

In LOVING
MEMORY
of



Dr. Edith Wanjiku Kwobah

27th Feb, 1982 ~ 22nd Mar 2024

Funeral Programme

FRIDAY 29TH MARCH, 2024

- 8.00 am Cortège leaves MTRH farewell home
9.00 am Stop over at home Racecourse (Family)
11.15 am Church Service at AIC Fellowship Eldoret

Church Service Program, Friday 29th March

- 11.15 am Praise and worship and prayer
11.30 am Speeches:
12.45 pm Eulogy
1.00 pm Sermon
1.30 pm Hymn and Prayer
1.35 pm Vote of thanks
1.40 pm Viewing of the body and departure.
2.00 pm Procession to Kitale for an evening service and overnight stay.

SATURDAY 30TH MARCH

- 9.30am Church Prayer & Procession to the Venue
10.15am Prayer and Welcome Remarks
10.20am Choir
10.30am-1.00pm Speeches
1.00- 1.15pm Eulogy
1.15 - 2.15pm Sermon/Prayer
2:15-2:30pm Vote of thanks
2.30pm-3.00pm Procession to burial rites.
3.00pm Departure.

Hymns

1. It Is Well with My Soul
2. Mwamba wenye imara
3. What a friend we have in Jesus



Eulogy

Early Life

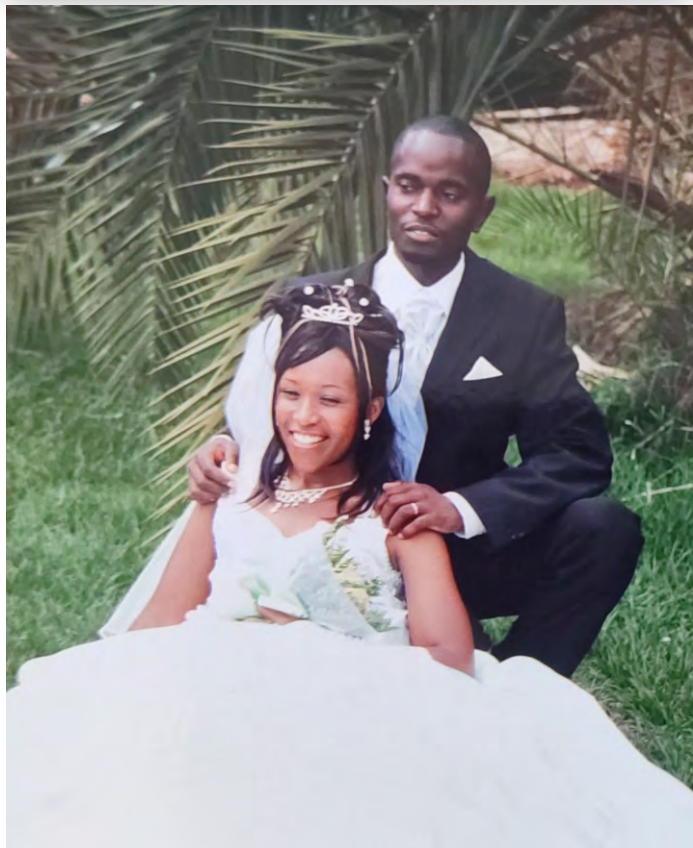
The late Edith Wanjiku Kwobah was born on 27th February, 1982 in Ndeiya, Limuru. She was the fourth born child to Nelson Kamaru Karanja and Elizabeth Wanjiku Kamaru. She was sister to Beatrice Wangui, Paul Karanja, Teresiah Mumbi, Rose Wambui, Mary Nduta and John Muhinga.

