7.15 A.M HOLY COMMUNION

Colour: GREEN

Theme: ETERNAL SALVATION MADE POSSIBLE

(ii) Recognising and Scaling the Hurdles

Celebrant: Ven. Uchenna Ubadinobi

Stewards on Duty: Group C

- 1. Opening Hymn: A&MRW 698 (Gwalchmai)
- 2. Introductory Sentence: "You will tread upon the lion and cobra, the young lion and the serpent you will trample down." Psalm 91:13
- 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: God our Father, Your Son came in love to deliver us and equip us for eternal life. Free us from all that hinders us from running the race You have set before us, through Jesus Christ our Lord. Amen.
- 9. Epistle: Hebrews 12:1 17 Mr. Okechukwu Ezeogu
- 10. Gradual Hymn: A&MRW 498 (Lux Eoi)
- 11. Gospel: Luke 18: 18-30 Ven Uchenna Ubadinobi
- 12. Sermon: The Provost
- **13.** Creed: (Page 178)
- 14. Intercession:(Pages 183-184) Mrs. Ogechukwu Ezeogu
- **15.** The Peace (page 186)
- **16. Offertory Sentence:** "Therefore, take up the full armour of God, so that you will be able to resist in the evil day, and having done everything, to stand firm." Ephesians 6:13
- 17. Offertory Hymn: A&MRW 689 (St. Sepulchre)
- 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: "For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith." 1John 5:4
- 22. Administration: (Page 194)
- 23. Hymns during Administration:
 - (i) A&MRW 453 (St. Helen)
 - (ii) A&MRW 772 (Petra)
 - (iii) A&MRW 798 (Surrey)
 - (iv) A&MRW 794 (Dominus regit me)
 - (v) A&MRW 421 (All for Jesus)
 - (vi) A&MRW 447 (Tune H.C. 444 Beaumaris)
 - (vií) A&MRW 436 (*Tune A&MRW 635 Alleluiá Dulce Carment*)
- 24. Post Communion Hymn: A&MRW 648 (Neander Unser Herrscher)
- **25. Post Communion Prayer:** Gracious Lord, in this holy sacrament you give substance to our hope: bring us at the last to that fullness of life for which we long; through Jesus Christ our Saviour.
- 26. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
- 27. Thanksgiving at the Altar:

- Engr. J.F. Obembe, 90th Birthday Thanksgiving

- 28. Notices:
- 29. Spiritual Tonic: Col. 3:2
- **30.** Benediction to Dismissal: (Page 196)
- 31. Withdrawal Hymn: A&MRW 631 (Duke Street)

- Collection for Akodo Church Harvest

At the Organ: Mr. Princewill Ubani

9.15 A.M. CHORAL MATTINS Cantor:

Ven. Henry Adelegan

Responses: Bernard Rose in D Theme: ETERNAL SALVATION MADE POSSIBILITIES

(ii) Recognising and Scaling the Hurdles

- Processional Hymn: A&MRW 9 (Laudes Domini) 1.
- 2. Call to Worship:
- Versicles and Responses: Bernard Rose in D 3.
- 4. Venite: 'Jola Adeosun in A
- Psalm: 96 Sina Ojemuyiwa in A 5.
- 6. 1st Lesson: Genesis 25: 21-34 - Master George Edegware
- Benedictus: SPCP 162 George Thalben Ball in B Flat 7
- 8. 2nd Lesson: Hebrew 12: 1-17 - Mr. Tobi Kehinde
- Te Deum: Festival Te Deum: Sir Arthur Sullivan 7.
- 8. **Creed to 3rd Collect**
- Anthem: Give unto the Lord, O ye might (Psalm 29) 9 - Edward Elgar (1941)
- Hymn before Sermon: A&MRW 382 (Tune: Billing) 10.
- Sermon: Revd. Canon Kunle Dina 11.
- Intercession: Ven. Henry Adelegan 12
- Hymn for Offering: A&MRW 742 (Tune MHB 1 Lydia) 13.
- 14. Thanksgiving at the Altar

- 105th Anniversary - Cathedral Choir

- 15. Admission of the New Choir Boys
- Notices: 16.
- Spiritual Tonic: Col. 3:2 17
- 18. Doxology: Enia l'ba Ma fi iyin - T.K.E. Phillips
- Conclusion to Benediction 19.
- 20. Final Amen: Bernard Rose in D
- Withdrawal Hymn: A&MRW 394 (Tune: Woodlands) 21.

- Collection for Akodo Church Harvest

22. Postlude: Prelude and Fugue in F Minor (BWV 534)-J.S. Bach At the Organ: Mr. Princewill Ubani Choral Conductor: Mr. 'Jola Adeosun

9.15 A.M. CATHEDRAL YOUTH CHURCH

- Conductor: Mr. Michael Agbogidi
- 1. Opening Hymn: A&MRW 9 (Laudes Domini)
- Call to Worship 2.
- 3. Praise and Worship
- Psalm: 96 4.
- 5. Bible Reading: Hebrew 12: 1-17
- Special Number 6
- 7. Message: Mrs. Uduak Adelola
- 8. Creed, Collects and Intecession/Creed to Prayers
- Sunday Offering: Choruses 9.
- 10. Notices
- **Prayer and Benediction** 11.
- Closing Hymn: A&MRW 394 (Tune: Woodlands) 12

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

TOPIC: THE GREAT AND TERRIBLE DAY IS COMING

- Worship Leader: AUNTY OMOTOLA AKINOLA
- Choruses 1.
- Opening Hymn: C.H. 577 2.
- Bible Reading: 2 Peter 3: 3-10 3.
- 4. Creed to Prayers:
- Hymn: C.H. 614 (Offering to be taken) 5.
- 6. Closing Prayer
- **Closing Hymn from Pamphlet** 7.
- Children go to their various classes 8.

