

**CPE Centre of the
Evangelical Lutheran Church in
Tanzania**

at the Kilimanjaro Christian Medi-
cal Centre - KCMC, Moshi



REPORT

Workshop in pastoral-psychological Supervision

13 – 23 May 2014
and

1st Week of Care and Counselling

Listening to the Poor

Dealing with poverty in care and counselling

24 – 30 May, 2014

Canossa Spirituality Centre, Njiro Hill, P-O- Box 2756, Arusha, Tanzania

A) INTRODUCTION

1) Thanks

We, Rev. *Archiboldy Lyimo* as Director of the CPE Centre of the ELCT at KCMC, Moshi and Rev. *Helmut Weiss* as president of the SIPCC want to thank the six sponsoring institutions to bring these two educational events into life:

Mission OneWorld, Neuendettelsau, Germany (*Manfred Scheckenbach*)

Nordkirche Weltweit, Hamburg, Germany (*Heike Spiegelberg*)

French Association on Care, Counselling and Supervision, Strasbourg, France
(*Jean-Charles Kaiser*)

The Association of Hospital Chaplaincy in Bavaria, Günzburg, Germany
(*Harald Richter*)

The Rhenish Association for Care, Counselling and Supervision, Düsseldorf, Germany
(*Harald Bredt*)

SIPCC, Düsseldorf, Germany (*Klaus Temme*)

We are thankful for the generous contributions which made possible to train seven pastors of the ELCT in supervision for full 9 days and to conduct the 1st Week of Care and counselling in Tanzania with 30 participants.

2) Background

Since many years (2007) the CPE Centre in Moshi and SIPCC have established many connections and co-operations between each other. In 2009 the CPE Centre invited SIPCC to come with the International Seminar 2012 to Moshi. For SIPCC that has been a great adventure with many questions if that could come true. But both sides worked hard and finally the 100 participants from many countries in the world and among them 40 from Tanzania departed with the experience of a “historical Seminar”. This Seminar gave the attendants from Tanzania an incentive to continue with education for care and counselling beyond the CPE courses.

The SIPCC General Assembly therefore decided to proof if there could be an annual “Week of Care and Counselling” as joint undertaking in Tanzania and to find out if there could be education for a small number of pastors in pastoral-psychological supervision who could enter the team of CPE trainers. Now only two chaplains have to bear the whole responsibility in the CPE Centre conducting 2 courses of 4 month per year in large groups. There is great need to have able persons who can help in this important ministry of the church to education in care and counselling.

Because of lack of funds the “Week” could not take place in 2013, but a start was made to have some introduction into supervision with a group of 9 people who had finished a CPE course. But it became clear that more education is needed in the future. During this introduction into supervision a first draft was made for a Week of Care and Counselling 2014.

That was the background when we were asking for support to the mentioned organization to build up a network for financial help. And we are happy that we were successful and thank for the contributions again.

3) Preparations

In October 2013 there was a meeting held in Düsseldorf to finalise the programme of the “Week” and to plan a workshop on supervision. Rev. *Lyimo*, Rev. *Günter Kohler*, Stuttgart, Rev. *Klaus Temme* as treasurer and chairperson of the Planning group of SIPCC and *Helmut Weiss* were evaluating the activities which took place until then and came to a good concept: The CPE Centre would be responsible for the preparation and organization of the “Week”, SIPCC would approach institutions for financial help.

In late March 2014 it was clear that there were enough funds to have the “Week” in Moshi, but it was not clear if the course in supervision could take place. Then in the

early April negotiations took place with the Canossa Spirituality Centre in Arusha and they made very favourable price for both events so that with the collected money of the sponsors and some contributions of participants the two activities could be conducted in Arusha.

4) The venue

The Workshop and the Week of Care and Counselling took place in the Canossa Spirituality Centre in the southern part of Arusha. This place is run by a convent of the “Daughters of Charity Servant to the Poor”, who are active in charity ministry all over the world with some stations in Tanzania. The house is located in a beautiful and quite surrounding and is an excellent place for workshops and seminars with all needed equipment – and the prices are very reasonable.



B) WORKSHOP ON PATOSRAL-PSYCHOLOGICAL SUPERVISION

1) The time frame

The workshop started on 13 May with the arrival and a first meeting in the evening. Seven pastors of the ELCT participated:

S/No	Name	Contact	Home address
1	Rev. Archiboldy Lyimo	+255 763 439 417	KCMC Moshi
2	Rev. Rhoda Chamshama	+255 784 388 566	ELCT Morogoro Diocese
3	Sr. Kokushaba Kiiza	+255 765 495 296	ELCT Karagwe Diocese
4	Rev. Eliabu Mbasha	+255 757 514 665	ELCT Northern Diocese
5	Rev. P. E. Hiiti	+255 754 052 820	KCMC Moshi
6	Rev. Daniel Ole Meiyan	+255 782 283 087	ELCT Northern Central Diocese
7	Rev. Melchizedeck Joel Mbilinyi	+255 754 621 585	ELCT Konde Diocese



From Wednesday, 14 May, to Saturday, 18 May, we had each day 4 units of 90 minutes and in addition several hours for preparing the coming “Week”. The group was ready to take responsibility for moderation (of the workshops and the reflection groups) and for organisation as a training for activities as leaders.