Education

Edith started her education at PCEA Mirithu Primary School in 1989 where she completed KCPE in 1996. She joined Loreto High School Limuru in 1997 and completed her KCSE in 2000. She later joined the University of Nairobi to pursue her Bachelors Degree in Medicine and Surgery (MBChB) in 2002, graduating in 2007. She attained a master of Medicine in Psychiatry from the University of Nairobi 2013. She enrolled for a PhD program at the University of Cape town in 2016 and graduated in 2021. She later pursued a postgraduate diploma in community Psychiatry from UCT which she completed in December 2023, despite her illness

Marriage and Family

Edith met Charles in Medical School in 2002. They were classmates and fell hopelessly in love, culminating in their wedding in 2009 in Thika. Their union was blessed with 3 children (Elsie, Jasmine and Berakah). She was also a foster mother to Kiprono and Baby Kwobah. She was a mother, sister and wife committed to the wellness of her entire extended family. Through her, family ties were strengthened and many family members supported.





Work

Edith started work as a Medical officer Intern at Thika level 5 Hospital in 2008. She then served as resident Medical Officer in Mary Help of the Sick Mission Hospital in Thika (2009-2010) before proceeding for her master's degree. She was the Chief resident, department of psychiatry, University of Nairobi (2012-2013). After attaining her Master's degree, she was posted to Kakamega County Referral Hospital as a Psychiatrist in 2013. She later joined MTRH in 2014 as a senior Medical Specialist and served as the HOD, department of Psychiatry between 2014 and 2023. She rose to become the director, directorate of Mental Health and Rehabilitative services in 2023 where she worked until her untimely demise.

Edith loved research and she participated in research within the AMPATH consortium where she served as the deputy Executive Director, Research. She was the vice chair, Institutional Ethics and Research Committee of Moi University and MTRH. She was also an Honorary Lecturer, department of mental health, Moi University School of Medicine and a part time lecturer, Kabarak University.

Within her professional circles, she served on the Kenya Psychiatrists Association (KPA) National Executive Committee, as chair of the sub-committee on education and research; Secretary, Kenya medical Association (KMA), Eldoret Division; National coordinator, KMA Physician wellness committee; Deputy Vice Chair, East African Young Psychiatrists and Trainees Association

Nationally, she served as a member of the Kenya Mental Health Board

She will be remembered for her great passion for mental health and the transformative touch she brought to the roles she held. She conceived the idea and pioneered the construction of the Nawiri transition home (first of its kind in Kenya) to serve as a link between the hospital and the community. This was feted by KPA as among the most outstanding achievements in Psychiatry in Kenya in 2023

1 Corinthians 15:57 NIV

But thanks be to God! He gives us the victory through our Lord Jesus Christ.

Religion

Edith was a devout Christian. She served God diligently throughout her life. She completed the Pathway discipleship program and was baptized at the Mamlaka Hill Chapel in Nairobi. Until her rest, she worshipped at AIC fellowship Eldoret, where she served in various ministries including the women Ministry. She was the secretary of Christian Medical Fellowship (CMF) Eldoret; member, Christian Medical and Dentist Association (CMDA) Kenya. She also supported activities of the Christian Union at the College of Health Sciences, Moi University. Despite her pain and tribulations, Edith held steadfastly on to her faith in God until the day she rested.

Community service

Edith was passionate about mental health and was keen to support and empower individuals from all walks of life. She was an active member of the Racecourse women's group and regularly participated in community activities to uplift the less fortunate members of the society. She empowered the youth through numerous mental wellness talks that she gave to schools and colleges. She was involved in mental wellness



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programs for the Police service, Prison service and had initiated a mental wellness program targeting athletes.

Sickness and Death

Edith enjoyed good health most of her life. Her illness started abruptly while attending a medical conference in Kisumu on 7th September 2023. She complained of double vision, which was later followed by headaches. Although initial tests did not reveal the cause of the symptoms, further tests performed at Agakhan Hospital in Nairobi revealed that she had advanced lung cancer that had already spread to her brain and bones. She underwent specialized treatment at Agakhan Hospital Nairobi (Immunotherapy and chemotherapy); stereotactic radiosurgery at MP-Shah hospital; radiotherapy at Eldoret Hospital and In-Patient Care at St. Lukes hospital Eldoret. Edith fought bravely and bore her pain stoically with so much grace. She encouraged many who visited her instead of them encouraging her.

