

LIFESTYLE



6 Exercises Men should Do Every Day

You may be no stranger to the gym – but sticking to just one boring, same-old routine no longer cuts it. Here are six exercises men should try out daily:

1. Squats. The most important thing with the squat is proper form. Stand tall with your feet at hip-width distance apart, shoulders relaxed.



Look ahead to keep your neck aligned with your spine, and hold your arms straight in front of you or on your hips.

Slowly squat as if you're about to take a seat in the coveted office chair behind you, keeping your heels planted on the ground and torso upright. Aim for eight to 12 reps.

2. Lunges. Make sure your upper body is straight, shoulders are back and relaxed and your chin is up. Step forward with one leg, and lower your hips until both knees are bent at a



90-degree angle. The front knee should be directly above the ankle; your other knee shouldn't touch the floor. Maintain

weight on your heels when you push back up to your standing position. Eight to 12 reps will do the trick.



3. Cardio. Consider adding an anaerobic exercise – like sprinting or jumping – when you're done with an aerobic activity, which brings your exercise to a more intense level and boosts your metabolism in the process.

4. Planks. This strenuous exercise strengthens your core. They are great for spinal stability and back pain. Get low to the ground as if you're going to do a pushup, with your elbows bent 90 degrees and both forearms resting on the floor. Keep your body a straight line from the top of your head to the tips of your heels. Cup your wrists together if they hurt from the pressure. Start off trying to do it as long as you can, then try to beat that every day.

5. Body-weight resistance. Building muscle isn't just for bodybuilders. When you're doing resistance exercises, you're building and maintaining the amount of thickness in your bones, otherwise referred to as bone mass and density. This kind of exercise is easy to squeeze into your daily routine, too, even

if you're on the road. Purchase inexpensive suspension straps, which you can around. You have the ability to do single arm chest presses, leg curls and core work, and you don't even need to leave your room. Resistance training is extremely important for both genders in preventing osteoporosis.

6. Functional training. Functional exercises train the muscles that are used for everyday activities like sweeping or washing your car – such as the

chest, triceps, quads, hamstrings, glutes and calves. Functional training can make you stronger for your job.

By sprinting, jumping, lifting, twisting and bending, you prepare your body for common daily tasks by simulating the movements they require. You might, for example, incorporate weights into your lunges to simulate vacuuming, or do deadlifts to work the muscles you'll need for yardwork.

Extracted from websites: www.msn.com/en-us/health/fitness/7-exercises-men-should-do-every-day

JOKE OF THE MONTH

The End is Near

A local priest and a pastor were fishing on the side of the road. They thoughtfully made a sign saying, "The End is Near! Turn yourself around now before it's too late!" and showed it to each passing car.

One driver who drove by didn't appreciate the sign and shouted at them, "Leave us alone, you religious nuts!"

All of a sudden they heard a big splash, looked at each other, and the priest said to the pastor, "You think maybe we should have just written 'Bridge Discontinued' instead?"

This Month in History

Sept. 24, 1980 - War erupts between Iran and Iraq as Iraqi troops crossed the border and encircled Abadan, then set fire to the world's largest oil refinery.

Sept. 28, 1978 - Pope John Paul I dies after only 33 days in office. He is succeeded by John Paul II.

Oct. 1, 1960: Dr. Nnamdi Azikiwe becomes Nigeria's first indigenous Governor General.

Oct. 1, 1963: Nigeria becomes a republic within Commonwealth.

Oct. 4, 1957 - The Space Age begins as the Russians launched the first satellite into orbit. Sputnik I transmitted a radio signal for 21 days and sent a shockwave through the American political leadership.

Oct. 6, 1981 - Egyptian President Anwar Sadat (1918-1981) is assassinated in Cairo by Muslim fundamentalists while watching a military parade.

Oct. 8, 1993 - The U.N. General Assembly lifts economic sanctions against South Africa following the end of racial apartheid.

Oct. 9, 1962 - Uganda achieves independence after nearly 70 years of British rule.

Oct. 11, 1976 - The "Gang of Four," including the widow of Mao Zedong, are arrested in China, charged with plotting a coup. They were tried and convicted of various crimes against the state.

Oct. 13, 54 A.D. - Roman Emperor Claudius died after eating mushrooms poisoned by his wife, the Empress Agrippina.

