

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; Ven. Azubike Ahubelem; Dr. (Mrs.) Irene Omogbehin 08033223803
- C. **For Cathedral Societies**
The Dean; The Society Chaplains; Presidents & Secretaries of Societies
- D. **For The Elderly Ministry**
The Dean; Rev. Dayo Bamigbola; Chief (Mrs.) Ayo Akideinde - 07068610707
- E. **For The Evangelical Ministry**
The Dean; The Canon Benson Odude; Mr Raymond Agu - 08033003906
- F. **For Cathedral Missionary Society**
The Dean; Rev. Dr. Benjamin Okere; Mr Tunji Odeneye. - 08033163337
- G. **For the Children Ministry**
The Dean; The Rev. Canon B. Odude, Mr. Tunji Odeneye - 08033163337;
- H. **For The Youth Ministry**
The Dean, Rev. Ayodeji Oluwatusin; Chief (Mrs) Funmi Ogunbadejo - 08033025033; Mir Dayo Egbedeyi - 08022865591
- I. **For The Boys' & Girls Brigade; Boys' & Girls' Guild**
The Dean, The Rev. Ayodeji Oluwatusin; Mrs A.O. Agara, Mrs C.F. Akinrotimi 08022791113; Mr Ayo Tetede - 08020691247
- J. **For The Medical Board**
The Dean; Rev. Dr. Benjamin Okere; Prof. (Mrs.) Ronke Akinsete 0802300049
- K. **For the Counselling Ministry**
The Dean; Rev. Canon Odude, Dr. (Mrs) Irene Okwerekwu - 08023078162
- L. **For the Prisons & Hospital Ministry**
The Dean; Rev. (Dr). Benjamin Okere; Mr Sunday Oji - 08037136077.
- M. **For Discipleship Training**
The Dean; Rev. Dr. Benjamin Okere; Mr Tunji Odeneye - 0803-3163337; Dr (Mrs) Oyin Ilo
- N. **For The Home Fellowship**
The Dean; Rev. Dayo Bamigbola; Mr Raymond Agu- 08033003906
- O. **For Singles' and Couples' Fellowship**
The Dean; Rev. Ayodeji Oluwatusin; Mr. Steve Aladesawe- 08033261047
- P. **For Intercessory Ministry**
The Dean; The Ven. Azubike Ahubelem;
- Q. **For Sports Ministry**
The Dean; The Canon Residentiary, Mr Desmond Odiase - , Mrs Funmi Olumoroti, Mr Steve Ahua - 07038816041
- R. **For Board of Directors for Economic Empowerment**
The Dean; Rev. Ayodeji Oluwatusin; Dr. Oladimeji Alo; Mrs Segilola Olawoyin - 08074533508
- S. **For Cathedral Christian Mothers Matters**
The Dean; Mrs. A.O. Agara; Mrs. Folake Owolabi - 08023156546
- T. **For Chaplains to Societies**
The Dean; The Canon Residentiary
- U. **For The Choir**
The Dean; Mr Sunday Olawuwo - 08023030357
- V. **For Booking of the Halls & Guest House**
The Dean, Mr Seye Ogunsanya - 0703-2649958

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

The Cathedral Office	0811-1114588
The Dean	0803-7152811
The Ven. Festus Olowosile	0803-4003552
The Ven. Gbenga Oniye	0803-3564593
The Ven. James Adekanye	0803-5806344
The Ven. Azubike Ahubelem	0803-3081617
The Rev. Canon Benson Odude	0802-3608782
The Rev. Dayo Bamigbola	0802-8335070
The Rev. Dr. Samuel Opaaje	0806-3097612
The Rev. Dr. Benjamin Chijioke Okere	0802-3270247
The Rev. Opeyemi Ibikunle	0803-0573299
The Rev. Ayodeji Oluwatusin	0802-7562421

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


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Vol. 15/03/10/2019

Our Vision:

"CHRIST FOR ALL NATIONS"

Our 2019 Mission:

"GOD IS OUR REFUGE AND STRENGTH"

Psalm 46:1a.

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, 10th March - Saturday, 16th March, 2019

LENT 1

Theme: The Meaning, Purpose and Methods of Fasting

Colour: Purple

Mr. Adetunji Adekoya
Cathedral Warden

Mr. Charles Ojo
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 Copy

*Support God's Mission through the Covenant Seed
Be A Diocesan Covenant Seeder*

1. SERVICES FOR SUNDAY – 10TH MAR.

A. 7.00 am HOLY COMMUNION

- Celebrant:** *The Rev. Dayo Bamigbola*
- O.T. Reading:** *Layreader O.A. Peters*
- The Epistle:** *Layreader Nkiru Arah*
- The Gospel:** *The Rev. Dr. Benjamin Okere*
- Preacher:** *The Ven. Festus Olowosile*
- Intercessor:** *The Ven. James Adekanye*
- ❖ Processional Hymn: CH 468
- ❖ Praises & Worship: **10mins. (Judges 1:1-2, Ps 100vs 4, Ps 95 vs 2)**
- ❖ Preparation to Penitence – *The Rev. Dr. S. Opaaje*
- ❖ O.T. Reading: Genesis 2:7-9, 3:1-7
- ❖ Psalm: 119:1-8
- ❖ Epistle: James 1:2-19
- ❖ Gradual Hymn: CH 221
- ❖ The Gospel: Matthew 4:1-11
- ❖ Sermon
- ❖ Nicene Creed
- ❖ Hymn: CH 522
- ❖ Litany
- ❖ The Peace (**Let there be peace – page 6**)
- ❖ The Offerings: Choruses
- (a) First Fruit (b) Tithes, Building, Covenant Seed & Sunday Offering**
- ❖ The Eucharistic Prayers
- ❖ The Administration: VSH 21, 22, 68, 164, 212, 8
- ❖ The Ablution: CH 454
- ❖ Post Communion Prayer
- Thanksgiving:**
 - i. 55th Founder’s Day Anniversary Thanksgiving
 - ii. Otunba Adeoye Oladokun thanking God for His numerous blessings on his family.
- ❖ Doxology & Benediction
- ❖ Notices
- ❖ Diocesan Anthem
- ❖ Withdrawal Hymn: CH 471

WE WELCOME ALL OUR FIRST TIMERS IN JESUS NAME. WE REQUEST THAT YOU PLEASE MOVE TO THE LADY’S CHAPEL AFTER THE SERVICE WHERE OUR EVANGELICAL TEAM IS WAITING TO ATTEND TO YOU.

BREAST FEEDING SUITE

This opens at the back of the ALTAR from 6.30am to 2.00pm on SUNDAYS to enable our nursing mothers remain **BABY FRIENDLY** within the confines of the Church during services.

TIMES AND SEASONS - Eccl. 3:1

We are already in the time and season of **FIRST FRUITS**. Avail yourself of the inherent blessings by approaching the ALTAR of God in faith, and dropping your first fruit with expectation of **UNCOMMON BLESSINGS**.

