

7.15 a.m. HOLY COMMUNION

Color: PURPLE

Theme: **POSITIONING OURSELVES FOR FULL**

RESTORATION

(i) Beware of Alternatives

Celebrant: The Provost

Stewards on Duty: **Group C**

1. Opening Hymn: A&MRW 115 (*St. Petersburg*)
2. Introductory Sentence: *"Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows" James 1:17*
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. Collects:

Almighty God, Whose Son, Jesus Christ, fasted forty days in the wilderness, and was tempted as we are, yet without sin : give us grace to discipline ourselves in obedience to Your Spirit; and, as You know our weakness, so may we know Your power to save; through Jesus Christ our Lord.

Almighty and merciful God, You hate nothing that You have made and forgive the sins of all those who are penitent, create and make in us new and contrite hearts, that lamenting our sins and acknowledging our wretchedness, we may receive from You, the God of all mercy, perfect forgiveness and peace : through Jesus Christ our Lord. Amen.

10. Epistle: James 1: 2-19 **The Clergy**
11. Gradual Hymn: A&MRW 655 (*Doncaster*)
12. Gospel: Matthew 4: 1-11 **The Provost**
13. Address: **Ven. Uchenna Ubadinobi**
14. Creed: (Page 178)
15. Intercession:(Pages 183-184) **The Clergy**
16. Offertory Sentence: *"Watch out! Guard yourselves against every form of greed, for one's life does not consist in the abundance of his possessions." Luke 12:15*
17. Offertory Hymn: A&MRW 519 (*Tune MHB 527 - Petition*)
(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: *"Keep your lives free from the love of money and be content with what you have, for God has said: "Never will I leave you, never will I forsake you." Hebrews 13:5*
22. Hymns during Administration:
 - (i) A&MRW 471 (*Tune A&MRW 506 - Aurelia*)
 - (ii) A&MRW 428 (*Aberystwyth*)
 - (iii) A&MRW 647 (*London New*)
 - (iv) A&MRW 453 (*St. Helen*)
 - (v) A&MRW 449 (*Moseley*)
 - (vi) A&MRW 587 (*Amazing Grace*)
 - (vii) A&MRW 614 (*A&MRW 194 - Lux Eoi*)
 - (viii) A&MRW 813 (*Marching*)
23. Post Communion Hymn: A&MRW 116 (*Abridge*)
24. Post Communion Sentence: *Lord God, You have renewed us with the living bread from heaven; by it, You nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for Him who is the true and living bread, and enable us to live by every word that proceeds from out of Your mouth; through Jesus Christ our Lord.*
25. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
26. Thanksgiving at the Altar
28. Notices:
29. Spiritual Tonic: **Psalm 130: 5&6**
30. Benediction to Dismissal: (Page 196)
31. Withdrawal Hymn: A&MRW 702 (*Mannheim*)
At the Organ: Mr. Princewill Ubani

9.15 A.M. CHORAL MATTINS

Cantor: Revd. Henry Mooh
Responses: Sope Johnson in D

Theme: **POSITIONING OURSELVES FOR FULL RESTORATION**

(i) Beware of Alternatives

1. Processional Hymn: A&MRW 708 (*Woodlands*)
2. Opening Sentence: "And he saith unto them, Follow me..." Matthew 4:19
3. Call to Worship:
4. Confession and Absolution
5. Venite: C.P. 210 - E.F. Rimbault in F
6. Psalm: 119: 9-24 - Oluwaseun Aina in E Minor
7. 1st Lesson: Genesis 2: 7-9; 3:1-8 - Mr. Adewale Adefisan
8. Benedictus: 'Sina Ojemuyiwa in A
9. 2nd Lesson: James 1: 2-19 - Mrs. Olatorera Sowande
10. Benedicite Omnia Opera: H. Hamillton Jeffries in A Flat
11. Creed to 3rd Collect
12. Anthem: Turn back O Man - Gustav Hoist (SOP 329)
13. Hymn before Sermon: A&MRW 384 (*Ellacombe*)
14. Sermon: Ven. Henry Adelegan
15. Intercession: Revd. Henry Mooh
16. Hymn for Offering: A&MRW 632 (*Richmond*)
17. Thanksgiving at the Altar:
 - Mrs. Dora Fani Soroh, Birthday Thanksgiving
(A&MRW 812)
 - Miss Victoria Aderonke Akintade - Successful Hole on the heart surgery (A&MRW 766)
 - Family of late Pa Alfred Adebolu daCosta, 15 years' mind. (A&MRW 296)
19. Notices:
20. **Spiritual Tonic: Psalm 130: 5&6**
21. Conclusion to Benediction
22. Final Amen: Sope Johnson in D
23. Withdrawal Hymn: A&MRW 768 (*Doncaster*)
At the Organ: Mr. Princewill Ubani & Mr. Chuka Onyenze
Choral Conductor: Mr. Jola Adeosun

