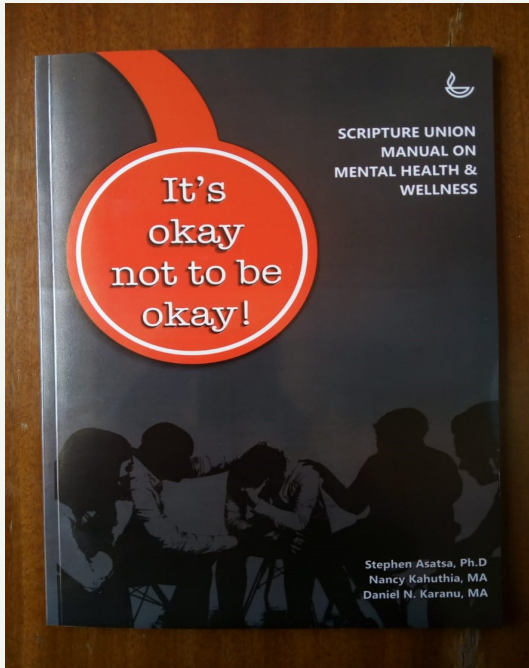




# Holistic Gospel...



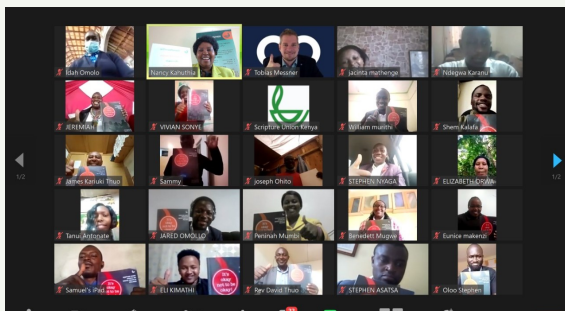
### SUK MENTAL HEALTH & WELLNESS PROGRAMME

The Scripture, *“You shall love the Lord your God with all your heart, soul and mind and love your neighbor as yourself”* (Matthew 22:37-40) presupposes that God’s people will operate in a situation of wellness. This has been far from the truth during this Covid season.

Covid-19 catalysed an already challenged mental health situation in the country. With God’s guidance, SUK responded by rolling

out a Biblically based Mental Health and Wellness Programme, aimed at providing children and families with information & skills to manage and cope with effects of the pandemic. The programme has so far trained a total of 30 Trainer-of-Trainers drawn from various churches, schools and Christian organisations, who have been commissioned to train 5,000 Mental Health Facilitators (MHFs). 168 MHFs have been trained in 2021. Dubbed “It’s okay not to be okay”, this programme will bring hope, healing and health to families and the community. The MH & WP employs a holistic approach to the well-being of individuals, helping them become more aware of how their psychosocial, spiritual and physical dimensions of life correlate in meeting daily life experiences, as well as challenges that emerge, either expected or unexpected.

Dr. Stephen Asatsa, a Psychologist and Lecturer at Catholic University, as well as the current Chairman for SUK’s Metropolitan Region, is leading the training faculty. Trainings are ongoing in Nairobi, Coast, Central and Lake Region.



Virtual Graduation of the 2<sup>nd</sup> ToT cohort on 13<sup>th</sup> August, 2021



**METROPOLITAN REGION:** School children in Kiambu County go through a session on Causes and Triggers of Mental Health Unwellness. The sessions were facilitated by Eld. John Mwangi.

# Ministry across the Regions

## Children Ministry

As expected, we experienced difficulties in accessing schools earlier in the year due to COVID-19 protocols.

We have however resumed some limited ministry towards ensuring that children are being supported for their spiritual and psychosocial needs. Please pray with us that the Ministry of Education grants us permission to visit schools.

### Children Ministry Workers

Building capacity of Sunday School teachers, Christian teachers and parents has been a key highlight during this period. We have also build capacity of children workers with skills.



