



ELCTI | EVANGELICAL LUTHERAN
CHURCH IN TANZANIA



CPE CENTER
JOURNAL
OF SUCCESS STORIES

ELCT – CPE CENTER

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Volume 1

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DISCLAIMER

The stories in this journal are true and reflect the experiences of beneficiaries who received counseling services from CPE participants. Not all images used in this magazine are real; Some have been created using AI programs at <https://www.freepik.com/>. Also some of the names of the individuals in these stories are fictional to protect the privacy of the narrators.

Edits, graphics, and layout by Likati Thomas Likati

PARTNERS



WELCOMING NOTE



Dear Readers,

The Clinical Pastoral Education (CPE) Center, an institution of the Evangelical Lutheran Church in Tanzania (ELCT), is located at KCMC Hospital in Moshi, Kilimanjaro region. For over five decades, the CPE center has played a pivotal role in training a wide range of professionals—including pastors, deacons, evangelists, parish workers, priests, teachers, lawyers, law enforcement officers, social workers, and healthcare providers. Participants come from the ELCT, other Christian denominations, and even non-faith organizations.

Our participants are trained to offer Counseling and Pastoral care services, integrating Christian values with a holistic human rights approach that considers the whole person, beyond just their mental health needs.

We are excited to share the remarkable achievements and success stories of CPE participants who have provided invaluable services to those in need within their communities. We have compiled seven stories, each highlighting the unwavering commitment, innovative spirit, skills, and collaborative efforts of our dedicated CPE participants.

We would also like to extend our sincere gratitude to the team involved in the successful preparation of this journal. Our thanks go to *Rev. Prince E. Hiiti* - CPE Supervisor, *Rev. Daniel Sendoro* from the East Coast Diocese, *Ms. Monica Henry* - CPE PMER Officer, *Ms. Pendo-Edna Mahoo* - ELCT Monitoring, Evaluation, and Learning Coordinator, and *Mr. Nickson Nyiti* - ICT Officer, ELCT Health and Diakonia Directorate; for their valuable inputs and constructive comments in preparing this journal.

We hope these stories will inspire you, offer valuable insights, and demonstrate the impact we aim to make in our community as servants of God.

Our work is referenced from the Book Isaiah 40:1 "Comfort, comfort my people, says your God."

Thank you for being part of our journey.

Rev. Archiboldy Lyimo

CPE CENTER Head



..Grace had always been a shining example of faith in her devout Christian family. Her mother, a leader of the church's prayer group, instilled in her a deep love for God and a desire to share His message..



Grace's

Fresh Hopes and Bright Future Blossoms

ELCT - East Coast Diocese

The beautifully streets of Dar Es Salaam city, Tanzania, shimmered under the midday sun. Here, amidst the vibrant life of the community residents, 17-year-old Ms. Grace felt a suffocating sense of isolation. Her dreams of becoming an Evangelist in the Evangelical Lutheran Church in Tanzania (ELCT) seemed to crumble around her, replaced by a crushing weight of shame.

Ms. Grace had always been a beacon of faith in her devout Christian family. Her mother, a leader of the church's prayer group, instilled in her a deep love for God and a passion for sharing His message. Excelling at Mwika Bible College, Ms. Grace thrived on theological discussions and envisioned herself spreading the gospel with unwavering dedication.

Then came the unexpected news of her pregnancy. The shockwaves rippled through the close-knit community,

shattering her carefully constructed future. The whispers and judgmental stares were relentless and her studies abruptly ended, replaced by the daunting reality of single motherhood.

Trapped in a prison of her own making, Ms. Grace retreated inwards. Sleep offered no escape, each night she was haunted by the weight of shattered dreams and the disappointment in her father's eyes. Three agonizing months crawled by, each day a monotonous cycle of self-



Rev. Kaanasia Msangi
CPE

recrimination and fear.



I wasn't able to sleep peacefully. I regretted every single day," she recalled. "I stayed inside for three months, afraid of meeting anyone.

