

7.15 a.m. HOLY COMMUNION

Colour: GREEN

Theme: **JESUS CHRST: THE RESTORER**

(iii) Know His Way

Celebrant: The Provost

Stewards on Duty: Group D

1. **Opening Hymn:** A&MRW 366 (*Blaenwern*)
2. **Introductory Sentence:** *"Show me your ways, LORD, teach me your paths". Psalm 25: 4*
3. **The Preparation** (Page 170)
4. **Collect for Purity** (Page 171)
5. **Summary of the Law** (Page 172)
6. **Words of Comfort** (Page 175)
7. **Confession to Collect** (Pages 175-176)

8. **Collect:**
Eternal God, Whose Son Jesus Christ is for all mankind the Way, the Truth, and the Life: grant us to walk in His way, to rejoice in His truth, and to share His risen life; who is alive and reigns with You, and the Holy Spirit. One God, now and forever Amen.

10. **Epistle:** 2 Peter 2: 1-22 **The Clergy**
11. **Gradual Hymn:** A&MRW 809 (*St. James*)
12. **Gospel:** Matthew 5: 1-12 **The Provost**
13. **Address:** Revd. Dr. Oluwaseun Adeyemi
14. **Creed:** (Page 178)
15. **Intercession:**(Pages 183-184) **The Clergy**
16. **Offertory Sentence:** *"This is what the LORD says: "Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls." Jeremiah 6: 16(a)*
17. **Offertory Hymn:** A&MRW 632 (*Richmond*)
(Please drop all your envelopes)
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:** *"This is what the LORD says - your Redeemer, the Holy One of Israel: 'I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go.'" Isaiah 48:17*
22. **Hymns during Administration:**
 - (ii) A&MRW 428 (*Aberystwyth*)
 - (ii) A&MRW 437 (*Pastor Pastorum*)
 - (iii) A&MRW 449 (*Moseley*)
 - (iv) A&MRW 471 (*Offertorium*)
 - (v) A&MRW 665 (*Tune A&MRW 153 - Horsley*)
 - (vi) A&MRW 709 (*Aurelia*)
 - (vii) A&MRW 712 (*Living Lord*)
 - (viii) A&MRW 740 (*Wiltshire*)
23. **Post Communion Hymn:** A&MRW 648 (*Tune: MHB 693 - Dismissal*)
24. **Post Communion Sentence:** *Almighty God, help us whom You have nourished at Your table to turn away from those habits which harm our bodies and poison our minds and to choose Your way again, as revealed by Your Son that nothing may stop our total restoration through the same Jesus Christ our Lord. Amen*
25. **The Lord's Prayer to Thanksgiving Prayer** (Pages 195-196)
26. **Thanksgiving at the Altar**
28. **Notices:**
29. **Spiritual Tonic: Psalm 5:8**
30. **Benediction to Dismissal:** (Page 196)
31. **Withdrawal Hymn:** A&MRW 724 (*Buckland*)
At the Organ: Mr. 'Jola Adeosun

9.15 A.M. CHORAL MATTINS

Mothers' Union Rededication

Cantor: Ven. Henry Adelegan
Responses: Fela Sowande in A

Theme: **JESUS CHRIST: THE RESTORER**
(iii) **Know His Way**

1. Processional Hymn: A&MRW 357 (*Old Hundredth*)
2. Opening Sentence: "Show me your ways, LORD, teach me your paths". Psalm 25: 4
3. Call to Worship:
4. Confession and Absolution
5. Venite: CP 207 - R.P. Stewart in A
6. Psalm: 71: 1-22 (C.P 166 - Joseph Barnby in F Sharp)
7. 1st Lesson: Jeremiah 5: 1-13 - Mothers' Union
8. Benedictus: CP. 193 - James Turle in F
9. 2nd Lesson: 2 Peter 2: 1- 22 - Mothers' Union
10. Te Deum: CP 10, 11, 12 (Set 4)
11. Creed to 3rd Collect
12. Anthem: Emi O Gbe Oju Mu S'oke Wonni (Psalm 121)
T.K.E. Phillips
13. Hymn before Sermon: A&MRW 709 (*Aurelia*)
14. Sermon: Revd. Dr. Oluwaseun Adeyemi
15. Intercession: Ven. Henry Adelegan
16. Hymn for Offering: A&MRW 787 (Nottingham)
17. Thanksgiving at the Altar
- Mothers' Union
19. Notices:
20. **Spiritual Tonic: Psalm 5:8**
21. Conclusion to Benediction
22. Final Amen: Fela Sowande in A
23. Withdrawal Hymn: A&MRW 748 (*Wolvercote*)
At the Organ: Mr. 'Jola Adeosun
Choral Conductor: Mr. 'Jimi Olumuyiwa

9.15 A.M. CATHEDRAL YOUTH CHURCH

- Conductor:
1. Opening Hymn: A&MRW 357 (*Old Hundredth*)
 2. Call to Worship
 3. Praise and Worship
 4. Psalm: 96
 5. Bible Reading: 2 Peter 2: 1-22
 6. Special Number
 7. Message:
 8. Creed, Collects and Intecession/Creed to Prayers
 9. Sunday Offering: Choruses
 10. Notices
 11. Prayer and Benediction
 12. Closing Hymn: A&MRW 748 (*Wolvercote*)

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

TOPIC: FAITH IN GOD'S WORD

Worship Leader:

