

ST. PAUL'S UNIVERSITY

Private Bag 00217 LIMURU, KENYA
Email: directorspill@spu.ac.ke
Website: www.spu.ac.ke



Tel Office: +254 020 2020510/5
SPILL Office Line +254 20 2086306
Mobile: +254 0728 - 669000
0736 – 424440

ST. PAUL'S INSTITUTE OF LIFELONG LEARNING & LEADERSHIP DEVELOPMENT CENTRE (SPILL & LDC)

NEW MAN, NEW WOMAN, NEW LIFE TRAINING REPORT



HELD ON NOVEMBER 6TH - 8TH, 2017

SOTERIA BUILDING - SPILL & LDC

LIMURU CAMPUS.

EXECUTIVE SUMMARY

The New Man New Woman New Life was held on 6th - 8th November, 2017. The training was held at the SPILL & LDC Soteria building and comprised of 29 participants drawn from different counties. Meals were served at the all new Abigail Restaurant operated by SPILL&LDC/SPUEU and accommodation of participants at the Soteria Women's Guesthouse.

The training ran successfully for the three scheduled days and had great learning sessions for the participants as highlighted in the annexes of this report. Daily sessions comprised of Praise and worship sessions, bible based devotions, and the daily sessions, both plenary and group work which was highly invigorating for all, leaving participants seeking an extra day for the training. Participants connected very well amongst themselves, with their facilitators and with the SPILL staff.

Many participants requested to be a part of the Master Trainer (Training of Trainers) for this training so that they may go and spread the good news of the gospel of Christ as presented in the New Man New Woman New Life changing training that they had been part of. They expressed their gratitude to Empower International for being a generous partner of St Pauls University by sponsoring them to this training and prayed that there would be much more similar training that they could invite their fellow church members, spouses, church leaders to in the coming year (2018).

The highlight of this training was on the Graduation day when the Vice Chancellor of St Pauls University - Professor Galgalo surprised the participants by being their Guest and awarding their certificates as a guest of the Director - SPILL & LDC. Prof. Galgalo also noted with gratitude, the solid partnership that Empower International has forged with St. Paul's University over the years that has seen many lives changed to the glory of God. He was thankful for this God ordained opportunity that each of the participants had to interact with the facilitators and with each other due to Empower International's generous partnership.



TABLE OF CONTENTS

EXECUTIVE SUMMARY	2
1. OPENING SESSION AND DEVOTION	4
2. PARTICIPANTS TRAINING EXPECTATIONS	4
3. HIGHLIGHTS OF NEW MAN NEW WOMAN NEW LIFE STUDY SESSIONS	5
4. FINAL WORKSHOP EVALUATION.....	11
5. GRADUATION.....	12
5.1. Vice Chancellor's Graduation Visit	12
5.2. Graduation Party Celebrations	12
6. CONCLUSION	14
7. ANNEXES.....	14
Annex 1: Participants List	14
Annex 2: Participants Feedback (1 st Day)	15

1. OPENING SESSION AND DEVOTION

The opening session started with a brief welcome to all the participants followed by Devotion from Daniel 1:1-20 as led by Beatrice Ngatia, the SPILL & LDC Programs Coordinator. General announcements and logistics were also addressed following the morning devotion that was coupled with a brief singing session. The Programs Coordinator then introduced Joshua Gitau and Purity Njagi - the Facilitators for the three days who proceeded with the training program as detailed in the following sections.



Left to Right: New Man New Woman New Life Facilitators Purity Njagi and Joshua Gitau with Beatrice Ngatia (SPILL & LDC Coordinator)

2. PARTICIPANTS TRAINING EXPECTATIONS

- To understand what New Men/Women/Families were all about
- Redefine Spiritual Empowerment
- Revelation of God and interaction of issues surrounding the Christian Faith

1st session entailed a 30 minutes brainstorming over the following 3 core questions which set the foundation for the training. Some of the 3 respective group discussion points are embedded within the answer below