**BOMET:** Some of the children who participated in the Drama Festivals, in June this year. A covid-19 awareness program was conducted for Bible Clubs across 10 different centres



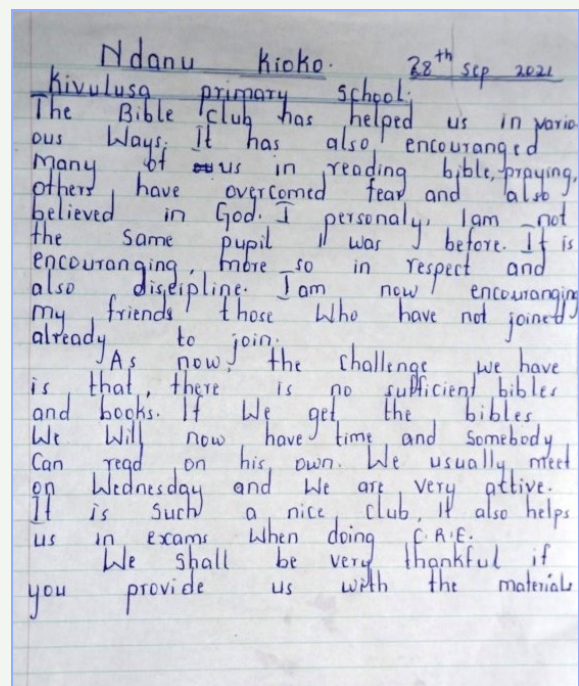
**EASTERN:** Pst. Jane Ndanu with some of the children who went through the Causes & Triggers of Mental Unwellness learning & awareness sessions at AIC Jericho



**COAST REGION:** David Chiko facilitating a PPI lesson at St. Augustine Academy. The children were given Good News tracts to read during the 1 week holiday.



**NAIROBI:** Sunday School children of PCEA Kahawa Sukari have quiet time, conversing with God about their fears, after going through "how to depend on God to overcome fear". The sessions were facilitated by Rev. Jared Kataka.



**MWALA:** A Bible Club (BC) Member shares their testimony on how the BC sessions have impacted her and her friends, in Kivulusa Primary School

# Ministry across the Regions

## Family Ministry



**NYERI:** Parents and children in an outdoor activity at Victory Baptist church, Nyeri.



**NAIROBI:** Sunday School children of PCEA Kahawa Sukari have quiet time, conversing with God about their fears, after going through "how to depend on God to overcome fear". The sessions were facilitated by Rev. Jared Kataka.



**BARINGO:** Healthy Choices program for the Adolescence Children in August during schools' mid term break, facilitated by James Thuo.



**TRANSMARA:** Life skills training for youth leaders



**MOMBASA:** David Chiko facilitating a Positive Parenting Seminar at Victoria Baptist Church in December 2021.



**NAKURU:** A morning session during a weekend challenge at Goshen Sacred Girls High School



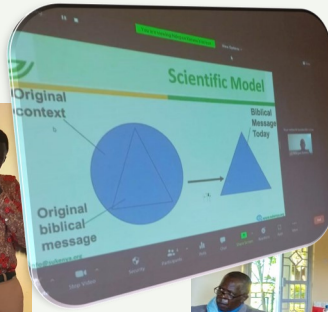
**NYERI:** Teens program on leadership at Victory Baptist church, Nyeri.

# Ministry across the Regions

## Bible Ministry



*Some of the teachers who underwent training for PPI, through a partnership of SUK South Rift and World Vision.*



*KISUMU: Training for writers and editors in December, combining both face-to-face as well virtual learning experiences.*



*ELGEYO MARAKWET: Pastors from African Inland Church (AIC) receive audio Bibles courtesy of the Faith Comes By Hearing (FCBH) programme from James Thuo, to enable them form Listening Groups*



*MUTOMO, KITUI: Sunday School Teachers undergo training on using the SUK Sunday School Material - "iVangeli".*



*NAIVASHA: Outdoor activity during a VBS*



*Workers at a construction site listening to texts from an audio Bible*



*Children gather around a grandfather to listen to portions of Scripture from an audio Bible*

## Teachers Mandate on the Mountains of Influence

Sessions covered during the Teachers' Mandate on the Mountains of Influence in June

An intercessory prayers training series on the Mountains of Influence ran virtually throughout June 2021 in partnership with the Intercessors for Kenya (I4K).

While there are seven mountains of influence, the training specifically looked into the Biblical and spiritual dimensions of four key mountains of influence as relates to teachers, both at personal level as well as in interactions with their learners. These were the Mountains of: Education, Family, Economy and Religion.



