ABSTRACT:

Small Christian Communities (SCCs), a key pastoral priority of the Catholic Bishops in the Eastern Africa Region, officially started in major ecclesial meetings in 1973 and 1976. SCCs in the AMECEA Region evolve in responding to the contemporary signs of the times. We create path by walking. SCCs’ involvement in peacebuilding is growing in Eastern Africa. This essay treats: “The Slow, Winding Journey from Small Prayer Group to Genuine Small Christian Community (SCC).” “The Heart of Small Christian Communities (SCCs) in Eastern Africa.” “Case Study of Small Christian Communities (SCCs) in the 2017 Kenyan Lenten Campaign.” “Small Christian Communities (SCCs) Promote Peacebuilding Through the Internet.” A recent study on the SCCs in the AMECEA Region shows that there are over 180,000 SCCs in the nine countries. An estimated 45,000 SCCs are spread out in the Kenya’s 26 Catholic dioceses. To promote Youth Small Christian Communities (YSCCs) we use various social media such as Facebook, Twitter, WhatsApp and online SCCs.

We Create the Path by Walking: Small Christian Communities (SCCs) Involvement in Peacebuilding in Eastern Africa

By Joseph G. Healey

We create path by walking goes a well-known universal saying. The same can be said about the development of Small Christian Communities (SCCs), a key pastoral priority of the Catholic Bishops in the Eastern Africa Region, that officially started in major ecclesial meetings in 1973 and 1976. SCCs in the AMECEA¹ Region evolve in responding to the contemporary signs of the times. SCCs’ involvement in peacebuilding is growing in Eastern Africa. This new way of being/becoming church and new model of church has continuously and notably made an impact on the Catholic Church’s pastoral mission and social ministry in the nine countries of Eastern Africa over these many years.

¹ AMECEA is an acronym for "Association of Member Episcopal Conferences in Eastern Africa." It is a service organization for the National Episcopal Conferences of the nine English-speaking countries of Eastern Africa, namely Eritrea (1993), Ethiopia (1979), Kenya (1961), Malawi (1961), South Sudan (2011), Sudan (1973), Tanzania (1961), Uganda (1961) and Zambia (1961). The Republic of South Sudan became independent on 9 July, 2011, but the two Sudans remain part of one Episcopal Conference. Somalia (1995) and Djibouti (2002) are Affiliate Members. AMECEA is one of the eight Regional Episcopal Conferences of SECAM (Symposium of Episcopal Conferences of Africa and Madagascar).
I. The Slow, Winding Journey from Small Prayer Group to Genuine Small Christian Community (SCC)

The last 10 years has seen the slow, gradual shift of SCCs in Eastern Africa from being small prayer groups that are inwardly focused to active small faith communities that are outwardly focused including involvement in justice and peace issues. This may be the number one challenge to SCCs in Eastern Africa. Many are still prayer groups (emphasizing especially the rosary and popular devotions) and not concerned with the wider social issues. Many SCCs still shy away from direct justice and peace concerns. The longtime challenge of Ugandan historian/theologian Father John Waliggo (who died in 2008) and Tanzanian theologian Father Laurenti Magesa has encouraged the SCCs in Africa to become more involved in justice and peace issues and social action.

Bishop Christopher Mwoleka, the deceased bishop of Rulenge Diocese, Tanzania who was the founder of SCCs in Tanzania, already saw this pastoral challenge in the 1980s when he identified the pressing need for an effective and inculturated method of Bible Reflection in Eastern Africa that goes beyond the small prayer group model. Just as Africa needs an "appropriate technology" for economic development, the Catholic Church in Africa needs an "appropriate methodology or process" for Bible Reflection that connects the Bible to the real issues of our daily life and includes personal and communal faith sharing. He called this "finding the African bait."\(^2\)

This is why we emphasize the Bible—Daily Life Connections in the weekly Bible Service of Small Christian Communities (SCCs) in Eastern Africa. A new language has emerged:

1. Lectionary-based faith sharing, not just related to the Sunday readings, but to the scripture readings throughout the week.
2. The Sunday Scripture Readings especially offer the ordinary lens through which SCC members look at their lives and their world. The reading of the Gospel helps members to discover the Good News in their lives.