11.15 a.m. SUNG EUCHARIST

54th Anniversary - Choir Wives/Parents' Association

Theme: ETERNAL SALVATION MADE POSSIBLE

(ii) Recognising and Scaling the Hurdles

Celebrant: Ven. Henry Adelegan

Communion Setting: Mass of all Saints

- Allan Wilson

- 1. Hymn: A&MRW 754 (Hanover)
- 2. Introit: Teach me O Lord, Thy way Thomas Attwood
 - (Psalm 119: 33)

Teach me O Lord, the way of thy statutes

- and I shall keep it unto the end
- Music: Thomas Attwood (1765 -1838)
- **3.** Introductory Sentence: "You will tread upon the lion and cobra, the young lion and the serpent you will trample down." *Psalm* 91:13
- 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:

God our Father, Your Son came in love to deliver us and equip us for eternal life. Free us from all that hinders us from running the race You have set before us, through Jesus Christ our Lord. Amen.

- 10. Epistle: Hebrews 12: 1-17 Choir Wives'/Parents' Association
- 11. Gradual Hymn: Yes, God is good, (Tune: Williams)
- 12. Gospel: Luke 18: 18-30 Ven. Henry Adelegan
- 13. Sermon: Revd. Canon Kunle Dina
- 14. Creed: (Page 178)
- 15. Intercession: (Pages 183-184) Choir Wives'/Parents' Association
- **16.** The Peace (page 186)
- **17. Offertory Sentence:** "Therefore, take up the full armour of God, so that you will be able to resist in the evil day, and having done everything, to stand firm." Ephesians 6:13
- **18.** Offertory Hymn: A&MRW 763 (Tune: Gerontious)
 - (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: "For whatever is born of God overcomes the world; and this is the victory that has overcome the world—our faith." 1John 5:4
- 23. Hymns during Administration:
 - (i) A&MRW 724 (Tunde Sosan)
 - (ii) Teach me thy way, O Lord (Tune: Camacha)
 - (iii) A&MRW 422 (Tune: Hyfrydol)
 - (iv) A&MRW 712 (Living Lord)
 - (v) How can I Cease (Penitentia)
 - (vi) A&MRW 258 (Hereford)
 - (vii) A&MRW 423 (Unde Et Memores)
- 24. Post Communion Hymn: A&MRW 462 (Anima Christi)
- 25. Post Communion Prayer: Gracious Lord, in this holy sacrament you give substance to our hope: bring us at the last to that fullness of life for which we long; through Jesus Christ our Saviour.
- 26. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
- 27. Thanksgiving at the Altar:

- Choir wives'/Parents' Association

28. Notices:

- 29. Spiritual Tonic: *Col. 3:2*
- 30. Benediction to Dismissal: (Page 196)
- 31. Final Amen: Seven-Fold Amen Sir John Stainer
- 32. Withdrawal Hymn: On Our Way Rejoicing (Rachie)
- 33. Organ Postlude: Obangiji Fela Sowande

- Collection for Akodo Church Harvest

At the Organ: Mr. Jola Adeosun

Choral Conductor: Mr. 'Jimi Olumuyiwa

SUNDAY 26/11/2023

Bible in a year: Daniel 4,5; I John 5

Points for Prayer:

- The Revd. Cyril Oguike;, The Synod Secretary, Diocese of Mbamili and the Assistant Synod Secretaries.
- 28th Wedding Anniversary of The Revd. Canon Uchenna & Mrs. Nneka Anyachebelu
- * The Bishop of the Diocese of Nova Scotia and Prince Edward Island (Canada).

Birthday Intercession:

Otunba Engr. Kunle Ogunade, Mrs. Vinuyon Modupe Ramos, Master Oluwaseyi Paul, Mrs. Ololade Olamide Adekunle, Master Oluwanifemi Daniel, Miss Hope Onyinyechi Ejimonye, Mr. Olufemi Nicholas Ogun, Miss Aderinsola Mary Alade, Miss Fisayo Isaac, Miss Funmilayo Iyun, Master Ifeoluwayimika Tayo.

Day 330

Wedding Anniversary Intercession:

- (i) Mr and Mrs. Johnson Akanni, 7th Wedding Anniversary.
- (ii) Mr and Mrs. Afolabi Adelekan, 7th Wedding Anniversary.

Memorial Intercession:

- (i) Lady Ayodele Alakija, CPA, 17 years' mind.
- (ii) Mrs. Rebecca Adetoun Ejemai, 29 years' mind.

Family Intercession:

Families of Late Mr. I.O.S. Osisanya, Late Chief A. A. Bajulai, Ogboye, Late Dr. S.U. Okoli, Late Oba Olifayo Oyolola, Late Preston Holder, Justice E.O. Sanyaolu, Mr. Laolu Taiwo, Mr. Niyi Tayo, Mr. Chukwuba Udemba, Abiodun, Mr. Gboyega Banjo, Late Arc. Akin Craig, CPA, Mr. Phillip Ikeazor, Mrs. Constance A.N. Ishie, Mrs. Adun Kuboye, Mr. Ayo A. Sanyaolu, Mrs. Angelina Omolara Wey, Mr. Clement Losa, Col.(Rtd) Dr. & Mrs. Olushola Osho.