AVMCC DEVELOPMENT FUND ACCOUNT

Account Name: AVMCC Development Fund
 Account Number: 1021733207
 Sort Code: 033154512
 Branch Address, UBA Plc, 51A Adeniyi Jones Street, Ikeja.

K. RETREAT - BELIEVERS MENTORING MISSION

The above Retreat comes up on Friday 22nd & 23rd Saturday, March, 2019. **Time:** 9.00am – 3.30pm. **Venue:** Seminar Room, 1st Floor, Vining House, AVMCC. **Theme:** *“Your Place in God’s Team.”*

L. 2019 MOTHERING SUNDAY MAGAZINE

The Annual Mothering Sunday Magazine for Year 2019 is in the making. The Theme is **“Valuing and Blending our differences in the home – (Rom. 12:6-8)**. Articles are welcomed. Please submit your articles **soft copy** and **e-mail it to tolafamade2012@gmail.com**. Thank you.

M. BIBLE IN ONE YEAR

Avail yourself of this plan. Read the BIBLE in one year and be blessed – **Rev. 1:3**

- 1. Mar. 10th Sunday - Josh 13-15
- 2. Mar. 11th Monday - Judge 16-18
- 3. Mar. 12th Tuesday - Judge 19-21
- 4. Mar. 13th Wednesday - Ruth 1-4
- 5. Mar. 14th Thursday - 1 Sam. 1-3
- 6. Mar. 15st Friday - 1 Sam. 4-7
- 7. Mar. 16th Saturday - 1 Sam. 8-10

N. REVIVAL

Revival is ordained to terminate our affliction and turn around our situations from pitiable state to an enviable state. It is accompanied by evident change of level. Therefore desire **REVIVAL**.

O. 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
UBA	1021733207	033154512	New Cathedral Dev. Fund

Please indicate your name in the payments.

F. JESUS FESTIVAL 2019

WE ARE RETAINING COLOUR WHITE. THOSE WHO DESIRE NEW T-SHIRTS SHOULD INDICATE BY BOOKING WITH MRS FAMADE IN THE CHURCH OFFICE OR ANY OF THE SEXTONS. PLEASE TREAT AS URGENT TO ENSURE EARLY AND TIMELY DELIVERY.

G. ROSTER FOR VIGIL

- FEB - (1) CHRISTIAN FAMILY (2) APOSTLE OF PEACE (3) LADIES CHRISTIAN CIRCLE (**RESCHEDULED TO MARCH**)
- MARCH - **12 HOURS PRAISE VIGIL (LENT)**
- APRIL - (1) AMBASSADORS OF CHRIST (2) CHARITY BAND (3) BAND OF GLORY
- MAY - 1) BAND OF LIGHT (2) CHRISTIAN HOUSEHOLD (3) CHRISTIAN BROTHERS
- JUNE - (1) DAUGHTERS OF LIGHT (2) BAND OF MERCY (3) YWCA (4) YMCA
- JULY - (1) ANGLICAN FELLOWSHIP (2) GOOD SAMARITAN (3) LORDS LABOURERS
- AUGUST - (1) BAND OF GRACE (2) LADIES CHRISTIAN LEAGUE (3) TORCHBEARERS
- SEPTEMBER - (1) CHRISTIAN UNITY BAND (2) GOOD SHEPHERD (3) BAND OF PEACE
- OCTOBER - (1) BUSY BEES (2) LORDS' VESSEL (3) CHRISTIAN MORNING STAR
- NOVEMBER- **TRIUMPHANT CONVOCAION VIGIL**
- DECEMBER - (1) AGAPE CHRISTIAN SISTERS (2) LIGHT OF THE WORLD (3) LADIES PROGRESSIVE LEAGUE

H. DIOCESE OF LAGOS WEST FOOTBALL CLUB

Interested men (Clergy/Lay) who have interest in becoming members of the above should submit the following to the Cathedral office (**Name, Age, Qualifications, names of Two (2) Guarantors in full and their telephone numbers.** Age bracket for Junior Team (15-22) while Senior Team (23 years of age).

I. DIOCESE OF LAGOS WEST – JESUS FESTIVAL

The Directorate of Evangelism presents Jesus Festival which comes up on Saturday, 20th April, 2019 at Diocesan Open Field by 10.00am.

Theme: *God is our Refuge and Strength – Psalm 46:1a*

- Activities:** (i) Match past by all Archdeaonries
(ii) Match past by Boys' & Girls' Brigade
(iii) Praise & Worship
(iv) Bible Ministration & Prayers.

J. LENT AND SELF DENIAL – ISAIAH 58:10

Self denial is one of the major essence of LENT. We are to deny ourselves the pleasures of Milk in our Tea, daily soft drinks, meat, fish or egg, buying newspapers, eating three times a day, then monetize them and set them aside for **WIDOWS, ORPHANS, THE NEEDY AND THE LESS PRIVILEGED.** This is the true spirit and essence of LENT.

B. 10.00am MATTINS

APOSTLES OF PEACE ANNIVERSARY

- Cantor:** *The Rev. Dr. Benjamin Okere*
- O.T. Reading:** *Apostles of Peace*
- N.T. Reading:** *Apostles of Peace*
- Preacher:** *The Diocesan*
- Intercessor:** *The Ven. Festus Olowosile*

- ❖ Processional Hymn: CH 469
- ❖ Praises & Worship: **10mins. (Judges 1:1-2, Ps 100vs 4, Ps 95 vs 2)**
- ❖ Call to Worship
- ❖ Psalm 119:1-8
- ❖ O.T. Reading: Genesis 2:7-9, 3:1-7
- ❖ Hymn CH 526
- ❖ N.T. Reading: Matthew 4:1-11
- ❖ Apostles Creed – Collects
- ❖ Hymn: CH 222
- ❖ Sermon
- ❖ Hymn: VSH 110 – Sweet hour of prayer
- ❖ Litany
- ❖ The Offerings: Choruses
- (a) *First Fruit (b) Tithes, Building, Covenant Seed & Sunday Offering*
- ❖ **The Anniversary:**
 - i. Apostles of Peace Anthem
 - ii. Rededication of Members
 - iii. Apostles of Peace, Patrons/Patronesses & the Church
- ❖ **Swearing-In of the New Standing Committee (CH 243)**
- Thanksgiving:**
 - i. 55th Founder's Day Anniversary Thanksgiving
 - ii. Thanksgiving after the successful burial of Late Prince Samuel Oyinlola (Father of Mr Adeolu Oyinlola) and journey mercies.
- ❖ Doxology & Benediction
- ❖ **Presentation of gifts for 2018 Annual Bible Quiz** *(see page 11)*
- ❖ Notices
- ❖ Diocesan Anthem
- ❖ Withdrawal Hymn: VSH 63 - I am thine.... *(pg 11)*

