

7.15 a.m. HOLY COMMUNION Colour: GREEN

Theme: RECEIVING GOD'S GUIDANCE FOR POSSIBILITIES THROUGH

(vi) Common Sense

Celebrant: Revd. Olawole Faloye

Stewards on Duty: Group B

1. **Opening Hymn:** A&MRW 640 (*Warrington*)
2. **Introductory Sentence:** *"My son, do not lose sight of these— keep sound wisdom and discretion..." Proverbs 3:21*
3. **The Preparation** (Page 170)
4. **Collect for Purity and Gloria in Excelsis** (Page 171)
5. **Summary of the Law** (Page 172)
6. **Words of Comfort** (Page 175)
7. **Confession to Collect** (Pages 175-176)
8. **Collect:**
Mercifully receive, O Lord, the prayers of Your people, who call upon You; grant that they may know what they ought to do, and may have grace faithful to accomplish it, through Jesus Christ our Lord. Amen.
9. **Epistle:** Acts 27: 13-32 - **Mr. Tas Animashaun**
10. **Gradual Hymn:** A&MRW 541 (*Tune: A&MRW 231 - Regent Square*)
11. **Gospel:** Luke 20: 20-26 **Revd. Olawole Faloye**
12. **Sermon:** Canon Residentiary
13. **Creed:** (Page 178)
14. **Intercession:**(Pages 183-184) **Mrs. Tolu Animashaun**
15. **The Peace** (page 186)
16. **Offertory Sentence:** *"Do not judge by appearances, but judge with right judgment." John 7:24*
17. **Offertory Hymn:** A&MRW 648 (*Tune: MHB 693 - Dismissal*)
18. **Preparation of Gifts to Eucharistic Prayer** (Pages 187-190)
19. **Breaking of Bread to Anthem:** (Pages 190-193)
20. **Prayer of Humble Access:** (Pages 193-194)
21. **Communion Sentence:** *"Good sense is a fountain of life to him who has it, but the instruction of fools is folly." Proverbs 16:22*
22. **Administration:** (Page 194)
23. **Hymns during Administration:**
 - (i) A&MRW 455 (*Rockingham*)
 - (ii) A&MRW 436 (*Tune A&MRW 635 - Alleluia Dulce Carmen*)
 - (iii) A&MRW 445 (*Everton*)
 - (iv) A&MRW 447 (*H.C. 444 - Beaumaris*)
 - (v) A&MRW 423 (*Unde Et Memores*)
 - (vi) A&MRW 422 (*Hyfrydol*)
 - (vii) A&MRW 428 (*Aberystwyth*)
24. **Post Communion Hymn:** A&MRW 430 (*Tune: A&MRW 94 - Dix*)
25. **Post Communion Prayer:** *Keep, O Lord, your Church, with your perpetual mercy; and, because without you our human frailty cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through Jesus Christ our Lord. Amen.*
26. **The Lord's Prayer to Thanksgiving Prayer** (Pages 195-196)
28. **Thanksgiving at the Altar:**
29. **Notices:**
30. **Spiritual Tonic: James 1:5**
31. **Benediction to Dismissal:** (Page 196)
32. **Withdrawal Hymn:** A&MRW 714 (*Tune A&MRW 713 - Slane*)
At the Organ: Mr. 'Jola Adeosun

9.15 A.M. CHORAL MATTINS

Cantor: Ven. Henry Adelegan

Responses: 'Fela Sowande in A

**Theme: RECEIVING GOD'S GUIDANCE FOR POSSIBILITIES THROUGH
(vi) Common Sense**

1. Processional Hymn: A&MRW 445 (*Everton*)
2. Call to Worship:
3. Confession and Absolution
4. Jubilate: C.V. Stanford in B Flat (Choir)
5. Psalm: 130 - ASB 227 - Henry Purcell in F minor
6. 1st Lesson: I Kings 3: 16-28 - Mrs. Titi Olaomo-Olaoye
7. Benedictus: ASB 167 - Percy C. Buck in G
8. 2nd Lesson: Acts 27: 13-32 - Mrs. Olatorera Sowande
9. Te Deum: C.V. Stanford in B Flat (Choir only)
10. Creed to 3rd Collect
11. Anthem: Psalm 23 - Brother James' Air (Marosa)
- Gordon Jacob
12. Hymn before Sermon: A&MRW 541 (*Tune A&MRW 231 -
Regent Square*)
13. Sermon: Revd. Olusegun Lufadeju
14. Intercession: Ven. Henry Adelegan
15. Hymn for Offering: A&MRW 648 (*Neander Unser Herscher*)
16. Thanksgiving at the Altar
17. Notices:
18. ***Spiritual Tonic: James 1:5***
19. Conclusion to Benediction
20. Final Amen: 'Fela Sowande in A
21. Withdrawal Hymn: A&MRW 744 (*Martyrdom*)
At the Organ: Mr. 'Jola Adeosun
Choral Conductor: Mr. Princewill Ubani

9.15 A.M. CATHEDRAL YOUTH CHURCH

Conductor: Mr. Jide Claudius-Cole

1. Opening Hymn: A&MRW 445
2. Call to Worship
3. Praise and Worship
4. Psalm: 145
5. Bible Reading: Acts 27: 13-32
6. Special Number
7. Testimonies
8. Talk: Revd. Dr. Oluwaseun Adeyemi
9. Creed, Collects and Intecession/Creed to Prayers
10. Sunday Offering: Choruses
11. Notices
12. Prayer and Benediction
13. Closing Hymn: A&MRW 744

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

TOPIC: ARTICLE OF RELIGION: ARTICLE 27

Worship Leader: Aunty Chioma Apakama

1. Choruses
2. Opening Hymn: CH 19 (CS)
3. Bible Reading: Mark 16: 15-20
4. Creed to Prayers:
5. Hymn: CH 202 (Offering to be taken)
6. Closing Prayer
7. Closing Hymn - from Pamphlet
8. Children go to their various classes

