

Feb./Mar.
2026

KEEPING UP WITH KENYA

Monthly Newsletter

dardenmissions.com

WHAT IS GOD TEACHING US?

Rachel

I've been reading through Acts and James. Both of these books have been speaking to me about suffering. I have been reminded that trials are a part of the Christian walk. James has reminded me that suffering is part of the sanctification process. I can choose to complain through the hard, or I can lean into Jesus, find joy in my circumstances, and look for how God is shaping me to be like Christ.



“Consider it a great joy, my brothers and sisters, whenever you experience various trials, because you know that the testing of your faith produces endurance. And let endurance have its full effect, so that you may be mature and complete, lacking nothing.” James 1:2-4

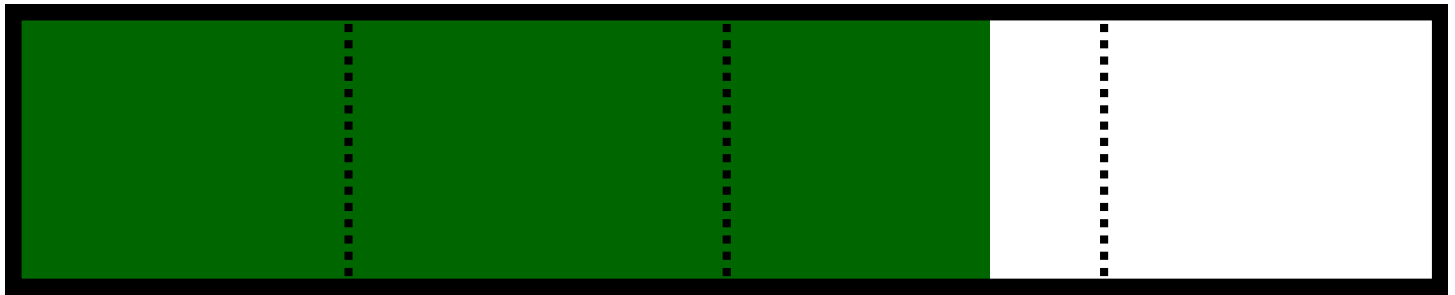
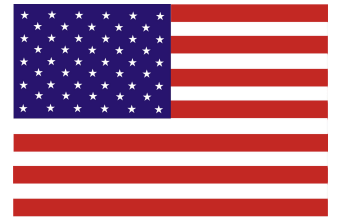
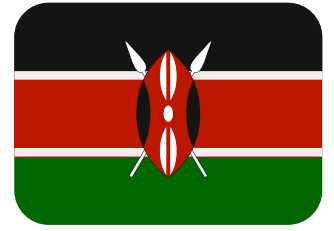
Caleb

Over the past few months, I have read through 1 Thessalonians, Acts, and Galatians as part of our New Testament reading plan. Through these readings, God has been teaching me to rely on Him more and more. Even in the busyness of transitioning back to the United States—a much bigger undertaking than I ever expected—He has remained faithful. As I mentioned in our “Personal Update,” God has truly taken care of us and continues to reveal Himself time and time again. His love has been so evident that I’ve had to keep a list just to remember all the ways He has shown His care for us.

Acts 20:24: “I consider my life worth nothing to me; my only aim is to finish the race and complete the task the Lord Jesus has given me—the task of testifying to the good news of God's grace.”

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 (\$43,417-66%) towards this goal.

