

YOU NEED ANY HELP?

Contact the Cathedral Office for all necessary information and the Office will direct you to the appropriate persons to help. Below are the Contact Persons.

- A. **For Booking of all Services of the Church**
The Dean; The Canon Residentiary
- B. **For Social Welfare and Charity**
The Dean; Rev. Canon Azubike Ahubelem; Dr. (Mrs.) Irene Omogbehin
- C. **For Cathedral Societies**
The Dean; The Society Chaplains; Presidents & Secretaries of Societies
- D. **For The Elderly Ministry**
The Dean; Rev. O. Toriola; Chief (Mrs.) Ayo Akideinde
- E. **For The Evangelical Ministry**
The Dean; The Canon Residentiary; Mr Emeka Madubuiké
- F. **For Cathedral Missionary Society**
The Dean; Mr Tunji Odeneye.
- G. **For the Children Ministry**
The Dean; The Rev. Oluwambe Toriola, Mr. Tunji Odeneye;
- H. **For The Youth Ministry**
The Dean, Rev. Ayodeji Oluwatusin; Chief (Mrs) Funmi Ogunbadejo. Mr Ikenna Ezeugwu
- I. **For The Boys' & Girls Brigade; Boys' & Girls' Guild**
The Dean, Rev. O. Odumosu; Mrs C.F. Akinrotimi, Mrs A.O. Agara, Mrs A.A. Odumosu.
- J. **For The Medical Ministry**
The Dean; Rev. Oluwambe Toriola; Dr. (Mrs.) Irene Omogbehin,
- K. **For the Counselling Ministry**
The Dean; Dr. (Mrs) Irene Okwerekwu
- L. **For the Prisons & Hospital Ministry**
The Dean; Rev. (Dr). Benjamin Okere;
- M. **For Discipleship Training**
The Dean; Mr Tunji Odeneye; Dr (Mrs) Oyin Ilo
- N. **For The Home Fellowship**
The Dean; Mr Emeka Madubuiké
- O. **For Singles' and Couples' Fellowship**
The Dean; Mr. Steve Aladesawe
- P. **For Intercessory Ministry**
The Dean; The Rev. Canon Azubike Ahubelem; Engr. R. S. Ogundana
- Q. **For Sport Ministry**
The Dean; The Canon Residentiary, Chief Bolaji Okubule, Mr Steve Ahua
- R. **For Board of Directors for Clinic**
The Dean; Prof. M.A. Bankole
- S. **For Board of Directors for Economic Empowerment**
The Dean; Dr. Oladimeji Alo; Mr Olumide Ajomale
- T. **For Cathedral Christian Mothers Matters**
The Dean; The Rev. Taiwo Adebayo; Mrs. A.O. Agara; Mrs. Folake Owolabi
- U. **For Chaplains to Societies**
The Dean; The Canon Residentiary
- V. **For The Choir**
The Dean; Mr Sunday Olawuwo
- W. **For Booking of the Halls & Guest House**
The Dean; The Chapter Clerk; The Wardens.

Below are the Telephone Numbers of the Cathedral Office, the Dean and the Cathedral Priests. You can contact these phones as need be.

The Dean	0803-7152811
The Ven. Festus Olowosile	0803-4003552
The Ven. Gbenga Oniye	0803-3564593
The Rev. Canon James Adekanye	0803-5806344
The Rev. Canon Azubike Ahubelem	0803-3081617
The Rev. Oluwambe Toriola	0802-3194800
The Rev. Oladele Odumosu	0803-2005701
The Rev. Taiwo Adebayo	0818-1645373
The Rev. Dr. Benjamin Chijioke Okere	0802-3270247
The Rev. Opeyemi Ibikunle	0817-0700696

DIocese OF LAGOS WEST (Anglican Communion)



ARCHBISHOP VINING MEMORIAL CHURCH CATHEDRAL

Oba Akinjobi Way, GRA, Ikeja

Founded – March, 1964

P.O. Box 506, Ikeja, Lagos

Website: www.avmcc.org.ng

E-mail: info@avmcc.org.ng

Follow Us On  AVMCC Cathedral

 @avmcccathedral



Vol. 13/30/07/2017

Our Vision:

"CHRIST FOR ALL NATIONS"

Our 2017 Mission:

"ARISE, SHINE FOR YOUR LIGHT HAS COME"
Isaiah 60:1.

A GOOD INDICATOR OF YOUR SPIRITUAL TEMPERATURE IS YOUR EAGERNESS TO COME TO THE CHURCH (PS 122:1). NEVER ALLOW YOUR SEAT TO BE EMPTY FOR AN EMPTY SEAT IS AN EMPTY HEAD AND IN HIS PRESENCE ONLY ARE FULLNESS OF JOY AND PLEASURES.

WEEKLY BULLETIN

SUNDAY, 30TH JULY - SATURDAY, 5TH
AUGUST, 2017

TRINITY 7

Sunday Theme: THE SPIRITUAL MAN
SUB-THEME HARVEST OF OPEN
HEAVENS

Colour: Green

Mr. Adetunji Adekoya
Cathedral Warden

Mr. Bode Ogunlela
Cathedral Warden

The Ven. Adegoke O. Agara
The Dean of the Cathedral

The Rt. Rev. Dr. James O. Odedeji
The Bishop, Diocese of Lagos West

Please Take A Conv

1. SERVICES FOR SUNDAY – 30TH JULY

**A. 7.00 am HOLY COMMUNION
CHILDREN’S HARVEST**

Celebrant: *The Rev. Opeyemi Ibikunle*
O.T. Reading: *Imisioluwa Omoyelu*
The Epistle: *Obimma Dabelu*
The Gospel: *The Rev. Taiwo Adebayo*
Preacher: *Nkechi Iteghete*
Intercession: *Sarah Otoighile*

- ❖ Processional Hymn: CH (CS) – All things Bright...
- ❖ Worship Songs
- ❖ The Preparation to Penitence -**Miss Fejiro Awowede**
- ❖ O.T. Reading: Deut. 28:1-13
- ❖ Psalm: 34:1-14
- ❖ The Epistle: Ephesians 6:1-9
- ❖ Gradual Hymn: CH (CS) 86 – Tell the old story
- ❖ The Gospel: Luke 18:9-17
- ❖ Sermon
- ❖ Nicene, Creed & Intercession
- ❖ The Peace
- ❖ The Offerings: Choruses
- (a) *First Fruit* (b)*Tithes, Building, Covenant Seed & Sunday Offering*
- ❖ The Eucharistic Prayers
- ❖ The Administration: Special number by Sunday School Choir
- ❖ The Ablution: CH (CS) 38- Jesus loves me...
- ❖ Post Communion Prayer
- ❖ **Thanksgiving**
 - i. Harvest Thanksgiving
 - a. Clergy Harvest: **The Rev. Canon Oladele Odumosu & Family**
 - b. Count your Blessing - Envelopes
 - c. Chairpersons, Distinguished Guests, Special Guests
 - d. Sunday School and other Children
 - e. The Congregation
 - f. Sir & Lady Sam Ubachukwu family harvest and 11th consecutive years of sponsoring children’s harvest.
 - g. Family Harvest
 - ii. Mr & Mrs Emeka Nwokedi thanking God for the successful graduation of their son and God’s numerous blessings.
 - iii. 80th birthday thanksgiving of Sir. Kola Osinoiki and God’s numerous blessings.
- ❖ Doxology & Benediction
- ❖ Notices
- ❖ Diocesan Anthem
- ❖ Withdrawal Hymn: CH 552

WE WELCOME ALL OUR FIRST TIMERS IN JESUS NAME.

