

CUEA NEWS

DECEMBER 2021



THE CATHOLIC UNIVERSITY
OF EASTERN AFRICA (CUEA)

A.M.E.C.E.A

Consecrate them in the Truth



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Thank you!



I thank God for walking us through to the end of this year. Allow me to take this opportunity to thank our various stakeholders who have supported the University and its work this year.

First and foremost, I wish to thank all our students for selecting CUEA as their choice University to learn and grow. I thank you for your engagement and collaboration in ensuring smooth learning. In the same breathe; I thank your parents, guardians and sponsors in supporting your education here at CUEA.

My appreciation also goes to the members of staff who work at all levels and who wake up every day to serve diligently at their stations. It is indeed because of your personal and collective contribution that the University has achieved its objectives this far in the year. Thank you to your families who support you variously and allow you the space and peace of mind to give your noble service.

I wish to thank all the members of CUEA

leadership organs from the Board of Trustees who give oversight to the University, the Council which guides and monitors strategy implementation, the University Management Board which assists my office in running the University not forgetting the Senate for its role in setting and maintaining University academic standards. I also wish to thank the University constituent and affiliate colleges through whom we extend the mission and vision of the University.

To the Church and its governing organs that support the work of the University including the Apostolic Nuncio to Kenya and South Sudan, the AMECEA Bishops and Secretariat and the Kenya Conference of Catholic Bishops, we remain indebted to you for your prayers and support.

To our partners including our suppliers, we are grateful for the synergies that we continue to enjoy to be able to achieve our mandate even as you realize your business goals. We equally appreciate the collaboration that we have enjoyed this year with the various regulators and the Ministry of Education and all the actors in the education sector that we have interacted with in the year. We look forward to greater collaborations in the coming year.

Once again, I thank God for His providence this year and for preserving and enabling us to be witnesses of life and participate in the solemn worship in our service to this great institution. Indeed, we could not have come this far without God and all your individual and collective contributions. Please receive my gratitude on behalf of the University leadership.

Allow me to take this early opportunity to wish you and your family a Merry Christmas and a Happy New Year 2022. May the birth of Christ bring joy and happiness to you and your family. May God bless you and may He bless our beloved University, CUEA.

Very Rev. Prof. Stephen Mbugua NGARI
RECTOR/VICE CHANCELLOR

The CUEA Cardinal Otunga 2021 Fundraiser



The VC, Very Rev. Prof. Stephen Mbugua, acknowledges members of the Cardinal Otunga Mass, Lecture and Fundraising Committee

On Wednesday, November 3, 2021 the University held the annual Cardinal Otunga Memorial Mass, Lecture and Fundraising.

The Memorial Mass was led by the University Rector/Vice-Chancellor, Very Rev. Prof. Stephen Mbugua with Amb. Prof. Judith Mbula Bahemuka delivering the lecture based on her very own interaction with Cardinal Otunga.

In her speech, Prof. Bahemuka noted that, Cardinal Otunga stood for quality and affordable Education. He was firm, fatherly and yet cared for all.



Amb. Prof. Judith Mbula Bahemuka delivers the lecture during the function.

She acknowledged the role that the Servant of God played in education underscoring the fact that he spearheaded the establishment of many schools and even the Catholic University of Eastern Africa. Prof. Bahemuka had been a lecturer at the University in the early stages as it pursued its charter.

Speaking in line with the University motto 'Consecrate them in the Truth' Prof. Bahemuka said that the Cardinal stood for the truth and urged members of the University to stand for same. "We

must learn to call a spade a spade and a spoon a spoon, because education reaches the eternal truth."

In her conclusion, she noted that the Servant of God was a man of prayer, faith and had full trust in God. She urged even those students who have struggles with paying fees to have full trust in God.

In his remarks, the Vice-Chancellor, Very Rev. Prof. Stephen Mbugua Ngari, noted that the Cardinal Otunga Scholarship is a life testimony of living the spirit of the late prelate from Kenya.

The Chair of the Cardinal Otunga Scholarship Fund Committee and DVC Academic Affairs and Research, Mrs Prof. Rachel Gesami described the late Cardinal as one with 'great human qualities, Christian virtue and a hero of faith committed serve the people of God'.

The fundraising event raised close to a million shillings with contributions from staff, students, alumni, partners of the University and invited guests. Funds raised from this initiative assist needy students who undergo vetting by a committee established under the Dean of Student's Office.

Since its establishment in 2005, over 500 students have benefitted from the scholarship. The theme for this year's event was: Education for actualizing life's purpose through the lens of SoG Maurice Cardinal Otunga.



Amb. Prof. Judith Mbula Bahemuka receives a gift from Mrs Prof. Rachel Gesami (right), DVC Academic Affairs and Research

CUEA NEWS



AMECEA Secretary General, Very Rev. Fr. Anthony Makunde (left) plants a tree, accompanied by Mrs Prof. Rachel Gesami the DVC Academic Affairs and Research after the Gaba Graduands ceremony.



Some of the Graduates from Gaba Campus during the celebration on November 12, 2021.



Participants of the CUEA Master of Laws Validation Workshop after the event led by Prof. Francis Sifuna (Front line, Second left) as the key discussant.



Njeri Mwangi (spouse of Boniface Mwangi) and her children speak at the screening of the documentary, 'Softie' on Thursday, Nov. 18. Softie is a Kenyan documentary film about activist Boniface Mwangi who has long fought injustices in Kenya. Our Law and Justice Initiative team hosted the screening of the movie.



Students paint messages on a canvas during a Faith Art Climate Workshop, on November 5, 2021. The Nature Nurture club in collaboration with our Center for Social Justice and Ethics (CSJE) hosted the event meant to advocate for climate justice. The art work comprised of graffiti, painting and drawing.



Student leaders from Kibabii University, Kenya and our student leaders pose for a photo during a benchmarking exercise here at our Langata Campus on November, 10 2021.



Our team in the Innovation Hub interacts with representatives from Nyandarua National Polytechnic who came for a benchmarking visit at our Innovation Hub, at the Learning Resource Centre, Langata Campus on Wednesday, November 24, 2021.



Students from St. Stephen Kamasha Secondary School, Mumias who visited our Gaba campus on Saturday, Oct 30, 2021 pose for a photo with student leaders and staff from Gaba.



**THE CATHOLIC UNIVERSITY
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Doctor of Philosophy in Business Administration

The CUEA Doctor of Philosophy in Business Administration degree programme seeks to develop the highest competencies in business management and leadership for business executives, researchers and academicians who seek to design solutions for organizations.

Six (6) areas of specialisation:

- Entrepreneurship
- Finance
- Human Resources
- Strategic Management
- Marketing
- Accounting

Admission Requirements

Candidates must hold a Master of Business Administration degree or its equivalent from a recognized university with evidence of specialization in the area of interest.

Duration

Three (3) years.

Mode of Learning: Weekend/Saturday only.

**Intake:
September**

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Application forms can be downloaded at www.cuea.edu or obtained from Langata campus

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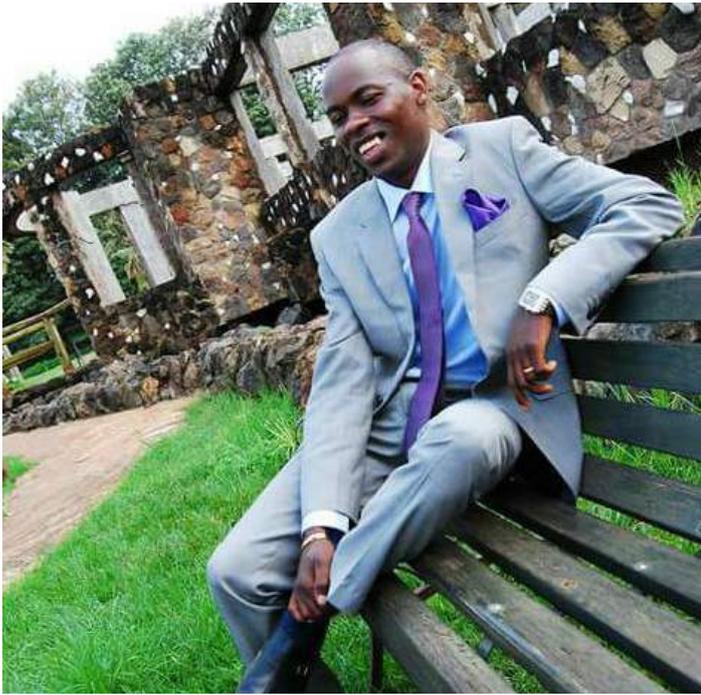
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Athletics Pays Well



Patrick Makau

Briefly introduce yourself

I am 41 years of age studying Bachelor of Arts in Development Studies the Catholic University of Eastern Africa. I am a Sergeant Police Officer, a retired elite athlete now working with International Sports Association in Europe. I am also a coach and a passionate youth mentor.

