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Lessons atop Mt. Kenya

Every year, staff, students and friends from Eastlands College of Technology get together to summit the third highest peak of Mt. 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 - however has more to it than just summiting: there

are the elements of 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 people.

Here is a short video on ECT's climb earlier this month.

https://youtu.be/gLrR4G_7IOQ

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