



2023

HEALTH WEEK PROGRAMME

1st TO 8th OCTOBER 2023



THEME:

Theme: Jehovah Restores my Health.

(Jeremiah 33: 6)

Health Week October 2023

MESSAGE FROM THE CHAIRMAN, HEALTH BOARD

“Praise the Lord, O my soul, and forget not all His benefits – who forgives all sins and heals all your diseases...” (Psalms 103: 2 - 3)

Ladies and gentlemen,

Today, as we gather to observe Health Week in October 2023, we turn our attention to the profound connection between faith and well-being. I open with the powerful words from Psalms 103: 2 - 3, reminding us of the divine role in healing and forgiveness.



Defining Health:

Health is a many-sided concept, often seen through different lenses by those who have encountered the trials and tribulations of illness. It encompasses not just our physical well-being but also our emotional and spiritual states. Our bodies are susceptible to various causes of illness, some mild and others severe. Through it all, we must recognize that God is ever-aware of our afflictions, using them to shape us into better believers.

Faith as a Lens:

It is essential that we view illness, suffering, and afflictions through the lens of faith. We must seek to understand what God intends for us to learn, become, or do in these circumstances. In some instances, our trials may have moral or spiritual roots. Regardless of the cause, God calls upon us to humble ourselves, repent, and seek His healing mercy. He spoke to King Solomon about the necessity of healing prayers, as stated in 2 Chronicles 7: 14.

“If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and forgive their sin and heal their land.” (2 Chronicles 7: 14)

The Role of Faith in Suffering:

When we endure suffering, faith becomes the window through which we perceive God’s care. In these moments, we can hear His voice, revealing crucial insights for His glory and the blessings He bestows upon us through His grace. These painful experiences serve as touching reminders that our lives are in God’s hands, and He manages

and directs them for His ultimate glory. When we call upon Him, He listens, ready to rescue, heal, and deliver us. Jeremiah 33:6 reassures us: “Nevertheless, I will bring health and healing to it; I will heal my people and will let them enjoy abundant peace and security.” (Jeremiah 33: 6)

Finding Peace Through Faith:

Even in the midst of hardship, we, as believers in God, can echo the timeless words of the hymn:

“When peace like a river attends my way, when sorrows like sea billows roll. Whatever my lot, Thou hast taught me to say, it is well with my soul. Chorus: It is well, with my Soul. It is well, it is well with my soul.”

Many Christian hymns of praise and encouragement were composed and sung by people enduring their own extreme pain and suffering.

Our Healer, Jesus Christ:

Remember, God is our healer through Jesus Christ. Countless witnesses throughout history can attest to the miraculous healing power of faith.

Final Thoughts:

In conclusion, let us meditate on these thoughts:

- The importance of turning to God humbly in faith as we encounter and endure suffering.
- The value of nurturing hope in all conditions of sickness.
- The significance of being Christian caregivers, offering help, fellowship, and hope to those in need.
- The understanding that spiritual health is equally, if not more, important than physical health.

Always bear in mind that life belongs to God. He holds the privilege to grant healing, or if it pleases Him, to grant release from pain through death. Although we may not always understand the reasons behind His actions, He remains the creator and sustainer of our bodies and lives.

In gratitude, we say:

Glory be to God for good health, even in times of suffering and, yes, even in death.

Let us praise God from whom all blessings flow. Amen.

The Very Rev Jesse M. Kamau
Chairman, Health Board

MESSAGE FROM THE DEPUTY SECRETARY GENERAL - PCEA

Gratitude and Updates from the Health Board

Dear Members, Health Committees, Parishes,
Presbyteries, and Donor Partners,

I hope this message finds you all in good health and high spirits. We, at the Health Board, are humbled and grateful to God for allowing us to achieve remarkable milestones, even in the face of limited resources. We extend our heartfelt thanks to each one of you for your unwavering commitment and dedication throughout the past year, despite the significant challenges we encountered. Your support and tireless efforts have been instrumental in making it possible for us to share God's word through the Health Board, and we consider ourselves truly blessed to have you as our partners in the gospel.