1. Choruses
2. Opening Hymn: from Pamphlet
3. Bible Reading: Matthew 8: 5-13
4. Creed to Prayers:
5. Hymn: from Pamphlet (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
76th Anniversary – Cathedral Missionary Society

Theme: **JESUS CHRIST: THE RESTORER**

(iii) Know His Way

Celebrant: Revd. Henry Mooh

Communion Setting: Berthold Tours in F

1. Hymn: A&MRW 359 (*Redland*)
2. Introit: **O Taste and See - Ralph Vaughan Williams**
3. Introductory Sentence: *"Show me your ways, LORD, teach me your paths". Psalm 25: 4*
4. The Preparation (Page 170)
5. Collect for Purity (Page 171)
6. Summary of the Law (Page 172)
7. Words of Comfort (Page 175)
8. Confession to Collect (Pages 175-176)
9. Collect:
Eternal God, Whose Son Jesus Christ is for all mankind the Way, the Truth, and the Life: grant us to walk in His way, to rejoice in His truth, and to share His risen life; who is alive and reigns with You, and the Holy Spirit. One God, now and forever Amen.
10. Epistle: 2 Peter 2: 1-22 - **Cathedral Missionary Society**
11. Gradual Hymn: A&MRW 809 (*St. James*)
12. Gospel: Matthew 5: 1-12 - **Revd. Henry Mooh**
13. Sermon: **Revd. Dr. Oluwaseun Adeyemi**
14. Creed: (Page 178)
15. Intercession: (Pages 183-184) **Cathedral Missionary Society**
16. Offertory Sentence: *"This is what the LORD says: 'Stand at the crossroads and look; ask for the ancient paths, ask where the good way is, and walk in it, and you will find rest for your souls.'" Jeremiah 6: 16(a)*
17. Offertory Hymn: A&MRW 689 (*Tune MHB 32 - Maryton*)
(Please drop all your envelopes)
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: *"This is what the LORD says - your Redeemer, the Holy One of Israel: 'I am the LORD your God, who teaches you what is best for you, who directs you in the way you should go.'" Isaiah 48:17*
22. Hymns during Administration:
 - (i) A&MRW 428 (*Aberystwyth*)
 - (ii) A&MRW 437 (*Pastor Pastorium*)
 - (iii) A&MRW 449 (*Moseley*)
 - (iv) A&MRW 471 (*Tune: A&MRW 506 - Aurelia*)
 - (v) A&MRW 665 (*Richmond*)
 - (vi) A&MRW 709 (*Tune: MHB 958 - Heber*)
 - (vii) A&MRW 712 (*Living Lord*)
23. Post Communion Hymn: A&MRW 778 (*Luther's Hymn*)
24. Post Communion Prayer: *Almighty God, help us whom You have nourished at Your table to turn away from those habits which harm our bodies and poison our minds and to choose Your way again, as revealed by Your Son that nothing may stop our total restoration through the same Jesus Christ our Lord. Amen.*
25. The Lord's Prayer to Thanksgiving Prayer (Pages 195-196)
26. Thanksgiving at the Altar:
- **Cathedral Missionary Society**
28. Notices:
29. **Spiritual Tonic: Psalm 5:8**
30. Benediction to Dismissal: (Page 196)
31. Final Amen: **Sevenfold Amen - Sir John Stainer**
32. Withdrawal Hymn: A&MRW 631 (*Duke Street*)

At the Organ: Mr. Jola Adeosun

Choral Conductor: Mr. Princewill Ubani

SUNDAY 28/01/2024

Day 28

Bible in a year: Exodus 7,8; Psalm 13,14

Points for Prayer:

- ❖ Mr. O.O. Obisesan, Ibadan Provincial Treasurer
Sir Dr. Gbolahan Folayan, Diocesan Treasurer
- ❖ **The Anglican Church of Southern Africa.**

❖ **BirthDay Intercession:**

Mrs. Helen Olufunmilayo Johnson, Master Adedamola Afolabi, Mr. Peter Omolaye Ibrahim, Miss Tolulope Otolorin, Master Daniel Folami, Mr. Babatunde Akinyanju, Mr. Joshua O. Olumuyiwa Jekiayinfa, Mr. Theodore Williams.

❖ **Memorial Intercession:**

- (i) Mr. Ibitayo Adelola Martins, 7 years' mind.
- (ii) Chief Aderonke Catherine Ademola, 16 years' mind.
- (iii) Mrs. Adetoun Lana, 69 years' mind.

❖ **Family Intercession:**

Families of Late Otunba (Dr.) Michael Olasubomi Balogun, CON, CPA, Late Engr. Layi Ajayi-Bembe, Mr. Gbolaga Ajayi, CPA, Dr. Owoyemi Ajayi, Mr. Taiwo Ajayi, Dr. Kehinde Ajayi, Mr. Rotimi Ajilo, Late Mr. Muyiwa Ajisafe, Mr. Muyiwa Ajose-Alatishe, Amb. Audrey Ajose, Mr. Kayode Sorinwa, Mrs. Caro George, Mr. Emmanuel Onimisi, Late Mr. Olukayode Sobayo Kuti, Ms. Anges Olayinka Jackson-Cole, Mr. Tolu Pearse-Dawodu.

❖ **Prayer for Businesses**

Oladele Fajemirokun Foundation, Ginger Baker Nigeria Enterprises Limited, Facility and Environmental Care Plus, Come On Naija, Breaking Barriers Support Initiative, Promaco Associates Ltd, Promaco Engineering Ltd, Billington Petroleum Ltd, Keystone College Lagos, Lenox Heights Ltd., Purple Scents Ltd, Flamestar Investment Company Ltd, Coconut Grove Apartments, PentAir Ltd, Lasaco Assurance Plc. Oluolu Industries Nigeria Limited, Yem Yom Ventures UK, Goodness and Mercy Enterprises, Neak B Ventures, Blue Cross Hospital, DF Group.