Prayer for Businesses

Alizuta Limited, Meldili Nigeria Ltd, ALM Consulting Ltd, Estelle Services Ltd, Alpha Global Messengers, S&G Comestibles, Lenat Cargo Services Nig. Ltd., Lewis Alexander Legal, Creative Shepreneur, Lenox Heights Ltd., Purple Scents Ltd, Quintus Projects Ltd, Favoured One Catering Services, Wrapturable, Flour Mills Nigeria Plc.,The Metropole Practice, Gloryhill Multiconcepts Limited, Mtefworld Music Talent Entertainment Factory, Daries Limited, All Dway Nigeria Limited.

SUNDAY 26/11/2023 - MEETINGS

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

After Mattins

(i) The Young Women's Christian Association will meet at the Lagos Anglican Diocesan Seminary.

- (ii) The Monthly General Meeting of the **Cathedral Ladies Helpers' Union and the Youth Wing** will take place at the Lagos Anglican Diocesan Seminary.
- (iii) There will be a meeting of the **Girls' Guild** at the Lagos Anglican Diocesan Seminary.

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

CALL ON ANY DOCTOR OR NURSE IN CASE OF EMERGENCY

After 11.15 a.m.

Communion The Statutory Meeting of the Standing Committee will take place at the Chapter House.

4.00 P.M. PRE-EVENSONG CONCERT (105TH CHOIR FESTIVAL) 5.00 P.M. FESTIVAL EVENSONG (105^{TH} CHOIR FESTIVAL)

ACTIVITIES FOR THE WEEK MONDAY 27/11/2023

Colour: GREEN Day 331

Bible in a year: Daniel 6,7; 2 John

6.45a.m. **Holy Communion** Celebrant: Revd. Canon 'Kunle Dina Epistle: I Peter 1: 1-12 Gospel: Matthew 19: 1-12 Points for Prayer The Very Revd. D.O. Akinrinola, The Synod Secretary, Diocese of Ogbomoso and Assistant Synod Secretaries

- Mrs. Chisom Asiegbulem
- 26th Wedding Anniversary of the Ven. & Mrs. Omolola Asaolu.
- 13th Wedding Anniversary of Revd. and Mrs. Isaac Oluwatoyin Ajayi.
- The Bishop of the Diocese of the Nippon Sei Ko Ka
 - Birthday Intercession:

Mr. Amans G. Ejehu, Miss Saratu Atukum, Mrs Juliet Abosede Ogunlaja (nee Bello), Mrs. Ibidunni Olawunmi, Mrs. Victoria Abosede Thomas, Master Eddy Edet, Miss Hephzibah Odosamamwen Imienwarin, Miss Joy Olusola Osho. Mrs. Grace Uloma Udemba.

Day 332

Wedding Anniversary Intercession: -

- Revd. and Mrs. Adeniyi Adeluwoye, 2nd Wedding Anniversary. (i)
- (ii) Mr and Mrs. Sola Kehinde, 19th Wedding Anniversary.
- (iii) Mr and Mrs. G.O.A. Ekisola

Memorial Intercession: • •

- (i) Pa David U. Ogbomo, 26 years' mind.
- (ii) Mrs. Lena Olumide, 31 years' mind.
- (iii) Dr. E.S. Oluremi Pratt, 38 years' mind.

TUESDAY 28/11/2023 Colour: GREEN

Bible in a year: Daniel 8, 9; 3 John

6.45a.m. **Holy Communion**

Celebrant: Revd. Henry Mooh Epistle: I Peter 1: 13-25 Gospel: Matthew 19: 13-22 **Points for Prayer**

- The Ven. Oladeji S. Alabi, The Synod Secretary of Remo and Assistant Synod Secretaries
- 25th Wedding Anniversary of Ven. & Mrs. Boniface Igwealor.
- The Revd. Hyacinth Uchenna Nwanonyoba.
- The Bishop of the Diocese of Nsukka (Enugu, Nigeria)

Birthday Intercession:

Princess Irede Abumere, Miss Yetunde Nweje, Master Kale Lipede, Mrs. Dorcas Agbeke Oluyemi Ologunoye, Mr. Adeyemi O. Adenekan, Revd.S.O. Olulekan James Jekayinfa, Mr. Olutobi Akinkunmi Martins, Miss Praise Umani, Mr. Rotimi Akinyanju, Miss Olasubomi Ololade Ajape, Miss Rita Igbedion.

Wedding Anniversary Intercession: Mr and Princess Dr. Yemi Owi, 40th Wedding Anniversary

Memorial Intercession:

- (i) Mrs. Ijoma Idowu Adamu Ibidapo-Obe, 7 years' mind
- (ii) Mr. Samuel Olatunde Atitebi, 15 years' mind.
- (iii) Mr. Edward Olawale Oduwusi, 22 years' mind.
- (iv) Mrs. Comfort Olufunmilayo Adeosun, 35 years' mind
- (v) Mr. Cyril Akinola Thomas, 58 years' mind.