- i. What are the burdens of women in your culture?
 - Management of domestic environment, difficulty in decision making, silence/ oppression through culture,
 - Women not valued as much as men, spiritual nurture and mentorship of children left to women, misconduct of children associated with women
- ii. What are the burdens of men in your culture?
 - Considered head of the family thus full provision of basic needs and luxuries is expected, vision carrier of the family

- Umbrella/ cover/ protection, maintains culture, has to accommodate all, family legacy
- iii. What are the challenges to Christian marriages today?
- Technology enhances unfaithfulness, drugs and substance abuse
 - Poor premarital preparations, failed expectations, finances,
 - Conflict of culture/roles and stereotypes, urbanization, extended family influence

The Team was then reminded about the basis of Creation which led to -> The Fall and finally - > Redemption. At creation, the group was taken through Adam - Ha'adam whose root is from Red Earth and other root terminologies. The relationship between God, man and woman was also demonstrated.

Following Tea break, the participants were thereafter divided into four groups and given guidance on how to proceed with the discussions for Study sessions 1, 2, 3, 4, which are documented in brief in the section below:

3. HIGHLIGHTS OF NEW MAN NEW WOMAN NEW LIFE STUDY SESSIONS

Study 1: After the fall, Jesus took us back to the beginning. God made man and woman to benefit from each other mutually and God does not treat woman differently. The study helped the participants see man's hard-heartedness, selfishness and how we contradict Gods idea for us.

Study 2: The class learnt that that Man (Adam) should show respect to the woman, appreciate, love and protect as with an equal partner. In the family setting there should be open communication - not texting, parents act as mentors/ role Models, openness, faithfulness, transparency, honesty, one-ness and trust among many others

Study 3: This session discussed the issue fallen man and the Serpent - the results of the curse after sin, the difference between a curse and consequences. The group went ahead to discuss the meaning of hope as given on Genesis 3. The work of Adams hands is blessed despite their disobedience though they will struggle through sweat. Practical implications are that the curse is on the ground rather than on man. Though the ground is cursed, the man is blessed and when he works hard on the ground through his blessing the ground will reproduce. - The curse is broken.

Study 4: considered the fall - end of unity between god and man. Hard toiling is because of sin with death being the ultimate price of sin.

The above sessions factored in a one hour lunch break and a 30 minutes tea break as indicated on the time scheduled.

The closing session comprised of a basic qualitative monitoring survey administered to the participants. It sought to get feedback on the proceedings of the day from the participants.

Time management by participants was mainly singled out as the key challenge. The results of this survey can be found in Annex 2

Day 2:

This day started with a session of Praise, worship and prayers led by participants and thereafter the morning bible Devotion led by Dr. Zablon Bundi, Director, SPILL & LDC as seen in the picture below.



Dr. Zablon Bundi, Director SPILL & LDC/SPUEU leading Day 2 Devotion

A brief group conversation on time keeping and basic logistics was also done. The group opted to select a time-keeper (Rev. Josephat Ngahu) from among themselves who played a critical role in ensuring participants kept time after their breakout sessions for the remainder of the training.

Sessions 5, 6, 7, 8 - These comprised of group work during morning session and report outs at Plenary from 11:00 - 3:45pm.

Study 5: once we are redeemed, the power of the curse is taken away, labour stops becoming sorrowful but joyful. I Corinthians 15:22 - death is overturned, 2Tim 1:10 relationship is restored and death reversed. REV 21:3-4 - man fellowships with God again like in Eden. When we live by faith in God we experience heaven on earth



Joshua Gitau Facilitating a Plenary session

Study 6: This study discussed leaving all and seeking the kingdom of God first. One should learn to serve others other than waiting to be served, to be our brother's keeper, love ones enemies - despite their tribe. As Kenyans, shun tribalism, nepotism and hatred.



Purity Njagi (right) guiding Participants Presentations

Study 7: in this study, varied plenary discussions highlighted times when Jesus showed that worldly ideas about authority, honour and power had no place in the kingdom of God e.g. where two disciples requested Jesus that one sits on the right and the other on the left (Mk 10:35-45), where Martha was serving and Mary sat at Jesus feet (Lk 10:40), illustration of where guests were invited to a feast and picked seats of honour but when an honourable guest came they were forced to give up their seats.

