

7.15 a.m

HOLY COMMUNION

Colour: GREEN

Theme: **ENEMIES OF POSSIBILITIES**

(vi) **Fear**

Celebrant: Ven. Adekunle Ajado

Stewards on Duty: Group C

1. **Opening Hymn:** A&MRW 608 (*Harewood*)
2. **Introductory Sentence:** *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."* Joshua 1:9
3. **The Preparation** (Page 170)
4. **Collect for Purity and Gloria in Excelsis** (Page 171)
5. **Summary of the Law** (Page 172)
6. **Words of Comfort** (Page 175)
7. **Confession to Collect** (Pages 175-176)

8. **Collect:**
Stir up, O Lord, the wills of Your faithful people, that richly bearing the fruit of good works, they may by You be rewarded through Jesus Christ our Lord. Amen.

9. **Epistle:** 2 Timothy 1:1-12 - Ms. Alero Browne
10. **Gradual Hymn:** A&MRW 799 (*Crimond*)
11. **Gospel:** Matthew 14: 22- 31 **Ven. Adekunle Ajado**
12. **Sermon:** Revd. Canon 'Kunle Dina
13. **Creed:** (Page 178)
14. **Intercession:**(Pages 183-184) **Miss Toyin Henshaw**
15. **The Peace** (page 186)
16. **Offertory Sentence:** *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."* 2 Timothy 1: 7.
17. **Offertory Hymn:** A&MRW 750 (*Almsgiving*)
18. **Preparation of Gifts to Eucharistic Prayer** (Pages 187-190)
19. **Breaking of Bread to Anthem:** (Pages 190-193)
20. **Prayer of Humble Access:** (Pages 193-194)
21. **Communion Sentence:** *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."* Psalm 23: 4.
22. **Administration:** (Page 194)
23. **Hymns during Administration:**
 - (i) A&MRW 628 (*Rievalux*)
 - (ii) A&MRW 772 (*Petra*)
 - (iii) A&MRW 438 (*Tune A&MRW 23 - Abends*)
 - (iv) A&MRW 451 (*Saffron Walden*)
 - (v) A&MRW 455 (*Rockingham*)
 - (vi) A&MRW 447 (*H.C. 444 - Beamaris*)
 - (vii) A&MRW 702 (*Mannheim*)
 - (viii) A&MRW 746 (*St. Anne*)
24. **Post Communion Hymn:** Hymn for the year
25. **Post Communion Prayer:** *Father Lord, thank you for the privilege to feast at your table. May we continue to derive joy in your presence. Father bind every stronghold of the enemy and cast them out of us. we receive strength and help to overcome all our fears. Increase our Faith and trust in you, for we know that Greater in He that is in us than that is in the world. Thank you for answering our prayer for we pray through Jesus Christ our rock and strength. Amen.*
26. **The Lord's Prayer to Thanksgiving Prayer** (Pages 195-196)
27. **Thanksgiving at the Altar:**
 - **Family Harvest**
 - **70th Birthday - Mr. Oluwagbemiga Aduloju**
(A&MRW 812)
28. **Notices:**
29. **Spiritual Tonic: Romans 8:37**
30. **Benediction to Dismissal:** (Page 196)
31. **Withdrawal Hymn:** A&MRW 647 (*London New*)
At the Organ: Mr. 'Jola Adeosun

9.15 A.M. CHORAL MATTINS

Cantor: Canon Residentiary

Responses: **Martin Neary in C**

Theme: **ENEMIES OF POSSIBILITIES**

(vi) Fear

1. Processional Hymn: A&MRW 794 (*Dominus Regit Me*)
2. Call to Worship:
3. Confession and Absolution
4. Venite: ASB 6 - Edwin G. Monk in C
5. Psalm: 42 - ASB 135 - Charles H. Lloyd in D
6. 1st Lesson: Numbers 13: 17-33 - Mrs. Olatorera Sowande
7. Benedictus: ASB 75 - William H. Harris in C
8. 2nd Lesson: 2 Timothy 1: 1-12 - Mr. Adewale Adefisan
7. Te Deum: Te Deum in G - Ralph Vaughan Williams
8. Creed to 3rd Collect
9. Anthem: Blessed Be the God and Father - Samuel S. Wesley
10. Hymn before Sermon: A&MRW 451 (*Saffron Walden*)
11. Sermon: Ven. Adekunle Ajado
12. Intercession: Canon Residentiary
13. Hymn for Offering: A&MRW 746 (*St. Anne*)
14. Thanksgiving at the Altar
 - Family Harvest
 - 80th Anniversary, Island Club
15. Notices:
16. ***Spiritual Tonic: Romans 8:37***
17. Conclusion to Benediction
18. Final Amen: Tunde Sosan
10. Withdrawal Hymn: A&MRW 595 (*Slane*)
At the Organ: Mr. Princewill Ubani
Choral Conductor: Mr. Jola Adeosun

9.15 A.M. CATHEDRAL YOUTH CHURCH

Conductor: Chaplain

1. Opening Hymn: A&MRW 794 (*Dominus Regit Me*)
2. Call to Worship
3. Praise and Worship
4. Psalm: 91
5. Bible Reading: 2 Timothy 14: 22-31
6. Special Number
7. Message:
8. Creed, Collects and Intecession/Creed to Prayers
9. Sunday Offering: Choruses
10. Notices
11. Prayer and Benediction
12. Closing Hymn: A&MRW 595 (*Slane*)

9.15 A.M. CHILDREN'S CHURCH/SUNDAY SCHOOL

TOPIC: THE VOICE OF THE LAD

Worship Leader: Aunty Yvonne Alayideino

1. Choruses
2. Opening Hymn: C.H. 577
3. Bible Reading: Genesis 21: 8-20
4. Creed to Prayers:
5. Hymn: C.H. 371 (Offering to be taken)
6. Closing Prayer
7. Closing Hymn - from Pamphlet
8. Children go to their various classes

11.15 a.m. SUNG EUCHARIST

Theme: **ENEMIES OF POSSIBILITIES**

(vi) Fear

Celebrant: **Revd. Dr. Oluwaseun Adeyemi**

Communion Setting: **Martin How in D**

1. **Hymn:** A&MRW 820 (*Contemplation*)
2. **Introit: Ancient Words - Lynn DeShazo**
3. **Introductory Sentence:** *"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the LORD your God will be with you wherever you go."* Joshua 1:9
4. **The Preparation** (Page 170)
5. **Collect for Purity and Gloria in Excelsis**(Page 171)
6. **Summary of the Law** (Page 172)
7. **Words of Comfort** (Page 175)
8. **Confession to Collect** (Pages 175-176)

9. **Collect:**
Stir up, O Lord, the wills of Your faithful people, that richly bearing the fruit of good works, they may by You be rewarded through Jesus Christ our Lord. Amen.