SUNDAY 28/01/2024 - MEETINGS

9.00 a.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

After 11.15 a.m.

Communion The **Statutory Meeting of the Standing Committee** will take place at the **Chapter House**.

ACTIVITIES FOR THE WEEK

MONDAY 29/01/2024

Colour: GREEN

Day 29

Bible in a year: Exodus 9, 10; Matthew 21

6.45 a.m.

Holy Communion

Celebrant: Revd. Canon Kunle Dina

Epistle: I John 3: 18.4.6

Gospel: John 11: 17-29

Points for Prayer

- ❖ *The Most Revd. Dr. Simeon Borokini, Bishop of Akure and Archbishop of Ondo Province.*
- ❖ *19th Wedding Anniversary of Revd. Canon Anene and Mrs. Ebele Chikodili.*
- ❖ *2nd Wedding Anniversary, The Revd. Adeniyi and Mrs. Oluwatosin Oyewole.*
- ❖ **The Bishop of the Diocese of Calabar, The Church of Nigeria (Anglican Communion)**

❖ **BirthDay Intercession:**

Mrs. Olamide Olufunke Coker-Karim, Mrs. Elizabeth Abah Oputa, Mr. Peter Adeolu Olaoluwa Olatunji, Mr. Kehinde O. Olumide Hollist, Mr. Akinola Williams, Wg.Cdr.(Dr.) O. Morgan(rtd), Miss Oluwakemi Omotayo Samuel, Miss Sandra Akunna Njoku, Mr. John Magnus, Miss Chizaram Nebeife, Master Oluwapelumi Daniel, Miss Oriretoritse Ebi-Omatsola, Miss Adeyimika Ebunoluwa Odunayo Adefolu, Mr. David Diekololuwa Ogunbayo, Miss Dara Kafopfunoluwa Ogunbayo.

❖ **Memorial Intercession:**

- (i) *Chief Dr. Isaac Adedayo Akinrele, 2 year's mind*
- (ii) *Mr. Godwin U.C. Njokubi, 14 years' mind.*
- (iii) *Pa Abel Tayo, 28 years' mind.*
- (iv) *Chief Adeniyi O. Sapara, 35 years' mind.*
- (v) *Mr. Abayomi Abiola Araba, 35 years' mind.*

4.00 p.m.

Women Bible Class / Visitation

TUESDAY – 30/01/2024

Colour: GREEN

Day 30

Bible in a year: Exodus 11,12; Matthew 22

6.45a.m.

Holy Communion

Celebrant: Revd. Henry Mooh

Epistle: I John 4: 7-21

Gospel: John 11: 30-40

Points for Prayer

- ❖ *Chief Olufemi Omosanya, Ondo Provincial Secretary.*
- ❖ *Engr. Gbenga Adebayo, Assistant Treasurer, Diocese of Lagos*
- ❖ **The Diocese of Calcutta, The Church of North India (United)**

❖ **BirthDay Intercession:**

Prince Emmanuel Adekunle Adesanya, Hon. Justice Olayinka Faji, Mrs. Serene Abara, Mr. Odotola Gbeminiyi Ogedengbe, Mrs. Comfort Imiavan, Mr. Mojolaoluwa Idowu Aofiyebi, Miss Damilola Wey, Mr. Babatunde Olaomo, Miss Oluwafeyikemi Abudu, Mr. Folusho Olu-Steven, Mr. Sunday Ndubuisi Ikehukwu, Mr. Adebayo O. Jayesimi, Master Temidare Olubi, Mr. Adeola Edwin.

❖ **Wedding Anniversary Intercession:**

Mr & Mrs. Supo Shasore, SAN, 31st Wedding Anniversary.

❖ **Memorial Intercession:**

- (i) *Amb. Joe Iyalla, 5 years' mind.*
- (ii) *Mr. Rotimi Adedotun Odugbesan, CPA, 13 years' mind.*
- (iii) *Mr. Anthony Olanrewaju Meadows, 25 years' mind.*

6.45 a.m.

Altar Call: Family of late Mr. Anthony Olanrewaju Meadows, 25 years' mind.

WEDNESDAY – 31/01/2024 **Colour: GREEN**

Day 31

Bible in a year; Exodus 13, 14; Matthew 23

6.45 a.m. Holy Communion

Celebrant: The Provost

Epistle: I John 5: 1-12

Gospel: John 11: 45-54

Points for Prayer

- ❖ Mr. Olufemi Ojo, Ondo Provincial Treasurer.
The Revd. Michael Barikuin Nwigani.
- ❖ Mrs. Olayemi Arinola Afesojaye
- ❖ Mr. Abiola Bankole Oladunjoye (A Staff of the Diocese of Lagos)
- ❖ **The Bishop of the Diocese of Caledonia, The Anglican Church of Canada.**

❖ **Birthdays Intercession:**

Mr. Olaseni Akinola Ramos, Mrs. Taiwo Oluseye Ojemuyiwa, Mrs. Kehinde Olugbeyikomi Aina, Master Akinfolahan Moses Adeyeye, Mrs. Frances Olufunmilayo Adekoya, Miss Misriel Omenai, Master Oluwademilade Bamiro, Miss Oluwatomisin Bamiro, Master Oluwadurotimi Bamiro, Mrs Modupe Iyindule Emmanuel, Miss Oluwakemi Ajado, Master Mofejesu Iranloye, Mrs. Damilola Wey-Masha.