11.15 a.m **SUNG EUCHARIST**

Theme: RECEIVING GOD'S GUIDANCE FOR POSSIBILITIES THROUGH

(vi) Common Sense

Celebrant: Revd. Henty Mooh

Communion Setting: Arthur Somervell in F

1. Hymn: A&MRW 742 (*Lynham Desert*)
2. Introit: **Jesu, Joyaunce of my Heart - J.R. Arie**
3. Introductory Sentence: *"My son, do not lose sight of these— keep sound wisdom and discretion..." Proverbs 3:21*
4. The Preparation (Page 170)
5. Collect for Purity and Gloria in Excelsis (Page 171)
6. Summary of the Law (Page 172)
7. Words of Comfort (Page 175)
8. Confession to Collect (Pages 175-176)
9. Collect:
Mercifully receive, O Lord, the prayers of Your people, who call upon You; grant that they may know what they ought to do, and may have grace faithful to accomplish it, through Jesus Christ our Lord. Amen.
10. Epistle: Acts 27: 13-32 Cathedral Youth Fellowship
11. Gradual Hymn: A&MRW 380 (*Melling*)
12. Gospel: Luke 20:20-26 Revd. Henry Mooh
13. Sermon: Canon Residentiary
14. Creed: (Page 178)
15. Intercession: (Pages 183-184) Cathedral Youth Fellowship
16. The Peace (page 186)
17. Offertory Sentence: *"Do not judge by appearances, but judge with right judgment." John 7:24*
18. Offertory Hymn: A&MRW 471 (*Tune A&MRW 506 - Aurelia*)
(Please drop all your envelopes)
19. Preparation of Gifts to Eucharistic Prayer (Pages 187-190)
20. Breaking of Bread to Anthem: (Pages 190 -193)
21. Prayer of Humble Access: (Pages 193 -194)
22. Communion Sentence: *"Good sense is a fountain of life to him who has it, but the instruction of fools is folly." Proverbs 16:22*
23. Hymns during Administration:
 - (i) A&MRW 640 (*Warrington*)
 - (ii) A&MRW 236 (*Carlisle*)
 - (iii) A&MRW 443 (*Tune A&MRW 23 - St. Clement*)
 - (iv) A&MRW 445 (*Everton*)
 - (v) A&MRW 423 (*Unde et Memores*)
 - (vi) A&MRW 463 (*Tune A&MRW 726 - Waltham Albert*)
 - (vii) A&MRW 465 (*Tune A&MRW 22 - ellers*)
 - (viii) A&MRW 467 (*Tune: St. Ethelwald*)
24. Post Communion Hymn: A&MRW 648 (*Tune MHB 693 - Dismissal*)
25. Post Communion Prayer: *Keep, O Lord, your Church, with your perpetual mercy; and, because without you our human frailty cannot but fall, keep us ever by your help from all things hurtful, and lead us to all things profitable to our salvation; through Jesus Christ our Lord. Amen.*
26. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
27. Thanksgiving at the Altar:
29. Notices:
30. Spiritual Tonic: **James 1:5**
31. Benediction to Dismissal: (Page 196)
32. Final Amen:
33. Withdrawal Hymn: A&MRW 541 (*Tune A&MRW 291- Westminster Abbey*)
At the Organ: Mr. Princewill Ubani, Mr. Chuka Onyenze
Choral Conductor: Mr. 'Jimi Olumuyiwa

SUNDAY 27/08/2023

Day 239

Bible in a year: Ecclesiastes 8,9; 1 Timothy 1

Points for Prayer:

- ❖ Mr. Silas Eke, Chairman Christian Mission to the Deaf.
- ❖ Mr. Ewulum Jonas, Treasurer of Apapa Archdeaconry.
- ❖ **The Missionary Diocese of Eha Amufu, The Church of Nigeria (Anglican Communion) Enugu Province.**

❖ **Birthday Intercession:**

Princess Dr (Mrs) Adelanke Ademiluyi, Miss Oluwabojuwomi Phillips, Miss Adejumo Adeluwode, Miss Abisayo Adebowale Fetuga, Mrs. O. Augusta Okwusi, Mr. Gbeminiyi Ojemuyiwa, Mr. Moses Okpo, Mrs. Olawunmi Kazalma-Mantey, Mr. Jerome Babajide Taiwo, Mrs. Ibronke Bello, Mr. Akinwunmi Rotimi Doherty, Miss Adaku Okeke, Mr. James Oluwale Samuel, Mr. Samuel Sanyaolu, Miss Oluwamayode Esther Ogundipe, Miss Adorable Alufohai, Miss Jewel Alufohai, Master Richard Oluwatimilehin Mabogaje.

❖ **Wedding Anniversary Intercession:**

Mr. & Mrs. Sylvester Otunyo Oputa.

❖ **Memorial Intercession:**

- (i) Mrs. Rosaline Mojisola Dallas, 2 years' mind.
- (ii) Ambassador Ibidapo Adefuye, 8 years' mind.
- (iii) Engr. Niyi Williams, 45 years' mind.

❖ **Family Intercession:**

Families of Sir Gbolahan Ayodele, CPA, The Pearce-Maja, Tolulope Pearce-Dawodu, Mokuolu, Professor G.O.A. Sowemimo, CPA, Late Lady Ayo Alakija, CPA, Late Ambassador Peter Ayodele Afolabi, Mr. Laolu Taiwo, Chief T.O. Balogun, Late Delphine Esere, Late Ruth Elizabeth Okonredo, Late Pa. M.O. Imana, Mr. Adedeji Ilori.

❖ **Prayer for Businesses**

Alizuta Limited, Meldili Nigeria Ltd, ALM Consulting Ltd, Estelle Services Ltd, Alpha Global Messengers, S&G Comestibles, Lenat Cargo Services Nig. Ltd., Lewis Alexander Legal, Creative Shepreneur, Lagos Court of Arbitration, Lenox Heights Ltd., Purple Scents Ltd, Wrapturable, Quintus Projects Ltd, Flour Mills Nigeria Plc., The Metropole Practice, Gloryhill Multiconcepts Limited, Mtefworld Music Talent Entertainment Factory, Daries Limited.

SUNDAY 27/08/2023 - MEETINGS

9.00a.m. There will be a meeting of The Koinonia

After Mattins

- (i) The Young Women's Christian Association will meet at the Lagos Anglican Diocesan Seminary.
- (ii) The Monthly General Meeting of the Cathedral Ladies Helpers' Union and the Youth Wing will take place at the Lagos Anglican Diocesan Seminary.
- (iii) There will be a meeting of the Girls' Guild at the Lagos Anglican Diocesan Seminary.

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

CALL ON ANY DOCTOR OR NURSE IN CASE OF EMERGENCY

3.00p.m. RECEPTION SERVICE FOR THE NEW BISHOP

ACTIVITIES FOR THE WEEK

MONDAY 28/08/2023

Colour: GREEN

Day 240

Bible in a year: Ecclesiastes 10,11; I Timothy 2

6.45a.m. Holy Communion

Celebrant: Revd. Olusegun Lufadeju

Epistle: Acts 26: 1-23

Gospel: Mark 13: 14-27

Points for Prayer

- ❖ *Mr. Bitrus Gani, Chairman, Hope for the Blind*
- ❖ *Mrs. Segun Benson, Treasurer of Epe Archdeaconry.*
- ❖ *The Bishop of the Diocese of Ekiti, The Church of Nigeria (Anglican Communion), Ondo Province.*

❖ **Birthday Intercession:**

Mrs. Taiwo Akindolire, Mrs. Kehinde Amode, Mrs. Stella Simisola Taiwo, Miss Florentina Agbeke O. Uthman, Master Oluwaseyitan Ajayi-Obe, Mrs. Oladipo Olubanwo Thomas, Capt. Jaiyeola Olatokunbo Vincent, Mr. Michael Olusola Kehinde, Mr. Thomas Oladipo Nylander, Mrs. Olatokunbo Olufunmilayo Oliyide, Mr. Olufemi Sonuga, Master Ivan Okorie-Agidi, Master Ibukunoluwa O. Agesin, Master Alex Segun Owowa, Mr. Opeoluwa Senbanjo.