However, a glimmer of hope arrived in the form of Reverend Kaanasia Msangi, a counselor trained by the Clinical Pastoral Education (CPE) Center. Rev. Msangi, known for her gentle demeanor and gentle approach, saw beyond the shame that clouded Ms.

Grace's spirit. Through a series of counseling sessions, she guided her through a labyrinth of emotions. She didn't offer easy answers, but instead, encouraged her to confront her pain, forgive herself, and rediscover her strength.

The sessions weren't limited to Ms. Grace. Rev. Msangi recognized the need to mend the fractured family bond. She facilitated conversations between Ms. Grace and her parents, helping them navigate the complexities of disappointment and forgiveness. Slowly, tentatively, a bridge began to rebuild.

As the bridge continues getting in shape, on the other hand, the father of Ms. Grace's child, burdened by his own regrets, also sought redemption. With Rev. Msangi's guidance, he took responsibility for his actions and expressed a desire to be involved in the child's life.

This act of apology, witnessed by the church community, paved the way for their ultimate reconciliation.

With renewed hope blossoming in her heart, Ms. Grace emerged from her self-imposed exile. She began participating in outdoor church activities, the familiar hymns and prayers offering a sense of solace and belonging. The supportive smiles from fellow parishioners replaced the judgmental stares.

"I feel good..," Ms. Grace declared, her voice stronger than it had been in months. "With God's grace and the support of this community, I will find a way. My dream of becoming an Evangelist may take a detour, but it won't be extinguished."

Today, Grace's story is one good examples of hope for countless young women facing similar challenges. It for sure a testament to the transformative power of faith, counseling, and the solid support of a community. Her resilience shines brightly, inspiring others to embrace change and move forward with courage, even in the face of adversity.

The work of the CPE Center and dedicated figures like Rev. Msangi continues to illuminate pathways for those lost in darkness, reminding us that hope can blossom even in the most unexpected places.

Saving a marriage

on the brink of collapse



ELCT - Central Diocese

Mr. and Mrs. Reginald's marriage was on the brink of collapse. After two years of marriage, what was once a happy union had turned into constant conflict. Despite having a son, the couple faced serious issues that threatened to tear them apart.

Mr. Reginald felt deeply disrespected by his wife. He claimed she insulted him in front of others and showed little regard for his parents and siblings. On the other hand, Mrs. Reginald felt mistreated by her husband's relatives and believed he always took their side. "We gave up on ourselves," Mr. Reginald admitted. "I kept wondering how we reached this point because we were so in love. It was frustrating living apart."

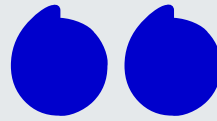
The turning point came when Rev. Reuben Ng'imba of Issuna Parish, ELCT Central Diocese, visited Mr. Reginald during a congregational visit. Despite the difficulty of discussing personal matters, Mr. Reginald felt that Rev. Ng'imba was the right person to confide in. "After listening to me, he asked if I wanted to work things out with my wife. That was my wish, so he arranged a meeting for us."

During their sessions with Rev. Ng'imba, the couple had the chance to express their feelings and grievances. They realized their misunderstandings stemmed from a lack of communication and both trying to prove they were right. "We saw how much we were losing by not working things out," said Mr. Reginald. "Meetings with Rev. Ng'imba have been a blessing to my family. I learned to see things from her perspective, and the chaplain helped her understand life from mine."

With the help of Rev. Ng'imba's counseling, the Reginalds' marriage transformed. They moved back in together, creating a peaceful and harmonious home. Mr. Reginald even managed to bridge the gap between his wife and his relatives. "My wife has changed a lot. She's loving and caring, and we are enjoying our marriage again."

This remarkable change was made possible by the skills and training Rev. Ng'imba received from the ELCT CPE Center. The center provides essential training on

Marriage couple counseling and pastoral care to church leaders and individuals from various denominations, religions, and civil organizations. This training



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enables chaplains like Rev. Ng'imba to make significant impacts in their communities.