❖ **Memorial Intercession:**

- (i) Mrs. Oluwaseyi Ajakaiye, 14 years mind.
- (ii) Mr. Henry Oluremilekun Willoughby, 25 years' mind.
- (iii) Arc. Oyebamijo Doherty, 27 years' mind.

5.00 p.m. Bible Study and Prayer Meeting

THURSDAY – 01/02/2024

Colour: GREEN

Day 32

Bible in a year: Exodus 15,16; Psalms 15,16

6.45 a.m. Holy Communion

Celebrant: Revd. Dr. Oluwaseun Adeyemi

Epistle: I John 5: 13-21

Gospel: John 11: 55-12.8

Points for Prayer

- ❖ Dr. Okezie Ipeazu, The Governor, and the People of Abia State.
- ❖ The Rt. Revd. Ifedola and Mrs. Modupe Okupevi
- ❖ The Revd. Stanley Uchechukwu Nwagboso(40)
- ❖ 32nd Wedding Anniversary of The Revd. Emmanuel and Mrs. Grace Ilori.
- ❖ **The Bishop of the Diocese of Calgary, The Anglican Church of Canada.**

❖ **Birthdays Intercession:**

Mr. Babajide Kolawole Fetuga, Mrs. Edna Oluseri Oyedele, Mrs. Gladys Abimbola Ogunlaja, Mr. Michael Bamidele Spaine, Mrs. Hannah Odiakosa, Mr. Joshua Bamidele Daramola, Master Emmanuel D. Israel-Cookey, Miss Chidinma Victoria Nwankwo, Mr. Kelechi Godfrey Nwankwo, Miss Ruby Sackey, Mr. Bolaji Okubajo.

❖ **Memorial Intercession:**

- (i) Barrister Olayinka Abimbola Doherty, 2 year's mind
- (ii) Chief Benjamin Iro Duru Ezeogu, 15 years' mind.
- (iii) Miss Omuti Authe, 21 years' mind.
- (iv) Mr. Patrick Mofunanya Mbanefo, 29 years' mind.
- (v) Mrs. Marian Olaniun Lamilisa, 55 years' mind.

5.00 p.m. Christian-Wake Keep for Mr. Matthew Imonikhe Iremiren

FRIDAY 02/02/2024

Colour: WHITE

Day 33

The Presentation of Christ in the Temple

Bible in a year: Exodus 17,18; Matthew 21

6.45 a.m. Celebrant: Canon Residentiary

Epistle: 2 Timothy 1: 1-8

Gospel: Mark 16: 14-20

Points for Prayer

- ❖ *His Excellency, Ahmadu Umaru Fintiri, The Governor, and the People of Adamawa State.
The Ven. Olusegun Olugboyega Oluyomi Ladeinde*
- ❖ **The Bishop of the Diocese of California, The Episcopal Church, USA.**
- ❖ **Birthday Intercession:**
Mr. Kanyinsola Kojo Sagoe, Mr. Ayodele Kofi Sagoe, Ven. Olusegun Olugboyega Ladeinde, Lady Philomena Adeke Balogun, Miss Eyitoritse Atake, Mrs. Dorothy Ata, Mr Michael Francis, Mrs. S.O.S. Busari, Ms. Folake Adunni Bucknor, Mrs. Uchenna Onumonu, Mrs. Abimbola Akinkugbe, Mr. Macpherson Iwu, Miss Elizabeth Okonkwo, Mrs. Taiwo Adetutu Alaka, Mr. Kehinde Adegbeniga Aderugbo, Master Oladimeji Mawuena Aluko.
- ❖ **Wedding Anniversary:**
Mr & Mrs. Omoniyi David Shoneye, 16th Wedding Anniversary
- ❖ **Memorial Intercession:**
 - (i) *Chief Daniel Adebayo Ogunyemi, 10 years' mind.*
 - (ii) *Mrs. Olufunmilayo Abeke Adewole (nee Omololu), 14 years' mind.*
 - (iii) *Barrister David Shola Okoro, 15 years' mind.*

11.00a.m. Funeral Service for Mr. Matthew Imonikhe Iremiren

5.00 p.m. Men's Bible Class

SATURDAY – 03/02/2024

Colour: GREEN

Day 34

Bible in a year: Exodus 19,20; Matthew 25

7.45a.m. Holy Communion

Celebrant: Revd. Olawole Faloye

Epistle: Hebrews 10: 26-31

Gospel: John 6: 16-27

Points for Prayer:

- ❖ *His Excellency, Umo Eno, Governor, and the People of Akwa-Ibom State.*
- ❖ *Mrs. Abayomi Ajose-Adeogun*
- ❖ *12th Wedding of Revd. Olasunkanmi and Mrs. Modupe Ajayi.*
- ❖ **The Bishop of the Diocese of Northern California, The Episcopal Church, USA.**
- ❖ **Birthday Intercession for:**
Mr. Daniel Lanre Sasegbon, Mr. Daniel Olatimilehin Spaine, Mrs. Louisa Dan Ockiya, Mr. Olutoye Phillips, Mr. Samson Omotayo Isola, Mr. Taiwo Soyannwo, Mr. Kehinde Soyannwo, Mrs Chigozie Ozioma Ingleby (nee Owowo), Mr. Folaranmi Odetoyinbo, Mr. Olaitan Oluwole, Dr. Mrs. Olasimbo Openiyi, Mrs. Tunde Coker, Mr. Olakunle Laguda, Miss Deborah Teminire Imana, Mrs. Tunde Coker Akinsete.
- ❖ **Wedding Anniversary Intercession:**
Mr & Mrs. Olajuwon Adesanya, 2nd Wedding Anniversary
- ❖ **Memorial Intercession:**
 - (i) *Dr. Adebayo Williams, 13 years' mind.*
 - (ii) *Mrs. Phebean Oshin, 13 years' mind.*
 - (iii) *Mrs. Beatrice Chukwudi Cole, 42 years' mind.*