❖ **Memorial Intercession:**

- (i) *Madam Olabisi Olaitan Pearce, 27 years' mind*
- (ii) *Mr. M. A. Ekisola, 39 years' mind.*
- (iii) *Chief Magistrate Felix Olawale Lucas, 43 years' mind.*

10.00 a.m. THE ENTHRONEMENT SERVICE

Dress code for Cathedral members - Any shade of Blue

4.00 p.m. Women Bible Class/Contemporary Issue - The Woman - God's Invaluable Weapon by Dr. (Mrs.) Funmilayo Doherty

TUESDAY -29/08/2023 Colour: GREEN

Day 241

Bible in a year: Ecclesiastes 12; I Timothy 3

6.45a.m. Holy Communion

Celebrant: Revd. Henry Mooh

Epistle: Acts 26:24-27.8

Gospel: Mark 13: 28-37

Points for Prayer

- ❖ *Revd. Canon Timothy I. Umeh, National President, Anglican Children Ministry.*
- ❖ *The Revd. Samuel Abayomi Afolayan.*
- ❖ *The Province of the Episcopal Church of South Sudan.*

❖ **Birthday Intercession:**

Mr. Soji Awogbade(70), Mrs. Sinmisola Olayinka Otuyalo, Mrs. Abidemi Ademola, Mrs. Taiwo Rolly Faseyi, Ms Kehinde Alero Browne, Mr. Alaba Johnson.

❖ **Wedding Anniversary Intercession:**

Omoba and Olori Adegbola Ademola, CPA, 59th Wedding Annivesary.

❖ **Memorial Intercession:**

- (i) *Mrs. Georgiana Olugbo-Hollist, 7 years' mind.*
- (ii) *Mr. Tosin Brown, 19 years' mind.*

6.45 a.m. Altar Call: Ms. Kehinde Alero Browne, Birthday Thanksgiving

4.00 p.m. 70th Birthday Thanksgiving Service of Mr. Soji Awogbade.

6.00 p.m. Choir Practice

WEDNESDAY – 30/08/2023**Colour: GREEN****Day 242***Bible in a year: Song of Songs 1,2; Psalms 97,98***6.45 a.m. Holy Communion**Celebrant: **The Provost**Epistle: **Acts 27: 9-26**Gospel: **Mark 14: 1-11****Points for Prayer**

- ❖ Mr. G.O. Nathaniel, National President, Anglican Christian Fellowship
- ❖ 37th Wedding Anniversary of Ven Ifeanyichukwu and Mrs. Ebelechukwu Nriama.
- ❖ **Pray for the Bishop of the Diocese of Ekiti Kwara, The Church of Nigeria (Anglican Communion) Ondo Province.**
- ❖ **Birthday Intercession:**
Mr. Olasunmoye Adetola Debayo, Mr. Oluwaseun Ejemai, Mrs. Gloria Preye Oruasah, Mrs. Gloria Bola Abumere, Master Isaac Adedakola-Adedotun Adekunbi, Miss Michaela Oluwatimilehin Balogun, Mr. Oladapo Sowunmi.
- ❖ **Wedding Anniversary Intercession:**
 - (i) Mr Solanke & Mrs. Uwaila Ogunlana, 15th Wedding Anniversary.
 - (ii) Mr. & Mrs. Bamidele Ojo-Osagie
 - (iii) Philip Kola & Mrs. Bola Abumere
 - (iv) Mr. & Mrs. Ayodele Oluwole Sebanjo
- ❖ **Memorial Intercession:**
 - (i) Mrs. Josephine Modupe Aluko, 5 years mind.
 - (ii) Mrs. Abimbola Olatokunbo Shola-Okoro (nee Johnson), 27 years' mind.
 - (iii) Mrs. Sarah Timola Vaughan, 30 years' mind.
 - (iv) Mr. Amos Arinola Osunsanya, 47 years' mind.

5.00 p.m. Christian Wake keep for Mrs. Feyisitan Idowu Makinwa**5.00 p.m. Bible Study and Prayer Meeting****THURSDAY – 31/08/2023****Colour: GREEN****Day 243***Bible in a year: Song of Songs 3,4; 1 Timothy 4***6.45 a.m. Holy Communion**Celebrant: **Revd. Dr. Oluwaseun Adeyemi**Epistle: **Acts 27: 27-44**Gospel: **Mark 14: 12-26****Points for Prayer**

- ❖ Prince Yander Amaa-Bai, National President Boys' Bridge Nigeria.
- ❖ The Revd. Oliver Ugwunna Nwokoma
- ❖ The Revd. Emmanuel Onyedikachi Opara (30)
- ❖ Mrs. Adanze Chinemerem Chigbo-Okeke.
- ❖ 32nd Wedding Anniversary of Revd. Canon Olatunde and Mrs. Oyinlola Afolabi
- ❖ **The Bishop of the Diocese of Ekiti Oke, The Church of Nigeria (Anglican Communion), Ondo Province.**
- ❖ **Birthday Intercession:**
Prince Joseph Oladapo Adeniyi Opeaye, Mr. Sylvester Ojugbeli Oputa, Jr, Miss Dorothy Yeside Sokefun, Mr. Imoleayo Babaniji, Miss Tolulope Adeniyi-Williams, Mrs. Grace Ngozi Ofoegbu, Miss Tolulope Olufunke Popoola, Mrs. Olabisi Olubukunola Opeodu, Mrs. Boladele Ayodeji Senbanjo, Mrs. Taiwo Adekemi Kuboye, Master Wilson Abobade-Edegware, Miss Olufemi Jemine Adebo, Mr. Tonny Daniel, Mrs. Ifeyinwa Oguejiofo, Mr. Tolulope Osibodu.
- ❖ **Memorial Intercession:**
 - (i) Mr. Bamidele Coker, 7 years' mind.
 - (ii) Chief Anofi Salawu Guobadia, 10 years'
 - (iii) Mr. Olusola Olufemi Frederick Adamo, 20 years' mind.
 - (iv) Mrs. Florence Oluwatenyo Brown, 24 years' mind.