Study 9: It was observed in the plenary discussions that Jesus gave women a chance to serve and was not judgemental. He revealed to the Samaritan woman that He was The Messiah. All have sinned and fallen short of the glory of God. Men are to be caring, loving and considerate - in full view of the golden rule: 'Do unto others what you would have them do unto you'. If all were to apply this and follow Christ's example, there would be no; gender imbalance, incest, corruption, diseases, sexual harassment and there would be fairness.

Study 10: This study looked at submission as to Rulers, governing authorities, elders, being submission unto God. Ephesians 5:22" All of us (husbands and wives) should submit to Christ, husbands also submit to Christ - it is mutual - it the New Life. Woman gives it all to the husband and he reciprocates - they become suitable for each other. It requires putting others above/ lifting each other up out of reverence/ fear of God. Illustration was the four men who lifted the paralytic and set him at the feet of Jesus.



Participants at a plenary session

Application: relationship between husband and wife would be changed if both submit to each other and there would be emulatable, suitable, compatible relationships/ marriages as God intended. 1 Corinthians 11:7 - a wife is her husband's glory and in Ephesians 5:26, husbands should make them glorious without fear that she will be above him, disrespect or lord it over him. A couple should give and take. By doing so, we are lifting each other up

Study 11: Paul asks the wives to respect and submit to their husbands as the church submits itself to Christ. Slaves should obey their masters as if serving God. Paul exhorts husbands to love (Agape), care for their wives as themselves and as Christ loved the church. Parents should not provoke their children but nurture them and instruct them in the way of the Lord



Study 12: This session discussed authority - underscored that the wife should submit to her husband. Being the head means to bring things together, hold all parts together, support the whole body to grow thus husbands should love their wives since the wife is the body. As they do this, they imitate Christ, relationships will be enhanced, they will become in unity and love will be experienced. This was noted to be in conflict with culture since in African culture, the husband is accorded superior status naturally. Love is a command from God and irrespective of their community/ tribe, the person next to us is our neighbour.

Ultimately, husbands should be loving and empowering to their wives, while wives should submit to, nurture and love their husbands. God is no respecter of persons which means we are all equal in Gods eyes. Parents should not threaten their households, should treat them with respect and make them feel we are all equal in Gods eyes



Study 13: Husband and Wife: he should sacrifice his time and energy for his wife, cover her weaknesses, have prayer cover for her as love covers a multitude of sins. Husband should meet his wife's needs, prioritizing his wife over all others. Wives should share responsibilities with their husbands, covering their weaknesses too and speaking positively about them. A woman should appreciate his efforts with words and actions, respect her husband and give him genuine praise. Unity and oneness is key where they enjoy a relationship of honesty, fearlessness, acceptance and commitment - this would be heaven on earth.

If we are willing to be submitted to the ideals of God for relationships, oneness can be achieved making this heaven on earth. The two would also continue to build the body of Christ - the church.

4. FINAL WORKSHOP EVALUATION

Data analysed from the final workshop training evaluation shows that 83% of the participants (24/29) either 'Strongly Agreed' or 'Agreed' on the following criteria:

{The training objectives were well outlined and followed; The content was organized and easy to follow; The amount of material covered was sufficient; The quality of instruction was good; The trainers were knowledgeable; The trainers were responsive to the participants; The trainer met the training objectives; Participation and interaction were encouraged; Adequate time was provided for questions and discussion; The duration of the sessions was acceptable; The training met my expectations; I would recommend the course to others; The training was well coordinated}

When asked "what additional topics (if any) would be helpful, the following are some of the topics sampled from the participants' responses:

- i. Handling children in the digital generation
- ii. How to deal with teenagers
- iii. Young/ unmarried girls mentorship programme
- iv. Financial freedom/ money management and running Business the Christian way
- v. Go deeper on marriage values in church
- vi. Courtship and Dating
- vii. How Pastors need to relate with their families
- viii. How to do parenting and especially coming up with ideal relationships for young adults and newly weds
- ix. Mid-life crisis challenges
- x. Place of the larger family in the relationship with in-laws, children and friends
- xi. Youth and their relationship with God
- xii. The role of Children in the marriage
- xiii. Counselling

5. GRADUATION

5.1. Vice Chancellor's Graduation Visit



Participants receive their New Man New Woman New Life certificates from the Vice Chancellor (SPU) and the Director (SPILL&LDC)

5.2. Graduation Party Celebrations

One of the Participants voluntarily baked a cake and had it delivered to the training to celebrate their learning and achievement together.