We are thrilled to report some of the key achievements from the past year:

1. **Mission Hospital in Rift Valley:** We have initiated plans for a major mission hospital in the Rift Valley Region, situated in Rumuruti town.
2. **Strengthened Hospital Boards:** Efforts to strengthen the coordination between the Health Board and our three Hospital Boards have been successful, ensuring the smooth operation of our hospitals.
3. **Integration of HIV/AIDS and Drug Control:** The integration of HIV/AIDS and drug control initiatives into the Health Board has revitalized our efforts in combating HIV, alcoholism, and drug abuse, including training, capacity building, and counseling programs.
4. **Chaplaincy Services:** Our chaplaincy services are running smoothly in all our hospitals, offering spiritual support to patients and their families.
5. **Renal and ICU Units:** The Kikuyu Hospital now boasts a 20-bed capacity, state-of-the-art kidney dialysis unit, and a 5-bed Intensive Care Unit (ICU) that is operational, serving both hospital

patients and referrals from other healthcare facilities.

6. **Donor Partnerships:** We have strengthened our partnerships with donors for infrastructural development, chaplaincy support, and training.

Each one of you played a vital role in these accomplishments, and we remain deeply appreciative of your contributions. It fills us with excitement to witness how each of you shares the gifts of Christ within our churches and our global community.

In light of these achievements, we encourage all our members to connect with their local health committees in their respective parishes to learn more about the services and programs offered by the Health Board.

This year's theme, inspired by Jeremiah 33:6, is "JEHOVAH RESTORES MY HEALTH," as prayerfully suggested by the Tanzania Mission Presbytery. We wholeheartedly embrace this theme as it aligns with our mission.

The world continues to evolve rapidly, with unforeseen changes and challenges. Loneliness, burnout, and disappointments have become all too common. Therefore, we welcome all our members and our entire communities to seek solace and restoration in Jesus Christ (Jeremiah 33:6). With Christ, we are never alone, and it is through Him that we can fulfill in 2024 what has remained pending from previous years.

At the Health Board, we eagerly anticipate the growth of teamwork and partnership with you, all of which will contribute to the advancement of Christ's mission to all nations through our mission hospitals, health centers, and dispensaries.

Lastly, as we reach out to individuals and communities, let us always remember to welcome everyone into our churches, recognizing them as ordained places of solace, life, and shared community.

Wishing you all a blessed Health Board mission week.

With warm regards,

Rev. Paul Kariuki
Deputy Secretary General - PCEA

HEALTH WEEK PROGRAM

Theme: Jehovah Restores my Health. (Jeremiah 33: 6).

From 2nd to 8th October 2023

Sunday 1st October 2023 8.00–9.00 p.m. National Launch of the Health week on Kirk TV

MONDAY 2nd October 2023

- Prayer and fasting to dedicate the week's activities to God.
- Launching of the week in parishes by the respective Parish Ministers.
- The Health Committee meet to study the theme and familiarize with the week-long program.
- Recruit more people to participate in the week especially from the medical field.

In the evening church members to follow health program on KirkTV from 7.30 p.m.

TUESDAY 3rd October 2023

- The Health Committee members visit health facilities or other relevant institutions around them.
- Conduct health talks on various topical issues affecting our country including Mental Health, Lifestyle Diseases, Drug Abuse and Addiction, Stress And Depression.

In the evening church members to follow health program on Kirk TV from 7.30 p.m.

WEDNESDAY 4th October 2023

- Health Committee meet in the Church to organize Sunday activities
- Allocate duties, scripture readers, intercessory prayer leaders, among others..
- Practice a presentation, most recommended is a short Drama on health matters.

In the evening church members to follow health program on KirkTV from 7.30 p.m.

THURSDAY 5th October 2023

Health Committee members to lead in District Fellowship prayers and sensitize their respective district fellowships on;

1. Need for a healthy community
2. Ways of achieving a healthy community
3. Recruit more members in the Health Board. The aim is to have health board members in every district for continuous health updates.

This activity should be observed. Though the day may vary.

In the evening church members to follow health program in KirkTV from 7.30 p.m.

FRIDAY 6th October 2023

- Health committee members to visit learning institutions around them and conduct health talks focusing on prevalent challenges in the society which are related to the learners like alcohol and drug addiction, mental health, , health and hygiene, public health, Incest, physical activity and nutrition.
- Health Committee members to meet in the afternoon and prepare the Saturday seminar/training and Sunday activities

In the evening church members to follow health program on Kirk TV from 7.30 p.m.