9.15 A.M. CATHEDRAL YOUTH CHURCH

Conductor: Mr. Michael Agbogidi

1. Opening Hymn: A&MRW 708 (*Woodlands*)
2. Call to Worship
3. Praise and Worship
4. Psalm: 119: 9-24
5. Bible Reading: Matthew 4: 1-11
6. Creed, Collects and Intecession/Creed to Prayers
7. Message - Bible Study
8. Sunday Offering: Choruses
9. Notices
10. Prayer and Benediction
11. Closing Hymn: A&MRW 768 (*Doncaster*)

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

TOPIC: HOW TO FAST 2

Worship Leader: Aunty Tolu Anmashaun

1. Choruses
2. Opening Hymn: from Pamphlet
3. Bible Reading: Isaiah 58: 3-12
4. Creed to Prayers:
5. Hymn: from Pamphlet (Offering to be taken)
6. Closing Prayer
7. Closing Hymn - from Pamphlet
8. Children go to their various classes

11.15 A.M. SUNG EUCHARIST

Theme: **POSITIONING OURSELVES FOR FULL RESTORATION**

(i) Beware of Alternatives

Celebrant: Revd. Olawole Faloye

Communion Setting: George Martins in C

1. Hymn: A&MRW 115 (*St. Petersburg*)
2. Introit: **Jesu, Joyaunce of my heart - J.R. Arie**
3. **Introductory Sentence:** *““Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows” James 1:17*
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. **Collects:**
Almighty God, Whose Son, Jesus Christ, fasted forty days in the wilderness, and was tempted as we are, yet without sin : give us grace to discipline ourselves in obedience to Your Spirit; and, as You know our weakness, so may we know Your power to save; through Jesus Christ our Lord.

Almighty and merciful God, You hate nothing that You have made and forgive the sins of all those who are penitent, create and make in us new and contrite hearts, that lamenting our sins and acknowledging our wretchedness, we may receive from You, the God of all mercy, perfect forgiveness and peace : through Jesus Christ our Lord. Amen.

10. **Epistle:** James 1: 2-19 - **Guild of Stewards on Duty**
11. **Gradual Hymn:** A&MRW 528 (*Tune A&MRW 272 - Stuttgart*)
12. **Gospel:** Matthew 4: 1-11- **Revd. Olawole Faloye**
13. **Sermon:** Ven. Uchenna Ubadinobi
14. **Creed:** (Page 178)
15. **Intercession:**(Pages 183-184) **Guild of Stewards on Duty**
16. **Offertory Sentence:** *“Watch out! Guard yourselves against every form of greed, for one’s life does not consist in the abundance of his possessions.” Luke 12:15*
17. **Offertory Hymn:** A&MRW 647 (*London New*)
(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:** *“Keep your lives free from the love of money and be content with what you have, for God has said: “Never will I leave you, never will I forsake you.” Hebrews 13:5*
22. **Hymns during Administration:**
 - (i) A&MRW 447 (*Tune H.C. 444 - Beaumaris*)
 - (ii) A&MRW 428 (*Aberystwyth*)
 - (iii) A&MRW 471 (*Tune A&MRW 506 - Aurelia*)
 - (iv) A&MRW 453 (*St. Helen*)
 - (v) A&MRW 449 (*Moseley*)
 - (vi) A&MRW 813 (*Marching*)
 - (vii) A&MRW 449 (*Moseley*)
 - (viii) A&MRW 614 (*Tune A&MRW 194 - Lux Eoi*)
23. **Post Communion Hymn:** A&MRW 462 (*Anima Christi*)
24. **Post Communion Prayer:** *Lord God, You have renewed us with the living bread from heaven; by it, You nourish our faith, increase our hope, and strengthen our love: teach us always to hunger for Him who is the true and living bread, and enable us to live by every word that proceeds from out of Your mouth; through Jesus Christ our Lord.*
25. **The Lord’s Prayer to Thanksgiving Prayer** (Pages 195-196)
26. **Thanksgiving at the Altar:**
28. **Notices:**
29. **Spiritual Tonic: Psalm 130: 5&6**
31. **Benediction to Dismissal:** (Page 196)
32. **Final Amen: Four Fold Amen - Tunde Sosan**
33. **Withdrawal Hymn:** A&MRW 702 (*Manniheim*)
At the Organ: Mr. Princewill Ubani
Choral Conductor: Mr. Jimi Olumuyiwa