11.00 a.m. Funeral Service for Mrs. Feyisitam Idowu Makinwa**6.00 p.m. Choir Practice**

FRIDAY – 01/09/2023 Colour: GREEN

Day 244

Bible in a year: Song of Songs 5,6; 1 Timothy 5

6.45 a.m. Celebrant: Revd. Canon Emmanuel Fadipe

Epistle: Acts 28: 1-16

Gospel: Mark 14: 27-42

Points for Prayer

- ❖ The Most Revd. Dr. Emmanuel O. Chukwuma, Bishop of the Diocese of Enugu
- ❖ Dr. (Mrs) Joyce N. Chukwuma, President, Mothers' Union and Women's Guild, Diocese of Enugu.
- ❖ Mrs. Elizabeth Chioma Ubesie.
- ❖ **The Bishop of the Diocese of Ekiti West, The Church of Nigeria (Anglican Communion), Ondo Province.**

❖ **Birthday Intercession for:**

Ven. Kehinde Adebayo Olajide, Miss Oluwatoyin Adesola, Master Tamunopekerebia Ene Wakama, Mrs. Modupeola Olaide Sowemimo-Coker, Mrs Abisola Adebisi Ogutuga-Okin, Mr. Christ Uche Chukwulete Agonsi, Mrs. Adedoyin Temitope Aruofor, Mr. Albert Olatokunbo Foresythe, Mrs. Comfort Adenike Taiwo Adeoje, Mrs. Christiana Olumayowa Adebambo, Miss Oluwadarasimi Eniola Ashon.

❖ **Wedding Anniversary Intercession:**

Mr. & Mrs. Uthman Edmund Uwam

❖ **Memorial Intercession:**

- (i) Mrs. Ayoola Adesola Eneli, 9 years' mind.
- (ii) Chief Emmanuel Bakpo Onosiem, 14 years' mind
- (iii) Prince Modupe Lufadeju, 17 years' mind.
- (iv) Mrs. Elizabeth Yetunde Bailey, 37 years' mind

9.00 a.m. Solemn Assembly of the Clergy and Clergywives with the Diocesan.

5.00 p.m. Men's Bible Class

SATURDAY - 02/09/2023

Colour: GREEN

Day 245

Bible in a year: Song of Songs 7,8; Psalms 99,101

7.45a.m. Holy Communion

Celebrant: Revd. Olawole Faloye

Epistle: Acts 28: 17-31

Gospel: Mark 14: 43-52

Points for Prayer:

- ❖ The Rt. Revd. Aloysius E. Agbo, Bishop of the Diocese of Nsukka.
- ❖ Mrs Ifeoma Agbo, President, Mothers' Union and Women's Guild, Diocese of Nsukka.
- ❖ The Revd. Ibukunoluwa Ayodeji Odedeji.
- ❖ **The Bishop of the Diocese of Eldoret, The Anglican Church of Kenya.**

❖ **Birthday Intercession:**

Mr. Temitope Ademulegun, Mr. Theophilus Omoyele P. Adeduro, Mr. Oluwale Ogun, Mrs. Omobola Idowu Hollist, Master Oluwalani Ajeigbe, Mrs. Sarah Yewande Ogunde, Miss Ihechi Esther Nwakerendu, Miss Ooreoluwa Adebambo, Mr. Gbaderin Adedayo Adewole, Mrs. Caroline Clara Afolabi, Miss Funmilayo Akinola, Master David Bello, Mr. Benibo Tamunoemi David-West, Mrs. Folashade Fadahunsi, Mr. Leonard Olaoluwa Hounks, Mr. Raphael Uchenna Reggie, Ms. Olaide Quadri.

❖ **Wedding Anniversary Intercession:**

Mr. Femi and Mrs. Ronke Bankole-Balogun, 34th Wedding Anniversary

❖ **Memorial Intercession for**

- (i) Mr. Amos Abiodun Aiyelabola, 7 years' mind.
- (ii) Chief Albert Olakunle Aparo, 7 years' mind.
- (iii) Hon. Justice Michael Ayorinde Borisade, 20 years' mind.

Bible Study Outline

THEME: GOD'S CHILDREN AS PILGRIMS TO THE HEAVENLY KINGDOM:

MANIFESTATION OF GOD'S REIGN ON EARTH

SUB-THEME: Manifesting Spiritual fruits 8

TOPIC: Meekness

TEXT: Titus 3:1-7

AIMS:

i. to study meekness from the biblical point of view.

ii. to expatiate on the gains of meekness

INTRODUCTION

Meekness is one of the fruit of the spirit and it means mild, gentle or humble. Our Bible passage today explains that a meek person submits to authority; puts his power or fame under constraint; and at the same time is humble. Meekness is not weakness, but exercising strength under control, demonstrating power without undue harshness but acting boldly when we sense injustice or ungodly act. The meek relates the good news of the kingdom of God with the strong, the weak, the poor and the rich without prejudice.

STUDY GUIDE

1. Differentiate between being meek and being weak with the examples of Moses and Aaron in Num 12:2-3 and Exod 32:1-4.
2. How can we live a life of meekness? Gen. 13:7-9; 2Tim. 2:24-25; Tit 3:1-2.
3. What is the adverse effect of life without meekness? Num 12:1, 9-10; 2Cor. 12:20.
4. What are the benefits of living a meek life? Ps.22:26; 25:9; 69:32; 149:4; Isa. 29:19.

CONCLUSION

As Christians, let us continuously strive to be meek by total dependence on God for our spiritual and physical growth. This will in turn develop us more as pilgrims of the heavenly Kingdom.

FOOD FOR THOUGHT: PILGRIMS TO HEAVENLY KINGDOM are to be meek but never weak on godly virtues.

MEMORY VERSE: Psalm 22:26

“The meek shall eat and be satisfied: they shall praise the LORD that seek him: your heart shall live for ever”.

SPIRITUAL TONIC FOR THE WEEK

JAMES 1:5

“If any of you lacks wisdom, let him ask God, who gives generously to all without reproach, and it will be given him.”

My dear Father in heaven, You give the ability to judge rightly. Today I receive increased common sense to judge rightly and make wise decisions that will promote my well-being being and increase my comfort and peace. Make Your wisdom my life coach. Henceforth, my steps are guided in the right path of physical and spiritual breakthroughs, supernatural healing, marital happiness, and uncommon progress in all facets of life. Thank You, Father. In Jesus' name, I pray. Amen.



ANGLICANISM FAST FACTS

39 ARTICLES OF RELIGION

ARTICLE XXXVIII

38. Private Property

Contrary to what some Anabaptists claim, the wealth and possessions of Christians are not common, as far as the right, title, and possession of them is concerned. Nevertheless, everyone ought to give freely to the poor from what he possesses, according to his means.