6.00 p.m. Choir Practice

WEDNESDAY 29/11/2023

Colour: GREEN

Day 333

Bible in a year: Daniel 10-12; Psalms 135, 136

6.45 a.m. Holy Communion

Celebrant:	The Provost	
Epistle:	I Peter 2: 1-10	
Gospel:	Matt. 19: 23-30	
Points for Praver		

- The Venerable Charles C.C. Chukwurah, The Synod Secretary, Diocese of Niger West and the Assistant Synod Secretaries.
- 26th Wedding Anniversary of Oluwaseun and Mrs. Iyabode Oladejo
- 10th Wedding Anniversary of Revd. Olaoluwa & Mrs. Olayinka Akinola
- Pray for the Diocese of Nyahururu (Kenya)

Birthday Intercession:

Mr. Samuel Adeola Shonibare, Mrs. Badejoko A. Owoyele, Mrs. Olufunmilayo Simisola Pereira, Miss Olufunmilayo Arinola Towose, Mrs. Lola Odusoga(nee Wright), Master Chukwuma Wogu, Master Oluwajuwalo Adewunmi, Mr. Emmanuel Omotilewa Ekisola.

- Wedding Anniversary Intercession: Mr and Mrs. Okechukwu Ezeogu, 15th Wedding Anniversary.
- Memorial Intercession Chief S. Ajibade Durojaiye,CPA, 9 years' mind.
- 4.30 p.m. Last Quarter Prayer Rally
- 5.00 p.m. Christian Wake-Keep for Mrs. Lydia Bandele Onafeko, OFR,CPA



Bible in a year: Hosea 1,2; Jude

6.45 a.m. Holy Communion

Celebrant:Revd. Dr. Oluwaseun AdeyemiEpistle:Romans 10: 1-8Gospel:Matt. 4: 18-22

- Points for Prayer
- The Venerable Henry O.R. Amobi, The Synod Secretary, Diocese of Amichi and the Assistant Synod Secretaries.
 Mrs. Grace Ilori
 - 26th Wedding Anniversary of Ven. Irechukwu & Mrs. Nwamaka Iheagwam.
 - 10th Wedding Anniversary of Revd. Akinola and Mrs. Oluwadarasimi Adebayo
 - * The Bishop of the Diocese of Nyamiel (Northern Bahr el Ghazal Province, South Sudan)

Birthday Intercession:

Mr. Christopher Akintola Ajeigbe, Mrs. Olayinka Abimbola Akinhanmi, Otunba Clement Adewole, Miss Kunmi Akin-Aina, Mr. Taiwo Soyannwo, Mr. Kehinde Olaolu Soyannwo, Mr. Tunde Holloway-Wusu, Mrs. Dupe Bamgbose, Miss Folakemi O. Daramola, Miss Bukola Ademiluyi, Mrs. Sylvia Chinelo Nwokoma, Mr. Akinkunmi Olarotimi Akindolire, Mrs. Aderonke Ibiyemi Akoni, Mr. Oluwaponmile Dekalu-Thomas, Mrs. Ibipeju Fadahunsi, Mrs. Mojisola Dorcas Osundina, Mrs. Modupe Oyebokun, Miss Oluwakorede Sosan, Mrs. Odunola Tosin-Agbede.

Wedding Anniversary Intercession: Mr and Mrs. W.O. Nzekwe, 33rd Wedding Anniversary

Memorial Intercession:

- (i) Mr. Adekunle Alakija, 15 years' mind.
- (ii) Mrs. Charlotte Olayemi Morgan, 16 years' mind.

11.00 a.m. Funeal Service for Mrs. Lydia Bandele Onafeko, OFR, CPA

4.30 p.m. Last Quarter Prayer Rally

FRIDAY – 01/12/2023 Colour: GREEN

Day 335

Bible in a year: Hosea 3-6; Revelation 1

- 6.45 a.m. Celebrant: Canon Residentiary Epistle: I Peter 3: 13-4.6 Gospel: Matt. 20: 29-34 Points for Prayer
 - The Venerable Easy Ndekwu, The Synod Secretary, Diocese of Uyo and the Assistant Synod Secretaries.
 - * The Bishop of the Diocese of Nyang (Eastern Bahr el Ghazal Province, South Sudan.

Birthday Intercession for:

Dr. Randolph Ademola Adu, Venerable Henry Olubunmi Adelegan, Mrs. Yewande Oyediran, Miss Iyunade Ademiluyi, Mrs. Alexandra Nonye Nkpasi, Miss Oluyemisi Atinuke Ogunde, Mrs. Abimbola Omotolani Adetola, Mr. Arthur Chukwuemeka Okoli, Mrs. Funmilayo Akinyode, Miss Toyosi Osiyemi.

Wedding Anniversary Intercession:

- (i) Ven. and Mrs. Tayo Aduloju, 22nd Wedding Anniversary.
- (ii) Dr and Mrs. Oladipo Adewole, 33rd Wedding Anniversary.

5.00 p.m. Men's Bible Class

10.00 p.m. 7 Hours of Unhindered Praise

SATURDAY - 02/12/2023 Colour: GREEN Da

Day 336

Bible in a year: Hosea 7,8; Psalms 137,138

7.45a.m. Holy Communion

Celebrant: Revd. Olawole Faloye Epistle: I Peter 4: 7-19 Gospel: Matt. 20: 29-34 Points for Prayer:

- The Venerable O. Amadi, The Synod Secretary, Diocese of Niger Delta North and the Assistant Synod Secretaries.
- 28th Wedding Anniversary of Ven. Olusola & Mrs. Folake Odusanya.
- The Bishop of the Diocese of Southern Nyanza (Kenya)

Birthday Intercession:

Mrs. Iyabo Olusola Osiyemi, Mr. Christopher John Nodurff, Mrs Olapeju Odunmbaku(nee Olabode), Mr. Sawope Ayodeji Oladunni, Mrs Mary Ezinne Enyogai(nee Nwobodo), Miss Moyosola Ajilo, Mr. Olayinka Oduole Okonkwo, Mr. James Taye Olaniyi, Mr. Oriruo Uyeh.