C EVENTS AHEAD

1. **Enrolment Service: Mothers Union – 24th March, 2019 at AVMCC by 3.00p.m** Registration is on now with any of the Clergy wives. Classes have resumed in January.
2. **CONFIRMATION CLASS 2019:** As part of our preparation towards the above, classes resume this **Thur. 14th March, 2019 at Lady Chapel by 5.00pm**

SATURDAYS IN LENT 2019

1. **40 Days LENT Revival – WED. 6th March – Saturday, 20th April, 2019 at 6.00am**
2. **Diocesan Women's Quiet Day – 16th March, 2019 at 9.00am.**
3. **Annual Diocesan Wardens Retreat – 16th March, 2019 at City Of God, Ipaja @ 9.00am.**
4. **Lent Spirituality – Saturday, 23rd March, 2019 - Courtesy: Christian Brothers at 9.00am.**
5. **Collation of Archdeacons & Installation of Canons – 30th March, 2019 at AVMCC by 10.00am**

6. **12 Hours of Praise – Friday, 5th April, 2019 @ 6.00pm.**
7. **Leadership Retreat – 13th April, 2019 – Courtesy – Light of the World Society @ 9.00am**
8. **Jesus Festival – 20th April, 2019 @ 8.00am**

E. EQUIPPING THE SAINTS IS ON BE A PARTAKER. IT IS SPIRITUALLY REWARDING. Classes hold every Saturday at 9.00am. Venue: 1st Floor Vining Hall.

F. FIRST FRUITS – LEV. 23:10-11; DEUT. 26:1-10; NEH. 10:34-35

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

G. AVMCC SPONSORSHIP OF 2019 EVENSONG BY SOCIETIES

- | | |
|---------------------------|-------------------------|
| 1. Sunday Mar. 10, 2019 - | Lords Labourers |
| 2. Sunday Mar. 17, 2019 - | Fountain of Hope |
| 3. Sunday Mar. 24, 2019 - | Band of Grace |
| 4. Sunday Mar. 31, 2019 | Cathedral Youth |
| 5. Sunday April 7, 2019 - | Lords Vessel |
| 6. Sunday April 14, 2019 | Palm Sunday |
| 7. Sunday April, 21, 2019 | Easter Sunday/Cantata |
| 8. Sunday April 27, 2019 | Band of Peace |
| 9. Sunday May 5, 2019 | Ladies Christian League |

G. 7.00a.m & 10.00am - YOUTH SERVICE

Cantor: The Rev. Ayodeji Oluwatusin

Preacher: The Rev. Ayodeji Oluwatusin

Theme: The Meaning, Purpose and Methods of Fasting

- ❖ Processional Hymn: CH 468
- ❖ Call to Worship
- ❖ O.T. Reading: Genesis 2:7-9, 3:1-7
- ❖ Praises
- ❖ N.T. Reading: Matthew 4:1-11
- ❖ Creed to Collect
- ❖ Choir Ministration
- ❖ Sermon & Intercession
- ❖ Offerings: Choruses
- (a) *First Fruits* (b) *Tithes, Building, Covenant Seed & Sunday Offering*
- ❖ Thanksgiving (if any)
- ❖ Youth Anthem
- ❖ Notices: Secretariat
- ❖ Prayer & Benediction
- ❖ Withdrawal Hymn: VSH 63 – I am Thine O Lord

- v. We announce the passing into glory of our Mother Mrs Priscilla Ijeamaka Mbakwe (Mother of Evang. Sam Mbakwe of Lords Labourers). Aged: 81 years. Burial arrangements are as follows:

Christian Wake Keep: On Thursday, 25th April, 2019 at Late Pa John Mbakwe's Compound, Umuoma Ovollo, Mbaukwu, Awka South L.G.A.; Anambra State at 5.00pm.

Funeral Service: On Friday, 26th April, 2019 at St. Lawrence Anglican Church, Mbaukwu, Awka South LGA, Anambra State by 10.00am.

- vi. We announce the passing into glory of our Mother Mrs Keziah Okpemurode Adia (Mother of Carol Omowhara and (Mother-in-law of Mr Solomon Omowhara of Lords Labourers and Christian Household Society). Aged:82years. Burial arrangements are as follows:

Service of Songs: On Friday, 22nd March, 2019 at Adia Family Compound, Owodokpokpo-Igbide, Delta State by 5.00pm

Funeral Service: On Saturday, 23rd March, 2019 at St. John (Ang) Church, Owodokpokpo - Igbide -10.00am.

C. HISTORY OF THE CATHEDRAL

Anyone that has helpful information regarding the History of AVMCC especially the beginning to please send it to: avmccche18@gmail.com. or call 080372-69046

D. 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.

- | | |
|--------------------------------------|-----------|
| Mercury Stabilizer 10 KVA | N 250,000 |
| Development of our landed properties | |
| Painting of the Church and our halls | |
| 1 Pc Handsfree Table Microphones | N 130,000 |
| Hitech Digital Camera | |

KINDLY TIE YOUR DONATIONS TO THE NEW CATHEDRAL BUILDING

KEEP AVMCC CLEAN AND IN ORDER

IF YOU DROP IT, PICK IT UP

IF YOU SPILL IT, MOP IT UP

IF IT FALLS, HANG IT UP

IF YOU PUT IT ON, PUT IT OFF

IF YOU SWITCH IT ON, SWITCH IT OFF

IF YOU OPEN IT, CLOSE IT

discipline is something that we do every day long, while fasting is something quite special for unusual circumstances.

Fasting is something that we do in order to reach a higher spiritual realm in prayer, meditation or finding the will of God.

CONCLUSION

Never fast with the thought of obligating God: because I fast the Lord is forced to bless me or make me a great blessing

Just because we fast or pray, we cannot obligate God and make Him our servant.

We should never engage in fasting as a means of obtaining direct blessing; the value of fasting is indirect and not direct.

Why, then, should a Christian fast? Because he feels impelled to do so for some spiritual reason or reasons.

Fasting should never be routine or mechanical; it should be prompted by the Holy Spirit and engaged in at His command for the duration that He dictates.

MAY THIS LENT CAUSE A SINCERE RETURNING UNTO A DIVINE RESTORATION IN JESUS' NAME. AMEN.

