

November
2025

KEEPING UP WITH KENYA

Monthly Newsletter
dardenmissions.com



WHAT IS GOD TEACHING US?

Rachel

This month I have read through the Gospels of Matthew, Mark, Luke, and John. I have also been watching The Bible Project videos that give a summary of each book. These videos mention multiple times how Jesus' kingdom is an Upside Down Kingdom. Jesus' example in each of these books have reminded me to serve others with humility. I am continuing to pray for God to remove my selfishness and pride and replace them with serving others and humility.



“For everyone who exalts himself will be humbled, and the one who humbles himself will be exalted.” Luke 14:11

Caleb

This month, our reading plan has taken us through the Gospels and into Acts, and it ended up being the perfect way to prepare for Thanksgiving. As I read, I was reminded again how thankful I am for Christ's life, death, burial, and resurrection, making away for us to be reconciled to Him (John 11:25). Acts has also reminded me of the Great Commission and what a privilege it is to be part of God's work in Kenya and in the United States (Acts 1:8). This month's readings have shown me just how much I have to be thankful for in God's grace, His inclusion, and His calling.

“Go, therefore, and make disciples of all nations, baptizing them in the name of the Father and of the Son and of the Holy Spirit, teaching them to observe everything I have commanded you. And remember, I am with you always, to the end of the age.” Matthew 28:19–20



WEST NAIROBI SCHOOL

We wanted to take a moment to share a more in-depth update about what the past few weeks have looked like for us and what lies ahead. After a great deal of prayer, discussion, and seeking counsel, we have made the decision to move back to the United States at the end of this school year. This has not been an easy choice, as Kenya has become home in so many ways, and our time here has deeply shaped us. Still, we believe that this transition is the right next step for our family, and we are trusting the Lord to lead us as we prepare for reentry and whatever comes next.

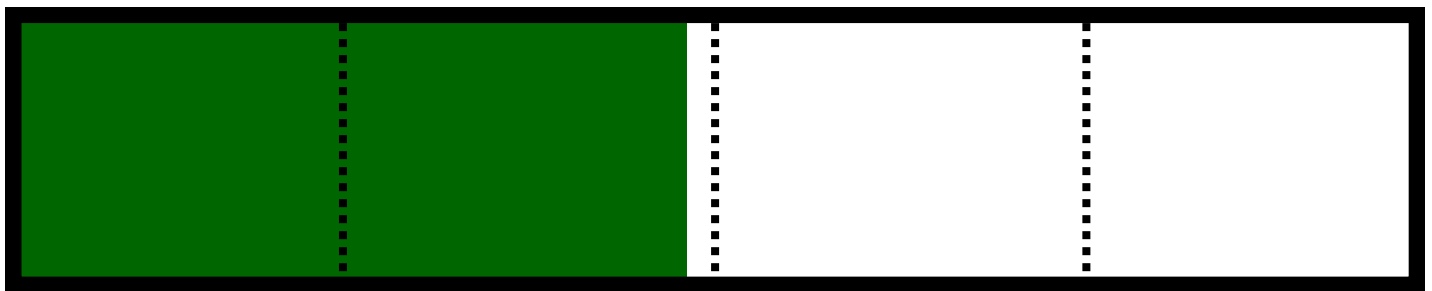
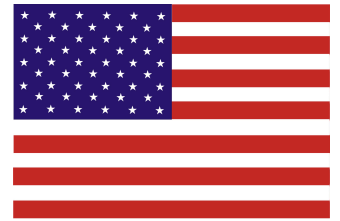
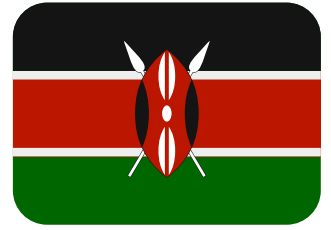
This past month was also Elementary Spiritual Emphasis Week at school. Although we were unable to be there for most of it, Rachel had been part of the planning team leading up to the event, and it was encouraging to hear how well the week went. The theme of the week was Love in Action. Students learned first about the love Jesus has for them by dying on the cross for their sins so they can be reconciled to God. The next day, the students learned how to love others because Christ first loved them. They learned about different nations and prayed for unreached people groups. On the last day they learned how to serve in love. Students were encouraged to find ways to serve their families, friends, teachers, and community members to share the love of Christ.