The Church of Sweden's support has been crucial in this process. Their funding allows the CPE Center to continue its vital work, providing training and support to countless individuals. Thanks to this collaboration, marriages like the Reginalds' are saved, and families are restored.

The Reginalds' journey reminds us that no relationship is beyond repair when both parties are willing to work through their issues. With effective counseling and a commitment to understanding each other, they have demonstrated that love can triumph over adversity. Their story offers hope to other couples facing similar challenges, proving that with the right guidance, any marriage can be saved.

Mnadani Parish Integrates Sign Language In Sunday Services



Our church has taken a remarkable step. One that transcends mere words and resonates deeply within our souls.

ELCT – Dodoma Diocese

Mnadani Parish, part of the Evangelical Lutheran Church in Tanzania (ELCT) – Dodoma Diocese, has made a significant stride in promoting inclusivity by integrating sign language interpreters into their Sunday services. This initiative, which began in August 2023, reflects the church's deep commitment to serving all its members, including those with hearing impairments.

For many years, churches have been less accessible to individuals with hearing loss. Deaf members often find services uninteresting and feel excluded, attending only to satisfy family expectations. This exclusion has led to a lack of personal connection and community belonging among deaf congregants, stunting their spiritual growth.

Recognizing the challenge, Rev. Furaha Kinyunyū, trained at the Clinical Pastoral

Education (CPE) Center, met with the parish Elders' council. They agreed to introduce sign language interpretation during services at Mnadani Parish. Since then, sign language interpretation has become a regular feature, transforming the parish experience.

Mr. Isack, a deaf attendee, expressed his gratitude: "Our church has taken a remarkable step. One that transcends mere words and resonates deeply within our souls. We extend our sincerest appreciation to the church leadership for their unwavering commitment to inclusivity. May our church continue to be a sanctuary where every soul finds solace, where every voice spoken or signed is heard."

Since the implementation of this initiative, more than five deaf individuals have become regular attendees at Sunday services. This inclusion has allowed them to engage fully with their faith and community, illustrating the positive impact of inclusive practices.

Since the implementation of this initiative, more than five deaf individuals have become regular attendees at Sunday services.

Rev. Furaha Kinyunyu
CPE

Breaking Free

From Alcohol and Drug Abuse



ELCT - Northern Central Diocese

Meet Mr. Samuel. At 37 years old, he's finally broken free from a 21-year battle with alcohol, cigarettes, and drug addiction. Now, with two years of sobriety under his belt, his life has transformed. His wife and family trust him again. He attends church regularly. Although he's still searching for a job, he has several income-generating activities to provide for his family's needs.

Samuel's struggle began right after primary school in 2002. With the wrong crowd and easy access, he started smoking cigarettes and experimenting with various types of alcohol, including the notorious Gongo. Despite his addiction, he managed to finish university with a degree in Business Administration.

However, addiction took a toll on his career. Samuel lost over five great jobs due to his drinking. He even resorted to stealing from his workplace to fund his habit. On multiple occasions, he showed up to work drunk. One day, when faced with the ultimatum to choose between his job and alcohol, he chose alcohol and quit his job.

His addiction strained his relationships with his wife, family, and community. He spent every penny on alcohol and drugs, neglecting his family's needs. He avoided anyone who tried to counsel him, including his pastor and concerned relatives.

Everything changed in 2022, when Samuel's relatives introduced him to Evangelists Maliaki Barnabas and Loishiye Rise from the ELCT Northern Central Diocese. With compassion and persistence, the evangelists spoke to Samuel about his behavior and its impact on his relationship with God and his loved ones. After several sessions, Samuel felt a shift. He began to resent his addiction and decided to seek treatment at Kilimanjaro Recovery Home - Sober House.

