

Strength TO Strength

Strengthened With All Might

Colossians 1:10-11

All the way My Saviour
Leads Me

Pancake Life

Keep on the faith and
live with Hope

Diet of a lifetime

Finalists 2018 Committee



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May all who come behind us find us faithful
May the fire of our devotion light their way

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I cried unto the Lord with my voice and He heard me
out of His holy hill. I laid me down and slept I awaked
For the Lord sustained me.



A wonderful Saviour is Jesus my Lord, A wonderful Saviour to me,
He hideth my soul in the cleft of the rock, Where rivers of pleasure
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We gather together to ask the Lord's blessings; He chastens and
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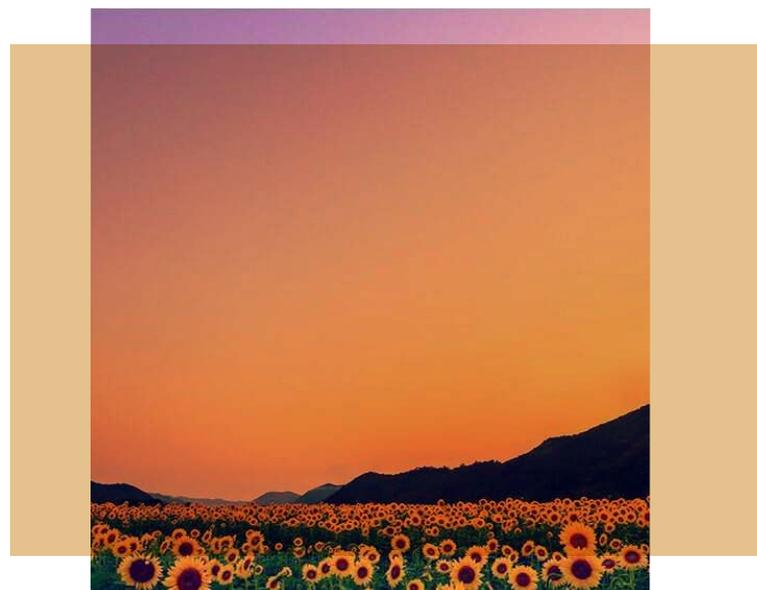
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Letter from the Editor

Dear reader,

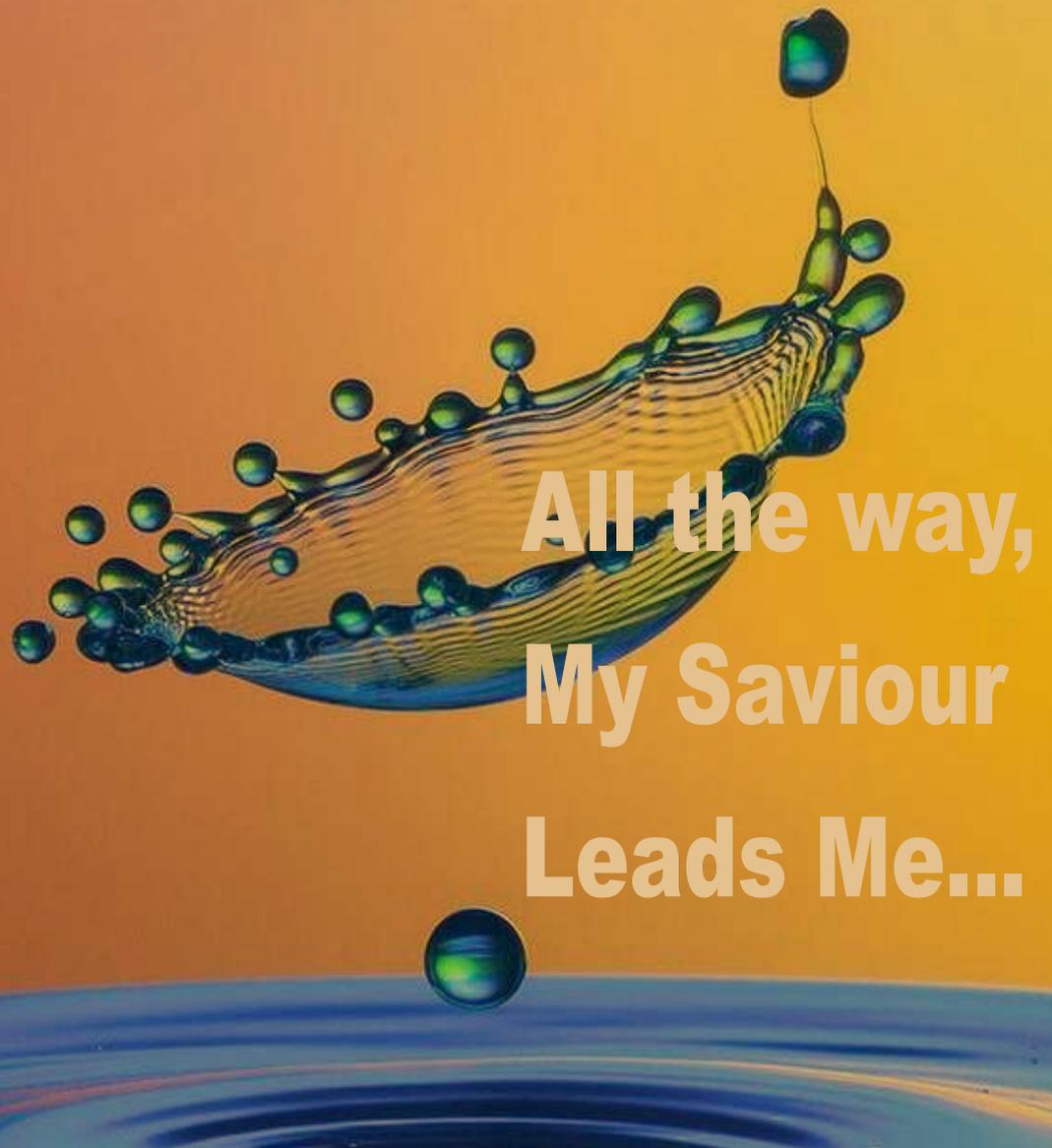
For some, it has been a walk in the park, for others, the death's dark vale of shadow spoken about in Psalm 23. If you have not guessed it already, we are talking about 2018 Finalists' campus life, their journey!

God has walked with us all the way and herein are stories for your spiritual nourishment. We not only speak on the spiritual aspect but also on health and relationships. Clearly, we would like you to learn from our mistakes and at the same time acute our strengths. *Sit back and enjoy our very first dose of a spiritually nourishing paperzine, all for the glory of God.*

Regards,

The Editorial Team





"Looking back to the future," is the title of an article by Ty Gibson that highlights the place testimonies have with regards to the future. Herein are documented wonderful experiences of our lives as university students and much more precious are their spiritual and social bearing as members of the JKUSDA family.

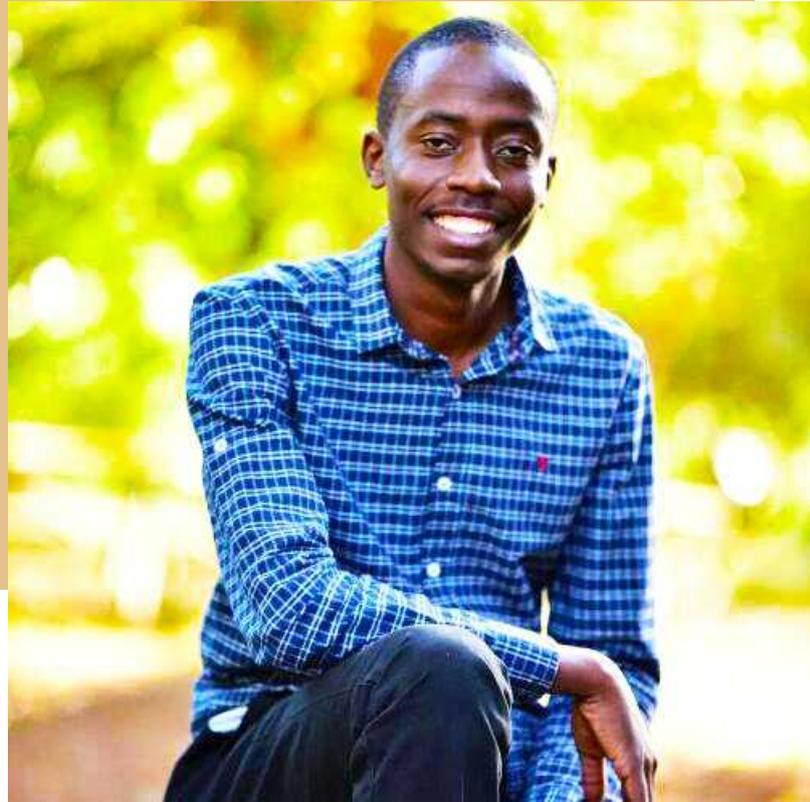
As Finalists 2018, we decided to put down on paper our experiences from the firm convictions

1. God has guided those who've gone before us and will continue to do so in the present,
2. These testimonies of our experiences will demonstrate God's faithfulness to those who come behind us.
3. Those who come behind us will not forget who we are, our identity and calling, which all through the years.
in this institution has set us apart and guided us in all our dealings, and
4. Through this you will be strengthened with all might to overcome the evil one (Revelations 12:11) and your faith will be more firmly grounded on Christ the solid rock.

Our theme this year is 'To be strengthened with all might,' guided by Colossians 1:10-11. As we ruminate over the promising future ahead of us, we for a moment pause to remind ourselves of how the great hand of God has led us all the way.

We cannot deny that the history of the Seventh-Day Adventist church is indeed a rich and interesting one. In it we see how God directed His dear children along, even to the knowledge of truth, which is His perfect will. In the wake of the great disappointment that bechanced the Second Advent believers in the summer of October 1844, there were more reasons for them to give up on the course that they so dearly believed in, and sacrificed all that they had to stay true to it.

However, amidst the darkness that eclipsed their hearts, the hope that they still held on to of their Savior's soon return rekindled a fire amongst them that by earnest prayers and Bible study, God led them to the great movement that is today the Seventh - day Adventist church. A movement that we so dearly now hold to our hearts!



*Architect
chachasamuel14@gmail.com*

As God led men like Hiram Edson in this movement to the great truth on the sanctuary, He is willing to do the same for you today. To order your life and strengthen you. In his commentary, Matthew Henry affirms that He who undertakes to give strength to his people, is a God of power, and of glorious power.



strength to strength



The blessed Spirit is the author of this. In praying for spiritual strength, we are not straitened, or confined in the promises, and should not be so in our hopes and desires. The grace of God in the hearts of believers is the power of God; and there is glory in this power. This faith has been passed on through the ages, even to this present generation of believers. To us who live now still lives the hope of our Savior's soon return. As Samson, we acknowledge that our strength all this time only came from the Lord. It is my prayer that as you read through these pages, may you be reminded that God is ever near to strengthen you with might by his Spirit in the inner man. That by His Spirit it will be testified that you were always faithful - *Semper fidelis.*

We hope by our testimonies you will be encouraged!

JKUSDA Finalists 2018

The preparation of this publication would have been impossible without the skilled help of Faith Nyasuguta, Esther Basweti and Ambrose Mbayi.

Contributions of all the 2018 finalists' team members are also well appreciated.
May God bless you.

Okwemba Chacha S

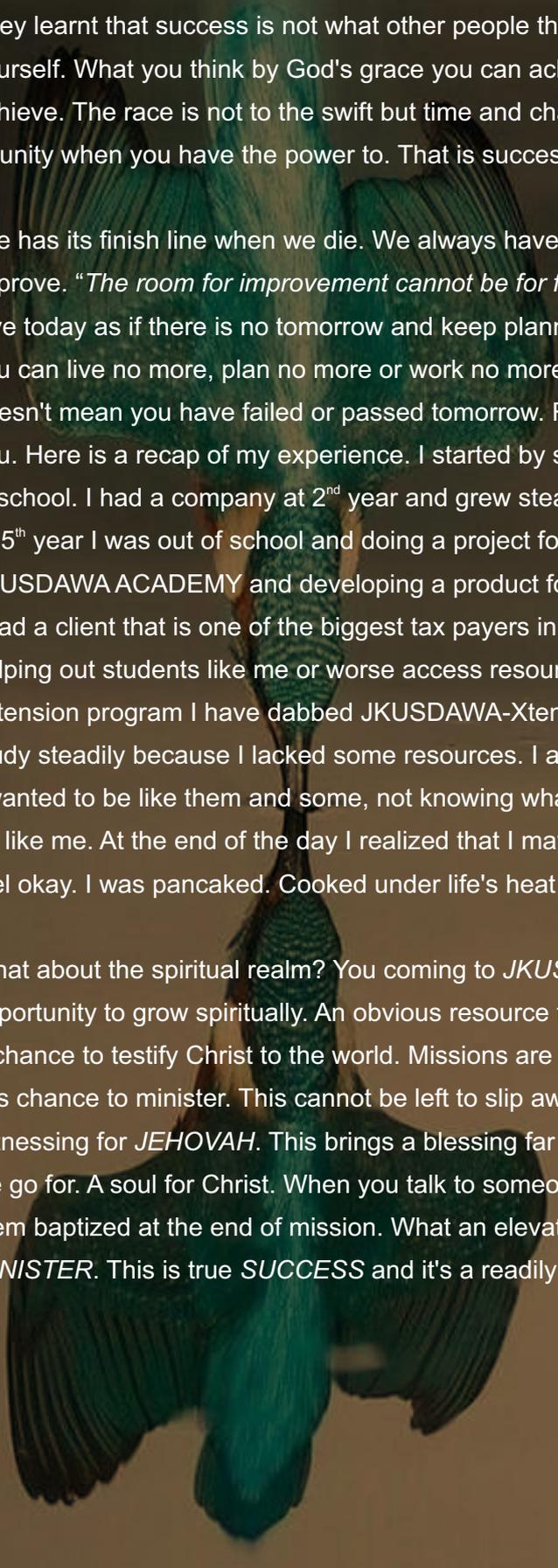
2018 Finalists Chairman

Pancake Life

I'm sure by now or anytime in the article you shall have read a sizeable number of testimonies about people. Most is a '*successful*' life at the end of it. Well truth be told this is not the case for most people. Most people do not hit the *bull's eye* that the world sets as its definition of success. Just like high school a good lot graduates with *heartbreaking* grades having hit below their personal targets, when the school, on the other hand, celebrates having hit its target; hidden behind it is a lot of more than half of the students crying in the toilet or cleaning a mess behind the curtains. Question is, what happens to these people? Yet they are the majority? In this year's graduation a minute percentage will get the coveted and widely celebrated first class honors. Well a good number of us will be hidden somewhere with calculators counting the number of 'supps' we got as others celebrate in public how they left unscathed. And this will repeat over and over every year. What truly defines success? When does the rat race end? When do we get to the finish line and carry our hands in jubilation and declare we have made it in life? Relax for a moment and think about it.

