

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; The Rev. Dr. S. Opaaje; 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 ETS 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; Rev. Dr. B. Okere, 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; Rev. Dr. Samuel Opaaje, Dr. (Mrs) I. Omogbehin 08033223803
- 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**
The Dean, Mrs Tola Famade - 0803-3109378
- W. **For Booking of the Guest House**
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

Tel: 0811-1114588

Website: www.avmcc.org.ng

E-mail: info@avmcc.org.ng

archbishopviningchurchcathedral@yahoo.com

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#avmc_cathedral



Vol. 15/03/12/2019

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, 24th March - Saturday, 30th March, 2019

LENT 3

Theme: The Way of the Cross

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 – 24TH MAR.

A. 7.00 am HOLY COMMUNION

- Celebrant:** *The Ven. James Adekanye*
O.T. Reading: *Layreader Rhoda Komolafe*
The Epistle: *Layreader G.A. Olawoyin*
The Gospel: *The Ven. Azubike Ahubelem*
Preacher: *The Rev. Dr. Benjamin Okere*
Intercessor: *The Rev. Dr. Samuel Opaaje*
- ❖ Processional Hymn: CH 374
 - ❖ Praise & Worship **10mins. (Judges 1:1-2, Ps 100vs 4, Ps 95 vs 2)**
 - ❖ Preparation to Penitence – *The Rev. Canon B. Odude*
 - ❖ O.T. Reading: Genesis 7:17-24
 - ❖ Psalm 115:1-7
 - ❖ Epistle: Colossians 1:24-29
 - ❖ Gradual Hymn: CH 243
 - ❖ The Gospel: Luke 9:18-27
 - ❖ Sermon
 - ❖ Nicene Creed & Intercession
 - ❖ 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 247, 21, 64, 25, CH 357
 - ❖ The Ablution: VSH 177 – Will your anchor...
 - ❖ Post Communion Prayer

Thanksgiving:

- i. The Churching of Mrs Ngozi Nwankuju for the gift of a baby girl and God's numerous blessings.
 - ii. 40th wedding anniversary of Mr & Mrs Funsho Omole & God's numerous blessings.
- ❖ Doxology & Benediction
 - ❖ Notices
 - ❖ Diocesan Anthem
 - ❖ Withdrawal Hymn: CH 589

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.

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. 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 Archdeaconries
 (ii) Match past by Boys' & Girls' Brigade
 (iii) Praise & Worship
 (iv) Bible Ministration & Prayers.

H. BIBLE IN ONE YEAR

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

| | | | |
|--------------------------|-----------|---|---------------|
| 1. Mar. 24 th | Sunday | - | 11 Sam. 5-8 |
| 2. Mar. 25 th | Monday | - | 11 Sam. 9-12 |
| 3. Mar. 26 th | Tuesday | - | 11 Sam. 13-15 |
| 4. Mar. 27 th | Wednesday | - | 11 Sam. 16-18 |
| 5. Mar. 28 th | Thursday | - | 11 Sam. 19-21 |
| 6. Mar. 29 th | Friday | - | 11 Sam. 22-24 |
| 7. Mar. 30 th | Saturday | - | 1 kings 1-4 |

I. 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**.

J. 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 | 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.

E. HARVEST NEWS

All Societies should please send names of **TWO** representatives of their Societies to 2019 Harvest Committee (**Daughters of Light Society in Room 203 – Harvest Office**) Or text to Jide on **08152223222**.

MEET 2019 HEADS OF COMMITTEES & MINISTRIES

WORSHIP AND SERVICE

In view of the need to ensure that all Parishioners are availed the ample opportunities of maximizing, exploring and exploiting the blessings inherent in worship and selfless services in the furtherance of the work of God in AVMCC, kindly find listed below the names and contact phone numbers of the various heads of Committee and Church Ministries. Be encouraged to bring your professional expertise, wealth of experience, connections and God given wisdom to bear on the work of God by contacting the heads in areas and fields where you are inclined to serve. Use your talent, time and treasures and be blessed in Jesus name. Amen