3. Connect, relate and apply the Bible (Gospel) to our daily lives\(^3\) and experience on both personal and society-wide levels.\(^4\)

One important reason for this positive shift is the use of an inductive Pastoral Theological Reflection (PTR) Method/Process/ such as the "Pastoral Spiral"\(^5\) in SCCs that helps the members to go deeper and make concrete changes in our lives. This Pastoral Spiral (also known as the Pastoral Circle and the Pastoral Cycle\(^6\)) uses the four steps of:

1. Insertion
2. Social/Cultural Analysis
3. Theological Reflection
4. Action/Pastoral Planning

Another version is the five steps of:

1. Experience
2. Social/Cultural Analysis
3. Theological Reflection
4. Pastoral Planning
5. Evaluation.\(^7\)

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\(^3\) From our research many Eastern Africans find it very hard to connect the Bible to daily life in concrete, specific ways, that is, to apply the Gospel passage to concrete lived experience and the immediate local reality. We have discovered that this a skill that has to be learned, practiced and developed in training and facilitation workshops, etc. This is the value of the handbook *Strengthening the Growth of Small Christian Communities in Africa -- A Training Handbook for Facilitators*.

\(^4\) Some SCC members receive a weekly email message/Smartphone text message/Facebook message/WhatsApp message/podcast with additional reflections material that makes the connections between the readings and events happening in the local community, in the Catholic Church and in the world.


The term “Pastoral Spiral” is preferred because it showed the ongoing-ness of the method or process. It is well known in pastoral theology, social ministry and formation programs. The full process has been tested in SCCs in Eastern Africa and found to be too complex to fit the needs of the short time frame of a weekly SCC meeting (one hour to one and a half hours at the most) and the educational background of lay SCC members. But it has been successfully adapted to the three steps of the well-known “See,” “Judge” and “Act” that has been regularly used in the five weeks of Lent during the annual Kenyan Lenten Campaigns.

II. The Heart of Small Christian Communities (SCCs) in Eastern Africa

As I travel around the world I continue to receive questions such as: What does a SCC in Eastern Africa look like? Exactly how are SCCs a new way of being/becoming church in Eastern Africa today? It can be understood best through concrete, pastoral examples that show that SCCs in the AMECEA Region are not simply a parish program or project, but a way of life. They have a distinct ecclesial, pastoral and social identity. Many members’ lives revolve in and around their SCCs as the “Church in the Neighborhood.”

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9 At the Book Launch of the book Building the Church as Family of God: Evaluation of Small Christian Communities in Eastern Africa at CUEA in Nairobi, Kenya on 3 September, 2012, the following question was asked: “How is this new book different from the previous books that you have written on SCCs?” The author gave two answers:

1. SCCs as “a way of life” is highlighted. They are more than just a program or project or activity in a parish.

2. The use of the "See,” “Judge.” and “Act” method/process has changed many SCCs
The heart, and the first essential part, of Small Christian Communities in Eastern Africa, is the weekly Bible Sharing/Bible Reflection/Bible—Daily Life Connections. To take the example of Kenya during the recently completed 2017 Easter and Pentecost Seasons. When SCC members read and reflected on the Gospel of the following Sunday about the centrality of the Risen Christ and the power of the Holy Spirit, they connected this good news to the problems and challenges of our daily reality: the severe drought and famine in Northern Kenya. Preparations for the August, 2017 National Elections that one writer calls “messy and unpredictable.” The high price of corn (maize) meal. The ongoing negative effects of our two biggest diseases in Kenya: tribalism (negative ethnicity) and mega-corruption. The even greater plight of our geographical neighbors: the almost genocidal war in South Sudan and the Islamic State influence in Somalia. One person said: “Our challenge and opportunity is to preach the good news in these bad news situations.”

The Bible is the most important part of the weekly meeting of the SCC. There are two methods or processes:

1. From Bible to Life.
2. From Life to the Bible.

from being inwardly looking prayer groups to become outwardly looking groups interested in justice and peace concerns. SCCs’ active participation in the annual Kenyan Lenten Campaign is a good example of this shift. Using the Pastoral Spiral to decide on new actions is a process of reaching decisions by communal discernment. God actively participates in this process as seen in the call in Revelations 2: 7: “Listen to what the Spirit is saying to the churches.” The “churches” are not just the ones of 2,000 years ago. SCCs are part of “the churches,” such as the Local Churches in Africa and others in our contemporary world today.

There are many varieties of the "See,” “Judge” and “Act" method/process that is connected to the methodology of pastoral reflection and the Pastoral Spiral of reflection as pioneered by the Young Christian Workers (YCW), the Young Christian Students (YCS) and the Christian Family Movement (CFM). The Salesians Religious Congregation in Africa call this “Community Discernment” that is carried out in three steps: “Listening,” “Interpreting” and “Way Forward.” “Interpreting” (or “discerning” or “analysing” or “evaluating”) is preferred by some because the English word “judge” is associated with the word “judgement” and “judgemental.”

