

June
2025

KEEPING UP WITH KENYA

Monthly Newsletter

WHAT IS GOD TEACHING US?

Rachel

I have spent time in 1 Kings, 2 Chronicles, Song of Solomon, Psalms, Proverbs, and Ecclesiastes. Some of these books have reminded me just how sinful God's people were as they turned to evil one generation after another. It is a good reminder for me to turn to God instead of evil. This season of sickness has had me asking "why me" a lot. I was reminded through the Psalms that God is good and His plan is good. My prayer is that I will continue to praise God through this season and be grateful for salvation.



"I will praise the Lord as long as I live; I will sing praises to my God while I have my being." ~Psalm 146:2

Caleb

Like Rachel, I've been reading through the Old Testament history and wisdom books, including Psalms and Proverbs. I've especially enjoyed learning more about David and Solomon—their lives reveal both God's faithfulness and our deep need for a greater, perfect King, which points us to Jesus. The wisdom books have been a rich guide for godly living, and they continually remind me that true wisdom is ultimately found in Christ, who gives life meaning, satisfies the soul, and loves His people with a faithful, covenant love.

"The fear of the Lord is the beginning of wisdom, and the knowledge of the Holy One is insight." - Proverbs 9:10



WEST NAIROBI SCHOOL

We had the privilege of serving as Advisors at the pre-field training for our organization, NICS (Network of International Christian Schools), known as IMPACT. This week-long training equips incoming staff to live on mission and teach overseas. This year, 76 participants attended, preparing to serve at 14 different schools around the world. It was such a joy to connect with people from many nations and witness the excitement of teachers just beginning their journey.

Our specific role was to mentor the three couples pictured below who were preparing to enter the field. Each couple is headed to a different school, all located in various countries across Asia. It was a true blessing to walk alongside them during this formative time and to be part of what God is doing in and through their lives. We also got to recreate our photo from the IMPACT we attended 2 years ago as participants.

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MERCY Nairobi



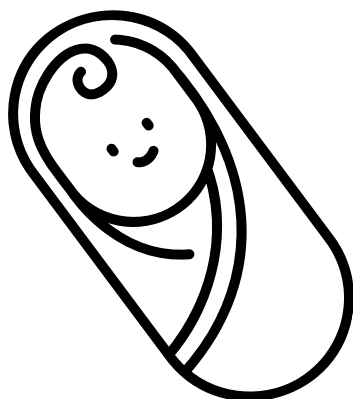
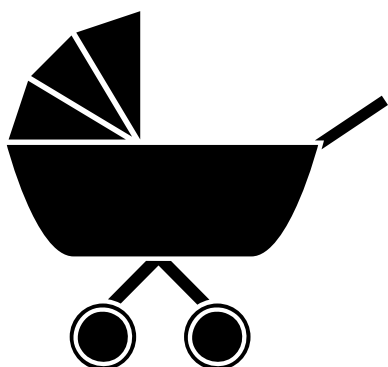
On June 8, 2025, we joyfully celebrated the second anniversary of our church! Over 300 people attended the service, and we are humbled to share that we've officially outgrown our current space—praise God! We've now moved to two service times to make room for continued growth. It's truly incredible to witness all that the Lord has done in just two years. Our earlier service is currently smaller in attendance, so we ask for your prayers—that God would fill every seat and bring about a gospel awakening in the city of Nairobi.

We were also blessed to send out our second short-term mission team from the church, this time to Tanzania. During the trip, our team served in a variety of ways: cooking meals, building benches for a local church (so people no longer had to sit on stones during services), showing the Jesus Film and sharing the gospel, and leading a vibrant VBS for the children. We thank God for the opportunity to be His hands and feet beyond our city!

MERCY *house*

June was a full and beautiful month at Mercy House, overflowing with God's blessings. At the beginning of the month, one of the residents gave birth to a healthy baby. It was a joy to see her receive the care and support she needed for a safe delivery and a strong start to postpartum recovery. What a blessing to witness this ministry continue to serve mothers with such love and excellence.

Midway through the month, another precious newborn joined the Mercy House family. This story clearly shows God's providence. Mercy House welcomed a mother who was pregnant and caring for her 1.5-year-old daughter. She moved in one afternoon, and just hours later—at 3:30 a.m.—she gave birth to a healthy baby girl. She was less than 24 hours away from having her baby on the streets, but God made a way for her to deliver in a safe, loving environment. We are so grateful for the incredible work the Lord is doing through Mercy House!



