

# 7.15 a.m. HOLY COMMUNION Colour: GREEN

Theme: **JESUS CHRST: THE RESTORER**  
**(v) Follow Him**

**Celebrant: Ven. Uchenna Ubadinobi**

Stewards on Duty: **Group B**

1. **Opening Hymn:** A&MRW 640 (*Warrington*)
2. **Introductory Sentence:** *“And he saith unto them, Follow me...” Matthew 4:19*
3. **The Preparation** (Page 170)
4. **Collect for Purity** (Page 171)
5. **Summary of the Law** (Page 172)
6. **Words of Comfort** (Page 175)
7. **Confession to Collect** (Pages 175-176)
  
8. **Collect:**  
*Almighty God, the Redeemer of all who trust in You; give heed to the cry of Your people, deliver us from the bondage of sin that we may serve You in perfect freedom and rejoice in Your unfailing love; through Jesus Christ our Saviour. Amen.*
  
10. **Epistle:** Colossians 1: 15-23 **The Clergy**
11. **Gradual Hymn:** A&MRW 387 (*Sussex*)
12. **Gospel:** John 10: 7-14, 26-28 **Ven. Uchenna Ubadinobi**
13. **Address:** **Ven. Henry Adelegan**
14. **Creed:** (Page 178)
15. **Intercession:**(Pages 183-184) **The Clergy**
16. **Offertory Sentence:** *“Jesus said to him, “If you wish to be complete, go and sell your possessions and give to the poor, and you will have treasure in heaven; and come, follow Me.” Matthew 19:21*
17. **Offertory Hymn:** A&MRW 436 (Tune A&MRW 231 - Regent Square) **(Please drop all your envelopes)**
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:** *“...and large crowds followed Him, and He healed them there.” Matthew 19:2*
22. **Hymns during Administration:**
  - (i) A&MRW 422 (*Hyfrydol*)
  - (ii) A&MRW 421 (*All for Jesus*)
  - (iii) A&MRW 423 (*Unde Et Memores*)
  - (iv) A&MRW 428 (*Aberystwyth*)
  - (v) A&MRW 443 (*Tune: A&MRW 24 - St. Clement*)
  - (vi) A&MRW 447 (*Tune H.C. 444 - Beaumaries*)
  - (vii) A&MRW 449 (*Moseley*)
  - (viii) A&MRW 460 (*Song 1*)
23. **Post Communion Hymn:** A&MRW 595 (*Slane*)
24. **Post Communion Sentence:** *Almighty God, we acknowledge that without You, we cannot please You; grant us grace to follow You more closely, and in following, we may enjoy the full privilege of restoration that You have prepared for those who genuinely follow You. We pray this through Jesus Christ, our Lord. Amen.*
25. **The Lord’s Prayer to Thanksgiving Prayer** (Pages 195-196)
26. **Thanksgiving at the Altar**  
*- Mr. Adegbite Adeseye - Birthday Thanksgiving*
27. **Address by the Chairman Electoral Sub-Committee**
28. **Notices:**
29. **Spiritual Tonic: Proverbs 21:21**
30. **Benediction to Dismissal:** (Page 196)
31. **Withdrawal Hymn:** A&MRW 648 (*Tune MHB 693 - Dismissal*)  
*At the Organ: Mr. ‘Jola Adeosun*

# 9.15 A.M. CHORAL MATTINS

Cantor: The Provost  
Responses: John Reading in A

Theme: **JESUS CHRIST: THE RESTORER**  
**(v) Follow Him**

1. Processional Hymn: A&MRW 362 (*Nativity*)
2. Opening Sentence: "And he saith unto them, Follow me..." Matthew 4:19
3. Call to Worship:
4. Confession and Absolution
5. Venite: SPCP 234 - Anon. from J. Battishill in A
6. Psalm: 57: 1-12 (SPCP 238 - W. Crotch in A)
7. 1st Lesson: Hosea 14: 1-7 - Dr. (Mrs) Funmilayo Doherty
8. Benedictus: (spsc 244 - J. Stainer in G)
9. 2nd Lesson: Col. 1: 15-23 - Mrs. Titi Olaomo-Olaoye
10. Te Deum: S. Coleridge Taylor in F (Choir Only)
11. Creed to 3rd Collect
12. Anthem: Make me A Channel of Your Peace  
(St. Francis Prayer)  
- Sebastian Temple
13. Hymn before Sermon: A&MRW 621 (*Repton*)
14. Sermon: Revd. Olawole Faloye
15. Intercession:
16. Hymn for Offering: A&MRW 763 (*Billing*)
17. Thanksgiving at the Altar:  
- *Family of late Chief Daniel Adebayo Ogunyemi*
18. Address by the Chairman Electoral Sub-Committee
19. Notices:
20. ***Spiritual Tonic: Proverbs 21:21***
21. Conclusion to Benediction
22. Final Amen: John Reading in A
23. Withdrawal Hymn: A&MRW 748 (*Wolvercote*)  
At the Organ: Mr. Jola Adeosun  
Choral Conductor: Mr. Jimi Olumuyiwa

## 9.15 A.M. CATHEDRAL YOUTH CHURCH

Conductor:

1. Opening Hymn: A&MRW 362 (*Nativity*)
2. Call to Worship
3. Praise and Worship
4. Psalm: 57: 1-12
5. Bible Reading: Colossians 1: 15-23
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 748 (*Wolvercote*)

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

TOPIC: HOW TO FAST 1

Worship Leader: Grandma Ilori

1. Choruses
2. Opening Hymn: C.H.
3. Bible Reading: Matthew 6: 16-18
4. Creed to Prayers:
5. Hymn: C.H. (Offering to be taken)
6. Closing Prayer
7. Closing Hymn - from Pamphlet
8. Children go to their various classes

# 11.15 A .M. HOLY COMMUNION (SAID)

Theme: **JESUS CHRIST: THE RESTORER**

## (v) Follow Him

Celebrant: Canon Kunle Dina

1. Hymn: A&MRW 445 (*Everton*)
2. Introit:
3. Introductory Sentence: *“And he saith unto them, Follow me...” Matthew 4:19*
4. The Preparation (Page 170)
5. Collect for Purity (Page 171)
6. Summary of the Law (Page 172)
7. Words of Comfort (Page 175)
8. Confession to Collect (Pages 175-176)
  
9. Collect:  
*Almighty God, the Redeemer of all who trust in You; give heed to the cry of Your people, deliver us from the bondage of sin that we may serve You in perfect freedom and rejoice in Your unfailing love; through Jesus Christ our Saviour. Amen.*
  