How long have you been in athletics?

I have been in the athletics career since the year 2004 after finishing my high school. This is 17 years down the line now. I can recount many successes in many of the events that I have participated in. I have won many awards, both locally and internationally.

Which races have you won?

Some of the awards I have won include:

- Berlin Marathon: Twice, 2010 and 2011
- Rotterdam Marathon: Twice, 2009 and 2010
- Frankfurt Marathon: Once
- Fukuoka International Marathon (Japan): Thrice
- Berlin Half Marathon: Twice
- Rosa Kacima Dubai Marathon: Once
- World Half Marathon: Silver Medal Twice

I am also a World Record Holder in World Marathon 2011, Double Silver Medalist in World Half Marathon, Double Golden Shoe award winner, AIMS Award in Road Race in Marathon. In 2011, I was appointed the

UN Clean Air Ambassador. Some of the local awards I have received include; Soya Awards, Golden Gala Award among many others.

What have been your most memorable moments?

When I won the World Marathon record in 02.03.38 in 2011 competing with Haile Gebrselassie of Ethiopia, it was a very proud moment for me. I am also happy to be the Double Winner of Golden Shoe Awards as well as being the UN Ambassador for Clean Air.

What have been your lowest moments?

When I got a knee injury and had to stop my athletics career in 2017. It is an injury that occurs naturally due to wear and tear on bones and reduction of fluids in the joints. Due to this, I am not able to run much.

What does it take to be at the top of athletics career?

Athletics unlike other games does not rely on teamwork, but more on self-motivation and individual effort. One must commit himself, love it and do what it takes to improve the skill. Discipline is also key and this includes eating healthy, time keeping and finding time to be with loved ones regardless of tight schedule. Above all, one must also be willing to do time. In Athletics it is not possible to start today and expect results tomorrow. One must train consistently for better results. Many sportsmen and women get discouraged when they train for a few years without getting results. I have first-hand experience in this; I waited for 4 years before I became a world record holder. One must also be willing to take in the pain and make personal sacrifices. For many years, I would wake up as early as 3am to prepare for my morning work-outs. This was not easy but the payoff was worth all the effort.





What has been the pay offs?

Athletics has given me exposure and enabled me to travel to almost all the countries of the world including spending a good amount of time in some big cities like London, Chicago, Miami, Paris and many others. I also have had a chance to interact with many friends and people from all over the world. This includes eminent persons such as Bill Clinton and Barrack Obama, both former presidents of America, Queen Elizabeth II of Britain, Haile Gebrselassie of Ethiopia and locally the late Safaricom CEO Bob Collymore and Raila Odinga.

I am also happy to note that athletics pays good money when managed well. I had an opportunity to earn and invest well which has gone a long way in making me who I am today. Some events can pay up to KES. 20 million at a go which is good compensation for all the effort made.

This career has also made me famous. It is humbling when people recognize me as I go about my business. This has also given me many opportunities to give talks locally and internationally, in institutions,

churches and companies. It has been exciting to get such opportunities to tour all over the world sometimes receiving world-class treatment.

How are you balancing between education, business and career?

It has been a challenge though I try my best not to drop any of my important balls. I am happy that I have made it through my studies. I am in my fourth year now, though sometimes it is hard to study when your children and your family need your attention as well. Sometimes, I have to first help my children do their homework and only thereafter I am able to concentrate on my own coursework.

Why did you pick CUEA as your choice University for your education?

I was attracted to the Catholic University of Eastern Africa because of its Christian foundation as well as its solid credibility as a premier international University offering quality education. I am happy that I made a good choice.

What next after retirement from active athletics?

My hands are full. I am a passionate coach, a police officer, an entrepreneur in real estate, a mentor and now a finalist at the Catholic University of Eastern Africa.

What advice do you have for students who would like to excel in athletics?

Everything worth your while requires commitment. Nothing good comes easy in this world. Those who wish to excel in athletics must be willing to move out of their comfort zones and do the work that is required. My experience is that it is possible to excel and reap great rewards from both career and talents if you are willing to be the best in your field. Lastly, get a mentor to work with you and never ever give up however tough the journey becomes. In due time, you will succeed.

What is next for Patrick Makau?

I want to excel in entrepreneurship and also become an educational giant. I plan to continue with my studies and eventually earn my doctorate degree.

Rugby is My Game



Vincent Onyala Owino, HSBC 7 series in Hong Kong

Briefly introduce yourself

My name is Vincent Onyala Owino, I am 25 years. I am currently a student at the Catholic University of Eastern Africa studying Social Work. I have been playing Rugby since I was 11 years old from way back in 2007 and along the way I have played for Northern Suburbs, CUEA Monks and currently I am playing for KCB RCF, Kenya Sevens and Kenya Fifteens. As we talk I am currently at camp in Cape Town South Africa.

Why Rugby and what inspired you to get into it?

My inspiration mostly came from what I can call peer pressure. My friends loved the game and I naturally fell for it. I remember those days when boys in my neighborhood started talking about a new sport that 'gave food after playing' and I took interest. When I saw boys playing it, I fell in love with it. Further to this, I was also a very athletic and sporty child growing up and therefore had a nudge for sports including football, acrobatics and basketball.

What have been your highs/achievements in the game?

I have been able to enroll at CUEA to further my education because of the game. I also played at the Olympics (Tokyo 2020/2021) which was a great moment for me. Winning Kenya Cup Trophy twice in 2019 and 2021 with KCB RCF was certainly a high moment for me. I am now a Certified Coach and Match Official currently coaching with Shamas Rugby Foundation. I am very humbled for these achievements and I thank God for the opportunities that have come my way because of the game.

What have been your low moments/challenges?

A key challenge has been battling injuries that are gene-related and rare which means that there is basically no clear plan of return to play protocol once I have an injury. Sometimes, it is possible to have coaches who do not align or appreciate your personality and style of play due to their perceptions. This affects my game but I try to always rise above any challenge that I encounter.

What does it really take to be at the top of your game?

The game requires a lot of training which require loads of commitment and time. One has to meet and keep their key performance indicators - fitness, tackling, speed and decision making consistent. I have also had to sacrifice being away from family members and loved ones for almost half the year because of the training discipline required.

What has been the pay-off?

The game comes with its share of great fun and I am always excited to play. I have also had an opportunity to travel across the globe now almost every 2-3 weeks in a month for 8months. I appreciate the financial rewards that come with the game which have gone a long way to support my off the pitch engagements. I also love the recognition and acknowledgement that are slowly coming with my work in the game.

How are you balancing the game and education and how is CUEA enabling your game?

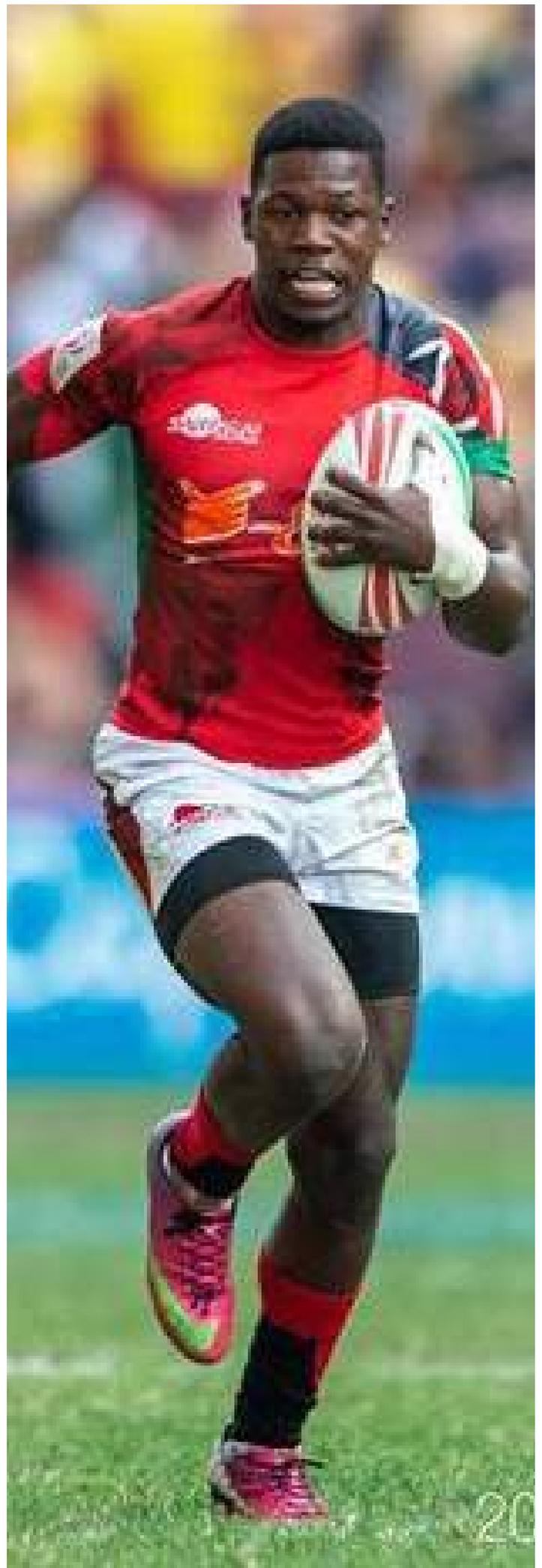
I am very glad to be in an institution that supports my education through online learning and therefore when am not training, I am able to catch up from where I left. I appreciate that the University has a good platform that allows me study and play without the hustle that comes with in being at different places.