2022 English Devotionals now available across our Bookshops, retailing at KShs. 250/- each! Order a copy today!!

## On Matters Child Protection

SUK was part of the panel discussions on Ending Violence Against Children in Kenya. The first discussion was hosted at the National Council of Churches of Kenya (NCCCK), which was followed up by NTV's *Your World*, being hosted by Victor Kiprop.



LIMURU: John Mwangi, Jared Kataka and Mrs. Nancy Kahuthia represented SUK in the NCCK Nairobi Region conference, in which they facilitated a session on Child Safety and Protection.

Panel Discussion on Inter Faith Conference on Ending Violence Against Children in Kenya, during which Nancy Kahuthia, gave key-note perspectives on matters child protection.

To watch the discussion, click the following link or copy it to your browser:

<https://www.facebook.com/ScriptureUnionofKenya/posts/10159479795014715>

## Leadership Transitions ...

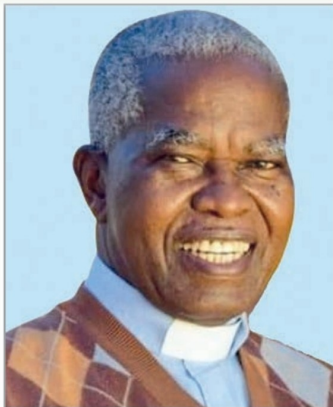
Mid this year, Ms. Christina Were was appointed and installed as the NGC Chairlady, taking up from Dr. Reuben Nzuki, who served as the Chairman for 10 years.

**Central:** Bishop Charles Wachira handed over to Rev. Johna Muchiri as the chairman for the Central Region.

**Eastern:** Pastor Jane Ndanu was appointed the chairlady of the Eastern Region. This was followed closely by an induction and orientation of the Regional Committee.

**Lake:** Rev. Joshua Ombok handed over to Mr. Zack Gaya as the Regional Chairman. This was followed closely by an induction and orientation of the Regional Committee.

**Trustees:** Major (Rtd.) John and Rev. Canon Micah Amukobole stepped down from the SUK



**Rev. Johnson Muchira,**  
*"Fare thee well"*

Board of Trustees. At the same time, Mrs. Nancy Gachoka and Pastor Mary Mumo were appointed to the Board of Trustees.

We truly thank God for the wisdom and guidance of the

outgone leaders, and look forward to realizing the vision and mission of Scripture Union of Kenya through the new leadership. May God fill them with wisdom and Grace more and more as they take on these roles.



**Pastor Jane Ndanu**



**NGC Chairlady, Ms. Christina Were presents a gift plaque to Dr. Reuben Nzuki, the then outgoing Chairman.**

**Inset, part of the NGC and Board of Trustees members.**



**Can. Micah Amukobole, outgoing Trustee, receives his gift plaque of appreciation**



**Mr. Zack Gaya (right), incoming Chair person for Lake Region Committee, receives his instruments of leadership from Rev. Joshua Ombok**

## *Snapshot into Isinya Resource Centre...*



*Overview of the landscape from a vantage point*



*Green house project—basil being grown for export, an initiative to raise further support toward the Ministry*



*The Amphitheatre*



*Pawpaw plant with blooming fruit*



*Conference facility with meeting space. Beside it (foreground), developing pawpaw patch*



*Rev. James Wanjau, SUK Trustee, during a site visit*

# Become a Member!!

## Registration:

### Group & Paybill Code:

Bible Clubs (BC) & Sunday Schools (SS)	KShs. 1,000
Corporates and Churches	KShs. 2,500
	KShs. 5,000
	KShs. 10,000

### Individuals:

Life	KShs. 10,000
Annual	KShs. 2,400
Junior	KShs. 50 - 100

## Renewal (Annually)

### Group & Paybill Code:

Bible Clubs (BC) & Sunday Schools (SS)	KShs. 1,000
Corporates and Churches	KShs. 2,500
	KShs. 5,000
	KShs. 10,000

### Individuals:

Life	KShs. 10,000
Annual	KShs. 2,400
Junior	KShs. 100

*Need us for trainings or any of our programmes?*

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**Bank Code:** 30010  
**A/c No:**  
0100 0036 85629  
**Swift Code:** SBICKENXXXX

### Lipa na Mpesa:



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