Catholic Charities USA explains how ministry responds through the theological methodology of “seeing, judging and acting”: in other words, considering the social context of the particular historical moment, discerning the meaning with the guidance offers by Catholic Church teaching and deciding on the appropriate response.

The Holy Cross Sisters, an international congregation of religious sisters, who serve in Fort Diocese, Uganda call the process ERC: Experience, Reflection, Choice and Action. Another terminology is: “inform,” “form” and “transform.”
Sometimes the SCC uses a Bible Sharing/Bible Reflection/Bible—Daily Life Connections method. The Bible passage is read slowly, prayerfully and reflectively. Sometimes the SCC members pass the Bible around the circle and each person reads one verse. Then what is so important for African SCCs: the members connect the Bible reading to their daily experience.

Sometimes the SCC uses a Daily Life-Bible Connections method. SCC members start with special themes and topics as well as our experiences and events of daily life and then go to the Bible. This uses the “See,” “Judge” and “Act” process of the Pastoral Spiral/Circle/Cycle. See this Case Study in our SCCs Class at Hekima University College, Catholic University of Eastern Africa (CUEA), Nairobi, Kenya on 1 March, 2017:

The spirit and content of the Second Vatican Council mirror what St. John XXIII described as “reading the signs of the times” when he originally called the council. The Pastoral Constitution on the Church in the Modern World (commonly known by the Latin title Gaudium et Spes) emphasized this explicit call: “The church has always had the duty of scrutinizing the signs of the times and of interpreting them in the light of the Gospel” (No. 4).

Blessed Paul VI describe the importance of being constantly aware of the changes in society in this striking image: “You must continually stand at the window, open to the world. You are obliged to study the facts, the events, the opinions, the current interests and the thought of the surrounding environment.”


In our three Class SCCs we reflected on four of these key problems -- “Abortion,” “Bad Governance,” “Migration” and “Problems in Marriage” – and found corresponding/parallel passages in the Bible that offered light and inspiration. NOTE: Using the Goggle “Search Feature” dramatically sped up finding the Bible passages such as Hebrews 13, Ephesians 5 and Matthew 19 on “Problems in Marriage.”

The second essential part of SCCs in Eastern Africa is “action” described in the step of the weekly SCCs meeting of as follows:
Choose a concrete practical action/task\(^\text{10}\) (ideally a community response) to be carried out during the next week. Ideally it is connected to/flows from the Gospel text and is closely related to the pastoral priorities and activities of the parish or local community. Examples: visiting the sick, visiting members who rarely come to the SCC, helping needy people, preparing both children and adult for the sacraments, justice and peace actions, self-reliance, action of solidarity, etc.

Over the years SCC members have carried out many peacebuilding actions. Here is a Case Study of Tegeti Parish. In 2008 Kenyan layman and evangelist Simon Rurinjah, a member of our Eastern Africa SCCs Training Team, was invited to the new Parish of Tegeti (that had been divided from Longisa Parish) in Kericho Diocese, Kenya by Father Daniel, the Parish

\(^{10}\) Sometimes the SCC members feel overwhelmed by the needs of their families and neighbors and have trouble choosing a specific practical action especially the “who” and the “when.” The universal adage one day at a time comes in handy. I remember the story of a Kenyan man who coordinated the Street Children Project in Nairobi, Kenya. On any day 50 or 60 street children could be lined up to get assistance at his outdoor “station” in Westlands. They would ask for money, food, clothes, a school, a job and so forth. As they milled around his desk in a very noisy, even chaotic, atmosphere the man was asked, “How do you manage with all these children and all these requests at the same time? “It’s simple,” he answered. “One child at a time.”

Many mantras have been created from this universal adage and idea such as: “Climate action, one bite at a time.” “One by one.” “One at a time.” “One thing at a time.” “One step at a time.” “One thoughtful step at a time.” “One day at a time.” “One home at a time.” “Changing lives -- one child at a time.” “One kid at a time.” One piece at a time.” “One flipper at a time.” “One paddle at a time.” “One bite at a time.” “Cut one branch of a tree at a time.” “Fight poverty one family at a time.” “Eradicate poverty one family at a time.” “Rebuilding the church one parish at a time.” “Rebuilding one’s life one movement at a time.”