What advice students who would like to excel in a sport?

Anyone who would like to excel in a sport must find a trusted mentor as well as a coach to assist them do well in sports as well as balance out the field work with other important goals such as academics. A mentor and a coach will help you set a clear path with milestones and push you to be your best.

What next/ dreams into the future?

From the academics front, I want to finish my studies and graduate from school. As for the game, I want to play in the World Cup and Commonwealth Games for my country, Kenya as well as intensify my connection with the game through officiating and coaching.



No Shortcuts in Athletics



Alexander Sampao Lerionka

Briefly introduce yourself

My name is Alexander Sampao Lerionka, I am 26 years. I just graduated with a Diploma in International Relations at the Catholic University of Eastern Africa and I look forward to progressing to my degree course in the same University in January 2022. I am an Athlete since 2013 and I have been active both at the local and international scene.

Which major international races have you won or done well?

- In 2013, Donetsk IAAF World Youth Championships, Bronze medalist
- In 2014, Eugene IAAF World Junior Championships, 4th position
- In 2015, 4th position in World Junior Championships in Portland Oregon USA
- In 2015, Gold Medalist in All Africa Games, 4X400m Relays

What have been your most memorable moments?

A huge one is my first trip to an international event - World Youth Championship held in Donetsk Ukraine in 2013. It was my first big event and I came home with a Bronze after USA and Jamaica who actually dominates the sprints. I also enjoyed the 2015 All Africans Games held in Brazzaville Congo, that year I was one in my best shape and did very well. The most memorable event of all time for me is the Rio 2016 Olympics, its every athlete's dream to be an

Olympian, and I had a lot of fun and exposure. I met many legends like Usain Bolt of Jamaica, Justin Gatlin of USA and seasoned athletic personalities.

What have been your lowest moments?

In 2017, I just shifted from 400m race to 800m race and soon after my first 800m race in Italy, I got sick and went to Germany for a minor surgery. I came back home having done nothing much in that year. In 2018, I was in my top shape, I made it to the team to Commonwealth Games in Gold Coast Australia but one evening just days before the competition, I incurred a serious muscle tear in my harm string and for the whole of that year I was in Italy for rehabilitation. It was a lonely and sad year for me.

What does it take to be at the top of your game?

Two of the most demanding qualities in any sports career are discipline and character. There is a lot to refrain from and one must be patient, consistent, disciplined and maintain high level of work ethic. In athletics, there are no short-cuts and one must remain focused and patient. I have made a lot of sacrifices on time, sleep and leisure for my trainings. One must have good and quality rest as well.

What has been the pay-offs?

I have traveled almost to all continents of the world, met and seen many great people and had an opportunity to engage and listen to them. I have seen and experienced how 1st world countries run and look like; their infrastructure - transport networks, sports facilities and social amenities. I have enjoyed different beautiful cultures and traditions which have given me very many beautiful memories. On money, it has not





been much. 400m race is does not attract a lot of attention in Kenya and this bars most sprinters from making money because most of them do not make it to the major events. The government does not also give worthy tokens and allowances. Recognition has also not been much apart from it coming from the federation and your coach.

How have been balancing your education and sports?

It has not been easy at all. My studies in the University demanded a lot of sacrifice and determination. I have had to keep off from many social occasions with friends and family just to remain available for my education and career. I have neither missed a class nor training because of my discipline.

Why did you pick CUEA as your choice University for your education?

The Catholic University of Eastern Africa has been my dream college because of its credibility and quality education. The University instils high moral values and ethics to its students and I have been happy to be part of that rich heritage.

What is your advice to students who are interested in athletics?

I am what I am because of athletics. I was able to offload financial responsibilities from my parents from

as early as in my Form 3. I was able to raise my fees through sports and I paid my rent and upkeep through sports. Many at times I look back at my life and I cannot imagine how my life could be if I did not focus on developing and pursuing my talent. My advice is that it is good to believe in small beginnings and self-determination. I always thank my high school principal, Mr. Barnabas Kitilit. His mantra was 'everyone has a talent, find out yours and work on it'.

What is your next move into the future?

At the moment, together with my coach, Robert Berry from USA, we are working on a series of things in my transition to 800M. We also have a track club with Headquarters in Colorado, USA and we have plans to establish the same here in Kenya. The intention is to buy land and establish a camp and a school to develop and support sport talents.



Sports at CUEA



Simon Jawichre, CUEA Sports Officer

Tell us abit about yourself

My name is Simon Jawichre and I am the CUEA Sports Officer working under the Dean of Students. I organise, oversee, and follow up on the sports programmes at the university. My role involves coaching, monitoring, and conducting fitness sessions, preparing and administering training sessions, tournaments and matches, ensuring high team performance quality and accompanying teams to tournaments. I have more than 30 years of experience in sport management and I have coached CUEA Monks Rugby Team, since 2010 and I have also coached other clubs including Lions Franchise in the Bamburi Rugby Super Series 2009 edition, KCB Rugby Club, Nedlands Rugby Club (Perth, Australia), and Joondalup Brothers Rugby Club (Perth, Australia).

Which sports and games are played in CUEA?

Physical formation is a critical part of CUEA holistic formation for the students. The University has sports facilities that include pitches as well sports

equipment for support the various sporting activities. Our students actively participate in ball games such as Hockey, Basketball (Men & Women), Volleyball (Men & Women), Soccer, Netball and Handball (Men) and Rugby. Other sports offered include Lawn Tennis, Badminton, Karate, and board games such as Scrabble, Chess and Darts. Our core teams include CUEA Monks – Rugby Team, CUEA Knights – Basketball, CUEA Saints – Football and CUEA Cardinals – Volleyball, CUEA Shooting stars – Netball (Ladies),

How have the teams faired in various leagues?

Our Rugby team aka CUEA Monks has generally stood out. The team participates mainly in Kenya Rugby Union fixtures in the 15-a-side version at the Championship level (2nd National level) and the National 7s Circuit. The Monks usually make in the play-off stages of the KRU Championship 15-a-side League and is among the top 12 teams nationally every other season in 7-a-side. As for KUSA events Monks were runners up to Kenyatta University in the last edition in 2019 and won the two legs of this year's 7-a-side edition that they participated in to emerge 3rd overall nationally this despite not taking part in two of the legs.

Our CUEA Knights basketball team has also in the past participated in the NBA league in Nairobi. All other teams participate in KUSA (Kenya Universities Sports Association) leagues and tournaments. We are working to bring up other teams as well.

The University hosts at least one indoor sports festival for the Nairobi South conference every semester, where our Scrabble team emerged overall champions in 2019, hence being selected to represent the conference at the National Indoor Games hosted by Meru University in February 2020.

In the past we also had a very competitive Karate squad. We have a vibrant Lawn Tennis team which is quite active especially on Saturdays. Our CUEA Gaba Soccer team has also been coming up very well in the recent past.