Oct. 14, 1964 - Civil Rights leader Martin Luther King, Jr., becomes the youngest recipient of the Nobel Peace Prize.

Oct. 15, 1917 - World War I spy Mata Hari is executed by a French firing squad at Vincennes Barracks, outside Paris.

Oct. 16, 1793 - Queen Marie Antoinette is beheaded during the French Revolution. She was the wife of King Louis XVI and had become a symbol of the people's hatred for the regime due to her frivolity. According to legend, she responded, "Let them eat cake," when told poor people had no bread.

Oct. 19, 1987 - "Black Monday" occurs on Wall Street as stocks plunge a record 508 points or 22.6 per cent, the largest one-day drop in stock market history.

We

Serve

Newsletter of Group D, Guild of Stewards of the Cathedral Church of Christ, Lagos

September 2016

VOL. XXXIX NO. 10

Hello everyone and welcome back from both the Summer and Sallah holidays! Yes, the fabled "ember" months are with us.

Apart from the groans of those paying school fees, this period is known for the speed with which the rest of the year seems to fly. It is well. The Yorubas (who hail everything) would say, "ekuu recession," but if the Lord saw us through "austerity", this too soon shall pass.

Some of our people are celebrating landmark birthdays this month and so as to guarantee our extra bottles of bubbly, we shall shout congratulations to all September babies, but especially to Babajide and Kemi. May the good Lord continue to bless and prosper you all.

Even though he is yet to be confirmed, we must also congratulate the newest member of Group D, who very recently tied the knot with his lovely sweetheart! Congratulations Babajide and Damola. May the good Lord who has started this great work in your lives, sustain and prosper your union. Amen.

A few of our elders have been asking in our local dialect, 'abeg, na travel Honey Boy travel, or na relocate?' So we obliged with pictures.

We thank Chief John J. Adollo for sponsoring three months of this Newsletter and pray the good Lord replenishes his purse multiple-fold..

Remain blessed in the Lord.

Olumide Sofowora Esq. SAN
Editor

Offering to the Altar: Sunday, September 18, 2016

- 7.15 a.m. - Mr. Tokunbo Foresythe
- 9.15 a.m. - Mr. Yomi Adelola
- 11.15a.m.- Mr. Demola Bolarinde
- 5.00 p.m. - Mr. Dotun Aboaba

Offering to the Altar: Sunday, October 16, 2016

- 7.15 a.m. - Mr. Olanyi Tayo
- 9.15 a.m. - Mr. J. G. Ayodele
- 11.15a.m.- Mr. Tunji Jackson
- 5.00 p.m. - Mr. Steve Amihere

Roster of Records of Collections:

- Sept. 18, 2016- Mr. Tunji Jackson
- Oct. 16, 2016 - Mr. Steve Amihere
- Nov. 13, 2016 - Mr. J. Claudius Cole
- Dec. 11, 2016 - Dr. J. J. Agbaike

YOUR BIBLE PROMISE

"Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you, I will uphold you with my righteous right hand."

Isaiah 41:10



Guild of Stewards holds Emergency Meeting on 70th Anniversary...page 3



Six exercises that men should start learning to do every day...page 4

Celebrating Babajide Peters as he hits 40 Large



Our ever efficient Assistant Social Secretary, Mr. Babajide Peters recently celebrated his 40th birthday by taking the family out to dinner at a resplendent restaurant. On behalf of the entire membership of Group D, we thank him for his outstanding commitment to the Group and also for being a fantastic role model as well as a shining reminder of what a Steward should be, in whichever capacity is thrust upon him. May God continue to bless and prosper him and his family. Amen.

MESSAGE FOR THE MONTH God Wants You to Grow Up

By Rick Warren

"From the very beginning God decided that those who came to him -- and all along he knew who would -- should become like his Son"

Romans 8:29a TLB

God created you to become like Christ. He wants you to grow up spiritually!

The Bible says, *"From the very beginning God decided that those who came to him -- and all along he knew who would -- should become like his Son"* (Romans 8:29a TLB). God's goal has always been to make you like himself -- not to become a god but to become godly, with godly character.