A week before she rested, she was able to go to work to serve humanity one last time. She received her last dose of chemotherapy on Tuesday 19th March 2024 in Agakhan, in the company of her husband, parents, sister and friends. She was in good spirits and continued to show a positive attitude that was always her drive. She came back to Eldoret the following day but was taken seriously ill on the morning of Thursday 21st March 2024. She was rushed to St. Luke's Hospital where she breathed her last on Friday 22nd March 2024 at 10AM. We mourn the painful loss of such a young, talented and spirited individual. We take courage in the knowledge that she is resting in peace in God's arms and that we will meet again on the resurrection day.

We thank God for allowing us to share time with you, a special gem, a beacon of hope, a shining star, one of the best that humanity has seen in recent times. You will forever be missed by your children, your husband, parents, siblings, friends and all those whom you touched.

Rest in peace eternal dear Edith



Tributes

Husband's Tribute: Sunset at noon

I met you in 2002 at medical school. As I got to know you better, I knew our destinies were tied. Our love for each other blossomed, culminating in our wedding in 2009. We lived a full life and enjoyed our marriage. We laughed together, cried together, mourned together and overcame many life's challenges together.

You were a rare combination of brilliance, charisma, selflessness and loyalty. Your love filled our hearts with joy. You were the beating heart of our home.

Your determination, diligence, and drive were unmatched. You accomplished so much in such a short time. You truly inspired us. You excelled academically, earning a PhD in Psychiatry from the University of Cape Town in your thirties. Professionally, you rose to the highest level of practice and influence in your field. Even during your sickness your resolve and focus remained crystal clear. You completed your post graduate Diploma in community Psychiatry and even published papers through the most difficult of circumstances; a true manifestation of your resilience and inner strength. In jest, I think your brain was overwhelmed by all the things that you needed to do, and the lung stepped up to help, rather disastrously!

You excelled in service to humanity. You served God diligently and He used you to uplift his children. You touched and transformed many lives; supported and encouraged countless out of their desperate situations, many of whom have shared their testimonies with me. I remember a testimony from a doctor colleague, who was on his death-bed with severe COVID-19 and had lost all hope. You talked to him, encouraged him and renewed his strength to fight on and was victorious. When my sister Maureen rested, leaving behind a 1-day old neonate, you stopped everything else and dedicated yourself to caring for baby Kwobah. Today he's growing so well and he fills our hearts with joy. You were the mother not only of the girls but also of the boys.



Tributes



When you went to the market and brought home some not so good-looking bananas, I'd ask you "are these the best you could find?" And you would answer "they were being sold by a poor old granny and I decided to support her". Your selfless support to others was not dampened even by your sickness. You would still put others' needs before your own. Many who visited you to encourage you ended up drawing strength and encouragement from you instead.

You have been so many things to so many people. To us your family, you loved and cared for us deeply and we loved you too. You wished the best for our children and you prayed for them daily. To our children, take courage in the knowledge that you have an angel in heaven watching over you.

You have been the best part of me; the love of my life; my confidant. I hoped to share more chapters of my life with you till a ripe old age. However, in all this, I thank God for the time he allowed us to share and I'll treasure our memories together forever.

This cut is so deep. It is very painful. Today I mourn you. I let the tears flow freely; and they'll flow for a long time. The children and I will miss you badly

But I also celebrate you. The star that shone so bright in our lives. And though it is sunset at noon, your warm afterglow and light will warm our hearts and illuminate our paths forever.

Rest in God's arms my friend, my dear wife, till we meet again.



Children's Tribute

Elsie

Dear mum, I am saddened by your departure. I don't even have words to express how I feel. You were my pillar in life. Your death has certainly shaken that pillar. But at least your suffering has come to an end. I will earnestly miss our little moments together; you giving me pieces of advice, telling me how your day was at work, us cooking together in the kitchen. You played your role as a mother perfectly. As much as you have left so early, I know what it feels to have a good mum. I will definitely miss you so much.