10. **Epistle:** 2 Timothy 1: 1-12 **Guild of Stewards on Duty**
11. **Gradual Hymn:** A&MRW 770 (*Narenza*)
12. **Gospel:** Matthew 14: 22-31 **Revd. Dr. Oluwaseun Adeyemi**
13. **Sermon:** **Ven. Adekunle Ajado**
14. **Creed:** (Page 178)
15. **Intercession:**(Pages 183-184) **Guild of Stewards on Duty**
16. **The Peace** (page 186)
17. **Offertory Sentence:** *"For the Spirit God gave us does not make us timid, but gives us power, love and self-discipline."* 2 Timothy 1: 7.
18. **Offertory Hymn:** A&MRW 595 (*Tune: MHB 35-Noricum*)
(Please drop all your envelopes)
19. **Preparation of Gifts to Eucharistic Prayer** (Pages 187- 190)
20. **Breaking of Bread to Anthem:** (Pages 190 -193)
21. **Prayer of Humble Access:** (Pages 193 -194)
22. **Communion Sentence:** *"Even though I walk through the darkest valley, I will fear no evil, for you are with me; your rod and your staff, they comfort me."* Psalm 23: 4.
23. **Hymns during Administration:**
 - (i) A&MRW 648 (*Tune: MHB 693 - Dismissal*)
 - (ii) A&MRW 471 (*Aurelia*)
 - (iii) A&MRW 455 (*Rokingham*)
 - (iv) A&MRW 451 (*Misericordia*)
 - (v) A&MRW 460 (*Song 1*)
 - (vi) A&MRW 462 (*Anima Christi*)
 - (vii) A&MRW 128 (*Aberystwyth*)
 - (viii) A&MRW 126 (*Tune: A&MRW 250 - Vienna*)
24. **Post Communion Hymn:** A&MRW 792 (*University*)
25. **Post Communion Prayer:** *Father Lord, thank you for the priviledge to feast at your table. May we continue to derive joy in your presence. Father bind every stronghold of the enemy and cast them out of us. we receive strength and help to overcome all our fears. Increase our Faith and trust in you, for we know that Greater in He that is in us than that is in the world. Thank you for answering our prayer for we pray through Jesus Christ our rock and strength. Amen.*
26. **The Lord's Prayer to Thanksgiving Prayer** (Pages 195-196)
27. **Thanksgiving at the Altar:**
- **Outing: Family of late Mrs. Olubunmi Farayola Owolabi (nee Ayodele) A&MRW 303**
29. **Notices:**
30. **Spiritual Tonic: Romans 8: 37**
31. **Benediction to Dismissal:** (Page 196)
32. **Final Amen: Martin How in D**
33. **Withdrawal Hymn:** A&MRW 748 (*Wolvercote*)
At the Organ: Mr. Jola Adeosun
Choral Conductor: Mr. 'Princewill Ubani

SUNDAY 29/10/2023 Day 302

Bible in a year: Lamentation 1,2; John 19

Points for Prayer:

- ❖ *The Rt. Revd. Jonah G. Kolo, Bishop of the Diocese of Bida.*
- ❖ *Mrs. Janet M. Kolo, President, Mothers' Union and Women's Guild, Diocese of Bida.*
- ❖ *12th Wedding Anniversary of the Revd. Samson and Mrs. Bimpe Aiyede.*
- ❖ *1st Wedding Anniversary of the Revd. Opeyemi & Mrs. Taiwo Oyeyemi.*
- ❖ **The Bishops of the Dioceses of New Westminster (Canada Province, BC and Yukon).**

❖ **Birthday Intercession:**

Mrs. Toyin Olaomo-Olaoye, Dr. (Mrs.) Florence A. Adeniran, Omoba Mrs. Aderinola Oyewole, Mr. Noel Ukueje, Dr. Damilola Gbesan, Mr. Michael Duncan, Miss Adeteju Aderonke Adetomi, Ms. Elizabeth Modupe Adeshiyan, Mrs. Bukky Akintola, Miss Omorinola Okubajo, Miss Ebitoun Porbeni, Mr. Olumide Thompson, Dr. (Mrs.) Onyekachukwu Emebinah, Miss Adenike Oluwabusola Akindele, Mrs. Jurhi Orode.

❖ **Wedding Anniversary Intercession:**

Mr. & Mrs. Kayode Laguda, 63rd Wedding Anniversary

❖ **Memorial Intercession:**

- (i) *Dr. Idowu Ajayi, 12 years' mind*
- (ii) *Mr. Pius Imafidon Fadaka, 19 years' mind.*

❖ **Family Intercession:**

Families of *Late Mrs. Lydia Bandele Onafeko, OFR, CPA, Mr. Akingboyega Akinkugbe, Adewunmi Iyaniwura Oyinade, Late Pa Solomon Adesina Williams, Late Dr. Popoola Akinyanju, Late Mr. Adeniyi Williams, Chief S.O. Olujuyigbe, Late Mr. J.H. Doherty, Late Mrs. Atinuke Mildred Iyamu, Alajuronye, Mr. Christopher Akintola Ajeigbe, Mr. Amadi Israel Okwudiri, Mr. Cornelius Taiwo Olaomo, CPA, Late Mr. Sobayo Kuti, Dr. Tunde Onipinla, Mrs. Ibronke Sapara, Grace Oluchi Uwandu, Mrs. Modupe Amos, Mrs. Femi Laguda, Lewis Oladipupo Olowoselu, Ayoko Comfort Oyewumi.*

❖ **Prayer for Businesses**

Oladele Fajemirokun Foundation, Ginger Baker Nigeria Enterprises Limited, Facility and Environmental Care Plus, Common Naija, Breaking Barriers Support Initiative, Lenox Heights Ltd., Purple Scents Ltd, Quintus Projects Ltd, Promaco Associates Ltd, Promaco Engineering Ltd, Billington Petroleum Ltd, Keystone College Lagos, Coconut Grove Apartments, PentAir Ltd, Lasaco Assurance Plc. Oluolu Industries Nigeria Limited, Yem Yom Ventures UK, Goodness and Mercy Enterprises.