15. CHRISTIAN MOTHERS

- i. All women prayer meeting {Cathedral Deanery} Every 1st Thursday of the Month. Venue: The AVMCC Auditorium. Time: 5.00pm-6.00pm.
- ii. Bible Study for Christian Mothers - Every 1st Monday of the month at 5.00pm.
- iii. Fasting & Prayer for Christian Mothers - Every last Monday of the month at 5.00pm.
- iv. **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. Obituaries

- i. We announce the passing into glory of our Mother Mrs Comfort Duru. Aged: 64years. Burial arrangements will be announced later.
- ii. We announce the passing into glory of our Father Chief O.O. Esan of Torchbearers & YMCA Societies. Aged:82years. Burial arrangements will be announced later.
- iii. We announce the passing into glory of our Father Mr Alfred Ogbemudia (Father of Sis Alice Oguamanam of Busy Bees Society and Father in-law of Mr Chibuzor Oguamanam of Choir & YMCA). Aged: 77 years. Burial arrangements are as follows:
Service of Songs: On Wednesday, 13th March, 2019 at14, Lewis Avenue, off Lagos Abeokuta Expressway, Abule-Taylor, General Bus Stop, Lagos by 5.00pm
Funeral Service: On Saturday, 16th March, 2019 at his compound Owuwu Quarters, Oza Nogogo, Agbo, Delta State by 11.00am. Reception follows at Oza Nogogo Agbo Community Secondary School, Owuwu Quarters.
- iv. We announce the passing into glory of our Father Pa Ezekiah Bamidele Afe (Father of Mrs Modupe Adepoju and Father in-law of Mr Tunde Adepoju of Ascension Fellowship and Vining Intercessors). Aged: 98 years. Burial arrangements are as follows:
Christian Wake-Keep: On Friday, 29th March, 2019 Oke-Gbele Alu, Alu-Igbagun, via Omuo-Oke Ekiti by 5.00pm
Funeral Service: On Saturday, 30th March, 2019 at First Baptist Church, Alu, Alu-Igbagun, via Omuo-Oke, Ekiti State by 10.00am. Reception follows at the same venue.

H. 6.00 pm. FAMILY EVENING

Cantor: *The Rev. Dr. Benjamin Okere*

Preacher: *The Rev. Ayodeji Oluwatusin*

Sponsor: *Lords Labourers Fellowship*

Organist: *Mr Dapo Okunmuyide*

- ❖ Processional Hymn: CH 241
- ❖ Call to Worship
- ❖ Praise Worship
- ❖ Lesson: Mark 2:18-22– **Lords Labourers**
- ❖ Hymn: CH 83
- ❖ Short Exhortation & Prayer
- ❖ Offerings Choruses
(a) First Fruit (b Tithes, Building, Covenant Seed & Sunday Offering
- ❖ Thanksgiving
- ❖ Closing Prayer
- ❖ Withdrawal Hymn: CH 34

2. SENTENCES FOR LENT 1

Introductory Sentence

I am the vine, and you are the branches, says the Lord. Those who abide in Me and I in them, bear much fruit.

John 15:5.

Collect for the Week:

Almighty God, Whose Son Jesus Christ fasted for 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. **Amen.**

Collect for the Season:

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.**

Post Communion Sentence

Jesus answered, "It is written: Man does not live by bread alone, but on every word that comes from the mouth of God. **Matthew 4:4.**

TOWARDS THE NEW CATHEDRAL

THE COLLECT:

Heavenly Father we acknowledge the fact that without You, we can do nothing, for except You build, those who are building are doing it in vain. Empower us to build to Your glory and honour O Lord. Provide for us unto overflowing and over abundance. Make way where there seems to be none, silence every spirit of Sanballat and Tobiah and fill us with the anointing of Zerubbabel unto a glorious timely and speedy completion for with You there is no abandoned project. All of these and many more mercies and grace we ask for in the mighty name of Jesus Christ our Lord and Saviour. **Amen.**

3. LET THERE BE PEACE (ADAPTED)
Let there be PEACE shared among us
Let there be Peace in our hearts
May NOW your Peace sweep this church
Cause us O Lord to Arise
Give us a fresh understanding
Of Brotherly Peace that is Real
Let there be Peace shared among us
Let there be Peace.

4. 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

5. PRAYER POINTS FOR TODAY – SUNDAY, 10TH MARCH 2019

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

- i. Pray for Nicholas our Primate, Olusina, Our Archbishop and Olusola our Bishop
- ii. For the Most Rev. Emmanuel Egbunu, his family and all members of the Diocese of Lokoja.

B. Prayer for Nigeria & the World

- i. That the knowledge of God shall fill the earth and that Nigeria shall not be left out.
- ii. Let the power of God break asunder every plan and agenda of the devil over Nigeria.
- iii. That the God of peace shall not forsake us in Nigeria.

C. Prayer for AVMCC

- i. That God shall frustrate evil agenda of the devil over His church.
- ii. The gate of hell shall not overcome the church.
- iii. God shall provide for the needs of His people and that no one shall lack anything good.

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

- i. For Mr Samuel Ihuonye, Mrs Diana Oguine, Mrs Stella Ogunrinde, Mr Eyitayo Koiku, Justice George Oguntade, Mr Okechukwu Anekwe and others who are celebrating their birthdays today.
- ii. For 50th wedding anniversary of Dr & Prof. (Mrs) Aku Omokhodion, also for the gift of another grandson.
- iii. For those having their Wedding Anniversaries or any other positive Anniversaries today.

IV. RIGHT FASTING (Isa. 58:6-9)

Correct fasting would demonstrate itself in a life of practical daily holiness:

1. To loose the bands of wickedness - verse 6.
2. To undo the heavy burdens - verse 6.
3. To let the oppressed go free - verse 6.
4. To break every yoke - verse 6.
5. To give bread to the hungry - verse 7.
6. To restore the poor, from thy house - verse 7.
7. To clothe the naked - verse 7.
8. To reveal yourself to your relatives - verse 7.

These eight things could be summarised in the words of James 1:27.

V. JESUS AND FASTING

1. He was not legalistic with regard to fasts but likely kept the main Jewish fast.
2. He fasted forty days and forty nights just prior to the great temptations - Matt.4:2.
3. He warned against the abuse of fasting -Matt. 6:16.
4. He taught that His disciples would fast after His departure - Mark 2:20.
5. He gave some instructions regarding proper fasting - Matt.6:17,18.
6. He associated prayer with fasting - Mark 9:29.
7. He said that certain demons could only be cast out by prayer and fasting - Matt. 17:21.

VI. FASTING IN THE NEW TESTAMENT CHURCH

1. The Apostle Paul fasted (II Cor.6:5; II Cor.11:27).
2. The Church fasted before prayer in Acts 13:3, before separating Paul and Barnabas for the ministry as missionaries in the regions beyond.
3. The Church fasted before appointing elders in Acts 14:23.
4. In Acts 10:30, Cornelius fasted for four days.
5. In 1Cor. 7:5, fasting seems to include not only abstinence from food but from legitimate, normal love relations between husbands and wives by mutual consent.

VII. VALUE OF FASTING TODAY

Speaking from the medical or physical point of view, it is excellent for the body; most of us eat far too much, and to rest the digestive system periodically is good.

People who are overweight or obese would be well advised to fast in order to reduce weight. One American doctor has written, "After you feast, you should fast."

Students who face strenuous examinations find it highly desirable to fast in order to increase the blood in the brain area; it gives more clarity of thought.

Some who fast for extended periods say that the first three or four days are the hardest; but after that the mind becomes unusually clear.

Christians seeking the will of God could profitably spend time in prayer and fasting; with the mind clearer they would be able to think more logically and evaluate the various circumstances and interacting factors.

Furthermore, fasting demonstrates to the Lord the depth of our sincerity; that we are willing to be importunate (Luke 11:18), knocking ceaselessly till light comes.