Move with me. It's a fact that all of us are in school but not all of us are the same. Some are advantaged some are disadvantaged but all of us are expected to perform. The truth is that we all do not have access to the same resources. We often forget this. Some with these resources they can gain a first class; that is their success. Some with what they have can gain a second class; that is their success and others a pass; it's their success. Some can't even finish school and they need to come back later that is their line of success. Having this in mind doesn't make us complacent but tables to us a reality that needs attention and understanding.

Wait, what resources am I talking about? All kinds of resources that lead to academic success. From the opportunity, right mindset towards your course, passion, financial muscles, spiritual growth, right associations and everything else that facilitates it all together. Some we have to grasp by mere participation some we have no power over; they drive us. We must realize that true success is not external. Its internal. Yes, internal. It's about you and how maximally you can utilize all the resources available to you at that time. Never compare yourself with someone else because you will always come second, behave second and shortly after be truly second.



There are many cases of successful people in the world that lie in both sides of the divide. They learnt that success is not what other people think of you but what you think about yourself. What you think by God's grace you can achieve and not what others think you can achieve. The race is not to the swift but time and chance happens to us all. Grasp your opportunity when you have the power to. That is success.

Life has its finish line when we die. We always have a chance to make things work better. To improve. "*The room for improvement cannot be for filled*", my friend Harry Kiche always says. Live today as if there is no tomorrow and keep planning. Keep building. Keep working until you can live no more, plan no more or work no more. You can fail or pass today but that doesn't mean you have failed or passed tomorrow. Remember it's not about them it's about you. Here is a recap of my experience. I started by selling shirts in 1st year to sustain myself in school. I had a company at 2nd year and grew steadily at 4th year with more than two clients. At 5th year I was out of school and doing a project for a county, growing AFC, growing JKUSDAWA ACADEMY and developing a product for the company I had started. At 6th year I had a client that is one of the biggest tax payers in Kenya. At 7th year I have a dream of helping out students like me or worse access resources and live their dream through an extension program I have dubbed JKUSDAWA-Xtended. But I have no grades. Couldn't study steadily because I lacked some resources. I admired my friends who had resources; I wanted to be like them and some, not knowing what was happening in my life, wanted to be like me. At the end of the day I realized that I may have utilized what I had that made me feel okay. I was pancaked. Cooked under life's heat and fire.

What about the spiritual realm? You coming to JKUSDA presents you with an immense opportunity to grow spiritually. An obvious resource that you have to work so hard to neglect. A chance to testify Christ to the world. Missions are great deal of resource and many get this chance to minister. This cannot be left to slip away. By missions one is baptized into witnessing for *JEHOVAH*. This brings a blessing far more exceeding than all the successes we go for. A soul for Christ. When you talk to someone from day 1 about Jesus and see them baptized at the end of mission. What an elevating experience! Don't take a back seat, *MINISTER*. This is true *SUCCESS* and it's a readily available resource.

~Zeph Adar

Through it all

Over the past five years, God and I have had a beautiful way of dealing. He has given me one lesson for each year. Not to mean that I learned nothing else for a whole year but that, the one lesson formed the framework in which everything else I learned fit. Allow me to share these five lessons that have so powerfully impacted my life, influenced my thoughts, actions and ministry as well.

For my sake

It is a few minutes after 3 am, kneeling on the cold floor of Hall 5 room 1, seeking God as I begin a new day. That morning I read Isaiah 62, 63, 64 and two verses stood out for me.

For Zion's sake will I not hold my peace,
and for Jerusalem's sake I will not rest,
until the righteousness thereof go forth as
brightness, and the salvation thereof as a
lamp that burneth. Isaiah 62:1

Wilt thou refrain thyself for these things,
O LORD? Wilt thou hold thy peace, and
afflict us very sore?

Isaiah 64:12

As if in answer to the question posed at the end of chapter 64, and indeed to the prayer extending from verse 8 to 12 of the same chapter - God speaks in the first verse of chapter 62. That morning my mind went back to the first instance when I travelled home alone, I got there early in the morning to an anxious mother who seemed to have slept very little if ever she slept that night.

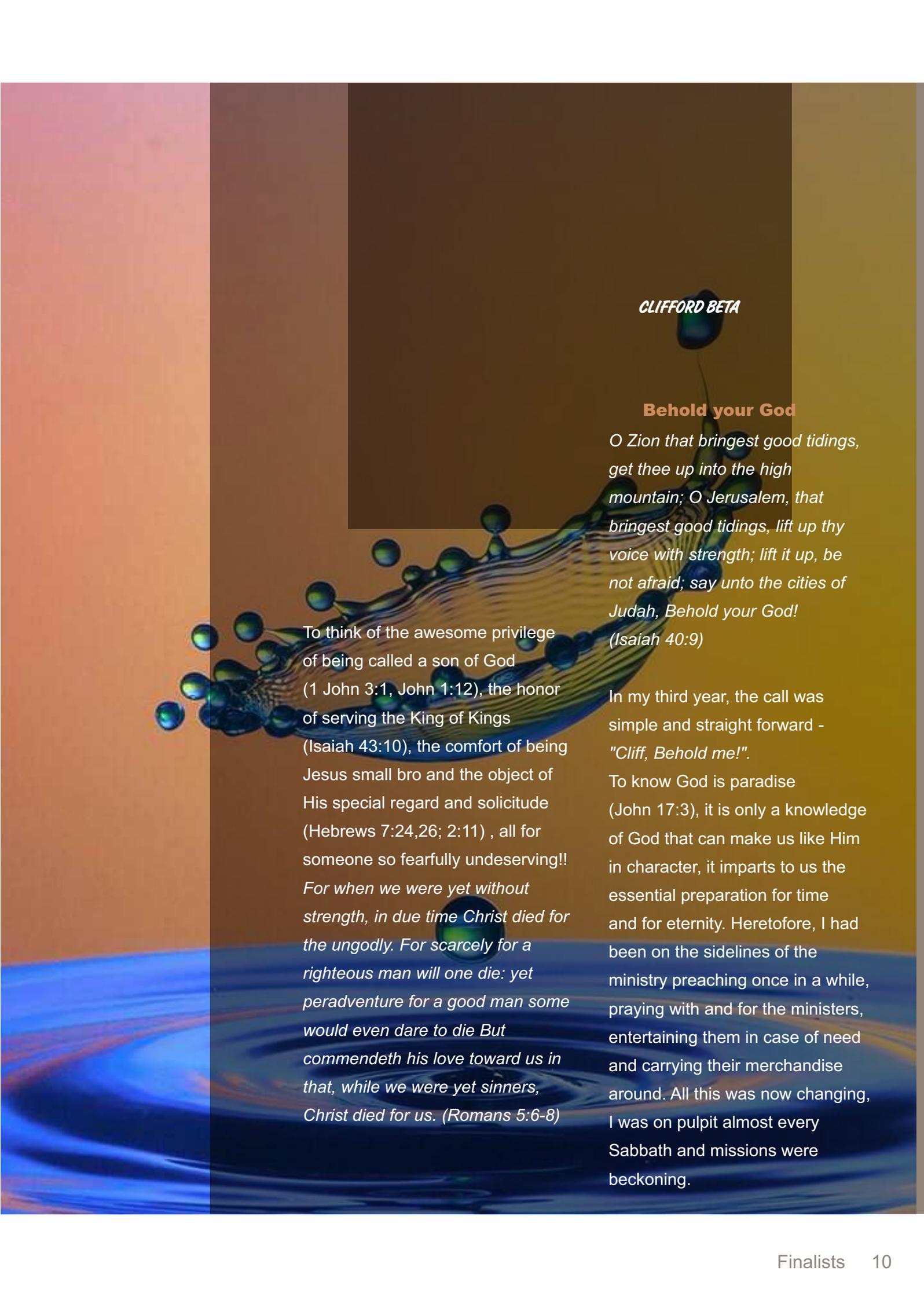
*Telecommunication Engineer
betaclifford@gmail.com*



The table was full of all kinds of food which left me wondering, why would so much food be made for one person, when it is evident he can't eat it all. Well, the answer lay beyond the food. My mom spent the whole night in anxiety over her son who was traveling alone, she could not sleep, so her time was occupied in cooking this and that article of food. For my sake, she could not rest and indeed for my sake she could not hold her peace until I arrived safely at home. Now let's read the text again, making necessary substitutions. *For Clifford's sake will not hold my peace, and for Clifford's sake I will not rest until his righteousness goes forth as brightness and his salvation as a lamp that burns.* The implication of this text to me, a young man stepping into campus, was great - *if God is working overtime to save me, how can I be lost?*

Only for the undeserving

One year down the line, I am sitting in a Kenya Mpya bus headed to town on a Sunday with a book in hand. The book is titled "Only for the undeserving" by Glenn Coon. The primary message of the book was well captured in the title, "God's grace is only for the undeserving!" That grace is unmerited is a rather obvious truth, but which I hadn't fully appreciated till then, maybe even now. That my only qualification for God's free grace is that I am so unworthy was the best news I heard for my second year of campus. Think about this illustration: In our school system, we get promoted because we have passed well from the previous grade. Not so with grace, we are accepted into such a privileged condition because we have failed terribly in the previous grade.



CLIFFORD BETA

Behold your God

O Zion that bringest good tidings, get thee up into the high mountain; O Jerusalem, that bringest good tidings, lift up thy voice with strength; lift it up, be not afraid; say unto the cities of Judah, Behold your God!

(Isaiah 40:9)

To think of the awesome privilege of being called a son of God (1 John 3:1, John 1:12), the honor of serving the King of Kings (Isaiah 43:10), the comfort of being Jesus small bro and the object of His special regard and solicitude (Hebrews 7:24,26; 2:11) , all for someone so fearfully undeserving!!

For when we were yet without strength, in due time Christ died for the ungodly. For scarcely for a righteous man will one die: yet peradventure for a good man some would even dare to die But commendeth his love toward us in that, while we were yet sinners, Christ died for us. (Romans 5:6-8)

In my third year, the call was simple and straight forward - "Cliff, Behold me!".

To know God is paradise (John 17:3), it is only a knowledge of God that can make us like Him in character, it imparts to us the essential preparation for time and for eternity. Heretofore, I had been on the sidelines of the ministry preaching once in a while, praying with and for the ministers, entertaining them in case of need and carrying their merchandise around. All this was now changing, I was on pulpit almost every Sabbath and missions were beckoning.

All the Way...

God made it abundantly clear what my role on every pulpit was, "To call people to Behold their God", to consciously and deliberately turn to God and seek to acquaint themselves with Him (Job 22:21). The call was to know God as He has revealed Himself, as love, creator, sustainer, redeemer ... and to call people to a like appreciation of Him with whom we have to do. As a baby in a manger (kitoto katika hori la ng'ombe), young man in Nazareth, itinerant preacher, teacher and healer, savior upon the cross, the risen lamb, on the right hand of God, coming again - the message was set and I was ready to stand upon any pulpit to declare the words of Him who had sent me.