39. A Christian's Oath

We believe that the vain and rash swearing of oaths is forbidden to Christians by our Lord Jesus Christ and St. James. However, we judge that the Christian faith does not prohibit the swearing of an oath when the state requires it if in a cause where the faithfulness and love justify it, and according to the prophet Jeremiah's teaching, in justice, judgment and truth.

TITHE:

Remember to pay your Tithe*

(into Cathedral Zenith Bank Account Number)

1013180620

(The tithe is a tenth of all our increase)

‘You shall tithe all the yield of your seed that comes from the field, year by year’ Deut. 14:22.

SUSTENTATION

Please pay your Sustentation/Church Dues (for the upkeep of the Church to: First Bank: 2000519164

(Kindly indicate the following: Name & Sustentation No)

157, BAMGBOSE BUILDING PROJECT

Please pay all donations toward the project into Cathedral Access Bank Account Number: 0773948851

(I Chronicles 29:14)

PAYMENT INTO CHURCH'S ACCOUNTS

"Honour the LORD with your possession... so your barns will be filled with plenty". Proverbs 3: 9&10.
Your kind and generous donations to the Cathedral will be highly appreciated. Below are the Church's Bank Accounts.

No	PURPOSE	BANK	ACCT NO
1.	Social Welfare Service Unit	Polaris Bank	1770128010
2.	Cathedral Clinic	First Bank	2000514561
3.	Donations/Sunday Collection/Thankoffering	GT Bank	0124088211
4.	Offertory/Communion Basket	UBA	1017498994
5.	Sustentation	First Bank	2000519164
6.	Family Harvest/Harvest Donations	FCMB	0130543010
		Union Bank	0071028724

You can also visit the Cathedral website www.thecathedrallagos.org to make your donations.
GOD WILL COUNTENANCE YOUR SACRIFICE



FOR YOUR OFFERINGS AND OTHER
DONATIONS. GOD BLESS YOU.

FAMILY HARVEST 2023 (WK 6)

Sunday, 27th August, 2023

The following families will be called to the altar

1. Erelu Ojuolape Ojora, MON and Family
2. Olori Ajoke Adewunmi and Family
3. Late Engr. Ibiyemi D.W. Aluko Family
4. Mr. Olumide Sofowora, SAN and Family
5. Commodore Seyi & H.E. Mrs. Sarah Sosan and Family

6. Mr Tas & Mrs Tolu Animashaun
7. Late Dr. S.U. Okoli Family
8. Ajibade & Gbeminiyi Laolu-Adewale
9. Engr. Stanley Onuoha and Family
10. Prince Dapo Opeaye and Family
11. Mr Emmanuel Kanu and Family
12. Family of Late Adelola Martins
13. Family of Late Chief D. A. Ogunyemi
14. Taiwo Olutayo Sowande and Family
15. Odunsi Bode-Thomas Family
16. Family of Late Mrs. Okwuraiwe
17. The Agbebi and Family
19. Family of Late Bob Okonedo
20. The Duggan and Family
21. Family of Late Obada
22. Mrs. G. Bolanle Adeniyi and Family
23. Late Pa Enitan Brown Family
24. Dr. Ebenezer Ebun Sonaiya and Family
25. Otunba Lekan Osifeso and Family
26. Sir and Lady Nzekwe Wilson,KSC
27. Mrs V.G. Onwuchekwa and Family
28. Mr. Solanke Ogunlana and Family
29. Family of Late Rego Martins
30. Mr. & Mrs. Clement Losa
31. Family of Late Mr. Abiodun Ejemai
32. Family of Late Dr. Alabo Ekine Amabibi

May the good LORD continue to enlarge the coast of our families.

FAMILY HARVEST 2023 (WK 7)

Sunday, 10th September, 2023

The following families will be called to the altar.

1. Sir & Mrs. Gbolahan Ayodele,CPA
2. Justice & Mrs. Rhodes-Vivour,SAN,CER
3. Family of Late Gibson-Roberts and Mrs. Dolapo Coker
4. Chief Felix Fagbohunbe,SAN and Family
6. Mr & Mrs. K.O. Ume Family
7. Dr. Michael Olusola Abiodun
8. Mrs. Ayoko Comfort Oyewunmi

9. Family of Prince I.C.O. Omogbehin,JP,PMA
10. Late Revd. Canon Lawrence Nwaka
11. Family of late Mr & Mrs. F.O. Meadows
12. Mr & Mrs. Fidelis C. Okonkwo
13. Family of Late Akinlolu Soyannwo
14. Prince & Dr. Mrs. Adeyimika Ademiluyi
15. Family of Late Engr. Adegboyega Martins
16. Family of Late Dr. Popoola Akinyanju
17. Mr. & Mrs. Steve Amihere
18. Mrs. V.N. Funmi and Family
19. Mr. Tunde Alaje and Family
20. The Ajeigbe and Family
21. Late Pa Solomon Adesina Williams
22. Late Dr. J. Akanni Doherty Family
23. Prince Famuagun and Family
24. Mr. Madu Nwizu and Family
25. Prof. Debo Adeyemi and Family
26. Mrs. Olasubomi A. Fashola and Family
27. Mr. Shegun Elliot and Family
28. Mrs P. Owowo and Family
29. Mrs. G.U. Udemba and Family
30. Oga J.H. Doherty and Family
31. Femi Ajana
33. Mr & Mrs. Benibo David-West
34. Family of Late Amb. Peter Afolabi

May the good LORD continue to enlarge the coast of our families.

FAMILY HARVEST 2023 (WK 8)

Sunday, 17th September, 2023

The following families will be called to the altar.

1. Family of Late Very Revd. T.A.J. Oluwole,CPA
2. Brig. Gen. Ayo Vaughan and Family
3. Col. Dr. Olushola & Mrs. Esther Osho
4. Mrs. Ayo Shodipo-Olabode and Family
5. Ojora Omolara Adeoti and Family
6. Mr. Ewemade Akenuwa and Family
7. Family of Late Sir John A. Balogun,CPA
8. Mr. & Mrs. E.C. Porbeni and Family
9. Family of Late Papa M.O. Imana
10. Onuoha Esther and Family
11. Emmanuel Olumide and Family
12. Mr. J.A. Spaine and Family

13. Mr. Obinna Okongwu and Family
14. Alero Browne and Family
15. Olorogun John Majekodunmi Browne and Family
16. Family of late Chief John Adollo
17. Mrs. Folashade Ashafa
18. Mr & Mrs. W.C. Onyekwere and Family
19. Alajuronye and Family
20. Dr. & Chief Mrs. Akinrele and Family
21. Ore Dawodu and Family
22. Family of Late Pa Ademola Thomas,CPA
23. Olatunji Moore,CPA
24. Family of Late Pa Emmanuel O. Ekisola
25. Daniel Adebayo Adekunbi and Family
26. Dr. Olabisi and Family
27. Family of Late Mr. Henry Omena,CPA
28. Engr. E. Thompson and Family
29. Family of Late Ogunro G.O,CPA
30. Arc. Niran Owowa and Family
31. Engr. G.A. Martins and Family
32. Sir Edward Abattam and Family
33. Eke-Opara and Family
34. Mrs. Loliya A. Shogbanmu
35. Family of Late Cdr C.A. Oniwo
36. Mr. Clement Nweke and Family
37. Mr. Tolu Pearce-Dawodu and Family
38. Family of late Akinlolu Soyannwo

May the good LORD continue to enlarge the coast of our families.