Praying Hyde of India is a classic example of prayer and fasting; he would leave his bed and the food untouched simply because, unconsciously, he was so engrossed in intercession that he just forgot to eat and sleep.

Matthew 6:17,18 (the Sermon on the Mount by the Lord Jesus Himself) infers that we are to fast secretly, surreptitiously, without any tell-tale facial signs.

The basic meaning of fasting is abstinence from food for spiritual purpose. There is a distinction between fasting and discipline;

FASTING

At many Christian conferences, from time to time questions like this appear: "Should we spend more time fasting?" "Is fasting the forgotten grace in the New Testament Church?" "Do you fast? How often? Why?". This lesson is an attempt to answer some of these basic questions. Fasting is not found in the Pentateuch but often in the historical books. Probably the first recorded fast is in Judges 20:26, about 1400 B.C. Because Roman Catholics and Mohammedans fast frequently, Protestants have gone to the opposite extreme and seldom or never fast.

In passages like Lev. 16:29-31, Lev. 3:27-32, we read of "afflicting the soul"; and in the light of passages like Psa. 35:13, this is interpreted as fasting: "I humbled my soul with fasting."

The book of Nehemiah (7:7,3-9:38) records a general fast.

During the captivity, Israel added four fasts in addition to the one for the Day of Atonement - Zech 7:3-5; 8:19.

1. A fast to commemorate the capture of Jerusalem – the 17th day of the 4th month.
2. A fast to commemorate the burning of the Temple – the 9th day of the 5th month.
3. A fast to commemorate the murder of Gedaliah – the 10th day of the 7th month.
4. A fast to commemorate the siege of Jerusalem – the 10th month.

In the New Testament, the Pharisees kept two weekly fasts (Monday and Thursday) - Luke 18:11-12.

The present Jewish calendar permits 22 fasts plus the Day of Atonement.

I. THE OLD TESTAMENT STANDARD OF FASTING

It is characterised by the following six things:

1. Strict abstinence from food.
2. Humble confession of sins to God.
3. Earnest seeking of God's face – this often included sackcloth and ashes (Dan.9:3).
4. True intercession for themselves and others.
5. Giving of alms to the poor.
6. Living as one prayed and vowed.

II. OLD TESTAMENT REASONS FOR FASTING

1. To express deep mourning - I Sam.31:13 - fasting seven days for Saul.
2. To avert Divine wrath - II Sam. 12:16-17 - fasting to keep the baby alive.
3. To express repentance and sorrow for sin - Jonah 3:7 - the city of Nineveh.

III. THE WRONG KIND OF FASTING

It is possible to take a perfectly good thing and abuse it; to cause it to degenerate to a mere external form without sincere heart meaning.

In Isa. 58:3-5, God reveals the sin of the mere form of outward fasting:

1. As a display for God to see – verse 3.
2. Merely afflicting their souls – verse 3, abstaining from food.
3. For personal pleasure – verse 3, something to boast about - Luke 18:12.
4. To exact full labour (oppress employees to get full daily output of goods - verse 3)
5. For strife or debate – verse 4.
6. To smite with a wicked fist – verse 4.
7. To make God hear their voices – verse 4: to obligate God to hear their prayers.
8. To bow the head as a bulrush – verse 5.
9. To sit in sackcloth and ashes - verse 5: an outward show of fasting.

E. Prayers for individual Families within the AVMCC Household

Kolawole Family, Komolafe Family, Kosonye Family, Koya Family, Koyi Family, Kunnu Ogun Family, Kupoluyi Family, Kuranky Family, Kurubo Family, Labiyi Family.

F. Prayers for the following people: The Rt. Rev. Dr. P. A. Adebisi, Engr. & Mrs. Odedairo, Mrs. Beatrice Akinola, Mrs. David-West, Justice S.O. Ilori, Mrs M.I. Ilori, Mrs Lydia Metu, Mr. B. Sorinmade, Mrs M.M. Aruofor, Mrs Esther Babalola, Mrs Roseline Anyadikwa, Mrs. Ronke Famuyide, Mr Samuel Chukwudum.

G. Prayers For: The barren, the pregnant, spinsters, bachelors, the jobless and the homeless among us that God will open a book of remembrance covering them all and help them speedily to the shame of the devil, removing their reproaches.

H. Pray that God will send HELP to us from ABOVE to facilitate the development of our lands that are fallow.

5. THOUGHT FOR THE WEEK

SUNDAY, 10TH MARCH, 2019

THEME: THE MEANING, PURPOSE AND METHODS OF FASTING

READINGS: GENESIS 2:7-9, 3:1-7, PSALM 119:1-8; JAMES 1:2-19; MATTHEW 4:1-11.

Fasting means abstinence from food, drink, pleasures of life, curtailment of daily duty or business so that the seeker could have enough time and dedication for prayer in seeking the favour of God. It is more than mere abstinence, but it means that the person fasting is ready to put God first. He may abstain himself from other things that can be done away with during the period of fasting. These may include, pleasure and other things that he enjoys.

It started during the time of the law (Lev.16:29-31, 23:27-32). The Hebrews rested on the Day of Atonement (Num.29:7). This is a Hebrew festival instituted by Moses and was usually held on the 10th day of Tishri (Sept/Oct), the seventh month in the Hebrew calendar. The activities on this day included abstinence from labor, fasting, penitence and sacrifice for sin. It is on this day that the high priest enters the holy of holies (Ex 30:10; Heb 9:7-9) and people were told to afflict their souls (Lev.16).

Fasting is not only taught but also demonstrated and encouraged in the Holy Scriptures (Lev.16:29, 31; Esth.4:16; Joe.1:14; Jona.3:7; Mat.5:6; Lk.4:2)

PURPOSE OF FASTING

Fasting can be proclaimed in order to express repentance and other extra ordinary instances of devotion. In the Old Testament, a day of fasting was always a day of restraint from bodily refreshments, abstaining from meat and drink. An example is when the king of Nineveh appointed a fast, in which the people were instructed not to taste anything. In addition, fasting is-

- i. Mourning for sin
- ii. Afflicting the soul
- iii. Humbling and abasing oneself
- iv. Suppressing the flesh and increasing spiritual capacity- Is.40:31.
- v. Renewing one's mind
- vi. Feeding of the spirit
- vii. Denying of the flesh of worldliness
- viii. Reforming lives' nature
- ix. Undoing what has been done amiss
- x. Subduing the corrupt nature
- xi. Losing the bands of wickedness
- xii. Spiritual means of obtaining divine favors from God in critical and crucial times- Ezz.8:21-23
- xiii. Kindling and developing of faith- Mat.17:20,21 (KJV).
- ix. Charity in poverty or prosperity

METHODS OF FASTING

In Isaiah 58:1-11, the people of God and not people outside the faith were engaged in fasting for the purpose of impressing others rather than honoring God, they were bound by religious chains of empty and routine ritualism. God demands Godly fasting-love for others, compassion, self-sacrificing care by which we free people from chains, consider others first by meeting their needs. Our motivating questions in fasting are- To whom is I a neighbor? And whom may I surpass in religiosity?