H. 2017 INTER-SOCIETY BIBLE QUIZ

The above named **Quiz Competitions** among Societies in the Cathedral will be coming up on Sunday, 3rd September, 2017 by 4.00p.m for the preliminary and the final on Sunday 5th November, 2017 by 4.00p.m. Book of Study –(a) ISAIAH 40 - END, (b) MATTHEW 1-15 (C) ANGLICANISM (D) CHURCH OF NIGERIA BIBLE STUDY OUTLINE 2017 (JUNE – AUGUST).

I. 2017 INTER-SOCIETY SINGING FESTIVAL

We are pleased to invite all Societies in the Cathedral to the **INTER-SOCIETY SINGING** festival – 2017 which comes up on Sunday, 24th September, 2017 by 4.00pm.

J. LECTURE! LECTURE!! LECTURE !!!

The Torchbearers Society cordially invites all to their **GOD IN MY LIFE SERIES** which comes up on Sunday, 6th August, 2017 at 4.00pm. Lecturer: **Chief Olusegun Obasanjo GCFR.** Pls be there.

**K. DAUGHTERS OF LIGHT
HOLIDAY PROGRAMME 2017**

Annual Holiday Program by the Daughters of Light Society comes up from Monday 31st July- Saturday, 5th August, 2017 at Vining Hall. Time: 9.00am – 5.00pm daily. Ticket: **N3,000.** Snacks and Lunch will be served. Activities: **Bible Lessons, Arts & Crafts, Music, Cookery, Excursion, Sport etc....**

L. VINING UNITED FC SUMMER CAMP FOR KIDS

Vining United of AVMCC cordially invite all children (**8-16 years**) to their Holiday Camp. Activities include: *Basics of Soccer, Football tactics; Team Competition, Daily Devotion, Bible Study, Career Talk* etc. Date: **14th – 24th August, 2017.** Venue: AVMCC Field. Fee: **N10,000 per child.** Free Vining Jersey for registered children. Obtain your forms from EEP office / Cathedral Office.

M. AVMCC BANK ACCOUNTS DETAILS

<u>BANK</u>	<u>ACCOUNT NUMBER</u>	<u>SORT CODE</u>	<u>PURPOSE</u>
ACCESS	0017948337	044151245	Evangelical Fund
WEMA	0120970667	035150695	Offering& Thanksgiving
FIRST	2025018178	011151841	Harvest (kindly signify the purpose e.g. Family harvest, Youth Harvest etc.)
FIRST	2001350641	011151841	Project Support
STANBIC	9200212515		
IBTC		221150027	First Fruits
GTB	0007899440	058152120	Tithes
WEMA	0122245798	035150695	Endowment Fund Please indicate your name in the payments.

Parishioners can now pay directly to any of the Banks with account details listed, as applicable. Payment by POS is also available in the Church office.

E. HARVEST NEWS

A. Family Harvest for today - Sunday 30th July, 2017

7.00am: Chief Sam Ubachukwu & Family, Sir. Kola Osinoiki & Family, Mr Emeka Nwokedi & Family, Arc. Olufemi Abimbola & Family, Engr. Uzor Ejikeme & Family, Mrs O.B. Dehinde & Family.

10.00am: Mrs Ngozi Okonkwo & Family.

B. Family Harvest for next - Sunday 6th August, 2017

7.00am:

10.00am: Sir. Mike Lawani & Family, Pharm. Murtala Mohammed & Family, Mr Ezekiel Asiegbu & Family, Mr Famuyide & Family, Mr Ariyibi & Family.

B. Society Harvest for today – Sunday 6th August, 2017 Good Samaritan

D. Society Harvest for – Sunday 13th August, 2017

Band of Peace, Band of Peace, Lord's Vessels' and Anglican Fellowship

F. HARVEST NEWS

2017 HARVEST PROGRAMMES

Parishioners are to please note the Harvest Calendar Activities. Please keep the days free in your diaries.

- | | |
|--------------------------------------|-------------------------------|
| (1.) Family Harvest | Sunday, June 11 – Nov. 2017 |
| (2.) Youth Harvest | Sunday, August 27, 2017 |
| (3.) Corporate/ Professional | Sept. – Nov. 2017 |
| (4.) All Women Harvest | Sunday, Sept. 10, 2017 |
| (5.) Community Hymn Singing | Sunday, Sept 17, 2017 |
| (6.) National Harvest | Sunday, Oct. 1, 2017 |
| (7.) Alma-Mater Harvest | Sunday, Oct. 15, 2017 |
| (8.) Adult Harvest | Sunday, Oct. 29, 2017 |
| (9.) Senior Citizen's Harvest | Sunday, Nov. 5, 2017 |
| (10.) Greater Chapter/Standing Comm. | Sunday, Nov. 12, 2017 |
| (11.) All Ministries Harvest Day | Sunday, Nov. 19, 2017 |
| (12.) The Diocesan's Harvest | Sunday, Nov. 26, 2017 |
| (13.) General Thanksgiving | Sunday, Nov. 26, 2017 |
| (14.) Societies' Harvest | Sunday, May- Nov. 2017 |
| (15.) Evangelical Programmes | Sunday, April- Nov. 2017 |
| (16.) New Month /Month End | 1 st & Last Sunday |

G. AVMCC CHURCH NEEDS

Dear Parishioners,

Be encouraged to pick one or more of the items listed below to mark your birthday, wedding anniversary and other occasions of joy. Do endeavour to get in touch with the WARDENS for specifications or monetization.

- | | |
|---|--------------|
| 1. Tables & Chairs For The Halls | |
| 2. APC Industrial Ups 10KVA | N2,400,000 |
| 3. Split Air Conditioner 2HP | N182-250,000 |
| 4. Split Air Conditioner 1.5 HP | N110-180,000 |
| 5. Panasonic Ac Standing 2tons- | N345,000 |
| 6. Panasonic Ac Standing 3tons- | N475,000 |
| 7. Hi Tech Surveillance System | N1,800,000 |
| 8. Mercury Stabilizer 10 KVA | N250,000 |
| 9. Development of our landed properties | |

GOD LOVES A CHEERFUL GIVER NOT A FEARFUL GIVER
22.

