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## **Lessons Atop Mt. Kenya**

Every year, staff, students and friends from Eastlands College of Technology in Nairobi get together to climb the third highest peak in Kenya, at 4,999m above sea level.

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This year, they were joined by a similar group from a university residence in Ireland. The climb, spread over several days of measured walking, involved spending time with others and

learning to stop and admire something beautiful, as well as growth in companionship. Both these themes were touched on by Pope Francis in his Encyclical *Laudato Si*; themes that the Holy Father says help all of us to learn how to treat things (nature, the environment and animals) with respect, and consequently other people.

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