FAMILY HARVEST 2023 (WK 9)

Sunday, 24th September, 2023

The following families will be called to the altar.

1. Prof. G.O.A Sowemimo,CPA and Family
2. HRH Sir Ladapo Ademola Family
- 3 Chief Dr. E. Olaseinde Akinsete,CPA
4. Mr. & Dr. (Mrs) Adebajo
6. Mrs. Iyanda Fate and Family
7. Babajide Ladeinde and Family
8. Mr. Tunji Moore,CPA and Family
- 8 Mr. Olusegun Abidogun and Family
9. Mr. C.T. Olaomo,CPA and Family
10. Mr. Benson Oruasah and Family
11. Family of late Chief Gordon Edegware,CPA
12. Mr. Joseph Akpan and Family
13. Chief S.O. Olujuigbe and Family
14. Jessy Anyanele and Family
15. Mrs. Modupeoluwa Sowemimo-Coker and Family

16. Mr. & Mrs. Chukwudi Ume-Okwochi
17. Mrs. & Mrs. J.S. Spaine
18. Family of late Richard Gbadebo and late Mrs. Eunice Titilola Onafeko
19. Iyaniwura O. Adewunmi and Family
20. Family of late Mr. Fijabi Afilaka
21. Asiwaju Fola Osibo and Family
22. Chief Gbolade Osibodu and Family
23. Family of late Mrs. E.J. Peterside
24. Family of Late Mrs. Muriel Marion Yetunde Johnston
25. Family of late Mr. Victor Adebayo Wey
26. Family of Late Chief & Mrs. A.A. Bajulai
27. Taiwo Laolu and Family
28. Phillip Ikeazor and Family
29. Mr. Muiyiwa Onigbogi and Family
30. Adedayo Sojirin and Family
31. Mr. A.A. Sanyaolu and Family
32. Family of Late Engr. Teju Oyeleye
33. Family of Late Adetunji & Antonia Shogbamimu
34. Dr. Olusegun F. Oshin
35. Mrs. G. Bolanle Adeniyi and Family
36. Joseph Adeola and Family
37. Mr. Eyinnaya Akagha and Family
38. Family of Late Dr. Popoola Akinyele Akinyanju, Ph.D
39. Family of Late Mrs. S.O. Preston Holder
40. Fadaka Family
41. Princess V.E. Otunba-Payne

May the good LORD continue to enlarge the families.

SUNDAY 03/09/2023

**THIRTEENTH SUNDAY AFTER TRINITY
(Pentecost 13)**

Stewards on Duty: **Group C** Colour: **GREEN**

7.15 a.m HOLY COMMUNION (SAID)

Theme: "ASSURED FRUITFULNESS: IN CHRIST ALONE"

- John 15:5

Celebrant: **Canon Residentiary**

N.T. Reading: Philippians 4: 10-20 **Miss**

Tosin Lewis

Gospel: John 15: 4-8, 15-16 **Canon
Residentiary**

Address: **The Provost**

Prayers: **Mr. Michael Agbogidi**

Thanksgiving at the Altar

- Monthly Thanksgiving

- *August Birthday Thanksgiving*

9.00 a.m. *There will be a meeting of the Koinonia*

9.30 a.m. *Young People & Children's Harvest*

Theme: **"ASSURED FRUITFULNESS: IN CHRIST ALONE"**

- *John 15:5*

Cantor: **Revd. Olusegun Lufadeju**

Sermon: **Revd. Canon Goodluck**

Nwosu

O.T. Lesson: Genesis 26:1-6;12-14

- **Sunday School Children**

N.T. Lesson: John 15: 4-8,15-16 - **Sunday
School Children**

Prayer: **Revd. Olusegun Lufadeju**

Thanksgiving at the Altar

- *Monthly Thanksgiving*

- *August Birthday Thanksgiving*

4.00 p.m. **DIOCESAN HEALING AND CHARISMATIC SERVICE**

WELCOME

A warm welcome to this and every worship in this Cathedral. Whether you have come from far or near, may you find real joy and inspiration in this service. We are very happy to see you and hope that you will come again.

GENERAL NOTICES

1.(a) Heartiest Congratulations:

We congratulate our Bishop-Elect, the Ven Ifedola Senasu Gabriel Okupevi, on his Consecration as the Bishop for the See of Lagos today. We equally rejoice with Mama Lagos designate, Mrs Modupe Roseline Okupevi. We pray that peace and progress will attend their episcopal ministry amongst us.

- (b) **Enthronement of the Rt Revd Ifedola Senasu Gabriel Okupevi:** This all-important service will be held tomorrow, Monday 28th August 2023 here at the Cathedral at 10 a.m prompt. Let us come to honour our Diocesan. The dress code for the Cathedral remains any shade of colour Blue.

2. Family Harvest 2023

This is to notify all parishioners that the Family Harvest for 2023 will commence on Sunday the 16th of July 2023 and will run through to the 30th of October. Please find below the dates for the

August:	27th				
September	10th	17th	24th		
October	8th	15th	22nd	29th	

Kindly visit the membership office or desk provided by the membership office to verify the dates allotted to your family so as to enable you make changes to more suitable dates if need be or identify any omission of your family's name. Envelopes will be available from the 3rd of July. Family Harvest Sub-Committee members: - **Mrs. Esther Asubiaro-Adewuyi 08032985511, Miss Iyabo Aboaba-08033022587, Olatunji Jolayemi, Miss Oluwatoyin Henshaw, Miss Eyiyemi Meadows.** Please come forward and give thanks to the Almighty as one family. May the good Lord bless you.

3. The Cathedral Church of St. Stephen, Ondo:

All Sons and Daughters of Ondo State are invited to the The Lagos Zonal Harvest of 'The Cathedral Church of St. Stephen, Oke-Aluko, Ondo', on **Sunday, 3rd September, 2023 at 2.00 p.m. at Bola Memorial Anglican Church, Bank Anthony Way, Ikeja.** All concerned are to please attend.

4. Cathedral Dues:

The sustentation list from **January - June** is ready and placed at all the Church entrance doors. It also available on the Church website. Please check to ensure your name, duplex number and the amount contributed.