SUB-COMMITTEES

| | |
|-----------------------|---|
| Projects | Engr. I. Enuoyibo - 08037214809 |
| Security | Mr. S. Joseph - 08034294937 |
| Maintenance | Engr. G. Chinwokwu - 07038905304 |
| Legal & Insurance | Barr. B. Ogala - 08023002578 |
| Publications | Mr O. Ajayi - 08023172031 |
| Cathedral Youth | Chief (Mrs) F. Ogunbadejo - 08033025033 |
| Lands & Property | Mr M .Ogunleye - 08077078004 |
| Investment | Mr. C. Illoh - 07034060851 |
| Library (LIRC) | Mrs. F. Ladele - 08023147845 |
| EEP | Dr. O. Alo - 08022913446 |
| Human Resources | Mrs. R. Komolafe - 08033026094 |
| Guest House | Mr Jide Afolabi - 08037128186 |
| Traffic Control | Mr. B. Olupitan - 08023153042 |
| Endowment Fund | Mazi S .Ohuabunwa - 08036001991 |
| Education/Scholarship | Prof. B. Alo - 08022903841 |
| Beautification | Mrs T. Adegbonmire - 08033040463 |
| ICT | KIV |
| Fund Raising | Mrs G. Talabi - 08055533333 |
| Budget Monitoring | Mr W. Adegbite - 08034951100 |
| Pipe Organ & Building | Engr. A. Jagun - 08055238186 |

MINISTRIES

| | |
|---------------------|--|
| Brigade Girls | Mrs. C.F. Akinrotimi - 08022791113 |
| Boys | Mr A. Tetede - 08020691247 |
| Cathedral Youth | Mr D. Egedeyi - 08022865591 |
| Choir and Music | Mr. S. Olawuwo - 08023030357 |
| Christian Mothers' | Mrs. O. Agara - 08185481728 |
| Counselling | Dr. (Mrs) I. Okwerekwu - 08023078162 |
| Elderly | Chief (Mrs.) A Akideinde - 07068610707 |
| Evangelical | Mr. R. Agu - 08033003906 |
| Guild of Stewards | Mr. M. Adebisi - 08023129957 |
| Layreaders | Mrs R. Onabolu - 08087851958 |
| Medical Board | Prof. (Mrs.) R Akinsete - 08023000496 |
| Prison and Hospital | Mrs. M. Babarinsa - 08031334211 |
| Social Welfare | Dr. (Mrs.) I. Omogbehin - 08033223803 |
| Men/Women of Grace | Mrs. O. Abimbola - 08023014807 |
| Sunday School | Mr. T. Odeneye - 08033163337 |
| Vining Intercessors | Engr. Ekenobi- 08037227105 |
| Sports | Mr Desmond Odiase- 08033066901 |

B. 10.00am MATTINS

Cantor: *The Ven. Gbenga Oniye*
O.T. Reading: *Layreader Femi Ajibade*
N.T. Reading: *Layreader Kike Akinyemi*
Preacher: *The Rev. Dr. Samuel Opaaje*
Intercessor: *The Ven. James Adekanye*

- ❖ Processional Hymn: CH 485
- ❖ Praises & Worship 10mins (Judges 1:1-2, Ps 100vs 4, Ps 95 vs 2)
- ❖ Call to Worship
- ❖ Psalm 115:1-7
- ❖ O.T. Reading: Genesis 7:17-24
- ❖ Hymn VSH 64 – Jesus keep me near....
- ❖ N.T. Reading: Luke 9:18-27
- ❖ Apostles Creed – Collects
- ❖ Hymn: VSH 68 – Old Rugged Cross....
- ❖ Sermon
- ❖ Praises, Intercessory - Grace
- ❖ The Offerings: Choruses
- (a) *First Fruit* (b) *Tithes, Building, Covenant Seed & Sunday Offering*
- ❖ Doxology & Benediction
- ❖ Notices
- ❖ Diocesan Anthem
- ❖ Withdrawal Hymn: CH 560

C. THIS WEEK

1. **Enrolment Service: Mothers Union – Monday 25th March, 2019 at AVMCC by 3.00p.m**
2. **MARCH PARISH VIGIL TO BE JOINTLY HOSTED BY: Apostle of Peace, Christian Family and Ladies Christian Circle.**
3. **Collation of Archdeacons – 30th March, 2019 at AVMCC by 10.00am.**
4. **CONFIRMATION CLASS 2019: As part of our preparation towards the Pentecost Day Confirmation Service, classes resumed on Thur. 14th March, 2019 at Lady Chapel by 5.00pm**