B. 10.00 am MATTINS

CHILDREN'S HARVEST

Cantor: Chijioko Obianagha
O.T. Reading Anuoluwapo Joseph Faluyi
N.T. Reading: Gift Ogar
Preacher: Susan Nene Uche

Intercession: Nneoma Okorocho

- ❖ Processional Hymn: VSH 65: O Lord my God ...
 - ❖ Call to Worship - Sunday School Child
 - ❖ Psalm 34:1-14
 - ❖ O.T. Reading: Deut. 28:1-13
 - ❖ Hymn Sunday School Choir
 - ❖ N.T. Reading: Luke 18:9-17
 - ❖ Apostle's Creed to Collects
 - ❖ Hymn: CH (CS) 86
 - ❖ Sermon
 - ❖ Praise, Intercession - Grace
 - ❖ Offerings: Choruses
- (a) *First Fruits* (b) *Tithes, Building, Covenant Seed & Sunday Offering*
- ❖ **Thanksgiving**

i. Harvest Thanksgiving

- a. Clergy Harvest: **The Rev. Canon Oladele Odumosu & Family**
- b. Count your Blessing - Envelopes
- c. Chairpersons, Distinguished Guests, Special Guests
- d. Sunday School and other Children
- e. The Congregation
- f. Corporate (Megachem Nigeria Ltd) harvest and 11th consecutive years thanksgiving of sponsoring children's harvest
- g. Family Harvest
- ii. The Churching of Mrs Amah-Jerry Ahueze for the gift of a baby girl and God's numerous blessings.
- iii. The Churching of Mrs Adaobi Agu for the gift of a baby girl and God's numerous blessings.

- ❖ Doxology and Benediction
- ❖ Notices
- ❖ Diocesan Anthem
- ❖ Withdrawal Hymn: VSH 63 – I am Thine O Lord..

C. EVENTS AHEAD

1. God in my Life: Chief Olusegun Obasanjo GCFR – Sunday, 6th August, 2017 at 4.00pm.

D. EQUIPPING THE SAINTS IS ON

BE A PARTAKER. IT IS SPIRITUALY REWARDING. Classes hold every Saturday at 9.00am. Venue: 1st Floor, Vining Hall.

E. FIRST FRUIT – LEV. 23:10-11; DEUT. 26:1-10

1. Your first salary on a new job.
2. The first profit from a new line of business
3. For those already working, it is the first salary in the year.
4. When promoted to another level, the difference between your former salary and the new one.
5. To the aged with no pension, it is your first allowance from your children.
6. For Landlords and Landladies, the rent for the first month in the year is your first fruit.
7. For students, the poor, the jobless, it is your first gift in the year.
8. For those with multiple sources of income or salary, the best or the highest of all is ideal as first fruit.

TEST GOD WITH IT, TASTE AND SEE THAT THE LORD IS GOOD – Mal. 3:10, Ps. 34:8

Acct NO - STANBIC IBTC - 9200212515- First Fruits

F. CHRISTIANS

- i. If you are suffering, check your offering – 2 Cor. 9:7.
- ii. If things are TIGHT for you, check your TITHE – Mal. 3:8-10.
- iii. You do not have to be in UK to be OK – Ps. 122:6, Psalm 128:5.
- iv. Every good thing comes from ABOVE not from ABROAD – Col. 3:2.

G. PROMOTION

Beloved our PROMOTION in life is NOT by CLASS but by CHRIST.

It is NOT from ABROAD but from ABOVE.

It is NOT by DEGREE but by DIVINE DECREE.

Therefore, pray that you will be highly favoured unto DIVINE PROMOTION in Jesus name. Amen.

H. 6.00 pm. EVENSONG

Cantor: The Rev. Taiwo Adebayo

Preacher: The Rev. Oluwambe Toriola

Organist: Mr. Dapo Okunmuyide

- ❖ Processional Hymn: CH 46
- ❖ Call to Worship
- ❖ Praise Worship
- ❖ Lesson: 1 Cor. 12:1-10
- ❖ Hymn: CH 508

**D. ARCHBISHOP VINING MEMORIAL CHURCH CATHEDRAL
EDUCATIONAL SUPPORT INITIATIVE FOR
INDIGENT YOUTHS IN AVMCC**

Applications are invited for the AVMCC Annual Scholarship Awards.

1. CRITERIA FOR AWARDS:

- Applicant and/or any parent must have been on the registered list of members of the AVMCC for at least FIVE years prior to the application.
- Applicant must be indigent and must attach evidence through an attestation letter by the Dean or a Priest in the Cathedral
- Applicant and/or parent must be a member of a Church Society or Ministry
- Applicant must be a registered student of a **Tertiary Institution or professional Institute in Nigeria ONLY** i.e. Universities, Polytechnics, Colleges of Education or accredited professional Institutes and certified by appropriate authority of the Institution
- Applicants must have good academic performances with evidence through the statement of results signed by the Registrar/appropriate authority of the institution

2. How to Apply for AVMCC Scholarships

Each applicant shall submit a typed application letter, not more than two pages. addressed to “**The Chairman, Educational Support Initiative, Archbishop Vining Memorial Church Cathedral, Ikeja, Lagos**” The letter must include the name of the candidate, course of study, year of study, state of origin, and why the candidate believes that he/she should be given the scholarship award. The application letter must be accompanied by:

- Evidence of AVMCC membership of applicant and / or parent
- Or a letter from the Dean of AVMCC certifying that candidate is a member indicating the Society or ministry he/she or the parent belongs
- Evidence of membership of the Cathedral Youth Vanguard
- Photocopies of SSCE/NECO results and JAMB admission letter
- A photocopy of the candidate's current school Identity card.
- A letter from the Registrar of the candidate's institution certifying that the candidate is a student of such institution.
- A letter from the candidate's current Head of Department, including correct information of the candidate's biodata, academic profile and CGPA for the last academic semester.
- Two (2) current passport photographs.

All applications are to be submitted to the Office of the Dean, AVMCC not later than **FOUR weeks from the date of this announcement.**

3. Value of Award: N100,000.00 annual support grant.

15. CHRISTIAN MOTHERS

- i. Christian Mothers Prayer Meeting comes up on Monday, 31st July, 2017 at 5.00pm. **Topic: The Lord shall fight for us – Exod. 14:4. Speaker: Chaplain**
- ii. Young Wives Fellowship comes up on Saturday, 12th August, 2017 at 11.00am. **Topic: The Woman, Her Dream and Her Worries. Speaker: Dr. (Mrs) Sylvia Adebajo. Venue: AVMCC Youth Chapel.**
- iii. All women prayer meeting {Cathedral Deanery} - Every 1st Thursday of the Month. **Venue:** The AVMCC Auditorium. **Time:** 5.00pm-6.00pm.
- iv. Bible Study for Christian Mothers - Every 1st Monday of the month at 5.00pm.
- v. Fasting & Prayer for Christian Mothers - Every last Monday of the month at 5.00pm.
- vi. **Adult Education Programme:** This course is for young and old every Monday & Wednesday by 3.30pm at the Vining Hall.

16. INFORMATION FOR MEMBERS

A. VACANCIES

- i. **Head Teacher** is urgently needed in a high brow Nursery/Primary School in Omole-Ojodu area of Lagos. Interested candidates with cognate experience in school administration should send CVs to educoproconsult@gmail.com.
- ii. Mature **Sales girl** needed in a "Fabric Outfit" in Magodo Area. Lagos. Please contact: 08037120704; 08053783996.
- iii. **Professional/Experienced (Male) Tailors** and Apprentice Tailors urgently required in a fashion house in Maryland, Lagos. Please contact: 08065252325; 09098701006.