10. Epistle: Colossians 1: 15-23 - Guild of Stewards on Duty
11. Gradual Hymn: A&MRW 743 (*Thaxted*)
12. Gospel: John 10: 7-14; 27-28 - Revd. Canon Kunle Dina
13. Sermon: Revd. Henry Mooh
14. Creed: (Page 178)
15. Intercession:(Pages 183-184) Guild of Stewards on Duty
16. Offertory Sentence: *“Jesus said to him, “If you wish to be complete, go and sell your possessions and give to the poor, and you will have treasure in heaven; and come, follow Me.” Matthew 19:21*
17. Offertory Hymn: A&MRW 383 (*Ravenshaw*)  
*(Please drop all your envelopes)*
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: *“...and large crowds followed Him, and He healed them there.” Matthew 19:2*
22. Hymns during Administration:
  - (i) A&MRW 436 (*Tune A&MRW 231 - Regent Square*)
  - (ii) A&MRW 423 (*Unde Et Memores*)
  - (iii) A&MRW 421 (*All for Jesus*)
  - (iv) A&MRW 422 (*Hyfrydol*)
  - (v) A&MRW 443 (*Tune A&MRW 24- St. Clement*)
  - (vi) A&MRW 447 (*Tune H.C. 444 - Beaumaris*)
  - (vii) A&MRW 449 (*Moseley*)
  - (viii) A&MRW 428 (*Aberystwyth*)
23. Post Communion Hymn: A&MRW 595 (*Slane*)
24. Post Communion Prayer: *Almighty God, we acknowledge that without You, we cannot please You; grant us grace to follow You more closely, and in following, we may enjoy the full privilege of restoration that You have prepared for those who genuinely follow You. We pray this through Jesus Christ, our Lord. Amen.*
25. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
26. Thanksgiving at the Altar:
27. Address by the Chairman Electoral Sub-Committee
28. Notices:
29. Spiritual Tonic: **Proverbs 21:21**
31. Benediction to Dismissal: (Page 196)
32. Final Amen:
33. Withdrawal Hymn: A&MRW 648 (*Tune MHB 693 - Dismissal*)

At the Organ: Mr. Princewill Ubani

Choral Conductor: Mr. Jola Adeosun

# SUNDAY 11/02/2024

# Day 42

Bible in a year: Exodus 35,36; Psalm 19

## **Points for Prayer:**

- ❖ The Rt. Revd. Augustine Ohilebo, Bishop of the Diocese of Sabogida-Ora.
- ❖ The Revd. Emmanuel Ugochukwu Mordi.
- ❖ Mrs. Comfort Okeke
- ❖ 18th Wedding Anniversary of Revd. Ebruvwiyo and Mrs. Omamoke Udowa.
- ❖ **Province of the Episcopal Church of South Sudan.**

## ❖ **Birthday Intercession:**

Her Excellency Mrs. Adebisi Sosan, Ven. Tolutope Olaniyi Agesin, Dr. Oludotun Ransome-Kuti, Miss Temiloluwa Sosanya, Mr. Daniel Francis, Mrs. Nkoyo Kehinde, Master Adedamola Adeluwoye, Mrs. Toyin Ogunlana, Mr. Abiola Olawale Kosoko, Dr. Doyle Eyimofe Atake, SAN, Mr. Ayodele Fatoye, Master Nathan C. Nwangwu, Miss Fiyesimi Aduloju.

## ❖ **Wedding Anniversary:**

Mr & Mrs. Adeniyi Curtis Campbell.

## ❖ **Memorial Intercession:**

- (i) Mrs. Agnes Bibilola Awosika, 1 year's mind
- (ii) Miss Alice Udoh, 10 years' mind
- (iii) Revd. Daniel Akinwunmi Oduwusi, 65 years' mind.
- (iv) Mrs. Adebola Oduwusi, 95 years' mind.

## ❖ **Family Intercession:**

**Families of** Amb. (Mrs.) Modupe Akintola, Prince Kola Abumere, Mr. 'Supo Shasore(SAN), Mrs. Funmi Akiode, Engr. Apakama, Mr. Tunde Alase, Late Otunba Afolabi-Alu, Late Dr. A.E. Amabibi, Dr. Eyimofe Atake, SAN, Mr. C.A. Authe, Mr. Babasola Adebajo, Mr. S.A. Bailey, Mr. Akinwande Olutobi Martins, Dr. Olu McGuinness Otubusin, Mrs. Mosun Fayemi, Late Mr. David Okafor Nwobodo, Mr. Kehinde Oliyide.

## ❖ **Prayer for Businesses**

Pinax Nigeria Limited, Irene Ventures, Dayspring Property Development Company Limited, Respect My 20, Digital Reality Print Limited, Sebytoy Enterprises, Episode & Modes Kunsolts Limited, Lenox Heights Ltd., Purple Scents Ltd, Quintus Projects Ltd, Flamestar Investment Company Ltd, Channels T.V., D.F. Group, FCMB Group Plc, Favoured One Catering Services, F.O. Fagbohngbe & Co, Come On Naija.

## SUNADAY 11/02/2024 - MEETINGS

### after Mattins:

- (i) The Monthly General Meeting of the **Cathedral Ladies Friendly Society** will hold at the Lagos Anglican Diocesan Seminary.
- (ii) The **Cathedral Women's Guild Auxiliary** will meet at the Fellowship Centre.
- (iii) The Monthly Meeting of the **Cathedral Busy Bees Women's Society** will hold at the Lagos Anglican Diocesan Seminary.
- (iv) The **Cathedral Ladies Armour Bearer** will meet at the Lagos Anglican Diocesan Seminary.
- (v) 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**

# ACTIVITIES FOR THE WEEK

MONDAY 12/02/2024

Colour: GREEN

Day 43

*Bible in a year: Exodus 37,38; Acts 3*

6.45 a.m.

**Holy Communion**

Celebrant: **Ven. Henry Adelegan**

**Epistle: Phil. 2: 1-13**

**Gospel: John 8: 15-18, 25-27**

**Points for Prayer**

- ❖ Sir Dick Eruwa, Bendel Provincial Treasurer.
- ❖ Mrs. Victoria Oredolapo Ajayi
- ❖ Mrs. Oyeyemi Ajayi
- ❖ Mrs. Roseline Bosede Ajayi
- ❖ 24th Wedding Anniversary of Revd. Canon Abimbola and Mrs. Mosunmola Aduroja.
- ❖ **The Diocese of North Eastern Caribbean and Aruba - The Church in the Province of the West Indies.**

❖ **BirthDay Intercession:**

Mrs. Funmilayo Olagbaju(70), Major Rex Kolawole Ogunaike, Mrs. Grace Oluwatoyin Faloye, Mr. Emeka Ernest Oramadike, Dr. Lambert Ikechi Ofoegbu, Mrs. Abimbola Abiona(nee Alu), Mr. Adebayo Odetoyinbo, Mrs. Omotunde Olufunmilayo Sonuga-Alonge, Mr. Oluwasijibomi Odunsi Jadesimi, Miss. Toyin Adu, Master Emmanuel Afolabi Ekisola, Mr. Sewanu Bababunmi, Mr. Ayotunde Adeyinka, Mrs. Iyabosola Osiyemi.