SUNDAY 18/02/2024

Day 49

Bible in a year: *Leviticus 10,12; Psalm 22*

Points for Prayer:

- ❖ Sir Albert O. Uhiara, Aba Provincial Council Treasurer.
- ❖ Otunba Tunde Adelaja, Bishop's Nominne
- ❖ **Province of the Episcopal Church of Sudan.**

❖ **Birthdays Intercession:**

Mrs. Dora Fani Soroh, Mrs. Adebola Oluwatoyin Amos, Mr. Babasola Adebajo, Miss Olufunlade Afolabi, Mr. Oladipo Johnson, Mr. Babatunde Majekodunmi, Mrs. Abisola Abisoye Akinrele, Prof.(Mrs.) O. Oluranti Da-Costa, Mr. Olajide Aleshinloye-Williams,Jr., Mr. Ademola Isaac-John, Mr. Dipo Abari, Master Oluwadurotimi Morakinyo, Mr. Tola Akinkugbe, Miss Oluwanifemi Aladesawe, Mr. Olutayo Sonaiya, Mr. Adebayo Okunnu.

❖ **Memorial Intercession:**

- (i) Professor Gabriel Olufemi Williams, 1 year's mind
- (ii) Chief (Mrs) Olufunmilayo Olabisi Akinrele, 2 years' mind.
- (iii) Mr. Alfred Adebolu Olubi Bereke da-Costa, 15 years' mind.
- (iv) Dr. Joseph Akanni Doherty, 35 years' mind.
- (v) Mrs. Mercy Benson, 62 years' mind.

❖ **Family Intercession:**

Families of Lady Dupe Akin-Taylor, Dr. J.A. Akindele, Late Dr. and Mrs. Dayo Akinrele, Mrs. Yinka Akinwale-Eko, Prof. and Mrs. Akinyanju, Arc. Remi Akodu, Mr. Modupe Alakija, CPA, Late Prof. (Mrs.) Grace Alele-Williams, Late Mrs. Josephine Modupe Aluko, CPA, Mr. Wole Amure, Mr. Subomi Adebowale Fashola, Late Mr. Victor Wey.

❖ **Prayer for Businesses**

D.F Group, Favoured One Catering Services, Signet Film Works, Famfa Oil Ltd, South Atlantic Petroleum(Sapetro), Bendel Electric Distribution Company, Vigeo Holding Limited, The Carpenter's House, De Wax Aluminium Co. Ltd, C.O George & Co, Belton Link Furniture, Nu-Lyne Int'l (Nig.) Ltd, Quintus Projects Ltd, Flamestar Investment Company Ltd, Kemabom Catering Services, Kenning Homes Architects.

SUNDAY 18/02/2024 - MEETINGS

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

5.00 p.m. COMMUNITY HYMN SINGING

REVD OLAWOLE FALOYE
REVD. CANON KUNLE DINA

ACTIVITIES FOR THE WEEK

MONDAY 19/02/2024

Colour: PURPLE

Day 50

Bible in a year: Leviticus 13,14; Acts 8

6.45 a.m.

Holy Communion

Celebrant: Ven. Henry Adelegan

Epistle: I Cor. 1: 1-19

Gospel: Mark 1: 1-13

Points for Prayer

- ❖ His Excellency, Senator Douye Diri, The Governor, and People of Bayelsa State.
- ❖ Mrs. Omolara Taiwo Bangura
- ❖ **The Diocese of Western North Carolina - The Episcopal Church.**

❖ **Birthday Intercession:**

Mrs. Bolarin Oyeyemi Spaine(50), Dr. Oliver Olanipekun Okubajo, Revd. Canon Ebenezer Babatunde Sorinwa(rtd), Rear Admiral Adebowale Andrew Da-Costa, Mr. Botosan O. Ebi-Omatsola, Miss Olusola Lawrence, Master Akintunde Olugbolaga Alo, Mr. Clifford Ikechukwu Adi, Mrs. Josephine Ewoma Ukpedor, Miss Matilda Ato, Miss Onome Moses, Miss Temitope Omolola Oyewole, Master Oluwatise Owootomo.

❖ **Memorial Intercession:**

- (i) Dr. (Mrs) Abiola Reffell-Obada, 2 years' mind.
- (ii) Mrs. Katsina Saratu Majekodunmi, 2 years' mind
- (iii) Engr. Ekundayo Adetunji Babanji, 3 years' mind
- (iv) Mrs. Florence Owowunmi Olumuyiwa (nee Erinosh), 34 year's mind.
- (v) Revd. J.O.G. Sodipe, 13 years' mind.
- (vi) Mrs. Folashade B.A.O. Sodeinde, 14 years' mind.
- (vii) Master Olurotimi Olukayode Alakija, 37 years' mind.
- (viii) Chief J.O.S. Kuti, 42 years' mind.