B. DIOCESE OF LAGOS WEST, AVMCC DHU PROGRAMMES

- i. Every 3rd Friday of every month is Deliverance and Healing hour in the Church 6.00pm -8.00p.m
- ii. Every 3rd Thursday is individual Counselling and Prayer for members.
- iii. Every Tuesday & Wednesday evening Counselling and Prayers before and after Bible Study and Prayer Meeting.
- iv. Every Sunday after 7.00am & 10.00am – Counselling & Prayers.

For enquiries call: 0803-7152811, 0802-3149601, 0803 - 3100270 & 0803-8171702.

C. FOR YOUR BIRTHDAYS AT COMMUNION SERVICES DURING THE WEEKDAYS, ALWAYS AVAIL YOURSELF OF THE OPPORTUNITY OF COMING TO THE ALTAR WHENEVER YOU ARE IN HIS SANCTURARY. KINDLY INFORM VIA TEXT MESSAGES, THE PRIESTS AHEAD OF TIME THROUGH THE PHONE CONTACTS AT THE BACK OF THE BULLETIN OR MRS FAMADE ON 08033109378.

- ❖ Short Exhortation & Prayer
- ❖ Offerings Choruses
- (a) **First Fruit (b Tithes, Building, Covenant Seed & Sunday Offering**
- ❖ Thanksgiving
- ❖ Closing Prayer
- ❖ Withdrawal Hymn: CH 58

I. AVMCC SPONSORSHIP OF 2017 EVENSONG BY SOCIETIES

1. Sunday - August 6, 2017 - Band of Glory
2. Sunday - August 13, 2017 - Light of the World
3. Sunday - August 20, 2017 - Band of Mercy
4. Sunday - August 27, 2017 - Youth Harvest
5. Sunday - Sept.3, 2017 - Bible Quiz Competition
6. Sunday - Sept.10, 2017 - Good Samaritan
7. Sunday - Sept. 17, 2017 - Harvest Committee
8. Sunday - Sept. 25, 2017 - YWCA
9. Sunday - Oct. 1, 2017 - National Harvest
10. Sunday - Oct. 8. 2017 - Choir Anniversary

SENTENCES FOR TRINITY 7

Introductory Sentence

But now that you have been set free from sin and have become slaves of God, the return you get is sanctification and its end, eternal life. **Romans 6:18.**

Collects for the Week:

Almighty God, Who sent Your Holy Spirit to be the life and light of Your Church; open our hearts to the riches of His grace that we may bring forth the fruit of the Spirit in love, joy and peace; through Jesus Christ our Lord. **Amen.**

Post Communion Sentence

Live as children of light, for the fruit of light consists in all goodness, righteousness and truth. **Ephe. 5:9.**

3. ANIMA CHRISTI

1. **Soul of my Saviour, Sanctify my breast
Body of Christ, be Thou my saving guest
Blood of my Saviour, Bathe me in Thy tide
Wash me with water flowing from Thy side.**
2. **Strength and protection may Thy passion be
O blessed Jesus, hear and answer me
Deep in Thy wounds, Lord, hide and shelter me
So shall I never, never part from Thee.**
3. **Guard and defend me from the foe malign
In death's dread moments, make me only Thine
Call me and bid me come to Thee on high
When I may praise Thee with Thy Saints for aye.**

Amen

4. PRAYER POINTS FOR TODAY – SUNDAY, 30TH JULY, 2017

A. Prayers for the Anglican Communion and for Christian Denominations and Organizations

- i. Pray for The Rt. Rev. Christian Esezi Ide, his family and all members of the Diocese of Warri.
- ii. Pray for The Rt. Rev. Prof. John Akao, his family and all members of the Diocese of Sabongidda-Ora.
- iii. Pray for The Rt. Rev. Dr. James O. Odedeji, his family and all members of the Diocese of Lagos West.

B. Prayer for AVMCC

- i. That every spiritual force working against the destinies of our children be rendered impotent.
- ii. That God will bless all our children and make them blessings in their generation.

C. Prayer for all our members who are having their Birthdays and/or other Anniversaries today:

- i. For Mr Olaoluwa Aina, Mrs Omowunmi Dehinde, Mr Etihie Ekwejunor, Miss Juliet Nden, Miss Joy Abiose, Mrs Amaka Ogbob, Miss Chidinma Okoye, Mr Adesoji Omisore Mrs Ada Onakoya, Mrs Gbemisola Shotunde and others who are celebrating their birthdays today.
- ii. For those having their Wedding Anniversaries or any other positive Anniversaries today.

D. Prayers for individual Families within the AVMCC Household

- i. Ekemezie Family, Ekenobi Family, Ekhomu Family, Eko Family, Ekine Family, Ekunwe Family, Ekwejunor Family, Ekwem Family, Ekwueme Family, Ekwugh Family.

E. Prayer for the following people: The Rt. Rev. Dr. P. A. Adebisi, Pa Laban Namme, Engr. & Mrs. Odedairo, Mrs. Beatrice Akinola, Prof. & Mrs. Segun, Mrs. David-West, Chief (Mrs) I.A. Norma-Williams, Mrs M.I. Ilori, Mrs Idowu Bajomo, Pa Muiyiwadebun, Mr & Mrs R.A. Metu, Mr. B. Sorinmade, Mr Tuyi Olonisakin, Mrs M.M. Aruofor, Mrs Yeside Olukolu, Chief Festus Okubule.

F. Prayer for Nigeria & the World

- i. That God will declare his wrath upon all evil perpetrators in Nigeria and the world.
- ii. That every demonic political agenda for Nigeria be frustrated by the Almighty God.

G. Prayer For: The barren, the pregnant, spinsters, bachelors, jobless, homeless that God remembers all of them for good.

H. HARVEST 2017: Pray that in this month of our children's harvest, we shall never have reason to weep over anyone of them.

SERVICE TIME

On Major Harvest Days is meant Children's Harvest, Young People's Harvest, National Harvest and Adult Harvest days.

These are days when we have combined services involving our children in Sunday School and the Youth Chapel at both services.

It should be of interest to you to be reminded that it is becoming increasingly difficult to end the 7.00am service before 10.00am on major Harvest Days for obvious reasons. Our population is a large one for which the Church remains eternally grateful to God trusting Him that AVMCC shall not experience depletion, physically or spiritually nor become a proverb a by word nor a desolate.

Be that as it may however, with the 7.00a.m service being statutorily an Holy Communion service and the harvest requiring every member to dance to the Altar as a matter of expediency and in the spirit of thanksgiving and thanks offering, it takes a longer time. It is therefore to this end under God, by the leading of the Holy Spirit and with due recourse to our father the Diocesan that we hope to explore the possibility of starting the second service at **10.30am on major Harvest Days only.**

The implication of this is that rather than keeping our parishioners outside for too long while waiting, moreso given the fact that most of them are elders, they are to arrive at 10.30am to start the Service and later flow into the Harvest reception on the field. We are trusting God that this should enhance our worship as you pray along with us.

