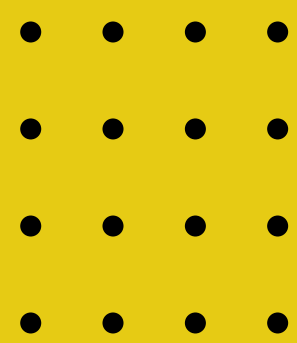




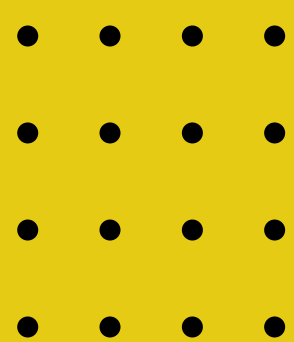
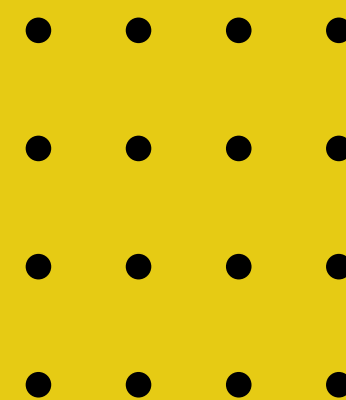
LESSONS LEARNT FROM MY DAD MREFU AS WE CELEBRATE 11TH YEAR ANNIVERSARY SINCE HE LEFT US TO BE WITH GOD



1. Love God first
2. Love your family and relatives
3. Love your community
4. Love your children unconditionally and accept them with their strengths and weaknesses
5. Never hold a grudge with someone
6. Appreciate people and say thank you if they help you
7. Do things that make your heart happy
8. Growing up, I was very lazy. He always advised me to work hard in school. Otherwise, if I did not work hard, he could see me suffering in the future but still offered to help me if I had any misfortunes or if I was faced with challenges in life. This advice humbled me and worked so hard knowing brighter days were ahead if only I worked hard.
9. Pay yourself first by eating good food and surrounding yourself with things that matter to your life
10. Help help someone in need if God blesses you with material things



LESSONS LEARNT FROM MY DAD MREFU



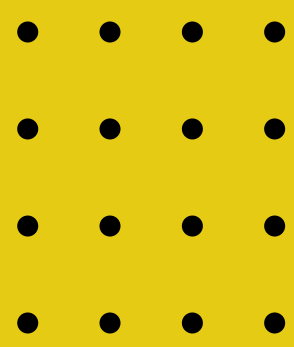
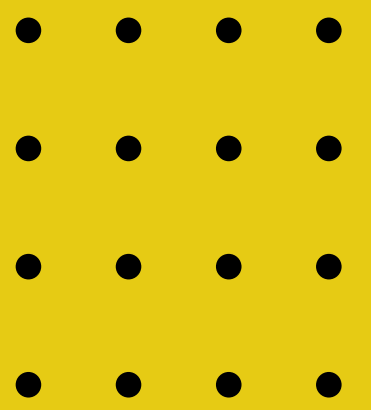
1 remember my dad during vacations, he would buy blankets and match boxes for senior citizens in our Koloo Community. He believed senior citizens needed to be warm during their late years. I remember mzee Okongo Odeka. Whenever he saw my dad, he would laugh so loud. He was bedridden, and he did not have any successful children who would take care of him. My dad always reassured him and always offered assistance

12. Before his death, He told me the only countries he would love to visit were the USA and Britain. My dad visited the USA in 2008 en route via Britain to fulfill his dream of seeing the USA and Britain. He loved the USA and always bragged that the people of USA have made their country beautiful, very organized, and clean.

He was happy he visited America when Obama was sworn in as the first Black President. He visited the White House in Washington DC, USA. While in Pennsylvania, my dad and my mum went to this church every Sunday, but they did not understand English. Both of them would say " I wish I knew English so that I could carry conversations with Americans.



LESSONS LEARNT FROM MY DAD MREFU



12. While living with me in Willowbrook, my parents saw that I was working two jobs and with children.

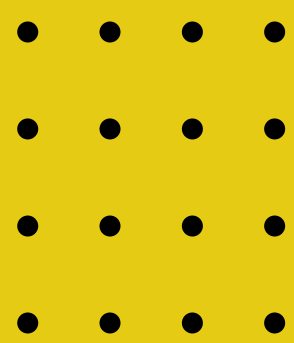
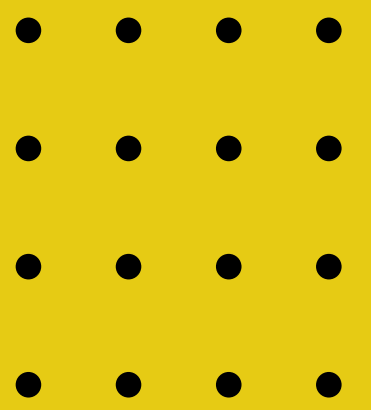
He asked me this question: " How did you make it with young children when you came to America?"

I replied that Americans from different races helped me. He told me to call the people who had helped me so that they could say thank you. I told him many people had helped me from different states. He told me to call the ones who were close by.

I held a get-together party and invited people that my parents would like to say thank you for helping their daughter,son in law and grandchildren. Many people came, and my dad and mother thanked Americans for their generosity.



LESSONS LEARNT FROM MY DAD MREFU



**13. My dad suffered a mild heart attack while walking at the Westglen forest reserve and was rushed to the hospital. **

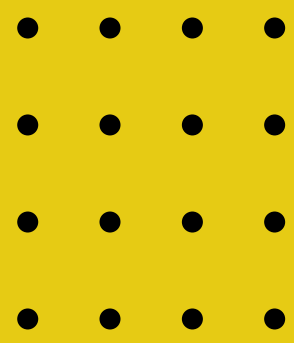
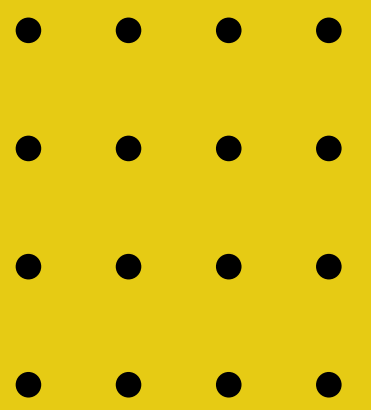
He told me that in his entire life, he had not seen the medical equipment he saw in the hospital. He was impressed by the care he received at Hinsdale Adventist Hospital.

The doctors, nurses, and entire workers were great and treated him with respect and dignity. My parents were forever grateful to Hinsdale hospital.

The hospital made him discover he had many health conditions he was not aware of.



LESSONS LEARNT FROM MY DAD MREFU



14. Last but not least. My dad always told me that he loved me. I challenged him and asked him to tell me why he loved me.

His reply was, " You love people, my daughter". I replied I copied it from you." He laughed so hard and into stitches.

RIP in peace Mrefu till we meet again at Jesus feet. I know for sure you are resting peacefully, surrounded by angels, full of light and grace. You are missed by family, relatives, and community.

"It is well with my soul"

**Written by
Roseline Okendo**