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NATIONAL ANTHEM
By Abigirl Phiri Page 5



Kenya is at it again.
By Charles Kabiriri Page 03

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The Diaspora Times



Aug 3rd, 2024 Issue 264

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Ngũgĩ wa Thiong'o Tells Mpesa Bishops Of Kenya... "Stop Betraying Jesus."

Translated from the Gĩkũyũ by the author
Ngũgĩ wa Thiong'o



To you, the late Rev Gatũ and Bishop Muge



Together with Okulu and Ndingi-mwana-a'Nzeki



By Ngũgĩ wa Thiong'o
Renowned Literature Guru

To you, the late Rev Gatũ and Bishop Muge
Together with Okulu and Ndingi-mwana-a'Nzeki
You once held hands with the fighters for the second liberation
I know that you are resting on God's throne
But please lend me your ears,
I want to ask you a few questions.
What do you think of these Mpesa Bishops?
When you compare your heroic deeds with their heinous deeds?
Let me count:
Muge was murdered for his words in support of the people
Njoya was crucified to near death
They did this three times and each time he rose from the dead
But he never gave up the truths he held dear.

Continued on Page 8

NJOYA NJOYA

(Njoya Lift Me, as lift up my soul
Translated from the Gĩkũyũ original, NJOYA NJOYA, by the author,
Ngũgĩ wa Thiong'o)

Dear Timothy Njoya

Please accept these heart felt greetings from Ngũgĩ wa Thiong'o
I have heard that you were crucified three times
By Moi's agents in his attempt to assuage Imperialists

Continued on page 8



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OPINION
NEW KENYA MOVEMENT
Kenyans have sanitised a leader who has seen the country in its current trajectory after a broad-based government was rolled out. Page 03

Laughter is medicine
Page 04

FALLEN HEROES
Alexander Kipsang Muge (1948-1990) was an Anglican bishop in Kenya: he was Bishop of Eldoret from 1983 until his death in 1990. Page 06

And do not fear those who kill the body but cannot kill the soul.

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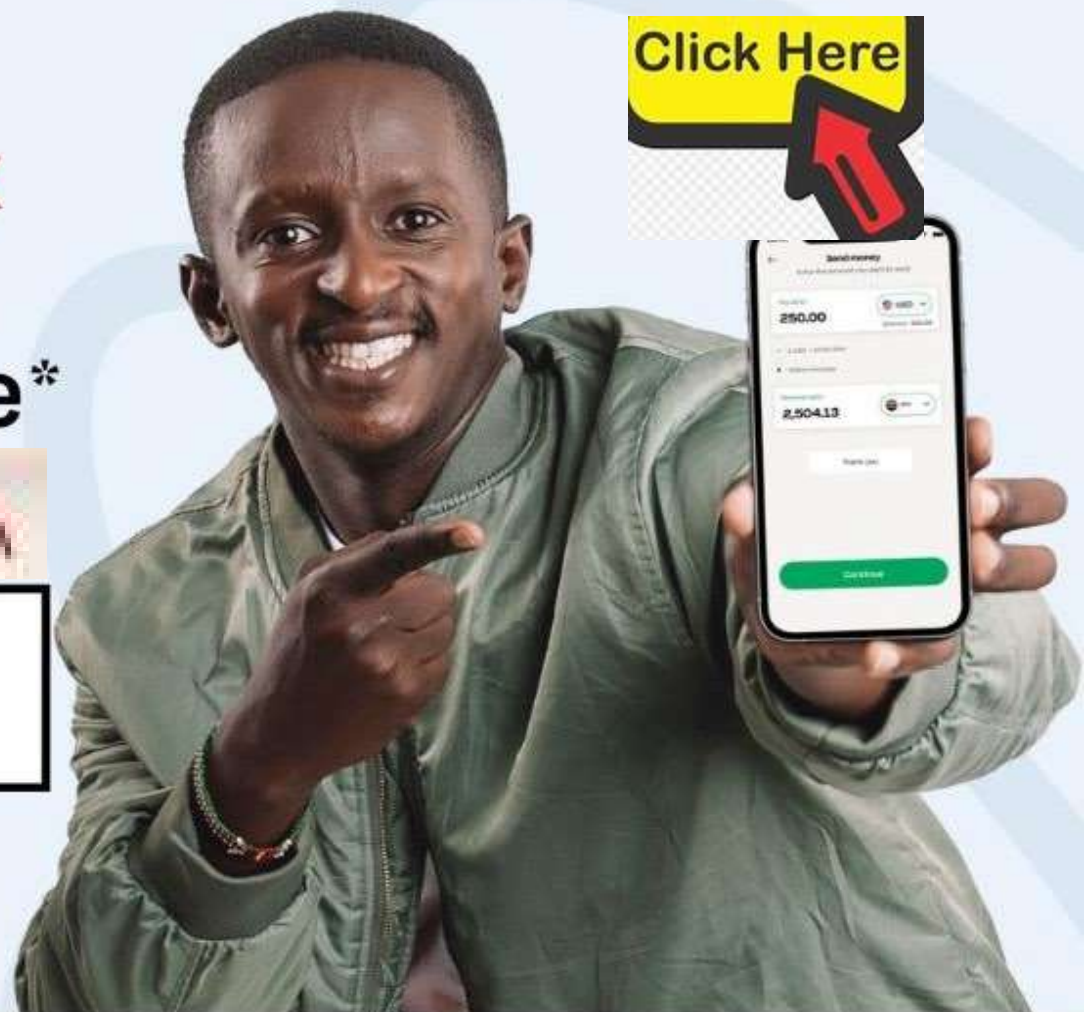
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Charles Kabiriri
Political Activist
New Kenya Movement
For Change

The GEN Z that led the revolution guided by firm, objective, and visionary young leaders have been taken like outcasts!

Kenyan Sanitizing Leaders Who Have Failed To Deliver On Their Promises.

Kenyans have sanitised a leader who has seen the country in its current trajectory after a broad-based government was rolled out. It is difficult to understand Kenyans. Kenya is not different from a battered wife who keeps bouncing back to the spouse even after interventions have been put in place. She pleads for their withdrawal, yet the problem keep recurring again and again.

The country is suffering from leadership deficiency problems. This can be traced from what the country is forced to go through without much pressure from people for change. People keep recycling the same leadership that has failed them over and over again mostly because of their tribal standings. It is, however, very unlikely to save the nation as it is currently constituted because what we the people consider as Change conspicuously saying, has famously been illustrated as a forest significant of our political landscape. The forest changes, but the monkeys in the forest significant of the political actors have remained much the same. How did it end up this way?

When Kenya attained self-rule, the whole idea of independence was shelved from achieving in full its principle objectives of shaping the lives of the majority of the citizens but was shortchanged only to benefit a minority who took over from the Imperialists. This included the political elites, the high-ranking civil servants, and top-notch businessmen of the time. They hijacked the true independence from unsuspecting Kenyans laying the foundation of this great nation on flimsy rhetoric that has eaten deep into the fabric of this nation.

Today the country is unable to find its unable to focus from the overgrown seeds

of discord that marked the initial steps of the country's independence journey as planned and planted by those who benefited in the transition to independence through the inheritance of all that went well with imperialism making it difficult to find answers especially where the question of amicable use of state resources arise and in many a times, any success to divulge the benefits of this nation to ensure equitable sharing with the citizens as had been the promise with the independence dream has remained to be nothing but a dilemma!