❖ **Memorial Intercession:**

- (i) Engr. Olusola Sowoolu, 19 years' mind.
- (ii) Mrs. Mercy Onyecheleram Olorunsola, 19 years' mind.
- (iii) Mrs. Betty Imoukhuede, 33 years' mind.
- (iv) Mr. Frederick Emmanuel Jackson-Cole, 57 years' mind.

**8.00 a.m. Pre-Lent Retreat for Clergy and Workers at Church of the Nativity, Parkview Estate, Ikoyi.**

4.00 p.m. **Women Bible Class / Bible Study 2 - Contend Earnestly for the Faith (Jude 1-16) by Mrs. Abeke Spaine**

**TUESDAY – 13/02/2024 Colour: GREEN Day 44**

## Shrove Tuesday

*Bible in a year: Exodus 39,40; Acts 4*

6.45a.m.

**Holy Communion**

Celebrant: **Revd. Henry Mooh**

**Epistle: Phil. 3: 1-11**

**Gospel: John 18: 28-38**

**Points for Prayer**

- ❖ The Most Revd. Dr. Emmanuel O. Chukwuma(Rtd) Archbishop of Enugu Province.
- ❖ The Revd. Dr. Obafemi Babatunde Aderibigbe (60)
- ❖ Mrs. Mojirayo Oluwaseun Odedeji.
- ❖ 3rd Wedding Anniversary of The Revd. Oluwatosin and Mrs. Odunola Ariyo.
- ❖ **The Diocese of Carlisle, The Church of England.**

❖ **BirthDay Intercession:**

Mrs. Margaret Olubunmi Adeniji, Mr. Olatunji Olufemi Olawunmi, Mrs. Oluwatosin Morenike Bello, Mr. Olatunji Da-Silva, Mrs. Abiola Kofoworola Okonkwo, Miss Amarachukwu Akagha, Master Chilobe Chukwu Okonkwo, Miss Katherine Eyimofe Oladunjoye, Master Emmanuel Oluseyifunmi Odusanya.

❖ **Wedding Anniversary Intercession:**

Mr & Mrs. Kofi Oluwafolajimi Brodie-Mends, 24th Wedding Anniversary.

**6.00 p.m. Shrove "Pancake" Tuesday**

**6.00 p.m. Choir Practice**

WEDNESDAY 14/02/2024

Colour: PURPLE

Day 45

## Ash Wednesday

*Bible in a year; Leviticus 1-3; Acts 3*

### 6.45 a.m. Holy Communion

**Celebrant: The Provost**

**Epistle: James 4: 1-10**

**Gospel: Matthew 6: 16-21**

**Points for Prayer**

- ❖ *The Most Revd. Isaac Chijioke Nwaobia, Archbishop of Aba Province, Bishop, Diocese of Isiala Ngwa South.*
- ❖ *The Revd. Emmanuel Ikpeonyenachia Ezeji*
- ❖ *The Revd. Valentine Okechukwu Dikeocha*
- ❖ *20th Wedding Anniversary of Revd. Canon Oluwaseun and Mrs. Oluwayemisi Oyekan*
- ❖ **The Diocese of East Carolina - The Eposcopal Church, USA)**
  
- ❖ **Birthday Intercession:**  
*Mrs. Ibikemi Sophia Solabomi Adefolu, Mr. Samson Oluwatoyin Alalade, Master Olakunle Akintomibo Joseph, Mrs. Dupe Ajilo, Mrs. Olabisi Williams, Prince Tito Eniola Abumere, Mr. Ayoola Banjo, Miss Edith Edesiri Inoba, Miss Monsunle Ogunleye, Mr. Adebimpe Solomon Obisesan, Mr. Joseph Emeka Udeh.*
  
- ❖ **Wedding Anniversary Intercession:**  
*Mr & Mrs. Kehinde Hollist, 35th Wedding Anniversary.*
  
- ❖ **Memorial Intercession:**
  - (i) *Mrs. Pamela Victoria Olusola Roberts, 1 year's mind*
  - (ii) *Otunba Ademola Fowora, 8 years' mind.*
  - (iii) *Mr. Benjamin Opara, 18 years' mind.*
  - (iv) *Chief (Mrs) T.O.A. Sodeinde, 19 years' mind.*
  - (v) *Mrs. Dorothy Erwanarue Omoregie(nee Giwa-Osagie), 48 years' mind.*
  - (vi) *Mrs. Esther Modupe Odusola, 71 years' mind.*

5.00 p.m. **ASH WEDNESDAY SERVICE**

**THURSDAY – 15/02/2024**

Colour: GREEN

Day 46

*Bible in a year: Leviticus 4,5; Psalms 20,21*

### 6.45 a.m. Holy Communion

**Celebrant: Revd. Michael Nwigani**

**Epistle: Phil. 3:12-21**

**Gospel: John 17: 1-8**

**Points for Prayer**

- ❖ *The Rt. Revd. Chigozirim Onyegbule, Episcopal Secretary of Aba Province.*
- ❖ *The Revd. Michael Omolayo Ajayi*  
*10th Wedding Anniversary of Revd. Oluwayemi and Mrs. Oluwadamilola Oladunjoye.*
- ❖ **The Diocese of North Carolina - The Episcopal Church, USA.**
  
- ❖ **Birthday Intercession:**  
*Engr. Dr. Samuel Chukwuma Apakama(80), Dr. Olugbenga Ayodele Afolabi, Mrs. Linda Adeyinka Macaulay, Mr. Idowu Durojaiye, Mrs. Ekpo Obadan, Miss Bolaji Vivian Williams, Master Korede Osiyemi, Mrs. Abiodun Osinowo, Mrs. Blessing Ifeyinwa Abattam-Nnagbo, Mrs Olanike Ashabi Fashina(nee Vincent), Ms. Ladun Odugbesan, Mr. Chukwunaso Iyama Emmanuel, Mr. Aderemi Dada.*
  
- ❖ **Wedding Anniversary Intercession:**  
*Revd. and Mrs. Oluwayemi Oladunjoye, 9th Wedding Anniversary.*
  