Something Better

While studying the book of Hebrews in my fourth year of school, I noticed something interesting. The author was very deliberate in his comparison attempts, Jesus the son is presented as better than angels, a better man, we are offered a better rest, Jesus has a better priesthood, we have a better testament based on better promises, Jesus has a more excellent ministry in a more perfect tabernacle, He is the perfect sacrifice and His blood speaks better things than that

of Abel. God having provided some better thing for us ... (Hebrews 11:40) In a world of changing scenes, shifting paradigms and priorities, of disillusioned people and wantonness - there is something better - Jesus. The call was to present the gospel for what it is - something better, a great simplifier of life's issues and the Christian life for what it is - a better life, a life of peace, joy, love and restfulness without the burden of sin.

Appreciate

The Prince of life is more interested than anyone else in your salvation. You can do Him honor by showing that you appreciate what He has done for you. You can glorify Him and make the angels glad by revealing in your life that He has not died in vain. Be determined that opposite your names in the books of heaven shall be written the word Overcomer. Then all discontent and unhappiness will vanish. Your hearts will be filled with peace and joy in the Holy Spirit. (UL 47.6)

In reviewing the past four years, my heart was filled with gratitude to God for who He had been to me - a friend, and all that He had done to me. This statement captured the very essence of what I had learned of God thus far and gave the necessary reaction. The greatest appreciation we can give God for what He has done is to show in our lives that Jesus did not die in vain, by overcoming as He did. The song writer rightly observes,

Lord what can I impart
When all is thine before
Thy love demands a thankful heart
The gift alas how poor!

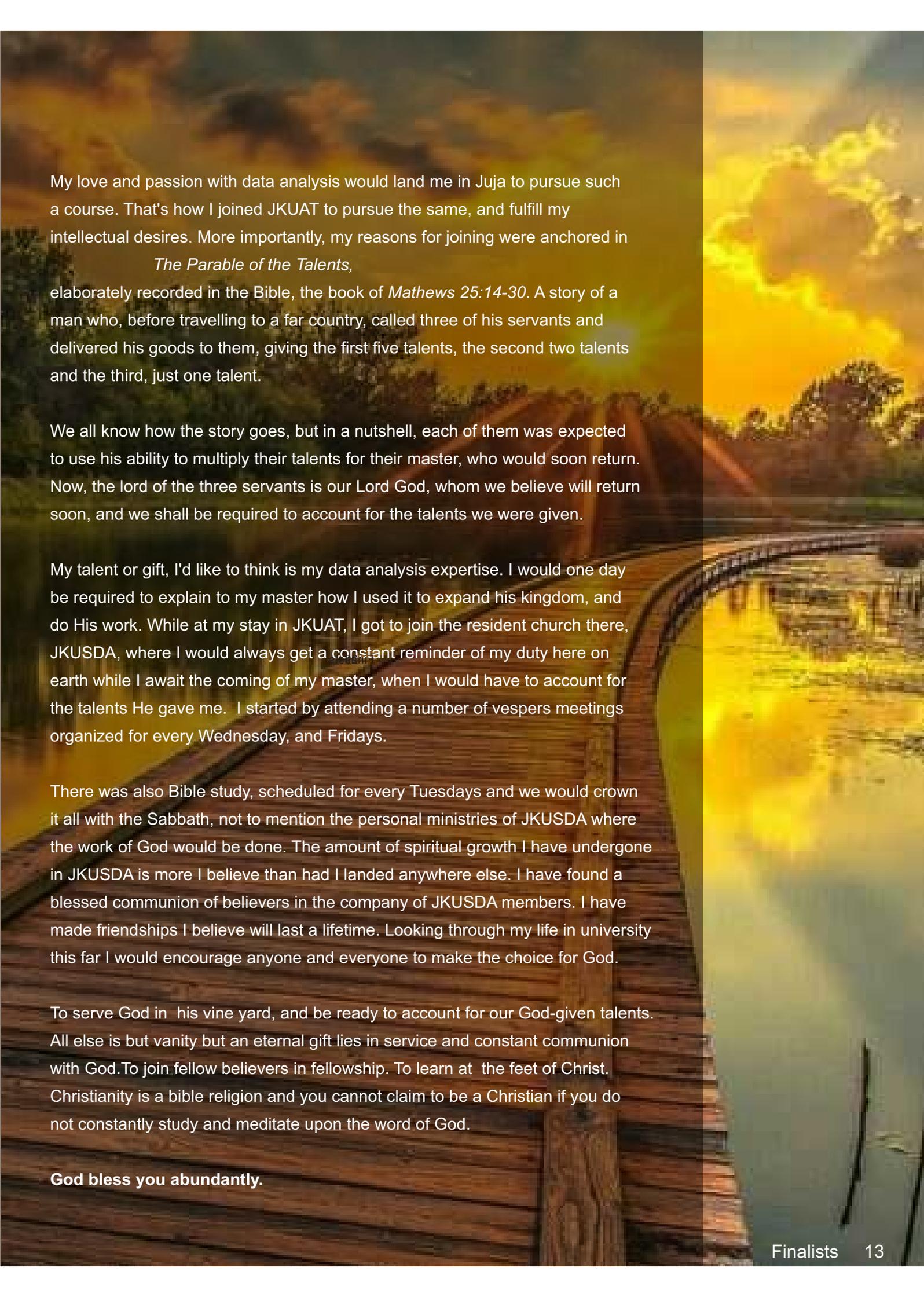
Yet God will be content with a life in which right principles are mingled with holy practices, even the quiet consistent life of a pure true Christian. Though not commensurate with the sacrifice offered, the energy expended and the motives employed, God is waiting with longing desire for the manifestation of His character in His earthly children.



Obwoye Magara Jr.

JKUAT is the only university that offers a course in pure statistics, and it's one of the best in the country. It not only offers solid theoretical knowledge but also a tremendous hands-on experience in the field. Statistics involves the statistical processes and methods applied in the collection, analysis, and interpretation of data in areas such as human biology, health, medicine, finance, and humanitarian efforts in war-torn areas of the world. Statisticians derive statistical models that are then used to make sensible interpretations out of data.

*Statistician & public Intellectual
obwogemagara94@gmail.com*



My love and passion with data analysis would land me in Juja to pursue such a course. That's how I joined JKUAT to pursue the same, and fulfill my intellectual desires. More importantly, my reasons for joining were anchored in *The Parable of the Talents*, elaborately recorded in the Bible, the book of *Mathews 25:14-30*. A story of a man who, before travelling to a far country, called three of his servants and delivered his goods to them, giving the first five talents, the second two talents and the third, just one talent.

We all know how the story goes, but in a nutshell, each of them was expected to use his ability to multiply their talents for their master, who would soon return. Now, the lord of the three servants is our Lord God, whom we believe will return soon, and we shall be required to account for the talents we were given.

My talent or gift, I'd like to think is my data analysis expertise. I would one day be required to explain to my master how I used it to expand his kingdom, and do His work. While at my stay in JKUAT, I got to join the resident church there, JKUSDA, where I would always get a constant reminder of my duty here on earth while I await the coming of my master, when I would have to account for the talents He gave me. I started by attending a number of vespers meetings organized for every Wednesday, and Fridays.

There was also Bible study, scheduled for every Tuesdays and we would crown it all with the Sabbath, not to mention the personal ministries of JKUSDA where the work of God would be done. The amount of spiritual growth I have undergone in JKUSDA is more I believe than had I landed anywhere else. I have found a blessed communion of believers in the company of JKUSDA members. I have made friendships I believe will last a lifetime. Looking through my life in university this far I would encourage anyone and everyone to make the choice for God.

To serve God in his vine yard, and be ready to account for our God-given talents. All else is but vanity but an eternal gift lies in service and constant communion with God. To join fellow believers in fellowship. To learn at the feet of Christ. Christianity is a bible religion and you cannot claim to be a Christian if you do not constantly study and meditate upon the word of God.

God bless you abundantly.

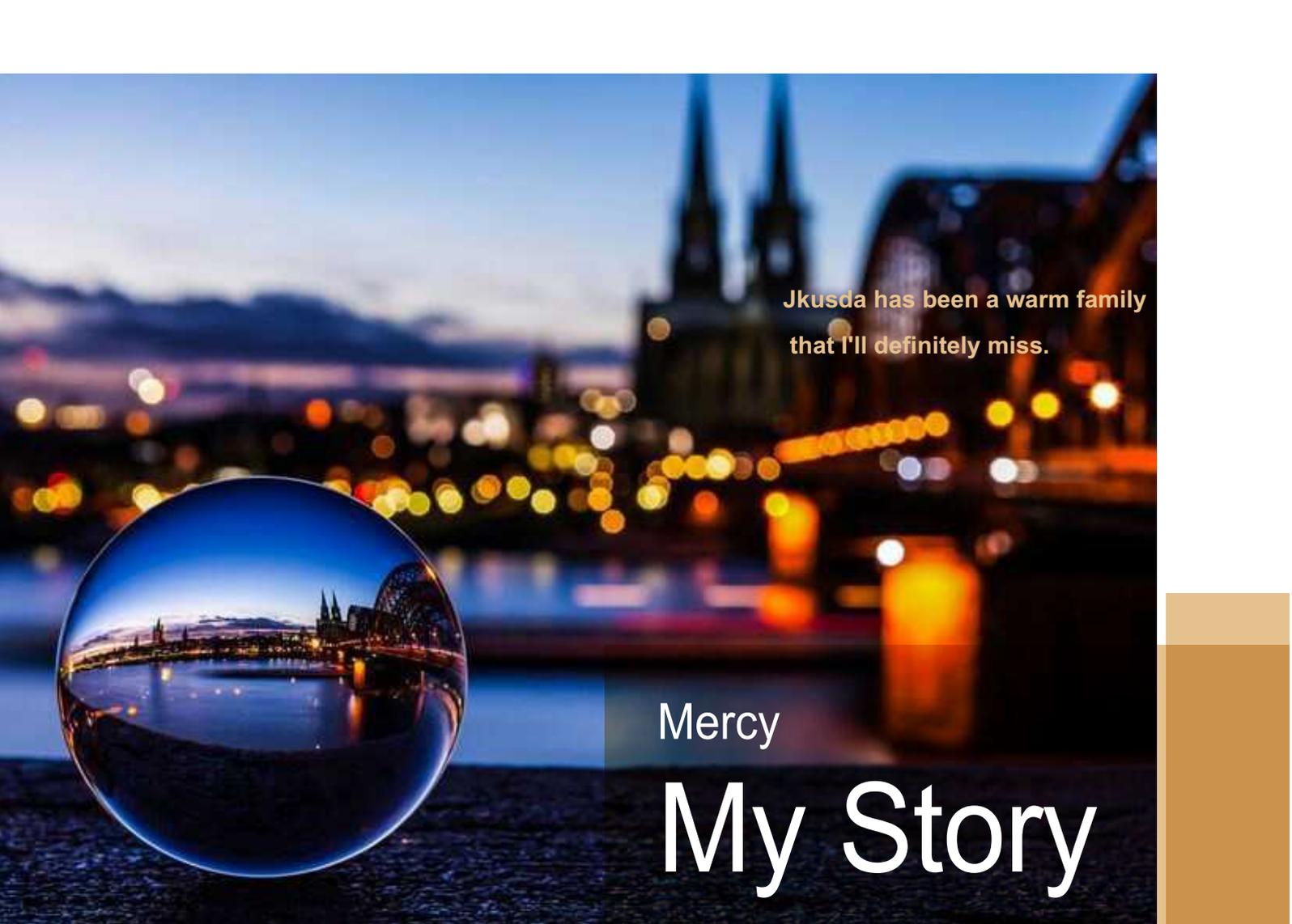


And this is the confidence that we have in him, that, if we ask any thing according to his will, he heareth us: And if we know that he hear us, whatsoever we ask, we know that we have the petitions that we desired of him.

Put me in remembrance: let us plead together: declare thou, that thou mayest be justified.

And the LORD, he [it is] that doth go before thee; he will be with thee, he will not fail thee, neither forsake thee: fear not, neither be dismayed.

Statistician
ochiengmercy95@gmail.com



Jkusda has been a warm family
that I'll definitely miss.

Mercy

My Story

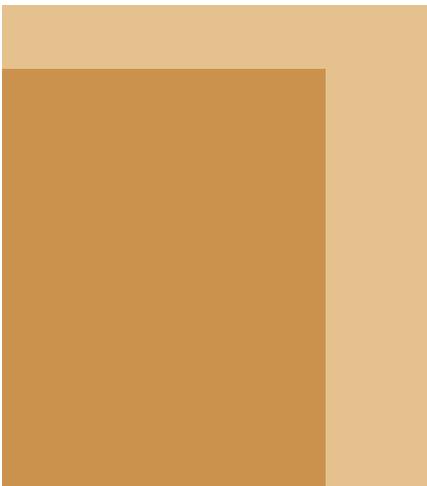
Like every girl from the countryside I couldn't wait to join campus. My parents and siblings alike spared no opportunity to dish out advice, pointing out the need to watch out and the diversity of people I'd meet there. Finally the day came and I was in JKUAT. My expectations were not met especially by the fact that the campus was far from the city hehe anyway life had to move on. Settling in school was a hustle. I didn't know where the lecture rooms were let alone our school. I had missed the orientation program sleeping in my room. Thank God, for the kind people I met along the streets who helped me around. The week went so fast and it was Sabbath. I didn't go to church because I wasn't aware of the venue. You know what, this was entirely my fault, I had seen the SDA tent during my admission but chose not to register with them. This choice cost me my entire first year.