When Kenyans forced their way to occupy parliament on the 25th of June 2024, nothing of the kind had ever been imagined and to everyone's surprise, the many years of political notoriety associated with our political class was challenged through the storming and torching of part of the establishment led by the Gen Z guided by Article One of the Constitution that gives power of sovereignty to the people! In exercise of the same, a raft of conditions to be met by the president were provided, which included quite a number of things. Top on the agenda was the rejection of Finance Bill 2024-2025, which triggered the commotion.

This was to the benefit of every Kenyan. However, today, the GEN Z that led this revolution guided by firm, objective, and visionary young leaders have been taken like outcasts!

The abductions by the government of the very young is going on and deaths could be in their hundreds after it was exposed that many bodies lying in different morgues Kenya Police had tried to cover the plot by entering into the registry wrongful information as to the cause of the death at some instance the entered cause would be by accident yet the bodies have visible bullet wounds!

Such cover-up may never find justice because greed has taken toll over senses, and most heartbreaking of them all is the current scramble for slots in the Ruto government.

Political elites in Kenya are only interested in their stomachs.

When Hon Raila Odinga stood with Ruto and their entourage at the stairs of KICC to call for dialogue, the GEN Z Movement had already been compromised! President Ruto has named his broad-based government giving critical dockets to the ODM leadership, which translates into a change into Kenya's political landscape. Shortly before he made the announcement, the president was categorical on what awaits the Gen Z and because Kenya's political mindset is still tribal, our brothers and sisters, sons and daughters in the Gen Z could be meted with police brutality after regions like the coast overwhelmingly endorsed the blood riddled government of President Ruto simply because he appointed the former Mombasa Governor Ali Hassan Joho as a nominee to the Mining docket. That is how myopic the Kenya mindset is, which can culminate into the danger that befalls this country ahead of time that resonates with recycling of leadership, politics of tribalism and patronage.

While the questions to the president in every of his visitations, which are largely seen as campaign trails for his reelection come 2027, would have been on his recent dismissal of his government.

He pointed out that he was going to consult widely and come up with a better team after this one had let him down.

This was after Kenyans demanded of him to dissolve the cabinet as a precondition by the Gen Z to end their revolt after they claimed that the cabinet was incompetence, corrupt and was the face of opulence.

The president reached out to Hon Raila Odinga, who since gave a nod confirming a convergence of interests as the sole base of Kenya's politics as opposed to ideals that Gen Z stood for!

As we speak, 90% of the dismissed CSs are awaiting vetting by the parliament after President Ruto reappointed them which is a spit on the face of the Gen Z whose revolution had began to bear fruits in Kenya's political dispensation based on the quest on good governance, adherence to the

people's will, the rightful position of the country's debt, corruption and rule of law. All these could now be water under the bridge following President Ruto's government having been both legitimised and sanitised by the ODM. The official position of ODM is that they have not entered into a working coalition with the Ruto government but from the emergence of this coalition invitation, mixed signals have emanated from ODM confirming the worst fears that Hon Raila Odinga has betrayed the Gen Z cause for their own individual gains!

Today, a civil society group has headed to court for the interpretation of Article One of the Constitution, which provides that sovereign power belongs to the people. They need a court interpretation as Ruto / Gachagua axis is behind 31 constitutional violations, and people's position is that Ruto must go.

While in Mombasa residents appear to have embraced the bloody leadership of President Ruto because of the mtu wetu phobia after nominating mtu wao to cabinet Ali Hassan Joho, the Olympic games gathering in France have Kenyans living abroad displayed on their stand the writings Ruto must go on a large outfit.

The efforts to recapture our state from the greedy, selfish, corrupt, and inept political elites are not in vain. What should, however, be of essence is the capacity of political understanding in our people to articulate issues from an informed perspective. This can only be enabled if we focus on our people's mindset change awareness which will help in the reflection of a fresh crop of leadership sprouting in the country, taking up Kenya to the next level.

Charles Kabiriri
The writer is a human rights activist in Kenya

All articles should be by email
diasporatimeskenya@gmail.com

FROM THE ARCHIVES



A consummate chameleon, Mr. Ruto joined forces, in succession, with Mr. Moi, Mr. Odinga and Mr. Kibaki. He was this election's kingmaker, happy to be wooed by both leading candidates."

From the editorial pages of **NY Times** March 14, 2013- Article by Literature guru Ngũgĩ wa Thiong'o



LAUGHTER IS THE BEST MEDICINE



THE MEDICINE CALLED LAUGHTER IS THE BEST MEDICINE



"We don't laugh because we're happy – we're happy because we laugh." – William James

Man overboard

A gawky lad from New England came to New York with his girl, and took her to nearby Playland Amusement Park. They had heard a lot about the Tunnel of Love and were especially anxious to try it out. But when they got home, the kids expressed disappointment.

"Shucks," the boy said, "it was dark and damp and uncomfortable. Besides, we got soaking wet."

"How come?" asked a friend.

"Did the boat leak?"

The kid looked amazed. "There's a boat?"

Holy cow!

A pair of cows were talking in the field. One says, "Have you heard about the mad cow disease that's going around?"

"Yeah," the other cow says.

"Makes me glad I'm a penguin."

Where there's smoke

Once, my father came home and found me in front of a



roaring fire. That made my father very mad, as we didn't have a fireplace.

Identity crisis

"Your mother has been with us for 20 years," said John.

"Isn't it time she got a place of her own?"

"My mother?" replied Helen. "I thought she was your mother."

Kidding around

On a Miami to Chicago flight was a lively youngster who nearly drove everyone crazy.

He was running up and down the aisle when the flight attendant started serving coffee. He ran smack into her, knocking a cup of coffee out of her hand and onto the floor.

As he stood by watching her clean up the mess, she glanced up at the boy and said, "Look, why don't you go and play outside?"

A waiter gives a gentleman a cup of coffee. The gentleman takes a sip and spits it out. He turns to the waiter and says, "Waiter! This coffee tastes like mud!"

The waiter, looking surprised, turns to the gentleman and says, "But, sir, it's fresh ground!"

A kid finds a magical lamp.

He rubs the lamp, and a genie appears and says, "What is your first wish?" The kid says, "I wish I were rich!" The genie replies, "It is done! What is your second wish, Rich?"

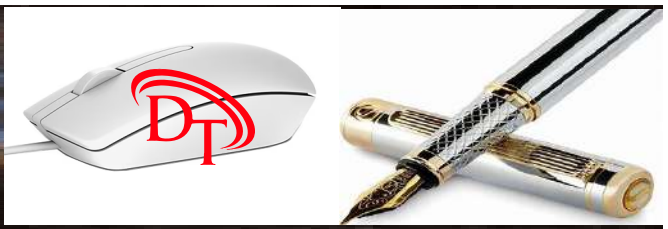
A guy asks a girl to go to a dance. She agrees, and he decides to rent a suit. The rental has a long line, so he waits and waits, and finally he gets his suit.

He decides to buy flowers, so he goes to the flower shop. The flower shop has a long line, so he waits and waits, until he finally buys flowers. He picks up the girl and they go to the dance. There is a long line into the dance, so they wait and wait.