SUNDAY 29/10/2023 - MEETINGS

9.00 a.m. *There will be a meeting of The Koinonia.*

11.00 a.m. - 1.00 p.m. Clinic

CALL ON ANY DOCTOR OR NURSE IN CASE OF EMERGENCY.

5.00 p.m. PSALMODY

ACTIVITIES FOR THE WEEK

MONDAY 30/10/2023 Colour: GREEN

Day 303

Bible in a year: Lamentation 3-5; John 20

6.45a.m. **Holy Communion**

Celebrant: **Revd. Canon 'Kunle Dina**

Epistle: Rev. 1: 4-20

Gospel: Matthew 12: 43-50

Points for Prayer

- ❖ The Rt. Revd. Joseph N. Musa, Bishop of the Diocese of Idah.
- ❖ Mrs. Leah Lade Musa, President, Mothers' Union and Women's Guild Diocese of Idah.
- ❖ 13th Wedding Anniversary of The Revd. Oluwasina and Mrs. Tolulope Oso.
- ❖ **Iglesia Anglicana de Chile.**

❖ **Birthday Intercession:**

Mrs. Iyabo Omobola Odedina-Vaughan, Mr. Olufemi Ayodeji Ayodele, Dr. (Mrs.) Funke Ademiluyi, Miss Nana Mensah, Miss Oluwatomisin Abiona, Miss Ahuose Mobolaji Borha, Mrs. Oluwakemi Bada, Mrs. Gloria Ifeoma Ikegbunam, Miss Olamide Teniola, Mr. Echezona Kaodilichukwu Ezeoka, Mrs. Kehinde Olufunmilayo Adekoya, Mr. Adedapo Orimalade.

❖ **Wedding Anniversary Intercession:**

Mr. & Mrs. Nnamdi Odina, 2nd Wedding Anniversary

❖ **Memorial Intercession:**

- (i) Captain Joseph Mangtup Din, 2 years' mind
- (ii) Mr. Henry Adekunle Otunba-Payne, 49 years' mind
- (iii) Mr. Olutomi Uthman, 56 years' mind

10.00 a.m. 1st Year Memorial of His grace The Most Revd. Dr. Bamisebi Olumakaiye, Ph.D, FICT.

4 .00 p.m. Women Bible Class/Visitation

TUESDAY 31/10/2023

Colour: GREEN

Day 304

Bible in a year: Ezekiel 1; John 21

6.45a.m. **Holy Communion**

Celebrant: **Revd. Henry Mooh**

Epistle: Rev. 4: 1-11

Gospel: Matthew 13: 1-9

Points for Prayer

- ❖ The Board of Governor, Principal, Staff and Students of Igbobi College, Yaba, Lagos.
- ❖ The Revd. David Akintunde Coker.
- ❖ The Revd. Ogheneotguke Erhurhu Michael
- ❖ **The Bishops of the Dioceses of New York (Province II, Episcopal Church of USA).**

❖ **Birthday Intercession:**

Mrs. Foluso Olufunmilayo Kehinde, Mrs. Oluranti Oluwafunmilola Unuefa, Mr. Osaretin Giwa Osagie, Mrs. Oluwaseun Mukan (nee Ramos), Master Joshua Olufemi Paul, Mrs. Abiola Amope Awotona, Mr. Uahomome Tolu Ajakaiye, Mrs. Georgina Anuoluwapo Senbanjo, Mr. Olumide Dallas, Miss Moyosoreoluwa Ijanusi, Miss Ayooluwa Olubode.

❖ **Memorial Intercession:**

Mrs. Olufunke Abeni Adebogun, 59 years' mind.

6.00 p.m. **Choir Practice**

WEDNESDAY 01/11/2023 **Colour: WHITE**

Day 305

Bible in a year: Ezekiel 2,3; Psalm 119:97-120

6.45 a.m. Holy Communion

Celebrant: **The Provost**
Epistle: **Rev. 7: 2-4, 9-17**
Gospel: **Matt. 5: 1-12**

Points for Prayer

- ❖ *The Rt. Revd. Jonah N. Ibrahim, Bishop of the Diocese of Katangora.*
- ❖ *Mrs. Rebecca J. Ibrahim, President, Mothers' Union and Women's Guild, Diocese of Katangora.*
- ❖ *The Ven. Kiri Wakama.*
- ❖ *Mrs. Folakemi Akinyemi.*
- ❖ *20th Wedding Anniversary of the Ven. Temitope and Mrs. Mojisola Ojamo.*
- ❖ **The Bishops of the Dioceses of Central New York (Province II, Episcopal Church of USA).**

❖ **Birthday Intercession:**

Engr. Olabisi Adebayo Mabogunje(90), Mrs. Mercy Omolola Adeyinka, Ven. Kinyeofori Wakama, Mr. James I. Emoka, Mr. Olutope Adewale Olujuyigbe, Mr. Isaac E. Alajuronye, Miss Funmilayo Adeoye, Miss Patience Ndidi Enyioko, Mr. Kingsley Ezemoro, Mrs. Titilayo Aduke Lasisi, Mr. Onyeka Raphael Ogbalu Utukpo.