Samuel spent three months in treatment. The staff and support group members treated him with the same love, care, and understanding that the evangelists had shown him. This support enabled him to leave his old life behind. Now two years sober, Samuel is grateful for his newfound freedom and the opportunity to rebuild his life and relationships.



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Overcoming Infidelity

A Journey of Restoring Trust and Rebuilding Love

ELCT - Pare Diocese

In a story that reads like the plot of a compelling drama, Upendo Maximilian opens up about her harrowing experience of betrayal and her inspiring journey to rebuild trust and love in her marriage.

Seven years ago, Upendo's world was turned upside down. Her husband, the man she thought she would

spend her life with, left her for another woman. This wasn't just any woman; it was a close friend who lived in their home. "She was like a younger sister to me," Upendo recalled, her voice tinged with a mix of disbelief and sorrow. "I confided in her about my marital problems, not knowing she would use that information to start an affair with my husband."

The betrayal was a gut-wrenching blow. Upendo

went from living a life of comfort and stability to facing financial and emotional ruin. "I used to live a good life, but all that changed when my husband decided to leave with her to Dar es Salaam," she explained. "They had a government marriage, and I was left with nothing."

Upendo's new reality was harsh. As a stay-at-home mom, she found herself struggling to support her



Rev. David Tendwa
CPE

children, unable to pay for basic needs and school fees. The psychological toll was immense. "I was at my lowest point, even contemplating ending my life," she admitted, her eyes welling up with tears. "But the thought of my children kept me going."

In the midst of this turmoil, Upendo sought solace and support from Rev. David Tendwa and Rev. Nahana Mjema of the Pare Diocese. The two pastors, trained in Clinical Pastoral Education (CPE), provided extensive counseling sessions and prayers, guiding Upendo through her darkest days. "There were times I wanted to give up, but Rev. Tendwa and Rev. Nahana kept reminding me of God's greatness and the hope that still existed," she said, her voice gaining strength with each word.

The journey to healing was neither quick nor easy. Upendo's days were filled with a series of counseling sessions that often dredged

up painful memories and emotions. "It was a challenging process filled with difficult conversations and moments of vulnerability," Upendo explained. "But each session brought me a step closer to healing."

Meanwhile, her husband's relationship with the other woman began to falter. He ended the affair and started attending counseling sessions, showing a genuine commitment to repairing their marriage. "He realized his mistake and began to put more effort into our sessions with the pastor," Upendo said. "Seeing his willingness to change and to make things right meant a lot to me." The road to reconciliation was not easy. Upendo and her husband had to have many tough conversations, facing the mistakes and pain they had caused each other.



There were times when I wasn't sure we could make it,' Upendo shared. 'But with God's

grace, and by staying committed to each other and trying to understand and support one another, we slowly began to heal and restore the love that had been hurt.

Patience and forgiveness became their guiding principles. Upendo learned to forgive her husband and, more importantly, to forgive herself for the pain she had endured. "It took time, patience, and forgiveness, but we've come out stronger on the other side," she said, her face glowing with a sense of peace and contentment.

Today, Upendo and her husband are living examples of the power of forgiveness and perseverance.

"We've found our love for each other again," Upendo said, her smile beaming. "With God's help, our marriage is now built on trust, respect, and mutual understanding."



Rev. Amani Michael
CPE

When Silence Breaks, Healing Begins

Rev. Amani's Role in Anastazia's Recovery

Anglican Church – Mt Kilimanjaro Diocese

Faith leaders are uniquely positioned to address sexual violence, balancing the complexity of their role with the potential to offer healing. Rev. Amani Michael (CPE) of St. Peter's Parish in the Mt. Kilimanjaro Diocese demonstrates how compassionate leadership can profoundly impact those in need.

One day, while shopping locally, Rev. Amani overheard two women discussing their friend's harrowing experience of sexual assault. Sensing the seriousness of the situation, he approached them, and they revealed that their friend had been raped by a college supervisor.