- i. They were fasting but were still busy exploiting their workers.
- ii. They were seeking God yet they do as they please.
- iii. Some even fast but end up quarrelling.
- iv. They worship God with hands lifted up to heavens but they are simply concerned with themselves not others.

B. Cathedral Youth Chapel

Regular Weekly Programmes

- 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 – Co-ord - Esther Ibezim - 08064568381.
Just 4 Guys Co-ord. – Chijioke Udemezue - 08038178065

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. **2019 Bible Quiz Book – 2nd Samuel.**

D. Evangelical Ministry

i. Monthly Meeting

- (a) 1st & 3rd Monday of the Month at 1st Floor, Vining House by 6.00pm.
- (b) 2nd Saturday has been shifted to 3rd Saturday.

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. Counseling 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.**

F. Prisons & Hospital Ministry

- (a) Hospital Visitation every 3rd and last Sundays of the month.
- (b) Prison visitation every 2nd Thursday of the month (c) Meeting comes up every 2nd Sunday of the month after 10.00a.m Service at the Church gallery. For more information, call **(08033136370 and 08036695837).**

G. Intercessory Ministry

This Group, meets for prayers every Tuesday from 5p.m to 6pm. They visit the sick and all those needing spiritual support and prayers etc after 7.00a.m Midweek Communion service every Wednesday. Please avail yourself of the services of this group as and when required.

H. Men & Women of Grace Fellowship

We invite all widows and widowers to a fellowship of God's grace, identifying with one another, serving God and others. We organise Workshops, Evangelical Outreach, Visitations, We meet on Thursdays at 11.00am at the Chapel. For more information please call: **0802-3014807.**

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.

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 – Mr Seye Ogunsanya on 07032649958

F. Admission to Lagos Anglican Schools,

- Anglican Comp. High School, College Road, Ipaja,
- Anglican Girls Grammar School, 19, Akinhanmi Street, Surulere,
- CMS Grammar School, Bariga
- Bishop Howells Memorial Grammar School, St. Finbas College Road, Akoka, Yaba - Lagos.
- Lagos Anglican Nursery and Primary School, Bariga (CMS Compound).

The forms for the above schools are out at the rate of **₦10,000**. 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. Examinations take place on Saturday, 6th April, Saturday, 4th May and 18th July, 2019 in the school premises by 8.00am.

G. Admission to Igbobi College, Yaba

The form for the above school is out at the rate of **₦10,000**. Payment should be made into **Union Bank Acct No 0004513499**. **Account Name:** Igbobi College. Applicant can thereafter download the form from the college website www.igbobicollegeyaba.com or visit the College Admission Officer in school.

I. Babington Macaulay Junior Seminary, Ikorodu

The forms for 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 1015133015**. Collect your own at the Cathedral Office and submit at the school. **Examination Date:** Saturday, 1st June, 2019. Interview on Saturday 8th June, 2019 at 8.00am.

H. Lagos Anglican Dioceses Bible College, Lagos.

Admission to the Certificates, the Diploma and the Advanced Course in Biblical Studies is still on at the College premises (LABICO), 17 Broad Street, Lagos. Application forms are available at N2000 each. For more details call – 08023014807 / 08033083851.

14. MINISTRIES & FELLOWSHIPS

A. Children's Ministry

Parents are requested to send their children to the Sunday School with Bibles, Note Books & Biro. 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.**

Fasting should be an extreme spiritual exercise and mortification- clothing the naked and caring for the needs of the poor and oppressed. God desires His people to be beacons of selfless righteousness as portrayed in Jesus' parable of the good Samaritan (Lk.10:25-37) and He gave us the prescription for a satisfied soul (Is.58), to worship Him with our hearts and genuinely care for others and by doing these things; we will be in His will and receive His blessing.

CONTENTS OF RIGHT FAST- Imitation of Christ

(Is. 58:6,7; Mat.4:1-11; Phil.2:1-5)

- i. Prayer
- ii. Meditation
- iii. Reflection
- iv. Mortification
- v. Discipline
- vi. Praise, devotion
- vii. Thanksgiving and offering
- viii. Sacrifice
- ix. Almsgiving
- x. Witnessing
- xi. Charity in poverty or prosperity

When we fast for the honor of God and betterment of others, we are demonstrating Christ in time of fasting and then our light will break forth like the dawn, our healing will quickly appear, our righteousness will go before us, the glory of God will be our rear guard, we will call and God will answer, when we call for help, He will say Here I am, the Lord will guide you always, He will satisfy our need, the sun scorched land, we will rebuild and repossess our lost grounds, we will be called repairer of broken walls and also restorer of streets with dwelling!

CONCLUSION

By fasting right, God works His will out and one's life and one will be more alive to spiritual activities.

Let always take a clue from Jesus- in LK.4:18, He came to preach the good news to the poor, to free the captives and heal the broken world. He loves everyone and He invites us to do so the same- o visit the sick, to cloth the naked, to feed the poor and to care for the family of God.

Let this word of God challenge you as you go forth fasting this 2019.

9. ATTENDANCE FOR PREVIOUS WEEK

March 3 – March 9

7.00 am Holy Communion	1,045
10.00 am Youth Service	218
7.00 am Sunday School	350
10.00 am Mattins	897
10.00 am Youth Service	188
10.00 am Sunday School	235
6.00 pm Service	30
Tuesday Bible Study	126
Wednesday Holy Communion	187
Wednesday Prayer Meeting	360

10. MEETINGS THIS WEEK

➤ The following Societies will meet immediately in the Church after Service

- ✚ *Anglican Fellowship*
- ✚ *Ambassadors of Christ Society*
- ✚ *Apostles of Peace*
- ✚ *Busy Bees Society*
- ✚ *Band of Mercy Executive*
- ✚ *Charity Band*
- ✚ *Christian Family Society*
- ✚ *Christian Household Society*
- ✚ *Light of the World*
- ✚ *Lords Labourers Fellowship*
- ✚ *Y.M.C.A*
- ✚ *Y.W.C.A.*

➤ Christian Morning Star meeting comes up today at No 66A, Coker Road, Ilupeju. Please attend and be blessed.

➤ Men & Women of Grace meeting comes up on **Thursday, 14th March, 2019** at the front of the Church by 11.00am.

11. CATHEDRAL ROSTER

A. Cathedral Health Centre

i. Personnel on Duty this Sunday, 10th March, 2019

7.00a.m-10.00a.m: Dr. Makinde Akinlemibola, Pharm. Ifeanyi Uchefuna, Mrs Gina Okolo, Pharm Chinwe Eze, Dr. Idowu Afinowi.