Tributes



Jasmine

Thank you for being a wonderful mum. You bought me beautiful dresses, always checked my school work and read the bible and prayed with us. I miss the times you shared stories, mentored me and took us out to have fun with my friends and cousins. You were the best mum ever. I love you mum.

Berakah

I love you mum. I will miss the moments we had together; coloring, riding the bicycle and laughing together. I will truly miss you but I know you are in heaven.



Parents

Rest well our daughter, the pain has left you. We loved you, the world loved you. Who would dare not love you, our precious gem. You loved everybody, you took care of everybody. God gave you to us and we felt you. We pray your goodness and kind heart will be embodied in your children. May the fruits of kindness you planted keep yielding for your children.

We loved you, but God had other plans for you. It is well. Till we meet again. Goodbye our Kaide



Siblings

Sisters' tribute (Mary)

My sister, you illuminated every space you entered, your presence akin to a beacon in a dark room. As a pillar of support and mentor to countless friends and family, truly you radiated warmth, wisdom, and boundless compassion. Your nurturing spirit uplifted us offering guidance and encouragement in times of need. Sister, your legacy is etched in the hearts of all who had the privilege of knowing you, a testament to your selflessness and unwavering dedication to others. Though you may have left this earthly realm, your light continues to shine brightly through the lives you touched, forever cherished and

remembered.

Go well sister until we meet again!

Brothers Tribute: John

To our Dear Sister Edith, you were more than a sister to us. You were a friend, a mentor and a confidant. You loved us unconditionally. In good times and in bad times, you always showed up. You shared our joys and our sorrows. Even if our hearts are in pieces, we find solace in the fact that the excruciating pain you endured in the last couple of months is no more. Rest in peace sis, you've given us all we needed.

Nieces/Nephews

Britney Chemweno

To my auntie Edith Kwobah

Coming to Eldoret last year was one of the best decisions I ever made. I got to learn many things from you. In my eyes you are unbreakable. There are many things I'd want to ask. You were always talkative and very open about how your day went, how you wanted things done. I remember bringing you lunch from Denovo, seeing you seated in your office, deeply occupied and you'd always ask me how my experience at the restaurant was. Going to church every Sunday, you'd take time to wake everyone up so that we wouldn't be late.

Our trip to Ndeiya was also elating. Elsie told us some stories about high-school as we laughed together. We teased Jasmine about joining Kabarak. While at Baringo on our way to Nakuru we ordered from a nice restaurant and you kept saying, "it is my classmate's fika and feast." We enjoyed a meal together and proceeded to Ndeiya. We were excited. You stopped over at Limuru so that I could taste some of the fruits "za Limuru".

I am sad that many of the pictures I took of you were of you driving the car, and I only captured your back. How I wish I captured your radiant smile. I was completely heartbroken when I learnt of your illness. We have been talking but somehow I noticed you were a bit too quiet. Only to find out what it was all about. I am thankful for the last Christmas God allowed us to see each other again. He has taken away the pain. I hope you are happy up there. Thank you for the many memories you created to Kisumu, Kitale, Ndeiya. Even in death you still hold a place in my heart. Fly, fly, my dear angel. God



must have heard how well you sang, "God of the hills and the valleys"

I love you, I miss you. I celebrate the life you lived, the fight and as much as I cry when I close my eyes and see your face, I can smile because your shining in glory.

Tyron

Your energy and vibe was out of this world. You made our birthday parties slap, You nurtured us well and your advice and encouragement on our endeavours was always on point. The news of your ailment was a devastating blow.

I was dumbfounded. I purposed to share encouraging words with you but it was surprising that you were the one encouraging us. Auntie you will be remembered for your endless love for us and your energetic nature.

Rest in eternal peace, Auntie

Bill

I shall forever remember the vibrant energy you had during every moment we shared as a family. You are an icon to resemble with all the great achievements you have accomplished. Your legacy will live on forever.

Rest easy Auntie.