❖ **Memorial Intercession:**

- (i) *Mrs. V. Olayinka Abiola Dada (nee Cole), 11 years' mind*
- (ii) *Mr. Adedeji Bajulaye, 14 years' mind.*
- (iii) *Rt. Revd. Festus O. Segun, 20 years' mind*
- (iv) *Miss Abiola Olabode, 20 years' mind*
- (v) *Madam Mary Adedigba Aboaba, 21 years' mind.*
- (vi) *Mr. Shedrack Bamidele Tokunbo, 32 years' mind.*
- (vii) *Olori Gladys Wuraola Ademola, 38 years' mind.*
- (viii) *Mr. J. Olarenwaju Jackson-Cole, 43 years' mind.*

5.00 p.m. Bible Study and Prayer Meeting

THURSDAY 02/11/2023

Colour: WHITE

Day 306

All Saints' Day

Bible in a year: Ezekiel 4,5; James 1

6.45 a.m. Holy Communion

Celebrant: **Revd. Dr. Oluwaseun Adeyemi**
Epistle: **I Thess. 4: 13-18**
Gospel: **John 5: 24-29**

Points for Prayer

- ❖ *The Rt. Revd. Jeremiah Ndana Kolo, Bishop of the Diocese of Kutugi.*
- ❖ *Mrs. Mary N. Kolo, President, Mothers Union, Women's Guild and Girls' Guild, Diocese of Kutugi.*
- ❖ *The Ven. Samuel Olaitan Ifeyemi.*
- ❖ *The Revd. Oyekunle Martins Olajugbagbe.*
- ❖ **The Bishops of the Dioceses of Western New York (Province II, Episcopal Church of USA).**

❖ **Birthday Intercession:**

Engr. Oluwaseun Phillips, Chief (Mrs.) Elizabeth Iyabo Fadahunsi, Mrs. Morenike Olubode, Miss Ogochukwu Blessing Nzekwe, Master Chukwubuzor Emmanuel Nzekwe, Mr. Adedamola Okunnu, Miss Esther Taiwo Gbadebo, Miss Ruth Kehinde Gbadebo, Master Oghene-Ovie Edegbare, Mr. Nnamdi Kanu, Mr. Oluseun Oguntona, Miss Pelia Titoluwa Aderomoo Adekitan

❖ **Memorial Intercession:**

- (i) *Mr. Gbolahan Olufemi Ogundipe-Alatishe, 18 years' mind.*
- (ii) *Mrs. Dorcas Omotola Diyan, 18 years' mind.*

6.45 a.m. 51st Memorial of Mrs. Araronke Olufunmilayo Okunribido (nee Obafemi)

5.00 p.m. Christian Wake Keep for Mrs. Taiyelolu Fajemirokun-Adewole

6.00 p.m. Choir Practice

FRIDAY -03/11/2023

Colour: GREEN

Day 307

Bible in a year: Ezekiel 6,7; James 2

6.45 a.m. Celebrant: Canon Residentiary

Epistle: Rev. 6: 12-7:4

Gospel: Matt. 13: 24-30

Points for Prayer

- ❖ *The Rt. Revd. Paul O. Ojo, Bishop of the Diocese of Ijumu.*
- ❖ *Engr. Mrs. R.T. Ojo, President, Mothers' Union and Women's Guild, Diocese of Ijumu.*
- ❖ *All Doctors in the Diocese.*
- ❖ **The Diocese of Newala (Tanzania).**

❖ **Birthday Intercession for:**

Mr. Ademola Adeboya, Mr. Oladotun Olakunle Makinwa, Mr. Pius Arinze Ike, Master Karl C. Oyekwe, Mr. Olubode Oluwale Kuboye, Miss Olufunto O. Shonibare, Mr. Enyinnaya Chijioke Akagha, Mr. Amaechi Chiezie Ofu, Mr. Phillip Ayokunle Bamidele, Master Stephen Adebayo, Miss Olusola Aramide Sowande, Mr. Olanrewaju Thanni-Olodo, Master Imisiolu Oduwale, Mrs. Ebunoluwa Victoria Daniel, Miss Favour Oguntade, Miss Omotara Otolorin, Miss Gbemisola Caroline, Mrs. Olufunke Agbor.

11.00 a.m. Funeral Service for Mrs. Taiyelolu Fajemirokun-Adewole

5.00 p.m. Men's Bible Class

SATURDAY – 04/11/2023

Colour: GREEN

Day 308

Bible in a year: Ezekiel 8,9; Psalms 119: 121-144

7.45a.m. Holy Communion

Celebrant: Revd. Olawole Faloye

Epistle: Rev. 7:(4-8)9-17

Gospel: Matt. 13: 31-35

Points for Prayer:

- ❖ *The Rt. Revd. Emmanuel I. Onsachi, Bishop of the Diocese of Okene.*
- ❖ *Mrs. Esther Onsachi, President, Mothers' Union and Women's Guild, Diocese of Okene.*
- ❖ *Mrs. Margaret Omolola Asaolu.*
- ❖ **The Diocese of Newark (Province II, Episcopal Church of USA).**

❖ **Birthday Intercession:**

Ven. Godwin Oludotun Otubanjo(rtd), Mrs. Abimisola Adewole (nee Fafowora), Miss Omodele Osunkiyesi, Mr. Olabode Adeniyi Adewunmi, Mr. Oluseun Olusegun Adewunmi, Mrs. Nancy Oke Abobade (nee Edegware), Mrs. Esther Adetoun Da-Costa, Dr. Dotun Adeboye Ogunyemi, Prof. Olabanjo Bankole Aluko, Mr. Babatunde Olaitan Badmus, Miss Agnes Anike Oshikoya, Dr. Julius Olukayode Sonuga, Mr. Uche Bonny Ikpookoro, Miss Anjolaoluwa Oriyomi.

❖ **Wedding Anniversary Intercession:**

Mr. & Mrs. Daniel Etim Effiong, 6th Wedding Anniversary

❖ **Memorial Intercession:**

Mrs. A.F. Ajose (nee Allen), 47 years' mind.