Conclusively, we reiterate our sincere appreciation for your readiness in furthering the work of God in AVMCC notwithstanding the prevailing economic challenges. Our sincere regards to the entire membership of the Cathedral.

May the Lord remember all of us for good in Jesus name. Amen.

**B. Cathedral Youth Chapel
Regular Weekly Programmes**

YEAR THEME: "EXPLOITS: REVEALING HIS GLORY"

- i. Strictly Feminine - Every 3rd Saturday of the month.
- ii. Just 4 Guys – Every 1st Saturday of the month at 1.00p.m
- iii. Youth Fellowship every Saturday by 3.00p.m.

Sunday: 7.00am. & 10.00am. Services

Venue: Youth Chapel (2nd Floor, Adetiloye House)

Strictly Feminine - Coordinator – Sister Chiemeka Anadu – 08094816786.

Just 4 Guys Co-ordinator – Bro. Ernest Elue – 08060866421.

C. Elderly Ministry

All Senior Citizens are welcome every Tuesday from 11.00 am to 3.00pm.

- i. Medical Check-up in the Clinic; Spiritual Talks; Games /Exercises and Handicrafts in the Vining Hall.
- ii. Please send names of sick and shut-in Elders to the Coordinator Elderly Ministry or the Cathedral office for visitation.
- iii. **2017 Bible Quiz Book – The Gospel according to LUKE**

D. Evangelical Ministry

i. Monthly Meeting

2nd& 3rd Monday of the Month at 1st Floor, Vining House by 6.00pm.

ii. Home Fellowships:

All Parishioners and their friends are encouraged to attend a Home Fellowship of their Choice and convenience near their homes or work places. Please check the list of Home Fellowship Centres pasted on the Notice Board in front of the Church or contact: **08033100270**, or the Church Office.

iii. Visitation:

Do you know any Parishioner who needs to be visited by the Church? Please send the name and address to the Evangelical Ministry for a follow-up.

E. Counselling Ministry

Please take advantage of the Cathedral Counselling Ministry. It involves every aspect of Human Endeavour, which includes but is not limited to Marriage, Business, and Career. We have a monthly Family Evening where we bring the current needs of Families into focus. If you wish to talk to somebody for Counselling, please call: **08037605902**, available on 24 hour basis.

5. THOUGHT FOR THE WEEK

SUNDAY – 30TH JULY, 2017

TODAY'S TOPIC: THE SPIRITUAL MAN

**BIBLE READINGS: PSALM 34:1-14;
DEUTERONOMY 28:1-13; EPHESIANS 6:1-9;
LUKE 18:9-17;**

Each man and woman born into this world is a being made of three (3) distinct components:

"And the very God of peace sanctify you wholly; and [I pray God] your whole spirit and soul and body be preserved blameless unto the coming of our Lord Jesus Christ." (1 Thessalonians 5:23 KJV)

1. The BODY. This is your PHYSICAL component of being and is in harmony with the nature and spirit of this world. It grows, matures, begins to deteriorate, eventually dies, and then decomposes back into its constituent elements and remains a part of the dust of the world. The body is a part of you but is NOT ALL of what defines who YOU are. "And thou mourn at the last, when thy flesh and thy body are consumed," (Proverbs 5:11 KJV)

2. The SOUL. This is who YOU are; it is a part of your SPIRITUAL component. This is your individuality, your "I AM" so to speak (made in God's image), your "heart." Although your individual soul did not exist before your mother and father procreated you, it will exist forever. It cannot be killed by man: "And fear not them which kill the body, but are not able to kill the soul: but rather fear him which is able to destroy both soul and body in hell."(Matt. 10:28 KJV). When your body dies your soul (YOU) will leave the body of flesh: "And it came to pass, as her soul was departing, (for she died) that she called his name Benoni: but his father called him Benjamin." (Genesis 35:18 KJV).

3. The SPIRIT. This is the source of power and control for both your body and soul; it is either evil or good, darkness or light, unholy or Holy, unclean or clean, of Satan or of God: "But he turned, and rebuked them, and said, Ye know not what manner of spirit ye are of." (Luke 9:55 KJV)

Having the above understanding would help us to have right knowledge of who is a spiritual man or a spiritual woman. In Galatians 5: 16-26, Paul explains the functions of these three components in man, their fruits and how they affect our relationship with God. while the flesh loves pleasures and sins; the spirit desires to please and do the will of God. The soul becomes the victim of who wins between the body and spirit.

One thing about the Spirit and the flesh (the old nature) is the fact that they are always at war with each other. Not that the human body is sinful; it is neutral. If the Holy Spirit controls the body, then we walk in the Spirit but if the flesh controls the body, then we walk in the lusts (desires) of the flesh. The Spirit and the flesh have different appetites, and this is what creates the conflict.

These opposite appetites are illustrated in the Bible in different ways. For example, the sheep is a clean animal and avoids garbage, while the pig is an unclean animal and enjoys wallowing in filth (2 Peter 2:19-22). After the rain ceased and the ark settled, Noah released a raven which never came back (Gen 8:6-7). The raven is a carrion-eating bird and found plenty to feed on. But when Noah released the dove (a clean bird), it came back (Gen 8:8-12). The last time he released the dove and it did not return, he knew that it had found a clean place to settle down; therefore the waters had receded.

Our old nature is like the pig and the raven, always looking for something unclean on which to feed. Our new nature is like the sheep and the dove, yearning for that which is clean and holy. And that's what makes up a spiritual man. A Spiritual man is a man under the influence of the Holy Spirit who is always ready to fulfil the will of God at all cost.

What should be the solution to this constant conflict?

In verse 18, Paul explains that the solution is not to pit our will against the flesh, but to surrender our will to the Holy Spirit. This verse literally means, "But if you are *willingly led* by the Spirit, then you are not under the Law" The Holy Spirit writes Gods Law on our hearts (Heb 10:14-17) so that we desire to obey Him in love Being "led of the Spirit" and "walking in the Spirit" are the opposites of yielding to the desires of the flesh.

Paul now lists some of the ugly "works of the flesh" in verses **19-21, 24**. The flesh is able to manufacture sin but it can never produce the righteousness of God. This list in Galatians can be divided into three major categories:

The sensual sins (vv. 19, 21b). Adultery is illicit sex between married people, while *fornication* generally refers to the same sin among unmarried people. *Uncleanness* means just that: a filthiness of heart and mind that makes the person defiled. The unclean person sees dirt in everything (see Titus 1:15). *Lasciviousness* is dose to our word debauchery. It speaks of a wanton appetite that knows no shame. It goes without saying that all of these sins were rampant in the Roman Empire. *Drunkness* and revellings (orgies) need no explanation.

I. Admission to Lagos Anglican Schools,

- **Anglican Comprehensive High School, College Road, Ipaja,**
- **Anglican Girls' Grammar School, 19, Akinhanmi Street, Surulere,**
- **CMS Grammar School, Bariga**
- **Bishop Howells Memorial Grammar School, St. Finbarrs College Road, Akoka, Yaba - Lagos.**
- **Igbobi College, Yaba**

The forms for the above schools with the exception of IGBObI COLLEGE are out at the rate of **₦7,500**. Payment should be made into **Union Bank Acct No 0002516850**. Account Name: Lagos Anglican Schools Management Board and Collect the form at the Cathedral Office and submit to the school of your choice. Examination take place on Saturday, 27th July, 2017 in the schools' premises by 8.00am.