Finally, they get into the dance, and the guy offers to get the girl a drink. She asks for punch, so he goes to the drink table, and there is no punch line.



EDITORIAL PICK



Internet never forget

THIS DAY WILL ALWAYS REMAIN MEMORABLE IN THE HISTORY OF THE THIRD LIBERATION IN KENYA

**JUNE 25TH, 2024
A SAD DAY IN KENYA**



Mass arrests with at least 283 people, including journalists covering the protests detained by police. Young Kenyans or GenZs, were fighting for their future and used social media platforms such as TikTok to amplify their message then staged the most successful protest to stop finance bill 2023. Over 50 people died.

32 Years later, the same Ruto of the infamous YK92 terrorized the pro third liberation movement coded Gen Z. This time not as an errand boy of Cyrus, Njirongo but as the President of the Republic of Kenya..... God forbid!

THEY DIED FIGHTING FOR A BETTER KENYA REST IN POWER

Article By Abigirl Phiri- Zimbabwe



BLACK TAX IS A BURDEN.

WThis is an issue that gives one a headache yet it's as simple as day to tackle. When you find yourself living abroad the filial duty is to take care of your parents first. To be honest, that's the ecclesiastic thing to do giving back to your parents.

The cycle of life is that you take care of your old folks when you are now an adult as thank you for the things they did for you when you were a child. Some will then say it was your right for the parents to look out for you. Yes it's true but basing back with our African culture you must do your filial duty.

You wouldn't leave in peace knowing your parents are suffering in abject poverty. A true human being will think of all the sacrifices they did for your sake. A parent can choose not to eat food but will go to the end of the earth to feed their children with the little they would have got.

The circumstances of this matter differ. Some their parents are already dead and gone but we do have siblings back home as well as the extended family. Depending on how close you are and were before going abroad they do deserve some financial aid of some sort. One has to offer it if they have to and provided their heart tells them so because no one said living abroad is a walk in the park.



They too are facing exorbitant bills coupled with tax. Thus, it's not a duty for people in the diaspora to send money back home if they do not have it. We all have families to feed either back in the home country or abroad therefore people should learn to work hard in their lives and appreciate what the people in diaspora will be doing for them.

The conundrum is that some family members end up demanding money as if it falls from the heavens. A rift might be created if family members think they are not being sent any of the green bucks but this has to do with being lazy. If you work hard you won't have time to complain that your relative isn't sending you any financial aid. Needless to mention, in Africa people have the dependency syndrome that they won't want then to

find work as all eyes will be now on the Diasporian.

It's high time people put themselves in the shoes of these people living in foreign countries and battling cultural shock. At the same time, they will be doing their best for their own upkeep and to save a nest egg for their future lest they are made laughing stock when later on in life they resort to begging or coming back home with nothing.

Consequently, family members should understand it's not a crime to go overseas that the burden of taking care of everyone befalls on the former. Instead, it's good for the family in the sense when they can and have extra cash these individuals can send them something. Family members should at least ask the Diasporians to help them start a business or how to get information on

how themselves can come abroad and work for their own families.

One can't work to the bone just to have to send money which in most cases will be blown away through unnecessary spending. Money that you work for and toil day and night to get, one normally tends to use it wisely. All in all, let's treasure family relations and not jeopardize them through black tax as if it's a law that has to be followed. No work in life no gain. Rugare treasured readers..

Article by Abigirl Phiri, Zimbabwe

5



By Abigirl Phiri-Zimbabwe

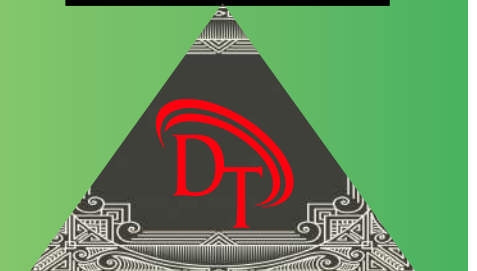
summary



Poem Title :
 Godly goodness
 As you can discern
 Seeing the picturesque display
 Changing one after the other
 The visions are as real as reels life
 Muttering as if chants
 There is no room for doubters
 Cast your net wider, catch men
 And drop to your knees, life is real
 Good God
 The omnipotent ready to lend
 A helping hand in dreams and visions
 The slayer of poverty, sickness and dragons
 Do give thanks to the most high, GOD



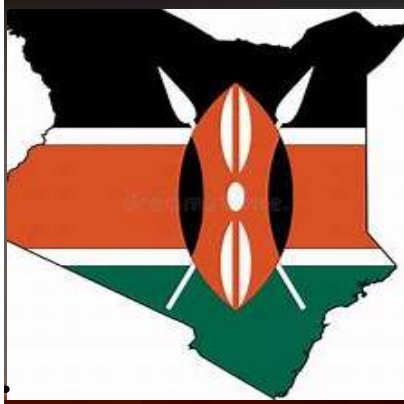
POEM



As people continue with the rest of their lives, we carry invisible scars in our hearts and minds. I exhort all those going through such calamities caused by living people to have the strength to share and bleed out their anguish as this is like acid that will

continue to eat you up if kept bottled. God normally doesn't give you a task that you can not conquer. Believe in the word, go down on your knees to pray and rest assured that gatekeeper in your life will one day get what they deserve. So much hate and so much evilness surrounds the world and don't be tempted to join

the same bandwagon by resorting to gatekeepers tricks and games. To the contrary, continue to be the good person that you are. Be exemplary that you can rise above anything that gatekeepers throw your way. Even a Phoenix rises from its ashes.



Bishop Muge

FALLEN HERO

Bishop Muge

Kenya FALLEN HERO



Rest In Peace

Alexander Kipsang Muge

On August 14, 1990, at age 44, Muge lost his life in a collision with a truck near Kipkaren, Uasin Gishu district. He had ignored multiple warnings from Minister for Labor Mr. Habenga Okondo that he “would not leave the area” lending credibility to speculation that his collision was not really an accident.

K Alexander Kipsang Muge (1948–1990) was an Anglican bishop in Kenya: he was Bishop of Eldoret from 1983 until his death in 1990.

Muge was born in 1948 and educated at St. Philip's, Maseno. He was ordained deacon in 1975 and priest in 1976. He served at St. Stephen, Nairobi and then at All Saints' Cathedral, Nairobi.

Muge became a critic of Daniel arap Moi and advocated for civil rights in Kenya. His death in a car accident is widely regarded as suspicious.

Early life

Alexander Kipsang Muge was born in March of 1948 to Anna Chepkoskei who went by the moniker “the woman of the dusty roads.” (A moniker born from her efforts of fetching firewood for her children) Born into the Kamelilo Clan, Kipsang was known to refuse the common traditions of his clan and would often abstain from ceremonies as a child, much to the astonishment of the clan elders. This refusal remains a mystery in light of his lack of Christian faith at the time.

According to his mother, Kipsang was a child who loved the solitude of the forest and possessed an ever-inquisitive spirit. His father, recognising his ability, enrolled him into the Africa Inland Church Primary School at Tangaratwet where he received exemplary marks in his fourth year common entrance examination in 1962. Later, Kipsang studied at the Anglican Mission School where he passed the Kenya Primary Education Examination.