6.45 a.m.

Altar Call: 50th Birthday thanksgiving of Mrs. Bolarin Oyeyemi Spaine.

4.00 p.m.

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

5.00 p.m. Lenten Diet

TUESDAY -20 /02/2024

Colour: PURPLE

Day 51

Bible in a year: Leviticus 15,16; Acts 9

6.45a.m.

Holy Communion

Celebrant: Revd. Henry Mooh

Epistle: I Cor. 1: 20-31

Gospel: Mark 1: 14-28

Points for Prayer

- ❖ His Excellency, Hyacinth Alia, and the People of Benue State.
- ❖ The Ven. Dr. Samuel Eberechukwu Uhie.
- ❖ Mrs. Ivory Ifunanya Jiji.
- ❖ **The Diocese of Cashel, Ferns and Ossory, The Church of Ireland**

❖ **Birthday Intercession:**

Mrs. Adedamola Adeluwoye, Miss Comfort Adetola Olatunji, Dr. Adedeji Adedapo Ademiluyi, Mr. M.M. Daniyan, Mrs. Oluwatoyin Yeside Fawehinmi, Mrs. Modupe Omolara Nicol, Dr. Eyimofe Doyle Atake,SAN, Mrs. Adesola Okiki, Miss Omotayo Rachael Sanni, Mrs. Olayinka Olaitan David-West, Miss Adekemi Debayo-Doherty, Master Ojipitan Isa, Miss Oluyomi Sodipe, Mrs. Maria Ifeoma Eruada.

❖ **Wedding Anniversary Intercession:**

- (i) Mr & Mrs. Opeyemi Sangowawa, 21st Wedding Anniversary.
- (ii) Dr & Mrs. Michael Olusola Abiodun, 53rd Wedding Anniversary.

❖ **Memorial Intercession:**

- (i) Mrs Janet Yejide Sowande,CPA, 12 years' mind.
- (ii) Ms. Juliana Abiodun Adu, 16 years' mind.
- (iii) Mrs. Funmilayo Asekun, 17 years' mind.
- (iv) Mr. B. O. Daniel, 53 years' mind.
- (v) Mr. Richmond Olufemi Uthman, 69 years' mind.

5.00 p.m. Lenten Diet

6.00 p.m. Choir Practice

WEDNESDAY -21/02/2024 Colour: PURPLE Day 52

Bible in a year; Leviticus 17,18; Acts 10

6.45 a.m. Holy Communion

Celebrant: The Provost

Epistle: I Cor. 1: 20-31

Gospel: Matthew 1: 14-28

Points for Prayer

- ❖ His Excellency, Babagana Umara Zulum, Governor, and the People of Borno State.
- ❖ Mrs. Chinelo Nwakaego Nwanne.
- ❖ **The Diocese of Chandigarh, The Church of North India (United)**

❖ **Birthdays Intercession:**

Ms Carol Obiageli Nwaka(70), Mrs. Adebisi Shonekan, Mr. Abosede Adeyemi, Mrs. Esther Hildegard Thompson, Master Oluwaseun Doherty, Miss Molade Olagoke, Miss Ayomide Michelle Keating, Master Maduabuchi Anekwe, Mrs. Olusola Odusanya, Mr. Jordan Diyan, Miss Elizabeth Boluwatife Adedokun.

❖ **Memorial Intercession:**

- (i) Mr. Karibo Greene Oko Braide, 1 year's mind
- (ii) Mrs. Lerina Sonuga (nee Doherty), 14 years' mind.
- (iii) Mr. S.E.O. Utomakili, 23 years' mind.

5.00 p.m. Lenten Diet

THURSDAY 22/02/2024 Colour: PURPLE

Day 53

Bible in a year: Leviticus 19,20; Psalms 23,24

6.45 a.m. Holy Communion

Celebrant: Revd. Michael Nwigani

Epistle: I Cor. 2: 14-3.15

Gospel: Mark 2: 1-12

Points for Prayer

- ❖ His Excellency, Bassey Otu, Governor, and the People of Cross River State
- ❖ The Ven. Joseph Ifeanyichukwu Ezenwa(50)
- ❖ Mrs. Helen Ngozi Ibeagbunam
- ❖ Mrs. Eunice Ebi Okoh
- ❖ **The Diocese of Chelmsford, The Church of England.**

❖ **Birthdays Intercession:**

Dr. Olu McGuinness Otubusin, Chief (Mrs) Florence Olufunke Omoyele, Princess Abiola Osho, Mr. Taiwo Ajayi, Dr. Kehinde Ajayi, Mr. Oluwaseun Peters, Mr. Yinka Soile, Mr. Kunle Tubi, Mr. A.A.O. Carter, Mr. Akintunde Disu, Capt. Adedapo G. Olumide, Miss Oluwademilade Ajayi, Mr. Ifeanyi Amechi Obikwelu, Miss Funmilayo Odunayo Ajiboye, Mr. Folusho Olujuyigbe, Mrs Olukemi Ogunyoye, Engr. Solagbade Olukayode Alabi.