H. Babington Macaulay Junior Seminary, Ikorodu

The forms into the **Advanced Level Programme** of the above school are out at the rate of **₦10,000**. Payment should be made into **Zenith Bank Plc: Babington Macaulay Junior Seminary Account No 1012883577**. Collect your own at the Cathedral Office and submit at the school. **Examination Date:** Saturday, 12th August, 2017.

J. Admission to The Federal Polytechnic, Ile-Oluji, Ondo State.

Admission into **(i) Accountancy (ii) Computer Science (iii) Computer Engineering Technology (iv) Electrical Electronics Engineering Technology (v) Statistics**. Programme is now open to candidates with **5 O'level** credit passes and who scored up to **150** in the 2017 UTME. For more information, visit www.fedpolel.edu.ng or call: 07035927583.

K. Admission to Lagos Anglican Bible College, Lagos.

Admission into the Diploma and Certificate Courses in Biblical studies will come to an end on 30th June, 2017. There are still few vacancies left. The form is now **₦2000**. For further details contact 08023014807.

14. MINISTRIES & FELLOWSHIPS

A. Children's Ministry

Parents are requested to send their children to the Sunday School with Bibles, Note Books & Biros. Please instruct your children to remain in the Sunday School and not wander about looking for things to buy. **Children are better and safer in the Sunday School. Release your children for learning and safe keep there.**

13. NOTICES

A. Visitors and New Comers

We welcome Visitors and New Comers to Archbishop Vining Memorial Church Cathedral, Ikeja. We pray that the joy of the Lord will be yours today and always. Visitors and New Comers are requested to please move outside and stay behind the Altar, after the service where a Priest and Members of the Evangelical Ministry of the Church will welcome them and give them more information about the Church.

B. Library:

The Cathedral Library opens daily:

Monday - Friday 9.00am to 6.00pm
Sundays 1.00pm to 3.00pm.

We request everyone to make use of this opportunity

C. Vining Bookshop

Kindly patronize the Bookshop at Adetiloye House, which opens at 9.00am - 5.00pm Tuesday to Friday, 10.00am - 4.00pm on Saturdays and 9.30am - 2.00pm on Sundays.

D. Hall Rental

- i. The Halls in the Vining House and Archbishop Adetiloye House are available for Conferences, Seminars, Receptions and Lectures. Please, make your bookings through the Cathedral Office or call – **07033343999**.
- ii. A decent hall for Conferences, Lectures, Seminars and reception, with large parking space is available at Archdeacon Ogunbiyi Memorial Anglican Church, Ikeja. The facility is accessible via the Oshodi-Agege Express Road, across the Railway tracks. For Enquiries: Contact: 08050644093. Thank you.

E. AVMCC Guest House

Stay within a purely Christian environment at AVMCC Guest House. Visit the Office of Archbishop Vining Memorial Church Cathedral, GRA, Ikeja, for more details and Booking. You will be happy to use the Facilities for enquiries call – **Seye on 07032649958**.

F. Admission to Ajayi Crowther University, Oyo

The Forms for the above college/university are out at the rate of N6,000 . Payment should be made to any of the following banks: **Stanbic IBTC – Acct. 9202409902, Guaranty Trust Bank -0050684338, Eco Bank – 3192002268**. For more information visit our Website: www.acu.edu.ng or call: **08145920637, 08104408768**.

G. Admission to Anglican Girls' College, Ijanikin

The forms for the above school are out at the rate of **N6,000**. Payment should be made into **Anglican Girls' College, Ketu Wema Bank Account No – 0120980406**. Collect your own at the Cathedral Office and submit to the school or Women's Office, 3rd Floor, Adetiloye House. Examinations take place on Saturday, 8th July, 2017 in the school hall by 8.00am.

The superstitious sins (v. 20a). Idolatry, like the sins named above, is with us today. Idolatry is simply putting things ahead of God and people. We are to worship God, love people, and use things, but too often we use people, love self, and worship things, leaving God out of the picture completely. Jesus tells us that whatever we worship, we serve (Matt 4:10). The Christian who devotes more of himself to his car, house, or boat than he does to serving Christ may be in danger of idolatry (Col 3:5).

The word witchcraft is from the Greek word *pharmakeia*, which means "the use of drugs." Our English word *pharmacy* is derived from this word. Magicians in Paul's day often used drugs to bring about their evil effects. Of course, sorcery is forbidden in the Bible as are all activities of the occult (Deut 18:9-22).

The social sins (vv. 20b-21a). Hatred means "enmity," the attitude of mind that defies and challenges others. This attitude leads to variance, which is strife, the outworking of enmity. *Emulations* mean jealousies or rivalries. How tragic when Christians compete with one another and try to make one another look bad in the eyes of others. *Wrath* means outbursts of anger, and strife carries with it the idea of "self-seeking, selfish ambition," that creates divisions in the church.

The person who *practices* these sins shall not inherit the kingdom of God. Paul is not talking about an *act* of sin, but a *habit* of sin. There is a false assurance of salvation that is not based on the Word of God. The fact that the believer is not under Law, but under grace, is no excuse for sin (Rom 6:15). If anything, it is an encouragement to live in obedience to the Lord.

Beloved, You and I are not debtors to the flesh, but to the Spirit (Rom 8:12-14). We must accept what God says about the old nature and not try to make it something that it is not. We must not make "Provision for the flesh" (Rom 13:14) by feeding it the things that it enjoys. In the flesh dwells no good thing (Rom 7:18), so we should put no confidence in the flesh (Phil 3:3). The flesh is not subject to God's Law (Rom 8:7) and it cannot please God (Rom 8:8). Only through the Holy Spirit can we "put to death" the deeds that the flesh would do through our body (Rom 8:13). The Holy Spirit is not *only* the Spirit of life (Rom 8:2; Gal 5:25), but He is also the Spirit of death: He helps us to reckon ourselves dead to sin. However, go forth this week to live as a spiritual man or woman. Until next week, happy Children harvest!

9. ATTENDANCE FOR PREVIOUS WEEK

July 23⁶ – July 29

7.00 am Holy Communion	1,023
7.00 am Youth Service	180
7.00 am Sunday School	261
10.00 am Mattins	854
10.00 am Youth Service	177
10.00 am Sunday School	123
6.00 pm Service	25
Bible Study	124
Wednesday Holy Communion	72
Wednesday Prayer Meeting	243

10. MEETINGS THIS WEEK

- The following Societies will meet immediately in the Church after Service
 - ✚ *Anglican Fellowship Executives*
 - ✚ *Lord Labourers Fellowship*
- Men & Women of Grace meeting comes up on **Thursday, 3rd August, 2017** at the front of the Church by 11.00am. **Topic: Who is Jesus to you?. Speaker: Mrs Oluremi Abimbola.**

11. CATHEDRAL ROSTER

A. Cathedral Health Centre

i. Personnel on Duty Today Sunday, 30th July, 2017

7.00a.m-10.00a.m: Dr. Makinde Akinlemibola, Pharm. Deji Osinoiki, Pharm (Mrs) Yomi Osinoiki, Mrs Gina Okolo.