Early Christian Faith

Kipsang was converted and



BISHOP MUGE SUNRISE 1948 SUNSET 1990

baptized on October 25, 1970, at St. Michael and All Angels Church in Ruiru by Rev. John Kago. As a soldier at the time, Kipsang proclaimed to have previously lived a life of sin which changed after a personal encounter with Christ. He was encouraged by born again Christians to pursue the path of faith to its ultimate end and from then on, Kipsang became totally devoted to the revival movement.

In 1973, Kipsang resigned from his work as a soldier and began his studies at St. Philip's Maseno Bible School. In 1975, he was ordained as a deacon at St. Stephen's Church, Jogoo Road, in Nairobi. The following year, he was ordained as a priest and became a curate there. Later, he served as a priest at St. Mark's Church, Westland, Nairobi, before attending London Bible School in Britain in 1979. Whilst in London he also held the position of secretary for the Pan-African Student Body. He gradu-

ated from the London Bible School in June 1982 with a bachelor of arts in divinity, returning to Kenya right after. He rejoined the diocese of Nairobi and on July 1 of that same year, was appointed assistant provost of All Saints Cathedral. Muge served at All Saints for eleven months before being appointed bishop of the newly created diocese of Eldoret on June 5, 1983.

As a Bishop, Muge maintained his stalwart vision for Kenya. He devoted his life to the advocacy and proclamation of social truths and embodied the notion of the power of the pulpit to transform and reform society. Nicholas Otieno, in his book about Muge mentions that “When Muge set out for a mission, however dangerous it was, no one, not even his family could stop him. He was a man of depth and total commit-

ment to the cause of truth. He had faith beyond the fear of death”.

Bishop Muge had a particular focus on defending the poor and oppressed children of God. Being a part of the military previously, Muge often conceptualized his vocation as a watchman looking over the flock.

Muge held a traditional interpretation of Scripture. On May 17, 1990, during a visit to the USA, he openly condemned homosexuality, appealing to the authority of Scripture in its classic understanding which, he said, must not be compromised. Muge was a firm anti-corruption advocate for the church calling it the nation's conscience which needs to remain clear.

By Dr. Jean Kamau
Excerpts from Sms Diary
jean@gmail.com

summary



RIP

On 14th August 1990, a grisly road accident on the Nairobi-Eldoret Highway was profiled as a singular entry into the daily quota of road accidents on this stretch.

Outspoken Anglican Bishop Alexander Muge, aged 44 years, lost his life in an accident, that was in essence an assassination.

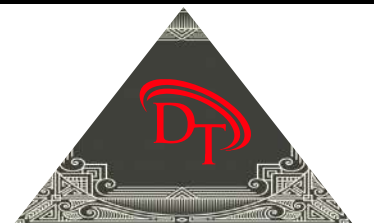
This was revealed by a former intelligence officer in an inquest formed by the Truth, Justice and Reconciliation Commission (TJRC).

The country's political scene in the late 1980s was volatile, picture a field lined with mines.

The former president Daniel Moi had the grip of power, in a one-party rule system - Kenya African National Union (KANU).

There was a push to amend the constitution to allow a multi-party political system, an independent judiciary, protection of tenure for the Attorney General and Auditor-General, a secret ballot for elections, and a limit on the tenure of office for the president to two five-year terms.

Bishop Muge



Hamas political leader and Hezbollah commander killed hours apart.

The leaders of two different Iranian-backed groups, Hamas and Hezbollah, were killed in separate attacks within 24 hours of each other this week.

Hamas said its political leader, Ismail Haniyeh, was killed in an airstrike Wednesday in Tehran, where he had traveled to attend the inauguration of Iran's president. On Tuesday, senior Hezbollah commander Fuad Shukur was killed in an Israeli strike in the outskirts of Beirut.

In response to the killing of Haniyeh, Iran's supreme leader, Ayatollah Ali Khamenei, ordered a direct strike on Israel, the New York Times reported.

Hamas, the militant government Palestinians elected in Gaza, orchestrated an unprecedented attack on Israel on Oct. 7 that killed nearly 1,200 people and resulted in Israel's military response that has killed more than 39,000, according to Palestinian health authorities. For decades, Hezbollah, a heavily armed militia group based in Lebanon, has launched rockets into Israel. Both groups are backed by Iran.

Now, fears of wider Middle East conflict are growing. The U.S. State Department released an advisory Wednesday warning Americans not to travel to Lebanon "due to rising tensions between [Hezbollah] and Israel."

Here's what we know about what has happened in the Middle East:

Haniyeh was primarily living in Qatar, where he played a key part in the ongoing indirect Israel-Hamas ceasefire negotiations that have been brokered by Qatar, Egypt and the U.S.

Haniyeh was killed by a rocket strike in the early morning hours on Wednesday in an apparent assassination at his residence in Tehran after he attended a swearing-in ceremony for the new Iranian president, according to Hamas. NY Times

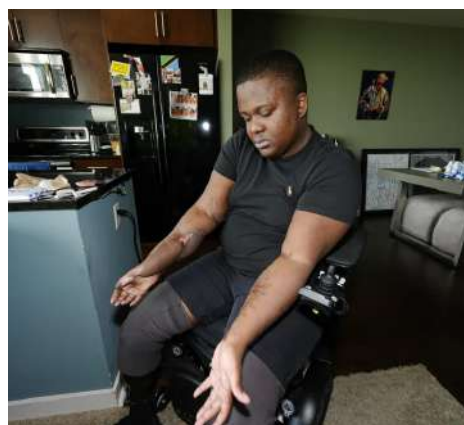
Police recruit who lost both legs in 'barbaric hazing ritual' sues Denver, paramedics and officers.

A police recruit who had to have both of his legs amputated after losing consciousness and repeatedly collapsing during fight training at Denver's police academy is suing those who allegedly forced him to continue the "barbaric hazing ritual" after paramedics ignored warning signs.

Victor Moses, 29, alleges in a lawsuit filed Tuesday that aggressive officers knocked him down multiple times in the second round of "fight day" last year, with one of them shoving him off the mat and causing him to hit his head on the floor. He said he was pressured to continue, with officers picking him up and setting him back on his feet, before paramedics standing by were asked to check him out, the lawsuit said.

Moses told them he had the sickle cell trait, which puts him at an increased risk of medical complications from high-intensity exercise. He also said he had very low blood pressure and complained that his legs were cramping, according to the lawsuit. The symptoms are danger signs for people with his condition.

Nevertheless, paramedics cleared Moses to return to training, which the suit



alleges was a decision made to support the police.

The type of training described in the lawsuit is common in the United States and helps prepare recruits for scenarios they could face on patrol, said Ian Adams, an assistant professor of criminology and criminal justice at the University of South Carolina. Minor injuries are common and occasionally recruits die, often because of an underlying medical condition, he said.

Both the Denver Police Department and Denver Health, the public hospital that employed the paramedics, declined to comment on the allegations, saying they could not address pending litigation. "Safety and well-being is a top priority for Denver Health and its paramedics," the hospital said in a statement.

A telephone call and email seeking com-

ment was also left with the city attorney's office.

All recruits must complete the training to prepare them physically and mentally for fights they could encounter on the street. It includes having recruits punch and kick a dummy or a trainer holding pads, using a padded baton to fight trainers, wrestling and practicing to arrest a suspect who assaults them, according to the lawsuit.

The legal action alleges the practice is an unnecessarily violent rite of passage that recruits have to endure to be accepted into the police "fraternity." It notes that other recruits suffered injuries before Moses started his drills, including one person whose nose was broken.