❖ **Memorial Intercession:**

- (i) Mrs. Olaide Olatomiyun, 2 years' mind
- (ii) Mr. Akingbola Adeniyi Ajose-Adeogun, 3 years' mind.

5.00 p.m. Lenten Diet

6.00 p.m. Choir Practise

FRIDAY 23/02/2024 Colour: PURPLE

Day 54

Bible in a year: Leviticus 21,22; Acts 11

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

Epistle: I Cor. 3: 16-23

Gospel: Mark 2: 13-22

Points for Prayer

- ❖ *His Excellency, Sheriff Oborewori, Governor, and the People of Delta State.*
- ❖ *The Revd. Asoliye Douglas-West*
- ❖ ***The Diocese of Chester, The Church o England***

❖ ***Birthday Intercession:***

Mr. Modupe Folarin Alakija, CPA, Mr. Oladipupo Alu, Mr. Olaolu Oladele Ogbonna, Mr. Ayodeji Olamipe Martins, Miss Patience Ibidunni Ajoke Shobo, Miss Priscilla Omenai, Mrs. Adeyinka Elizabeth Thompson, Miss Chidera Amara Nwizu, Miss Moromola Comfort Bode-Thorpe.

5.00 p.m. Lenten Diet

SATURDAY – 24/02/2024

Colour: PURPLE

Day 55

St. Matthais' the Apostle

Bible in a year: Leviticus 23,24; Acts 12

7.45a.m. Holy Communion

Celebrant: Revd. Olawole Faloye

Epistle: Acts 1: 15-26

Gospel: John 15: 1-11

Points for Prayer:

- ❖ *The Most Revd. Israel Afolabi Amoo, Archbishop of Kwara Province.*
- ❖ *35th Consecration Anniversary of The Most Revd. Dr. Ephraim Adebola Ademowo*
- ❖ *10th Wedding Anniversary of Revd. Oluwadara and Mrs. Adunni Olorunju.*
- ❖ ***The Diocese of Chattisgarh, The Church of North India (United)***

❖ ***Birthday Intercession for:***

Sir Jide Bankole Oki, CPA, Erelu Ojuolape Ojora, Chief Samuel Abayomi Bailey, Mrs. Adenike Peters, Chief Joseph Shaname Daniyan, Mr. Abiodun Owokola, Mr. Omoraro Adeyemi Williams, Miss Motunrayo Soyannwo, Mr. Olutosin Osibodu, Miss Abiodun Abike Oshikoya, Miss Ediri Koloko, Mr. Victor Modupe King, Miss Olutosin Araba, Miss Ifedola Ajjedidun, Mrs. Chidinma Vivian Anekwe, Mr. Feyi Solanke, Master Adetomiwa Adeluwoye.

❖ ***Wedding Anniversary Intercession:***

Chief and Mrs. J.J. Adollo, 45th Wedding Anniversary.

❖ ***Memorial Intercession:***

Papa M.O. Imana, 13 years' mind

5.00 p.m. Lenten Diet

Bible Study Outline

THEME: THE CHRISTIAN RACE

SUB-THEME: The Lenten Season

TOPIC: Godly Fast

TEXT: Isaiah 58:3-12

AIMS:

- i. to study the biblical concept of lent,
- ii. to expatiate on the importance of lent in our Christian race and
- iii. to illuminate us on the type of fast that attracts God's favour.

INTRODUCTION

Lent is a period of 40 days during which Christians replicate the forty days fasting of Jesus Christ, whose life and teachings are the foundation of Christianity. It is a season that leads to the passion and death of Jesus Christ, for the redemption of the world. Our Bible passage today reveals to us that any fast that will attract God's favour and impartation must be focused on prayer and intercession, fasting (abstaining from something to reduce distractions and focus more on God) and works of charity. Therefore, as Christians, we must be focused on these so that the season will not become an ordinary religious routine.

STUDY GUIDES

1. How can you explain Lent to an unbeliever? Ex 34:28; Matt 4:2.
2. What should be the focuses of a Christian fast? Ps 35:13; Ezr 10:6; Isa 58:6-7
3. What are the reasons for a wasted fast or casual routinized Lenten season? Isa 58:3-5; Zech 7:5-6; Acts 23:13-15.
4. What are the spiritual benefits of fasting in the Christian race? Exo 34:27-30; Matt 17:20-21; Ac 13:2-3.