10.00am-2.00pm: Dr. Frances Ajose, Pharm. Ranti Adedeji, Mrs Bola Awobiyi, Ms Adenike Adefila, Dr. Femi Olaleye, Pharm. Dele Ajala.

ii. Personnel on Duty Next Sunday, 6th August, 2017

7.00a.m-10.00a.m: Dr. Makinde Akinlemibola, Dr. Oliver Akinola, Pharm. Ifeanyi Uchefuna, Mrs Gina Okolo, Pharm. A. Ezenwaji.

10.00am-2.00pm: Dr. Tunji Areo, Pharm. Yewande Olorunsola, Mrs Vivian Jerry-Amah, Mrs Chinelo Emenike, Pharm. Dele Ajala, Dr. (Mrs) Frances Ajose.

B. Security & Traffic Control

i. Sunday 30th July - Saturday, 5th August, 2017

Olupitan E. Bola (**Captain**), Oyebanji Toba (**Assistant Captain**), Funso Omole, Bukade Olaniyi, Segun Adeniji, Helen Arhagba, Chioma Obi, Caroline Omowhara, Juliet Chimezie, Funso Fagbuyiro, Kene Obimma, Femi Agbaje; Chukwuemeka Osaka.

ii. Sunday 6th August - Saturday, 12th August, 2017

Nwaorgu Chinedu (**Captain**), Odanye Moji (Mrs) (**Assistant Captain**), Goke Uthman; Ogunleye Adeboboye, Adeyemi Muiyiwa, Mbaekwe Augustine, Segun Adeniji, Dare Sigbeku, Chioma Obi, George A. Adeyemi, Juliet Chimezie, Omotola Onakoya

10.

11. SUMMARY OF SERVICES FOR NEXT SUNDAY

Trinity 8 August 6

Theme: Being Transformed into Christ's Nature

Colour: Green

7.00 am: HOLY COMMUNION

Celebrant: *The Rev. Oluwambe Toriola*

Epistle: *II Corinthians 3:4-18*

Layreader C.N. Ubosi

Gospel: *Luke 9:28-36*

The Rev. Canon A. Ahubelem

Address: *The Ven. Gbenga Oniye*

THE YOUTH SERVICE:

Venue: *The Adetiloye House*

Celebrant: *The Rev. Opeyemi Ibikunle*

Preacher: *The Rev. Opeyemi Ibikunle*

10.30 am: HOLY COMMUNION

PRISONS & HOSPITAL MINISTRY

Celebrant: *The Rev. Taiwo Adebayo*

O.T. Reading: *Exodus 34:29-35*

Prisons & Hospital

Epistle: *II Corinthians 3:4-18*

Prisons & Hospital

Gospel: *Luke 9:28-36*

The Rev. Ayodeji Oluwatusin

Address: *The Rev. Canon J. Adekanye*

6.00 pm: EUCHARIST WITH ANOINTING

Cantor: *The Rev. Ayodeji Oluwatusin*

Epistle: *II Corinthians 3:4-18*

Gospel: *Luke 9:28-36*

Preacher: *The Rev. Opeyemi Ibikunle*

12. BANNES OF MARRIAGE

We publish the Banns of Marriage between the persons under-listed: If anyone knows any just cause in law why the persons listed may not be joined together in Holy Matrimony, he should declare it immediately.

3RD NOTICE:

1. *Mr Olanrewaju Aderibigbe & Miss Iyintitunfoluwa Abayomi of this church*

2. *Mr Golden Chigozirim Ohuabunwa & Miss Chisom Felix of this church*

2ND NOTICE:

1. *Mr Kehinde Ososanya & Miss Moyosola Tugbobo of this church*

1ST NOTICE:

1. *Mr Jude Eze & Miss Ifeoma Ezenwa of this church*

2. *Mr Philemon Tochukwu Onwuliri of Holy Family Catholic Church Gwarinpa, Abuja & Miss Chinomso Nneoma Madubiuke of this church*

The Dean has directed that all intending COUPLES should instructively read the following pages of the Restoring Family Values Pamphlet: 3-4, 15-28, 36. Those without copies should get their copies from the Dean's Secretary, Mrs Tolani Famade - 08033109378.

15.

Friday, August 4, 2017

Colour: Green

7.00 am Holy Communion

Celebrant: *The Rev. Opeyemi Ibikunle*
Epistle: *Acts 17:1-15 - Lay. Ndidi Uzor*
Gospel: *Mark 7:24-37*
Hymns: *CH 1, VSH 60, CH XVII*
Preacher: *The Ven. Gbenga Oniye*

Prayer Points:

- ❖ For the Most Rev. (Dr) Emmanuel Chukwuma, his family and all members of the Diocese of Enugu.
- ❖ For the Rt. Rev. Aloysius Agbo, his family and all members of the Diocese of Nsukka.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Miss Layo Tetede, Mrs Abisoye Fajebe, Dr. Ayodeji Badejo, Mrs Adetokunbo Ojo, Mrs Amaka Enujioke, Engr. Sunday Iwekuba, Miss Chinwe Cletus, Mr Obozie Onwughai, Chief (Mrs) Helen Adewale.
- ❖ For these individual Families within the AVMCC Household: Esan Family, Etabebe Family, Etuk Family, Etuka Family, Evezi Family, Ewenla Family, Ewurum Family, Eze Family, Ezeagabu Family, Ezeagu Family.

6.00pm EFAC Meeting

6.30pm Choir Practice

Saturday, August 5, 2017

Colour: Green

7.00 am Holy Communion

Celebrant: *The Rev. Ayodeji Oluwatusin*
Epistle: *Acts 17:16-34 - Lay. Esther Jaiyeola*
Gospel: *Mark 8:1-10*
Hymns *CH 12, VSH 63, CH 516*
Preacher: *The Rev. Oluwambe Toriola*

Prayer Points

- ❖ For the Rt. Rev. Monday Chukwuma Nkwoagu, his family and all members of the Diocese of Abakaliki.
- ❖ For the Rt. Rev. (Prof.) Evans. Ibeagha, his family and all members of the Diocese of Nike.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Bamidele Omianwele, Miss Nnoyelum, Mr Efeoghene Kagho, Ademilola Adesida, Mrs Louisa Nzekwe, Miss Oluwaseun Oyediran, Mr Augustine Okagbue, Mr Ikechukwu Ojukwu, Mr Fred Ozonweke.
- ❖ For these individual Families within the AVMCC Household: Ezeagwu Family, Ezeakolam Family, Ezealigo Family, Ezeani Family, Ezeanya Family, Ezebelu Family, Ezebuilo Family, Ezebuiro Family, Ezechukwu Family, Ezeh Family.

10.00am Wedding

Mr Paul Omeke & Miss Onyinye Ezinne Obele

4.00 pm Youth Fellowship

4.00 pm Boys' Brigade and Girls' Brigade

4.00 pm Baptism

14.