- Wedding Anniversary Intercession: Ven. and Mrs. Folarin Shobo, 23rd Wedding Anniversary.
- Memorial Intercession:
 - (i) Mr. Adegbenro Ogunro, 24th years' mind.
 - (ii) Mr. Alexander Olusegun Finnih, 34 years' mind

8.00 a.m. Festival of Faith at Archbishop Adebola and Mrs. Oluranti Ademowo Resource Centre, Faith Plaza, Bariga Lagos

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 5 **TOPIC:** Helmet of Salvation TEXTS: Luk 21:34-36; Eph. 6:17

AIMS:

i. to analyse the concept of Helmet in the work of our Salvation and ii. to discuss the spiritual importance of having the Helmet of Salvation as Christians.

INTRODUCTION

Helmet is a hard or padded hat that is purposely meant to protect the head against fracture or total breakage during an accident. The human head is the most important of all parts of the body and it houses major sensory organs, and without the head, the whole body is useless. Salvation is deliverance from our sins and the harmful consequences which is eternal death. Therefore, as the head is the most important part of the body, so is salvation the most important part of our Christian. Without salvation of our souls, all other Christian livelihood is useless and in vain. Therefore, the spiritual helmet of salvation is the insulation of our minds against sinful suggestions, desires, and traps the devil may lay for us as it is analysed in our text for today (Lk 21:34-36).

STUDY GUIDE:

- Explain the Helmet of Salvation in the context of the introduction and in line with Gen 39:9; 2Tim 2:22. 1.
- 2. From the following passages, analyse the likely causes or arrows of crash to the grace of salvation. Judg 16:1-4; Jn 12:4-6; Acts 5:1-3; 2Tim 2:16.
- 3. In a decadent generation, what warnings concerning possible crash of our grace of salvation? Lk 21:34-36; 1Th 5:6; 1Pe 4:7; 5:8-9.
- 4. How do we put on (wear) the spiritual helmet of salvation? Psa 1:2; 63:5-6; 119:11; Heb 10:24-25.

CONCLUSION: Our ability to meditate regularly on the word of God, to pray, to embrace godly fellowship and profess the genuine Faith in Christ in all circumstances; are spiritual helmet to protect the grace of salvation in our Christian lives.

FOOD FOR THOUGHT: There can be spiritual accident! Wear your salvation helmet.

MEMORY VERSE: Psalm 119:11

"Thy word have I hid in mine heart, that I might not sin against thee".

SPIRITUAL TONIC FOR THE WEEK

COL. 3:2

"Set your minds on things that are above, not on things that are on earth."

Almighty God and Father, the Ruler of the wills of men; put in me the desire for godly targets. Uproot from the depth of my being every evil craving. Set my feet firmly on the path of righteousness. Uphold me that I may not fall when temptation comes. Let my life be an ever reflection of your glory and when at last, You appear in your glory, let me be counted among Your elect in Jesus Christ's mighty name I pray. Amen.



ANGLICANISM FAST FACTS

39 ARTICLES OF RELIGION ARTICLE IX

9. Original or Birth-sin

Original sin is not found merely in the following of Adam's example (as the Pelagians foolishly say). It is rather to be seen in the fault and corruption which is found in the nature of every person who is naturally descended from Adam. The consequence of this is that man is far gone from his original state of righteousness. In his own nature he is predisposed to evil, the sinful nature in man always desiring to behave in a manner contrary to the Spirit. In every person born into this world there is found this predisposition which rightly deserves God's anger and condemnation. This infection within man's nature persists even within those who are regenerate. This desire of the sinful nature, which in Greek is called *phronema sarkos* and is variously translated the wisdom or sensuality or affection or desire of the sinful nature, is not under control of God's law. Although there is no condemnation for those that believe and are baptized, nevertheless the apostle states that any such desire is sinful.

TITHE:

Remember to pay your Tithe*

(into Cathedral Zenith Bank Account Number)



(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, BAMGBOSE BUILDING PROJECT

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

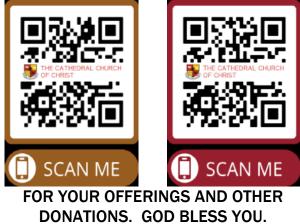
(I Chronicles 29:14)

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.

١	No	PURPOSE	B	ANK	ACCT NO
1.	So	cial Welfare Service Uni	t Polaris Ba	nk 1770128010	
	2.	Cathedral Clinic	First Bank	2000514561	
	3. Co	Donations/Sunday Dilection/Thankoffering	GT Bank	0124088211	
4.		ffertory/Communion asket	UBA	1017498994	
	5.	Sustentation	First Ba	nk 2000519164	
	6. D	Family Harvest/Harve conations	est FCMB	0130543010	
			Union Bank	0071028724	

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



WOMEN'S CORNER NOTICES

7//12/2023 - Diocesan Mothers' Union Christmas Get-together

9/12/2023 - Girls'/ Ladies Guild Christmas Fiesta at Faith Plaza Bariga.