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Great Start

BACHELOR DEGREES

- Bachelor of Laws (LLB)
- Bachelor of Commerce
- Bachelor of Justice and Peace
- Bachelor of Education
- B.A in Anthropology
- B.A in Counseling Psychology
- B.A in Development Studies
- Bachelor of Economics
- Bachelor of Economics & Statistics
- Bachelor of Economics & Finance
- B.A in Environmental Planning & Management
- B.A in Geography
- B.A in History
- B.A in Kiswahili and Communication
- B.A in Philosophy
- B.A in Political Science
- B.A in International Relations
- B.A in Religious Studies
- B.A in Social Sciences
- B.A in Social Work
- B.A in Sociology
- BSc in Actuarial Science
- BSc in Biology
- BSc in Chemistry
- BSc in Community Health and Development
- BSc in Computer Science

**Intakes in
January, May
& September**

- BSc in Health Professions Education
- BSc in Library and Information Science
- BSc in Mathematics
- BSc in Nursing (direct/upgrading)
- BSc in Physics
- Baccalaureate in Sacred Theology
- Bachelor of Theology

REQUIREMENTS:

KCSE minimum grade of C+ or its equivalent.

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Application forms can be downloaded at www.cuea.edu or obtained from Langata or Eldoret campuses

N/B: All academic entry requirements are subject to the respective bodies and key stakeholders' requirements.

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Eldoret Campus: 0728 458276/registrygaba@cuea.edu



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www.cuea.edu

Offering Housing Solutions



Benaiah Praise Wepundi, 2nd year Bachelor of Laws (LL.B). Founder of EasyHouse Tech Limited

Briefly introduce yourself

My name is Benaiah Praise Wepundi. I am a 19 years old 2nd year Bachelor of Laws (LL.B) student at the Catholic University of Eastern Africa. I am the founder of EasyHouse Tech Limited

Tell us about your business - EasyHouse Tech Limited

EasyHouse Tech LTD, which was established in 2020, is a startup focused on developing web and software solutions that solve tomorrow's problems today. Primarily, we design, develop, deploy and manage Software as a service product to cater for the rental real estate space in Africa. Our maiden products have been to automate payment processing/aggregation and property management (EasyKodi) as well as property marketing and house-hunting/property search (EasyKeja) through a web application, ehouse.co.ke. The company is my brainchild and I have brought on board three co-founders, three employees and a strategic partner.

What inspired you to start the business?

On reporting to campus last year (2020), one of the biggest challenges I faced was finding a suitable place to stay. Available hostels were not as affordable and had limited units and I was not as conversant with the environs making it hard for me to get a place to rent right away. Subsequently, I had to live with family and friends for a while which was not as convenient. Having an inclination for tech and innovation, I brainstormed with three friends of mine on how we could innovate and solve this problem. There and then, the idea of a property listing platform to fill in the gap of house-

hunting was born. As we moved on, we started noticing other gaps that tech could fill. Gradually, EasyHouse was born.

What solutions does EasyHouse offer?

The rental real estate space in Kenya and Africa is wide with about 50% of the population living in rental spaces. Over 60% of businesses on the continent are housed in rental spaces. We realized that there has not been much innovation to infuse convenience in the rental experience, and we chose to offer a solution. As the name suggests, EasyHouse is all about an easy housing experience right from finding rentals and paying your rent to marketing and managing rental properties. The overall aim is to give tenants the best user experience while driving maximum profitability for the property owners.

What did it take to start EasyHouse?

Basically, it took the individual skills of the four founders, that is, human capital. This included website development, business management, research, marketing and communication skills. Besides that, we also made a commitment to raise finances internally every month to support the running of the company. To date, we have raised and deployed close to Ksh 150,000 into the establishment of the business. We raised the funds from our upkeep savings because we are all students. On top of that, in March 2021, we were joined by a strategic partner, In-Turn Africa, who came in with an additional Ksh 22,000 to take care of the incorporation of the company and consultation with South-African based African Leadership Consulting Group. Additionally, we recruited two developers and a technical assistant who agreed to work with us on part-time until we were in a position to generate positive income. The employees get stock options in return.

Who are our customers?

Our clients are majorly property owners, agents/agencies and managers. By extension, we also serve tenants and potential tenants.

How do you run EasyHouse?

I serve EasyHouse as the Chief Executive Officer. I am in charge of the general strategic direction of the company, the company's vision, business development and partnerships, investor relations, marketing and public relations. I am also a member of the development team as a front-end developer.

Ian Nyongesa, a Bachelor of Commerce student at Technical University of Kenya (TUK), one of the other founders, handles financial management, day-to-day operations of the company and human resource. Oscar Wanjala, a Bachelor of Science -

Computer Science student at Multi-Media University (MMU), co-founder and Chief Technology Officer, handles product development and management. He runs the development team. Linda Gikunda, a Bachelor of Laws Student at CUEA serves as an Executive Assistant and Legal Secretary. She handles communication and legal compliance issues. Besides the four founders, we have three employees; Cynthia (Computer Science graduate) and Edwin (Computer Science graduate) who are app developers while Felix (AWS Cloud Associate) is a Technical Assistant.

new feature so that when classes come, I can attend and participate. I am very happy with the progress that I am making on both ends.

Is the business profitable?

Generally, EasyHouse is at pre-revenue stage. EasyKeja, our first product, was focused more on helping students locate accommodation and less on profits. Between July and October 2021, we managed to settle over 1,500 students in Nairobi and its environs. EasyKodi on the other hand, which we plan to launch in January 2022, is set to generate revenue from premium subscriptions by property managers.

What advice would you give to students who wish to start a business?

All you need is an idea, determination and a team that you can count on. If you start by looking into your pockets, you will be frustrated. Start with what you have; the little sacrifices you can make; time and skill. From there, an empire can be built.

What are your plans into the future?

In the near future, we are looking to raise investment to grow, scale and expand beyond the Kenyan borders so as to create employment and spread convenience in real estate. In the long term, the goal is for EasyHouse to grow into a leading player in the innovation space, even beyond real estate. We intend to revolutionize how people see innovation as we cement the position of very young entrepreneurs in developing the future that we want.

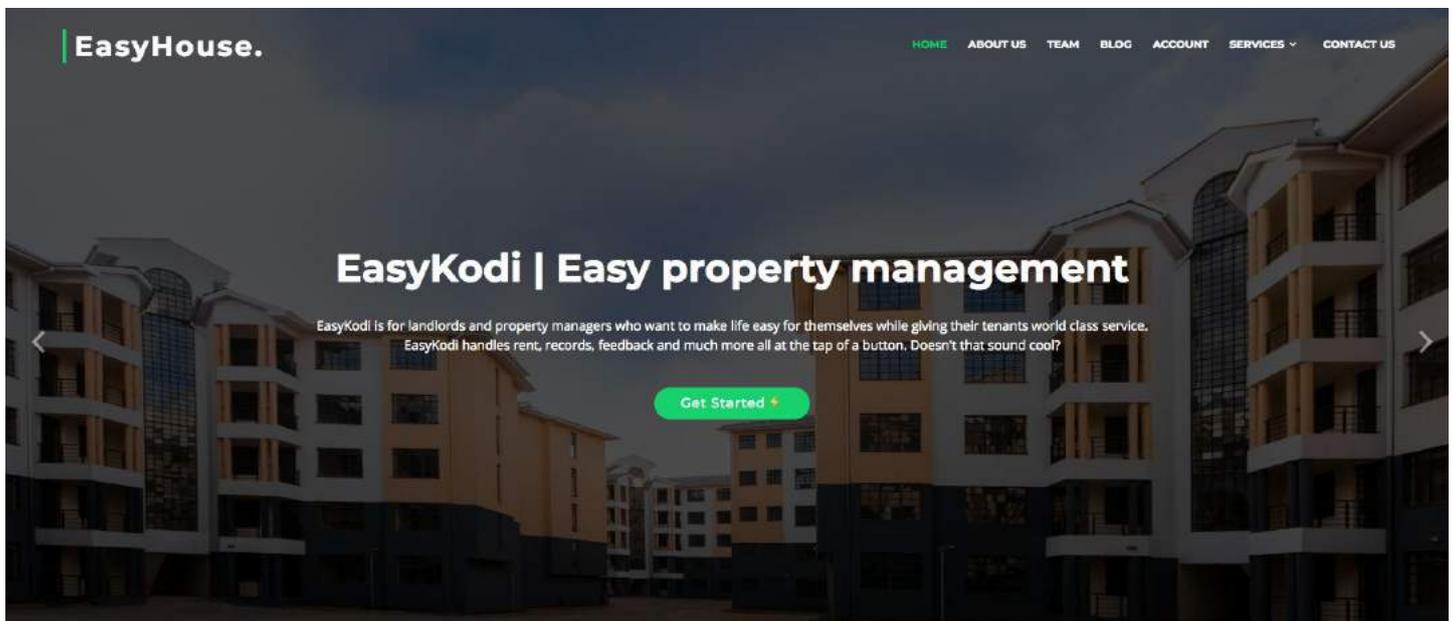
How has EasyHouse positively impacted on your life as the founder?