CAREER PLAN – Jer. 10:23

Your career plan should be well thought out, realistic and most importantly flexible like a road map that may grow and change as you move through the world. Always remember, however that as a Christian your steps must be ordered and guided by God in all your endeavours. He alone knows the way through the wilderness of life. Endeavour to follow Him. Jer. 10:23; Prov. 3:5-8.

LET THEM JUDGE YOU – Neh. 4:1-5

Let them misunderstand you
Let them gossip about you
Their opinions are not your problems
You stay kind
Remain committed to love and be free in your authenticity.
No matter what they do or say,
Don't you ever dare doubt your worth
or the beauty of your truth.
Just keep shining like you do.
You are created to succeed
You are designed to win
You are equipped to overcome
You are anointed to prosper
You are blessed to become a blessing.
Learn from NEHEMIAH

BEWARE

“Beware, in everybody, there is a piece of flesh, if it is healthy, the whole body is healthy and if it is sick, the whole body is sick.

“The signs of the hypocrite are three:

When he speaks, he lies,

When he promises, he breaks it

And when any trust is kept with him, He misuses it,

Are you are one of them? If yes; BEWARE.

BE STILL

Whenever problems arise, Be still

If Satan trembles, Be still!

Whatever your enemies do, be still knowing that one day they will push you to a place of Glory. Just be still in Christ and His goodness will surely come upon you. Exodus 14:14.

11.

10. ACTIVITIES FOR THE WEEK

Monday, August 31, 2017

Colour: Green

7.00 am Holy Communion

Celebrant: *The Rev. Oluwambe Toriola*
Epistle: *Acts 15:36-16:1-5 -Lay. F. Okey-Ogbu*
Gospel: *Mark 6:14-29*
Hymns: *CH 18, VSH 21, CH 373*
Preacher: *The Rev. Taiwo Adebayo*

Prayer Points:

- ❖ For the Rt. Rev. Cyril O. Odotemu, his family and all members of the Diocese of Ughelli.
- ❖ For the Rt. Rev. John U. Aruakpor, his family and all members of the Diocese of Oleh.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Ademola Adejuwon, Mrs Sabinah Aderoba, Mr Adetilewa Agbola, Mrs Oluyemi Fasokun, Mrs Chika Iwuchukwu, Miss Adachukwu Kanu, Prof. Gabriel Olawoyin, Mrs Morenike Opanuga, Miss Uchechi Oporum, Mr Adiele Alfred, Mr Olumuyiwa Talabi, Mrs Uchendu Nwobia, Miss Omowunmi Koyi, Miss Ijeoma Okechukwu, Mrs Evangeline Akintobi.
- ❖ For these individual Families within the AVMCC Household: Ekwunife Family, Ekwuribe Family, Elegbe Family, Elekeokwuri Family, Elemo Family, Elezie Family, Elijah Family, Elue Family, Elugbaju Family, Eluwa Family.

1.00 pm Social Welfare Ministry

5.00 pm Adult Baptism Preparatory Class

5.30 pm Family/Marriage Counselling Meeting

6.30 pm Choir Practice

Tuesday, August 1, 2017

Colour: Green

6.00a.m Hour of Blessings

7.00 am Holy Communion

Celebrant: *The Rev. Canon James Adekanye*
Epistle: *Acts 16:6-15 – Lay. Nkiru Arah*
Gospel: *Mark 6:30-46*
Hymns: *CH 5, VSH 25, CH 153*
Preacher: *The Ven. Festus Olowosile*

Prayer Points:

- ❖ For the Rt. Revd. Peter Imhona Onekpe, his family and all members of the Diocese of Ika.
- ❖ For the Rt. Rev. Edafe Emamezi, his family and all members of the Diocese of Western Izon.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mrs Ifeoma Agbasi, Miss Somto Obi.
- ❖ For these individual Families within the AVMCC Household: Emeasoba Family, Emechebe Family, Emeforo Family, Emeka-Ali Family, Emelogu Family, Emenaka Family, Emenalom Family, Emeni Family, Emenike Family, Emerenini Family.

11.00 am – 3 .00 pm - Senior Citizens Clinic & Fellowship

5.00pm – 6.00pm Intercessory Prayer

5.00pm - 6.00pm BIBLE STUDY REVIEW

6.00 pm Bible Study - ISAIAH 37

12.

Wednesday, August 2, 2017

Colour: Green

7.00 am Holy Communion

Celebrant: *The Ven. Gbenga Oniye*
Epistle: *Acts. 16:16-24 - Lay. Kike Akinyemi*
Gospel: *Mark 6:47-56*
Hymns: *CH 3, VSH 239, Anima Christi, VSH 10, CH 17.*

Preacher: *The Rev. Opeyemi Ibikunle*

Prayer Points

- ❖ For the Rt. Rev. Jacob O.B. Bada, his family and all members of the Diocese of Etsako.
- ❖ For the Rt. Rev. Jolly E. Oyekpen, his family and all members of the Diocese of Akoko-Edo.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Sir. Michael Lawani, Miss Adebimpe Opatoye, Mr Olalekan Ogoke, Mr Adetola Adebajo, Mr Oladiran Aleo, Miss Chika Azike, Mr Adesina Odedina, Mr Emeka Ofuokwu, Mr Emmanuel Onyegbule, Mr Andrew Okedurum, Sir. Michael Okolo, Mrs Adebisi Olagoke, Mr Yombo Onasanya.
- ❖ For these individual Families within the AVMCC Household: Emeruem Family, Emiade Family, Emmanuel Family, Emokai Family, Ene Family, Eneh Family, Enekwa Family, Enendu Family, Enetanya Family, Enoch Family.

8.00am Vining Intercessor's Visitation

6.00pm PRAYER MEETING

Thursday, August 3, 2017

Colour: Green

7.00 am Holy Communion

Celebrant: *The Rev. Taiwo Adebayo*
Epistle: *Acts 16:25-40 – Lay. R.K. Adebule*
Gospel: *Mark 7:1-23*
Hymns: *CH 9, VSH 57, CH 545*
Preacher: *The Rev. Canon J. Adekanye*

Prayer Points:

- ❖ For the Rt. Rev. David E.A. Obiosa, his family and all members of the Diocese of Ndokwa.
- ❖ For the Rt. Rev. Blessing A. Eritefa, his family and all members of the Diocese of Sapele.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mrs Gbemisola Oyegoke, Mr Obinna Chukwu, Mr Olakunle Sodipo, Mr Dennise Agbasi, Mr Isaac Amusan, Mr Ifeanyi Ebonugwu, Mr Joseph Eke, Mr Bolaji Oduba, Mr Bolarinwa Osilaye, Miss Mariam Shenge.
- ❖ For these individual Families within the AVMCC Household: Enone Family, Enujioko Family, Enuka Family, Enuoyibo Family, Enwezor Family, Enyioko Family, Enyi-Okoro Family, Erinne Family, Eriobu Family, Erogbogbo Family.

11.00 am - Meeting of Men & Women of Grace –

Topic: Who is Jesus to you? Speaker: Mrs Oluremi Abimbola.

13.