8.00 a.m. Anglican Children Ministry - Variety Day with the Diocesan

10.00 a.m. A Day with the Lady of Virtue (Women's & Girls' Organisation)

BIBLE STUDY OUTLINE

**THEME: GOD'S CHILDREN AS PILGRIMS TO THE HEAVENLY KINGDOM:
MANIFESTATION OF GOD'S REIGN ON EARTH**

SUB-THEME: Equipped for Pilgrimage

TOPIC: Girdle of Truth

TEXT: Proverbs 3: 1-5

AIM: *i. to describe the girdle of truth in biblical perspective*

ii. to study the importance as one of the weapons for our Christian journey.

INTRODUCTION

The girdle is a symbol of readiness and preparation for battle. The belt of truth is where the Roman soldiers stored their weapon. Without a belt, they could not carry a weapon. In the Bible, truth is characterized by both qualitative and quantitative aspects, as it directly relates truth to God. Indeed, truth is an attribute of God. For the Pilgrim therefore, God's Word is truth and serves as foundation and as long as we remain in truth of His Word, we shall be empowered to distinguish between false and true gospel.

STUDY GUIDE

1. How would you describe in your own words the "girdle of truth" from biblical perspective? Psalm 43:3; Prov 3:3-4; Eph 6:14.
2. Why is the girdle, (belt) associated with truth and why should it be part of the full armour with which to be equipped on pilgrimage? Ps. 25:5; Eph 6:14; 2Tim. 2: 3-4, 15; Col. 3: 16-17.
3. How important is truth and why it must be cherished by the pilgrim? Psa 145:18; John 8: 31-32; Heb. 12:1-2.

CONCLUSION: Truth is a verified or indisputable fact. When we are girded, belted and strapped with it, we shall be sanctified, transformed and stabilized.

FOOD FOR THOUGHT: Wear the belt of truth always as your life is governed by it.

MEMORY VERSE: Psa 145:18

"The LORD is nigh unto all them that call upon him, to all that call upon him in truth."

SPIRITUAL TONIC FOR THE WEEK

Romans 8: 37

“... In all these things we are more than conquerors through Him who loved us.”

Father in heaven, thank You for loving me and for endorsing my victory with the precious blood of Your Son Jesus Christ.

As I continue in the journey through year, I declare my victory over death, I shall not die. I announce my victory over satan and his demons, they will not succeed in their enterprise against my life. I publish my success in my struggle with the forces of nature and of darkness, they will not overcome me. I am more than conquerors because I have the Lord's backing and approval to proceed. I shall be satisfied in Jesus name. (Amen)

ANGLICANISM FAST FACTS

39 ARTICLES OF RELIGION

ARTICLE VIII

8. Of the Three Creeds

The Nicene Creed, and that which is commonly called the Apostles' Creed, ought thoroughly to be received and believed: for they may be proved by most certain warrants of Holy Scripture. (Changed in American BCP) The three creeds, the Nicene Creed, Athanasian Creed, and that known as the Apostles' Creed, ought to be wholeheartedly accepted and believed. This is because their contents may be proved by definite statements of holy Scripture.

TITHE:

Remember to pay your Tithe*
(into Cathedral Zenith Bank Account Number)

1013180620

(The tithe is a tenth of all our increase)

'You shall tithe all the yield of your seed that comes from the field, year by year' *Deut. 14:22.*

SUSTENTATION

Please pay your Sustentation/Church Dues (for the upkeep of the Church to: First Bank: **2000519164**
(Kindly indicate the following: Name & Sustentation No)
157, BAMBOSE BUILDING PROJECT

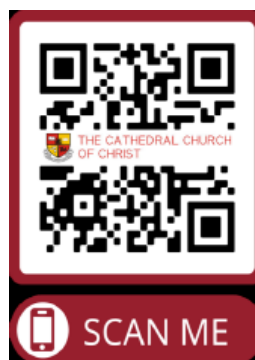
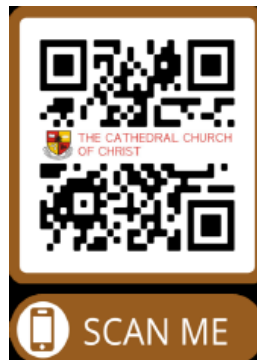
Please pay all donations toward the project into Cathedral Access Bank Account Number: **0773948851**

PAYMENT INTO CHURCH'S ACCOUNTS

"Honour the LORD with your possession... so your barns will be filled with plenty". Proverbs 3: 9&10.
Your kind and generous donations to the Cathedral will be highly appreciated. Below are the Church's Bank Accounts.

No	PURPOSE	BANK	ACCT NO
1.	Social Welfare Service Unit	Polaris Bank	1770128010
2.	Cathedral Clinic	First Bank	2000514561
3.	Donations/Sunday Collection/Thankoffering	GT Bank	0124088211
4.	Offertory/Communion Basket	UBA	1017498994
5.	Sustentation	First Bank	2000519164
6.	Family Harvest/Harvest Donations	FCMB	0130543010
		Union Bank	0071028724

You can also visit the Cathedral website www.thecathedrallagos.org to make your donations.
GOD WILL COUNTENANCE YOUR SACRIFICE



FOR YOUR OFFERINGS AND OTHER DONATIONS. GOD BLESS YOU.

FAMILY HARVEST 2023 (WK 13)

Sunday, 29th October, 2023

The following families will be called to the altar today.

1. Family of Late Mr & Mrs. D.O. Ogun
2. Mr. & Mrs. Femi Akinrolabo
3. Family of late Amb. E.O. Fowora
6. Family of late Mr. Olusegun Kokumo Johnson
7. Brodie Mends Family
8. Jumoke Adeniyi-Jones
9. Family of late Mr. Andrew Ekwe Kutojo
10. Family of late Mrs. Subuola Odunsi-Bode
Thomas
11. Ms Bimpe Alaba and Family
12. Mr. & Mrs. M.A.O. Kehinde,CPA
13. Chief Gbola Akinola,SAN,CPA and Family
14. Family of late Bankole Babatunde Daniel
15. Chijioke Okoli,SAN and Family
16. Prince Adegoke Ademiluyi,CPA
17. Late Ruth Elizabeth Okonedo Family
18. Mrs. Abosedede Rebecca Peters
19. Late Richard Gbadebo & Eunice Titilola Onafeko
Family
20. Family of late Dansaki Samuel Adeleye Agbede
21. Olufemi Adekunle
22. Mrs. Maria Eruada and Family
23. Mrs. Gladys Ayodele Aberdeen & Family
24. Chief & Mrs. Bode George
25. Family of Late Adelola Martins
26. Family of late Chief E.A.O. Shonekan,
CBE,GCF,CPA
27. Prince Dapo Opeaye and Family
28. Family of Late Revd. P.O. Osa Ogbomo
29. Ven. Godwin Oludotun Otubanjo Family
30. The Adebogun Family
31. Revd. Henry Mooh Family
32. Revd. Dr. Oluwaseun Adeyemi Family
33. Revd. Olawole Faloye Family
34. Revd. Canon Adekunle Dina Family
35. Revd. Canon Emmanuel Fadipe Family
36. Ven. Uchenna Ubadinobi Family
37. Ven. Henry Adelegan Family
38. Very Revd. Dr. Adebola Ojofeitimi Family