Payment of Sacrifice

- Women's and Girls' Organisations

May God bless and prosper you as you give monthly towards Women's work in the Diocese. Thank you for giving to the Lord. Kindly make cheques payable to Womens' & Girls' Organisations, Diocese of Lagos.

THIS MONTH IN THE HISTORY OF THE CATHEDRAL - NOVEMBER

______ - By Church History Sub-Committee

- Nov. 14 Very Revd. Adebola Ojofeitimi moved into residence and resumed work as the 8th Provost of the Cathedral.
- Nov. 27 Institution, Induction and Installation of Very Revd. Adebola Ojofeitimi as the 8th Provost on Advent Sunday, 27th November, 2016.

2017

Nov. 3 Introduction of Festival of Praise and Testimonies

2018

Nov. 25 Centenary Choir Festival of the Cathedral Choir. The festival was attended by Simon Johnson, the Organist at St. Paul's Cathedral, London, and Steward Young, Vicar Choral at St. Paul's Cathedral London.

2019

Nov. 1 On All Saints Day, November 1st 2019 the Bishop dedicated the 4-Bedroom Vicarage for immanuel Anglican Church, Igboologun on Snake Island. It was donated by the Cathedral Torch Bearer's Society.

NEEDS OF THE CATHEDRAL

Donations are vital to the Cathedral's future, and your gift will

make a difference.

Kindly donate towards the purchase of any of the items

- listed below. Thank you.
- i. Risograph Printing Machine @ N5.5m
- ii. Toyota Coaster Bus @ N105m
- iii. Cisco 350X-24 MP Switch for CCTV cameras @ \$1500
- iv. Transformer and Tape Guide for the Lift car in the Cathedral House @ \$3000
- v. D-link Switch DGS-1210-28P @ NGN230K
- vi. IP Camera @ NGN1,196,000
- vii. One 1.5 hp Airconditioners @ N220,000 each
- viii. Two 3 hp Airconditioners @ N300,000 each

ix HP all - in- one desktop computer "Intel core i7 16gb ram 1TB ssd - 1,650,000.00

OBAFUNKE AKINKUGBE GIFT SHOP IS NOW OPENED. VISIT THE SHOP FOR YOUR BRANDED GIFT ITEMS, COFFEE AND SNACKS. THE SHOP OPENS DAILY EXCEPT ON MONDAYS. THANK YOU.

SUNDAY 03/12/2023 ADVENT SUNDAY

Stewards on Duty: Group D Colour: PURPLE 7.15 a.m. HOLY COMMUNION (SAID)

Theme: UNDERSTANDING THE TIME

Celebrant: Revd. Olawole Faloye Epistle: 2 Peter 3: 1-18 Mr. Ade Martins Gospel: Matthew 24: 1-29 Revd. Olawole Faloye Address: The Provost Prayers: Mrs. Isioma Martins Thanksgiving at the Altar - Monthly Thanksgiving - November Birthday Thanksgiving

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

9.15 a.m. LESSONS AND CAROLS FOR ADVENT WITH SUNG EUCHARIST

Cantor: The Provost (Special Programme)

Readers at the Advent Carol Service

Reading	Names Passage	
lst	Cathedral Torch Bearers	Isaiah 11: 1-9
2nd	Young Women Christian Association	Isaiah 40: I-11
3rd	Fountain of Hope (24NG)	Malachi 2 : 17-end; 3:6
4th	Busy Bees Women's Society	Isaiah 7: 10-15
5th	Cathedral Christian Brothers	Romans 1 2: 1-2, 13 :8; 11-14
6th	Cathedral Ladies League	Luke 1: 26-35, 38

Thanksgiving at the Altar

- Monthly Thanksgiving

- November Birthday Thanksgiving

-96th Anniversary – Men's Bible Class -81st Anniversary – Cathedral Torch Bearers

After Mattins

- (i) There will be the General Monthly Meeting of the **Cathedral Ladies League** at the Lagos Anglican Diocesan Seminary.
- (ii) The Executive Committee Meeting of the **Cathedral Ladies Armour Bearer** will take place at the Lagos Anglican Diocesan Seminary.

11.00 a.m. -1.00 p.m. Clinic CALL ON ANY DOCTOR OR NURSE IN CASE OF EMERGENCY

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. <u>Choir Wives'/Parents' Association:</u>

Today, we celebrate the 54th Anniversary of the founding of the Choir Wives/Parents Association. We bless the LORD for their ministry and the support they give not only to the Choir but to the Cathedral also in different ways. Have a happy celebration. God bless you.

2. <u>105th Annual Choir Festival:</u>

We congratulate the Organist and Master of the Music and all the members of the Choir on their 105th Annual Choir Festival today. We thank God for the way He has been using them in the Ministry of Music in this Cathedral. We pray that the good LORD will continue to sustain them.

- **3.** <u>Last Quarter Prayer Rally</u> will hold from Wednesday 29th and Thursday, 30th November, 2023 at 4.30 p.m.daily. Ministering: Ven. Joseph Feyisetan.
- 4. <u>7 Hours of Unhindered Praise</u>: This annual festival of praise will hold on Friday, 1st December, 2023 at 10.00 p.m. here in the Cathedral as a way of expressing gratitude to God for His benevolence towards us in the outgoing year. Please plan to attend. God bless you always.