SATURDAY 7th October 2023

- Health Board to organize/facilitate seminar/training/health talk, for the Church members and the public on relevant health issues like, mental health, stress management, Alcohol and Drug addiction, health hygiene, Public health, Physical activity and nutrition.
- Rehearse Sunday activities.
- In the afternoon, prepare the Church building and compound for Sunday worship service and finalize on any unfinished business for Sunday.

In the evening church members to follow health program on KirkTV from 7.30 p.m.

SUNDAY 8th October 2023

- Health Committee members meet in the vestry to join the Minister and Elders in planning for the service (s) and conduct the same.

HEALTH SUNDAY PROGRAM

SUNDAY 8th October 2023

ORDER OF SERVICE

Theme: Jehovah Restores my Health. (Jeremiah 33: 6).

- i. **Hymn:** Tenzi (61), 'We Have Heard The Joyful Sound'.
- ii. **Call to Worship:** "Behold, I will bring it health and healing; I will heal them and reveal to them the abundance of peace and truth." (Jeremiah 33:6, NKJV)
- iii. Praise in Worship
- iv. Intercessory Prayer
- v. Children's/Youth Moment
- vi. Apostle's Creed
- vii. Intimations & Presentations.
- viii. Health talk followed by Health report.
- ix. Offertory
- x. Support for Health Board Committee
- xi. Scripture Reading:

1st Jeremiah 33: 1 - 6.
2nd 2 Corinthians 1:17 - 20.
- xii. **Hymn:** Tenzi (25), "Redeemed! How I love to Proclaim it!"
- xiii. **Sermon:**
- xiv. **Closing Hymn:** Tenzi (7), "The Great physician now is Near"
- xv. **Benediction.**

After the service, the Health Board to conduct a medical camp and health activities like screening, blood pressure tests, and other activities as per capacity.

PCEA Chogoria Hospital



Patient undergoing an MRI



Dialysis patients undergoing a dialysis session



Tutor at CIC taking the students through a practical session

PCEA Kikuyu Hospital



Ground Breaking of the new Hospital Complex ceremony led by the Very Rev. Julius Mwamba



The Very Rev. Julius Mwamba, Secretary General Rev. Waihenya, Board Chair Mr. Kimani, Development Chair Rev. Mwati and PKH CEO during the Dedication of the New ICU & Renal



Dedication of the new PKH School of Nursing School Bus led by Rev. Waihenya - SG,23rd GA

PCEA Tumutumu Hospital





PRESBYTERIAN CARE CENTER

A Residential Center offering care and support for person's with substance use disorders
Theme:.....*Go in this night of yours, and you shall save!* Judges 6:14

Services offered:-

- Screening and Assessment
- Detoxification
- Psycho Education
- Life Skills Sessions
- Pharmacological Therapy and Psychiatric Care
- Individual and Group Therapy
- Family and Marriage Therapy
- Relapse Prevention Strategies
- 6months free after Care
- AA meetings and Support Groups

P. O. Box 9505-20100, NAKURU- Tel:+0739900416/0707999214
Location :Echariria Shopping Center Next to P.C.E.A Emmanuel Church
Email:pcclanet@gmail.com, www.presbyteriancarecenter.co.ke

A Church Rehabilitation Centre based in Nakuru County



THE PRESEBYTERIAN CHURCH OF EAST AFRICA

STOP DRUG ABUSE

PCEA DRUGS AWARENESS DAY

SUNDAY, 25TH JUNE 2023

THEME
"But i will restore you to health and heal your wounds," declares the LORD. (Jeremiah 30:17a)

VENUE: Visit any of our PCEA Congregations near you.

DIRECTOR: Rev. Zachary Gioko Mundinia
Mobile: 0722 782 809

www.pcea.or.ke

PCEA Drugs Awareness Day was a great success.



'Say NO to Drugs' advocacy campaign at Kambui Presbytery held at SCO Githunguri Town.

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P. O. BOX 27573-00506 NAIROBI, KENYA
Mobile: 0722-205051, 0734-333040
pcejitegemeapress@yahoo.com www.pcea.or.ke