EasyHouse has given me a different perspective to life. We have faced many ups and downs along the way and through that, I have learnt that a firm resolve is all it takes to make a difference. Furthermore, it has made me an inspiration to many - being a Founder and a CEO at 19 is a huge responsibility for me and an inspiration in equal measure.

How do you balance between studies and business?

The balance comes down to discipline and sacrifices. I try to make sure that the business does not interfere with my studies because besides the skills taught in class, a lot can be gained from the learning process to prepare me for the future. Sometimes I am forced to extend to late nights coding, designing or ideating a

“
EasyHouse is all about an easy housing experience right from finding rentals and paying your rent to marketing and managing rental properties.



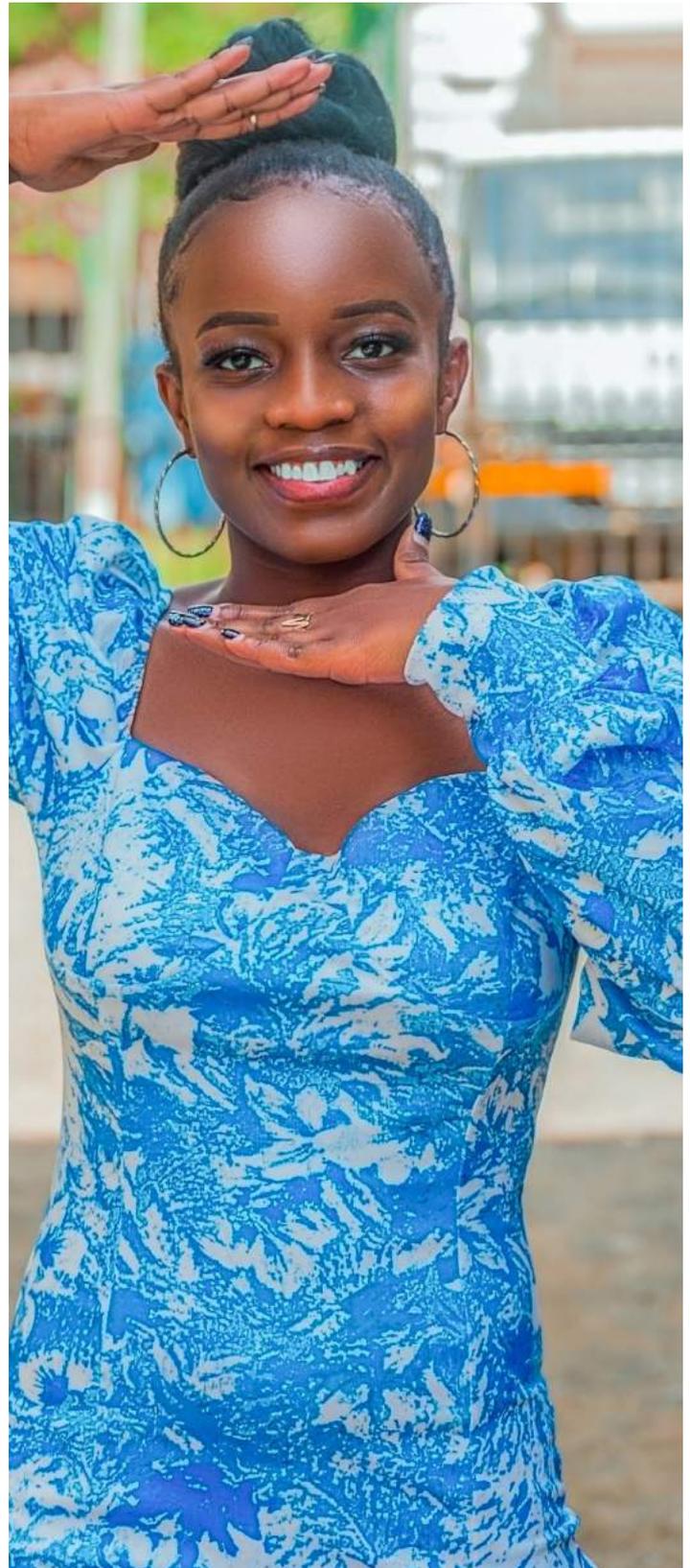
My Make-up Business

My name is Valyne Wangeci Muthoni, a second year student at Catholic University of Eastern Africa studying Bachelor of Laws degree. I am the founder of Keshy Cosmetics, a business that focusses on beauty products such as eyeshadow palettes, make-up brushes ,eyelashes and beauty blenders . I run the business online with a shop on Instagram and TikTok. The main reason as to why I choose the online store for my business is that it is easy for me to manage it on the go and easily create a balance between the business and my studies. My inspiration for starting the business is my desire to share my make-up passion with the rest of the world as well as showcase how one can accentuate their God-given beauty with a touch of make-up. My friends also played a role in pushing me to convert my passion for make up into a business.

I ensure that my customers get quality make-up at affordable prices. We also tend go further to give them advisory on the make-up and tones that suit their skins and needs. My starting capital was four thousand shillings (KES. 4000/-) and I was lucky enough to raise from my family. My customers are mainly ladies between 18-35 years. Currently I do not have any employees because the business is still young and therefore I can fully manage the business from stocking, taking orders, marketing and packaging of orders for delivery which is done by a courier company.

The business is now a month old and I am glad to note that it is profitable. Since the business is online making it profitable is a factor of quality products, giving more value to my customers and generally a great customer experience. My business has really given me a different view of life including teaching me business skills as well as life skills.

Creating a balance between business and studies has not been a major issue because I am a strong believer of being intentional in everything that I do. To my fellow students who wish to get into the business world, my take is that it is not easy but with God , consistency



Valyne Wangeci Muthoni, 2nd year student, Bachelor of Laws . Founder of Keshy Cosmetics



and adequate planning it is possible. Finally, my plan into the future is to grow Keshy Cosmetics to become a renowned brand as well as develop and sell my own cosmetics line of products.

Selling Groceries Online



Boniface Mugambi, 4th year student, Bachelor of Commerce - Finance. Founder of Instafreshi

Briefly introduce yourself

My name is Bonface Mugambi. I am a 4th year Bachelor of Commerce Student - Finance Option at the Catholic University of Eastern Africa. I am also the founder of a grocery delivery service business.

Share more about your business

My team and I operate a retail grocery delivery service. We have an app - instafreshi.co.ke through which our customers can place their orders. We currently do not have a physical location for our office since we operate entirely online. Our business model is that we work with sellers from whom we source for goods. Once an order is placed, we have a shopper who coordinates with the suppliers to buy the goods, package and deliver without incurring any warehousing costs. However, as we grow, we plan to establish a physical office.

The business was inspired by the need in the market to access fresh and affordable grocery in the most convenient and reliable way. I have injected an initial capital of KES.100,000 which I raised from my savings. The money was used largely for company registration,

undertaking an initial survey to establish the market need, setting up of the e-commerce site, as well as marketing our services. Our market niche is mainly comprised of people who have busy schedules who seek affordable shopping with convenience mainly in the middle and upper income segments.

I am able to coordinate the business as I seamlessly undertake my studies. I have three (3) of my fellow students are part of running the business on voluntary basis at the moment. The business is in its fifth month however it is not profitable yet. Our focus has mainly been to establish a good base of happy customers. The business has helped me focus my mind on creating a solution in a real competitive market and this has been very handy for me a business student. It has been an intense learning and growth process to launch and to steer the business. I invest long hours in the evening studying the market, marketing my business through social media and seeking counsel. I appreciate the advisory and mentorship that I am currently receiving from my Lecturer, Madam Anges Muhavani to assist my business do better in the coming days.

What advice would you give your fellow students who intend to do into business?

I believe in application of creativity and hard as well as smart work in pursuing ones passion. Nothing should stop someone who believes in him/herself and in creating a better life for themselves and the community at large. My advice is find out what you love and work on leveraging it to create solutions for the world. Seek knowledge and get a mentor to walk with you and do not be afraid of trying new things. You can never know what you are made of if you fear to fail. Always trust yourself. Things will work out in one way or another if you keep working and fanning your dreams. In future, my plan is that once the business starts posting a positive cash flow, I can invest in a grocery supermarket, partner directly with farmers and from there I can sell and service my customers more sustainably.

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Understanding the Kenyan Competency Based Curriculum



The competency-based curriculum is part of the reform agenda in the education sector that was initiated by the government of Kenya in 2017. This curriculum commenced after a Needs Assessment study in 2016 that had been carried out to establish the emerging concerns about the current system of education.