5. Year 2023 Festival of Faith:

Fire on the Altar in all Parishes (Fasting and Prayer) comes up on **Friday, 1st December, 2023 by 6.00 a.m. - 6.00 p.m.** Festival of Faith on **Saturday, 2nd December, 2023** at Archbishop Adebola and Mrs. Oluranti Ademowo Resource Centre, Faith Plaza, Bariga, Lagos.

- 6. <u>The Diocesan Mothers' Union Christmas Party</u> comes up on *Thursday, 7th December, 2023 at the Seminary ground by 1.00 p.m.* All members are encouraged to attend. Dress code - Blue and White.
- 7. <u>Diocesan Girls and Ladies' Guild Christmas Party</u> holds on Saturday, 9th December, 2023 at Archbishop Adebola and Mrs. Oluranti Ademowo Resource Centre, Faith Plaza, Bariga.
- 8. <u>77th Anniversary of the Cathedral Guild of Stewards</u> will hold on Sunday, 10th December, 2023 during the 11.15 a.m. Holy Communion. There will be admission of new members that are advised to be fit and proper by their respective Group Leaders. There will be recognition and award to the Best Group and Best Steward.
- 9. <u>Cathedral Women End-of Year Thanksgiving</u> will hold on Sunday 17th December, 2023 at 9.15 a.m. Choral Mattins. Reception follows at the Seminary Grounds. Dress Code: Touch of Green

10. Children's Church Christmas Service:

The Annual Children's Church Christmas Service and party is coming up on **Sunday**, **17th December**, **2023 at 9.15 a.m.** Parents who would like to contribute snacks and other items to ensure that the children have a very nice party, should kindly contact the Superintendent, Mrs. Tola Akinola at the Children's Church or by telephone on 08023131628.

11. Light Up The Night 2023

This year's Light Up the Night comes up on **22nd December**, **2023 at 5.30 pm** at the seminary grounds of the Cathedral. Preparations have started in earnest to make this year's even a memorable one. We are inviting willing members of the Cathedral to kindly join the 100 of Us choral group to sing a few songs during the event. Please contact Gbenga Bello – 0802 315 6979 or Michael Agbogidi - 0802 918 0308 to indicate interest. God bless you as you offer to serve.

12. <u>2024 Vestry Meeting and Election</u> comes up Sunday, February 25, 2024. To vote at the Election, a voter must be a financial member of the Cathedral and must be on the sustentation list as having subscribed a minimum of **N5,000 in 2023.** The congregation

is hereby reminded to make payment on or before 31st December 2023. Pay into Cathedral Church of Christ, First Bank Account No. 2000519164.

13. 2024 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 **2024** Calendar of Worship and Events not later than end of November 2023.

14. 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**.

15. <u>Mid-Week Fellowship and Love Feast:</u>

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.

16. (a)Fellowship Hour - Sunday 26/11/2023

We thank **Engr. Julius Folorunso Obembe** who hosts the Fellowship Hour after 7.15 a.m. Service in thanksgiving to God for his 90th birthday which was marked on Saturday, 19th August, 2023. God will continue to grant him good health, joy and happiness throughout the days of his life.

Vacant after 9.15 a.m. Service

(b) Fellowship Hour Booking: December 2023

Sunday, 10/12/2023 - Vacant after 7.15 a.m. and 9.15 a.m. Services Sunday, 24/12/2023 - Mr. Oluwadamilola Mojolaoluwa Ajilo for his Birthday after 7.15 a.m. and 9.15a.m. Services

(c) 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.



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 Ojutiwon (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.
- In the course of the week the Unit received an anonymous donation of N2,160,000 (Transfer) May God bless the donor more abundantly.

(a) Sponsorship:

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

- <u>Adereti Esther Oluwatimilehin (19 years)</u> 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. <u>Mr. Jimoh Aleem</u> a secondary School student needs a sum of N900,000 for a 6 years level of education at N50,000 per term.
- **3.** <u>Master Daniel Elijah (10 years)</u> needs the sum of N900,000 for his Secondary School Education at N50,000 per term.
- 4. <u>Miss Ikuomola Oluwanifemi Blessing (13 years)</u> needs the sum of N900,000 for her Seconday School Education at N50,000 per term.
- 5. <u>Master Iremide Ejionome (3 years)</u> needs the sum of N1,308,000 for his hearing aid He is a cerebral palsy child.
 - (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 reestablish 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

> 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.

- 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.
- 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 TWENTY-FOURTH SUNDAY AFTER TRINITY - 19/11/2023

7.15 a.m.	Holy Communion (Youtube 335/Facebook 166 views)170
9.15 a.m.	Children's Church/Sunday School 155
9.15 a.m.	Cathedral Youth Church 51
9.15 a.m.	Choral Mattins (Youtube 272/Facebook 163 views) 295
11.15 a.m	Sung Eucharist. (Youtube 179/Facebook 163 views) 159

Week-Day Services - Saturday - Friday

	HC		НС
Saturday		Wednesday	
18/11/2023	12	22/11/2023	25
Monday		Thursday	
20/11/2023	17	23/11/2023	68
Tuesday		Friday	
21/11/2023	20	24/11/2023	18

COMING EVENTS (NOVEMBER – DECEMBER 2023)

- 26/11/2023 `Adult Harvest at Christ Anglican Church, Akodo by Women's Guild Auxilliary
- 2/12/2023 Readers and Altar Servers Thanksgiving