The lawsuit also claims that training teaches recruits that excessive force is "officially tolerated, and indeed culturally expected."

Moses' lawyers, John Holland and Darold Killmer, say that mindset has nurtured a violent police force and led to lawsuits costing Denver millions of dollars.

Share from AP

Gen Z Choice Is Kamala Harris



"Do not go where the path may lead, go instead where there is no path and leave a trail." -Ralph Waldo Emerson

Many of life's failures are people who did not realize how close they were to success when they gave up. -Thomas A. Edison

Ngũgĩ wa Thiong'o Tells Mpesa Bishops Of Kenya... "Stop Betraying Jesus."



By Ngũgĩ wa Thiong'o

Translated from the Gĩkũyũ by the author
To you, the late Rev Gatũ and Bishop Muge
Together with Okulu and Ndingĩ-mwana-wa-Nzeki
You once held hands with the fighters for
the second liberation
I know that you are resting on God's throne
But please lend me your ears,
I want to ask you a few questions.
What do you think of these Mpesa Bishops?
When you compare your heroic deeds with
their heinous deeds?
Let me count:
Muge was murdered for his words in
support of the people
Njoya was crucified to near death
They did this three times and each time he
rose from the dead
But he never gave up the truths
he held dear.
Remember the others in the years of anti-
colonial struggle
Who asked God not to turn his face away
from the masses?
Or the others who sang about the bitter
water of independence.
Jomo took out the sword from the shield
and banned the hymn?

What shall we do seeing how our people are
being sacrificed
By these self-proclaimed high Priests of the
Lord?
Let me count one of two of their dastardly
deeds
The Kĩambaa church was burnt with arrows
of flames
Mothers with babies on their backs thrown
into the flames
A child escaping the fire thrown back into
the flames?
What of the arrowed human body that
looked like a porcupine?
Shakahola massacre is way beyond the
Hola massacre
The Hola massacre was perpetrated by the
colonialists
The Shakahola massacre by the self-proclai-
med high priests
Some of you were there when the crazy
Billy Graham
Was sent here by the colonialists to mess up
our hearts
Asking us to show we were saved by
abandoning seekers of freedom?
Now, I heard that America has sent us
another madman
Our leaders prostrated themselves before
Bennie Hennie
In the hope that he would teach them tricks
to trick our people
Some of them even gave him millions
stolen from the people
Here are my prayers to you
Please send a message to the Mpesa
Bishops
Ask them to stop being dazzled by silver
coins
Tell them to walk the walk with the people
Till our country is free of
theft and corruption.

*** pass this to those mpesa bishops and tell them that the problems we are having in Kenya is due to their failure to stick to the true doctrines as per the church guidelines.**



NJOYA NJOYA

(Njoya Lift Me, as lift up my soul
Translated from the Gĩkũyũ original, NJOYA NJOYA, by the author,
Ngũgĩ wa Thiong'o)

Dear Timothy Njoya

Please accept these heart felt greetings from Ngũgĩ wa Thiong'o
I have heard that you were crucified three times
By Moi's agents in his attempt to assuage Imperialists
So that they would continue exploiting our country in peace
The killers would go home happy that they had made sure
You had properly followed the steps of Jesus all the way to the grave
But each time you would rise from the dead
Your soul was a shield crafted in heaven.
Njoya, the thrice resurrected, you rose from the dead
So you would live to disavow and denounce the greed
Of the Mpesa-Bishops in their pursuit of silver Coins such that
Even as they cough they cough out the sound of silver
And as they snore, they snore the sounds of silver
Every sunday they preach and ring the bell in a call for silver
And blow the trumpet with the sound of silver
All the time looking up to the Cross made of silver
Njoya
I beg you, nay beseech you, please remind the Mpesa Bishops
The twelve apostles of Jesus did not wait for tithes to do their work
These apostles were already workers, fishermen.
Njoya,
You who once helped lift up the soul of our nation
Even inspired to write the book:
Who owns Kenya's Industry?
Please take up the cross once more
Enter their temples and drive out these Mpesa Bishops
As Jesus once drove out the Saducees and Pharisees from the holy temple
The blood of Jesus is not for sale
Even if the sound of the coins may ring louder
Than those of the thirty pieces of silver for which Judas betrayed Jesus
And had him crucified by the Roman Imperialists
Just because Jesus followers came from the working class
The imperialists feared the workers would rise and fight the Roman Imperialism
And their loyalist homeguards called Sadducees and Pharisees
The ones that Jesus once drove out of the Temple
He, Jesus, the only son of Mary and Joseph the carpenter.
Njoya please help lift up the soul of our nation
And let it Rise and Rise and Rise to the stars

**Shakahola
massacre is way beyond
the Hola massacre
The Hola massacre was
perpetrated by the
colonialists
The Shakahola massacre
by the self-proclaimed
high priests**