EVENTS AHEAD

SATURDAYS IN LENT 2019

1. **40 Days LENT Revival – WED. 6th March – Saturday, 20th April, 2019 at 6.00am**
3. **12 Hours of Praise – Friday, 5th April, 2019 @ 6.00pm.**
4. **Leadership Retreat – 13th April, 2019 – Courtesy – Light of the World Society @ 9.00am**
5. **Palm Sunday Service – 14th April, 2019**
6. **Maundy Thursday – 19th April, 2019**
7. **Jesus Festival – 20th April, 2019 @ 8.00am.**
8. **Easter Sunday- 21st April, 2019.**

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

E. 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

F. AVMCC SPONSORSHIP OF 2019 EVENSONG BY SOCIETIES

- | | |
|---------------------------|-------------------------|
| 1. Sunday Mar. 24, 2019 - | Band of Grace |
| 2. Sunday Mar. 31, 2019 | Cathedral Youth |
| 3. Sunday April 7, 2019 - | Lords Vessel |
| 4. Sunday April 14, 2019 | Palm Sunday |
| 5. Sunday April, 21, 2019 | Easter Sunday/Cantata |
| 6. Sunday April 27, 2019 | Band of Peace |
| 7. Sunday May 5, 2019 | Ladies Christian League |
| 8. Sunday May 12, 2019 | Christian Family |
| 9. Sunday May 19, 2019 | Synod Thanksgiving |
| 10. Sunday May 26, 2019 | Harvest Committee |

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

Cantor: *The Rev. Ayodeji Oluwatusin*

Preacher: *The Rev. Ayodeji Oluwatusin*

Theme: **The Way of the Cross**

- ❖ Processional Hymn: CH 374
- ❖ Call to Worship
- ❖ Psalm 115:1-7
- ❖ O.T. Reading: Genesis 7:17-24
- ❖ Praises
- ❖ N.T. Reading: Luke 9:18-27
- ❖ Creed to Collect
- ❖ Choir Ministration
- ❖ Sermon
- ❖ Intercession
- ❖ Offertory: Choruses

(a) First Fruits (b) Tithes, Building, Covenant Seed & Sunday Offering

- ❖ Thanksgiving (if any)
- ❖ Youth Anthem
- ❖ Notices : Secretariat
- ❖ Prayer & Benediction
- ❖ Withdrawal Hymn: CH 560

4.

- iv. 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.

B. VACANCY

Office Assistant/Cleaner is urgently needed in a Training Center in Ikeja. Applicant must be Male or Female. Interested persons to call 08179714138.

C. HISTORY OF THE CATHEDRAL

Anyone that has helpful information regarding the History of AVMCC especially the beginning to please send it to: avmccchc18@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

DIOCESE OF LAGOS WEST, AVMCC DHU PROGRAMMES

- i. Every 3rd Friday of every month – Church Deliverance and Healing Service - (6.00pm -8.00pm)
- ii. Every Thursday is Prayers, Deliverance and Counselling days for member – 6.00pm – 8.00pm
- iii. Every Tuesday & Wednesday evening Counselling and Prayers.
- iv. Every Sunday after 10.00am – Prayers, Deliverance and Counseling.
5. 4th Friday of every month with 5 – Fridays DHU Vigil. For Prayers, Deliverance and Counselling please call/text: 0803- 7152811, 0802-3149601, 0803-3003906.

21.

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 of Ladies Progressive League & Prisons & Hospital Ministry. 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 are as follows:
Service of Songs: On Tuesday, 26th March, 2019 at AVMCC Vining Hall by 4.00pm
Christian Wake-Keep: On Thursday, 28th March, 2019 Otunba Yomi Oduntan Hall, St. James Cathedral, Oke Bola, Ibadan by 5.00pm
Funeral Service: On Friday, 29th March, 2019 at St. Anne's Church, Molete, Ibadan by 10.00am. Reception follows at Felicia Hall, Jogor Center, Liberty Stadium Road, Ibadan.
- iii. 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. EVENSONG

Cantor: *The Rev. Dayo Bamigbola*

Preacher: *The Ven. James Adekanye*

Sponsor: *Band of Grace*

Organist: *Mr Femi Williams*

- ❖ Processional Hymn: CH 303
- ❖ Call to Worship
- ❖ Praise Worship
- ❖ Lesson: Mark 5:1-10 – **Band of Grace**
- ❖ Hymn: CH CS 31
- ❖ Short Exhortation & Prayer
- ❖ Offerings Choruses
(a) First Fruit (b Tithes, Building, Covenant Seed & Sunday Offering
- ❖ Thanksgiving
- ❖ Closing Prayer
- ❖ Withdrawal Hymn: CH 39

2. SENTENCES FOR LENT 3

Introductory Sentence

Therefore be imitators of God as beloved children.