CONCLUSION: If we must run a successful Christian race, the Lenten season is a period to re-equip ourselves spiritually. However, we must be careful to focus more on Biblical injunctions so that the season does not turn to casual routine.

FOOD FOR THOUGHT: Lent without godly focus is hunger strike.

MEMORY VERSE: Isaiah 58:6

"Is not this the fast that I have chosen? to loose the bands of wickedness, to undo the heavy burdens, and to let the oppressed go free, and that ye break every yoke?"

VESTRY MEETING – ELECTORAL PROCESS

Title: Mock Vestry Elections 2024

Positions available: 1 People's warden, 10 standing committee members.

Candidates: Pseudo parishioners

Date: Sunday February 18, 2024

Start time: 12:05am GMT+1

End time: 1.30pm GMT+1

Voting

Subscribed members who have their emails in the church membership database

1. Voters will receive an email from the **Cathedral Electoral Subcommittee** containing their **voter ID and voter key**
2. This email will be sent at start time and all voters will have been sent their voter details by **12:10am** (please check your junk folder if you are missing the email)
3. Open the email
4. Email will contain your **voter ID and voter key**
5. Click on where it says "**click here to vote**"
6. Vote for your candidates and submit your votes
7. Optional: save/print your voter receipt showing you have voted.

If there are any issues reach out to Ade Martins/Michael Agbogidi/Tade Adeyeye.

Subscribed members who do not have their emails in the church membership database

1. Come with your church membership ID card
2. Go to the Internet Center
3. Present your Cathedral Identity card for verification.
4. If verified, you will be given your voter ID and Voter key details.
5. Proceed to any of the church voting stations to cast your vote.
6. Electoral officer will direct you to a workstation and answer any queries you may have.
7. Login with provided details
8. Vote for your candidates and submit your vote.

Voting Ends: 1.30pm

CATHEDRAL CHURCH 2024 VESTRY MEETING ELECTIONS

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 32 years 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 of 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 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: Academic 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 oCathedral Guild of Stewards. Member of Cathedral Circle, Past Financial Secretary of Cathedral Youth Fellowship and a member of the Cathedral Choir.

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.

ANTHEM FOR SUNDAY 18th FEBRUARY 2024

1 Turn back, O mortal, quit thy foolish ways.
Old now is earth, and none may count her days,
Yet thou, its child, whose head is crowned with flame
Still wilt not hear thine inner God proclaim,
"Turn back, O mortal, quit thy foolish ways."

2 Earth might be fair, and people glad and wise.
Age after age their tragic empires rise,
Built while they dream, and in that dreaming weep.
Would they but wake from out their haunted sleep,
Earth shall be fair, and people glad and wise.

3 Earth shall be fair, and all its people one,
Nor till that hour shall God's whole will be done!
Now, even now, once more from earth to sky
Peals forth in joy the old, undaunted cry,
"Earth shall be fair, and all its people one."

INTROIT FOR SUNDAY 18th FEBRUARY 2024

Jesu, joyance of my heart,
Blessed Jesu;

Bliss unto my soul thou art,
Holy Jesu;
Sure defence from Satan's dart,
Sweetest Jesu.
Thousand times I think of thee,
My Redeemer;
Only yearn thy face to see;
My Redeemer.
Longing for thy company,
My Redeemer.
Nought is lovelier than thou,
Dearest Jesu;
None is friendlier than thou;
Gentlest Jesu;
Nor is any sweet as thou,
Sweetest Jesu.

SPIRITUAL TONIC FOR THE WEEK

Psalm 130: 5&6

“I wait for the Lord, my soul waits, and in His word I do hope. My soul waits for the Lord. More than those who watch for the morning— Yes, more than those who watch for the morning.”

“My God who is the Giver of all good gifts, I thank You for all You have in store for me in this year of my full restoration. This week and all the days of my life, I shall wait only for what You have promised. I declare that I will not allow myself to be distracted by the ungodly alternatives of this world. I receive grace to block my ears to the whisperings of the enemy, close my eyes to the flashings of worldly pleasures, and destroy in me the sinful nature. Only in Your word will I put my hope and I know I shall not be put to shame. Thank You, God, the Lover of my soul. In Jesus’ name, I pray. 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.

WOMEN'S CORNER

NOTICES

19/2/2024 - Health Talk - Menopausal Symptoms and Management by Mrs. Stella Emojorho

20/2/2024 - Visitation to Female Prison, Kirikiri by Peninsula Archdeaconry.

