

Mount Kenya University

Unlocking Infinite Possibilities

The Department of Chaplaincy
Welcomes you Warmly to Mount
Kenya university PRESENTED
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Mount Kenva



University



1. YCS -Roman Catholic Church

2. CU: CHRISTIAN UNION

3. SDA: SEVENTH DAY ADVENTIST

4. Muslims

What is a Chapel?

A chapel is place of worship used by member of a community or institution for meditation, prayers and other religious services.

Who is a Chaplain?

A chaplain is a member of a clergy or a religious leader in-charge of a chapel, chosen to conduct religious exercises.

➤ A chaplain provides **pastoral care and guidance** through counselling all those wrestling with personal crises and thus, fostering spiritual wellness within the university setting.

What is Chaplaincy?

Is the office, position or station of a chaplain.

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MKU CHAPLAINCY

There are **three chaplains** in the University:

- The Rev Father **Paul Mbugua** is in-charge of the **Roman Catholic** students
- The Sheikh Dr. **Hamisi Wainana** is in-charge of the **Muslim** students.
- The Rev. Dr. **Regina Kinuthia**, who is the overall Chaplain in the University and also in- charge of all the **Protestant** students:
 - The Christian Union
 - The Seventh Day Adventist.



Objectives of Chaplaincy

To promote spiritual wellbeing of all the students in the University through services and programs conducted by the various chaplaincy groups

To offer Pastoral care and guidance for the overall well-being of students and staff through coordinating religious activities, and fostering an inclusive campus environment.



Our Mission

To integrate faith-based principles in order to enhance holistic development through **nurturing the 4 fundamental parts of human growth:**

- **Spiritual**
- **Social**
- **Physical**
- **Intellectual**

growth of the community.

Core Value

The core values of chaplaincy revolve around **holistic care, compassion, and presence**, emphasizing the dignity and worth of every person through:

- active listening
- confidential practice and
- non-judgmental support in challenging circumstances.



Pastoral Care Programs

To achieve this noble task the university is committed to supporting the spiritual welfare of all students from all faiths through promoting pastoral care programs geared towards enhancing spiritual wellness of the community. The programs includes:

- Conducting regular worship services for both staff and students of all faiths
- Offering pastoral counselling, guidance, care and mentorship
- Administering sacraments, visiting the sick and needy
- Conducting baptisms, wedding, memorial services and burials.
- Hosting seminars and workshops
- Organizing for missions, camps, intercampus cultural week, retreats etc
- Coordinating religious activities at the university like, interfaith Prayer day events

Spirituality helps us build healthy relationships: Vertical

We encourage all our students to be students of the WORD:

- Read your Holy book every day so that you may grow spiritually.
- PRAY; Prayer is the master Key

The word of God makes students understand the meaning of life, acquire godly life values, discover their purpose in life and find fulfilment in life.

Spirituality helps us build healthy relationships: both vertical and horizontal

Vertically because **spiritual nourishment is an important aspect of our lives.** We encourage all our students to be students of the WORD:

- Read your Holy book every day so that you may grow spiritually.
- PRAY; Pray is the master Key

The word of God makes students to understand the meaning of life, acquire godly life values and discover their purpose in life and find fulfilment in life. God alone is our hope for the future and joy for the present day.



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Horizontally because nobody is an island

We encourage students to build healthy relationship that **will add value** into their university life. Choose your friends well. For example, you've now joined MKU and you are not:

- A drunkard,
- Homosexual,
- Drug user or abuser,
- Immoral,
- A thief.....

Therefore, any person who encourages you to indulge in any of the above is not worth of your time.

Remember, Bad Company ruins good morals.

Avoid Toxic Relationships

- **Toxic relationship** with the opposite sex may contribute to mental break down including, and not limited to: Anxiety, stress, depression and sometimes suicidal attempts.
- But you don't have to die because of somebody.
- Ukiachwa Achika! Na ukipendwa pendeka.
- If he ditches you its because you are better than him! If she ditches you its because you are better than her!
- So before you act silly let me give you some advice:
- **With all due respect, young men,** ask your father how many ladies ditched him before he succeeded with your mum....
- Ladies ask you mothers how many men ditched them before they settled on your mothers.
- **Hii ndiyo hali ya maisha**

Do not allow anybody to define you

You are **fearfully and wonderfully made** (Psalm 139:14).

God never created us to be **uniform**: some are light skinned, others dark skinned, some are tall others short, some have long hair others short...but **we all belong to the same God...**

Let's embrace our diversity.

Spirituality enables people shape their character, for character makes a man/woman:

- If you lose your WEALTH, you've lost nothing,
- if you lose your HEALTH you've lost something but
- if you lose your CHARACTER you've lost everything.

(Jer 1:5, Jer 29:11, Isaiah 49: 15, 16, Psalm 139:13-18).

- You're a child of God, made in God's image and likeness.
- Every pain you face is a lesson and every lesson changes you in a very unique way.
- God has written a happy ending to your story.
- Believe in yourself and work towards your goals.
- Success is not an accident, it's a choice, perseverance, studying, sacrifice, and most of all love of what you are doing or learning to do.
- Success is hopes through life challenges by constantly reminding yourself that you're not a **biological mistake**.
- **Stay Focused.**

LOCATION.

STUDENT WELFARE CENTRE
FIRST FLOOR
ENJOY YOUR STAY.

Rev. Dr. Regina Kinuthia

- University Chaplain
- Protestant Chaplain

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