- ❖ **Memorial Intercession:**
  - (i) *Otunba Dr. Theophilus Oluwole Akindede, 3 year's mind.*
  - (ii) *Mrs. Eunice Anike George, 7 years' mind.*
  - (iii) *Mr. Geoffrey Ademola Thomas, CPA, 11 years' mind.*
  - (iv) *Mr. Kofi Omenai, 12 years' mind.*
  - (v) *Mr. George Gordard Samuels, 13 years' mind.*
  - (vi) *Omoba Adesiyon Olokodana, 18 years' mind.*
  - (vii) *Chief (Mrs) Oyeronke Mosebolatan Adefolu-Lucas, 28years' mind.*
  - (viii) *Mrs. Annette Ronke Oniyide, 28 years' mind.*
  - (ix) *Pa Chief Jonathan Tanimowo Adebogun, CPA, 32 years' mind.*

**FRIDAY – 16/02/2024 Colour: PURPLE**

**Day 47**

*Bible in a year: Leviticus 6,7; Acts 6*

**6.45 a.m. Celebrant: Revd. Canon Kunle Dina**

**Epistle: Phil. 4: 1-9**

**Gospel: John 17: 9-19**

**Points for Prayer**

- ❖ *The Ven. Obinna O.C. Ibezim, Aba Provincial Council Secretary.*  
*The Ven. Samuel Adeniyi Ope-Diocesan Auditor.*
- ❖ **The Diocese of South Carolina, The Episcopal Church, USA.**

❖ **Birthday Intercession:**

*Mr. Adedamola Adeseye, Master Babaji Williams, Mr. Theophilus Akposheri, Mr. Ayowande Oguniola, Miss Ayoola Osunkoya, Miss Elizabeth Olubunmi Ogun, Miss Yewande Folakemi Yusuf, Mr. Olayinka Uthman, Mr. Adedamola Ajayi, Mr. Adeyinka Doherty, Mrs. Sarah Bolanle Jadesimi, Mr. Akintunde Ajayi Januario, Miss Ivory Ngozi Chinyere Ishie, Mr. Taiwo Olumuyiwa Ajose-Alatishe, Master Oghomema Enifume Ukpedor, Master Adekunle Abudu, Miss Jennifer Ijeoma Njoku, Mr. Michael Oluwaseun Imana.*

❖ **Memorial Intercession:**

*Mr. G.C.O. Odudemuren, 80 years' mind.*

**5.00 p.m. Men's Bible Class**

**SATURDAY – 17/02/2024**

**Colour: PURPLE**

**Day 48**

*Bible in a year: Leviticus 8,9; Acts 7*

**7.45a.m. Holy Communion**

**Celebrant: Revd. Olawole Faloye**

**Epistle: Philippians 4: 10-20**

**Gospel: John 17: 20-26**

**Points for Prayer:**

- ❖ *Sir Donald Udogu, Aba Provincial Chancellor*
- ❖ *Chief Olufemi Adesanya, Bishop's Nominee.*
- ❖ **The Diocese of Upper South Carolina, The Episcopal Church, USA.**

❖ **Birthday Intercession for:**

*Chief Ifeanyichukwu Okafor, Ms. Osamuade Abosede Fadaka, Miss Moradeke Adunola Bolarinde, Mr. Daniel Okezie Asomugha, Mr. Clement Enitan Losa, Mr. Dikeagu Chinedu Ahuchaogu, Mrs. Nnenna Alintah, Mr. Oluyomi Oniwinde, Master Chukwubuikem Okonkwo, Miss Kamsiyochukwu Okonkwo, Miss Kaosisochukwu Okonkwo.*

❖ **Wedding Anniversary Intercession:**

- (i) *Mr & Mrs. Tunji Jackson, 17th Wedding Anniversary.*
- (ii) *Rear Admiral and Mrs. S.B. Atukum, 50th Wedding Anniversary.*

❖ **Memorial Intercession:**

*Dr. Oluyomi Aderounmu Doherty, 15 years' mind.*

# Bible Study Outline

**THEME: THE CHRISTIAN RACE**

**SUB-THEME: CONCEPT OF CHRISTIAN RACE - 1**

**TOPIC: Spiritual, not Carnal**

**TEXT: 2 Cor 10:2-5**

**AIMS:**

- i. to discuss the spiritual nature of the Christian race and
- ii. to expose the danger of running the Christian race with carnal attitude

## INTRODUCTION

Our Bible passage today teaches us that though we are in the flesh, we do not war in the flesh; meaning, we war in the spirit. The greatest mistake any Christian can make is to run his/her Christian race carnally. Our Lord Jesus Christ said, "God is Spirit, and those who worship Him must do so in spirit and in truth" (John 4:24). This sets the tone for what the Christian race is: a spiritual one. (1Cor 2:14). Our study guides will expose us to more facts about the spiritual nature of our Christian race.

## STUDY GUIDES

1. Explain what we mean when we say the Christian race is spiritual and not carnal. 1Cor 2:13-14.
2. Why is the Christian race a spiritual one? John 4:24; 1 Cor 2:14; Eph.6:10-18.
3. Identify the dangers of a carnal mind-set to the Christian from these texts: Rom.8:5-8; 1 Cor.3:3.
4. How can we effectively run the Christian race here on earth in a spiritual way? Eph.6:10-12 compare with the incidence in Est 4:15-16; 5:2-3.

**CONCLUSION:** The Christian race is spiritual, and should never be run carnally to avoid irreconcilable challenges and consequences. To do this, we need to deploy all the means of grace at our disposal, both at individual and corporate levels in the Church.

**FOOD FOR THOUGHT:** Walking in the spirit is the antidote to carnality.

**MEMORY VERSE:** 1 Cor 2:14 "But the natural (carnal) man does not receive the things of the Spirit of God, for they are foolishness to him; nor can he know them, because they are spiritually discerned".

**MEMORY VERSE: Col 3:1-2**

"If then you were raised with Christ, seek those things which are above, where Christ is, sitting at the right hand of God. Set your mind on things above, not on things on the earth".



**ADDRESS DELIVERED BY MR ADE MARTINS**  
**CHAIRPERSON ELECTORAL SUB-COMMITTEE**  
**ON SUNDAY 11 FEBRUARY 2024**

The Provost,

Members of the Clergy,

Fellow Parishioners,

Good Morning / Afternoon

It is two weeks to the year 2024 vestry meeting, and elections into one (1) position of People's Warden and ten (10) positions in the Standing Committee.

As of 5pm on Thursday, February 8 2024, the submitted nomination forms for the elections were as follows – one (1) member as the People's Warden and eleven (11) members signified their interest to serve in the Standing Committee. The collection and submission of nomination forms for all positions is hereby closed for our 2024 vestry elections.