29/2/2024 - Visitation to a Home - Ile Aanu Pre-School.

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

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.

2005

Feb. The Dean of St. Paul's Cathedral, London, the Very Revd. Dr. John Moses visited the Cathedral on an exchange visit to that of Provost Omololu in 2004.

2006

Feb. 19 Fund Raising launched for a new 64 Stop 4 Manual Pipe Organ with 3658 pipes at a cost of 864,00 Euros (about N164 million) to replace the old organ. The new organ was to be built by Oberlinger, Germany. Agreement was signed on December 6, 2006 when the first installment was paid.

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 25/02/2024

SECOND SUNDAY OF LENT

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

7.15 a.m. HOLY COMMUNION (SAID)

Theme: **POSITIONING OURSELVES FOR FULL RESTORATION**

**(ii) Responding to God's Loving Gestures:
Befriend Him Again**

Celebrant: **Revd. Michael Nwigani**
N.T. Reading: I John 3: 1-10 **The Clergy**
Gospel: Luke 15: 1-10 **Revd. Michael Nwigani**
Address: **Revd. Olawole Faloye**
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 FULL RESTORATION**
(ii) Responding to God's Loving Gestures:
Befriend Him Again

Cantor: **Ven. Henry Adelegan**
Sermon: **The Provost**
O.T. Reading: Isaiah 53: 1-12 **Mrs. Akinwunmi Dongo**
N.T. Reading: I John 3: 1-10 **Dr. (Mrs) Funmilayo Doherty**
Prayer: **Ven. Henry Adelegan**
Thanksgiving at the Altar

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

CALL ON ANY DOCTOR OR NURSE IN CASE OF EMERGENCY

11.30 a.m. VESTRY MEETING AND ELECTIONS ONLINE VOTING

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. 2024 Vestry Meeting and Election:

Our Vestry Meeting/Election is next Sunday D.V. Below is the list of those who have offered themselves for election in order to serve in the Cathedral in the Standing Committee.

PEOPLES' WARDEN:

1. **OPEAYE**, Dapo Prince

STANDING COMMITTEE:

1. **ABOABA**, Iyabode Miss.
2. **ADEOSUN**, Adejola Mr.
3. **AJAYI**, Olaoluwa Mr.
4. **AKINOLA**, Omotola Mrs.
5. **AMODE**, Kehinde Ololade Mrs.
6. **AWODEIN**, Ayodeji Mr.
7. **AWODEIN**, Olukemi Mrs.
8. **BRODIE-MENDS**, Kweku Ayodeji Mr.
9. **IJANUSI** Olaseindemi Mr.
10. **KUBOYE**, Olusoji Olaolu Mr.
11. **SENBANJO** Toyin Olufunlayo Mrs.

2. Social Welfare Service Unit (SWSU)

We express profound gratitude to one of us who anonymously gave the sum of N10.9 million naira to underwrite the medical bills of some of our clients. God knows the individual, and He will daily increase your wealth, peace and comfort.

3. Cathedral Women Lenten Retreat holds on Saturday, 9th March, 2024 at 10.00 a.m. at the Fellowship Centre. Plan to attend.

4. (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**.

(c) The Mock Vestry election is ongoing to familiarise ourselves with the E-voting process. Kindly participate. Voting ends at 1.30 pm.

5. 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.

Voting ends at 1.30 pm.

5. 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.

6. 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.

7. (a) Fellowship Hour - Sunday 18/02/2024

We thank **Mrs. Adebola Oluwatoyin Amos** who hosts the Fellowship Hour after 9.15a.m. Service for her birthday today, 18th February, 2024. *God will continue to grant her good health, joy and happiness throughout the days of her life.*

(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 80th 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.

	7.15 a.m.	9.15 a.m
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



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*

- Anonymous - N1,300,000 (Transfer)**
- Anonymous - N10,900,000 (Cheque)**

(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 balance payment of N1,500,000, for his retina Eye Surgery.
2. **Mrs. Bimbo Durosimi-Etti (50 years)** needs the balance payment of N2,901,000 for a hip replacement 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 they 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
SUNDAY BEFORE LENT - 11/02/2024**

7.15 a.m.	Holy Communion (Youtube 315/Facebook 176 views).....	221
9.15 a.m.	Children's Church/Sunday School.....	148
9.15 a.n.	Cathedral Youth Church.....	30
9.15 a.m.	Choral Mattins (Youtube 335/Facebook 240 views).....	199
11.15 a.m.	Holy Communion (Said)(Youtube 335/Facebook 166 views)....	97
5.00 p.m.	Evensong.....	71

