



**REPORT ON A CALLED TO CARE WORKSHOP
BY MOMBASA CATHOLIC DIOCESE, KENYA**



- 1. Name of person and church or community organization responsible for organizing this workshop:** Sr. Salome Kamene, Mombasa Catholic Archdiocese, Mombasa, Kenya
- 2. Postal and email address:** P.O. BOX 84425 – 80100 Mombasa, Kenya.
- 3. Date of workshop:** 26th to 27th April 2015
- 4. Workshop venue:** St Emmanuel, Anglican Church of Kenya Church Bamburi, Kenya.
- 5. Workshop participants:**

Eight female and eight male participants from five local support groups.

- 6. Called to Care workbooks used:** Workbook no. 3, *Time to Talk*, (Swahili edition: *Sasa Tuzungumze*)

- 7. Language(s) used if more than one please explain how you managed:**

We only used Swahili.

- 8. What did the participants decide to do as a result of the workshop?**

The entire two-day training was quite interactive and every member had the chance to talk and share their life experiences. There was more talking than writing. As Rev Nzaka put it, “Hii ni warsha ambayo sijawahi hudhuria, ambapo mengi yaliojadiliwa ni yale watu huona aibu kuyaandika ama kuyazungumzia hadharani”. (“I’ve never participated in a workshop like this before. The discussion was in great detail, participants opened up and shared about most private issues which cannot even be put on paper.”)

The support group leaders agreed to sensitise the other members of their groups and on the need to talk and share freely in their marriages, and in the process make their marriages true partnerships.

The faith leaders agreed to share the same knowledge with their congregations, and because we gave them copies of the workbook it should be easy to have one hour sessions, for example, every Sunday after the church services, when they will share the information with existing groups in the church, e.g. women, men and young adults .

Thirdly, the faith leaders also agreed to apply their knowledge during pre-marital counselling whenever couples come to them with an intention of marriage. Those trained in the use of this book will therefore have something like a network in which they will be communicating and giving one other back up through their church congregations, community gatherings and different social groups in the community.

9. What interesting comments did participants make about the workshop?

Each and every member was excited about what transpired in the workshop. Some even wished for a whole training and discussions on married life. The engagement and the discussion during the training was very healthy, everyone wanted his/her story to be heard. It came to a point where we had to have a moderator, as everyone wanted to talk, and through that I believe participants healed, mostly the heartbroken and those who got the HIV+ status in their marriages. Some quotes:

A female participant told us: “The houses we live in know a lot and if they would one day be given a chance to talk, then most of us won’t be ready to hear that in public. There is a lot that happens in our houses especially in the night. My last husband and I broke up a long time ago because of him refusing to have sex while the lights were on, he always wanted to do it under the sheets and when the lights were off. I couldn’t carry on like that anymore, so I eventually decided to part ways with him and got married to another man, who loved me and sexually satisfies me. Since then I am always happy with him and I never regret parting ways with my first husband .”

Rev Emmanuel Nyamiwa said: “The book has really added a lot, mainly on marriage encounters, couple counseling and men and women groups. From now on I have material to assist me in teaching my various groups in the church.”

Another member said: “The young generation needs to be assisted to understand the reproductive system, how it functions and how children are conceived. Failure to do that means they will definitely get wrong information through different means/people and in that way the child’s morals are affected. Nothing should be hidden from them. I was once shocked when I heard my young son telling his elder sister after staring at a young pregnant lady who was carrying a 20 litre can full of water that the man responsible for the pregnancy is making the young lady suffer, as he is not there to assist”.



Men discussing their fears, expectations and hopes about women.



Women discussing their fears, expectations and hopes about men.

10 .What comments or suggestions would you like to make about the workshop?

The discussions were healthy and beneficial to the targeted people. The Called to Care toolkit book 3, *Time to Talk*, is actually an eye-opener to all married people. It moulds someone, ensures that their attitudes and misconceptions change, and views the marriage from a different, positive dimension. When this happens, there is happiness, tolerance and partnering in all aspects of life. I strongly recommend it for couples and adults who are aspiring to join marriage life.

The book is also suitable to the young growing generation. It will assist them in understanding how to choose what is right and to reject what is wrong.



Discussions in progress, as members talk and talk about their marriage encounters from their own experiences.



A group photo showing all the members who participated in the workshop, each with the Called to Care work book 3: Time to Talk (Sasa Tuzungumze).