The national roll out in all primary schools in 2019 had been preceded in 2017, by two key activities one, a pilot of the curriculum in 470 schools in 47 counties and in 2018 by a national pilot which had been conducted in all PP1, PP2 & Grade 1 & 2 primary schools. Despite heavy criticism from various stakeholders, the CBC curriculum was officially rolled out in 2019 in all Kenyan primary schools. The learners currently are in grade 5 with the hope of completing the primary school cycle next year while in grade 6.

This will be the third major reform in the educational sector in Kenya; the first being the 7-4-2-3 which was phased out in 1985 and replaced by the 8-4-4 system of education. According to the Kenya Institute of Curriculum Development the 8-4-4 curriculum was found to be unfit for the changing demands of the people of Kenya as it laid emphasis on academics as opposed to orienting learners for employment and hence the need for the Competency Based Curriculum. In addition there was need to re-align the

curriculum to the Constitution (2010), Kenya Vision 2030, the Basic Education Act 2013, KICD Act 2013, and National Educational Sector Support Program Sessional Paper, 2019 to ensure a seamless transition of all children from one level to the next through the creation of different pathways. The curriculum needed to amplify the benefits of vocational and technical subjects as well.

The education system also needed to keep abreast of the pace of ICTs and globalization and there was need to relook at education as a course of life and not merely as a course of study. Such an approach required a shift in focus on critical skills and more so on the 21st-century skills such as critical thinking, creativity, logical and rational thinking, problem-solving, communication, and innovativeness. There was also a need to move away from the emphasis on summative evaluation. In addition regional trends and push for international benchmarking and harmonization of curricula were overwhelming, especially when the policy framework for such a move had been accomplished within East African partner states.

The CBC system is a 2-6-3-3-3 model. This means students spend 2 years in pre-primary, 6 years in primary (grade 1-6), 3 years in junior secondary (grade 7,8,9) 3 years in senior secondary (grade 10,11,12)

and 3 years in vocational institutions and university. The ultimate goal of CBC is have an engaged, empowered and ethical citizen.

Unlike the knowledge-based curriculum, which is currently being phased out the competency-based curriculum defines learning from the point of view of learner performance. It is student-focused and defines clearly what should be achieved as well as the standards for measuring the achievement. The CBC system is outcomes-based rather than content-based. It is certification-based; relying on demonstrated learning outcomes. The focus is not on knowledge for knowledge's sake, but on how that knowledge can be applied

In a competency-based system of education, assessment is "criterion-referenced", meaning that students compete against a standard as opposed to competing against each other.

The system has introduced new subjects in each level;

- **Pre-primary:** Kiswahili, English, literacy, Mother tongue, Science, Social Studies and Agricultural activities.
- **Upper primary:** Kiswahili, English, Mathematics, Home Science, Agriculture, Science and Technology, Creative arts (Art, Craft and Music), Moral and Life-skills and Physical and Health Education.
- **Junior secondary and senior secondary education:** Mathematics, Kiswahili, English, Life-skills, Sports and Health education, Social Studies, Integrated science, Business studies, Religious education, and Agriculture. A Learner at the senior secondary level is allowed to take a minimum of one and a maximum of two optional subjects that suits their area of specialization, personalities, skills and interests. These are Arts and Sports science, Social Sciences and Science, Technology, Engineering and Mathematics. Learners from senior secondary school will proceed to join vocational training centers or university

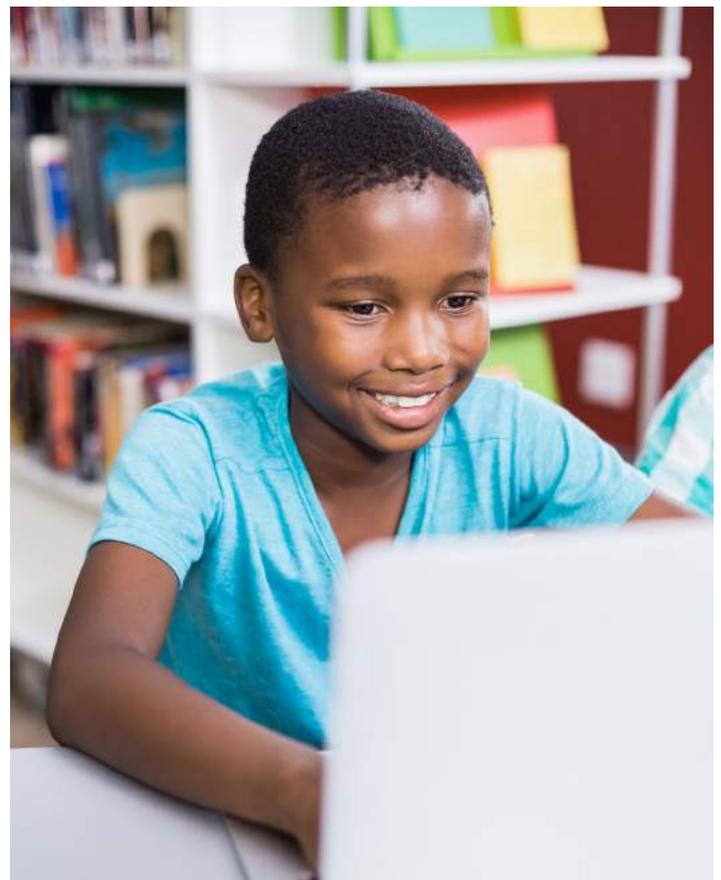
The CBC system puts considerations on seven core competences; communication and collaboration, critical thinking and problem-solving, creativity and imagination, citizenship, digital literacy, learning to learn and self-efficiency. Further, eight core values have been mainstreamed as follows: Love,

responsibility, Respect, Unity, Peace, Patriotism, Social Justice, and Integrity

In a nutshell, the Competency Based Curriculum promises value addition by nurturing every learner's potential, in the premise that every learner has some level of giftedness arising from inborn and environmental exposure and developing an engaged, empowered and ethical citizen who will contribute positively to their own life and that of their community.

However, despite all these noble intentions, CBC has received praise and criticism in equal measure. This curriculum requires a lot of resources not only in terms of teacher-learner ratio but also teacher training and learning resources needed for effective implementation. The parents on the other side have complained that the curriculum is so demanding on time and resources for practical work. It is also worth noting that there is a petition in court pushing for the CBC to be declared unconstitutional and halt its implementation. That said, I believe that only time will tell if we as a country will be able to reap the full benefits expected from this new learning system in the coming years.

Catherine Machyo; A specialist in curriculum studies and instruction, Faculty of Education, CUEA



CUEA GABA CAMPUS



Rev. Prof. Nicholaus Segeja, a diocesan priest from the Archdiocese of Mwanza in Tanzania

Briefly introduce yourself and your work

I am Rev. Prof. Nicholaus Segeja, a diocesan priest from the Archdiocese of Mwanza in Tanzania. I hold an MA, licentiate (STL), and doctorate in Theology (PhD/STD), with a specialization in Pastoral Theology, from the Catholic University of Eastern Africa (CUEA) in Nairobi. I have been lecturing at the Catholic University of Eastern Africa for almost fifteen years. Besides supervising theses and dissertations, I am involved in teaching mainly Theology.

As part of my community service, I am a visiting professor at Hekima University College's Jesuit School of Theology and at Don Bosco Utume Salesian Theological College, both in Nairobi. In addition to research work, presentations and attending conferences (local and international), I have been the chief editor of Good Shepherd - A Journal of Pastoral Theology and I have written many articles and books.

Tell us about your recent appointments from Rome?

The recent appointments are two. This year 2021, 14 June 2021 I was appointed member of the Theological Commission working under the General Secretariat for the Synod of Bishops and reappointed member of the International Theological Commission, respectively. The Theological Commission under the General Secretariat for the Synod of Bishops is formed of twenty-five members from different places in the world. It was started in the spirit of service and communion marked by the ecclesiology of the Second Vatican Council. The aim of the Commission is to participate, help and collaborate in the journey of the People of God, in this time of grace, in the kairós that is synodality. Besides collaborating closely with other Pontifical and International Commissions, it is charged with the responsibility of assisting the Pontifical Secretariat of the Synod in its work; reviewing the texts and documents and making suggestions if necessary; presenting theological proposals for the development of synodality; and producing and sharing materials

for theological deepening. The second appointment is rather a re-appointment. I was a member of the International Theological Commission (Commissio Theologica Internationalis) from 2014 to 2019. This year 2021, 6 September, I was re-appointed by the Holy Father, Pope Francis to serve in same commission from 2021 to 2026. This is a Pontifical Commission composed of not more than thirty scholars from diverse schools and nations. Among other things, the role of the Commission is to help the Holy See and primarily the Congregation for the Doctrine of the Faith in examining questions of major importance, usually in pertaining to the doctrine of the Church, its morals and pastoral praxis. The Commission gathers in assemblea plenaria at least once per year, but work is also done by means of sub-committees. The results of the studies are presented to the Holy Father and delivered to the Congregation for the Doctrine of the Faith for its appropriate use.