May the good LORD continue to enlarge the families.

SUNDAY 05/11/2023

**TWENTY – SECOND SUNDAY AFTER TRINITY
(Pentecost 23)**

Stewards on Duty: **Group D** Colour: **GREEN**

7.15 a.m. HOLY COMMUNION (SAID)

Theme: **“ASSURED FRUITFULNESS IN CHRIST ALONE”**
- **John 15:5**

Celebrant: **Revd. Canon Kunle Dina**
N.T. Reading: 2 Corinthians **9: 6-15** **Mrs. Bola
Odedina-Vaughan**
Gospel: **John 15: 1-5** **Revd. Canon Kunle
Dina**
Address: **The Provost**
Prayers: **Miss Omolabake Peters**
Thanksgiving at the Altar

9.00 a.m. There will be a meeting of The Koinonia.

9.30 a.m. ADULTS’ AND DIASPORA’S HARVEST

Theme: **“ASSURED FRUITFULNESS IN CHRIST ALONE”**
- **John 15:5**

Cantor: **The Provost**
Sermon: **Rt. Revd. Dr. Olusola Akanbi**
 (Diocesan Bishop of Offa)
1st Bible Reading: Deuteronomy **8: 6-18**
2nd Bible Reading: John **15: 1-5**
Reader: Harvest Sub-Committee
Thanksgiving at the Altar
- **Monthly Thanksgiving**
- **October Birthday Thanksgiving**

AFTER SERVICE:

LOVE FEAST IN THE SEMINARY

WELCOME

A warm welcome to this and every worship in this Cathedral. Whether you have come from far or near, may you find real joy and inspiration in this service. We are very happy to see you and hope that you will come again.

GENERAL NOTICES

- 1.** We welcome **Ven. Adekunle Ajado** from Church of The Pentecost, Ajah. The Ven. Ajado is keeping residence in the Cathedral today. May the good LORD continue to prosper his ministry.
- 2. A Day with the Lady of Virtue (Women's & Girls' Organisation)**
This programme is taking place on Saturday, 4th November, 2023 in all Archdeaconries of the Diocese between 10.00 a.m. to 4.00 p.m. Year 2023 Lady of Virtue is ACHSAH (Joshua 15: 16-19, Judges 1: 12-15)
- 3. Cathedral Dues:**
The Sustentation from **January to September, 2023** is ready. Please check online (www.thecatherallagos.org/onlinepaymentportal.php) and the Membership Desk to ensure your name, duplex number and the amount contributed are correct.
- 4. Budget 2024**
All Groups and Ministries should endeavour to send in their budget proposals for 2024 to the Provost or the Parish Accountant on or before 24th November, 2023
- 5. 2023 Calendar of Worship and Events:**
All Societies and Service Units are enjoined to forward their year 2023 events with dates to the Provost for the compilation of **2023 Calendar of Worship and Events** not later than **end of November 2023**.
- 6. Annual Report 2023**
All Societies, Sub-Committees and Service Units are to please send a one-page report of their activities for the year 2023 to the Secretary, Standing Committee, **Mr. Soji Kuboye** by email to sojikuboye@yahoo.com before **December 31**.
- 7. 2023/2024 Admission of Lagos Anglican Dioceses Bible College:**
The Lagos Anglican Bible College forms for admission into Certificate, Diploma and Advanced Diploma Course in Biblical Studies for year 2023/2024 session comencing February 2023 are now on sale at the Study centres and the offices of the following Churches:
 - Lagos Anglican Bible College Central Office, 17 Broad Street, Lagos
 - Archbishop Vining Memorial Church Cathedral, Oba Akinjobi Road, Ikeja
 - Anglican Church of Ascension, Opebi
 - Church of Pentecost, 21 Road, Festac.
 - All Soul's Anglican Church, Lekki
 - All Saints' Anglican Church, 41 Road, Festac
 - Christ Anglican Church, Elere, Agege
 - All Saint's Anglican Church, Montgomery, Yaba
 - All Saint's Anglican Church, Ikosi, Ketu
 - St. Paul's Anglican Church, 7/8 Okoduwa Street, Kirikiri Ind. Est. Lagos.
 - Bishop Ajayi Crowther Memorial Anglican Church, (BACMAC) Egbeda.
 - Bishop Tugwell Memorial Church, Sheteolu Street, Off Odunlami Street, Lagos
 - St. Paul's Anglican Church, Oke Afa, Isolo
 - Our Saviour's Anglican Church, Oto-Awori

8. Mid-Week Fellowship and Love Feast:

Are you celebrating your birthday or any joyous occasion in your family or remembering a loved one? Think of sharing your joys with the less privileged, who can give you nothing in return, but are being led to Christ by us. Sponsor a Wednesday afternoon.

Cost is N100,000 per Wednesday. You can pay part of an afternoon's cost. See Omoba Ademola or the Parish Clerk during the week. Thank you and God bless.

We thank Mr. Oluwagbemiga Olumide Aduloju who sponsored our Mid-Week Fellowship on Wednesday 25th October, 2023, in thanksgiving to God for his 70th Birthday which was marked on Thursday, 26th October, 2023. God will continue to grant him good health, joy and happiness throughout the days of his life.