10.00am-2.00pm: Dr. Tunji Areo, Pharm. Yewande Olorunsola, Dr. Tope Omikunle, Pharm. Dele Ajala.

ii. Personnel on Duty Next Sunday, 17th March., 2019

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

10.00am-2.00pm: Dr. Femi Olaleye, Pharm. Dele Ajala, Pharm Chie Nwerri, Mrs Bola Awobiyi, Mrs Chinelo Emenike.

B. Security & Traffic Control

i. Sunday 10th March. - Saturday, 16th March, 2019

Jemerigbe Helen I. (Captain), Adeyemi Muiyiwa (Assistant Captain), Goke Uthman, Juliet Chimezie, Helen Arhagba, Caroline Omowhara, Jones Bassey; Funso Fagbuyiro, Kene Obimma, Chukwuemeka Osaka, Bolaji Dania, Funmi Ladele, Ekwegh Lilian, Michael Enujioko.

10.

11. SUMMARY OF SERVICES FOR NEXT SUNDAY

Lent 2

March 17

Theme: God's Will for the Lost

Colour: Purple

7.00 am: HOLY COMMUNION

LORD'S VESSEL SOCIETY ANNIVERSARY

Celebrant: The Ven. James Adekanye

O.T. Reading: Isaiah 53:1-12

Lord's Vessel Society

Psalm 33:17-21

Epistle: 1 John 3:1-10

Lord's Vessel Society

Gospel: Luke 15:1-10

The Ven. Azubike Ahubelem

Address: The Rev. Ayodeji Oluwatusin

THE YOUTH SERVICE:

Venue: The Adetiloye House

Celebrant & Preacher: The Ven. Festus Olowosile

10.00am: HOLY COMMUNION

Celebrant: The Ven. Azubike Ahubelem

O.T. Reading: Isaiah 53:1-12

Layreader A.O. Osunkeye

Psalm 33:17-21

Epistle: 1 John 3:1-10

Layreader Femi Ajibade

Gospel: Luke 15:1-10

The Rev. Dr. Samuel Opaaje

Address: The Ven. James Adekanye

6.00 pm: EVENSONG

Cantor: The Rev. Canon Benson Odude

Psalm: 24

Lesson: Mark 3:31-4:1-9

Preacher: The Rev. Dr. Samuel Opaaje

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 Oluseyi Abidoye & Miss Eniola Akingbade

2ND NOTICE:

1. Mr Ebubechukwu Obi & Miss Vivian Obizuogu

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. You are requested to please move to the Lady's Chapel after the service where our Evangelical Team is waiting to attend to you.

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

15.

Friday, March 15, 2019 **Colour: Purple**
6.00am Lent Revival – Confirm your covenant in my life O Lord with Abraham blessings –
Text. Gal. 3:15-18

Celebrant: *The Ven. Gbenga Oniye*
Epistle: *Heb. 4:11-16 – Lay. Oluremi Onabolu*
Gospel: *John 3:22-36*
Hymns: *Worship Songs, CH 270, CH 265, CH 614*
Preacher: *The Rev. Dr. Samuel Opaaje*
Prayer Points:

- ❖ For the Rt. Rev. Uriah N. Kolo, his family and all members of the Diocese of Doko.
- ❖ For the Rt. Rev. Simon Peters Mutum, his family and his ministry.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Tunji Adegboye, Mrs Lauretta Anozie, Mr Obiora Asiegbu, Mr Andrew Egube John, Mr Peter Inekwe, Mrs Joy Eke, Mrs Olufunmilayo Omogbehin, Mrs Patricia Onwuama, Miss Nwaugo Onyechere, Mrs Stella Ige, Mr Nonso Amobi, Mrs Esther Iyamu.
- ❖ For these individual Families within the AVMCC Household: Mbelle Peters Family, Mbonu Family, Melaiye Family, Menone Family, Metu Family, Mgbachi Family, Mgbamoka Family, Mgbefuruike Family, Mgbemena Family, Micah Family.

6.00pm **EFAC Meeting**
6.30pm **Choir Practice**

Saturday, March 16, 2019 **Colour: Purple**
6.00am Lent Revival – I shall not mourn. Gen. 27:41

Celebrant: *The Rev. Ayodeji Oluwatusin*
Epistle: *Heb. 5:1-10 - Lay. Kike Akinyemi*
Gospel: *John 4:1-10*
Hymns: *Worship Songs, CH 510, VSH 102, CH 552*
Preacher: *The Ven. Gbenga Oniye*
Prayer Points:

- ❖ For the Rt. Rev. Amos Fagbamiye, his family and all members of the Diocese of the Trinity.
- ❖ For the Rt. Rev. Julian Mark Dobbs, his family and all members of the Diocese of Cana East.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mrs Iyabode Ayeni, Mr Chidera Okafor, Dr. Arinzechukwu Onubogu, Mr Olugbenga Siwoku, Mrs Edith Onwuama.
- ❖ For these individual Families within the AVMCC Household: Mimiko Family, Mogo Family, Mohammed Family, Mojekwu Family, Molobe Family, Molokwu Family, Momoh Family, Monday Family, Moneke Family, Monwuba Family.

4.00 pm **Youth Fellowship**
4.00pm **Boys' Brigade and Girls' Brigade**
4.00 pm **Baptism**

ii. Sunday 17th Mar - Saturday, 23rd March., 2019
 Segun Openiyi (**Captain**), Nwaorgu Chinedu (**Assistant Captain**), Odanye Moji (Mrs.), Ayo Tetede, Ogunleye Adeboboye, Mbaekwe Augustine, Dare Sigbeku, Jones Bassey, George A. Adeyemi, Juliet Chimezie, Omotola Onakoya, Akinniran O. Temidayo, Bolaji Dania. Rita Osibodu.

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WITHDRAWAL HYMN FOR 10.00AM SERVICE
I AM THINE O LORD

1. I am thine, O Lord; I have heard Thy voice
 And it told Thy love to me
 But I long to rise, in the arms of faith
 And be closer drawn to Thee.
**Chorus: Draw me nearer, Nearer blessed Lord
 To Thy cross where Thou hast died;
 Draw me nearer, nearer blessed Lord,
 To Thy precious bleeding side.**
2. Consecrate me now to Thy service Lord
 By the power of grace divine:
 Let my soul look up, with a steadfast hope
 And my will be lost in Thine.
Chorus: Draw me nearer, Nearer blessed Lord
3. O the pure delight of a single hour,
 That before Thy throne I spend,
 When I kneel in prayer, and with Thee my God
 I commune as friend with friend.
Chorus: Draw me nearer.....
4. There are depths of love, that I cannot know
 Till I cross the narrow seas
 There are depths of love, that I may not reach
 Till I rest in peace with Thee.
Chorus: Draw me nearer

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RESULTS OF FINAL BIBLE QUIZ

Band of Light Score 55	YMCA Score 51	YWCA Score 47
1st Position	2nd Position	3rd Position
Daughters of Light Score 47 4th Position	Band of Glory Score 43 5th Position	Ambassadors of Christ Score 41 6th Position
Good Shepherd Score 37 7th Position	Anglican Fellowship Score 36 8th Position	Band of Faith Score 34 9th Position
Christian Family Society Score 28 10th Position		