However, God has his ways of watching out for His people. I met a high school friend who directed me to the place worship. I was diligent to show up every Sabbath after Sabbath school and finish my worship after divine hour. Vespers and bible study were news to me; I didn't see the whole point of attending except at those times I needed God to help me out. My life revolved around class, watching movies and visiting friends. I had so many acquaintances and zero friends and all seemed well.

In my second semester, I received a text around 9pm. Guess who, the church elder was requesting me to be part of the pulpit party on Sabbath. I didn't reply because honestly I thought it was a wrong text. I slept hoping to wake up and find another message "sorry that was a wrong text". Alas! I found nothing. At such times, songs such as "usikatae kazi yake bwana" flash through your mind. It's almost obvious I agreed to the request. This decision changed my life.

After the Sabbath, I got convinced by a few individuals to attend a mission in Mutomo. It was the best two weeks after my first year. I had an experience with Christ, got to understand much about my faith. Not to mention, I got a chance to share Christ once and this reminded me the importance of studying my bible. You can only share the Christ that you know and have met. I made friends who have been a blessing for the rest of my years.

My subsequent years flowed quite well. I always yearned for the Sabbaths. The vespers and bible study were amazing I learnt so much on what we believe in. However, life wasn't all that smooth and cozy. We all give our best in class work and during exams put in much more efforts and wait for the results all hopeful. Seeing your name on the pass list puts a smile on the face. In my third year, for some reasons there was no pass list and we had to check our student's portal to access our results.





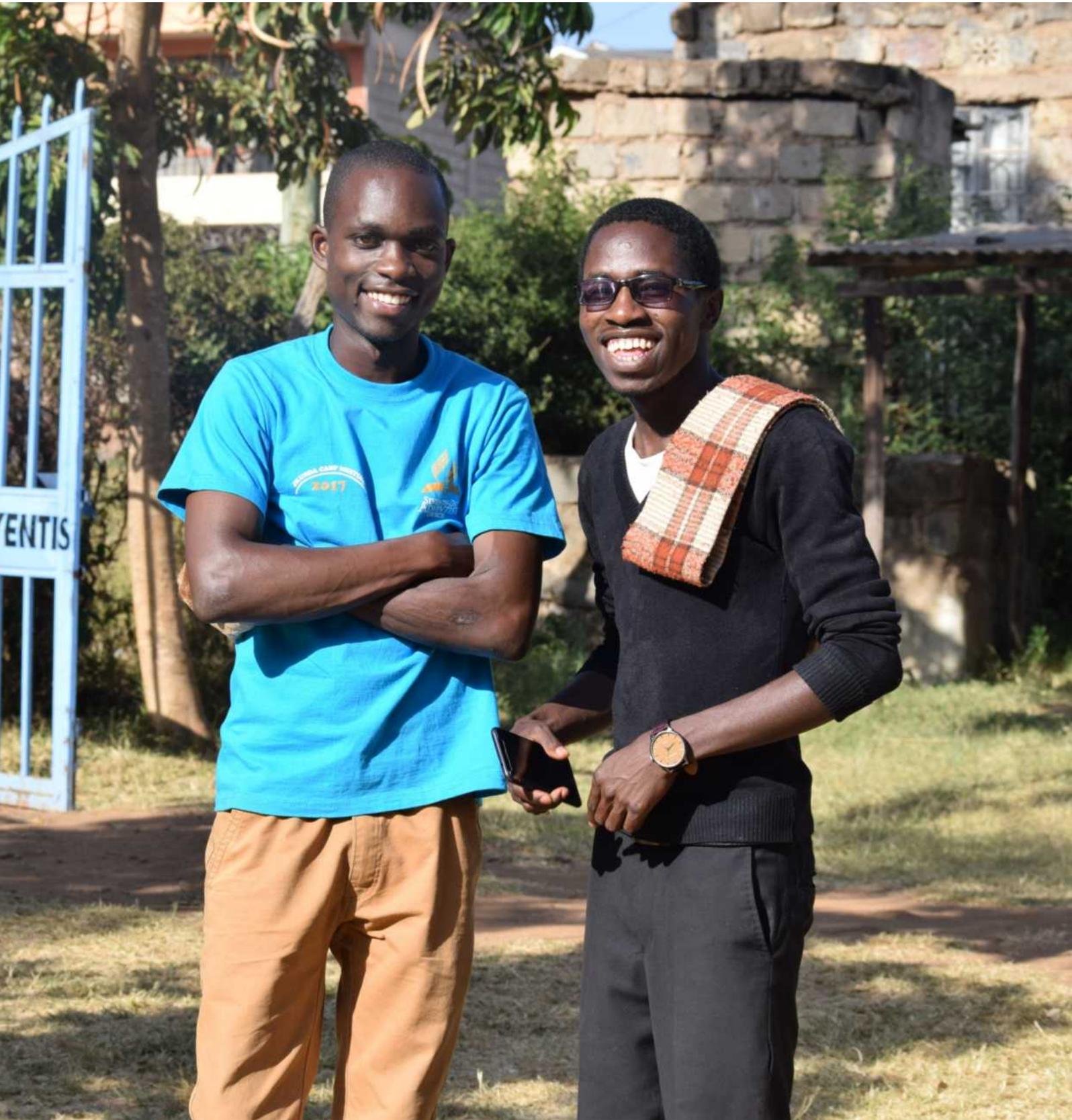
ATIENO

MERCY

Seated under the cool shed at the GoK lab, enjoying the Wi-Fi to do a few things I decided to check my results. Shock on me, I saw an E in one of my units. I really couldn't believe, I logged out of my portal thinking maybe the system had an error since JKUAT systems have issues at times. However, this wasn't the case I really had failed and was served with a supplementary. I couldn't explain how cause I had given my best.

It disturbed me for months, I hadn't accepted this sad reality and it stressed me up. I didn't understand why God had to allow this come my way. I thank God for giving me a best friend who was by my side. Above all, God took me through every step. I learnt to trust Him for God of the mountains is the God of the valleys. However rough or smooth the way He always is present to walk with us and even carry us through.

There is so much gain in letting God be the author of our lives. He desires to write all of our stories in a unique way. These experiences we get when we faithfully serve Him and cling on to His promises. Everyday let's ask God to teach us how to make Him number one. Jkusda has been a warm family that I'll definitely miss.



(Daniel and Samuel Mandillah)

BUSINESS; THE DO'S AND DON'TS.

My experience in business has been a journey of adventure into the social, political, academic and economic circles, and a moment of personal and interpersonal growth. I have come to meet people. I would say of all kinds. Both big and small, rich and poor, wise and foolish, atheist and staunch believers and of course men and women! The list is endless.

All this people have had an impact in my business life; both positive and negative. It goes without saying that I have influenced theirs too.

In a nut shell it's been an experience of give and take, pick and let go, a life of opposites. I have liked it.

Guess I should pen down the following aspects of my experience for the freshmen to read as they join the staircase to their future in entrepreneurship and the life to come.

1. Take care of God's business and he will take care of yours. The holy book says that it is not in man to direct his steps. Our steps and paths are ordered by the lord. It is prudent to let him have his rightful position in our life. When we prioritize Gods business it becomes his business to prosper ours too. I have learned that an hour spent in the course of Christ is never a moment wasted. That's why I will choose to work for the master over and over for it buoys my heart. Even if I am not paid!

2. Make new positive friends as often as possible and ensure you keep the communication line open. Create a network of friends and not just connections. They will come in handy at the time of need. Always remember to be kind to everyone. Some small boys today will be big boys tomorrow. The biggest dog in the neighborhood was once a puppy. This friends form the biggest network as far as your business growth is concerned.

3. Always plan ahead and be proactive. He that plans the future works less in the future. Have the habit of keeping a pen and a writing pad handy because ideas come as flashes. The smallest pen is bigger and better than the biggest brain. Never trust your brain, always note it down. This ideas are what forms the bed rock of self-actualization and business prosperity. There is nothing as annoying as trying to remember some awesome business idea to no avail.

4. Attend seminars and trainings on any area you need to improve yourself. Have the habit of learning from others. Listen to speeches and messages from great teachers both religious and educational. Make sure that at every point in time you are reading a book. The best way of leading is reading! I have learned this and I don't regret it. Always add something to your knowledge base.

Samuel Mandillah
BSc. Actuarial Science.
samuelmandillah@gmail.com



BUSINESS

THE DO's And DONT's

5. Be courteous. Always show appreciation for any good deed you receive. Always help someone in need when you can. The little deeds matter. Accept your mistakes and seek forgiveness. Pursue peace with all men. If there is one thing I have learned the hard way is that the small words that we say matter. Put control over your mouth; never say evil of any man; what you are not certain of should not be said. You never know! They might just be your next big customer.

6. Live a debt free life. What you can't pay cash for is not your size. Give out loans that you can part with as gifts, so that you don't destroy your business and relationship. Remember to create multiple sources of income and save at least ten percent of your income for the bad days. Invest a portion of your income and be patient to see it grow. If what you have in your hands is not good to be called a harvest, then it's a seed; sow it. Be sure to keep a good financial record of all your income and expenses, so you won't ask later 'where did my money go?'

7. Keep getting better on you daily goals and dream, develop yourself on them and make sure you get to the top ten percent of your industry. This will take time though, nevertheless it's worth your time.

Finally, pray often and know that for every success God made it possible. Since I learned to trust God with my life I would say its different now. Being a Christian does not mean all your problems will vanish but the assurance is that as you walk through each and every one of those hurdles you know that someone got your back and he is with you every step of the way. Isn't that wonderful!

We will make a lovely picture

We will make a lovely picture, you know. The way your hair is perfectly parted to the left, and the crimson color that paints your cheekbones. I fell in love with your jawline of all things. The sharp lining that it delivers to your pale face. My favorite part of the day is when I will cuff my dainty little hands into yours as we gently approach the thickets or cross the busy roads while coming back home from a day out in the park. The way you would look into my eyes with each of your hands grasping my face so firmly—that will always make a lovely picture. Everything you do fits you perfectly well. Every girl would envy the way you are able to devour French fries yet still project this Photoshopped physique. You have a lovely sense of style that appears effortless every morning you leave for class. Trends would disappear but your style has never faded. I will love when you come to my college graduation and stand by my family the entire time.

They will always be able to count on you to help with decorations and arrangements for the party afterwards. You are free to grab on to my cap with one hand and hold my hand with the other. You can kiss my forehead smoothly and nod towards my parents. You are the one to get me ready to take the perfect little picture. At your holiday work party, we will dress immaculately. You will wear a dress that shimmers shades of auburn and I will wear a flawless black suit that was handed down from my older brother. It will be a gorgeously vintage. We will appear like we are living carelessly in the 1920s. There will be times when I will lose you, as you disappear to talk with your friends and family. I will nest with my generous glass of grape until you return. I figure you will always come back, but sometimes I will get a short scare. Yet I believe you will always come back to hold me and take this pretty picture. But yet I will not be negligent to remind you of these. Only if we forget to have Christ in the picture



We will make a lovely picture

There will be days when dinner will be cold, though. I will sit and stare and anxiously wait for you to utter out something from your day. I will wait until you ask how I am doing or if my parents are still coming to town for the weekend. There will be times when you wouldn't answer me, as if I was just part of the exasperating noise coming from next door. You will throw your plate in the sink when I forget and add chili to your spaghetti. Things would break.

The air between us will start to shatter. You will stop saying the cute nothings I have whispered into your ear when we wake up in the morning. I will be wiped to the side of the bed, shaken with nothing more than a thin sheet to cover me up. You will be up and out, but you will still always come home. You will still come home every night at the same time. There will be no signs of a betrayal of faith—just a betrayal of passion. Things will grow dull and gray, and we will grow emptier as the days go on. I will not want to leave, and neither will you. We will always make a lovely picture together. Everyone will love to comment on our evident happiness. We will love it.

Actors, we will be. We will be perfect at vanishing into character, disguising the essential collapse. It will be lovely, you know, the ability we will have to generate this unmistakable lust. Yet we will disintegrate, and we will hope that this disguise will get us through it all. We will crave everything we were what you were but will be dangling from this last string of hope.

We will cut the thread, and my insides will still feel somewhat hollow. I still will gaze at the pictures on the wall as tears drop down my disenchanted face. 'We made a pretty picture together, you know' I will say. But that's all we are ever going to be if we do not let Christ do the uniting, the mending, and the building. Yet don't be afraid to love me. The future is bright with Christ in it we can smile at the storm. Except the Lord build the house, they labor in vain that build it: except the Lord keep the city, the watchman stays awake but in vain. Psalm 127:1.

Shaken Hearts, Not broken

"Ding! Dong!" the bell to my heart rung. "Come in," hesitantly I welcomed the warm regards. I had been meditating in my solitude for long now, I was contented. My view of life was confined to the four corners of my heart. It was peaceful, no wrangles, only casual friendships and no attachments. Yes you have got it right I'm an introvert who had been wounded and was now twice shy literally. My favourite attire was a smile and everyone said I looked good with it but they never knew the dark, tattered vest I wore inside.