**The secret of happiness, you see, is not found in
seeking more, but in developing the capacity
to enjoy less.**



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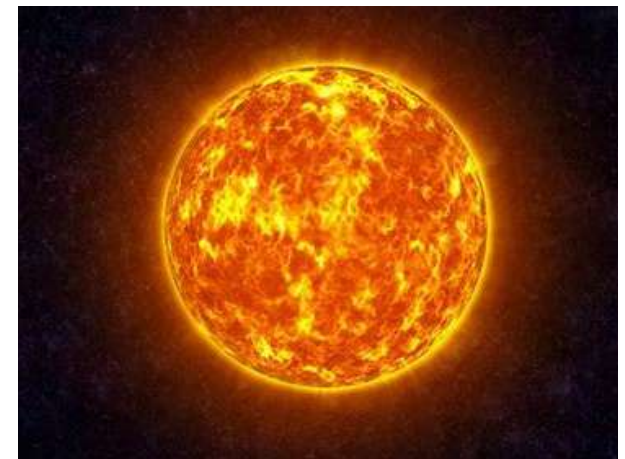
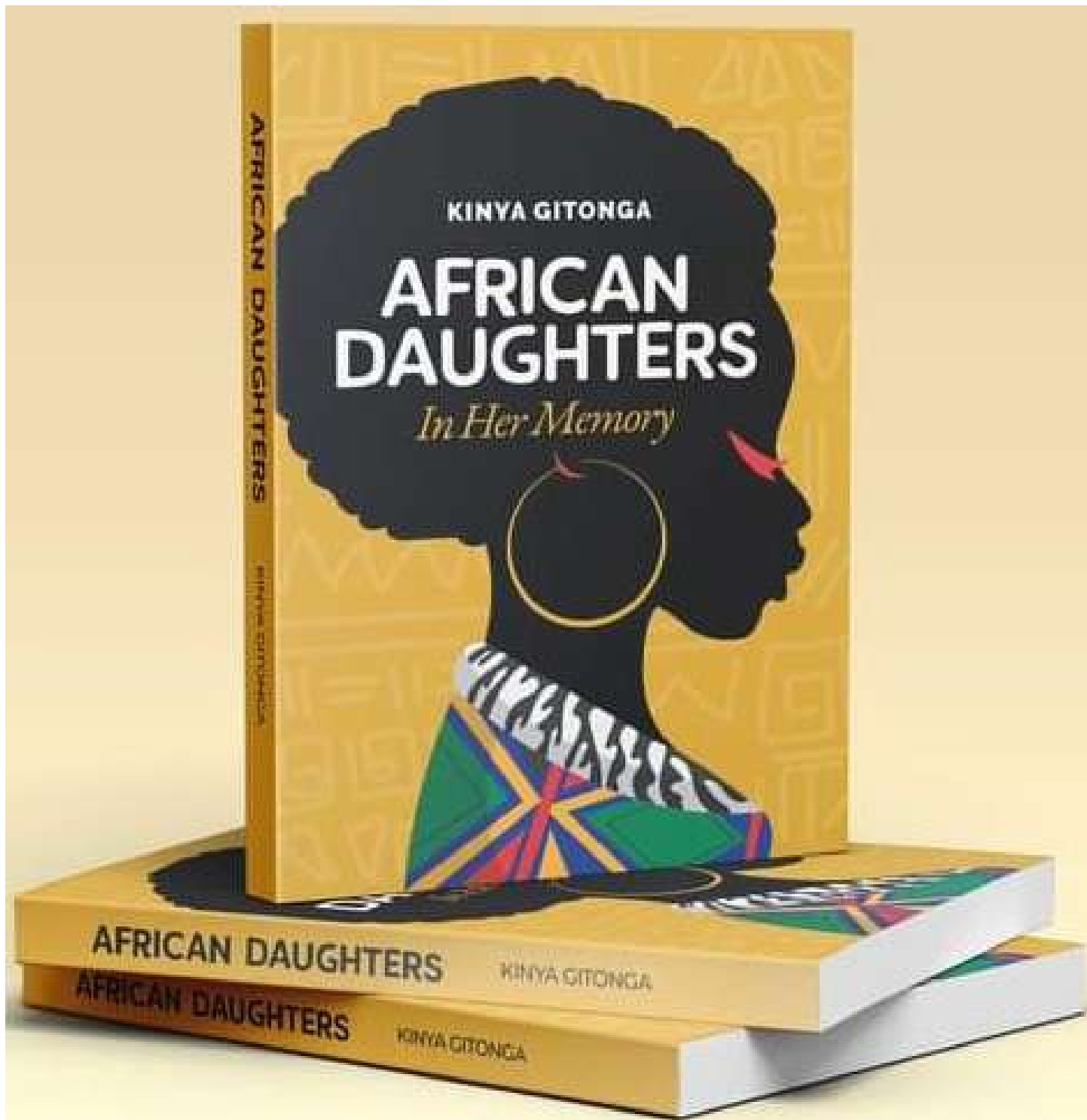


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The greatest glory in living lies not in never falling, but in rising every time we fall. -Nelson Mandela

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Did Kamala Harris shy from her Black identity? Truth behind Trump claims.

Trump's questioning of Harris's Black identity may backfire on him as his comments may put off Black voters.

HIGHLIGHTS

BIDEN HIGHLIGHTS



Airlines would no longer be allowed to charge parents extra fees for their kids to be seated next to them under a new rule proposed by the Biden administration. White House officials say their "fee-free family seating" proposal could potentially save parents up to \$200 per round trip flight.

"Families don't need any additional stresses or costs when flying on top of how demanding it can be to be a parent flying with your kids," Transportation Secretary Pete Buttigieg told reporters when announcing the proposed rule.

Buttigieg said, "The idea that parents ought to be seated next to their own children on a flight is common sense and also seems like something that ought to be standard practice."

US presidential candidate Donald Trump has stirred a new racial controversy after asserting that Vice President Kamala Harris turned to her Black identity recently out of political expediency.

Speaking at a convention of Black journalists in Chicago on Wednesday, the former president claimed that Harris, the first Black woman and Asian American to serve as vice president, had promoted her Indian heritage until very recently. What did Trump say at the NABJ Convention?

"I didn't know she was Black until a number of years ago when



she happened to turn Black and now she wants to be known as Black. So, I don't know, is she Indian or is she Black?" Trump said during a panel at the National Association of Black Journalists (NABJ) Convention.

"I've known her a long time indirectly, not directly very much, and she was always of Indian heritage," Trump said. "I respect either one, but she obviously doesn't, because she was Indian all the way, and then all

of a sudden she made a turn and she went - she became a Black person," he said. "I think somebody should look into that, too." Aljazeera reports share.

"News reporting is a dynamic and intricate art form that demands in-depth research, meticulous analysis, and the skill to present facts in a coherent and engaging manner. It transcends the mere conveyance of information; it is an art form designed to enlighten the public about the intricate web of current affairs.

A news report, at its core, is more than a mere enumeration of facts arranged chronologically; it is a narrative that strives to furnish readers with background context, analysis, and interpretation. Beyond the straightforward delivery of news, news reporting significantly influences public discourse, shaping perspectives, and steering debates.

Its impact extends beyond the immediate moment, leaving a lasting imprint on our collective memory. Moreover, it serves as the cornerstone of an informed society, spotlighting the pivotal events of our time."



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"Its all about dreams. Dreams cost nothing, they are free"
-Sylvester Stallone

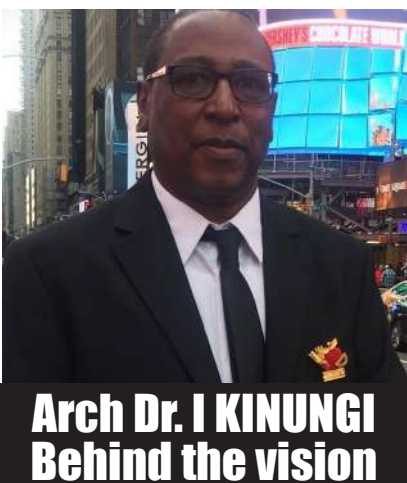


Charles Kabiriri
Activist, Kenya

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Responsible Tourists and Voluntourism.

Voluntourism is very imperative for it usually targets developing countries at most



Tourism with Memory Phiri Zimbabwe.



It's not every day that one gets to leave everything and join some volunteering escapade. To up

and go without any misgivings courtesy of the WorldPackers. Truth is, it has a platform that gives away information on where to volunteer. In other words, voluntourism combines the traditional aspects of tourism with voluntary service. Working while travelling is somehow related to ecotourism therefore it optimizes time and does not waste money. People always volunteer for a lot of things but have you ever thought of volunteering for the sake of tourism?. Notably, it leaves a good impact on the visited places and helps the local communities. Avid voluntourists visit a destination and they

Voluntourism is on the rise and it paves way for visitors to be responsible for their actions when they decide to go on vacation. An excursion with free accommodation is one of a kind and it motivates the next person to do likewise. WorldPackers has a galore of volunteer opportunities which ranges from teaching languages to childcare.



Through applying, a volunteer will have direct access with the host thereby making friends in the process. Likewise, staying for longer terms promotes bonding between people of different races.