The number one question I'm asked as a pastor is, "Why is this happening to me?" I'll tell you why: It's to help you grow up spiritually.. *continued on page 2*

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continued from front page... Everything in life is designed to help you grow up spiritually -- the good, the bad, the ugly, the stuff you bring on yourself, and the stuff that other people do to you.

God is not the author of evil. But God can bring good out of bad things.

Instead of saying, "God, why is this happening to me?" say, "God, what do you want me to learn from this?" Every situation in life will either make you bitter or better. It's your choice how you choose to respond to it.

Every problem has a purpose, and the purpose is to help you grow up spiritually to be more like Jesus Christ.

So if one of the purposes of your life is to grow up spiritually and to become like Jesus, what is Jesus like? The Bible calls it the fruit of the Spirit.

It says, "He will produce this kind of fruit in us: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self control" (Galatians 5:22b-23a). These are the qualities God wants to build in your life. How does

STEWARDS' SERVICE HEALTH CHECK						
	AUGUST 2016					
	07.15	09.15	11.15	17.00	WEDD	MEM
✓ Arrived Before						
✓ Arrived During						
AP Apology						
X Absent						
Abimbola, S. G.	✓	✓	✓	X		
Aboaba, Dotun	✓	✓	✓	X		
Adelola, Yomi	✓	✓	✓	✓		
Adewunmi, Seun	AP	✓	✓	X		
Akinade, Yomi	AP	AP	AP	AP		
Amihere, Steve	✓	✓	✓	✓	✓	
Ayodele, Gbolahan	AP	AP	AP	AP		
Ayodele, Jibolu G.	AP	AP	AP	AP		
Bolarinde, Demola	X	X	X	X		
Claudius-Cole, Jide	✓	✓	✓	✓		
Fetuga, Deola	✓	✓	✓	AP		
Foresythe, Tokunbo	✓	✓	✓	X		
Jackson, Tunji	✓	✓	✓	✓	✓	✓
Makinwa, Dotun	✓	✓	✓	✓	✓	✓
Martins, Akinwande	✓	✓	✓	X	✓	✓
Peters, Babajide	✓	✓	✓	AP		
Sofowora SAN, Olumide	AP	AP	AP	AP		
Tayo, Olaniyi	✓	✓	✓	✓		
Adollo, J. J.	✓	✓	✓			
Agbaika, J.						
Agbogidi, G. O. M.	✓	✓	✓	AP	✓	
Aina, I. O.						
Ajomo, S. O.	✓	✓	✓			
Ayodele, Ayodeji						
Babaniji, O						
Farri, T. O. S.						
Fetuga, Doyin						
Fetuga, O.						
Kehinde, M.	✓	✓	✓		✓	✓
Marinho, Akin						
Olowoselu, L. O.	✓	✓	✓		✓	✓
Olaomo, C. T.	✓	✓	✓		✓	✓
Sowemimo, G.						

God teaches you these qualities by putting you in the exact opposite situation.

He teaches you love by putting you around unlovely people. He teaches you joy in the middle of grief.

God teaches you peace in the middle of chaos. He teaches you patience in the Department of Motor Vehicles!

God will teach you all of these qualities throughout your life -- and it will take the rest of your life. It's a process. He will use all kinds of situations in your life to help you develop spiritual depth and become more like Christ.

So sometime today, think it through:

- In what kinds of situations have you learned the most about how to be more like Christ?
- Why do you think so many Christians are still spiritually immature?
- What priority does spiritual growth have in your life? How might your priorities need to change?

Extracted from website www.crosswalk.com/devotionals/daily-hope-with-rick-warren/daily-hope-with-rick-warren.html

Catring for September 18, 2016
We thank the family of Mr. Tokunbo & Mrs. Anuli Foresythe who are catering for us today. We pray that our good Lord shall continue to bless and prosper their family.