Ephesians 5:1.

Collect for the Week:

Almighty God, Whose most dear Son went not up to joy, but first He suffered pain, and entered not into glory before He was crucified, mercifully grant that we, walking in the way of the Cross, may find it none other than the way of life and peace; 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

The sacrifices of God are a broken spirit a broken and contrite heart, O God, You will not despise.

Psalms 51:17.

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, 24TH 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, that all the sheep committed to their charge shall be rapturable none missing, none left behind by God's grace and mercy.
- ii. For the Rt. Rev. Dr. J. Akinwande Atere, his family and all members of the Diocese of Awori.

B. **Prayer for Nigeria & the World**

- i. Pray for the security of lives and properties of the people of God all over the world.
- ii. Pray against the activities of Boko Haram in the North-East of Nigeria.
- iii. Pray for the release of Christian in Boko Haram captivity, especially, Leah Sharibu.

C. **Prayer for AVMCC**

- i. Pray for help concerning the refurbishment of the new Cathedral.
- ii. Pray for the healing of those who are held hostage by one illness or the other.
- iii. Pray for all the units and committees in AVMCC for strength and more courage.

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

- i. For Miss Oyinkan Are, Mr Chibuzor Madu, Miss Chinyere Azunwoke, Mr Egbunna Ifeancha, Mr Martin Oshin, Mrs Nwanneka Chukwuere, Mr Jeddy Ononiwu, Arch. Olabode Okundero, Mrs Felicia Nwachukwu, Master Peter Igie, Mr Ikenna Ogbogu, Mrs Agnes Olaniyan and others who are celebrating their birthdays today.
- ii. 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

Nwagbo Family, Nwakanma Family, Nwakanwa Family, Nwakor Family, Nwakozor Family, Nwakwue Family, Nwameme Family, Nwamuno Family, Nwanekezi Family, Nwaneme 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, 24TH MARCH, 2019

THEME: THE WAY OF THE CROSS

READINGS: GENESIS 7:17-24, PSALM 115:1-7; COLOSSIANS 1:24-29; LUKE 9:18-27.

Then he said to them all, "*if anyone desires to come after me, let him deny himself, and take up his cross daily, and follow me. For whoever desires to save his life will lose it, but whoever loses his life for my sake will save it*". (Luke 9:23,24)

Jesus Christ chose the cross for Himself and led the way. The choke of this way was to the disciple as strange idea, and for a long time they did not seriously fake the matter; but the reality soon dawned on them. Peter was always the major culprit; after his confession of Christ as the living God, he vehemently refused to accept the prophecy about His death. (*Matthew 16:15-24*). The Apostles sorrow for the loss of their master by the death of the cross was better imagined than reality. The way of the cross is the way of pain, sorrow, suffering, reproach and death. And he chose pain. He never said that pain is a good thing, He chose it because it leads to Redemption and salvation. This was the way Jesus called every True disciple to follow. He said if anyone desires to be my disciple, such should first deny himself and take up his cross daily and follow me.

Beloved, the season of lent is a time to seek the LORD wholeheartedly. It is not a season for funfair – it is a period for sober reflection and penitence. The season affords you to give consideration to this way of the cross. It is time to submit and surrender excessiveness to the cross, failure to give them up has severe consequences. Lent helps to chastise the flesh, that it be not to wanton but tamed and brought in subjection to the spirit.

If I may ask, are you expecting any you in the last few weeks of lent shed any weight of sin? Are you prepared to take your cross and follow the matter? If you are not ready to lose something for Christ, you can gain nothing, thus the diction, no cross no crown.

What then is the cross?

The cross was a means of executing the vilest of criminal among the jews. Both the Roman and the jews understand that the death of the cross was the most shameful death a man could die. Jesus chose this death the way of the cross, and recommended same to his disciple.