9. (a) Fellowship Hour - Sunday 12/11/2023

Mrs. Oyebola Adisa will host the Fellowship Hour after 7.15a.m. and 9.15 a.m. Services in thanksgiving to God for her birthday which comes up on Thursday 9th November 2023. *God will continue to grant her good health, joy and happiness throughout the days of her life.*

(b) Fellowship Hour Booking: October to December 2023

Sunday, 26/11/2023 - **Engr. Julius Folorunso Obembe** for his Birthday after 7.15 a.m. Service.

Sunday, 26/11/2023 - **Vacant** after 9.15 a.m. Service

Sunday, 10/12/2023 - **Vacant** after 7.15 a.m.

Sunday, 10/12/2023 - Family of late **Engr. Abiodun Oyekan Ogun** who died one (1) year ago on 15th November, 2023 after 9.15 a.m. Service

Sunday, 24/12/2023 - **Mr. Oluwadamilola Mojolaoluwa Ajilo** for his Birthday after 7.15 a.m. and 9.15a.m. Services

(b) Fellowship Hour - Parishioners who are not the main hosts of the Fellowship Hour but who wish to celebrate any events in their lives or who will like to simply contribute to the 'community spirit of the Cathedral are encouraged to do so by providing fruits, cakes, muffins, etc. Such parishioners should please contact Omoba Adegbola Ademola.



SCAN THIS FROM YOUR
BANK MOBILE APP

WELFARE SUB-COMMITTEE

Parishioners should please inform either the Welfare Sub-Committee - Mrs. Ayo Shodipo-Olabode 0802 787 2516; Mr. Akin Martins - 0802 316 0305 or Mrs Mary Ojutlwon (Provost's Secretary) - Tel No. 08053322557 of any one that has not been present in the Church for some time (young or old) either due to illness or any other reason whatsoever and who needs to be given Communion at home.

SOCIAL WELFARE SERVICE UNIT (SWSU)

- ❖ *The SWSU Panel wishes through this medium, to appreciate all those who are helping the needy through the Unit (SWSU) in cash and kind. God Almighty will bless and enrich you more in Jesus name. Amen.*

(a) Sponsorship:

Our Social Welfare Service Unit is seeking sponsorship for the following. Part payments will be gratefully appreciated.

1. **Adereti Esther Oluwatimilehin (19 years)** needs the sum of N1,083,995 for her University Education. She got an admission into Lagos State University for 5 years at N216,799 per session.
2. **Mr. Jimoh Aleem** a secondary School student needs a sum of N900,000 for a 6 years level of education at N50,000 per term.
3. **Miss Ayodele Abayomi Iyanuoluwa (19 years)** needs the sum of N600,000 for her University education. She got an admission into University of Ilorin, Kwara State to study Electrical/Electronic Engineering, a 5 years course at N120,000 per session.
4. **Miss Marvis Ramota Mustapha (26 years)** needs the sum of N720,000 for her education, she got an admission into University of Benin studying Law for 6 years at N120,000 per session.
5. **Miss Priscilla Olubanke Balogun (24 years)** needs the sum of N480,000 for her education. She got an admission into University of Lagos studying Psychology for 4 years at N120,000 per session.
6. **Master Daniel Elijah (10 years)** needs the sum of N900,000 for his Secondary School Education at N50,000 per term.
7. **Miss Ikuomola Oluwanifemi Blessing (13 years)** needs the sum of N900,000 for her Secondary School Education at N50,000 per term.

- (b) The members of the Social Welfare Service Unit would appreciate the donation of fairly used clothes, shoes for both young and old, and also food items like Rice, Gari, Beans, Provisions, etc.

PRAYER FOR THE YEAR

Eternal Father, the only God of wonders and possibilities, Your power is beyond compare, with You there is no impossibility, we acknowledge before You our feebleness; if Your power will not be our power we are doomed to failure: Grant, O Lord, that each day of our lives, this year and beyond, will be a reflection of Your wondrous power, level the mountains and break down gates of bronze before us to make possible every impossibility that lies ahead. We beseech You also to visit our land with Your unfailing help, cut through the bars of iron to deliver to us the treasures and riches stored in secret places, in Your mercy redeem and re-establish our Nation; and accomplish for Your Church what only You can accomplish to the praise and honour of Your one and only Son Jesus Christ our Lord and Redeemer. Amen

Theme for the year: "WITH GOD ALL THINGS ARE POSSIBLE"

TEXT: MATTHEW 19:26

HYMN FOR THE YEAR

ALL THINGS ARE POSSIBLE TO HIM

1. All things are possible to him
That can in Jesus' name believe;
Lord, I no mote thy truth blaspheme,
Thy truth I lovingly receive;
I can, I do believe in thee;
All things are possible to me.

2. The most impossible of all
Is that I e'er from sin should cease;
Yet shall it be; I know it shall;
Jesus, look to thy faithfulness!
If nothing is too hard for thee,
All things are possible to me.

3. Though earth and Hell the word gainsay,
The word of God can never fail;
The Lamb shall take my sins away,
'Tis certain, though impossible;
The thing impossible shall be,
All things are possible to me.

4. When thou the work of faith hast wrought,
I here shall in thine image shine,
Nor sin in deed or word or thought;
Let men exclaim and fiends repine,
They cannot break the firm decree;
All things are possible to me.

5. Thy mouth, O Lord, to me hath sworn
That I shall serve thee without fear,
Shall find the pearl which others spurn,
Holy and pure and perfect here;
The servant as his Lord shall be;
All things are possible to me.

6. All things are possible to God,
To Christ, the power of God in man,
To me, when I am all renewed,
When I in Christ am formed again,
And witness, from all sin set free,
All things are possible to me.