Describe your role as the Director of Eldoret Gaba Campus

I was appointed Director of CUEA Gaba campus effective from 1st January 2021. My role as the Director is basically two fold: Ensuring that the Campus operates efficiently and offers quality services whilst implementing university strategic and operational priorities. On the other hand, also it is my duty to manage all academic, administrative and finance operations of the Campus; hence; aligning the Campus to the Main campus.

Share more about the Eldoret Gaba Campus?

The CUEA Gaba Campus is situated along Eldoret-Kapsabet road. It is on the outskirts of Eldoret town, about 4 kilometres from the town centre of Eldoret and also located at the headquarters of Uasin Gishu County, North Rift Valley region in Kenya, adjacent to Eldoret National Polytechnic. The distance between CUEA Main Campus in Langata, Nairobi and CUEA Gaba Campus is 292 km. Thus it takes approximately six (6) hours to arrive at the main Campus using road transport and approximately 40 minutes by air. Its GPS coordinates are: Latitude (N 0 28'59,248") and Longitude: (E 35 16'5.925").

The Campus was opened in August 2009. It took over the premises that housed AMECEA Pastoral Institute (API). Such Institute had been in existence since 1967, when the AMECEA Bishops established it at Ggaba-Kampala, Uganda before relocating it to the current site in Eldoret, Kenya (1977). In 2008, the AMECEA Bishops, decided to merge or incorporate API into the Catholic University of Eastern Africa. Besides financial support, the effort was made to assist it come up with programs that address the current pastoral and



academic challenges.

On recent developments, this year, the CUEA Gaba Campus launched a new tuition block. This New Tuition Block marks an important milestone in the efforts towards realizing quality in our education system. This three-storey structure is accessible from two angles for all persons, including those with disabilities. It is a state-of-the-art building with natural and artificial lighting, spacious classrooms and offices, an outside reading or leisure lawn and it comes complete with its own ablution and water supply system. The building provides offices and rooms for lecturers and subordinate staff who support our core services of research and publication, teaching and learning, and community service. Further, this new block has expanded the capacity of the Campus to host more students in class at any given time. It has also helped the Campus to comply with the COVID 19 social-distancing regulations and the Campus can effectively focus better on its growth plans which include increasing its student enrolment.

Gaba Campus, like the whole University is founded on the philosophy of the Catholic Higher Education which stresses free search for the whole truth about nature, humanity and God. It promotes exploration of every academic discipline, inspired by Him who is The Way, the Truth and the Life (Jn 14:6) while cherishing the University core values, namely, witness of Life, honesty, prayer, excellence, truthfulness, competence and commitment.

What programs are running in the Campus?

The Campus has 38 programs on site run by three faculties, one school and an Institute. These include: Faculty of Education, Faculty of Arts and Social Sciences, Faculty of Science, School of Business and AMECEA Pastoral Institute, respectively.

How does the Campus run in relation to Main Campus Langata in terms of administration and academics?

The Campus under the Vice Chancellor/Rector is headed by the Director, assisted by a Campus Management Board in running day to day activities. It has an Academic section and Administrative section,

like a replica, running together with the general operations of the University.

What are the unique features/main attractions of the Campus?

CUEA Gaba Campus – Eldoret has a number of unique features. In addition to its new tuition block and safe learning environment for campus living, study and sabbatical retreats, the Campus enjoys a serene and family look and feel that includes spiritual grounds, a student centre, a swimming pool and fields.

Further, in a coordinated way, all staff, are present for the students by witnessing to the Catholic identity and core values. Through Chaplaincy, which oversees the spiritual grounds, besides psychosomatic and pastoral counselling ministries, the Campus also promotes walking together, synodality and accompaniment of students through clubs and groups that focus on spiritual, mental and physical development by engaging in non-academic activities. We promote friendship and communion among students of different backgrounds and talents through Eucharistic celebration, sharing of food and social communion. The presence of spiritual grounds with resource persons for sabbatical programmes and pastoral studies make the Campus environment uniquely conducive for students - clergy, religious and lay.

What is your parting shot?

I encourage my colleague Campus members, both teaching and supporting staff, to undertake our duties as a cooperate mission mandated by God the Father in Jesus Christ thought the Spirit. This in itself is a source of joy and encouragement. Subsequently, I appreciate and cherish ongoing Campus students because they chose Gaba as their place of study. For our prospectus students looking to joining the Campus, I encourage them not to hesitate to do so. I am sure that when they join, they will definitely be formed and transformed not only to become God - fearing but also people of substance and dependable both by the Church and society. They will be equipped with the skills and competences needed to transform the world around them, hence; have better capacity to understand and respond well to the unique needs and challenges in their respective communities.



Be Proactive and Take Advantage of Opportunities



Nancy Mumbi Butama, Juhudi Kilimo Limited as the Chief Human Resource Officer

Briefly introduce yourself

My name is Nancy Mumbi Butama. I work with Juhudi Kilimo Limited as the Chief Human Resource Officer (CHRO). I took an MBA program at Catholic University of Eastern Africa specializing in Strategic Management where I graduated in 2019.

What does your work entail?

As the CHRO in Juhudi Kilimo, my work entails ensuring that the organization is fully resourced with people capable and equipped to drive and achieve the strategic goals while complying with institutional policies and the employment Laws of Kenya.

Describe your CUEA experience and how it has contributed to who you are today.

I will remain forever grateful to the CUEA fraternity for the period of my academic journey. I found the Faculty members quite dedicated, supportive and

resourceful thereby creating lasting memories and networks too.

What would you describe as the critical success factors for one to do well in your field?

First, it is to understand the core business of the organization, the industry and the environment its operating in; what success for the institution looks like; identifying the gap between where the organization currently is and where it should be; developing a clear road map of how to bridge the gap by developing/resourcing the right skill and competences sets while collaborating with the other departments to steer the organization into achieving its strategic goals.

What advice would you give to the newly graduated class of 2021?

First and foremost, is they should endeavor to understand themselves as individuals, their areas of interest and the career that they wish to develop. I would also encourage them to look for internships in organizations (even with no pay) and if not available, seek to volunteer their services so as to build work experience. In addition, they should take advantage of career fairs, use their networks to explore opportunities and avoid being too choosy at the beginning of their career. Every experience at work forms the building block to future career. They can as well enroll with agents like Fuzu and other available online platforms, build their LinkedIn profile and look out for new openings. Lastly, they should never ever give up. My take is that they should not put the money first but seek to build a credible career in their area of interest and money will certainly come later as they grow.

What advice would you give to ongoing students?

For the ongoing students, it is good to remember that whatever you do, you are building a personal brand. Choose your friends wisely as they may end up being your future network. Be proactive and take advantage of opportunities that the University gives for personal growth and development. On financial affairs, remember that money is never enough, so explore ways of engaging in legal business activities (side hustles) to supplement your income. Some of those initiatives end up being business empires. Lastly, have fun and learn from your everyday experiences good or bad. It is through your mistakes that you learn.

Expand Your Thinking



Sr. Prof. Lucy R. Kimaro, Department of Religious Studies, CUEA

Briefly introduce yourself

My name is Sr. Prof. Lucy R. Kimaro, an employee of CUEA, Department of Religious Studies. I first graduated with Masters in Religious Studies in 1997, then PhD in 2009 from CUEA.

What does your work entail?

My work involves always preparations for the teaching materials, teaching and discussing ideas and theories with students, checking and assessing students' progress and encouraging them for their personal development. I use time to listen to students and mentor them at all levels, undergraduate and post graduates as well. I supervise students' projects, MA theses and PhD Dissertations then provide constructive feedback to help students produce good documents. I have opportunity to do research which helps me to have fresh ideas and knowledge for my academic development and effectiveness in my career. My work entails also team working with colleagues as a family, which helps us to add value in the service and formation given to students.