On Sunday, 19 May, we went with a group of four to the Theological Faculty of the Tumanini University in Makumira attending there the service and to talk to the speakers of the “Week” – all come from there.

We continued with our workshop on Monday, 20 to Friday, 23 May, with another 20 units – altogether 36 units or 54 hours.

At the end they received a certificate of participation.

2) The content

Theory of supervision

Helmut Weiss had prepared a paper “Supervision as Formation and Reflective Practice in Ministry” as a basis for discussion. We went through this paper, the author gave many explanations and the participants had the opportunity to discuss and to put questions. Through the discussion on the theory of supervision a framework was given to understand that supervision is a special form of counselling, where as in a triangle the dynamics between person – work – institution have to be reflected and understood. After that the next step is to empower counselees to tackle their work problems and look out for solutions. Since the goal is to enable participants to lead groups in CPE we again and again were transferring our discussion to the work in CPE courses.

Exercises in supervision

Beside the theory of supervision we did role plays and more and more life supervision with cases of work problems of the participants in their pastoral ministry.

Institutional analysis

In the triangle of person – work – institution it is of great importance to train the institutional analysis. It helps to explore how the structures and the dynamics of power and interests in organizations and institution influence work and person and the own position. Almost all presented their institution (congregations; work in a department of a diocese; university; CPE Centre) and were grateful to see themselves with their tasks in a new light.

Interpersonal relations

Daily sessions in Interpersonal Relations (IPR) on critical incidents in work situations became important to enhance communication and relationship in the group and the understanding of oneself and the others.

Morning Devotions

Each day started with a devotion to underline spiritual dimensions in supervision.

3) Reports

The participants will write reports on the workshop which can later be presented.

4) Planning the workshop 2015

It is planned to continue the workshop 2015 with the same group plus two new members.

5) Supervisor of the workshop

Rev. Helmut Weiß, Teaching Supervisor of the German Association for Pastoral Psychology (DGfP) and President of the SIPCC

C) 1st WEEK OF CARE AND COUNSELLING

Listening to the Poor

Dealing with poverty in care and counselling

1) The time frame

TIMETABLE FOR THE 1 st WEEK OF CARE AND COUNSELLING at Canossa Spiritual Centre – Njiro Arusha							
	24 MAY Saturday	25 MAY Sunday	26 MAY Monday	27 MAY Tuesday	28 MAY Wednesday	29 MAY Thursday	30 MAY Friday
7.45 am		BREAKFAST	BREAKFAST Devotion	BREAKFAST Devotion	BREAKFAST Devotion	BREAKFAST Devotion	BREAKFAST Devotion
9.00 - 10.30 am			LECTURE Chambo	LECTURE Ghamunga	LECTURE Mbilu	Lecture Olotu	EVALUATION IN GROUPS
10.30 -11.00 am		10.00 WORSHIP	TEA	TEA	TEA	TEA	TEA
11.00 am - 12.30 pm		Welcome	WORK- SHOP	WORK- SHOP	WORK- SHOP	WORK- SHOP	RECOMMENDA- TIONS
12.30 - 3.00 pm		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH AND CLO- SING CELEBRATI- ON
3.00 - 4.30 pm		INTRODUC- TION	SPE	SPE	SPE	Free af- ternoon	
4.30 - 5.00 pm		TEA	TEA	TEA	TEA	TEA	
5.00 - 6.30 pm	Arrival	LECTURE Weiss	REFL. GROUPS	REFL. GROUPS	REFL. GROUPS	REFL. GROUPS	
6.30 - 7.00 pm	Registra- tion	FORMING WORKSHOPS Devotion	Devotion BREAK	Devotion BREAK	Devotion BREAK	Devotion BREAK	
7.00 - 8.00p m	DINNER	DINNER Devotion	DINNER Devotion	DINNER	DINNER	DINNER	

SPE = Sharing Personal Experiences / REFL. GROUPS = Reflection Groups

2) The participants

Altogether there were 32 participants including the organisers and speakers:
Pastors from different dioceses of the ELCT in Tanzania; 4 students of Theology
from Makumira; 5 Pastors from Kenia; 14 women, 18 men



A group of the participants in front of the Spirituality Centre

Organiser:

1. Rev. Archiboldy E. *Lyimo*, Director CPE Centre of the ELCT
2. Rev. Helmut *Weiß*, President of the SIPCC

Speaker:

1. Prof. Dr. Suleman A. *Chambo*, Moshi University College
2. Dr. Florence *Ghamanga*, Tumaini University Makumira
3. Rev. Dr. Msafiri Joseph *Mbilu*, Tumaini University Makumira
4. Rev. Dr. Angela *Olotu*, Tumaini University Makumira