The Rhino Stampeded also happened this month. It is a 1K and 5K event where families and community members come together. This year the proceeds went to providing 100 backpacks of school supplies to one of our sister schools. Unfortunately, we have missed this race all 3 years due to Rachel's health.



Darden Re-entry Support Raising Progress

Our current goal is to reach \$65,000 through one time and monthly gifts. The money will go towards many practical needs (used cars, clothes, debrief retreat, and more) as we transition back to America. The chart below represents the progress towards this goal.



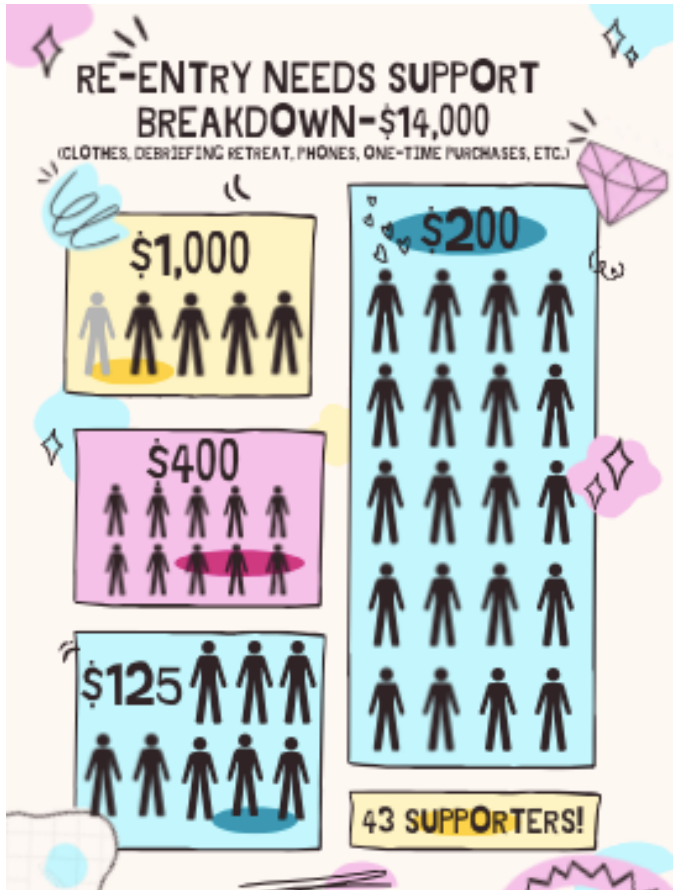
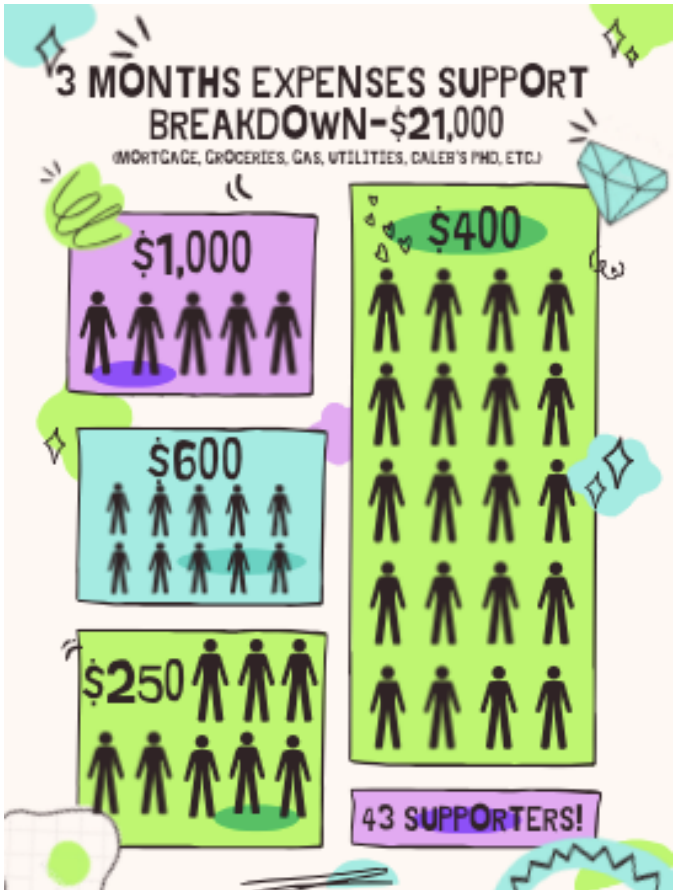
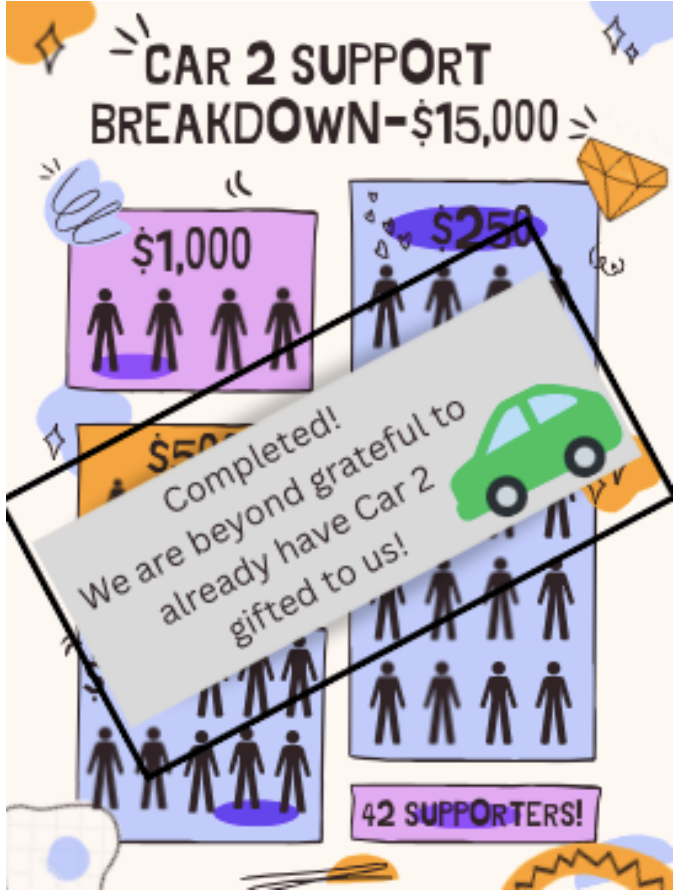
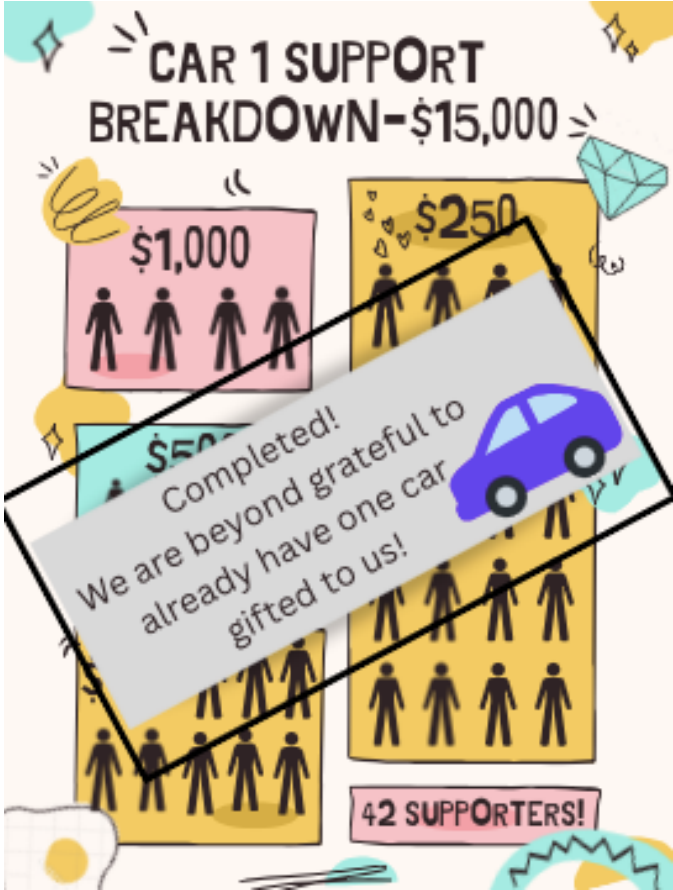
Start \$16,000 \$32,000 \$48,000 \$65,000