5. Home Call:

We announce the home call of **Sir Alexander Obunike Oyibo Orakwsi** on Sunday 23rd April, 2023 He was 84 years. *Funeral arrangements are as follows:*

Tuesday, 10th October, 2023 at 5.00 p.m. Christian Wake-keep at his residence.

Saturday, 14th October, 2023 - Funeral Service at his home town. May his gentle soul rest in perfect peace.

6. Mid-Week Fellowship and Love Feast:

Are you celebrating your birthday or any joyous occasion in your family or remembering a loved one? Think of sharing your joys with the less privileged, who can give you nothing in return, but are being led to Christ by us. Sponsor a Wednesday afternoon.

Cost is N100,000 per Wednesday. You can pay part of an afternoon's cost. See Omoba Ademola or the Parish Clerk during the week. Thank you and God bless.

7. (a) Fellowship Hour - Sunday 27/8/2023

Vacant after 7.15 a.m. and 9.15 a.m. Services

(b) Fellowship Hour Booking: August- October 2023

Sunday, 10/9/2023 - **Vacant** after 7.15 a.m. and 9.15 a.m. Services

Sunday, 24/9/2023 - **Vacant** after 7.15 a.m. and 9.15 a.m. Services

Sunday, 8/10/2023 - **Miss Akunna and Miss Christiana Akagha** for their Birthdays on October, 2023 after 7.15 a.m. and 9.15 a.m. Services

Sunday, 22/10/2023- **Mrs. Aronke Nylander** for her Birthday which comes up Friday, 20th October, 2023 after 7.15 a.m. and 9.15 a.m. Services

(b) Fellowship Hour - Parishioners who are not the main hosts of the Fellowship Hour but who wish to celebrate any events in their lives or who will like to simply contribute to the 'community spirit of the Cathedral are encouraged to do so by providing fruits, cakes, muffins, etc. Such parishioners should please contact Omoba Adegbola Ademola.

(c) Advance Bookings - Fellowship Hour 2023

The following dates are available for booking for **Fellowship Hour on the 2nd and 4th Sunday of 2023.** Please indicate your preferences on first come first served.

		7.15 a.m.	9.15 a.m
Sunday	12/11/2023	Booked	Booked
Sunday	26/11/2023	Vacant	Vacant
Sunday	10/12/2023	Vacant	Vacant
Sunday	24/12/2023	Booked	Booked



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WELFARE SUB-COMMITTEE

Parishioners should please inform either the Welfare Sub-Committee - Mrs. Ayo Shodipo-Olabode 0802 787 2516; Mr. Akin Martins - 0802 316 0305 or Mrs Mary Ojutlwon (Provost's Secretary) - Tel No. 08053322557 of any one that has not been present in the Church for some time (young or old) either due to illness or any other reason whatsoever and who needs to be given Communion at home.

SOCIAL WELFARE SERVICE UNIT (SWSU)

- ❖ *The SWSU Panel wishes through this medium, to appreciate all those who are helping the needy through the Unit (SWSU) in cash and kind. God Almighty will bless and enrich you more in Jesus name. Amen.*
- ❖ *In the course of the week, the Unit received anonymous donation of N3.6M transfer. May God bless the donor more abundantly.*
- (a) **Sponsorship:**
Our Social Welfare Service Unit is seeking sponsorship for the following. Part payments will be gratefully appreciated.
- 1. **Adereti Esther Oluwatimilehin (19 years)** needs the sum of N1,083,995 for her University Education. She got an admission into Lagos State University for 5 years at N216,799 per session.
- 2. **Mr. Jimoh Aleem** a secondary School student needs a sum of N900,000 for a 6 years level of education at N50,000 per term.
- 3. **Imafidon Aduragbemi Ajodamen (19 years)** needs the sum of N600,000 for her University Education. She got an admission into the Ambrose Ali University, Ekpoma, Edo State for 4 years at N150,000 per session.
- 4. **Miss Ayodele Abayomi Iyanuoluwa (19 years)** needs the sum of N600,000 for her University education. She got an admission into University of Ilorin, Kwara State to study Electrical/Electronic Engineering, a 5 years course at N120,000 per session.
- 5. **Miss Marvis Ramota Mustapha (26 years)** needs the sum of N720,000 for her education, she got an admission into University of Benin studying Law for 6 years at N120,000 per session.
- 6. **Miss Priscilla Olubanke Balogun (24 years)** needs the sum of N480,000 for her education. She got an admission into University of Lagos studying Psychology for 4 years at N120,000 per session.
- 7. **Mr. Ifeoluwa Maxwell Ajayi - visually impaired (36 years)** needs the sum of N360,000 for his education. He got an admission into University of Ilorin studying Counselling Education for 3 years at N120,000 per session.
- 8. **Master Daniel Elijah (10 years)** needs the sum of N900,000 for his Secondary School Education at N50,000 per term.
- 9. **Miss Ikuomola Oluwanifemi Blessing (13 years)** needs the sum of N900,000 for her Secondary School Education at N150,000 per term.
- (b) The members of the Social Welfare Service Unit would appreciate the donation of fairly used clothes, shoes for both young and old, and also food items like Rice, Gari, Beans, Provisions, etc.

PRAYER FOR THE YEAR

Eternal Father, the only God of wonders and possibilities, Your power is beyond compare, with You there is no impossibility, we acknowledge before You our feebleness; if Your power will not be our power we are doomed to failure: Grant, O Lord, that each day of our lives, this year and beyond, will be a reflection of Your wondrous power, level the mountains and break down gates of bronze before us to make possible every impossibility that lies ahead. We beseech You also to visit our land with Your unfailing help, cut through the bars of iron to deliver to us the treasures and riches stored in secret places, in Your mercy redeem and re-establish our Nation; and accomplish for Your Church what only You can accomplish to the praise and honour of Your one and only Son Jesus Christ our Lord and Redeemer. Amen

Theme for the year: "WITH GO ALL THINGS ARE POSSIBLE"

TEXT: MATTHEW 19:26

HYMN FOR THE YEAR

ALL THINGS ARE POSSIBLE TO HIM

1. All things are possible to him
That can in Jesus' name believe;
Lord, I no mote thy truth blaspheme,
Thy truth I lovingly receive;
I can, I do believe in thee;
All things are possible to me.
2. The most impossible of all
Is that I e'er from sin should cease;
Yet shall it be; I know it shall;
Jesus, look to thy faithfulness!
If nothing is too hard for thee,
All things are possible to me.
3. Though earth and Hell the word gainsay,
The word of God can never fail;
The Lamb shall take my sins away,
'Tis certain, though impossible;
The thing impossible shall be,
All things are possible to me.
4. When thou the work of faith hast wrought,
I here shall in thine image shine,
Nor sin in deed or word or thought;
Let men exclaim and fiends repine,
They cannot break the firm decree;
All things are possible to me.
5. Thy mouth, O Lord, to me hath sworn
That I shall serve thee without fear,
Shall find the pearl which others spurn,
Holy and pure and perfect here;
The servant as his Lord shall be;
All things are possible to me.
6. All things are possible to God,
To Christ, the power of God in man,
To me, when I am all renewed,
When I in Christ am formed again,
And witness, from all sin set free,
All things are possible to me.