The list of eligible candidates is published in today's bulletin with their profiles. Please visit the Cathedral website to view their pictures, read their profile and listen to short videos by the candidates addressing the church. This is available in the candidates' section of the website area dedicated to the vestry elections 2024.

A mock vestry election will be held on Sunday, February 18th, 2024, to remind and familiarize ourselves with the process, fix any data entry errors with our emails, and settle any issues prior to election day.

The process and applicable rules for the election proper will be published in the bulletin on Sunday 18<sup>th</sup> and Sunday 25<sup>th</sup> of February 2024.

Parishioners who fail to submit their email details to the membership office will only be able to vote by physically coming to church on the 25<sup>th</sup> of February, with their membership identity cards to verify their identities. **Parishioners will not be attended to on personal recognition.**

Finally, the sub-committee encourages all members to submit their email details as this is the preferred safe and confidential means for delivering voting credentials to all subscribed members.

Thank you for listening and have a blessed week.

Ade Martins

Chairman 2024 Electoral sub-Committee

#### **CANDIDATES for the 2024 Vestry Elections:**

##### **PEOPLE'S WARDEN:**

**OPEAYE, Dapo:** A Committed Servant of God, Educated and Learned In Calling. Served the Cathedral in Various Capacities in the last 32years and more. Tested and Trusted in the Cathedral. Happily Married with Children

##### **STANDING COMMITTEE:**

**ABOABA, Iyabode:** I Have Been Attending the Cathedral Church of Christ Since 1976, I did my confirmation at the Cathedral Church Of Christ In 1978. I have served on the Standing Committee for 7 Years. Vice Chairman, Feast of Dedication For Two Years, Chairman Family Harvest For 7 Years, Chairman Membership Sub Committee For Six Years. Currently Chairman Obafunke Akinkugbe Gift Shop Sub-Committee. I am a Management Administrator by Profession with Over 31 years' experience.

**ADEOSUN Adejola:** I am the Organist and Master of Music of the Cathedral Choir. I have served as an Official in the Cathedral Choir for 25 Years, from the position of Assisting Organist, Assistant Organist, and Sub-Organist, to the position of Organist And Master Of Music in the Cathedral. I am also a Music Teacher at Atlantic Hall School, Poka-Epe, Lagos with over 25 Years of experience in teaching. My Family Is Blessed with 2 children.

**AJAYI Olaoluwa:** Olaoluwa is the Managing Director/CE where he manages and leads a team to deliver Human Capital Development, Teamwork and Strategy Interventions to clients. He holds more than 10 years experience in HR Consulting, Learning And Development and the Human Resource function in consulting services. He has vast experience and expertise in the areas of Recruitment, Capacity And Competency Assessment, Personality Profiling, Strategy Formation and Development, Learning And Development, Business Process Transformation, Organizational Development, Human Resource Transformation And Talent Management For Organizations in the Public And Private Sector. He has worked with numerous business leaders and employees across different Multinational and Indigenous organizations to develop organizational Strategies, Build and Develop Capacity and Capability within organizations and address and proffer solutions to the various issues within the HR function across various industries in Nigeria. He is a founding member of the Board of Trustees of the 198 Club, an NGO tailored to providing educational, developmental and skill opportunities to teenagers who are less privileged.

**AKINOLA, Omotola:** I was born on the 16th of April, 1964 to Chief Olabode CPA & Mrs Olubisi Peters (Of Blessed Memory). I Was Baptised at the Cathedral Church Of Christ At 7 Days Old. I am a Lawyer and also a Human Resources Practitioner. I run my own HR Consultancy Business and also a Background Checks Company. I am married to Chief Gbola Akinola CPA and blessed with 3 Adult Children Endnote Granddaughter. I am currently the Superintendent of the Children's Church. I am a Past President of the YWCA (Cathedral Group), currently the 1st Vice President of the Cathedral Ladies League and a member of the Mothers Union.

**AMODE Kehinde Ololade:** I Was Born - Baptized, Confirmed and a married here at the Cathedral Church of Christ in 1952, 1975 And 1977 respectively. I am blessed with three (3) Adult Children. I am a Service Oriented Individual Who Though Is Retired From The Civil Service Is Perpetually Active In The Lords Vineyard. I Have Served As A Member Of The Harvest Committee And As The Secretary Of The Cathedral Ladies Armour Bearer For Six (6) Years. I'm Currently Serving In Varying Positions E.G.: A Sunday School Teacher, The President Of The Cathedral Ladies League, A Member Of The Cathedral Church History Sub-Committee, A Member Of The Cathedral Social Welfare Unit, The Sole Representative Of The Women's Organisation At The Lagos Diocesan Welfare And Spiritual Department And Finally A Member Of Cathedral Prison Ministry.

**AWODEIN Ayodeji:** I Am A Chartered Accountant And A Member Of The Cathedral Missionary Society - Where I Am Financial Secretary - The Cathedral Torch Bearers - Where I Am Secretary And The Guild Of Stewards - Where I Am The Treasurer

**AWODEIN, Olukemi:** Olukemi Ayodeji Awodein (Nee Ogotuga) Is An Investment Banker. She Is The Managing Director (Investment Banking), Chapel Hill Denham Advisory Limited. 'Kemi Is A Legal Practitioner (Lawyer). 'Kemi Is Passionate About The Lord And Her Christian Walk. Her Ministry Focus Is Children And Youth, Assisting The Needy, And Promoting Education Accomplishment. Service In The Cathedral - Standing Committee - 6 Years; F&GP - 8 Years; Synod Delegate - 3 Years; Provost's Adviser - 2 Years; Chair, Education Sub-Committee - 2

Years (Organized Free Summer Classes For Young Parishioners & Choirboys); Chair, Investment Committee - 4 Years; Chair, Feast Of Dedication Sub-Committee - 4 Years; Financial Secretary - Cathedral Ladies Helpers' Union - 4 Years; Treasurer - Cathedral Ladies Armour Bearer - 5 Years (Still In Service); Chair, Choir Wives & Parents Association - 1 Year; Patroness, Cathedral Choir; Patroness, The Boys' Brigade 4th Lagos Company (Cathedral Church Of Christ). Recently Given Award Of Constant Support For Youth Work By The Directorate Of Youth (Diocese Of Lagos- Anglican Communion). Established Five Loaves Foundation In August 2021, An Outreach To Indigent & Street Children Which Created A Feeding & Ministration Program And Has Now Established A Free Saturday School (3 Weekends A Month) That Provides Education Support To Underserved Children, She Is A Steadfast Anglican, Committed Parishioner. Grand-Daughter Of J. R. Curtis, Daughter Of D.B.O Ogutuga And Late Mrs Deji Ogutuga; Wife Of Deji Awodein. Ver Grateful Mother - 2 Daughters & A Son; Proud And Loving Sister To 5 Siblings

**BRODIE-MENDS Kweku Ayodeji:** B. Sc. Biochemistry M. Sc. Chemical Pathology And Immunology. FMLSCN (Fellow Medical Laboratory Science Council Of Nigeria, Bacteriology And Virology Specialist) Profession: Medical Laboratory Technologist - Scientist. Occupation: Accademic Technologist (Specialist). Place Of Work: Lagos State University Teaching Hospital Ikeja Lagos. Captain 4th Lagos Company Of Boys' Brigade Nigeria Attached To The Cathedral Church Of Christ Marina, Lagos. 2019 - Date Member And Immediate Past Social Secretary Of Cathedral Guild Of Steward. Member Cathedral Circle Past Financial Secretary Cathedral Youth Fellowship.