Bible Study Outline

THEME: THE CHRISTIAN RACE

SUB-THEME: GENERAL CONCEPT OF RACE 3

TOPIC: Nature of Earthly Race 2 – Focus on Vain Glory

TEXT: Esther 3:1-15

AIMS:

- i. to study the concept of vain glory and
- ii. to discuss the banes of vain glory on our Christian race to eternal life.

INTRODUCTION

In earthly race, the invitation for medal presentation to winners is the height of such events. Yet, they, are all forgotten within short time especially after the demise of the winner; thereby making the short-term glorification a vanity. Vainglory is the sin or vice of someone that immoderately desires renown, prestige, or the praise and respect of others. The desire of these things is not necessarily sinful, but becomes so when it is immoderate and disordered. Haman was a man that always seeks self-glorification. This bad focus led him into evil competition with Mordecai.

STUDY GUIDES

1. In the context of our Bible passage today, explain 'vain glory'. See Est 3:2, 5. What was the end of Haman's glory? Est 7:10.
2. Can you mention a renowned sportsman or sportswoman in the 1970s, 1980s, or 1990s? How were their memories? Are they still celebrated? If they are still celebrated, how? And if not, why?
3. Mention some of the material vain-glory things that some of our contemporary Christians are celebrating in line with Eccl 2:4-11.
4. How can the Church be more focused on Christ's kingdom matters than on vain glory? Col 3:1-2; 1 John 2:15-17.

CONCLUSION: If all kinds of efforts and strictest discipline are invested to obtain medals for earthly races, but yet, they are perishable, corruptible and with vain satisfaction; Christians must run their race to eternal life with all diligence for the imperishable, incorruptible, and eternal glory.

THOUGHT: Earthly glory is temporary on earth; but heavenly glory is eternal.

MEMORY VERSE: Gal 5:26

"Let us not be desirous of vain glory, provoking one another, envying one another."

SPIRITUAL TONIC FOR THE WEEK

PSALM 5:8

"Lead me, Lord, in your righteousness because of my enemies— make your way straight before me."

Dear Lord, this week and beyond, I humbly ask for Your divine guidance and intervention in my life. In Your power, lead me on the right path. Please remove any obstacle in the way of my restoration, make Your way straight before me and grant me the strength to persevere in my journey towards complete restoration. I pray this and more other blessings upon my life and my household in the name of Jesus Christ, my Lord and Savior. Amen.



ANGLICANISM FAST FACTS

39 ARTICLES OF RELIGION

ARTICLE XIV & XV

14. Works of Supererogation

The concept of voluntary works besides, over and above God's commandments, which are sometime called works of supererogation, cannot be taught without arrogance and impiety. By them men do declare not only that they render to God their proper duty but that they actually do more than their duty. But Christ says: 'So you also, when you after done everything you were told to do, should say, "We are unprofitable servants."

15. Of Christ Alone Without Sin

Christ, who truly took our human nature, was made like us in every respect except that of sin. From this he was clearly free in both body and spirit. He came to be the Lamb without blemish who, by the sacrifice of himself once made, should take away the sins of the world. Sin, as St. John says, was not in him. But all the rest of us, even though baptized and born again in Christ, still offend in many ways. If we say we have no sin, we deceive ourselves and the truth is not in us.

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, BAMBOSE 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
		Zenith Bank	1013826528
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.

WOMEN'S CORNER

- 28/1/2024 - Mothers' Union Rededication
- 4/2/2024 - Young Women's Fellowship Rededication
- 5/2/2024 - Prayer Meeting - Prayer of Thanksgiving

Payment of Sacrifice

- Women's and Girls' Organisations

May God bless and prosper you as you give monthly towards Women's work in the Diocese. Thank you for giving to the Lord. Kindly make cheques payable to Womens' & Girls' Organisations, Diocese of Lagos.

THIS MONTH IN THE HISTORY OF THE CATHEDRAL - JANUARY

- By Church History Sub-Committee

1956

Jan. 28 Her Majesty, Queen Elizabeth II and Prince Phillip worshipped at the Cathedral.

1966

Jan. 4 Inauguration of Daily Morning Prayer at 6:30a.m.

1967

Jan. 29 Removal of valuable old records to the Lagos City Council Central Library, Odunlami Street, the site of the old Church erected in 1853. The removal took place on the 100th anniversary of the turning of the first Church on the Marina.

2003

Jan.19 Service of Proclamation of the new Ecclesiastical Provinces and the presentation of their Archbishops.

2005

Jan. 16 Visit of the Bishop of London Rt. Revd. and Rt. Hon. Richard Chartres to the Cathedral. He preached the Sermon at Martins.

2012

Jan. 22 Visit of 3 Choir boys to St. Paul's Cathedral, London for 2 weeks.