Catring Roster: Rest of 2016
• October 2016 Mr. Olaniyi Tayo
• November 2016 Mr. Yomi Adelola
• December 2016 Mr. Babajide Peters

September 2016 Birthdays
The following members and spouses celebrate their Birthdays in September. We wish them many happy returns:
(i) Mr. Tokunbo Foresythe 1/09/1978
(ii) Mr. Babajide Peters (40) 12/9/1976
(iii) Revd. Kayode Oyebo 23/09/1957

October 2016 Birthdays
The following members and spouses shall celebrate Birthdays in October, DV:
(i) Mrs. Ajuah Oyewole 05/10/1952
(ii) Mrs. Solape Olowoselu 10/10/1962
(iii) Mrs. Kemi Adewunmi (30) 10/10/1986
(iv) Mr. Babatunde Jackson 19/10/1972
(v) Mr. Ayodeji Ayodele 30/10/1981

SEPTEMBER 2016 WEDDING ANNIVERSARIES
We rejoice with the following members and their wives who mark Wedding (Anniversaries) this month. Congratulations:
(i) Engr. Adetunji & Mrs. Enitan Babaniji 06/09/1969
(ii) Mr. Ayo & Mrs. Doyin Otuyalo 10/09/1960
(iii) Mr. Adeola & Folake Fetuga 20/09/2008

OCTOBER 2016 WEDDING ANNIVERSARIES
The following members and their wives shall DV celebrate Wedding Anniversaries in October. We wish them God's continued guidance and blessings.
(i) Revd. Olukayode & Mrs. Ronke Oyebo 05/10/1985
(ii) Mr. Niyi & Mrs Bukola Niyi-Tayo 20/10/2007

	GROUP MEMBERS' FINANCIAL STATUS			
	2015		2016	
	GROUP	GUILD	GROUP	GUILD
Abimbola, S. G.	5,000	5,000	5,000	5,000
Aboaba, D	5,000	5,000	5,000	5,000
Adelola, Y.	5,000	5,000	5,000	5,000
Adewunmi, S.	5,000	5,000	5,000	5,000
Akinade, Y.	5,000	5,000	5,000	5,000
Amihere, S.	5,000	5,000	5,000	5,000
Ayodele, G.	40,000	20,000	5,000	5,000
Ayodele, J. G.	5,000	15,000	5,000	5,000
Bolarinde, D.	5,000	5,000	5,000	5,000
Claudius-Cole, J	N/A	N/A	5,000	15,000
Jackson, Tunji	5,000	5,000	5,000	5,000
Makinwa, D.	5,000	5,000	5,000	5,000
Martins, Akin	5,000	5,000	5,000	5,000
Marinho, Akin	5,000	15,000	5,000	5,000
Peters, Babajide	5,000	5,000	5,000	5,000
Sofowora, O. SAN	5,000	5,000	5,000	5,000
Tayo, Olaniyi	5,000	5,000	5,000	5,000
	130,000	115,000	85,000	95,000
			ELDERS FUNDS	
Adollo, J. J.	35,000	5,000	45,000	5,000
Agbaika, J				
Agbogidi, G. O.	5,000	5,000	5,000	5,000
Aina, I. O.			5,000	5,000
Ayodele, A.	5,000	5,000	5,000	5,000
Babaniji, O				
DaCosta, A.				
Farri, T. O.	5,000	5,000		
Fetuga, Deola	5,000	5,000		
Fetuga, Doyin	5,000	5,000		
Fetuga, O.	5,000	5,000		
Kehinde, M.				10,000
Olowoselu, L. O.			5,000	5,000
Olaomo, C. T.	5,000	5,000	5,000	5,000
Oyewole, M.	100,000			
Sowemimo, G.			5,000	5,000
Total	280,000	130,000	160,000	140,000

Group "D" - Year 2016 Accounts
(Unaudited) 2015 Accounts brought forward:
Church Dedicated a/c N 450,000.00
Cash-at-Hand N 0.00
N 450,000.00

Inflows:
2016 Group dues collected N 120,000.00
Guild Donations N 10,000.00
Newsletter Donations N 40,000.00
Feb.2016 Host (Elders' Funds) N 65,000.00
Funds as at 16th Sept. 2016 N 685,000.00

Payments Made
Oct. 2015 Host (Mrs. R Martins) N 72,000.00
Feb. Hosting (Mrs. Peju Martins) N 60,000.00
Aug. & Sep. 2015 Newsletters N 30,000.00
Mar-Aug 2016 newsletters N 115,000.00
Payments at 16th Sept. 2016 N 277,000.00

Balance as at 16th Sept. 2016 N 408,000.00

Payments Yet To be Made
Annual Party PRV(Accounts awaited) N 30,000.00
Payments Outstanding N 30,000.00

The Treasurer reminds members that 2016 Guild and Group Payments are due for payment. Also, Group members who pledged towards the Group's 2015 Annual Party and have not redeemed their pledges should kindly do so.