Love, Bill

Faith

In January 2022, Edith calls, "You need to come to Eldoret." An invitation that led to a transformative experience. Throughout my stay, I was privileged to receive guidance from Edith, whose mentorship proved invaluable. Her thought-provoking words and encouraging demeanor

prompted deep reflection and growth. Edith's exceptional qualities as a mother, friend, and wife, coupled with her admirable work ethic, left a lasting impression on me. I am grateful for her influence and the precious gift of mentorship she bestowed upon me. Though I will miss our shared moments dearly, I am confident that her legacy will endure, continuing to inspire and guide me

Brother & sister-in-law

Eddie

The girl from Ndeiya as you sometimes called yourself didn't come to play. You meant business, even when playing was the business. When you showed up, you really showed up! And you made your presence felt. It's difficult to put into words even a glimpse of who you were and still are, even in transition. Your person and your home have significantly moved the needle in our family relations. We are way stronger, way better, more united because of your intentional actions. We are immensely grateful to have called you our own! I can't count the number of times you gracefully hosted our big family, going over and beyond to ensure everyone was comfortable. Many conversations, including difficult ones, have been held in your home and at your prompting. There was no taboo topic. And yes, even at home, you brought your training to bear. Our mental health is all the better because of you. On one occasion I was having a crisis without even realizing I was

having a crisis, because problems of the mind sound like a foreign concept to many of us. When you learnt about it, you got your husband (my brother) to drive you to Nairobi at short notice to come check on me. I was dumbfounded! When I protested that I can't be unwell, you asked a simple question. 'If other parts of the body can get sick, what makes you think the mind can't?' With that, you set me on the path to self discovery and healing. What a teaching moment!

Enter the shock diagnosis of October 2023. The sinking feeling in my stomach after that call from my brother. The roller coaster of emotions in the days and months that followed. Panic, anger and fear, interspersed with faith and hope. Boy did we throw everything we got at it! An outpouring of love and support from family, friends and complete strangers. Surely we were going to win this.

The brutal disease kept throwing jabs at you though, and unfortunately, the treatment too! In the midst of that horrible pain, you found strength to encourage us even though it was supposed to be us encouraging you! And in your low moments, you once again gracefully hosted us for Christmas and made our hearts full. In keeping with your nature of no taboo topic, you told us of the possibility that this could be it. We didn't want to hear any of that. We held on to the hope that there would be many more

Christmases and birthdays and significant occasions with you. Now barely 3 months later we have to confront this very gruesome reality of your demise. Our hearts are broken. Our pain is immense. We will rally around each other and try to find the strength to carry on. But first we will cry. This verse captures a snippet of our anguish;

A brutal disease

A more brutal treatment

You fight, you hold on, you hope.

*Your hopes are dashed, then they are renewed,
then dashed again*

Blow after blow

Slash after slash

Till your heart is in tatters

Your heart is in tatters

You give it your best

But your best comes short

And your heart is in tatters

Your heart is in tatters

Kandie

Dear Edith,

I can't thank you enough for being the second mum to my kids, I am lucky to have had you as my sister in-law, you held my hand during my lowest moments and covered my children with motherly love as you continuously counselled me, you are the glue that held my family together, thank you for all the beautiful memories you created for us, you will forever be in our hearts, Kwobah, Kiprono and the generations to come will always be indebted to you, may God give you a special place among the angels because truly heaven has gained.

Rest in eternal peace dear

Leah Wachira

Fate smiled upon us the day we became your sister in love. From the very beginning we felt "at home" in your presence. We knew that we could count on you no matter what life would dispatch. You were real definition of love, joy, peace, kindness, and mostly generosity. For sure, we will miss your calls Your warm visit at home and Your cooking expertise, We will miss chit chats with you,



LYNE KWAMBO (MAMA COLLO)

My dear Edith, There are special people in our lives who never leave us, even after they are gone, you're one of them. I still can't believe you're gone. The world seems a bit emptier without your infectious laughter and your incredible kindness. I feel so blessed to have called you my sister, and I am forever grateful for the precious time we spent together. To you Charles and the children just know that; We do not remember days, we remember moments." "Don't cry because it's over, smile because it happened." "The best and most beautiful things in the world cannot be seen or even touched, they must be felt with the heart.

we will miss our family events soloist and source of colour and laughter .We have no doubt that; you are in a better place, no more pain! No more tears! Until we meet again our sister in love fare thee well !

