



## **One-Day Youth Seminar in Kenya**

**MULOT, Kenya** - On 3 January 2026, the Montfort Lay Associates in Kenya organised and facilitated a one-day youth seminar at Our Lady of the Visitation Parish, Mulot, in the Catholic Diocese of Ngong. The seminar aimed at promoting the holistic human and spiritual formation of young people, following pastoral needs identified during an earlier visit to the parish in November 2025.

During the November visit, interactions with the local youth revealed the need for deeper engagement on issues affecting their personal development, moral growth, and faith life. In response, the Lay Associates, accompanied by Br. Chancy MTERERA, SMM, resolved

to return to Mulot for a more comprehensive youth formation program in early January 2026.

The journey to Mulot began on 2 January 2026, when the Lay Associates gathered at the Montfortian Scholasticate in Nairobi for Holy Mass and a blessing before undertaking a three-and-a-half-hour journey to Mulot. Upon arrival at 4.00 p.m., they were warmly received by Fr. Horrice MKANDAWIRE, SMM, and Fr. Amos MAKINA, SMM, and later settled into their accommodation.

Later that evening, a preparatory meeting was held with the parish priest, Fr. Machua, youth leaders, and three representatives of parents who were to co-facilitate the seminar. The meeting focused on developing a comprehensive program responsive to the pastoral, social, and human challenges facing the youth.

On the day of the seminar, 3 January 2026, activities began with Holy Mass at 7.00 a.m., followed by the seminar sessions at 8.30 a.m. The program featured a series of presentations addressing key areas of youth formation. Topics included self-awareness by Mr. John TOWETT; the value of education by Mr. George Montfort NDINIKA, a Lay Associate; vocations and prayer by Br. Philip YOLA, SMM; the path to holiness by Mrs. Susan KILOBIA, a Lay Associate; the Holy Rosary by Mrs. Mary KIRAGU, a Lay Associate; Marian spirituality by Mr. Ndinika; and addictions and the responsible use of social media and technology, facilitated by Mrs. Susan and Mr. Ndinika.

The afternoon session featured presentations by Mr. John Towett, Mrs. Theresia Towett, and the parish catechist, Mr. Stephen BARAGERO. They addressed issues related to relationships, dress code, and early marriage. At the conclusion of the session, Fr. Horrice, distributed rosaries to all participants, generously donated by the visiting Lay Associates.

An extended question-and-answer session took place in the evening and continued until 10.45 p.m. It was adjourned and resumed the following day at 9.00 a.m. after early morning Mass. During these sessions, selected role-model youth shared personal testimonies, offering guidance and encouragement to their peers on matters of life skills and spiritual growth.

The seminar was attended by over one hundred young people aged between 15 and 25 years, drawn from various parish youth groups. The program concluded with the departure of the Lay Associates, who returned to Nairobi later that afternoon.

*By George Montfort Ndinika  
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