SPILL & LDC Business Development Coordinator (in red scarf) and SPILL Programs Coordinator prepare to serve Graduation Cake together with two participants.



Professor Galgalo, Vice Chancellor, St. Paul's University and Dr. Bundi, Director SPILL & LDC enjoying the Graduation Party Cake



Facilitators Joshua Gitau and Purity Njagi joyfully receive Graduation Cake by Participant who baked the cake

6. CONCLUSION

This 3-day training proceeded successfully and ended on a very high note. Most participants were eager to continue learning and tapping knowledge from the Facilitators and their fellow Participants. Once the graduation ceremony was complete, the training ended with the benediction from the Vice Chancellor at 4:45 Pm with refreshments following at the Abigail restaurant and participants leaving thereafter for their places of residence.

7. ANNEXES

Annex 1: Participants List

St. Paul's Institute of Lifelong Learning and Leadership Development Centre
New Man, New Woman, New Life Training
Registration Form
8th November 2017

No.	NAME	ORGANIZATION	CONTACTS: EMAIL/PHONE	SIGNATURE
1	LEAH KATHIRI THAVU	A.C.K. Mt. Kenya	0722433125	L. Kathiri
2	SARAH W. NJERI	CBA Bank	0704-721398 sarahnjeri@gmail.com	Sarah Njeri
3	TIM THAIRU	KABUKU CHAPEL	timthairu@karurac.or.ke	Tim Thairu
4	ALLAN MUKI	ACK DIOCESE OF KIRINYAGA	0715283782 allanmuki@gmail.com	Allan Muki
5	IRENE KIBANDI	SPU	0722352858 muthomik19@gmail.com	Irene Kibandi
6	Josephat Njahu	ACK St. James Cathedral (DNKS)	0705550439 revjosephat63@gmail.com	Josephat Njahu
7	BENJAMIN WAIYAKI	ST PETERS CHURCH UTHIRU	0722 553964	Benjamin Waiyaki
8	Klaachan Muga	ST PETERS CHURCH UTHIRU	0722259809	Klaachan Muga
9	RUTH KIKO	A.I.C. FELLOWSHIP	0713 7380 53	Ruth Kiko
10	JOHN MUGAI	KAG CHURCH	0721 800555	John Mugai

St. Paul's Institute of Lifelong Learning and Leadership Development Centre
New Man, New Woman, New Life Training
Registration Form
8th November 2017

No.	NAME	ORGANIZATION	CONTACTS: EMAIL/PHONE	SIGNATURE
11	WAIRIMU THARDE		0722 806035 wairimu@gmail.com	Wairimu Tharde
12	GRACE W. NJIRA	JCC Parklands	gracenjira@gmail.com	Grace W. Njira
13	AGNES WANJIKU	JCC Parklands	0722781134	Agnes Wanjiku
14	RUTH WANJIKU	PICK SACHANA TOWNE CHURCH	0729242344	Ruth Wanjiku
15	MOSES KAMAU WANGU	EMMANUEL CHURCH - BUSIA	0723-593368 mosekwangui@gmail.com	Moses Kamau Wangu
16	Elizabeth Mwangi	LIGHTHOUSE OUTREACHES	0700 073 5003 emwangi12@gmail.com	Elizabeth Mwangi
17	Julius Muga	Lighthouse Outreach	0719 898 097 julius.muga@gmail.com	Julius Muga
18	PAUL K. OANGA	P.E.O.P. KAHARA	0721 722 251	Paul K. Oanga
19	PHYLLIS WANGUMU	ACK ST PETER	0725 018909 caropeter@yahoo.com	Phyllis Wangumu
20	CARDLINE BUGHUWA MURUGI	ACK ST PETERS UTHIRU	0728 896 395	Cardline Bughuwa Murugi
21	PHYLLIS WANGU MURUGI	GREATER CHURCH	0702 771224 debatmury@gmail.com	Phyllis Wangu Murugi
22	BISHOP DEBORAH MURUGI	END-TIME CHRISTIAN MINISTRIES	0721229452	Bishop Deborah Murugi