1. The cross is a symbol of self sacrifice: To the disciples, the figure of bearing their cross and following the master could convey intelligible meaning. They had seen multitude crucified in Galilee prior to Jesus. Prophets prediction of his suffering and death. Self sacrifice is possible only when self (flesh): myself, my thing, me, my family, my money, egocentricity in you must die with the cross you would be able to endure hardship and suffering on a daily basis for the save and glory of Christ. You would be willing to give up anything for the people without complain. Apostle Paul said, “ I now rejoice in my suffering for you, and fill up in my flesh what is lacking in the affliction of Christ, for the sake of his body, which is the church (Colossian 1: 24).
2. The cross is a thing of shame. Jesus Christ’s disciple did not want to be part of the shame associated with the cross, because it is the vilest and desperate criminals involved with the cross the Lord himself despise the same of the cross. To bear your cross and follow the master is to avoid what will bring disgrace

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 – Chiemeka Anadu - 08094816786.
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.

D. 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.

E. 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.

F. 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.

G. Lagos Anglican Dioceses Bible College, Lagos.

The interview for the certificate, Diploma and Advanced Courses in Biblical Studies will take place on 6th of April, 2019. Please submit your admission forms at LABICO Headquarters, to the Registrar, Dr. S. Odineka on or before 6th April, 2019. 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 & Birs. 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.**

and disappointment to the body of Christ. To carry your cross and follow Jesus is to be ready to give up anything that can remove doubt and shame into our lives. When you follow him, you are saying bye-bye to the world. Take up your cross and follow.

3. Apostle Paul regard the death of the cross as the very lowest point in Christ's long pathway of humiliation (Philippians 2:8).
4. St Paul though of the cross is set forth as the great instrument of reconciliation. It is through the blood of his cross that Christ has affected a reconciliation between God and Man (Col 1: 2)
5. For Paul: the cross is to St. Paul the symbol of a mystical union with Christ himself (Matt 10:38) Cross bearing stands for the imitations of Christ. Paul goes deeper, and sees in the cross a crucifixion with Christ from which these springs possessions of the indwelling life of Christ (Gal 2:20)

As a true disciple of Jesus Christ, your life is not your own anymore, Christ now lives in you. Paul says "so the life I now live (daily) in the body, I live because of the faithfulness of the son of God, who loved me and gave himself for me.

As you take up your cross daily, it important to keep your eyes on Jesus looking exclusively to what he did and how he ran the race with patience. He will be therefore you if you bear your cross and constantly following him.

The act of contemplating is required as we journey on the way of the cross. Keep your conception on the way of the cross, meditate on the pain and suffering of Jesus Christ. You must not live your life outside of Christ and the cross. We Christians ought to place our faith entirely in Christ and the cross therein in abundant life.

In conclusion, as you follow the path of the cross, you lose the world and gain Christ. The way of the cross is the way to heaven.

9. 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





10. ATTENDANCE FOR PREVIOUS WEEK

March 17 – March 23

| | |
|--------------------------|-------|
| 7.00 am Holy Communion | 1,052 |
| 10.00 am Youth Service | 193 |
| 7.00 am Sunday School | 450 |
| 10.00 am Mattins | 866 |
| 10.00 am Youth Service | 97 |
| 10.00 am Sunday School | 237 |
| 6.00 pm Service | 33 |
| Tuesday Bible Study | 230 |
| Wednesday Holy Communion | 196 |
| Wednesday Prayer Meeting | 449 |

11. MEETINGS THIS WEEK

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

-  **Band of Faith**
-  **Ladies Christian League**
-  **Christian Friends Society**
-  **Lord Labourers Fellowship**

12. CATHEDRAL ROSTER

A. Cathedral Health Centre

i. Personnel on Duty this Sunday, 24th March, 2019

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

10.00am-2.00pm: Dr. (Mrs) Irene Okwerekwu, Dr. Tunji Areo, Pharm. Ranti Adedeji, Mrs Vivian Jeny-Amah, Pharm. Dele Ajala.

ii. Personnel on Duty Next Sunday, 30th March., 2019

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

10.00am-2.00pm: Dr. (Mrs) Frances Ajose, Dr. Tunji Areo, Pharm Dele Ajala, Mrs Bola Awobiyi, Pharm. Chie Nwerri, Mrs Chinelo Emenike.

B. Security & Traffic Control

i. Sunday 24th March. - Saturday, 30th March, 2019

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, Chukwuemeka Osaka, Funmi Ladele, Ekwegh Lilian, Michael Enujoke.