In social gatherings where we could be asked to introduce ourselves and our friends, I always had one best friend, 'Jesus Christ.' Before you say AMEN, yes it was a good thing but, the reason I had Him was because I could never trust humans and due to my wounds I was afraid of being vulnerable. 'It is not good for man to be alone' and 'Two are better than one' were very theoretical to me. Now let's get back to the bell ring at the door of my heart. My best friend had now set me up to a blind date with a stranger (Prince Harry and Princess Markle ring a bell?) and I was afraid. I asked Him if I should go ahead and with a smile He said 'Lo I am with you always even to the end of time.' What an assurance to march forth.

The journey began, never had I taken such a great risk to open my heart to someone more so a stranger. It was hard, rock hard, battling inside my head whether to tell or not to tell her what was in my thoughts. 'She might think I'm petty, or childish, or a joker, or I may bore her with my long stories that I find interesting and she doesn't,' my brain was in wrangles. I had read that vulnerability is actually a strength and not a weakness, so I decided to perform the trial test here. Wisdom says, in order to be a judge of what is sweet and what is sour, one has to taste both or else sour can be your forever sweet. I shared a lot with the stranger and my heart became lighter and lighter in terms of weight and complexion. She became my new human best friend. Was life this sweet on the other side? Was this the joy I had been missing all this while in my contentment? I had been an eagle all this time riding with chicks afraid to live to my potential of flying.

I ran back to my original best friend grateful and sincerely thankful for setting me up. I now had a new view to life. I started having practicals of my theoretical thoughts. Loving in a fat way, they say. I was loving people without expecting anything, and the results were amazing both to me and to my environment. Friends, and my fellow introverts study shows a high percentage of what we fear is always mental. There's so much joy in socialization and living the best of our individual lives guided by the principles of Christ. Finally as a parting shot, get yourselves best friends who can set you up with important persons in life.

Elijah Bundi

Construction Manager
bundielly@gmail.com



Joel and Chacha

Home is where I belong

I remember the events of that Friday night, in November 2014, like it was yesterday although I'd like to forget them. That was the last day I went out, the last day I got intoxicated. Just as the night was setting in, we snaked our way forcefully through the narrow streets of our campus town, battling with anti riot police, just so that we would get away to party. The University students had gone rampage. That was my life then, but not now anymore. I am sure, to those who presently know me, this is a great shock, but praise God, for He did all this for me, and He can do it for you too. So where did it all begin? I'll take you back a little.

My mother is a Seventh-Day Adventist. I thank God for her, for she did her best to help us develop and grow spiritually. It is by virtue of this that I had the privilege to learn of this great faith and movement early in my life. But then, there was a missing link... I never was grounded in it! I had never had a personal encounter with God! I just knew Him for one who would grant me good grades and help me go to all my dream schools. I won't also not forget to seek Him when I was in trouble. But I had never made Him my friend. Well, in the long run, this worked out to my imminent destruction as I spent the most of my teenage and early youthful years trying to run away from this God that I so much never understood. Yes, you heard me right! I wanted freedom. Going to boarding school at an early age made me not have a clear grasp of the fundamentals of our faith!

In my early years at the University, I never took the opportunity to associate myself with brethren of the same faith. My relationship with God would go as far as Him protecting me from all harm and helping me be excellent in my studio work; architecture. That was all! The company I kept at that time ensured that I was headstrong in doing what I would never gain real abiding peace from. Even though we spent a lot of time together, these relations never brought me the peace and satisfaction that I longed for, and tried to look for in the wrong places. But then, something happened!

Home is where I belong

The events that followed were painful yet life changing. The year 2015 will forever be embedded in memory as the year I met the loving Savior. Even though I had been trying so hard to get away from Him, God was revealing Himself to me, and telling me how He love me. For the first time, I knew who He was. But it wasn't easy to let go of that which I could see, and lay hold of the hand of Him that I could not see. How could I do that? I had to chose to trust Him. He continued to beckon me, "My son, I love you, and I want you to trust me!" This was not easy at all, but finally I chose to trust God; to let Him lead; to give Him my life, and it has never been the same again. I understood, why He would go the extra mile, just for me, to die on the cross, so that ultimately I would be home with him forever.

It took these experiences to help me learn one very important lesson, which has shaped how I see people(as those upon whom God has bestowed His love) and has even impacted my ministry. The lesson is - home is the best place you can ever be. God says today... that son, or daughter... no matter how far you've traveled, no matter how much foreign ground you've covered, God will never really rest, until you are home. He longs to be with you at home...

I am learning daily that in His presence, life's perplexity will not have a hold on me, for my Father is omnipotent. He will not rest until I get home to be with Him. To you today, he says, come, come, let us reason together (Isaiah 1:18)...

This is the God I have been sharing ever since...

Will you answer His call today, so that your life be changed forever?

God bless you.

~Chacha

SILENCE SPEAKS



Just like he came, so he left. We never knew it would take this short. Neither did he know. Ooh what great plans he had. Ooh! How many things he hoped to accomplish. But as the wind blows and we hear it but no one sees it and soon it vanishes so did he Pass this side of life and went away.

We beheld him just but for a moment and just when we thought we could feel ourselves with his presence he was gone never to return again. Reminds me of the words of the Wiseman, 'man that is born of a woman is of few days ...' We spent days looking for him; in our albums, in our archives, just but to find a photo, a clip of him; but we hardly found a trace of him.

We rang his phone; no one answered. He was gone never to return again on this side of life. To us who still live he was forever to be a memory.

Some even ventured into visiting his home just but to confirm that it was true. But in the undertaker's still he lay, waiting for the coming day. In the sarcophagus as a sleeping child silently he slept. We all wished he could awake, though we knew it was against hope.

That's the cruelty of fatality, as a monster it strikes and leaves behind wounds. Abrasions that we will always remember until His bright glory wipes them away on that bright day. To me and you are left testimonies of his faithfulness to the course of Christ.

His unwavering stand for Jesus remains a mainstay in our experience with the gospel. Pray like never before was his admonition, live as though it was your last day was his daily discourse. We match on with the testament of dedication to God's course; the assurance that God has ordered our steps.

That's the
cruelty
of
fatality

We will always reminisce the life he lived while still with us . we will always hark back to the lessons he taught us. We will always resonate the songs he trained us. We will never tire to convey to others the story that his loving savior is our savior and their savior too!



SILENCE SPEAKS

We pray for blessings, we pray for peace, we pray for comfort for family, protection while we sleep. We pray for healing, we pray for God's mighty hand to ease our suffering. We pray for wisdom, to hear God's voice in this time of need.

We cry in anger when we cannot feel him near, We cry when our friends leave us, when darkness seems to win over us. But yet we know this is not our home. We know we are not here for long.

We know we are just passing through. We know that the greatest disappointments in the aching of this life is the revealing of a greater thirst this world can't satisfy. We know that the trials of this life, the rains, the storms, and the hardest nights are but God's mercies to us in disguise.

We know that all the while God hears each desperate plea and not long we will hear the welcome voice, 'Welcome home you faithful servant...'

SILENCE SPEAKS!

Yet I am confident I will see the Lord's goodness while I am here in the land of the living. Psalms 27:13





KEEP ON THE FAITH AND LIVE WITH HOPE

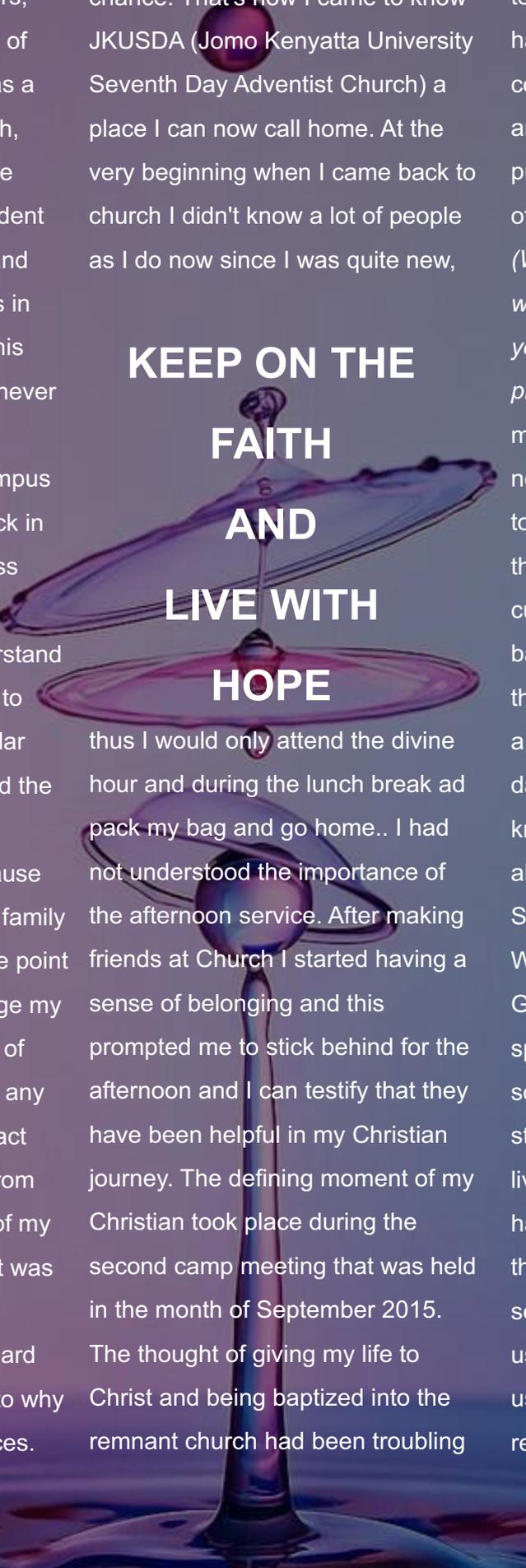
~NYARIBO JOEL

All through life a number of things happen that ultimately lead us to a point of despair, losing hope and purpose in life. Many at times it may be disappointments from family members, friends mentors and the list is endless this is because of high expectations that we have set for ourselves. For starters back in the day growing up I had great ambitions and aspirations of who I'd become in life. I can vividly recall teacher

asking this question over and over and people responded with big names of the careers they'd want to pursue once they get into campus. But slowly as time progresses all this ambitions and aspirations start fading and we often settle for that which we didn't aspire to do. Getting to high school a lot happened and the choices I made the foundation of who I am today. Getting to study in a Catholic school made me lose sight of the Sabbath even though I was born in an Adventist, thus taking it for granted... but God had His reasons for having me go through this... it often reminds me of the quote *man's extremities is God's opportunity* because God is always in the business of seeking after man even though man is constantly widening the gap. In high school I had always dreamed of pursuing a bachelors in Computer Science

because for starters my bro had done it and I had a thing for computers, over the holidays I'd spent most of my time behind one. But fate has a way of serving us a different dish, after sitting for my KCSE and the results were out it was quite evident that I won't pursue this course and therefore I opted for a bachelors in Horticulture (by the way I love this course now than before). I had never for once thought I'd study an agriculture related course in campus seeing that I had dropped in back in high school and took on business studies. Time came and I joined campus and I really didn't understand and comprehend the reason as to why I had picked on this particular course (having in mind that I had the campus I had wished to join back in high school) this is because I got doubting remarks from my family members and friends and at one point it had crossed my mind to change my course of study. The first month of campus life I really didn't attend any religious meeting owing to the fact that a lot had been said to me from home that I should find people of my faith and fellowship with them. It was until one of my classmate who happened to be an Adventist heard my story and was surprised as to why I wasn't attending Church services.

I thus decided to give Church another chance. That's how I came to know JKUSDA (Jomo Kenyatta University Seventh Day Adventist Church) a place I can now call home. At the very beginning when I came back to church I didn't know a lot of people as I do now since I was quite new,



**KEEP ON THE
FAITH
AND
LIVE WITH
HOPE**

thus I would only attend the divine hour and during the lunch break I packed my bag and go home.. I had not understood the importance of the afternoon service. After making friends at Church I started having a sense of belonging and this prompted me to stick behind for the afternoon and I can testify that they have been helpful in my Christian journey. The defining moment of my Christian took place during the second camp meeting that was held in the month of September 2015. The thought of giving my life to Christ and being baptized into the remnant church had been troubling

me for quite some time, owing to the fact that my dad (who happens to be an elder) constantly reminded of this and finally the opportunity presented itself and the words of Paul in Hebrews 3:15 (*While it is said, To day if ye will hear his voice, harden not your hearts, as in the provocation*) made sense to me.. and I could feel every nerve in my body itching for me to make this bold move when the altar call was offered. To cut the story short the day of baptism finally came and into the water I went and came out a changed person, from this day forward I was proud to be known as an Adventist and also to be associated with the Seventh Day Adventist Church. What I am certain about is that God has work for me to do, to speak about His love that someone's faith may be strengthened and hope in their lives regained. Indeed God had a reason for everything that happens in a lives as they serve as reminder and points us back to Him who first loved us... Many at times we may reach rock bottom in life and



Nyaribo Joel N.

almost despairing but there is an encouragement in the word of God for such people;

Remembering mine affliction and my misery, the wormwood and the gall. My soul hath them still in remembrance, and is humbled in me. This I recall to my mind, therefore have I hope. It is of the LORD'S mercies that we are not consumed, because his compassions fail not. They are new every morning: great is thy faithfulness. The LORD is my portion, saith my soul; therefore will I hope in him.