ATTENDANCE FOR LAST WEEK

TWENTIETH SUNDAY AFTER TRINITY - 22/10/2023

7.15 a.m.	Holy Communion(Youtube 257/Facebook 287 views).....	206
9.15 a.m.	Children's Church/Sunday School.....	152
9.15 a.m.	Cathedral Youth Church.....	48
9.15 a.m.	Choral Mattins (Youtube 330/Facebook 654 views).....	225
11.15 a.m.	Sung Eucharist.(Youtube 178/Facebook 525 views).....	262

Week-Day Services - Saturday - Friday

	HC		HC
Saturday		Wednesday	
21/10/2023	10	25/10/2023	52
Monday		Thursday	
23/10/2023	16	26/10/2023	36
Tuesday		Friday	
24/10/2023	21	27/10/2023	12

COMING EVENTS (OCTOBER 2023)

- 29/10/2023 - Gibson Roberts' Day - The Girls' Brigade
- 29/10/2023 - The Cathedral Missionary Society visit to the sick and Elderly members
- 4/11/2023 - Sunday School Variety Day with Diocesan

SOUL FOOD 44/2023

ENEMIES OF POSSIBILITIES

(Vi) Fear

For God gave us a spirit not of fear but of power and love and self-control. - 2 Timothy 1:7

Fear is an emotion caused by the belief that something or someone poses a threat to us. We can all remember feeling this destructive emotion at some time, and we're familiar with how it affects our ability to do what needs to be done. Fear in any area is never okay, especially if it keeps us from fulfilling God's mission for us. However, trusting His Word to us in this area strengthens us to overcome it and keep moving forward.

We're not ordinary people, but children of God, Himself. When we truly believe this, fear loses its grip on us. "For ye have not received the spirit of bondage again to fear; but ye have received the Spirit of adoption, whereby we cry, Abba, Father"(Romans 8:15). The spirit of fear causes us to weaken our resolve and shrink back. The Spirit of God enables us to overcome whatever adversity or trouble presents itself.

Fear is from the devil, and it's the enemy to our faith. It directly contradicts the Word. "For God hath not given us the spirit of fear; but of power, and of love, and of a sound mind"(2 Timothy 1:7). When we're afraid to do something we know we should do, that's the time we must stop and reflect on this Scripture. Meditating on it gives us strength and courage.

Satan uses fear as a weapon to disrupt our faith. He wants us to question and doubt everything God says to us. If he can get us to the point of unbelief, he can move us away from trusting God. God is the very essence of love, however; when we're in Him, we're safe from the emotional damage fear can inflict. "There is no fear in love; but perfect love casteth out fear: because fear hath torment. He that feareth is not made perfect in love" (1 John 4:18).

When we're in a situation and feel the cold grip of fear in the pit of our stomachs, we're prevented from having the peace of mind God wants for us. Lack in any area isn't God's will, especially a lack of peace. Jesus came so that we might find peace in Him. "Peace I leave with you, my peace I give unto you: not as the world giveth, give I unto you. Let not your heart be troubled, neither let it be afraid" (John 14:27).

Life can send us trouble at any time, but as believers, we never have to be afraid of it. The kind of life God wants for us is never passive or timid. It's filled with wonder, excitement, adventure, but most of all, victory. "The thief comes only in order to steal and kill and destroy. I came that they may have and enjoy life, and have it in abundance (to the full, till it overflows)" (John 10:10, AMPC).

Overcoming your fears

Facing your fears can be a very hard thing to do. But sometimes it is the best way to deal with feelings of anxiety or excessive worry

One of the simplest ways to overcome your fears is to do the very thing you are anxious about and which causes fear.

The key is to gently push yourself to do things that take you a little way out of your 'comfort zone'. Gradually, you increase your exposure until you can tolerate the uncomfortable emotions, such as fear, anxiety and distress. This is a type of 'exposure therapy' — a psychological treatment that helps people confront their fears.

It's not about putting yourself in dangerous situations, but about learning to cope with irrational fears.

That way you learn you can manage to do what's causing you the worry. It may take time to get to the point where you no longer feel worried or anxious. Don't be hard on yourself if you find it takes longer than you would like.

It's a good idea to begin confronting your fear gradually. This is known as 'graded exposure', where you begin with easier situations until you are comfortable with them, before progressing to more difficult ones.

In practice, this might mean you start with a few sessions of imagining the object of your fear, for example needles, before looking at pictures or watching a video of someone getting vaccinated. Or, if your fear is social situations with groups of people, start with small gatherings before working up to spending time with larger groups.

We can depend on God to always be there when we need Him. He delivers us from trouble, no matter what happens. Our full trust in His ability and willingness to rescue us when we need help gives us peace. "What time I am afraid, I will trust in thee" (Psalm 56:3). Fear and trust don't mix: trust in God is much more powerful.

We don't have to tolerate fear. Living in God's will for our lives keeps us safe from it. The courage we receive from Him isn't due to the absence of fear, but the ability to move past it. This is what a victorious life is all about.

Where the devil is inducing fear in you I enjoin you to get connected to the God of possibilities with whom delivering you from that imminent danger is not impossible.

Just as the spirit of fear possesses a person through his hearing and seeing channel, the only potent weapon against fear also comes through the same channels. That weapon is called FAITH. Faith in the Almighty God will get you out of that danger you are afraid of when you get connected to him.

Fear removes a person's joy, peace, happiness, hope, determination, zeal, enthusiasm, ability and skills, but FAITH restores them all back to the person.

Have a blessed week!

The one who serves among you,

***Revd. Canon Emmanuel Fadipe
Canon Residentiary***

Prince 'Dapo Opeaye.....People's Warden
Mr. Adeyinka Shonekan.....Provost's Warden
Mr. Adejola Adeosun -Master of the Music and Organist
Revd. Henry Mooh - Confirmation Class/Youth
Revd. Dr. Oluwaseun M. Adeyemi -Altar Servers/Readers Guilds
Revd Olawole FaloyeCorrectional Centres Ministry/Elders' Fellowship
Revd. Canon Kunle DinaCare Ministry
Revd. Canon Emmanuel Fadipe -SWSU
Ven. Uchenna Ubadinobi..... Children's Church
Ven. Henry Adelegan -Harvest Sub-Committee/Cathedral Choir and Band
Very Revd. Dr. Adebola Ojofeitimi -.....Evangelism

**The Rt Revd. Ifedola Senasu Gabriel Okupevi, B.A.(Hons), M.A
Diocesan Bishop of Lagos**

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