11. SUMMARY OF SERVICES FOR NEXT SUNDAY

Lent 4

March 31

Theme: The Wife of Nobel Character

Colour: Purple

7.00 am: HOLY COMMUNION

MOTHERING SUNDAY

Celebrant: *The Rev. Ayodeji Oluwatusin*

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

Christian Mothers

Psalm *18:27-28*

Epistle: *11 Corinthians 3:4-18*

Christian Mothers

Gospel: *Matthew 17:1-13*

The Ven. Azubike Ahubelem

Address: *Guest Preacher*

THE YOUTH SERVICE:

Venue: *The Adetiloye House*

Celebrant & Preacher: *The Rev. Ayodeji Oluwatusin*

10.00am: HOLY COMMUNION

MOTHERING SUNDAY

Celebrant: *The Rev. Dr. Samuel Opaaje*

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

Christian Mothers

Psalm *18:27-28*

Epistle: *11 Corinthians 3:4-18*

Christian Mothers

Gospel: *Matthew 17:1-13*

The Rev. Dr. Benjamin Okere

Address: *Guest Preacher*

6.00 pm: YOUTH EVENING

Cantor: *The Rev. Ayodeji Oluwatusin*

Psalm: *66*

Lesson: *Mark 8:11-21*

Preacher: *The Youth*

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 Ebubechukwu Obi & Miss Vivian Obizuogu

1. Mr Oluseyi Abidoye & Miss Eniola Akingbade

1ST NOTICE:

1. Mr Oluwadamilare Odunlami & Miss Chinenye Chukwuma

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

Friday, March 29, 2019 **Colour: Purple**

6.00am Lent Revival – Make all my glorious dreams come to pass O Lord. Text. Gen. 43:28

Celebrant: *The Ven. Festus Olowosile*

Epistle: *Rom. 6:1-11 – Lay. F. Okey-Ogbu*

Gospel: *John 8:33-47*

Hymns: *Worship Songs , CH 440, CH 539*

Preacher: *Ven. James Adekanye*

Prayer Points:

- ❖ For the Rt. Rev. Henry Okeke, his family and all members of the Diocese of Mbamili.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Miss Gift Ajakpovi, Mr Ahamefula Ibileme, Ms Bethesda Jerry, Mr Chukwuka Opara, Miss Happiness Ajakpovi, Engr. Emeka Asugoh, Mrs Chinelo Ndukwe, Mr Olumide Ajomale, Engr. Adegboyega Otenaike, Mrs Nwamaka Nwokedi, Mrs Chinyere Chukwu, Miss Olasunkanmi Ajala, Miss Ogechukwu Uzor, Mrs Ebele Nwankwo, Mr Austine Ilo, Mr Joseph Suberu, Mr Raphael Okeke, Mr Chika Okpalaoka, Mrs Ikechi Ohagwa, Master Kosidi Nwankwo, Mr Chike Mgbemena.
- ❖ For these individual Families within the AVMCC Household: Nzeako Family, Nzedinma Family, Nzegwu Family, Nzeh Family, Nzekwe Family, Nzewi Family, Obadan Family, Obadare Family, Obah Family, Obaruvwe Family.

6.00pm **EFAC Meeting**

6.30pm **Choir Practice**

10.00pm Monthly Vigil – jointly sponsored by Apostle of Peace, Christian Family and Ladies Christian Circle

**THEME: DIVINE EXEMPTION FROM CORRUPTION AND VIOLENCE AFTER THE ORDER OF NOAH
GEN. 6:11-7:1-10**

Saturday, March 30, 2019 **Colour: Purple**

6.00am Lent Revival – Do not mar me O Lord but make me the envy of all. Jer. 13:9-10.

Celebrant: *The Rev. Dr. Benjamin Okere*

Epistle: *Rom. 6:12-23 - Lay. Nkiru Arah*

Gospel: *John 8:47-59*

Hymns: *Worship Songs, CH 369, CH 16*

Preacher: *The Rev. Canon Benson Odude*

Prayer Points:

- ❖ For the Rt. Rev. Ralph C. Ebirien, his family and all members of the Niger Delta Diocese.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Miss Oyinlola Damilola, Oluwatanmise Famodimu, Miss Chidi Azike, Mr Toluwanimi Odeneye, Mr Matthew Obende, Ms Iyabo Ogundiran, Mr Kehinde Okeowo, Mr Obinna Oguaju, Miss Chinekwu Nwosu-Igbo, Miss Chimaobi Okebata, Mrs Josephine Abiodun-Abayomi, Mr Okechukwu Okeke, Mr Oluwande Adebisi, Mr Omoyemi Oni, Miss Adedunni Afun.
- ❖ For these individual Families within the AVMCC Household: Obasanya Family, Obasesin Family, Obasi Family, Obayemi Family, Obe Family, Obi Family, Obiabaka Family, Obiageli Family, Obiajulu Family, Obiaka Family.