ATTENDANCE FOR LAST WEEK
ELEVENTH SUNDAY AFTER TRINITY - 20/08/2023

7.15 a.m.	Holy Communion(Youtube 265/Facebook 370 views).....	145
9.15 a.m.	Children's Church/Sunday School.....	148
9.15 a.m.	Cathedral Youth Church.....	40
9.15 a.m.	Choral Mattins(Youtube 382/Facebook 432 views).....	210
11.15 a.m.	Sung Eucharist (Youtube 382/Facebook 432 views).....	160

<u>Week-Day Services - Saturday - Friday</u>			
	HC		HC
Saturday		Wednesday	
19/08/2023	15	23/08/2023	4
Monday		Thursday	
21/08/2023	19	24/08/2023	27
Tuesday		Friday	
22/08/2023	19	25/08/2023	27

COMING EVENTS (AUGUST 2023)

29/8/2023	- Diocesan Hour of Intercession
3/9/2023	- Cathedral Medical Society visit to the Less Privilege/Medical Outreach to Oluwole Foundation
8/9/2023	- Victory Night



SOUL FOOD 35/2023
RECEIVING GOD'S GUIDANCE FOR
POSSIBILITIES THROUGH
(vi) Common Sense

"All wisdom comes from the Lord, and so do common sense and understanding." Proverbs 2:6(CEV)

Common sense is the practical understanding of how things work and what actions are generally considered sensible or appropriate in life situations. It is derived from personal experiences, cultural norms, and widely accepted beliefs, and plays a role in providing practical guidance in everyday situations. Though not explicitly used in the Bible, Scripture contains several verses that encourage people to use wisdom and discernment in their daily lives. For instance, the Old Testament teaches that all aspects of human existence, including common sense derived from God who created human beings with the capacity for reason, intuition, and practical wisdom, which collectively contribute to what we commonly refer to as common sense. Proverbs 2:7-11 states that God grants a treasure of common sense to the honest and protects those who are faithful to him. The passage also emphasizes the importance of understanding what is right, just, and fair.

There are examples from the Bible that highlight the application of common sense, practical wisdom, and thoughtful decision-making in various contexts. These emphasize the importance of making rational and well-considered choices, as well as the value of using one's resources and abilities to achieve positive outcomes.

King Solomon is renowned for his wisdom and wise decision-making in the Old Testament. One of the most well-known examples of his wisdom comes from the story of two women who came to him with a baby, both claiming to be the child's mother in 1 Kings 3:16-28. Instead of making a hasty decision, King Solomon devised a clever test to determine the true mother. He proposed to cut the living baby in half and give each woman half of the baby. The woman who was not the true mother agreed to this proposal, while the real mother immediately offered to give up her claim to the baby if it meant saving its life. This selfless act of the true mother convinced King Solomon of her identity, as a genuine mother who would never allow harm to

come to her child. He then declared her the rightful mother and gave her custody of the baby. This showcases his ability to use common sense and insight to arrive at a just and fair decision, even in complex and emotionally charged situations.

In the New Testament, there are several instances where individuals demonstrate common sense or practical wisdom. In Acts 27:22-32, the apostle Paul demonstrates common sense and practical wisdom during a perilous sea voyage. This passage recounts a moment when Paul was on a ship that was caught in a violent storm. Paul advises the crew to stay on the ship rather than abandon it. He knows that the sailors, in their panic, are considering leaving the ship. Knowing that the sailors' knowledge and experience are crucial for their survival and to prevent the sailors from abandoning the ship prematurely, Paul instructed the centurion and soldiers to prevent their escape. In this way, he ensured that everyone on the ship landed safely.

Every day, we rely on our common sense to make wise decisions and conquer challenges. Common sense guides parents in making decisions for the well-being of their children and dependents. Making choices related to diet, exercise, sleep, and overall health requires common sense to prioritise well-being. For example, when two carriers of the sickle cell trait have children together, there is a chance that their child could inherit two copies of the mutated gene, resulting in sickle cell disease. In such cases, the child can experience serious health complications. Common sense dictates that individuals should consider this risk when planning a family to ensure the best possible health outcomes for their future children.

In social settings, common sense helps us understand appropriate behaviour, respond to social cues, and interact respectfully. Stealing or misappropriation of public funds is illegal in our society and can lead to legal consequences. Refraining from stealing in whatever guise, therefore, is a practical and ethical choice that aligns with common sense principles of fairness, respect, trust, and personal responsibility, that contribute to a healthier, more harmonious, and better-functioning society.

We need to note that the desire for instant gratification is the enemy of common sense. Many people have become ensnared in trouble and heartache because they rejected a wise path and sought instead immediate satisfaction. Nevertheless, wisdom and common sense should be continually pursued to experience the best God has for us. The book of Proverbs discusses the benefits of gaining wisdom and shows the folly of being a fool (Proverbs 13:16; 16:22; 26:11). Proverbs 3:13-14 says, "Blessed are those who find wisdom, those who gain understanding, for she is more profitable than silver and yields better returns than gold." Wisdom allows us to see life the way God does. When we seek God's perspective, we can make decisions based on their eternal significance rather than selfish interests. When we choose to make decisions based on wisdom alone, we are exercising common sense.

May God help us embrace the power of common sense to make the most of our resources and live our best lives.

Have a blessed week!

The one who serves among you,



Very Revd. Adebola Ojofeitimi, PhD

Provost

Prince 'Dapo Opeaye.....People's Warden
Mr. Adeyinka Shonekan.....Provost's Warden
Mr. Adejola Adeosun -Master of the Music and Organist
Revd. Henry Mooh - Confirmation Class/Children's Church
Revd. Olusegun Lufadeju - Youth/Missionary Society
Revd. Dr. Oluwaseun M. Adeyemi -Altar Servers/Readers Guilds
Revd Olawole Faloye -Correctional Centres Ministry/Elders' Fellowship

Revd. Canon Emmanuel Fadipe -SWSU and Care Ministry
Ven. Henry Adelegan -Harvest Sub-Committee/Cathedral Choir and Band
Very Revd. Dr. Adebola Ojofeitimi -Evangelism

Rt. Revd. James Olusola Odedeji, PhD
Supervising Bishop, Diocese of Lagos

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