Describe your CUEA experience and how it has contributed to who you are today

My experience in CUEA has been very exciting. As a student, I met friends from different parts of Africa and this helped me to widen my social and spiritual horizon. I met lecturers who were very committed, who offered high quality academics to students, inculcating in them the virtues that contemporary Africa needs most, like being self-critical, maintaining sound moral culture, how to render meaningful service to humanity, hence making positive difference in society. The values I learned have helped me to transform my spiritual, academic and social life. In many occasions I have learned how to treat others with kindness, respect, dignity and patience which have really helped me as

a lecturer to work harmoniously with students and colleagues. I also learned to be innovative and creative. All these have helped me to be who I am today.

What would you describe as the critical success factors for one to do well in your field?

For one to do well in my field as a Lecturer in Religious Studies, it is important to develop a general interest in learning about religions. This helps one to know the behavior of religions and cultures of different people. In our 21st century era, the issue of differences in cultures, faiths and religious divides have found a lot of relevance. However, differences make sense when they are well understood and ways sort on working together for the common good. This demands empathy, effective communication skills, emotional intelligence plus expertise in society issues, reason and belief systems. One must also undertake research in order to stay ahead of the game.

What advice would you give to the newly graduated class of 2021?

On packaging yourself for the job market, take time to explore new skills including online courses some of which are free. Build networks and get relevant job experience even through volunteering in institutions. Be patient as you hunt for opportunities. Join the CUEA Alumni networks and be on the look-out for opportunities shared. Be open to any opening that you come across while waiting for opportunities in the area that you are trained in and learn as much as you can. Create good relationships with recruiters and update your CV on the online recruiting platforms. Keep checking on calls for applications in the mainstream and social media and apply to increase your chances. Remain confident with yourself and never lose faith.

What advice would you give to ongoing students?

Plan your time well, attend lectures, participate in class discussions, do assignments, do everything possible to remain safe from Covid-19. Be responsible in keeping your environment clean. Surround yourself with good friends and abstain from sex and other irresponsible behavior. Keep yourself busy with value adding endeavors; join clubs and spiritual movements like Choir, Liturgical Dancers, Charismatic Group and Pro-life. Meet different people and expand your thinking and interests in life and engage in activities that will enable you to grow intellectually, mentally, physically, spiritually, emotionally and socially. On managing money, set financial goals, create a budget, avoid incurring debts on liabilities and most importantly save and invest.



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#MYCUEAEXPERIENCE

A Rich Diversity



Damaris Mwasya

2nd Year student, Faculty of Education - Science
Faculty of Education

I am a 2nd-year student in the Faculty of Education undertaking Bachelor of Education - Science in Chemistry and Mathematics. CUEA offers a rich diversity of growth opportunities for students across the divide. I have been able to grow in the way that I relate to other people and make myself heard when I am interacting with different audiences. I have also been able to grow spiritually through my participation in spiritual movements and Community Mass every Thursday. As a student from a humble background, I have an opportunity to be part of the Work-Study programme where I serve in the University mailing office during my free time. This not only affords me work experience but also a little stipend to take care of my upkeep. I cannot have been in a better university than CUEA and I am grateful for the opportunity.

A Platform To Learn and Grow!

CUEA has been more than just an institution to me; it has been home. It is here that I have learnt to be an all-round individual. CUEA has developed my academic, spiritual, co-curricular and leadership skills. The flexible but rigorous learning process has helped me go through my law programme smoothly. The clubs and spiritual movements at the University have allowed me to diversify and gain soft skills. Specifically, I have sharpened my speech skills through debates, embraced innovation and research through the CUEA Innovation Hub and the state of the art library as well as grown spiritually through the various spiritual activities within the institution. CUEA has given me the platform to put my skills into practice first by inducting me into the student leadership through the CUEA Students Organization (CUEASO) under the Dean of Students' office. Having served as the Secretary to the Clubs Committee, I sharpened both my managerial and leadership skills. To crown it all, through the work-study program, the University has given me an exciting platform to put into action my IT skills in an actual work environment as I continue with my studies. The Communications and International Relations office where I serve, mostly working on the institution's website, is and has been an opportunity to learn outside the classroom. My experience in CUEA has been wonderful.

Benaiah P. Wepundi

Faculty of Law, 2nd year Student



Publication Manager & Editor: Miriam Chege, Sub-Editor and Photography: Stephen Mbobu, Designer: Collins Odhiambo

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Disclaimer: Thoughts and articles contained herein are those of the authors.

The Art of Allowing: Embracing Life



Are you a control freak? Do you always feel the need to have total control over yourself, people, and situations? Do you always push to have things go your way and get upset if they don't? While I appreciate the need to plan and live your life in a deliberate manner and with a firm grip of your world, it is good to appreciate that you can never really be in control of things, people and circumstances.

Letting go or the art of allowing is the realization that your world will not collapse if you stopped pushing or simply took a break to rest or to simply observe things. Simply being optimistic and grateful that life will always collaborate with you to create a great experience full of enjoyment, learning, fulfilment and growth is paramount to our well-being. Rather than trying to order things in a certain way, I am now appreciating that a more fulfilling life might call for a more calm and accepting approach. Am I saying that we should not hustle to create a better life? Certainly not. What I am saying is that sometimes we wrestle with life so much that it leaves us deflated, often times blaming ourselves and other people, faulting events and circumstances and basically grudging with life.

Letting go means allowing yourself to be more appreciative, letting go of judgement and rising above the inner pressure and struggles by simply living life. It means making peace with all things as they are as opposed to spending thought, time and energy trying to resist them and change them. It is about experiencing the true beauty of life rather than focusing on the pain and discomfort. This might be difficult if you are the kind of a person who likes poking

his or her nose into other people's business, judging their character, correcting their mistakes, manipulating their opinions or even influencing their behavior. It might equally be uncomfortable for you if you are the kind of a person who takes sole credit for all the blessings in your life.

The art of allowing is described as the ability to flow with the current as opposed to steering the oars upstream. I know what you could be thinking. Am I not the master of my own fate and the captain of my own ship? Well, you are. In our quest to be deliberate about our lives, setting goals and working towards a future that we carefully want to shape for ourselves, we tend to forget that we cannot argue with reality. We assume that it is our responsibility to fix situations and people including ourselves. The revelation here is having the faith, trust and patience to realize that whatever our hearts desires will manifest in our lives at the right time. Trying to run our lives as though everything is upto us will often leave us exhausted and unfulfilled. Often times, we will blame ourselves or others or events when we deem that our goals are not supported. True success and fulfillment will always elude us.

I guess that this is a challenge to many myself included but may be a wakeup call here is to align our thoughts and energy with our creator, sending our desires and trusting that the universe is unfolding as it should be and that everything is and will be well.

Miriam M. Chege

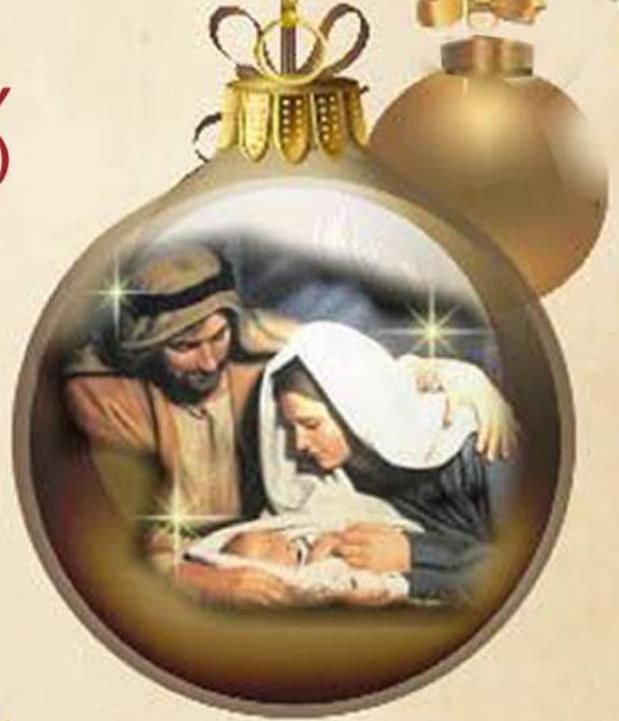
Head, Communications and International Relations



**THE CATHOLIC UNIVERSITY
OF EASTERN AFRICA (CUEA)**

A.M.E.C.E.A

Consecrate them in the Truth



MERRY Christmas

Glory to God in the Highest! May the God of hope fill you with all joy and peace as you trust in Him. May the miracle of Christmas shine into your heart and His love warm your spirit and your family during this festive season.

From: Very Rev. Prof. Stephen Mbugua Ngari,
Rector/Vice Chancellor and the whole CUEA fraternity