**IJANUSI Olaseindemi:** An Active Member Of The Church, Was A Member Of Membership Sub-Committee And Youth Sub-Committee. An Active Member Of The Cathedral Youth Fellowship, Guild Of Stewards , Altar Servers' Guild And Boys Brigade Nigeria 4th Lagos Company.

**KUBOYE, Olusoji:** Secretary - Standing Committee, Past Secretary/Ex-Officio - Guild Of Stewards, Welfare Officer & Past Social Secretary- Cathedral Torch Bearers, Past V/Chairman – Membership Sub-Committee And Cultural Harvest 2013, Member Men's Bible Class And Past Member-"By The Lagoon" Editorial Board & A Member Of Few Ad-Hoc Sub-Committees In The Cathedral Church Of Christ.

**SENBANJO Toyin Olufunlayo:** Was Born In Ijebu Ode, Ogun State In 1954 And Has Been A Member Of The Cathedral Church Of Christ, Marina, Lagos For Approximately 40 Years. Baptised And Confirmed Member Of Cathedral Church Of Christ. The Contributions She Made To Advancing The Work In The Cathedral Include: 1) Joined The Cathedral Ladies Friendly Society In 1983 2) Served As Two Time Secretary Of The Society 3) Secretary, 2008 Harvest Committee As Host Society 4) Joined Girls' Brigade Nigeria, 11th Lagos Company In 2006 (Now 7th Lagos Company) 5) Served As Lieutenant And Secretary Of The Company Till 2017. 6) Installed Captain, Girls' Brigade Nigeria, 7th Lagos Company On 29th October, 2017 Till Date 7) Involved In Planting Girls Brigade Organization At Christ Anglican Church, Iraye-Oke, Epe, Christ Anglican Church, Akodo, St. James Anglican Church, Ogombo And Anglican Church Of Divine Providence, Adeba, Ibeju-Lekki, The Cathedral Outreach Churches. 8) Mrs. Toyin Olufunmilayo Senbanjo Was Elected President, Cathedral Ladies Friendly In January 2020 Till Date. 9) She Was Chairman 2020 Harvest Hosted By Cathedral Ladies Friendly Society 10) Mrs. Toyin Olufunmilayo Senbanjo Is Married To Mrs. Ayodele Oluwole Senbanjo And Blessed With A Lovely Family.

SPIRITUAL TONIC FOR THE WEEK

**PROVERBS 21:21**

**“He that followeth after righteousness and mercy findeth life, righteousness, and honour.”**

O God, my Father, as I launch into this new week, let your grace speak for me. Preserve me and my family in all our ways. Help me to fully follow where you have led, to love and practice righteousness and mercy, so that I and my household shall continue to enjoy the favour of your goodness in all areas of our lives through Jesus Christ, our Lord and Saviour. Amen



**ANGLICANISM FAST FACTS**

39 ARTICLES OF RELIGION

**ARTICLE XVI**

**16. Sin After Baptism**

Not every sin knowingly committed after baptism is sin against the Holy Spirit and unforgivable.

Therefore the gift of repentance is not to be declared impossible for those who fall into sin after baptism. After we have received the Holy Spirit we may depart from the grace given to us and fall into sin, and we may also by the grace of God return and amend our lives. Therefore those who say that they are incapable of sinning any more in this life are to be condemned, as are those who deny the opportunity of forgiveness to those who truly repent.

**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 BULDING 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

Zenith Bank 1013826528

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](http://www.thecathedrallagos.org) to make your donations.  
GOD WILL COUNTENANCE YOUR SACRIFICE



FOR YOUR OFFERINGS AND OTHER DONATIONS. GOD BLESS YOU.

## WOMEN'S CORNER NOTICES

12/2/2024 - Bible Study 2 - Contend Earnestly for the Faith (Jude 1-16) by Mrs. Abeke Spaine  
14/2/2024 - Valentine Day Celebration - Visi to Secondary School by Mrs. Adefolake Ojofeitimi  
17/2/2024 - Cathedral Girls' and Ladies Guild Lenten Retreat.

### 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

- FEBRUARY

*- By Church History Sub-Committee*

1995

Feb.2 Resignation of Very Revd. Akinsope Johnson as Provost. He was Provost from 25th April 1970 until his resignation on 2nd February, 1995.

1996

Feb.11 (a) The Fellowship Hour; focusing on Fellowship and interaction with visitors and new members commenced. It is held on the 2nd and 4th Sundays of each month.

(b) Iron fencing of the frontage of the Cathedral to stop the nuisance created by traders and destitutes.

1997

Feb. Printing of Vestry Meeting Annual Statement of Accounts and all relevant materials in a book form.

2001

Feb. 11 Most Revd. and Rt. Hon. George L. Carey, the Archbishop of Canterbury, preached the sermon at the Holy Communion Service.