"Therefore, since we are surrounded by such a great cloud of witnesses, let us throw off everything that hinders and the sin that so easily entangles. And let us run with perseverance the race marked out for us." Hebrews 12:1

Hurdles are the barriers that block our progress in life, and overcoming them is key to achieving our goals. In the Bible, we find hurdles that impede the attainment of eternal salvation. As believers, it is essential to develop spiritual sensitivity to recognise these hurdles and ways to overcome them. Hebrews 12:1 calls us to live a life of faith, inspired by the examples of past believers, and free from the encumbrances of sin and other distractions. The following are some of the hurdles that can inhibit eternal salvation and the modalities to overcome them:

The Hurdle of Materialism: Luke 18:18-30 portrays a significant hurdle, as illustrated through the story of a wealthy young ruler seeking guidance from Jesus on inheriting eternal life. The young ruler claims to have followed all the commandments from his youth, but his attachment to his possessions becomes a significant obstacle when Jesus asks him to sell everything and give to the poor, leading the young ruler to feel disheartened. However, to overcome this hurdle, one must prioritise spiritual values, practice generosity and contentment, trust in God's provision, and live simply while focusing on gratitude, as highlighted in Matthew 6:19-21.

The Hurdle of Doubt: Doubt is a hurdle that challenges the believer's trust in God and His promises and thus inhibits the believer from enjoying God's provisions of eternal life. The story of Thomas, who doubted the resurrection of Jesus until he saw Him in person (John 20:24-29), is a classic example. Overcoming doubt involves a combination of faith, prayer, engagement with Scripture, reliance on the Holy Spirit, support from faithful brethren, learning from biblical examples, and actively living out one's faith. The Bible emphasises having faith in God's promises and character. Hebrews 11:1 defines faith as "confidence in what we hope for and assurance about what we do not see."

The Hurdle of Sinful Habits: The struggle against sins and moral weaknesses is a significant spiritual hurdle on the path to eternal salvation. Apostle Paul's discussion of his personal struggle with sin in Romans 7:15-25 illustrates this. To overcome this hurdle, the believer must be spiritually disciplined, seek God's help, and be grounded in an understanding of God's grace and the transformative power of faith. Paul says: "Therefore, I do not run like someone running aimlessly; I do not fight like a boxer beating the air. No, I strike a blow to my body and make it my slave so that after I have preached to others, I myself will not be disqualified for the prize." (1Corinthians 9:26&27)

The Hurdle of Persecution: Persecution refers to the hardships, discrimination, or hostility that believers face due to their faith. It is a test of one's endurance and commitment to their faith. The Bible encourages us to persevere in the face of persecution and endure it with strength supplied by the Holy Spirit. In James 1:12, it is written, "Blessed is the one who perseveres under trial because, having stood the test, that person will receive the crown of life that the Lord has promised to those who love him."

The Hurdle of Temptation: The hurdle of temptation is a common and significant challenge in the spiritual journey, as the Bible describes. It involves being enticed or drawn towards thoughts, words, or actions that are contrary to God's will or moral laws. Temptation works with the human sinful nature to obstruct their journey with God to eternal life. James 1:14 asserts: "...each person is tempted when they are dragged away by their own evil desire and enticed." The Bible acknowledges that temptation is a universal and inevitable experience. Esau fell for this hurdle in Genesis 25:21ff, while Joseph the Dreamer in Genesis 39, out of his resoluteness not to sin against God, scaled the same hurdle. 1 Corinthians 10:13 states, "No temptation has overtaken you except what is common to mankind." Believers often face choices that test their faithfulness and obedience to God's commandments, but we are encouraged to rely on God's strength and promise to resist temptation. Philippians 4:13 says, "I can do all this through him who strengthens me."

The Hurdle of Unforgiveness: Unforgiveness is when you refuse or find it difficult to pardon someone who has caused you harm. It can lead to negative emotions like bitterness, resentment, and other spiritual consequences. Unforgiveness is a significant spiritual obstacle to eternal life since it contradicts the Bible's teachings on love and forgiveness (Matthew 18:21-35). Overcoming the hurdle of Unforgiveness is not only an obligation but also a path to personal peace, spiritual growth, and healthier relationships with God and others. As believers, we are

called to forgive because we have been forgiven by God (Ephesians 4:32). By forgiving others, we demonstrate our understanding and appreciation of the forgiveness that we have received from God through Christ.

Let us rid ourselves of any burden or sin that impedes our spiritual progress, just as a runner discards any unnecessary weight to run effectively. With faith and endurance, we can overcome any hurdle that comes our way and achieve our goals. Hebrews 12:12-13 encourages us to renew our spiritual vigour and commitment to righteous living to run this race. Our eternal salvation has been made possible; let us, therefore, run our race, "fixing our eyes on Jesus, the pioneer and perfecter of faith."

Have a blessed week!

The one who serves among you,

Very Revd. Adebola Ojofeitimi,PhD Provost

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. Adey	emiAltar Servers/Readers Guilds
Revd Olawole Faloye	Correctional Centres Ministry/Elders' Fellowship
Revd. Canon Kunle Dina	Care 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 Ojofeitim	iEvangelism

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

> TEL. LINES: 2712845, 2712844, 2704143 TEL/FAX 2712846 www.thecathedrallagos.org. Email:provost@thecathedrallagos.org 29, Marina, P. O. Box 726, Lagos.