This relates to the African Riddle: How do you eat an elephant? ANSWER: One bite at a time. This includes chewing slowing and digesting well. Meaning: do or tackle one thing at a time. And do it thoroughly and well. Then move on to something else. This is a “slow, but sure” approach and a different mentality than multi-tasking. To show the popularity of this riddle 14,879 people were reached, 416 people clicked “like,” 191 people clicked “Share” and 26 people posted comments as of 11 September, 2015 on our African Proverbs, Sayings and Stories Website Facebook Page (https://www.facebook.com/afriprov).

The sayings if you’re going to talk the talk, you’ve got to walk the walk, or walk it like you talk it are 20\(^{\text{th}}\) and 21\(^{\text{st}}\) century American alternatives to various old sayings which epitomize the notion that “talk is cheap,” for example, actions speak louder than words, practice what you preach and put your money where your mouth is. Pope Francis challenges us by the consistency of both his words and his deeds to reach out to the poorest and neediest in whatever ways we understand the meaning of these words. In particular, he challenges SCC members and others to reach out to “the margined and those on the periphery of society.”
Priest, to be a mediator in a dispute between the Kalenjin and Kikuyu Ethnic Groups. This dispute involved the Kalenjin people burning the houses and stealing the cattle of the Kikuyu people during the January-February, 2008 post-election crisis in Kenya. The Kikuyu fled from the area and then later came back to their homesteads.

In April, 2008 with the elders (both men and women) present there was a week of mediation on the parish and outstation levels of the families of the two ethnic groups concerned that had intermarried over the years. On the last day seven SCCs gathered to participate in a forgiveness and reconciliation ceremony. Prayers were said by each ethnic group. As part of the compensation and restorative justice, the Kalenjins rebuilt the houses and returned the cattle of the Kikuyu as a fine for their original wrongdoing.

Then nine months later in 2009 there was a special Reconciliation Mass with prayers in both the Kalenjin and Gikuyu languages. Everyone in the SCCs participated in a communal meal of reconciliation with both Kalenjin and Kikuyu food served and eaten by the whole community. Everyone agreed that this violence and wrongdoing should never happen again. Until today (May, 2017) the peace continues and the local people are forgetting the past disputes.

III. Case Study of Small Christian Communities (SCCs in the 2017 Kenyan Lenten Campaign)

Over the years SCCs has become synonymous with peace promotion and, in a particular way, with the annual Kenya Bishops’ Lenten Campaign messages. This flows into the preparations for the crucial Kenya’s 12th General Elections to take place on 8 August, 2017. This year’s 2017 Kenya Lenten Campaign message was based on the theme “Peaceful and Credible Elections: Leaders of Integrity.” The fourth week theme was specifically dedicated to “Elections.”

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11 Our Eastern Africa SCCs Training Team is exploring the possibility of a Reconciliation and Peace Workshop in the SCCs of the Samburu and Turkana Ethnic Groups in Baragoi Parish, Maralal Diocese, Kenya.


During our SCCs Class at Tangaza University College, Catholic University of Eastern Africa (CUEA), Nairobi, Kenya we used the three steps of the "See," “Judge” and “Act" methodology/process in Week 2 (Second Sunday of Lent – 12 March, 2017) on the theme “Youth and Society.” In our three Class SCCs we followed these steps in the Lenten Campaign booklet:

1. Analyze and discuss the drawing (cartoon) on page 14.
3. Read part of the Situation Analysis in Step Two (“Judge”) on pages 16-17.
4. Read the Gospel (Matthew 17:1-9) and scripture commentary.
5. Answer two special questions in Step Three (“Act”): What is the role of the Small Christian Communities and society at large in nurturing and forming our youth in Africa? What platforms do African youth have to express themselves in the society?

At a Training Course on Election Monitoring and Observation held on 20-21 March, 2017 at the Students Leadership Center (Ufungamano House), University of Nairobi, Kenya, the participants -- 30 diocesan coordinators of the Catholic Justice and Peace Commission (CJPC) -- observed that the SCCs were well qualified as peace promoters for the country’s peaceful and credible elections. The two-day Training Course was jointly organized and facilitated by the AMECEA Justice, Peace and Caritas Coordinating Office and the Office of the Catholic Justice and Peace Commission (CJPC) of the Catholic Bishops in Kenya.

“This is because SCCs are on the ground and very experienced in grassroots pastoral operations,” emphasized the Training Course participants as they wound up their two-day Training Course. SCCs can influence peace promotion during this year’s General Elections, the participants further stressed. Our hope, observed the participants, is that SCCs will be involved this time around to preach and promote civic education and peacebuilding during the country’s General Elections.