Tax-deductible 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."
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."

Donations can also be made via Venmo: @cdarden0

WOW! We are humbled and in awe of the ways God is already working. We started our re-entry support raising a week ago and God has already provided 2 vehicles for us which nearly covers half of our financial needs for re-entry. Praise God for continuing to confirm His plan in our next steps.



PERSONAL UPDATE



This month has been one of our most challenging months during our time in Kenya but we are beyond grateful for the community that has loved us and kept us fed during this month. On November 1, Rachel woke up with severe back pain. She thought maybe she just slept wrong and it would go away in a few days. That was not the case. She continued to work for the first two weeks of the month but the pain just continued to grow.

Changing positions (ex. sitting to standing) became more painful and slower. She started to feel the pain moving down the back of her leg and that's when she knew it was disc related. She was also needing to eat all of her meals standing up because sitting was too painful. She had experienced this severe back and leg pain almost 8 years prior and remembered it being a long and painful road to recovery.

After the first full week of pain, she went to physiotherapy. Walking had become painful and she even shed tears while using the stairs. It was time to get outside help. However, after 3 physiotherapy sessions it seemed to be continuing to get worse. She visited her general practitioner and he immediately ordered an MRI. He originally wrote her out for 5 days of work. A few days later we received the MRI results and reviewed them with the doctor.

There were 2 discs with minor issues and 1 disc with a moderate bulge. This was the cause of all the pain as it was pushing on the nerve. It is the same disc that she had trouble with many years ago. The doctor wrote Rachel out of work for a month. That was hard! And he ordered her to start hydrotherapy. The hydrotherapy is helping with recovery. Now that it is the end of the month, there is progress showing. Most of the pain has left my calf and hamstring. Now we are working on removing the pain from my glute and lower back. Please continue to pray for success through hydrotherapy and rest.

PRAYER REQUESTS

Rachel

- Full recovery of my back (no nerve pain, strengthening the core, and improving flexibility)
- Good health: protection from sickness (the mask is helping a lot)
- Staying present and finishing next semester well with my kiddos

Caleb

- Finish the school year strong with my students
- Communication with the South African National Archive would be successful, as my multiple emails have not yet received a reply

West Nairobi School

- With WNS having so many students coming and going we are praying for Gospel centered conversations
- There are 16 positions open for next year.
Praise: 4 positions have been filled
Pray: for the remaining 12 positions

Re-entry Prayer Requests

- Support Raising (praise that God has already provided 25% of our needs)
- Balance of staying present and planning well for the transition
- prepping and selling everything