Be a part of history in the making

look for ways to protect the environment for the future generation. When talking about the long haul, it's not everyday that a tourist decides to come to Africa and make a change. Need I mention, the act of travelling to a place far away from your normal space and doing something different for the love of conservation. Unabashedly deciding to go green with aplomb. In Marondera, Imire Wildlife Conservation for the rhinoceros is still going strong since 1984 due to this typology of tourism. Thank God for the small mercies because volunteers are lending a hand all the time in a bid to save the rhino. Voluntourism is on the rise and it paves way for visitors to be responsible for their actions when they decide to go on vacation. An excursion with free accommodation is one of a kind and it motivates the next person to do likewise. WorldPac-

kers has a galore of volunteer opportunities which ranges from teaching languages to childcare. Through applying, a volunteer will have direct access with the host thereby making friends in the process. Likewise, staying for longer terms promotes bonding between people of different races. Be a part of history in the making and enjoy the immersive experience that comes with the work that you will be doing. Voluntourism is very imperative for it usually targets developing countries at most. If anything, there goes corporate social responsibility with a hefty measure of empathy as the cherry on top. One too many a tourist have gone on to donate for tourism development around the world in wildlife sanctuaries like Wild is Life, Harare. Trend setting programs include working at an organic farm in Brazil, eco-projects in Ghana, fruit and coffee

picking farms in Nepal which enables one to learn a thing or two about sustainable tourism. For what it's worth, the learning curve allows one to have a memorable experience. Volunteering in general has since opened our eyes to the positive impacts of tourism that is responsible visitors can do anything for a destination and its people. Article by Memory Phiri Zimbabwe.

15

The way to get started is to quit talking and begin doing.
-Walt Disney

15

The future belongs to those who believe in the beauty of their dreams.
-Eleanor Roosevelt

Diaspora Sunday

Worship the Lord your God, and his blessing will be on your food and water. I will take away sickness from among you.
Exodus 23:25 Romans 15:13

PRAYERS

Prayer for a Healthy Cardiovascular and Respiratory System

God of Might, please give me a healthy cardiovascular and respiratory system, so that I don't have any circulation or breathing issues that would damage my well-being. I pray that You will contend with any inherited propensities to heart or lung disease and help me make important changes to my lifestyle to promote healthy circulation and respiration. I praise You for splendid and majestic is Your work, O Lord. Amen.

Jesus said to her, "I am the resurrection and the life. The one who believes in me will live, even though they die; and whoever lives by believing in me will never die. Do you believe this?"

Posted By
Pastor Mukuria



The LORD will keep you from all harm, he will watch over your life; the LORD will watch over your coming and going both now and forevermore

Psalm 121:7-8



Pastor Mukuria



Brother Kigume

MORNING AFFIRMATION
Morning Affirmation
Good day!!!!

You will never have close friends unless you desire them. And you can only be a close friend to those who desire to be one with you. You cannot force someone to want you as a friend. Deep friendship must be equal and mutual.



The world and its desires pass away, but whoever does the will of God lives FOREVER

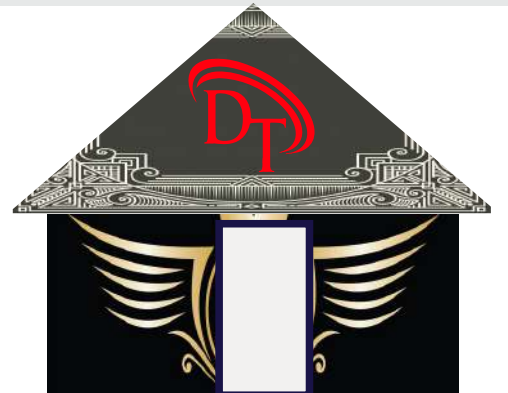
1 John 2:17

You may say I'm a dreamer, but I'm not the only one. I hope someday you'll join us. And the world will live as one. -John Lennon

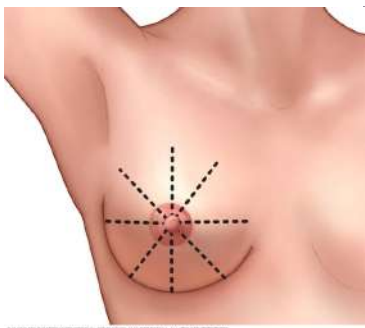
If you set your goals ridiculously high and it's a failure, you will fail above everyone else's success. -James Cameron



Health Tit Bits



BREAST CANCER



Cancer cells to make many more cells quickly. Cancer cells can keep living when healthy cells would die. This causes too many cells.

By Maggie Gonna
mngona@gmail.com
Internet MC sources Share only

summary

Breast cancer is a kind of cancer that begins as a growth of cells in the breast tissue.



After skin cancer, breast cancer is the most common cancer diagnosed in women in the United States. But breast cancer doesn't just happen in women. Everyone is born with some breast tissue, so anyone can get breast cancer.

Breast cancer survival rates have been increasing. And the number of people dying of breast cancer is steadily going down. Much of this is due to the widespread

When to see a doctor
If you find a lump or other change in your breast, make an appointment with a doctor or other healthcare professional. Don't wait for your next mammogram to see if the change you found is breast cancer. Report any changes in your breasts even if a recent mammogram showed there was no breast cancer.

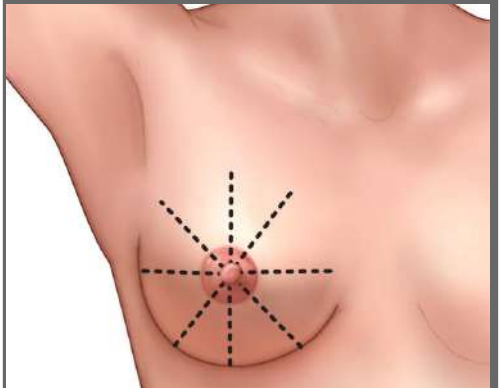
WHEN TO SEE A DOCTOR: DON'T WAIT
support for breast cancer awareness and funding for research. Advances in breast cancer screening allow healthcare professionals to diagnose breast cancer earlier. Finding the cancer earlier makes it much more likely that the cancer can be cured. Even when breast cancer can't be cured, many treatments exist to extend life. New discoveries in breast cancer research are helping healthcare professionals choose the most effective treatment plans. Signs and symptoms of breast cancer may include: A breast lump or thickened area of skin that feels different from the surrounding tissue.

A nipple that looks flattened or turns inward. Changes in the color of the breast skin. In people with white skin, the breast skin may look pink or red. In people with brown and Black skin, the breast skin may look darker than the other skin on the chest or it may look red or purple. Change in the size, shape or appearance of a breast. Changes to the skin over the breast, such as skin that looks dimpled or looks like an orange peel. Peeling, scaling, crusting or flaking of the skin on the breast. The exact cause of most breast cancers isn't known. Researchers have found things that increase the risk of breast cancer. These in-

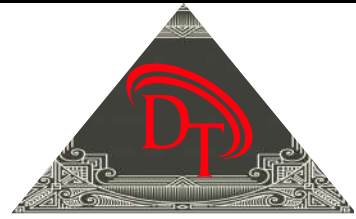
clude hormones, lifestyle choices and things in the environment. But it's not clear why some people who don't have any factors get cancer, yet others with risk factors never do. It's likely that breast cancer happens through a complex interaction of your genetic makeup and the world around you.



The DNA changes that lead to breast cancer most often happen in the cells that line the milk ducts. These ducts are tubes designed to carry milk to the nipple. Breast cancer that starts in the ducts is called invasive ductal carcinoma. Breast cancer also can start in cells in the milk glands. These glands, called lobules, are designed to make breast milk. Cancer that happens in the lobules is called invasive lobular carcinoma. Other cells in the breast can become cancer cells, though this isn't common.