Week-Day Services - Saturday - Friday

HC		HC	
Saturday		Wednesday	
10/2/2024	15	14/2/2024	92
Monday		Thursday	
12/2/2024	12	15/2/2024	11
Tuesday		Friday	
13/2/2024	17	16/2/2024	12

COMING EVENTS (FEBRUARY 2024)

- 25/2/2024 - Vestry Meeting
- 28/2/2024 - Correctional Centre Welfare Ministry visit to Female Correction Centre Ministry



SOUL FOOD 07/2024

POSITIONING OURSELVE FOR FULL RESTTORATION

(i) Beware of Alternatives

“Don’t be deceived, my dear brothers and sisters. Every good and perfect gift is from above, coming down from the Father of the heavenly lights, who does not change like shifting shadows.” James 1:16&17

It is another season of Lent - a time for self-examination that helps us strengthen our relationship with God. To make the most of this important season, we will be starting another teaching series that aims to guide us on the necessary steps we need to take to position ourselves for complete restoration. We already have the promise of God to restore the fortunes of His people that have been lost to the wasters and destroyers. The first topic of this series will be “Beware of Alternatives.”

An alternative provides a choice or is different from the usual or conventional ways of doing something. We must beware of alternatives to attaining restoration or blessedness as they often lead us away from God and cause trouble for us. As Christians, it is essential to remember that our lives should be lived in the light of God’s promised blessings, which are superior to those offered by the ungodly world. The ungodly offer of the ungodly world is what is referred to as Alternatives in our theme.

Throughout Scripture, many individuals have sought alternative means apart from God, only to regret their actions later. For instance, Eve listened to the devil’s promise of knowledge and eternal life but ultimately suffered the fatal consequences of that decision (Genesis 3). Similarly, Abraham attempted an alternative means of having a son with Hagar at Sarah’s urging, leading to complications and strife (Genesis 16). As James 1:16 & 17 reminds us, all good gifts come from God, and we must be cautious not to be deceived by our emotions or sinful thoughts that may lead us astray from Him. These words offer practical guidance

and powerful encouragement to hold fast to the truth, apply it to our lives, and avoid the tempting alternatives that may come our way.

The adversary is adept at presenting alternatives, a fact that is well-known. Even the Lord Jesus Christ was not immune to this tactic, as seen in Matthew 4, where He was confronted with a barrage of distractions to derail His divine mission and rob Him of His promised reward from God the Father. Within the text of James 1:16 & 17, the apostle reassures those experiencing difficulties and questions whether God is responsible for tempting them. James firmly dispels this notion, emphasising that God is pure and holy, the source of all that is good, and utterly steadfast in His character. He is unchanging in His goodness and unwavering in His desire to bless His beloved children.

Jesus confirms this truth in Matthew 7 when He asks His listeners: "Which one of you, if his son asks him for bread, will give him a stone? Or if he asks for a fish, will give him a snake?"

If you then, who are evil, know how to give good gifts to your children, how much more will your Father who is in heaven give good gifts to those who ask him!" (Matthew 7:9-11). We must internalise the undeniable fact that God is the giver of "every spiritual blessing in Christ" (Ephesians 1:3) who "gives to all mankind life and breath and everything" (Acts 17:25). Paul asks us to consider a poignant and pointed question: "He who did not spare his own Son but gave him up for us all, how will he not also with him graciously give us all things?" (Romans 8:32).

Some humans give gifts with manipulative strings attached, with backhanded motives or with stingy reluctance, but God is not like that. He gives because it is His nature to do so. Unlike Satan, who is called "the thief," who "comes only to kill and destroy," God came to earth so "that we may have life and have it abundantly" (John 10:10). He gives life, and that is not all. James 1 says God "gives generously to all" who ask ... (verse 5). Moreover, in God's dealings with humankind, He has always done His way because His ways and thoughts differ from man's. Scripture hints: "For my thoughts are not your thoughts, neither are your ways my ways," declares the Lord. (Isaiah 55:8). There is always His template for achieving His purpose for man.

God will never fail concerning His promises. He is always faithful and good; we can rely on Him, even when His moves seem to contradict our expectations. One of the precious testimonies of Scripture is, "I have been young, and now am old, yet I have not seen the righteous forsaken or his children begging for bread" (Psalm 37:25). As we anticipate the promised restoration, let us beware of alternatives and allow the present pleasures of this life fade in the light of the glory awaiting us.

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 FaloyeCorrectional Centres Ministry/Elders' Fellowship

Rev. Canon Kunle DinaCare Ministry
Ven. Uchenna Ubadinobi.....Music, Altar Servers and Readers
Ven. Henry Adelegan -SWSU
Very Rev. Dr. Adebola Ojofeitimi -.....Harvest/Missions and Evangelism

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

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