10. ACTIVITIES FOR THE WEEK

Monday, March 11, 2019 Colour: Purple

6.00am Lent Revival – Put me in my garden of glory

O Lord and make me immovable - Text. Gen. 2:8

Celebrant: The Rev. Dr. Benjamin Okere

Epistle: Heb. 2:11-18 - Lay Dele Ajala

Gospel: John 21:1-17

**Hymns: Worship Songs, CH 614, VSH 64,
CH CS 513**

Preacher: The Rev. Opeyemi Ibikunle

Prayer Points:

- ❖ For the Rt. Rev. Jonah G. Kolo, his family and all members of Diocese of Bida.
- ❖ For the Rt. Rev. Joseph N. Musa, his family and all members of Diocese of Idah.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mrs Adaeze Anaduaka, Mrs Glory Anyanwu, Mr Gabriel Iwuoha, Mr Uchenna Emeruwa, Mrs Lilian Elue, Mr Olakunle Jegede, Mr Titus Okelana, Miss Uzoamaka Achonye, Mrs Chinyere Kanu, Mrs Omotunde Adesanya, Mrs Judith Ohiomokhare, Miss Ayodele Osundeko.
- ❖ For these individual Families within the AVMCC Household: Ladeinde Family, Ladele Family, Ladipo Family, Lateef Family, Lasisi Family, Lawale Family, Lawani Family, Lawanson Family, Layiwola Family, Lebi Family.

5.30pm Standing Committee Meeting

5.30 pm Family/Marriage Counselling Meeting

6.30 pm Choir Practice

Tuesday, March 12, 2019 Colour: Purple

**6.00am Lent Revival – Deliver me O Lord from the
fear of death - Text. Heb. 2:15**

Celebrant: The Ven. James Adekanye

Epistle: Hebrew 3:1-11 - Lay. Dele Ajala

Gospel: John 2:13-22

Hymns: Worship Songs, CH 261, CH 262, CH 539

Preacher: The Rev. Ayodeji Oluwatusin

Prayer Points:

- ❖ For the Rt. Rev. Dr. Steven Akobe, his family and all members of the Diocese of Kabba.
- ❖ For the Rt. Rev. Jonah N. Ibrahim, his family and all members of the Diocese of Kontagora.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Israel Anemeje, Miss Nneoma Madubuike, Miss Uloma Nwokendinobi, Mrs Adebola Afun, Mrs Ehimare Ogbewele, Mr Moses Ohiomokhare, Engr. Oladayo Egbedeyi, Mr Chibundo Madueke, Mr Onyeka Ezeoke, Mrs Jacinta Olusoga, Dr. Ekundayo Omogbehin, Mr Kayode Osinoiki, Dr. Ayoyinka Shyllon, Mrs Yvonne Adeola, Mr Aaron Idhalama.
- ❖ For these individual Families within the AVMCC Household: Legg-Jack Family, Levi Family, Lewis Family, Mac-Eze Family, Mabawonku Family, Madu Family, Maduakor Family, Maduamezia Family, Madubuike Family, Madubulum Family.

11.00 am – 3.00 pm - Senior Citizens Clinic & Fellowship

5.00pm – 6.00pm Intercessory Prayer

5.00pm – 6.00pm BIBLE STUDY PREVIEW

6.00 pm Bible Study – HEBREW 5

12.

Wednesday, March 13, 2019 Colour: Purple

**6.00am Lent Revival – Grant me a discerning Spirit
O Lord - Text. John 2:24-25**

Celebrant: The Rev. Dr. Samuel Opaaje

Epistle: Heb. 3:12-19 - Lay. Nkiru Arah

Gospel John 2:23-3:1-15

**Hymns: Worship Songs, CH 532, CH 270
Anima Christ, CH 153**

Preacher: The Dean

Prayer Points:

- ❖ For the Rt. Rev. Jeremiah Ndana Kolo, his family and all members of the Diocese of Kutigi.
- ❖ For the Rt. Rev. Dr. Paul Olarewaju Ojo, his family and all members of the Diocese of Ijumu.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Engr. Emmanuel Adedeji, Mr Nonso Agudosi, Mrs Olubunmi Adegbokun, Dr. Mrs Olivia Akinola, Mr Oladipo Sodipo, Dr. Miss Olufolakemi Cole, Mr Ivy Ikokwu, Miss Peace Obla, Mr Chris Obuekwe, Mrs Rebecca Ogbolu, Pharm. Dennis Okolo, Miss Blessing Osuchukwu, Mr Bolaji Oluwole, Mr Adegoke Ahade, Mr Benjamin Jaiyeola, Mrs Adunni Akinrosotu, Mr Lawrence Ezealigo, Mazi Sunday Oji, Miss Blessing Osuchukwu, Master Ibukunoluwa Okunnuga.
- ❖ For these individual Families within the AVMCC Household: Madumere Family, Majekodunmi Family, Makinde Family, Makinde-Akinrolabu Family, Mala Family, Marchie Family, Marimiloju Family, Marshall Family, Mayaki-Ogunbe Family, Mayuku Family.

8.00am Vining Intercessor's Visitation

6.00pm LENTEN SERVICE

Thursday, March 14, 2019 Colour: Purple

**6.00am Lent Revival – I reject short life O Lord -
Text. Gen. 25:8**

Celebrant: The Rev. Dayo Bamigbola

Epistle: Heb. 4:1-10 - Lay. Funmi Tetede

Gospel: John 3:16-21

Hymns: Worship Songs, CH 447, CH 244, VSH 148

Preacher: The Rev. Dr. Benjamin Okere

Prayer Points

- ❖ For the Rt. Rev. Dr. Pa Emmanuel I. Onsachi, his family and all members of the Diocese of Okene.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: The Ven. Olawole Omotuyi, Mrs Patience Iwekuba, Mrs Cecilia Anyanechi, Mr Adekunle Bamtefa, Mrs Judith Chike, Mr Adeshina Koiku, Mr Chidi Ezeani, Mrs Oluchi Odimuko, Mr Ademola Kuku, Mrs Mosunmola Kuku, Miss Oyindamola Iwajomo, Mr Ifeanyi Ogbuka, Pharm. Kenny Okojie, Chief Festus Okubule, Mrs Yewande Olorunsola, Mrs Uju Onwuegbusi-Adeleye, Mr Kanayo Nwodika, Mr Ndubis Ofuokwu, Mrs Ebun Onabanjo, Mrs Juliet Amobi.
- ❖ For these individual Families within the AVMCC Household: Mba Family, Mbachi Family, Mbaebie Family, Mbaeru Family, Mbaezue Family, Mbagwu Family, Mbakwe Family, Mbaneme Family, Mbelle Family
- ❖ **60th Birthday of Mrs Patience Iwekuba today**

11.00 am - Meeting of Men & Women of Grace

5.00 pm - Confirmation Class at Lady Chapel

13.