2019

Jan. Re-roofing of the Cathedral. The asbestos roofing sheets were replaced with Gerrad Classic roofing sheets.

NEEDS OF THE CATHEDRAL

Donations are vital to the Cathedral's future, and your gift will make a difference.

Kindly donate towards the purchase of any of the items listed below. Thank you.

- i. Risograph Printing Machine @ N6.5m
- ii. Toyota Coaster Bus @ N105m
- iii. Cisco 350X-24 MP Switch for CCTV cameras @ \$1500
- iv. Transformer and Tape Guide for the Lift car in the Cathedral House @ \$3000
- v. D-link Switch - DGS-1210-28P @ NGN230K
- vi. IP Camera @ NGN1,196,000
- viii. Two 5 Tons Standing Airconditioners @ N1,600,000 each
- xi. Two Television, model LG @ \$350
- x. Eight Television, model LG UQ7070 43" @ \$470
- xi. Three Canon EOS 90D DSLR Camera with 18-135mm lens @ \$1,500

OBAFUNKE AKINKUGBE GIFT SHOP IS NOW OPENED. VISIT THE SHOP FOR YOUR BRANDED GIFT ITEMS, COFFEE AND SNACKS. THE SHOP OPENS DAILY EXCEPT ON MONDAYS. THANK YOU.

SUNDAY 04/02/2024

SEXAGESIMA

Second Sunday Before Lent

Stewards on Duty: Group A Colour: GREEN

7.15 a.m. HOLY COMMUNION (SAID)

**Theme: JESUS CHRIST: THE RESTORER
(iv) Seek Him at all Cost**

Celebrant: **Revd. Henry Mooh**

N.T. Reading: **Philippians 3: 1-11 The Clergy**

Gospel: **Mark 2: 1-12 Revd. Henry Mooh**

Address: **The Provost**
Prayer: **The Clergy**
Thanksgiving at the Altar
- **Monthly Thanksgiving**
- **January Birthday Thanksgiving**

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

9.15 a.m. COMBINED CHORAL MATTINS AND SUNG EUCHARIST

-Young Women Fellowship Rededication
-40th Anniversary – Cathedral Ladies Friendly Society

Theme: **JESUS CHRIST: THE RESTORER**
(iv) Seek Him at all Cost

Cantor: Revd. Olawole Faloye
Celebrant: Ven. Henry Adelegan
Responses:
Communion Setting:

Sermon: **The Provost**
O.T.: 2 Kings **5**: 1-14
N.T.: Philippians **3**: 1-11
Gospel: Mark **2**: 1-12 - **The Provost**
Readers: **Cathedral Ladies Friendly Society**
Prayers: **Revd. Olawole Faloye**
Thanksgiving at the Altar
- **Monthly Thanksgiving**
- **January Birthday Thanksgiving**

after Combined

Service *There will be the General Monthly Meeting of the **Cathedral Ladies League** at the Lagos Anglican Diocesan Seminary.*

(ii) *The Executive Committee Meeting of the **Cathedral Ladies Armour Bearer** will take place 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

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) Congratulations:

We congratulate members of the **Cathedral Missionary Society** on the occasion of their 76th Anniversary. May God accept your thanksgiving and bless you with abundant grace to remain relevant in the business of soul winning till the end.

(b) Cathedral Missionary Society - Membership Drive:

Able bodied members (young and old) of the Cathedral are encouraged to join the Cathedral Missionary Society to boost their membership and to sustain the good works of the society in evangelisation of the unreached and the unchurched.

2. Young Women's Fellowship Rededication:

The Young Women's Fellowship will have their Re-dedication Service *on Sunday 4th, February, 2024 during the 9.15 a.m. service. Dress Code: White and Fuschia Pink.*

3. Community Hymn Singing:

You are invited to the January edition of our Community Hymn Singing this evening at 4.00 p.m. Host: Cathedral Ladies Friendly Society to mark their 40th Anniversary.

4. ChristianSing Foundation for Church Music is inviting the members and Parishioners of The Cathedral to her Annual Thanksgiving and Dedication ministrations at The Cathedral today by 5:30pm titled, Thankfulness and Praise.

Please join us as we raise our Ebenezer to the Lord for another year of glorious service in His Vineyard.

5. (a) 2024 Vestry Meeting and Election comes up Sunday, February 25, 2024. To vote at the Election, a voter must be a financial member of the Cathedral and must be on the sustentation list as having subscribed a minimum of **N5,000 in 2023.**

(b) The electoral subcommittee is calling on parishioners to kindly update their details, especially their email addresses at the membership office to ensure that these are up to date in preparation for our 2024 Vestry Elections.

6. Cathedral Dues:

The sustentation list from **January to December 2023** is ready and is placed at all the Church entrance doors. Please check to ensure your name, duplex number and the amount contributed.

7. 2024 Confirmation

Confirmation Preparatory Classes have commenced, it holds at 9.15 a.m. every Sunday, thereafter at the Ayo Rosiji Hall, Cathedral House. Candidates must be at least 13 years old. Interested candidates are to register with Revd. Henry Mooh.

8. Vacancies:

i) Position: Secretary/Typist

Qualifications:

- First degree or equivalent; additional qualifications as a Secretary or Office Administrator are a plus.
- Proven experience as a typist, secretary, or administrative assistant. - Fast typing skills with an emphasis on accuracy.
- Proficiency in MS Office, with expertise in Word, Corel, Excel and Page Maker - Ability to work independently and handle confidential information.

ii) Position: Accountant

Qualifications:

- Bachelor's degree in Accounting with ICAN certification.
- Proven experience in accounting or financial management.
- Proficiency in accounting software and Microsoft Office.
- Strong analytical and problem-solving skills.