National Executive Secretary for CJPC, Ms Beatrice Odera, thanked AMECEA for its readiness to share its election monitoring and observation experiences with the Catholic Church in Kenya. “This is sharing of available resources in the Catholic Church at its best,” she stressed. During the course, Antony Mbandi, the AMECEA Justice, Peace and Caritas Coordinator shared with the participants the AMECEA’s election monitoring and observation experiences in Zambia and Malawi. “These two case studies show how active and participatory the Catholic Church was during the general elections in these two AMECEA member countries -- Zambia and Malawi,” he explained, while hoping that the Catholic Church in Kenya will exercise the same peace advocacy role during this country’s pending General Elections.

IV. Small Christian Communities (SCCs) Promote Peacebuilding Through the Internet
A recent study on the SCCs in the AMECEA Region shows that there are over 180,000 SCCs in the nine countries. An estimated 45,000 SCCs are spread out in the Kenya’s 26 Catholic dioceses with the Machakos Diocese leading the way with over 5,000 SCCs. The SCC pastoral model is a new way of being church today. More information can be found on the:

Small Christian Communities (SCCs) Global Collaborative Website (including the Small Christian Communities Facebook Page)

www.smallchristiancommunities.org

This includes the book *Building the Church as Family of God: Evaluation of Small Christian Communities in Eastern Africa*, Eldoret: AMECEA Gaba Publications – CUEA Press. The Online Digital Version, regularly revised and updated from the 2012 print version, is available as a free, online Ebook containing 924 pages as of 26 May, 2017 on the Small Christian Communities Global Collaborative Website at:

http://www.smallchristiancommunities.org/ebooks/47-ebooks-.html


A search for specific words in the Ebook reveals:

446 times: peace
16 times: peacebuilding
10 times: peacemaking
383 times: war
45 times: violence

Chapter 5 of this book is on “How SCCs Promote Reconciliation, Justice and Peace in Eastern Africa.”

The interactive SCCs Website Poll states: “The best part of my Small Christian Community is: … followed by five choices. The poll changes every two months. Here are some of the answers (alphabetically):

Best placed Catholic Church organ to preach and promote peace.
Elders take responsibility for reconciliation and peace in the community.
Justice and peace concerns.
Peacebuilding.
Promotes reconciliation and peacebuilding.

We have a Sister Website called the African Proverbs, Sayings and Stories Website that had an interactive Poll on: “My favorite African Proverb of the Month on peacebuilding is…” followed by six choices. The most votes went to these proverbs: *Where there is a will, there is a way. Unity is strength. Leave bad things, talk peace* (a local Kenyan Sheng saying). *Where there is peace, a billhook (sickle) can be used to shave your beard or cut your hair.*
To promote Youth Small Christian Communities (YSCCs) we use various interactive social media such as Facebook, Twitter, WhatsApp and online SCCs.

I conclude with the challenge of Pope Francis in No. 33 of *The Joy of the Gospel*:

Pastoral ministry in a missionary key seeks to abandon the complacent attitude that says: “We have always done it this way.” I invite everyone to be bold and creative in this task of rethinking the goals, structures, style and methods of evangelization in their respective communities. A proposal of goals without an adequate communal search for the means of achieving them will inevitably prove illusory. I encourage everyone to apply the guidelines found in this document generously and courageously, without inhibitions or fear. The important thing is to not walk alone, but to rely on each other as brothers and sisters, and especially under the leadership of the bishops, in a wise and realistic pastoral discernment.¹⁴

As SCC members promote peacebuilding in Eastern Africa we follow the wisdom of the African proverb: *If you want to walk fast--go alone! If you want to walk far--go together!*

## Select Bibliography


http://www.zenit.org/article33862?l=english


¹⁴ Magesa insightfully commented:

John Paul II’s papacy and the nearly eight years of his successor Benedict XVI (2005-2013) saw some practical retrenchment from the theological vision of Vatican II, something which, after Benedict’s surprise resignation on 28 February, 2014, Pope Francis his successor, has been trying to undo since his election on 13 March, 2014.


https://books.google.com/books?id=YsJ3CAAAQBAJ&pg=PP1&dq=Small+Christian+Communities+Today:+Capturing+the+New+Moment&hl=en&sa=X&ei=S9eLVYH3HMW2-AGJo4vADA&ved=0CB0Q6AEwAA#v=onepage&q=Small%20Christian%20Communities%20Today%3A%20Capturing%20the%20New%20Moment&f=false


Rev. Joseph G. Healey, MM
Maryknoll Society
P.O. Box 43058
00100 Nairobi, Kenya
0723-362-993 (Safaricom, Kenya)
973-216-4997 (AT&T, USA)
Email: JGHealey@aol.com
Skype: joseph-healey

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