10.00am COLLATION SERVICE FOR ARCHDEACONS

4.00 pm **Youth Fellowship**

4.00pm **Boys' Brigade and Girls' Brigade**

4.00 pm **Baptism**

14.

ii. Sunday 31st Mar - Saturday, 6th Apr., 2019

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

F. EEP Newstrack

March 2019 Credit Facilities: Parishioners who need funds to start or grow their businesses are invited to pick up application forms from the EEP Office. Deadline for the receipt of completed loan application forms is **March 29, 2019**.

Embellishment Masterclass: This one-day workshop will hold on **March 28, 2019**. Participants will be exposed to professional techniques of applying rhinestones and pearls to Headgear, Garments, Shoes and Bags. Class Size: 40. Participants will be required to pay a participation fee of N10,000 (inclusive of starter pack) Registration closes on Tuesday, March 26, 2019. Call now to register: **08186134679, 08023234012, 08059184625**

Developing Business Ideas - This Seminar will hold on **Friday, April 5, 2019**. Class Size: 25. Participation fee is N4,500 only. Course contents include Rudiments of Entrepreneurship, Generating Business Ideas, Developing a Business Plan and Navigating your business to success. Registration closes on Wednesday, April 3, 2019. Call now to book your place: 08186134679, 08023234012, 08059184625

Effective Selling Skills Workshop - This Seminar will hold on **Friday, April 5, 2019**. Class Size: 25. Participation fee is N5,000 only. Course contents include: The Power of a Positive Sales Mindset, Become a Star Salesperson, The Sales Cycle and Confident Product Presentations. Registration closes on Wednesday April 3, 2019. Call now to register: 08186134679, 08023234012, 08059184625.

We are Social!! - Connect with us on Facebook: www.facebook.com/avmcc.eep

Calling All Professional Women

The Professional Christian Womens Network (PCWN) is an initiative of the EEP which seeks to foster stronger inter-society ties among Professional Women in the Cathedral. Pick up an application form today or call 08186134679. Email: pcwn.avmcc@gmail.com

To Partner with the EEP:

- Volunteer your talents as Facilitators, Mentors and Resource Persons on our programs;
- Sponsor Programmes in Full, Joint or in part - Societies are welcome to be part of this laudable initiative to sponsor EEP Workshops.
- Provide us with a one-off gift;
- Organisations can Partner with EEP as part of their Corporate Social Responsibility (CSR) Initiative.

11.

10. ACTIVITIES FOR THE WEEK

Monday, March 25, 2019 Colour: White

The Annunciation of Blessed Virgin Mary

6.00am Lent Revival – Single me out for favour O

Lord and bless me among men - Text. Lk 1:28

Celebrant: The Ven. Festus Olowosile

Epistle: Rom. 5:12-19 - Lay Elizabeth Osibajo

Gospel: Luke 1:26-38

Hymns: Worship Songs, CH 484, CH XVII

Preacher: The Rev. Dayo Bamigbola

Collect: Father of love, through Your Most Holy Spirit, Mary the Jewish girl conceived Your Son: may His beauty His humanity, His all transforming grace be born in us, and may we never despise His strange and stirring gentleness for we pray even in the same name, Jesus Christ our Lord. Amen.

Prayer Points:

- ❖ For the Rt. Rev. Dr. Babatunde Ogunbanwo, his family and all members of Diocese of Ijebu South West.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mrs Josephine Chinwuko, Mr Osas Omoruyi, Mr Peace Ahumaraeze, Mrs Vivian Asor, Mrs Tosin Olowojoba, Mr Olubunmi Idris, Miss Chioma Okponyia.
- ❖ For these individual Families within the AVMCC Household: Nwaneto Family, Nwanonye Family, Nwanguma Family, Nwani Family, Nwanjoku Family, Nwankwo Family, Nwankwor Family, Nwankwu Family, Nwannunu Family, Nwanorue Family.