How to Apply:

Please send your application addressed to The Provost of the Cathedral, including a resume, to provost@thecathedrallagos.org by 31st January 2024.

10. (a) Fellowship Hour - Sunday 28/01/2024

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

(b) Fellowship Hour Booking: February - March 2024

Sunday, 11/02/2024 - **Vacant** after 7.15 a.m. and 9.15 a.m. Services

Sunday, 25/02/2024 - **Vacant** after 7.15 a.m. and 9.15 a.m. Services

Sunday, 3/03/2024 - **Mrs. Adepeju Dinyo** for her 60th Birthday on the same day, 3rd March after 7.15a.m. Service.

Sunday, 10/03/2024 - **Mrs. Enitan Olubunmi Babaniji** for her 80th Birthday on 6th March, 2024 after 7.15 a.m. and 9.15 a.m. Services.

Sunday, 24/03/2024 - **Amb. (Mrs) Olufolajimi Modupe Akintola** for her birthday on 23rd March, 2024 after 7.15 a.m. and 9.15 a.m. Services

- (c) 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.

(d) Advance Bookings - Fellowship Hour 2023

The following dates are available for booking for *Fellowship Hour on the 2nd and 4th Sunday of 2024*. Please indicate your preferences on first come first served.

	7.15 a.m.	9.15 a.m.
Sundays 14&28/4/2024	Vacant	Vacant
Sundays 12&26/5/2024	Vacant	Vacant
Sunday 9 & 23/6/2024	Vacant	Vacant
Sundays 14&28/7/2024	Vacant	Vacant
Sundays 11&25/8/2024	Vacant	Vacant
Sundays 8&22/9/2024	Vacant	Vacant
Sunday 13&27/10/2024	Vacant	Vacant
Sunday 10/11/2024	Booked	Booked
Sunday 24/11/2024	Vacant	Vacant
Sunday 8/12/2023	Vacant	Vacant
Sunday 22/12/2024	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 Ojutiwon (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.*

(a) Sponsorship:

Our Social Welfare Service Unit is seeking sponsorship for the following. Part payments will be gratefully appreciated.

- 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.
- 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. **Master Daniel Elijah (10 years)** needs the sum of N900,000 for his Secondary School Education at N50,000 per term.
 4. **Miss Ikuomola Oluwanifemi Blessing (13 years)** needs the sum of N900,000 for her Secondary School Education at N50,000 per term.
 5. **Master Iremide Ejionome (3 years)** needs the sum of N1,308,000 for his hearing aid He is a cerebral palsy child.
 6. **Mrs. Bimbo Durosimi-Etti (50 years)** need the sum of N4,901,000 for a hip replacement surgery.
 7. **Mrs. Akinbode Felicia Titilayo (64 years)** and a widow who was diagnosed with Brain tumor, enlarged brain organ, blood clot and untreated hypertension seeks assistance for N2.5 million to undergo the surgery.
- (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.

Theme for the year: "FULL RESTORATION"

"I will restore to you the years that the swarming locust has eaten, the crawling locust, the consuming locust, and the chewing locust, My great army which I sent among you. You shall eat in plenty and be satisfied, and praise the name of the Lord your God, Who has dealt wondrously with you; and My people shall never be put to shame."

- Joel 2: 25-26

HYMN FOR THE YEAR

LEAVE GOD TO ORDER ALL THY WAYS

MHB 504 (Tune: Solid Rock/Sagina)

1. **Leave God to order all thy ways,
And hope in Him whate'er betide;
Thou'lt find Him in the evil days
Thy all-sufficient strength and guide;
Who trusts in God's unchanging love
Builds on the rock that naught can move.**
2. **Only thy restless heart keep still,
And wait in cheerful hope, content
To take whate'er His gracious will,**

**His all-discerning love, hath sent;
Nor doubt our inmost wants are known
To Him who chose us for His own.**

**3. Sing, pray, and swerve not from His ways,
But do thine own part faithfully;
Trust his rich promises of grace,
So shall they be fulfilled in thee;
God never yet forsook at need
The soul that trusted Him indeed.**

ATTENDANCE FOR LAST WEEK

THIRD SUNDAY OF EPIPHANY - 21/01/2024

7.15 a.m. Holy Communion (Youtube 335/Facebook 166 views)...220
9.15 a.m. Children's Church/Sunday School.....142
9.15 a.m. Choral Mattins (Youtube 272/Facebook 163 views).....360
11.00 a.m. Holy Communion (Said) (Youtube 272/Facebook 163 views).. 185

Week-Day Services - Saturday - Friday

	HC		HC
Saturday		Wednesday	
20/1/2024	18	24/1/2024	23
Monday		Thursday	
22/1/2024	12	25/1/2024	15
Tuesday		Friday	
23/1/2024	30	26/1/2024	18

COMING EVENTS (FEBRUARY 2024)

28/1/2024 - 76th Anniversary - Cathedral Missionary Society
4/2/2024 - Sunday School Rededication Service
4/2/2024 - 40th Anniversary - Cathedral Ladies Friendly Society



SOUL FOOD 04/2024
JESUS CHRIST: THE RESTORER
(iii) Know His Way

“I thought, “These are only the poor; they are foolish, for they do not know the way of the Lord, the requirements of their God. So, I will go to the leaders and speak to them; surely, they know the way of the Lord, the requirements of their God.” But with one accord, they, too, had broken off the yoke and torn off the bonds.” Jeremiah 5:4&5

Gaining information or knowledge about something is called “knowing,” while “knowledge” denotes familiarity with something due to experience or association. After discovering specific facts about Jesus Christ, the Restorer, such as His ability to make a significant difference and His willingness to offer help, endeavouring to understand Him and His way more is prudent. This knowledge helps us draw closer to Him and achieve our desired restoration.