Friends & Colleagues

Audrey & Elizabeth

Our dear friend and sister Edith, Your love, faith, wisdom, and hope radiated through every word and smile. We cherish the countless moments of laughter, encouragement, correction, and mentorship we shared—each a testament to your true Christian love. Even in pain, your compassion touched countless souls, leaving an indelible mark. Tears flow for your absence, yet we find solace knowing you will be forever in the Lord's embrace (2 Corinthians 5:8).Until we meet again, we will miss you.

Linnet, Victoria, Sylvia, LucyAnn, Mama Collo, Patricia, Jackie, Mercy, Olivia, Salome, Judy and Floma

Edith had a group of friends that ensured she was comfortable in Nairobi when she started treatment. They provided accommodation, transport to and from airport, residence and hospital, meals and warm company. Edith, a loving friend, balanced a busy career with genuine presence. Humble and selfless, she excelled at work, serving all with rare diligence. Her motto: "To always touch a life, be it a client, a friend, or family." Edith inspired, excelling at work and at home. We'll miss her love, laughter and kindness. A loyal confidant, legacy maker, and a soft light in a harsh world. She is deeply missed.

Prof. Nyandiko, AMPATH Executive Director for Research

The girl from Ndeinya, we have lost a heroine. In you, God made a special human. Edith always radiated positive energy even when in pain, lived life, impacted lives. A consummate performer with one more better idea every single moment! As the deputy EDR and Chair of the disciplinary committee at AMPATH, you performed exceptionally. Rest well, my friend. We shall miss you.

Dr. Elija Muteti, Christian Medical Fellowship

We have enjoyed fellowship with Edith and she was a strong encourager and a pillar in the leadership of the chapter where she



served as the secretary. Edith was full of warmth and enthusiasm for the lords work. When she spoke to us we found a voice that addressed the psychological challenges of the times. We look forward to meeting her at the end of the current age as taught by scripture.

Dr. Florence Jaguga, MTRH

Dr. Edith Kwobah joined the Department of Mental Health at MTRH in 2014 and was immediately appointed as Head of Department. During her tenure, the department grew tremendously in stature due her exemplary leadership skills. She championed the establishment of several services including the mental health outpatient service, electroconvulsive services, the Nawiri Skills and Recovery Centre, and several staff mental wellness initiatives. She was a strong advocate for community mental health and led several community initiatives including integration of mental health in primary health care facilities, school mental health, and community substance use groups. She contributed to the body of knowledge through research and published many scientific papers. At the time of her demise, Dr. Edith had just been appointed as the Director of Mental Health and Rehabilitative Services, a role that included overseeing services across seven departments including Psychiatry, Alcohol and Drug Abuse Services, Occupational Therapy, Pastoral Services, Physiotherapy, Medical Social Work, and Psychological Counseling. She was passionate and dedicated to her work. May her legacy live on. Rest well Daktari.

Prof. Lukoye Atwoli, Mentor

I first met Dr Edith Kwobah over ten years ago when she was psychiatrist in training at the University of Nairobi. I was to later meet her when she was an early career psychiatrist in Kakamega, shortly after her graduation from the University of Nairobi, and I was looking for a psychiatrist to come work with us at Moi Teaching and Referral Hospital, and later, Moi University.

Dr Kwobah was committed to her patients and communities, and was very reluctant to leave Kakamega ("Who will see all those patients in Kakamega if I leave?" She asked me; she also asked me the same question when an opportunity arose out of Eldoret, and



she opted to stay in Eldoret to take care of her patients and the communities she was connected to). Eventually she joined us at MTRH, and we immediately discussed her involvement in research, care, and educational initiatives we were starting. Dr Kwobah joined our teams and once she committed to participate, she gave her all.