Participants:

1. Rev. Niiteeli P. *Ami*, ELCT North Central Dioceses
2. Rev. Mruttu *Belози*, KELC Nairobi, Kenya
3. Rev. Fr. Rogers Joseph Chamani, Tanga
4. Rev. Rhoda Chamshana, ELCT Morogoro Diocese
5. Rachel A. *Dambola*, KELC; Mombasa, Kenya
6. Rev. P. E. *Hiiti*, KCMC Moshi
7. Rev. Johannes *Löffler*, KELC, Nairobi, Kenya
8. Deborah E. *Lusambi*, ELCT, Daressalam
9. Christina *Kaaya*, ELCT Arusha
10. Rev. Ridson *Kaaya*, ELCT Meru Diocese
11. Sr. Kokoshamba *Kiiza*, ELCT Karagwe Diocese
12. Ezechiel J. *Kimansa*, Student Makumira
13. Rev. Nathan E. *Makelele*, ELCT Meru Diocese
14. Rev. Eliabu A. *Mbasha*, ELCT Nkweseko Parish
15. Rev. Charles *Mbisi*, ELCT Meru Diocese
16. Rev. Melkizedeck J. *Mbwilinyi*, Phd Candidate Tumanini University

17. Adiatukuzwe H. *Mbwilo*, Student Makumira
18. Rev. Daniel *Meiyan*, ELCT Northern Central Diocese
19. Rev. Nahana M. *Mjema*, ELCT Same Diocese
20. Rev. Mwipile Ismail *Mpayage*, ELCT Daressalam
21. Rev. Sarah Edward *Msenai*, ELCT Central Diocese
22. Rev. Rebecca *Muhoza*, ELCT, Daressalam
23. Catherine Ngina *Musawi*, KELC, Malindi, Kenia
24. Rev. Happy V. *Shoo*, Student Makumira
25. Huruma *Sigwa*, Student Makumira
26. Jeniscar Kadso *Toyo*, KELC, Nairobi, Kenia

3) Worship and devotions

The “Week” was started with worship on Mark 11: 20 – 25 (“The power of prayer”) by Rev. *Mbilinyi* and students from Makumira.

Each day started and ended with devotion.

4) Lectures

Helmut Weiss, President of the SIPCC

Gaining Confidence in Life

The characteristics of Christian Pastoral Care and Counselling

Professor Dr. Suleman Adam Chambo

Associate Professor of Economics and Co-operative Management,

Moshi University College of Co-operative and Business Studies

The Social and Political Dimensions of Poverty in Tanzania

Dr. Florence Ghamunga, Director of Research and Consultancy at the Tumaini

University in Makumira

Causes and Psychological Effects of Poverty: Implications for Care and Counselling

Dr. Msafiri Mbilu, Lecturer at the Theological Faculty of the Tumaini University in

Makumira

Biblical Thoughts on Poverty in the African Context

Dr. Angela Olotu, Dean of the Faculty, Tumaini University in Makumira

Pastoral Care to the Poor

The materials of the 1st Week of Care and Counselling will be published as Nr 22 of the SIPCC Magazine “Intercultural Care and Counselling”.

5) Workshops

Professor Dr. Suleman Adam Chambo

Social and Political Dimensions of Poverty – and the role of counselling

Dr. Florence Ghamunga

From the viewpoint of counselling – What would be the best strategy in transforming of the needy?

Dr. Msafiri Mbilu

Three issues to discuss:

Challenges for Counselling in the African Context; Holistic care and Counselling; Listening with the “Third” Ear.

Helmut Weiss

Care and Counselling in the African Context, especially dealing with the poor (three sessions)

Johannes Löffler, Nairobi, Kenia

Visiting patients in the hospital – and who is behind them? (Two sessions for Hospital Chaplains)

6) Sharing Personal Experiences

- | | |
|------------|--|
| Session 1: | Experiences of poverty during the own life history (in the whole group) |
| Session 2: | The concept of resilience; experiences in the own life to go through difficult times (in small groups) |
| Session 3: | Sharing with a partner about difficult times in the role of counselee and counsellor (as pairs) |

7) Reflection groups

The reflections of the day:

What did I feel during this day?

What did I learn and what was important?

Which critical incidents did I experience and how could they be resolved?

8) Evaluation

What did I learn and what do I take home from this week?

What will become different in my counselling ministry?



9) Invitation to the 2nd Week of Care and Counselling 2015:

Care and Counselling with Families today

Introduction into systemic family-counselling

Saturday, 5 September – Friday, 11 September 2015

10) Closing Ceremony

During the closing ceremony with singing, praying and blessings a tree was planted in the garden of the Canossa Spirituality centre.



Helmut Weiß

Rev. Helmut Weiß
President of the SIPCC

Archiboldy Lyimo

Rev. Archiboldy Lyimo
Director of the CPE Centre