The LORD is good unto them that wait for him, to the soul that seeketh him. It is good that a man should both hope and quietly wait for the salvation of the LORD. Lamentations 3:19-26.

A song I love gives me consolation may at

times we not know how God is working in our lives..
"God is too wise to be mistaken, God is too good to be unkind, so when you don't understand when you don't see His plans trust His heart... for scriptures vividly attest to this... *For I know the thoughts that I think toward you, saith the LORD, thoughts of peace, and not of evil, to give you an expected end. Then shall ye call upon me, and ye shall go and pray unto me, and I will hearken unto you. And ye shall seek me, and find me, when ye shall search for me with all your heart. Jeremiah 29:11-13.*

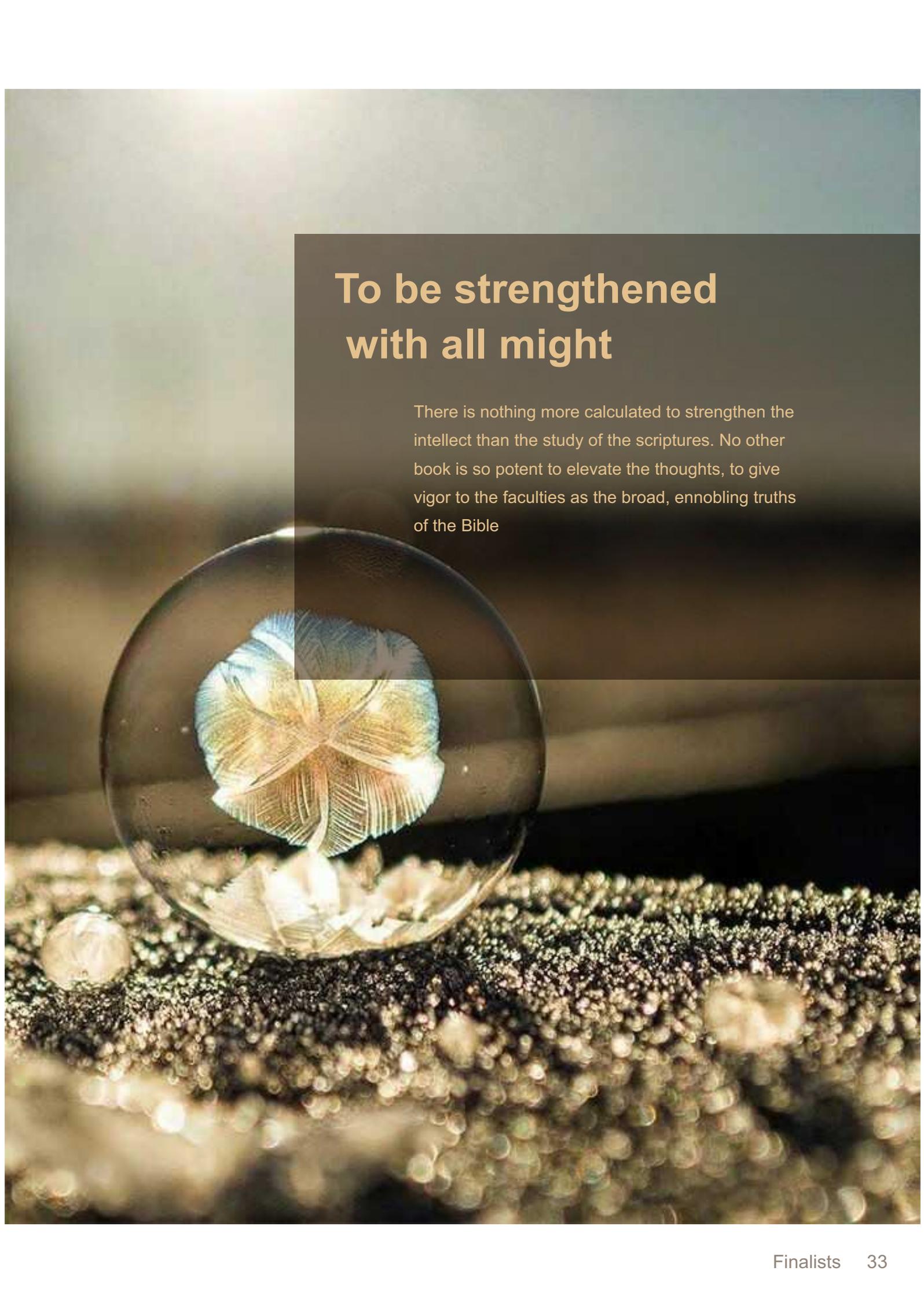
Friends I hope this story acts a testimony of God's faithfulness and that it will remind us that Jesus is the redeemer and friend the only comforter when you feel you are alone, he will be there when you cry out...



We have nothing to fear for the future, except as we shall forget the way the Lord Has led us, and His teachings in our past History.

God Has bound our hearts to Him by unnumbered tokens in heaven and in earth. Through the things of nature and the deepest and tenderest earthly ties that human hearts can know. He has sought to reveal Himself to us. Yet these but imperfectly represent His love.

It was to save sinners that Christ left His home in heaven and came to earth to suffer and to die. For this He toiled and agonized and prayed until heartbroken and deserted by those He came to save He poured out His life on Calvary



To be strengthened with all might

There is nothing more calculated to strengthen the intellect than the study of the scriptures. No other book is so potent to elevate the thoughts, to give vigor to the faculties as the broad, ennobling truths of the Bible



Zawadi

*water & environmental scientist
cynthiazkahindi@gmail.com*

Hair

Growing up in a society where natural beauty was hardly embraced, it became a normal thing to be in weaves, braids and relaxed hair. That was beautiful, at least that is what we were made to believe .Well, in wanting to be beautiful, I did it all... there was honestly nothing I didn't try. From weaves even at thirteen years old, my head was oh a rainbow; so colorful from all the purple and whites (I especially loved the black and white combo... not anymore though) I haven't been a natural for the longest time but for the little time I have been, I must say I have learnt that just as God gave the lions a mane, so did He plant your hair there for you. Your hair is a natural crown, planted there by God. I chose to wear my natural crown as it is, because that is what queens do! The steps I took when I was becoming natural were very simple though not so simple if you don't ask for Gods assistance. So I first prayed to God to give me strength to take care of my hair and next up was to take action! I mean, God will give you the will to do His good pleasure but you have to get up and

actually start doing something. So for the longest time, I did a lot of research on what really is hair; Google and YouTube were my friends. So I began gradually adapting to my natural mane and wasn't embraced anymore and cared the least of what people would say about my hair (it's not easy I know). Some part of my journey was really frustrating as like most girls, I wanted long, silky flowing hair but I learnt that with proper care it takes time and patience. As a matter of fact, your hair can make you learn so many life lessons...right from love, patience and tender care. I honestly don't regret anything so far.I can tell you for a fact that I don't have the longest hair in the room, but I've learnt to trust the process, stay true(even on those days that you don't feel like putting up with the routine) and most importantly, it does grow, just don't pay so much attention to it! Finally, It's never too late to begin your journey...well you might ask, where do I start from? I say, JUST START!

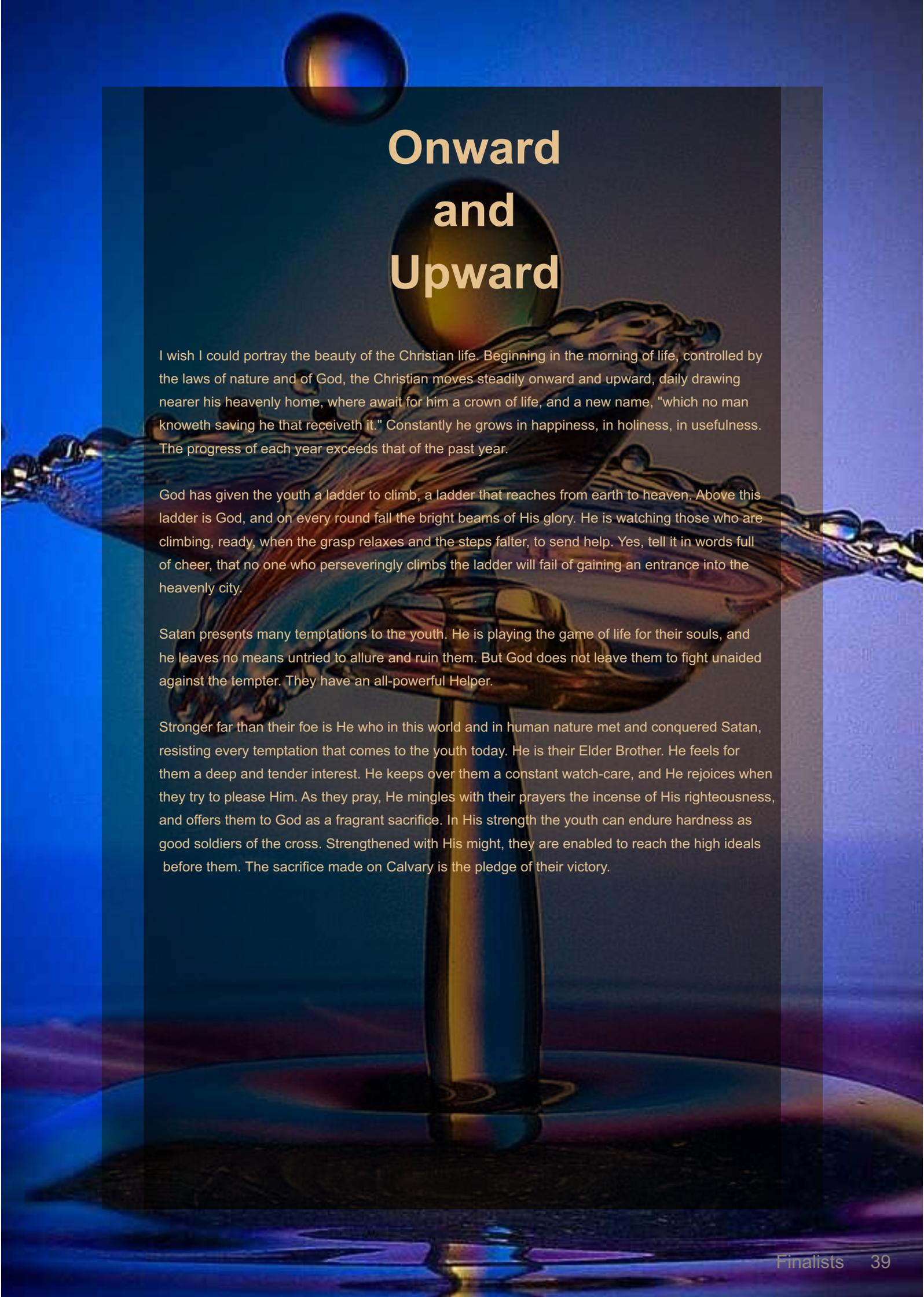
~Zawadi



FINALISTS 2018







Onward and Upward

I wish I could portray the beauty of the Christian life. Beginning in the morning of life, controlled by the laws of nature and of God, the Christian moves steadily onward and upward, daily drawing nearer his heavenly home, where await for him a crown of life, and a new name, "which no man knoweth saving he that receiveth it." Constantly he grows in happiness, in holiness, in usefulness. The progress of each year exceeds that of the past year.

God has given the youth a ladder to climb, a ladder that reaches from earth to heaven. Above this ladder is God, and on every round fall the bright beams of His glory. He is watching those who are climbing, ready, when the grasp relaxes and the steps falter, to send help. Yes, tell it in words full of cheer, that no one who perseveringly climbs the ladder will fail of gaining an entrance into the heavenly city.

Satan presents many temptations to the youth. He is playing the game of life for their souls, and he leaves no means untried to allure and ruin them. But God does not leave them to fight unaided against the tempter. They have an all-powerful Helper.

Stronger far than their foe is He who in this world and in human nature met and conquered Satan, resisting every temptation that comes to the youth today. He is their Elder Brother. He feels for them a deep and tender interest. He keeps over them a constant watch-care, and He rejoices when they try to please Him. As they pray, He mingles with their prayers the incense of His righteousness, and offers them to God as a fragrant sacrifice. In His strength the youth can endure hardness as good soldiers of the cross. Strengthened with His might, they are enabled to reach the high ideals before them. The sacrifice made on Calvary is the pledge of their victory.

TO THE REMAINING

The future belongs to those who believe in the beauty of their dreams. Our beliefs for the future began more than two decades ago when all that mattered was that which was least important in all the phases we were to undergo such as being toppers in our early childhood schools. The dreams particularly became more real when we joined this place. Our minds did not in the least conceive that the Almighty had a well aid out plan. With time, we have learnt that God is the giver of all our blessings; the Provider of all our mercies; and the Orderer of all our experiences. That we have something yet to achieve as long as we have the breath of life is as sure as the plenty of promises we have been assured of by the Creator. The climax of it all is fast approaching and thus far, all we say is Ebenezer. It is true that you have learnt from us and it is also equally true that we have learnt from you. Our stay in this place has been made worth the while for the reason that you have been one with us in all aspects. Your wills and our wills being to do something better in our spheres of life.