The Way of the Lord is a recurring theme in Scripture, particularly the Old Testament. Knowing the Lord and His way is vital to experiencing God’s favour. God, through Moses, instructed the Israelites to keep God’s commandments by walking in His way. “You shall walk in all the way that the Lord your God has commanded you, that you may live, and that it may go well with you, and that you may live long in the land that you shall possess.” (Deuteronomy 5:33) Knowing the way of the Lord is an essential precursor to walking in it. It may be difficult for someone to walk in a way they do not know.

In Jeremiah 5, the prophet describes the condition of Jerusalem and Judah, highlighting the prevalent corruption and the failure of people to follow the way of the Lord. At first, the prophet believed that the poor and uneducated did not understand God’s ways, which could be excused because of their circumstances. However, as he continued to observe, he realised that even the wealthy and powerful, who should have known better, also failed to abide by God’s laws. Consequently, the Lord allowed the enemies to plunder them. In verse 6, the prophecy says: “Therefore, a lion from the forest will attack them, a wolf from the desert will ravage them, a leopard will lie in wait near their towns to tear to pieces any who venture out, for their rebellion is great and their backslidings many.” This prophecy underscores the painful and unpleasant outcome of denying or living obliviously to the way of the Lord.

The theme we are considering invites us to know the Lord's way. The Hebrew word "derekh" refers to a physical road, but it is often used as a metaphor for the ethical course of an individual's life. In the context of the theme, the "way of the Lord" refers to the life modelled by Jesus Christ, which is the path to the presence of God - the intimate presence of God which offers irreversible restoration.

Jesus' teachings in Matthew 5:1-12, known as the Beatitudes of the Sermon on the Mount, are seen as the way of the Lord in that they provide a moral and ethical framework that reflects the values of the Kingdom of Heaven. They emphasise the blessedness of those who discover and embrace His way. Jesus says: "Blessed are the poor in spirit, for they shall inherit the kingdom of heaven. Blessed are those who mourn, for they will be comforted. Blessed are the meek, for they shall inherit the earth. Blessed are those who hunger and thirst for righteousness, for they shall be filled. Blessed are the merciful, for they shall obtain mercy. Blessed are the pure in heart, for they shall see God. Blessed are the peacemakers, for they shall be called the sons of God. Blessed are those who are persecuted for righteousness sake, for theirs is the kingdom of heaven."

According to the Beatitudes, the way of the Lord consists in total deference to God for sustenance while recognising our spiritual poverty and our need for God. It also involves extending comfort to those who suffer loss and hardships with utmost humility and gentleness without arrogating anything to ourselves. It emphasises a deep desire for justice and moral righteousness, the importance of showing compassion to others and the value of resolving conflicts and fostering peace. It entails purity of heart, often associated with sincerity, integrity, and a singular focus on God, even when we face oppression and suffering for our moral choices and actions.

For Christians, understanding the Beatitudes is knowing the Lord's way. Even though they are intricate and challenging to abide by, they are also incredibly beautiful. They portray a way of life that goes beyond mere adherence to rules and laws, encompassing a set of standards, callings, and attitudes. This is what it truly means to live like Christ.

To lead a life that attracts full restoration, we must embrace the demanding realm of the Beatitudes. David would passionately cry to God: "Teach me your way, O Lord, and lead me on a level path because of my enemies" (Psalm 27:11). "Make me know your ways, O Lord; teach me your paths" (Psalm 25:4). This should be our utmost desire as we seek complete restoration this year. Like the Psalmist, we should pray daily to the Lord to teach us His way so we may not depart from it. He promised to guide us in Isaiah: "And your ears shall hear a word behind you, saying, "This is the way, walk in it," when you turn to the right or when you turn to the left." (Isaiah 30:21) We should take to heart the call of the reference verse to contemplate our understanding and adherence to God's ways.

Let us embrace the challenge to deepen our knowledge of God, not merely intellectually but in how we live out His commands each day. Moses said: "Now therefore, if I have found favour in your sight, please show me now your ways, that I may know you in order to find favour in your sight." (Exodus 33:13) Without understanding the Lord and His ways, the desired restoration may remain elusive. Proverbs 14:12 says, "There is a way that seems right to a man, but its end is the way to death." Only the way of the Lord leads to the fullness of life.

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 Mookh - Confirmation Class/Youth
- Revd. Dr. Oluwaseun M. Adeyemi -Altar Servers/Readers Guilds
- Revd Olawole FaloyeCorrectional Centres Ministry/Elders' Fellowship
- Revd. Canon Kunle DinaCare Ministry
- Revd. Canon Emmanuel Fadipe -SWSU
- Ven. Uchenna Ubadinobi..... Children's Church
- Ven. Henry Adelegan -Harvest Sub-Committee/Cathedral Choir and Band
- Very Revd. Dr. Adebola Ojofeitimi -.....Evangelism

The Rt Revd. Ifedola Senasu Gabriel Okupevi, B.A.(Hons), M.A
Diocesan Bishop of Lagos

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