10.00am 70th Birthday of The Rev. Canon Akin Akeredolu

1.00 pm Social Welfare Ministry

3.00pm Enrolment Service of Mothers Union

6.30 pm Choir Practice

Tuesday, March 26, 2019 Colour: Purple

6.00am Lent Revival – Arrest my arresters O Lord: and let me not be taken by the enemy - Text. Jh. 7:32

Celebrant: The Ven. James Adekanye

Epistle: Rom. 4:13-25 - Lay. Funmi Tetede

Gospel: John 7:37-52

Hymns: Worship Songs, CH CS 45, CH CS 51

Preacher: Mrs Gloria Okeke

Prayer Points:

- ❖ For the Rt. Rev. Alexander C. Ibezim, his family and all members of the Diocese of Awka.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Miss Adekemi Adeyemo, Mrs Tolulope Oyedapo, Miss Olayinka Okeowo, Mr Olumide Ajala, Mr Onyebuchi Nwanjoku, Mrs Ebele Nwankwo, Mrs Nneka Obi, Mrs Uchenna Ezuma, Miss Adaora Chine, Mr Chiemela Awom, Mr Samuel Ogunkoya, Miss Victoria Amuta.
- ❖ For these individual Families within the AVMCC Household: Nwaoha Family, Nwaokeneme Family, Nwaokolo Family, Nwaorgu Family, Nwaukwa Family, Nwegbe Family, Nweke Family, Nwigwe Family, Nwizu Family, Nwobi Family.

11.00 am – 3.00 pm - Senior Citizens Clinic & Fellowship

4.00pm Service of Songs for Chief O.O. Esan

5.00pm – 6.00pm Intercessory Prayer

5.00pm – 6.00pm BIBLE STUDY PREVIEW

6.00 pm Bible Study – HEBREW 7

12.

Wednesday, March 27, 2019 Colour: Purple

6.00am Lent Revival – Let Your hand establish and strengthen me O Lord - Text. Ps. 89:21

Celebrant: The Dean

Epistle: Rom. 5:1-11 - Lay. Grace Odukamaiya

Gospel: John 8:12-20

Hymns: Worship Songs, CH 261, CH 577

Preacher: Mrs Iyabo Awokoya

Prayer Points:

- ❖ For the Most Rev. Prof. Godwin N. Okpala, his family and all members of the Diocese of Nnewi.
- ❖ For the Rt. Rev. Dr. Samuel Ezeofor, his family and all members of the Diocese of Aguata.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Adeniyi Adegbonmire, Mrs Ola Nwoji, Miss Mmesoma Onyedum, Mr Benjamin Okeke, Mr Nwabueze Ogugua, Mr Akinwale Asaba, Mr Alex Okeke, Mr Izuchukwu Orji, Mr Oladayo Ariyo, Mrs Uche Uba, Mr Babajide Bejide, Mrs Foluke Owolabi, Mr Ikenna Okeke.
- ❖ For these individual Families within the AVMCC Household: Nwobia Family, Nwobodo Family, Nwode Family, Nwodi Family, Nwodika Family, Nwodo Family, Nwofor Family, Nwoji Family, Nwoke Family, Nwokedi Family.

8.00am Vining Intercessor's Visitation

6.00pm LENTEN SERVICE

Thursday, March 28, 2019 Colour: Purple

6.00am Lent Revival – Make me hear from You O Lord - Text. Luke 3:2

Celebrant: The Rev. Dr. Samuel Opaaje

Epistle: Rom. 5:12-21 - Lay. Edwin Eze

Gospel: John 8:21-32

Hymns: Worship Songs, CH 264, VSH 22

Preacher: The Rev. Dayo Bamigbola

Prayer Points

- ❖ For the Rt. Rev. Prof. Israel Kelue Okoye, his family and all members of the Diocese of Ihiala.
- ❖ For the Rt. Rev. Johnson Nwaohalama Ekwe, his family and all members of the Diocese of Niger West.
- ❖ For these members of the Cathedral who are celebrating their Birthdays today: Mr Chinedu Ikwudinma, Mrs Icheche Ihunwo, Miss Oluwamayowa Poluyi, Mrs Mercy Nwokolo, Miss Ogechi Igbom, Engr. Adetunji Adesina, Mr Bethram Akubueze, Miss Oreoluwa Osinubi, Miss Nmachukwu Obi.
- ❖ For these individual Families within the AVMCC Household: Nwokedinobi Family, Nwokeji Family, Nwokolo Family, Nwosa Family, Nwosu Family, Nwosu-Igbo Family, Nwoye Family, Nwumeh Family, Nwune Family, Nze Family.

11.00 am - Meeting of Men & Women of Grace

5.00 pm - Confirmation Class at Lady Chapel

13.