The fact that we have made it through to the end is an undoubting assurance that you too will make it through in an even prominent way. We cannot hold back and abnegate that we have encountered challenges and provocations in our stay here. There have been academic and spiritual experiences that made our beings to get tested in a severe manner second to none. Some nights were terribly long, other days were characteristically weary. But thanks be to God our Father that we were not found wanting. As the apostle Paul wrote, the strength of God in our lives was made perfect in our helpless states. God is usually attracted to our helplessness. Being older students, most of you looked up to us for guidance. We may have been almost ideal examples for you but still, we may have acted below what would you deem your role models should.

We are only humans and they fellow servant brethren. Sift ye away the bad and hold fast to the good we left behind. It was our intention that we leave blueprints that shall always be accrued to us finalists of 2018. We have had the most amusing associations with you that give us goosebumps with the thought that we shall soon part with indefinite future meeting dates with you. Thank you for the good connections we made. We can attest that thus far in our time, no where have we had good relations as here. In as much as is possible, may this continue.

As we pave way for you, may the tracks that we leave, lead you to believe and may the recollections that we shared be a stepping stone towards achievement of your life goals including dwelling in eternity together with us. With abundance of love we wish that your dealings and stay here be far much fulfilling than ours have been. To this juncture, it is evident that we are and have been strengthened with all might and so will you be as time advances.

Moses Ondieki



Landscape scientist
kiplimostephen96@gmail.com

Steve Kiplimo

It is with delight that I write to you of how my stay in college for four years has been. One of my favorite quotations says that “In reviewing our past history, having travelled over every step of advance to our present standing, I can say, Praise God! As I see what the Lord has wrought, I am filled with astonishment, and with confidence in Christ as leader. We have nothing to fear for the future, except as we shall forget the way the Lord has led us, and His teaching in our past history. {LS 196.2} ”

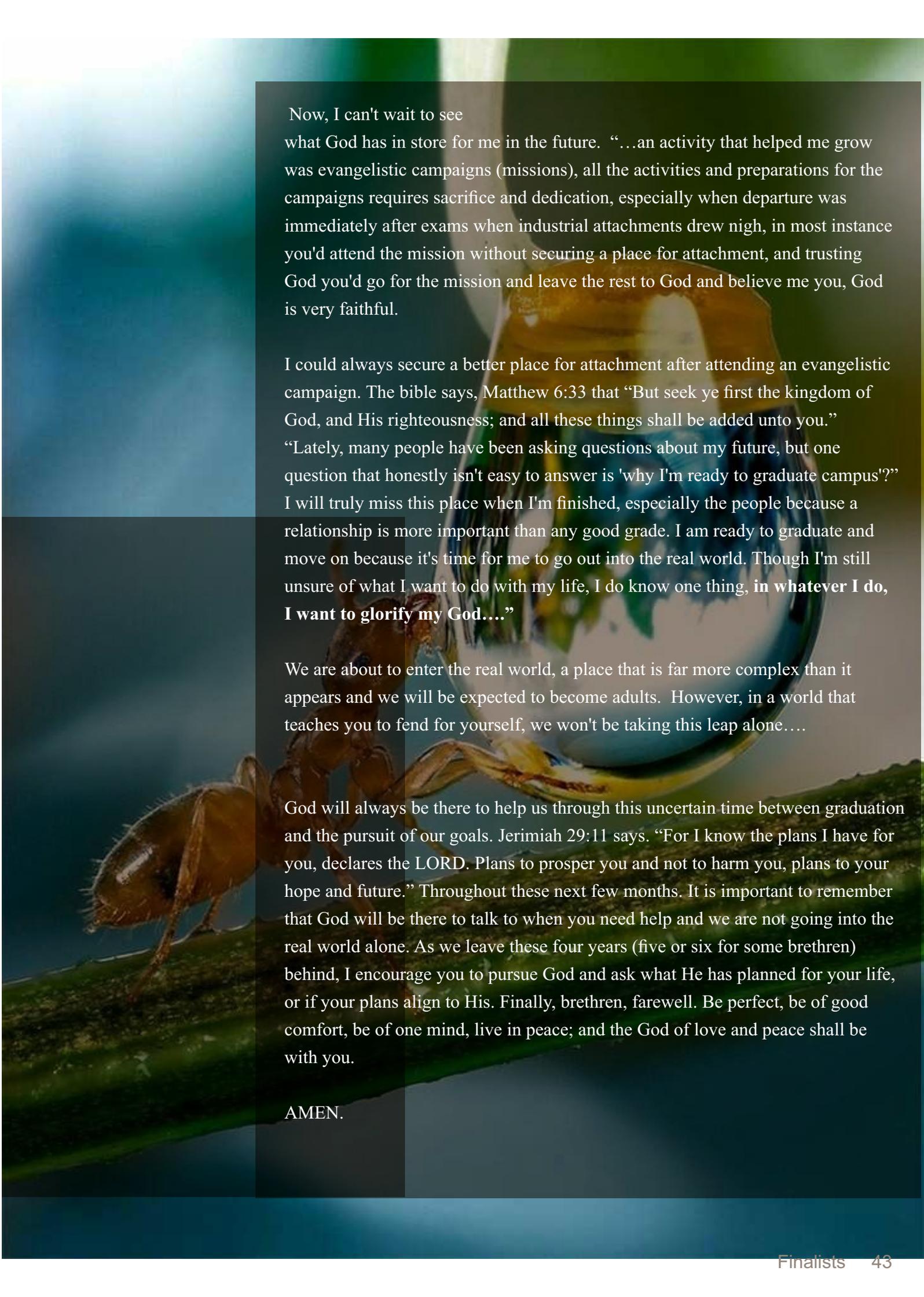
It is not a secret that it is God who has brought us this far. Every success achieved is ascribed to Him. Every failure, on the other hand, is due to our neglect of responsibility and a lack of faith in His sufficient power.

Join me in returning my thanks giving to God for His great faithfulness. I assure you that JKUAT has changed my

life, joining campus had several expectations which I pictured after high school, those expectations started fading away from day one of joining campus

With several struggles and challenges campus life has taught me responsibility and self-control that I had never learned before, one of my gratitude to God is finding a family of Adventists in campus, a family of brothers and sisters who have dedicated themselves to serve our living God the benefits I've gained are immeasurable, I've learnt a great deal and I believe others have similarly. One of the most important things I learned about myself through JKUAT is how to be a good Christian and disciple of God. I was a Christian before I came to school because of my family [life] but I never really thought about showing that trust in God outside my home.

JKUSDA helped me with that.



Now, I can't wait to see what God has in store for me in the future. "...an activity that helped me grow was evangelistic campaigns (missions), all the activities and preparations for the campaigns requires sacrifice and dedication, especially when departure was immediately after exams when industrial attachments drew nigh, in most instance you'd attend the mission without securing a place for attachment, and trusting God you'd go for the mission and leave the rest to God and believe me you, God is very faithful.

I could always secure a better place for attachment after attending an evangelistic campaign. The bible says, Matthew 6:33 that "But seek ye first the kingdom of God, and His righteousness; and all these things shall be added unto you." "Lately, many people have been asking questions about my future, but one question that honestly isn't easy to answer is 'why I'm ready to graduate campus?'" I will truly miss this place when I'm finished, especially the people because a relationship is more important than any good grade. I am ready to graduate and move on because it's time for me to go out into the real world. Though I'm still unsure of what I want to do with my life, I do know one thing, **in whatever I do, I want to glorify my God...."**

We are about to enter the real world, a place that is far more complex than it appears and we will be expected to become adults. However, in a world that teaches you to fend for yourself, we won't be taking this leap alone....

God will always be there to help us through this uncertain time between graduation and the pursuit of our goals. Jerimiah 29:11 says. "For I know the plans I have for you, declares the LORD. Plans to prosper you and not to harm you, plans to your hope and future." Throughout these next few months. It is important to remember that God will be there to talk to when you need help and we are not going into the real world alone. As we leave these four years (five or six for some brethren) behind, I encourage you to pursue God and ask what He has planned for your life, or if your plans align to His. Finally, brethren, farewell. Be perfect, be of good comfort, be of one mind, live in peace; and the God of love and peace shall be with you.

AMEN.

The Quintessence of Serenity

An ambiance of serenity unparalleled, encampeth this baby.. so innocent, so peaceful.

Head placed gently on mama's tender bosom, arms wrapped around him, to him there is no wrong no evil in the world, all is peace yea deep peace.

She hums, a melody and though separate from the lyrics, the message comes home still.
"Jesus tender shepherd hear me, bless thy little lamb tonight. through the darkness be thou near me, watch me sleep till morning light.."

He slowly drifts away and without putting up a fight allows himself to be carried by the tide of the immeasurable mother's love which found utterance in the loving embrace and was explicitly conveyed by the hum of the beautiful melody.

All these manage to solicit an unpremeditated smile from the beautiful baby as he sinks deeper into his mother's embrace and this finds an answer in the mother who unconsciously allows her lips to part exposing her snow white dental formula. Such a genuine smile ... such peace, such Love.

But even this love given so unsparingly is but a shadow of the depth and breadth of His (Christ's) love for us, surely :

KJV Isaiah 49:15 – 16

15 Can a woman forget her sucking child, that she should not have compassion on the son of her womb? yea, they may forget, yet will I not forget thee.

16 Behold, I have graven thee upon the palms of my hands; thy walls are continually before me.

Graven upon the palms of His hands , yea my name is written on His heart and while in heaven He stands , no tongue can bid me thence depart. Never depart from His loving embrace, never depart from the shelter of His wing divine, never depart from the peace and serenity He offers that is :

The Quintessence of Serenity. Deeper than a mother's embrace.

~Wycliffe Nyakemwa



Pictorial





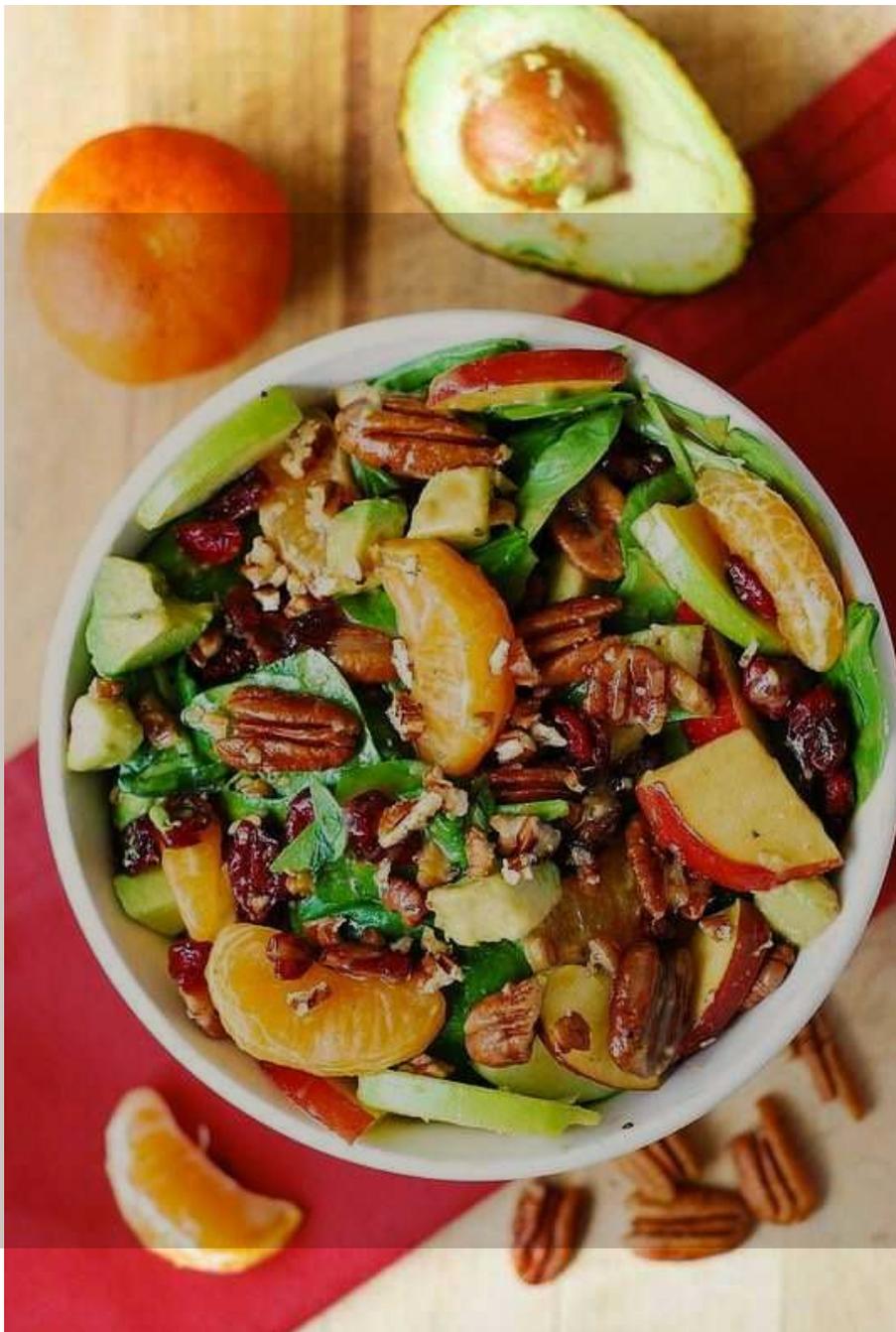


Diet for a Lifetime

The human body is far more beautiful, complex and finely tuned than any automobile in the world. Our bodies are a marvel of infinite engineering intelligence, we stand amazed at the carefully crafted design of the human body. And without proper nutrition, our bodies do not function properly. Caring for our bodies is not something we do in addition to being a Christian but simply it is at the heart of God's plan for our lives. Good Nutrition.