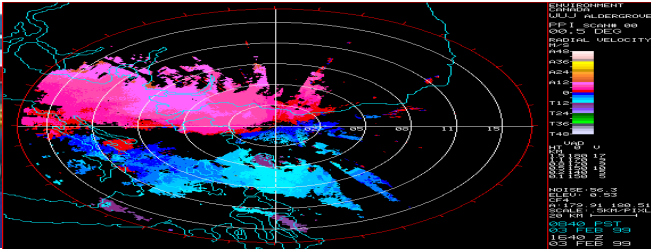
Breast Cancer



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Do not go where the path may lead, go instead where there is no path and leave a trail. -Ralph Waldo Emerson

The best and most beautiful things in the world cannot be seen or even touched - they must be felt with the heart. -Helen Keller



summary

Temperature, rain, snow, fog and wind are all part of weather. Severe weather events such as tornadoes, tropical storms, hurricanes, cyclones, floods, lightning strikes and extreme weather affect us all. In addition to weather forecasts are ozone levels, changing climate conditions and solar winds. Weather warnings are important forecasts because they are used to protect life and property. People use weather forecasts to determine what to wear on a given day or to plan travel or events. Since outdoor activities are severely curtailed by heavy rain, snow and the wind chill, forecasts can be used to plan activities around these events, and to plan ahead and survive them.

WEATHER



Oregon fire is the largest burning in the US.

“A flash flood warning was issued for the Cow Valley burn scar in Eastern Oregon at about 8 p.m. Wednesday and was expected to last until 10:30 p.m., said Les Colin, a meteorologist with the National Weather Service in Boise, Idaho. A strong thunderstorm moved into a burned area that is especially susceptible to flooding, he said. No homes are in the area but Interstate 84 runs close by.



Powerful winds and hundreds of lightning strikes from thunderstorms rattled eastern Oregon and Idaho Wednesday afternoon, cutting power and stoking fires, including one in Oregon that is already the largest active blaze in the nation. The Durkee Fire, burning near the Oregon-Idaho border about 130 miles (209 kilometers) west of Boise, Idaho, caused the closure of a stretch of Interstate 84 again Wednesday. Amid rapidly forming storms in the afternoon, the blaze crossed the interstate near the town of Huntington, home to about 500 people. It also merged with the Cow Valley Fire, another large blaze that had been burning nearby, Gov. Tina Kotek said. "The wildfires in Eastern Oregon have scaled up quickly," Kotek said in a news release Wednesday evening, calling it a dynamic situation. "We are facing strong erratic winds over the region that could impact all fires. Rain is not getting through. Some communities do not have power." She said she had deployed the National Guard to the region. The nearly 420-square-mile

(1,088-square-kilometer) blaze had prompted the evacuation of Huntington on Sunday, and on Wednesday city officials posted on Facebook that people remaining in town, especially those with "major health issues," needed to leave their homes because of wildfire smoke and the lack of power. City officials also said Wednesday that gas service to residents had been shut off until the evacuation orders are lifted. The fire approached Alison Oszman's home in Rye Valley, a small ranching area north of Huntington, last week, but they were able to protect their property with the help of Bureau of Land Management firefighters and neighbors, using small tanker trucks and shovels. They used a small dozer to keep it away from the house, she said. Since their property was burned and safe, her neighbor moved his horses and cattle over as the fire moved toward his ranch, she said. On Wednesday night, Oszman went to check his property and found that the fire came down a steep hillside and threatened his home. "I went and parked our truck out in the field just in case those big trees by his house caught fire," she said. "I was

making sure sparks didn't land in the dirt or the dry grass. But as the fire passed his house, it started raining." The rain helped the firefighters get on top of the blaze. "It was pretty scary but everything seemed to fall into place," she said. "Everybody helped everybody. It was actually pretty amazing for how crummy it really was." The National Weather Service in Boise said the storms were capable of producing wind gusts up to 70 mph with blowing dust reducing visibility. A storm about 44 miles (71 kilometers) northwest of Huntington near Baker City on Wednesday afternoon had recorded a wind gust of 66 mph (106 kph), the weather service said. Wind, lightning and heavy rain fell that could cause flash flooding and debris flows in recently burned areas, authorities said. Flash flood warnings were issued for Huntington and in a nearby burn scar area. Shared from AP





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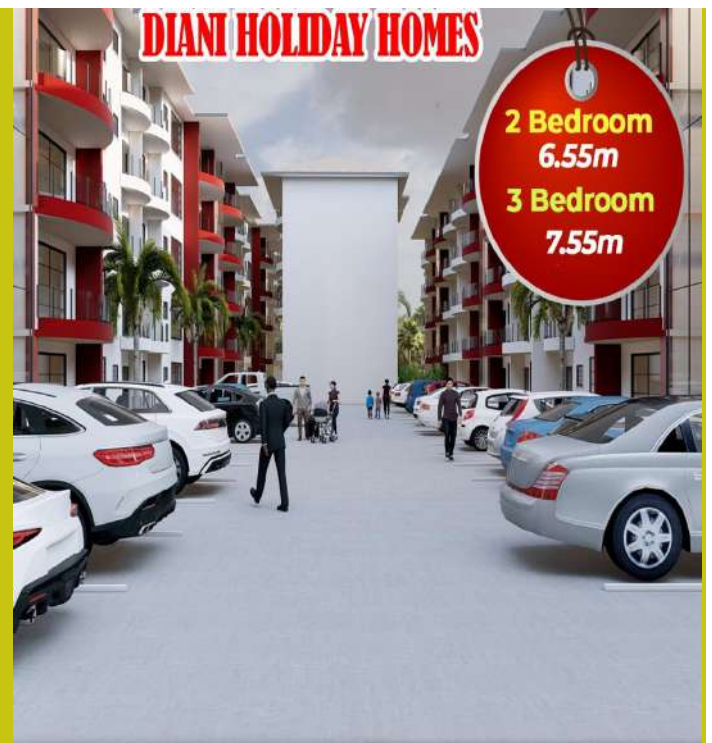
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BACKPAGE

WORLD OF SPORTS

4 Under-the-Radar Lions That Could Make Impact in Training Camp.



Shared by:
By Tafara Makusha

Fast-forward to this summer, and Mitchell will have to fight tooth and nail for a spot on Detroit's 53-man roster. LaPorta and Wright are firmly entrenched as the team's top two tight ends, but Mitchell – a third-year pro – does at least have a fighter's shot to beat out Shane Zylstra for the No. 3 TE job. With a solid enough camp, I believe that Mitchell will do just that.

The day has finally arrived. The Lions will take the Allen Park practice field for their first full practice of training camp on Wednesday.

With training camp comes a variety of intriguing position battles for Dan Campbell's squad. Plus, as is the case with every camp, there are bound to be multiple under-the-radar players that catch the attention of fans and pundits alike.

With that said, let's take a look at four of those types of players that have a chance to make an impact at camp this summer.

Prior to the beginning of last season, Mitchell – a 2022 fifth-round pick – looked like he had a chance to move up the Lions' tight ends depth chart.

But then, last season came and went, and Mitchell emerged from it with just two catches. Meanwhile, Sam LaPorta took the league by storm, and set all kinds of rookie records, and Brock Wright firmly took control of the No. 2 TE job.

USA today share



SPORTS WORLD

