LUCY**" were discovered in Ethiopia in the Rift Valley which extends into Kenya. The find became famous and was important to anthropologists. "Lucy" was named from the 1967 song "Lucy in the Sky with Diamonds" by the Beatles, which was played repeatedly after the discovery. Many other important finds were discovered in Kenya itself.

## TAKE A SAFARI



(Nina R) CCA Share-Alike 2 Int

Nature Education

There are several **NATIONAL PARKS** in Kenya. Visitors can arrange to go on safaris to safely see the wide variety of animal life for which Kenya is famous.



Kenyan National Parks (Safari Bookings)



(Nina R) CCA Share-Alike 2 Int

## ATHLETICS

Kenya has had a long history of distance running champions. This has continued even today. In June of 2023, Faith Kipyegon won 1500m in a world record time of 3.58.57 in Florence Italy. In Budapest in August at the World Championships, she broke the world record in the 5000 m in 14 min 5.20 sec. Long-distance runner Eliud Kipchoge claimed his second straight Olympic gold medal in the men's marathon at the Tokyo Olympics in 2020. The 36-year-old world record holder finished with a time of two hours, eight minutes and 38 seconds.



Faith Kipyegon (Aljazeera)



Eliud Kipchoge (CBC)

The 36-year-old world record holder finished with a time of two hours, eight minutes and 38 seconds.



# LENT 2024

As mentioned previously, Lent begins on Ash Wednesday February 14, with Easter Sunday following on March 31. Here are some thoughts that you probably already know:

- ◆ Lent is a time of *preparation* for the celebration of Easter.
- ◆ Lent begins on Ash Wednesday and lasts until Holy Thursday.
- ◆ Lent is a time of *prayer, fasting, and almsgiving* (which means sharing what we have with the poor).
- ◆ When you hear the word Lent, many Catholics think of *penance, purple, fish, ashes, fasting, sacrifice, giving up things*.
- ◆ Lent brings forth an image of *new life*—of *Baptism*.
- ◆ The last week of Lent is *Holy Week*.

With the help of your teacher, catechist, fellow students and parents, see how many other thoughts about Lent and Easter you can list. Take time to use all of these thoughts as the basis for discussions about the season of Lent.

## Lenten Prayer

Teach me a new freedom.  
Freedom to reject comparison  
And to embrace uniqueness.  
Freedom to cut ties with greed  
And feast on love.  
Freedom to abstain from over indulgence  
And feast on self-control.  
Freedom to leave behind selfish thoughts  
And to focus on the needs of others.  
Freedom to fend off insecurity  
And to embrace grace.  
Lord, at this time of Lent,  
Thank you for the freedom you bring.  
Amen.

(lords-prayer-words.com)

**POPE FRANCIS' 2023 LENTEN MESSAGE:** The Pope's 2024 message is not available at this time of writing. In 2023, his message was quite simple:



Pope Francis at World Youth Day, Lisbon  
August 2023 (UCA News)

*“We need to listen to Jesus. Lent is a time of grace to the extent that we listen to him as he speaks to us through Scripture.”*

## HCA PROJECT IN KITUI DIOCESE, KENYA



The HCA is presently contributing to the St John Eudes Rehabilitation Centre, founded in 2001. The school is located in the city of Kitui, which is approximately 150 km east of the capital city of Kenya, Nairobi. It is operated by the Catholic Diocese of Kitui. The student population consists of children who due to challenging economic and social conditions have been forced to live on the streets. The Centre aims to provide for their education and to promote lifestyle growth and provide emotional, psychological and material support. The aim is to integrate these students back into their families and communities.

Presently, the Centre is able to accommodate 46 boys and girls. By 2001, 700 children had been rehabilitated back into their homes and communities.

# STUDENTS PAGE

## REMEMBER OUR DRAWING COMPETITION??

The Holy Childhood Association celebrated our 100<sup>th</sup> Anniversary of becoming a charity for the Pope in 2022 and to mark the occasion, the International Secretariat of the HCA announced a drawing competition for missionary children and adolescents. You were to respond to the question *“What does Missionary Childhood and Adolescence mean for me in terms of being a Society of the Pope?”*

Congratulations to our Canadian winner, **Sarah Carroll** and some of the winners from around the world



**Sarah Carroll**  
St. Charles Catholic School 331 St. Charles  
Street Winnipeg, MB R3K 1T6 Canada



**Peter Romic**  
Melbourne - Australia



**Francess Natalie V. Serio**  
Philippines



**Sol Britez**  
Ecuador

## THE PONTIFICAL MISSIONARY CHILDHOOD ANTHEM – KENYA

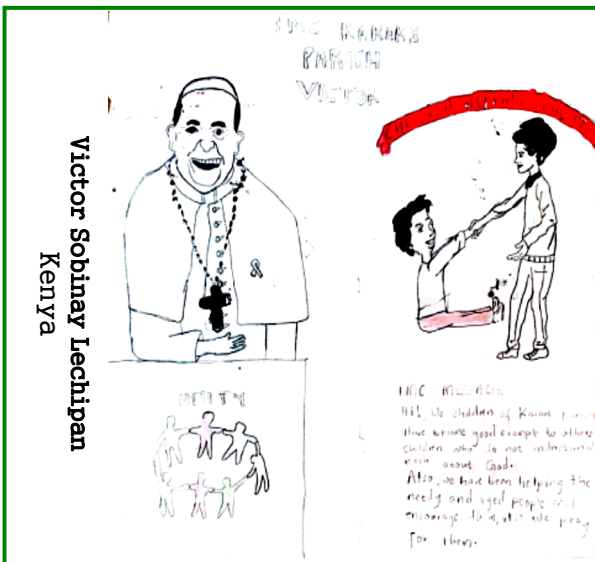
*We are the little friends of Jesus  
Let us make more friends for Jesus  
We are missionary children,  
Come let us follow Him friends.*



*We are called by Jesus like Apostles  
We are sent by Jesus to all people  
We live and work for Jesus  
Come let us follow Him friends.*

*We love Jesus so we are Baptized  
We love Jesus so we pray  
We love Jesus so we forgive  
Come let us follow Him friends.*

*We have no fear Angels are with us  
We are strong we have the saints  
Our Mother Mary guides us  
Come let us follow Him friends.*



**Victor Sobinay Lechipan**  
Kenya