The food we eat provides our bodies with the necessary nutrients that are important for leading a healthy life. Our bodies are built up from the food we eat. There is a constant breaking down of the tissues of the body; every movement of every organ involves waste, and this waste is repaired from our food. Each organ of the body requires its share of nutrition.

The brain must be supplied with its portion; the bones, muscles, and nerves demand theirs. It is a wonderful process that transforms the food into blood and uses this blood to build up the varied parts of the body; but this process is going on continually, supplying with life and strength each nerve, muscle, and tissue. {MH 295.1}



The essential nutrients to our bodies can be categorized into:

1. **Carbohydrates:** this forms the largest proportion of food taken since they provide the body with energy. Good sources of carbohydrates are unrefined foods such as whole grains, legumes, fruits and vegetables.
2. **Proteins:** proteins are essential for tissue repair and growth. Legumes are excellent sources of proteins.
3. **Vitamins:** they are essential organic components of a diet are required in small amounts for normal body growth. They occur naturally in various foods.
4. **Minerals:** they are inorganic elements that are vital to human health, they are easily obtained. Too little of their consumption would result to deficiency.
5. **Fats:** they are concentrated energy sources. Nuts in moderate amounts provide excellent quality fats.

A Simple Food Plan.

Many at times we have this question ringing in our minds... what is the best diet for optimum health? And the Bible has an answer for us... And God said, Behold, I have given you every herb bearing seed, which is upon the face of all the earth, and every tree, in the which is the fruit of a tree yielding seed; to you it shall be for meat. Genesis 1:29 God intend that man throughout his life would lead a plant-based diet. Those foods should be chosen that best supply the elements needed for building up the body. In this choice, appetite is not a safe guide. Through wrong habits of eating, the appetite has become perverted. Often it demands food that impairs health and causes weakness instead of strength.

We cannot safely be guided by the customs of society. The disease and suffering that everywhere prevail are largely due to popular errors in regard to diet. {MH 295.2}

A simple food plan should consist of:

1. **Cereals and grains:** these should form the foundation of our diet. When chosen from unrefined sources they are rich in dietary fibre, complex carbohydrates and an array of vitamins and minerals.
2. **Fruits and vegetables:** we need a balance of both because they are rich in phytochemicals and antioxidants.
3. **Legumes, nuts and seeds:** legumes are good sources of proteins for example beans, peas and lentils. Nuts and seeds provide essential fats.
4. **Fats, oils and salts:** essential fats and sodium are vital for optimum health. Grains, fruits, nuts, and vegetables constitute the diet chosen for us by our Creator.

These foods, prepared in as simple and natural a manner as possible, are the most healthful and nourishing. They impart a strength, a power of endurance, and a vigor of intellect that are not afforded by a more complex and stimulating diet. {MH 296.1}

A plant-based vegetarian diet is:

- Rich in sources of vitamins and minerals.
- High in dietary fibre.
- Low in refined sugars.
- Low in fat, particularly saturated fats.
- High in protective phytochemicals and antioxidants.
- Lacks cholesterol.

Diet for a Lifetime



Principle of Healthful Food Choices.

A healthful diet requires good food choices.

We need to keep the following principles in mind:

- Variety: the most important principle of eating well is selecting a variety of foods. This ensures a wide range of nutrients are available to the body.
- Quality: food ought to be chosen from whole foods and not from refined sources.
- Moderation: being temperate is an important component of healthful eating.
- Avoidance: highly refined foods have large amounts of nutritional elements that should be removed and avoided. Foods such as beverages have no nutritional benefits hence such should be excluded.

The very same way our bodies require food, God's word gives us hope to face life's trials and troubles, they offer us a new peace and purpose for living. Thy words were found, and I did eat them; and thy word was unto me the joy and rejoicing of mine heart: for I am called by thy name, O LORD God of hosts. Jeremiah 15:16. May we also constantly feed on God's word through constant Bible Studies that we may be spiritually nourished.

Our bodies are Christ's purchased possession, and we are not at liberty to do with them as we please. All who understand the laws of health should realize their obligation to obey these laws which God has established in their being. Obedience to the laws of health is to be made a matter of personal duty. We ourselves must suffer the results of violated law. We must individually answer to God for our habits and practices. Therefore the question with us is not, "What is the world's practice?" but, "How shall I as an individual treat the habitation that God has given me?" {MH 310.4}

Joel Nyaribo
(Horticulturalist)

Simple Mango, Cucumber and Beetroot Salad

Preparing this salad is fast and easy since you use your normal kitchen ingredients. Mango, Cucumber and Beetroot is very healthy and has so many health benefits.

Ingredients

- 1 cucumber
- 1 beetroot
- Lettuce
- Ripe mango
- 1 red onion
- 1 tsp. of fresh lemon juice

Instructions

- 1.Cut cucumber into circular shapes
 - 2.Grate the beetroot
 - 3.Shred some lettuce(optional)
 - 4.Dice your mango into cubes
 - 5.Dice the onion
 - 6.Mix all the ingredients together and sprinkle some lemon juice in the salad.
- Mix a little, serve and enjoy



Faith Nyasuguta
Journalist
tongifaith96@gmail.com



Moses Ondieki
Research Scientist
mosesorina87@gmail

fellow finalists...

Schooling is coming to an end and the breeze is carrying whispers of the outside world; away from the dependence of any individual who, previously we have been so much relying upon. I feel a bit uncertain of the aspect of self-sustenance. I do not know about you. Yes, we have had a good time in campus and we probably won't have any other of this kind ever again. Have we thought of what would become of us after this? If not, we sure do need to. God feeds the birds of the air but He does not throw worms into their nests. Thinking will let us use the abilities that we have besides what we've studied and hence the indeterminate thoughts we may have will cease. You happen to meet anyone who's fresh from campus; a graduate, they'll tell you that life out there isn't as easy as we always fantasize.

Once upon a time, we all thought it's about going to school, getting good grades, getting to university graduate, find a safe secure job and maybe live happily ever after. We all know that stories starting with 'once upon a time' are just but enchanted. Unfortunately, in this era and looking at the current economy and state of our stock market, believe me, there are no happy endings unless we become thinkers. Thinking Biblically, do you know what it took Noah to build the ark? God gave Noah the exact dimensions of the ark and explicit directions in regards to its construction in every particular. Human wisdom could not have devised a structure of so great strength and durability. God was the designer, Noah the master builder. What makes us think that the exact replica won't happen to us if we ask of God? The Almighty could be our designer and then we become the master builders of our futures here and in heaven.

If we ask of him. It is important to have a natural good gut instinct that can spot and nurture a good solid idea and good people. Business for instance is all about people; how they tick, what makes them flourish, what inspires them. It's always down to the good people you have at your disposal. Family, friends and peers that share in your ideologies. The principles of diligence, honesty, thrift, temperance, and purity are the Biblical principles of business success. On such, think upon. In case you get a 'No' find a 'Yes' somewhere else. It all comes down to being an explorer in the area that seemingly works out. The course you have done could be your path as well. The essence is not to confine yourself to a certain terrace whereas you could well flourish in another. Recounting the stories back in my Sabbath school lessons as a child about David and Goliath, it always reminds me of the power of little is much when God is in it. The slingshot of David was insignificant in battle. Regardless, a 'little guy' was able to beat a 'big guy' with a stone.

This translates that with the little at our disposal, we could do greater things than David did with a stone. Commit to God your thoughts and plans and then let things fall into place. Just start with an idea and run with it. For if you acquire the ability to take full possession of your own mind then you'll take possession of anything else to which you're justly entitled. "Seest thou a man diligent in his business? He shall stand before kings; he shall not stand before mean men." "In all labor there is profit: but the talk of the lips tendeth only to penury." God is the lifter up of our hands. There is no cause for worry or for fear.

Moses Ondieki

LOST AND FOUND.

My whole life is a testimony but my campus life has been the peak of it. Having gone to boarding school at a young age, staying away from home wasn't new to me but this time it all had a twist to it; the whole concept of freedom. This scared me a little but mostly, it got me so excited yaani... On the date of admission, I noticed the JKUSDA tent; the music of course and I thought to myself to register. My priorities at that time were so different, misplaced I could say. I went to church a couple of times, attended one prayer night then one Sabbath morning I just couldn't get myself to walk to LT despite having been ready. I went back to bed and that was the end of my attending church services. Throughout my first and second year, I had all the Saturdays to myself or should I say weekends. I did a lot of exploration and tried out new things.

Let's just say, being answerable to myself got to my head. My mum wasn't comfortable and she wasn't happy either. When we went on holidays I used to live with my aunt where I went to church on Sundays. This caused a lot of friction between mum and me. The only time I went to church was when I went home. This continued for a while until I got to my third year where I got challenged by a friend from home about my decision on not attending any church service. I started attending CU but I still didn't 'feel it'. Around the same time, I made new friends one who is Adventist. When he learnt about my being Adventist, he kept encouraging me to join him to church. It wasn't easy but he didn't stop. If you ever doubt if God answers prayers, I will tell you today that indeed God does answer prayers. I strongly believe that mum kept praying for me specifically to go back to church.

So on a certain week, I ask a friend of mine to pick me up on Sabbath morning. It seemed like a joke at first but when I reminded her about it on Friday none of us could believe it. It was around the second week of POH so when we got to the assembly hall, my friend was at the registration desk. On seeing me, he was so surprised but more excited. That Sabbath marked the beginning of a new life for me. I joined the next Sabbath and the next until he got me to join him for Wednesday and Friday vespers. I met new people, made new friends and grew my circle. He still says I ditched him somewhere along the way but he is such a special friend because he played a great role in helping me 'fit in'. I went on my very first mission and the experience was out of this world. God in His on mysterious way taught me a lot more than I could ever imagine. The thirst and hunger for God's word that I witnessed in the people of Kakuyuni left an immense impression in my heart. I was reminded of God's love.

Aluoch Millicent



I am reminded of the plan of redemption. "Oh the mystery of redemption! The love of God for a world that did not love Him. Who can know the depths of that love which passeth knowledge? Through endless ages immortal minds, seeking to comprehend the mystery of that incomprehensible love, will wonder and adore." (PP 63.3).

There is hope for us all. Christ's death on the cross was not in vain. There's life in a look at that sacred cross. Though short it may have been, I have no regrets. In all our experiences, there in is a life lesson. I am the person I am today because I chose to look at my experiences differently and learned from them. I haven't gotten there yet, the journey is still long. There's a lot of learning and more of unlearning to do but I believe I will get home someday. I have been challenged, encouraged, inspired by the people I met, those I now call my friends and the entire family of JKUSDA. I will surely miss being here if not for anything, for the warmth I get from our fellowships.

We're pilgrims on life's journey and part of it was destined for us to be in JKUAT and Jkusda. All good gifts are sent from heaven above and all we have to do is sow our gratitude to the Lord for His unconditional love. His faithfulness has seen us through our years here. Through dark waters and rough waves we have been brave because we know that Jesus permitted the wild surges. We have all had different experiences and I believe we all have that one thing to thank God for because despite how good or bad it was, His presence was always near, still is near. Some of us have experienced our first missions in Jkusda, some of us have realized our gifts and talents, for some our happiness has been found right here and we can only thank God that we had each other to even get to experience them. We would all have wished to share our testimonies but I believe that we will be blessed by the few.

Sincere appreciation to all those who were willing to share, to Jkusda church and the leadership, to our friends, family and to everyone who in one way or another have influenced our lives and experiences. My desire is that we all find joy in doing God's work as it is indeed a great privilege that God chose us mortals to work together with Him in His vineyard and through this sacred and noble task we might learn to be dependent on God, faithful and even selfless. At the end of it all may we all here the words 'well done good and faithful servant' from our Lord as we join fellow saints in the song of the lamb. That we may all sing in that heavenly choir together with the hosts of heaven.

Our prayer is that all who come behind us may find us faithful.

God bless us all.

Aluoch

*We hereby take this opportunity to thank God for His unfailing mercies throughout our campus lives.
We also thank JKUSDA for the nurturing it has always accorded us.*

Project Team



Beta



Magara



Mandila

Media Team



Ambrose



Faith



Esther

Catering Team



Mboya



Diana



Dorothy

Ha! Ha! Ha!



You are awesome!