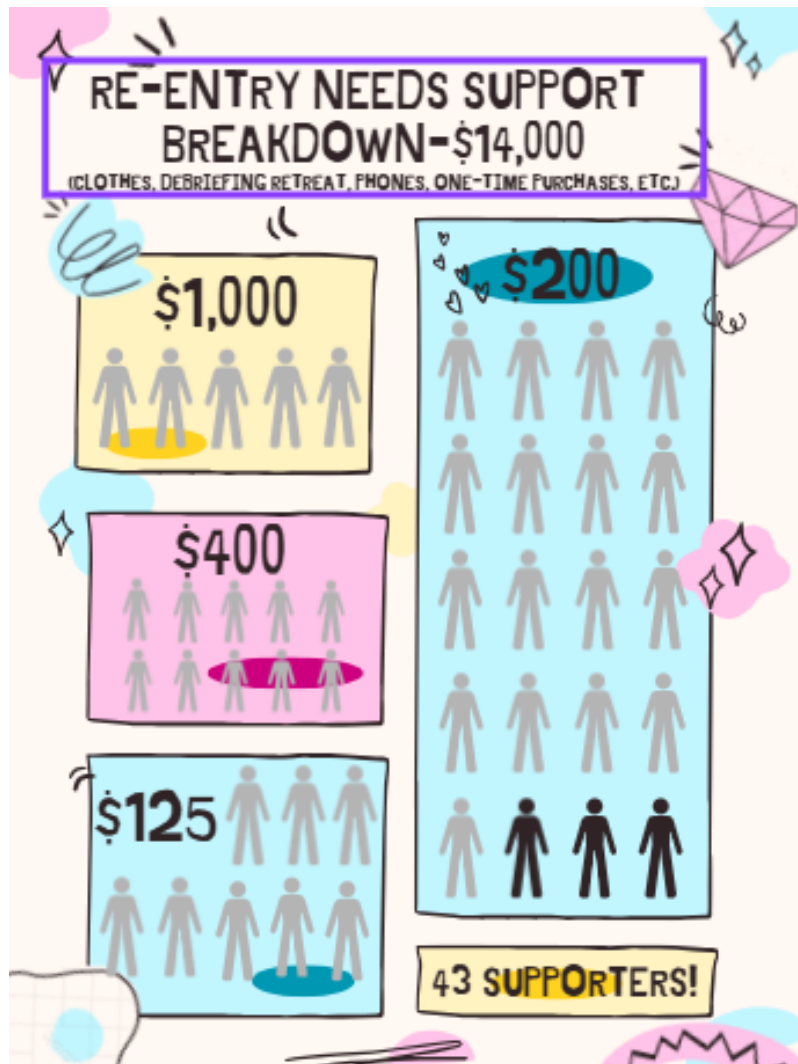


Start \$16,000 \$32,000 \$48,000 \$65,000

Tax-deductible donations can be made with the following steps:

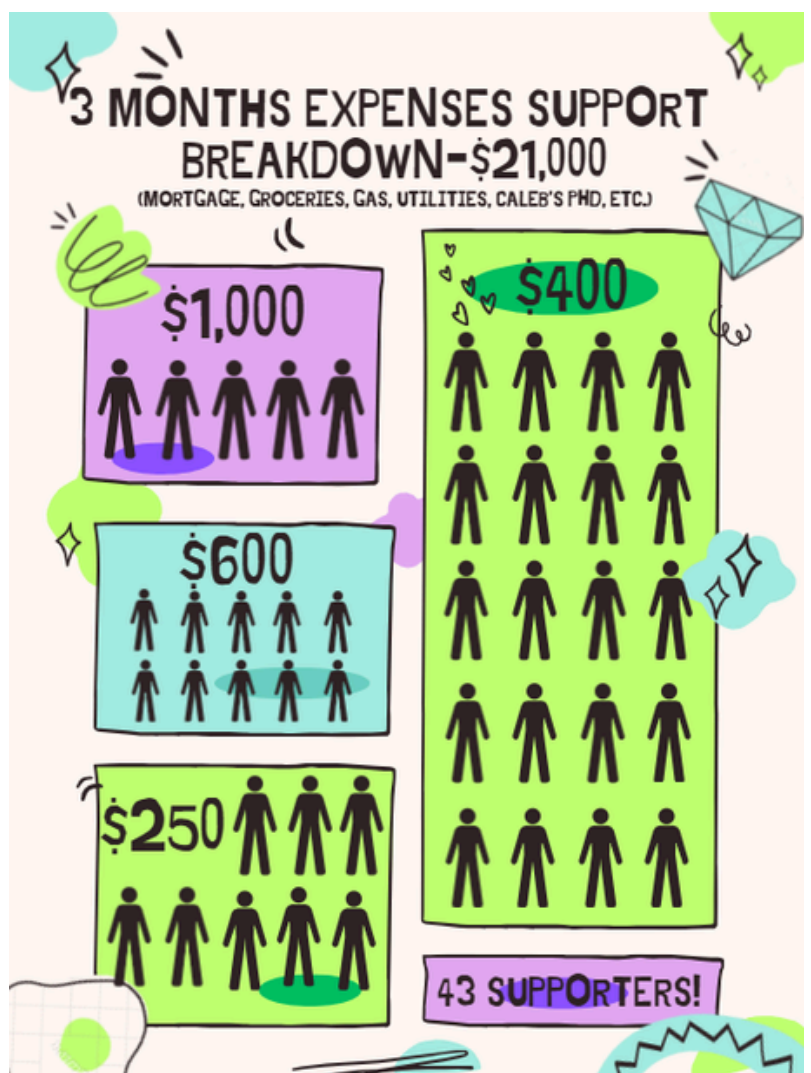
1. Go to www.nics.org/donate.
2. Choose the amount you'd like to donate and select "One Time."
3. For the "Designation" box, choose "School Projects."
4. A comment box will pop up that says "Staff Name or Project Number." Type in "Caleb and Rachel Darden-Project #004425".
5. Complete the billing and 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



