



The Upendo community in Molo, Kenya came into being following the violent disputed national elections of 2007. Ethnic clashes ensued and families were displaced from regions they once called home. The Catholic Diocese of Nakuru bought 100 acres in Molo and resettled about 100 of the displaced families, creating the Upendo community.



After becoming aware of the plight of this community through a parish family, the St. Ignatius Men's Society initially engaged with the community by providing pews for St. Peter's Upendo Catholic church. Since there were many challenges facing this community, the St. Ignatius Men's Society requested that the St. Ignatius parish council adopt the St. Peter's Upendo community as a mission outreach. This request was granted and adopted by St. Ignatius of Loyola Catholic Parish.



Since the first pews were built for the church, the mission outreach program has assisted in many other programs in the community, including deworming, drilling a water well, providing a clean water tank to the school, helping provide teaching assistants for the school, building a kitchen at the school to start a school lunch program, Christmas

celebrations, and most recently building a new church to replace the sheet metal building.



**St. Ignatius of Loyola Catholic Parish
Mission Outreach Program
Cincinnati, Ohio
St. Peter's Upendo Community
Molo, Kenya**



Our goal is to send a group of parishioners to visit and coordinate with the Upendo community every other year. By being transparent with details about the mission trip upfront, the hope is to open this opportunity to more parish families.

Sample Itinerary

Day 1: Depart Cincinnati 5pm (Cincinnati-Paris-Nairobi)

Day 2: Arrive Nairobi 8pm; Stay Best Western Nairobi, Upper Hill

Day 3: Travel to Molo (5-6 hours); Brief stop at Great Rift Valley overlook; Shop for groceries for the week at Naivas grocery store in Nakuru; Arrive at the Odipo's house

Day 4-7: Visit the Upendo school; Visit St Peter Upendo church; Visit with the local community; Meet with St, Peter Upendo leadership; Stay at the Odipo's house

Day 8: Safari at Lake Nakuru National Park; Travel to Nairobi; Stay Best Western Nairobi, Upper Hill

Day 9: Shopping at the Nairobi markets; Depart Nairobi 11pm local (Nairobi-Paris-Cincinnati)

Day 10: Arrive Cincinnati 3pm



Estimated Costs (per person)

The goal is to apply for grants from the Archdiocese of Cincinnati, St. Ignatius Parish, and the St. Ignatius Kenya Committee to bring down the cost for each person.

Flight	\$1800 (Air France)
Hotel (x2)	\$100 (Best Western Nairobi)
Safari	\$90 (Lake Nakuru National Park)
Groceries	\$100-150
Vehicle Rental/Driver	\$200-400
Shopping/Travel Costs	\$200-600
<u>Restaurant (Best Western)</u>	<u>\$30-60</u>
Total	\$2620-3300
Goal after potential grants	\$1100-1800



Accommodation is available at the Odipo residence in Molo



Things to know

- The Nairobi hotel is a compound with good security.
- Most of the meals will be family style at the Odipo house. Grocery costs are shared.
- A safari vehicle will be used for transport. Rental/driver costs are shared.
- Travel vaccines are required/recommended
 - <https://www.passporthealthusa.com/destination-advice/kenya/>
 - <https://wwwnc.cdc.gov/travel/destinations/traveler/non-e/kenya>
- eVisas are required to enter Kenya
 - <https://etakenya.go.ke/>
- Follow food/water hygiene guidelines
- Clean water is available
- Nairobi and Molo are in the Kenya highlands (5000-8500 ft)
 - Temperatures are cool (long pants, jackets)
 - Mosquitos/bugs are generally not an issue
- Mobile phone coverage is decent in larger cities and spotty in rural areas
 - Wi-Fi is available at the hotel and Odipo household
 - Mobile phone international plans needed
- Communication is generally not an issue
 - Many people speak English
 - The Odipo's both speak Swahili and other dialects
- For safety and communication, the group will remain together. Individual travel is not allowed.