## 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. HP Laser Jet Pro Printer @ N700,000
- ii. Risograph Printing Machine @ N6.5m
- iii. Toyota Coaster Bus @ N105m
- iv. Cisco 350X-24 MP Switch for CCTV cameras @ \$1500
- v. Transformer and Tape Guide for the Lift car in the Cathedral House @ \$3000
- vi. D-link Switch - DGS-1210-28P @ NGN230K
- vii. IP Camera @ NGN1,196,000
- viii. Two 5 Tons Standing Airconditioners @ N1,600,000 each
- xi. Two Television, model LG @ \$350
- x. Eight Television, model LG UQ7070 43" @ \$470
- xi. Three Canon EOS 90D DSLR Camera with 18-135mm lens @ \$1,500

**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 18/02/2024**

**FIRST SUDNAY OF LENT**

**Stewards on Duty: Group C Colour: PURPLE**

**7.15 a.m. HOLY COMMUNION (SAID)**

**Theme: POSITIONING OURSELVES  
RESTORATION**

**FOR FULL**

**(v) Beware of Alternatives**

Celebrant: **The Provost**

N.T. Reading: James 1: 2-19 **The Clergy**

Gospel: Matthew 4: 1-11 **The Provost**

Address: **Ven. Uchenna Ubadinobi**

Prayer: **The Clergy**

*Thanksgiving at the Altar*

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

**9.15 a.m. CHORAL MATTINS**

**Theme: POSITIONING OURSELVES FOR  
RESTORATION**

**FULL**

**(v) Beware of Alternatives**

Cantor: **Revd. Henry Mooh**

Sermon: **Ven. Henry Adelegan**

O.T. Reading: Genesis 2: 7-9, 3:1-7 **Mr. Adewale**

**Adefisan**

N.T. Reading: James 1: 2-19 **Mrs. Olatorera**

**Sowande**

Prayer: **Revd. Henry Mooh**

*Thanksgiving at the Altar*

### **After Mattins**

(i) *There will be a meeting of the Mothers' Union at the Lagos Anglican Diocesan Seminary.*

(ii) *The Monthly General Meeting of the Choirwives/Choir Parents Association will hold in the Choir Vestry.*

(iii) *The Monthly General Meeting of the Cathedral Missionary Society will hold at the Lagos Anglican Diocesan Seminary.*

(v) *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**

**11.15 a.m SUNG EUCHARIST**

**Theme: POSITIONING OURSELVES FOR FULL RESTORATION**  
**(v) Beware of Alternatives**

Celebrant **Ven. Uchenna Ubadinobi**  
N.T. James 1: 2-19 **Guild of Stewards on Duty**  
Gospel: Matthew 4: 1-11 **Ven. Uchenna Ubadinobi**  
Address: **Canon Kunle Dina**  
Prayer: **Guild of Stewards on Duty**  
**Thanksgiving at the Altar**

**5.00p.m COMMUNITY HYMN SINGING**

**REVD. OLAWOLE FALOYE**  
**REVD. CANON KUNLE DINA**

## **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. Training for New Readers:**

Members who are interested in being licensed as Readers in the Diocese of Lagos should please contact The Ven. Uchenna Ubadinobi for further information today. The training is scheduled to commence **next Saturday at St. Paul's Church, Breadfruit** and will last all through the Lenten season.

**2. Shrove "Pancake" Tuesday - February 13, 2023**

"Lent' why should it matter?" A Hundred of Us invites you to a great evening of fellowship on **Tuesday, February `13, 2024 at 6.00 p.m.** at our annual Shrove "Pancake" Tuesday programme. Venue is Ayo Rosiji Hall. Pancakes will be served...naturally.

**3. Lent:**

This year's Lent starts on **Wednesday, 14th February, 2024.** Keep a holy Lent. Work to being fruitful in God's Kingdom. Use the **Lenten envelope** to offer succour to the poor and needy.

**4. Ash Wednesday- February 14, 2024:**

— This is the first day of **LENT.** The service of ashing will take place at the 6.45 a.m. Holy Communion Service and also at 5.00 p.m. in the Cathedral. Subsequently there shall be a thorough study of the word of God every day in Lent. The topic of study in the Lenten Diet is **DISCIPLESHIP.**

**5. The Care Ministry:**

The Care Ministry Monthly Fellowship will take place on **Tuesday, 12th February, 2024 at 11.00 a.m. at Ayo Rosiji Hall, Cathedral House.**



**6. (a) 2024 Vestry Meeting and Election** 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**.

**(b) The Electoral Subcommittee is calling on parishioners to kindly update their details, especially their email addresses at the membership office to ensure that they are up to date in preparation for the 2024 Vestry Elections.**

**7. Cathedral Dues:**

The Sustentation list from **January to December 2023** is ready and is placed at all the Church entrance doors. Please check to ensure your name, duplex number and the amount contributed are in order.

**7. Cathedral Dues:**

The Sustentation list from **January to December 2023** is ready and is placed at all the Church entrance doors. Please check to ensure your name, duplex number and the amount contributed are in order.

**8. 2024 Confirmation**

Confirmation Preparatory Classes have commenced. It holds at 9.15 a.m. every Sunday, at Ayo Rosiji Hall, Cathedral House. Candidates must be at least 13 years old. Interested candidates are to register with Revd. Henry Mooh.

**9. (a) Fellowship Hour - Sunday 11/02/2024**

**Vacant** after 7.15 a.m. and 9.15 a.m. Services

**(b) Fellowship Hour Booking: February - March 2024**

Sunday, 25/02/2024 - **Vacant** after 7.15 a.m. and 9.15 a.m. Services

Sunday, 3/03/2024 - **Mrs. Adepeju Dinyo** for her 60th Birthday on the same day, 3rd March after the 7.15a.m. Service.

Sunday, 10/03/2024 - **Mrs. Enitan Olubunmi Babaniji** for her 80<sup>th</sup> birthday on 6th March, 2024 after 7.15 a.m. and 9.15 a.m. Services.

Sunday, 17/03/2024 - **Dr. (Mrs) Ore Awokoya** for her birthday after 9.15 a.m. Service

Sunday, 24/03/2024 - **Amb. (Mrs) Olufolajimi Modupe Akintola** for her birthday on 23rd March, 2024 after 7.15 a.m. and 9.15 a.m. Services

**(c)** Fellowship Hour - Parishioners who are not the main hosts of the Fellowship Hour but who wish to celebrate any event 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.

**(d) Advance Bookings - Fellowship Hour 2023**

The following dates are available for booking for **Fellowship Hour on the 2nd and 4th Sunday of 2024**. Please indicate your preferences on first come first served.

	<b>7.15 a.m.</b>	<b>9.15 a.m</b>
Sundays 14&28/4/2024	Vacant	Vacant
Sundays 12&26/5/2024	Vacant	Vacant
Sunday 9 & 23/6/2024	Vacant	Vacant
Sunday 14/7/2024	Booked	Booked
Sunday 28/7/2024	Vacant	Vacant
Sundays 11&25/8/2024	Vacant	Vacant
Sundays 8&22/9/2024	Vacant	Vacant
Sunday 13&27/10/2024	Vacant	Vacant
Sunday 10/11/2024	Booked	Booked
Sunday 24/11/2024	Vacant	Vacant
Sunday 8/12/2023	Vacant	Vacant
Sunday 22/12/2024	Booked	Booked



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 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.*

### (a) Sponsorship:

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

1. **Mr. Adeyemi Akeem (42 years):** Mr. Adeyeye needs the sum of N2,100,000 for his retina Eye Surgery.
2. **Master Oluwanimilo Sunday (4 years):** Master Oluwanimilo Sunday is a cerebral palsy child who needs the sum of N400,000 for his therapy sessions.
3. **Mr. Owoeye Olalekan Olayemi (40 years):** He needs the sum of N400,000 for his eye cataract surgery.
4. **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.
5. **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.
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.
8. **Master Iremide Ejionome (3 years)** needs the sum of N1,308,000 for his hearing aid He is a cerebral palsy child.
9. **Mrs. Bimbo Durosimi-Etti (50 years)** needs the sum of N4,901,000 for a hip replacement surgery.