As part of a team we built in Eldoret (NeuroGAP-Psychosis), Dr Kwobah went on to earn her PhD from the University of Cape Town, and I have worked with her on numerous projects and publications over the past ten years. She helped bring on board more mentees into our team, and worked hard to ensure that we met our research and mentorship goals.

Over the past decade, Dr Kwobah grew to become my trusted friend, my research partner, my valued co-leader, my shining star; she understood my plans and thoughts, she challenged me when I was not thinking as deeply about our ultimate shared mission for our people in this region and globally as I should. She kept me grounded. Dr Kwobah was the pillar that ensured that our team kept producing way more than we could ever promise. I will miss you, my dear friend and colleague. I will struggle without you. Farewell!

Principal Martha Kanyumba - Loreto Limuru

Words keep failing me at the very shocking thought of losing you to cancer; it is simply unfathomable to imagine that its not a dream but a very harsh reality. I vividly remember Edith over 23 years ago, quite petite and agile, busily and swiftly going about her business in her huge glasses. Edith was brilliant to say the least, but you could never tell from her very simple and humble demeanor. In fact I recall each time we had academic awards, we could read her name so many times until the girls in assembly would all shout her name in unison, "Edith Kamaru" prompting the obvious. Since in her later years Edith publicly shared the story of her very humble background, I can comfortably say that looking back, she's one of my most special students who overwhelm my heart with pride, knowing that we carried her through high school with well wishers without ever once, bothering her with fees issues. She kept her resolve to stay focused on excelling results and excel she did! It is not a wonder that, coupled with her kind and

attentive nature, Edith had such a giving heart back to society. Although I did not keep in touch with Edith in her adult and career life, my heart overflows with pride for the iconic figure that she became in the medical field. Listening to all the great stories of her 'giving' has given me one deep consolation: she gave herself "URGENTLY" as if there is no tomorrow; kumbe Edith you were to bow out so soon and needed to give it all! We are so proud of your FULLY LIVED LIFE our dearest Edith. May God now grant you the well deserved Rest, and May God comfort and continue 'Your Giving' to your own family and overwhelm them with His Peace.

Acknowledgments

Diagnosis and treatment advise: Dr. Hooker, Dr. Manel, Dr. Komen, Drs Njiru, Opakas, Gudu, Wechuli, Seno, Daisy, Wandia, Kamano, Charity, Oduor, Yamille, Dr. Jenny Morgan, Angela Nutritionist.

Social and financial support: Eldoret Doctors, MTRH, Moi University, AMPATH, Indiana University, Racecourse Community, Med School class of 2007 (UON); Loreto Limuru class of 2000, friends, family and relatives. Fundraiser committee chaired by Dr Ngarngar, assisted by Dr. Daisy, Dr. Jaguga, Dr. Kamano, Dr. Ajaya Funeral committee- chaired by Dr. Mayaka

Spiritual support: AIC fellowship clergy (Revs Samoei, Ongonga, Nyawanga, Pst Irene, Titus, Ngetich, Tororei. Special thanks to Patricia & Peter, Col Eddy & Lyne Nyamau for opening your doors to us and regularly providing means of transport. Dr. Karanja for giving out your car to us. Special friends who have walked the Journey with Edith- you are so many, the list will be the largest book ever published. Just to mention a few: **Audrey, Liz Muteti, Joan Kendagor, Dr. Rose Kittony, Dr. Joan Kiyeng, Lucyann, Dr. Wamukhoma, Dr. Ochieng; Dr. Linnet Onger, Olivia, Sylvia Koech, Faith Njiriri**

Special thanks to Dr. Daisy Korir who has worn multiple hats: Socially and morally supported the family; provided professional medical care to Edith; spearheaded fundraiser campaigns; actively involved in funeral planning. May God bless you all abundantly



“My story is not done yet... As a believer, God is in this complexity and He will carry me through....”

“God is still on the throne and He may not take this away completely but He will be with me through the process. His grace is sufficient. He will see us through. My story is not yet done, through it all we believe He is able”

By: Dr. Edith Wanjiku Kwobah

***Rest in Peace Edith
your legacy lives on***



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