Driven by empathy, Rev. Amani reached out to Anastazia Stanislaus, a nineteen-year-old consumed by the fear of pregnancy and HIV/AIDS. Initially hesitant, Anastazia gradually opened up to Rev. Amani, finding comfort in his promise

of confidentiality.

Her silence had been enforced by her assailant's threats, leaving her paralyzed by the fear of societal judgment and further harm. But Rev. Amani's support became a turning point for her.



When I first spoke to Anastazia, she was deeply traumatized," Rev. Amani shared. "I assured her that she wasn't alone and that we would support her every step of the way.

With Rev. Amani's encouragement, Anastazia visited KCMC Hospital and was directed to the Child-Centered

Family Care Clinic. It was one of the most difficult decisions she'd ever had to make, but the encouragement gave her the courage to face it.

Rev. Amani's commitment didn't end there. He involved Community Development Officers to initiate justice proceedings and continued providing counseling, helping Anastazia rebuild her confidence and reclaim her life.

"Unfortunately, many victims suffer in silence," Rev. Amani observed. "We need to create an environment where they feel safe to come forward and seek help."

All too often, victims are familiar with their perpetrators, which creates a web of fear, shame, and economic dependency that silences them. Despite growing awareness of human rights, this violence persists as a disturbing reality.



Rev. Amani's selfless intervention is one good example of hope in this challenging landscape. Faith leaders hold a unique position of trust in the community. Their involvement can transform lives, offering support where it's needed most. Rev. Amani remarked.

The fight against sexual violence is ongoing, and compassionate leaders like Rev. Amani are essential in making a difference. As communities confront these issues, the need for trained, empathetic leaders becomes increasingly evident.

Sabrina Rises from the Ashes of Addiction



ELCT - East Coast Diocese

Can someone trapped in the darkest depths of addiction ever find their way back to a better life? Sabrina's story shows us that it's possible. Once consumed by heroin, she found herself caught in a cycle of crime and despair. The idea of being a mother and a symbol of hope seemed impossible. But even in the chaos, a small spark of hope appeared. Through a tough journey of recovery, Sabrina slowly rebuilt her life. Today, she's an inspiration, proving that even the hardest battles can be won.

Sabrina's life was once empty and broken, torn apart by her heroin addiction. She grew up in a chaotic home where neglect and abuse were common. To escape, she turned to drugs, thinking they would help her feel better. By her early teens, heroin had taken over her life. Addiction quickly pulled her into a dark world. To support her habit, she turned to crime and eventually faced the horrors of prostitution. A brutal attack left her with physical scars, but the emotional wounds from her addiction ran even deeper.

Amidst this turmoil, Sabrina became a mother. The guilt and shame of not being able to provide a stable home for her children haunted her. Each day was a struggle to fight withdrawal symptoms, and she couldn't focus on anything beyond her next fix. "I felt like a ghost in my own life," she admits, her voice a mix of sadness and strength.

In 2018, Sabrina's turning point came when she entered a methadone treatment program at

Mwananyamala Hospital. The program helped her replace her heroin dependence with methadone, giving her a chance at stability. But recovery wasn't easy. She battled cravings, triggers, and the heavy burden of her past.

During this vulnerable time, Sabrina met Evangelist Yuri Yambazi. With kindness and without judgment, Ev. Yuri helped her peel away the layers of despair. Their sessions became a safe space where she could explore her feelings, face her fears, and rediscover her faith. "Ev. Yuri helped me see that I was more than just an addict," she recalls. "He showed me that I had the strength to rebuild my life."

With Ev. Yuri's guidance and the support of the methadone program, Sabrina started a journey of self-discovery. She joined a support group, connecting with others who understood her struggles. Slowly, she began to reclaim her life. Her relationship with her children, once distant, started to heal, offering hope for a brighter future.

"Addiction is lonely and isolating," she says. "But it's important to remember that you're not alone. There is help, and it's possible to come out of the darkness with faith, support, and determination."



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