GUILD & GROUP NEWS

GUILD OF STEWARDS THEMES 70TH ANNIVERSARY ON CATHEDRAL HERITAGE

The Cathedral Guild of Stewards conducted two Emergency Meetings in the month of August 2016. The first was an update of the 70th Anniversary Committee's recommendations to the Guild's Executive Committee, while the second a consideration of the same recommendations by the Guild's General House. Both houses approved the recommendations.

The need for the special emergency meetings were germane, in that some of the Committee's recommendations were stark departures from previous landmark celebrations.

In presenting the proposals, Mr. Dotun Makinwa who chairs the 70th Anniversary Committee, rationalized that the Cathedral Church of Christ was set for a season of Landmark events. Apart from the Guild's anniversary, this included the Cathedral Choir's upcoming 100th Anniversary and the Cathedral's own 150th Anniversary. He added that these, in addition to the Cathedral's present theme of "Understanding our Anglican Heritage," compelled the Committee to equally theme the Guild's 70th anniversary on the Cathedral's strong pedigree.

Mr. Makinwa reminded that the Cathedral Church of Christ, Lagos was, at some point, the core of the Anglican movement in not just Nigeria but the entire West African Province, courtesy of being the seat of the First Primate of West Africa. The expansion of provinces and clerical dispersion however saw the migration of the seat of the Primate to Abuja, followed by the ceding of the seat of the Archbishop to Lagos Mainland. The Cathedral Church of Christ however remains the citadel of ecclesiastical standards and excellence, which needed to be preserved and promoted.

Consequently, the 70th Anniversary celebrations were presented and approved to take place as follows:

- Sunday, November 13, 2016 – **70th Anniversary Musical Evening** in the Cathedral Church of Christ, Marina followed by Cocktails at the Cathedral Premises.
- Wednesday, November 23, 2016 - **70th Anniversary Talk – "The Peculiar History of the Church, the Guild and its People"** in the Cathedral's Fellowship Centre.
- Sunday, December 11, 2016 - **70th Anniversary Celebration Service** at the 11.15am Eucharist in the Cathedral; followed by an **Anniversary Luncheon**.
- A **70th Anniversary Brochure** reflecting the present day Guild and celebration of its Icons of Stewardship.



5) Re-introduction of **Ceremonial Guild Morning Coats**. It was explained that as the Cathedral Guild of Stewards remains pacesetting custodians of church culture in the country, Commemorative Morning Coats shall be worn for the celebration service. The Coats, which were worn in the Cathedral's earlier days, shall also serve as commemorative wear for subsequent flagship events at the Cathedral. Morning Coats are recognized as traditional Service church wear and are still being worn by several traditional Anglican churches. Their adoption further accentuates the Cathedral Guild's leadership in ecclesiastical matters.

The estimated Cost of the Anniversary was put at N15m, with Funding expected to come from:

- A Levy of N5,000.00 on each Steward,
- Special Donations from High Net-worth Individuals, Friends and Officers of the Guild, and
- Adverts in the Brochure

Be not dismayed...Honey Boy is alive and well ...and kicking it in good ol' US of A



Mr. & Mrs Oyin Fetuga with Mr. & Mrs Doyin Fetuga in California
Not a few members of the Cathedral have been asking where Group D has hidden our amiable Mr. Oyin Fetuga. The ever popular Cathedral's former Best Steward of the Year, sneaked out of the country to get some well-deserved rest and relaxation in Obamaland. That was however umpteen weeks back, and his seething army of admirers have been pressuring us to produce Daddy and Mummy Fetuga wherever we might have kept them.

As a matter of fact, we have indeed been keeping track of Daddy and Mummy Fetuga whose tour of the United States was partly to spend some quality time with their children and grandchildren. This included a visit to Dallas Texas and Northridge, California where Group D's very own Mr. Doyin resides.

We hope these pictures will lay to rest concerns of the Fetuga Patriarch and Matriarch. We assure everyone that they shall return in their own good time and that shall be very soon! We wish them a lovely vacation and speedy return to base so we can hear unlimited gist.



Mummy & Daddy Fetuga with daughter's family in Dallas, Texas