10. **Mrs. Akinbode Felicia Titilayo (64 years)**, a widow who was diagnosed with Brain tumor, enlarged brain organ, blood clot and untreated hypertension seeks assistance for N2.5 million to undergo the surgery.

(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.

**Theme for the year: "FULL RESTORATION|**

**"I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, My great army which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, Who has dealt wondrously with you; and My people shall never be put to shame."**

*- Joel 2: 25-26*

**HYMN FOR THE YEAR**  
**LEAVE GOD TO ORDER ALL THY WAYS**  
**MHB 504 (Tune: Solid Rock/Sagina)**

- 1. Leave God to order all thy ways,  
And hope in Him whate'er betide;  
Thou'lt find Him in the evil days  
Thy all-sufficient strength and guide;  
Who trusts in God's unchanging love  
Builds on the rock that naught can move.**
- 2. Only thy restless heart keep still,  
And wait in cheerful hope, content  
To take whate'er His gracious will,  
His all-discerning love, hath sent;  
Nor doubt our inmost wants are known  
To Him who chose us for His own.**
- 3. Sing, pray, and swerve not from His ways,  
But do thine own part faithfully;  
Trust his rich promises of grace,  
So shall they be fulfilled in thee;  
God never yet forsook at need  
The soul that trusted Him indeed.**

**ATTENDANCE FOR LAST WEEK**

**SECOND SUNDAY BEFORE LENT - 4/02/2024**

7.15 a.m. Holy Communion (Youtube 335/Facebook 166 views).... 220  
9.15 a.m. Combined Service (Youtube 335/Facebook 166 views). 461

**Week-Day Services - Saturday - Friday**

	<b>HC</b>		<b>HC</b>
Saturday		Wednesday	
03/2/2024	13	07/2/2024	22
Monday		Thursday	
05/2/2024	13	08/2/2024	20
Tuesday		Friday	
06/2/2024	18	09/2/2024	12

**COMING EVENTS (FEBRUARY 2024)**

13/2/2024 - Shrove Tuesday  
14/2/2024 - Ash Wednesday  
25/2/2024 - Vestry Meeting  
28/2/2024 - Correctional Centre Welfare Ministry visit to Female Correction Centre Ministry



# SOUL FOOD 06/2024

## JESUS CHRIST: THE RESTORER

### **(v) Follow Him**

***"For in Him all things were created, things in heaven and on earth, visible and invisible, whether they be thrones or powers or rulers or authorities; all things have been created through Him and for Him" Colossians 1:16***

"Following Jesus Christ is one of the hallmarks of true discipleship. Jesus Christ said in Luke 9:23 that, "Whosoever wants to be my disciple must deny himself and take up his cross daily and follow me". It is therefore deducible from the word of Jesus Christ that, following Him is one of the conjunctive means of validating the Christian Faith. It takes self denial, cross carrying and following Jesus to identify who a true child of God is.

One of the divine heritage and joy of children of God is the hope that their rights, blessings or possessions that were hitherto held captive by any person, people, government, principality or power, not minding whether they were stolen, denied or destroyed, can be brought back to them. This is called restoration.

To facilitate restoration however, it is incumbent to follow Jesus Christ who is the image of the invisible God (Colossians 1:15a). Besides, all the things which eyes can behold and the ones that can not be seen were created through Him and they were made by Him (Genesis 1:3; John 1:3). He has power to bring back. Simon Peter was one of the multitude who benefitted from the restorative power of Jesus Christ. One day, Jesus encountered this fisherman in a depressed state having struggled all night but all his efforts were to no avail. Jesus Christ then requested that he avail Him of his boat for evangelism and he obliged without complaining. Jesus restored him and the story of his life changed for life. The fishes that were hiding from his net were restored to him, his smile and joy were returned, his place in destiny, which was to be a fisher of men, was restored to him (Luke 5:1-11).

It therefore doesn't matter what you may be passing through at this time, it is not over with you. God has promised it that Year 2024 is our Year of full restoration, and so shall it be! Isaiah 49:24-26 says, "Can plunder be taken from warriors, or captives be rescued from the fierce? But this is what the Lord says: Yes, captives will be taken from warriors, and plunder retrieved from the fierce; I will contend with those who contend with you, and your children I will save. I will make your oppressors eat their own flesh ; they will be drunk on their own blood, as with wine. Then, all mankind will know that I, the Lord, am your Saviour, your Redeemer, the Mighty One of Jacob." "Not only has God promised to restore your life, health, joy, peace, marital bliss, finances etc, He is also going to fight your battles. Halleluyah.

To enable you be a beneficiary of this great blessings however, you must be deliberate in the place of following Jesus. He has promised that, "All those the Father gives me will come to me, and whoever comes to me, I will never drive away." (John 6:37). You must surrender your life and will to Jesus. You must follow His words, and whatever He asks you to do, do it (John 2:5). As it happened in the wedding in Cana of Galilee when they obeyed His instructions, even when they appeared foolish, their joy, laughter and peace were restored because the foolishness of God is wiser than men (1 Corinthians 1:25 cf Isaiah 1:19)

In conclusion, kindly be reminded that restoration in all areas of your life is available for your take but for Jesus Christ to intervene in your circumstances, you must drop your will, ego, education, experience and follow Him (Colossians 3:11 Living Bible). It should also be noted that following Him does not stand alone, you must deny yourself and carry your cross daily.

*Canon Residentiary*

*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. Michael Nwigani.....Children's Church  
Revd. Henry Mooh ..... Youth/Confirmation Class  
Revd Olawole Faloye .....Correctional Centres Ministry/Elders' Fellowship  
Revd. Canon Kunle Dina .....Care Ministry  
Ven. Uchenna Ubadinobi.....Music, Altar Servers and Readers  
Ven. Henry Adelegan - .....SWSU  
Very Revd. Dr. Adebola Ojofeitimi -.....Harvest/Missions and Evangelism

**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](http://www.thecathedrallagos.org)**

**Email: [provost@thecathedrallagos.org](mailto:provost@thecathedrallagos.org)**

**29, Marina, P. O. Box 726, Lagos.**