REV. FR. DR., P.N. WACHEGE, is a lecturer at the University of Nairobi, Kenya, in the department of Religious Studies, a visiting lecturer at C.U.E.A. (Catholic University of Eastern Africa) where he was the first to get a Ph.D. degree and a pastoral priest in the Archdiocese of Nairobi, Kenya. He is the author of the book entitled JESUS CHRIST OUR 'MUTHAMAKI' (IDEAL ELDER) and numerous published articles in diverse journals.

In this book, the author's originality and creativity is not only explicit in tackling a controversial subject on women from a man's perspective. It is also apparent in the manner in which he critically and profoundly elaborates the seven basic oppressive and exploitative factors with regards to women namely, the Traditional, the Social, the Political, the Economic, the Sexual the Intellectual and the Ecclesial (church), and how to curb the accompanying factors of unfreedom for authentic integral liberation. Moreover, basing himself on the African's cultural values and their existential philosophy of vitality (life) and living, Dr. Wachecge manifests his mental acumen and academic giftedness by proposing a liberation emerging from African cultures and world-view as a most effective tool for African women liberation.
AFRICAN WOMEN
LIBERATION
A MAN'S PERSPECTIVE

by: Rev. Fr. Dr. P.N. Wachege
We should, as Dr. Wachege recommends, live the Father/ Mother principle in which we are all brothers and sisters.

When I asked Dr. Wachege how he sees himself in view of his book concerning women liberation, he responded reflectively:

"I see myself not only as an academician. I see myself also as a simple pastoral priest who sometimes thinks and reflects. I see myself as a shepherd pastor who seriously and continuously struggles to take after Jesus Christ the Ideal Shepherd. And that is why I wrote my previous book entitled Jesus Christ Our Muthamaki (Ideal Elder). I see myself as a human being whose philosophy of life and living is that of commitment to human beings and interest in all people AND ESPECIALLY WOMEN."

Wachege’s reaction qualifies him as the right person to tackle this women there.

Josephine Ngugi (Mrs)

1992
people, the two most important commandments as given by our Lord Jesus Christ. Here women in our African society seem to be far ahead of men (Matt 22:36-40).

Love is a choice. "It is patient and kind, it is not jealous or conceited or proud; it is not ill mannered or selfish or irritable; it does not keep a record of wrongs; it is not happy with evil, but is happy with truth; love never gives up." As St. Paul instructs us in his letter to the Corinthians.

Women as mothers of both boys and girls can teach these future men and women to choose to love one another as equals. Mothers can teach men to be more sensitive to women’s needs, for only when both men and women cater for each other’s needs based on mutual trust and respect, will they find total fulfillment and happiness in love.

In AFRICA WOMEN LIBERATION AMAN’S PERSPECTIVE, Fr. Dr. P. N. WACHEGE has given us an in-depth insight of the exploitation and oppression of African women in Kenya in a way that has not been done before. At least not from our African perspective.

One question that came to my mind, as I read this book, was how Dr. Wachege managed to research in such great detail being a man and a priest for that matter. He justifies his qualification to participate in women’s liberation and as you read on, you are left with no doubts that he has put his feelings and reflections on the pages and what comes out is a picture of a man who not only loves and cares for women but one who also appreciates and recognises the effort, achievements and contribution women make to individual homes and society.

Dr. Wachege points out that some women oppress other women just like men do. This is mainly because they are not aware just as there are some men who oppress women unaware because they inherited the oppressive attitude through tradition. There is a need to educate both men and women on the need for women’s liberation, for only when there is that harmony and equality between men and women can we achieve faster development both individually and nationally.

Dr. Wachege tells us in details how the African women are exploited and oppressed. He suggests how women can overcome this oppression by collectively fighting for equal rights, dignity and justice through the influence of African Liberation Theology.

Dr. Wachege also sees Jesus Christ as our Model par excellence who in His endeavour worked for forgiveness, reconciliation and peace initiating an integral liberation for both the oppressor and oppressed.

Women are challenged to actively do more to liberate themselves from the socio-cultural and political mentality which encourages the society to look at them as inferiors. Only then will they be able to influence the men to change too.

No doubt with the love, inspiration, intervention and support of our Lord, Redeemer and Saviour Jesus Christ, as Dr. Wachege stresses, the Kenya African Women will attain total equality, mutual respect and healthy interpersonal relationship with our men. But our active involvement is a must.

I commend this book. It will awaken our conscience and it is up to us now to work for a more just and fair society by eliminating all forms of discrimination between men and women in all areas of our lives.
Foreword

From the time of creation, we read in the Bible (Genesis 2:20-23), that God created the woman from the man's rib as a suitable helpermate for man and brought the woman to the man. The man acknowledged that the woman was bone of his bones and flesh of his flesh. God created both of them in His own image and likeness and so equal in status. In fact, God officiated at that very first marriage between man and woman.

In the New Testament (Ephesians 5:28), we read that "men ought to love their wives just as they love their own bodies. A man who loves his wife loves himself."

Men interpersonal relationships with women are either as father and daughter, brother and sister or husband and wife or son and mother. In all these relationships men share the same flesh and blood with all these women and there is tremendous love between them. For man, therefore, not to treat the woman the way he himself likes to be treated is violating himself.

Good interpersonal relationships and marriages do not just happen. They evolve out of genuine love and effort on the part of both men and women. They require constant effort to work at being the right partner rather than looking for the right partner, and this effort has to be mutual to achieve the required harmony.

God has blessed women with a higher intuitive ability to develop meaningful relationships and ability for intimate communication. This is evident in the area of love, especially loving God and other