PERSONAL UPDATE

Our month—and the start of our summer break—began unexpectedly with a short hospital stay for Rachel. She contracted a highly contagious virus that led to severe dehydration, requiring medical attention. Thankfully, the local hospital is modern and well-equipped. Rachel received the care needed and was able to return home after being rehydrated with five IV bags. We're incredibly grateful for her quick recovery.

Just two days after fully recovering from her previous illness, Rachel contracted another virus and has been recovering from it for over two weeks. Unfortunately, we had to travel during the worst part—when she was dealing with fever, weakness, unsteadiness, coughing, and a sore throat. But we're so thankful that God answered our prayers: her fever broke while we were in the Nairobi airport, and she steadily improved with each leg of the journey rather than getting worse. She's still battling a lingering cough, but we're grateful for the healing that's already come.

Caleb continues to face challenges with his research trips to the National Archives. Ongoing protests in the city have limited the days the archives are open, and securing the proper support and access once there remains difficult. Despite these setbacks, he's persevering and making the most of every opportunity he gets to work on his dissertation. We are grateful that the area we live in is safe from the protests and we can monitor when it is safe for Caleb to be in Nairobi.





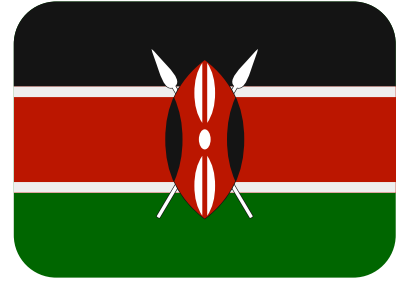
In the midst of everything, we were thankful for a refreshing break outdoors. Some friends recommended a local spring as a peaceful getaway, and we decided to check it out. We went on a weekday and were pleasantly surprised to find the place completely empty. It was a perfect spot to rest, enjoy nature, and recharge.

We also had the joy of celebrating Amali's very first birthday! It's amazing to think that our precious goddaughter is already one year old—how time flies! We feel incredibly blessed to be a part of her life and to walk alongside Sean and Yvonne as they lovingly raise her. Watching Amali grow and flourish has been such a gift, and we are grateful for the opportunity to support and encourage this family on their journey of faith and parenthood.



Darden Support Raising

We're officially a one-income household—one step closer to Caleb finishing his PhD! If the Lord lays it on your heart to join our monthly support team or give a one-time



gift, we would be so thankful. We've recently encountered some unexpected medical expenses. While our insurance covers international healthcare well, it does not extend to care in the U.S. Still, it was important for Rachel to see a rheumatologist and receive a second opinion on her autoimmune condition. We're trusting God's provision in this season. Please see the instructions below if you feel led to give.

Donations can be made with the following steps:

1. Go to www.nics.org/donate.
2. Choose the amount you'd like to donate and select "One Time" or "Monthly"
3. For the "Designation" box, choose "School Projects."
4. A comment box will pop up that says "Staff Name or Project Number." Type in "Caleb and Rachel Darden-Project #004425".
5. Complete the billing and payment information. You can use either a debit/credit card or a checking account.
6. Check "I'm not a robot."
7. Select "Review." If any information is incomplete or missing, it will not go to the next page. Make sure to go back to the top of the form and correct any incomplete/missing data.
8. Review the donation and choose "Donate."

PRAYER REQUESTS

Rachel

- Continued prayers for health (working with a US rheumatologist for a second opinion)
- Wisdom as I navigate some curriculum changes next school year
- Pray for the country of Kenya as protests are happening nationwide. Pray for peace and positive unity.

Caleb

- Opportunities to safely spend time at the archives
- Endurance and perseverance to write the dissertation
- Opportunities to share the Gospel with the adults I regularly encounter at the archives.

West Nairobi School

- New incoming staff as they say goodbyes and prepare to move overseas
- There are still multiple positions open for the 2025-2026 school year. Please pray that God will provide the right people to fill these positions.

Mercy Nairobi Church & Mercy House

- Continued prayers for church growth and a gospel awakening in the city of Nairobi that goes to the ends of the earth
- Pray for the two moms and newborns at MH as they get adjusted