St. Paul's Institute of Lifelong Learning and Leadership Development Centre
New Man, New Woman, New Life Training
Registration Form

	NAME	ORGANIZATION	CONTACTS: EMAIL + PHONE	SIGNATURE
23	LILIAN KHAIRIMU NDUNGU	Chalkline Ministries	0122101551 khafralan@gmail.com	<i>[Signature]</i>
24	FRANCIS ADIENGO MARUA	Bullhorn Ministry	0121517064 frankyjournal@gmail.com	<i>[Signature]</i>
25	ROSE WANGARI SENTUM	A.C.K	0724655031	<i>[Signature]</i>
26	KEZZIA W. NGUMI	PCEA	0723120065	<i>[Signature]</i>
27	MILKATH W. KAMAU	A.C.K	0720705141	<i>[Signature]</i>
28	MARGARET W. WACHURI	PCEA	0720773522	<i>[Signature]</i>
29	COLLINS ORONE	RCEA	Counsellorone@gmail.com 0700503265	<i>[Signature]</i>
30	Jedrus Gitau	Trainer	0729622890	<i>[Signature]</i>
31	Purity Njagi	Trainer	0722352839	<i>[Signature]</i>
32	Beatrice Ngatia	SPILL coordinator	072093	<i>[Signature]</i>
33				
34				

Annex 2: Participants Feedback (1st Day)

1. What went well today

- Bible truth that many men of God don't know
- The interactions were good. The interactions were good - no right/wrong answer
- Group work
- The arrangement of sessions. The meals were delicious and sweet. The rooms were well prepared for the borders. The facilitators were well prepared.
- The knowledge I received was quite profound
- Facilitation from our facilitators. Meals. Group discussions and presentations
- New understanding of scripture and Gods intent for marriage
- Hospitality is good. Training is good
- We studied a lot about Gods creating and mankind, the agenda which God had with man and also how man fell into sin.
- Almost everything is well. The facilitators were well equipped with information. The food is good and well served
- The commencement and all sessions, the food was good
- The flow of sessions has brought a lot of revelations to my mind
- The facilitators were well organized and shows they were well prepared for the sessions
- Today I was so blessed by our teachers - hospitality is well managed
- It is well in all departments
- Facilitation. Groupwork. Presentation. Meals

2. What did not go so well

- Natural weather (Baridi)
- The weather was so cold
- The Trainees did not observe time

- Time keeping on the side of participants was a challenge.
 - The timings - hopefully all shall improve tomorrow. Tea should be ready by 3:00pm
 - Over-eating
 - Time to settle and get accomplished
 - Everything is going smooth and I'm enjoying
 - Poor time management. Less tissues in toilets
3. What aspects of the training could be improved
- It is well planned
 - All is going on well. Thank you
 - Beverages are cold not warm. Tasty food
 - Use of white Board. A projector could work better
 - More time to be allocated for the questions and reflections
 - Keep up the good work and may God truly bless you for giving me a chance to learn
 - Presentation using projectors can be better
 - Time management for more exposition
 - Nothing should be improved so far
 - Well facilitated
 - Family affairs
 - Broad in topics thus no limitations to ideas
 - I would have our trainers have a section about a pastor and his family
 - All was okay but the Wi-Fi was not working
 - More inputs from facilitators
 - Use of technology and presentations/PowerPoints by the facilitators

REPORT BY BEATRICE NGATIA, SPILL & LDC PROGRAMS COORDINATOR, AND VERIFIED BY REV. DR. ZABLON BUNDI MUTONGU, DIRECTOR SPILL & LDC/SPUEU,

ST. PAUL'S UNIVERSITY

DATE: 24TH NOVEMBER 2017