We are just \$583 away from reaching our third goal focused on re-entry needs. Every step forward brings us closer to a fresh start, and we're especially looking forward to the day we can purchase new clothes to expand our currently limited wardrobes. Your support helps make that moment possible.

Once we reach our third goal, we will move on to our fourth and final step. God has faithfully provided for us in this current season of transition, and we are deeply grateful. As we've begun settling into life here, we've become more aware of the cost of utilities and groceries. Reaching this final goal will help equip us for the time when we are fully independent and on our own again. Your support is helping us prepare for a stable and sustainable future.



PERSONAL UPDATE

We have been looking for God's blessings and confirmations during this season of abrupt transition. One of those blessings was that we were home for one of the biggest snows in a decade. It was so beautiful and we enjoyed many bowls of snow cream since I was still too injured to play in the snow.



Rachel is continuing to make progress with her injury. There is still numbness and weakness in her right foot/leg but both of those areas are improving. It's hard to believe that 3 months ago she was unable to walk and now she is able to do physical therapy and some exercises at the gym. Physical therapy has been two times a week for the past three months but is going down to once a week in April! The chiropractor has also moved her from once a week to every other week. Lastly, the doctor has officially said she does not need another injection and has cancelled surgery! Surgery was the one thing Rachel really didn't want to do. She is happy to know that all her hard work with the physical therapist, chiropractor, and personal trainer have helped her body make progress without surgery.

In the middle of February, God gave us a peace that it was time to close this chapter in Kenya. So, for the last two weeks of February, Caleb headed back to Kenya by himself to pack up and sell our belongings. This was a challenging time for both of us since we had to do even more long distance (we thought we were done with that). It also meant that Caleb had to pack up everything alone (including Rachel's classroom) and Rachel had to say a lot of goodbyes through text and facetime. But God...He took such great care of us! This season was a good reminder of the community we have in Kenya. So many people helped Caleb get our for sale list to others, pack up the apartment, take him to dinner, give him somewhere to stay once the bed was sold, and so much more!

While this season has been hard and we have had many questions, one thing we know for sure is that this is God's good plan! Here are some of the ways we have seen God show up through it all:

- WNS was able to hire replacements to finish the school year for both of us.
- The car and 85% of our belongings were sold in less than two weeks.
- There was a short-term team that was able to bring back 9 filled bags.
- God prompted us to move away from Qatar airlines and purchase British.
- The list continues on and on. God is so good!



PRAYER REQUESTS

Rachel

- Praise God for steady progress with healing
- Continue praying for complete and total healing
- Pray for wisdom to find the balance of resting and doing

Caleb

- Getting back into the groove of working on PhD work
- Praise God for a job!

West Nairobi School

- Pray for outgoing staff as they prepare to make a transition
- There are many open positions. Pray for leadership as they interview and for the right candidate to come along for each position.

Mercy Nairobi Church & Mercy House

- MH: Praise they have a new house to live in with more capacity
- MNC: Pray for wisdom as leadership continues to pour into the residents and look for church elders