

# PRESBYTERIAN CHURCH OF EAST AFRICA ST. ANDREWS CHURCH, NAIROBI



**2017 THEME: "LET US PRESS ON TO MATURITY" (Hebrews 6:1)**

**Parochial Ministers**

Rev. Peter Njoroge Kariuki  
 Rev. Cyrus Wachira Kimanyi  
 Rev. Elizabeth Wamere Kimani  
 Rev. Ananie Nduwamungu

**Associate Ministers:**

Rev. Phyllis Byrd-Ochilo  
 Rev. Prof. Peter Njoroge Kariuki  
 Rev. Prof. Gerishon Mwaura Kirika

**1<sup>st</sup> Sunday of Advent - 03/12/2017**

**The Seven I am Statements of Jesus**

1. I am the bread of Life (John 6:35)  
 Lesson: As bread sustains physically, Jesus will sustain us with the spiritual bread.
2. I am the light of the world (John 8:12)  
 Lesson: We don't have to live in darkness, hopelessness and bondage of sin. Following Jesus will bring the light of life that transforms.
3. I am the door (John 10:9)  
 Lesson: Christ is the only way to salvation, the only way to the heavenly Father.
4. I am the good Shepherd (John 10:11)  
 Lesson: As sheep trust and follow their shepherd, we too can follow and trust Jesus for safety, provision and restoration of our souls.
5. I am the resurrection and the Life (John 11:25-26)  
 Lesson: Even though we may die physically, we will live on spiritually in the Lord's presence in heaven if we trust Christ as Saviour and Lord.
6. I am the Way, the Truth and the Life (John 14:6)  
 Lesson: There are no multiple ways, no relative truth, for Jesus is the ONLY Way, the Truth and the Life.
7. I am the Vine (John 15:5)  
 Lesson: Do you want to learn how to be fruitful and victorious in life? Walk with me in today's sermon.

**From the Desk of the Parish Moderator**

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**MARRIAGE BANNES**

There is a purpose of the following marriages. If no valid objection is raised, the marriages will be solemnized on the dates, at the venues and times indicated below:

<u>Groom &amp; Bride</u>	<u>Church</u>	<u>Date &amp; Time/Venue</u>
1. Samwel Irungu Kimani Effie Wangui Mugeria	Deliverance PCEA St. Andrew's	09/12/2017 @ 10.00am PCEA St. Andrew's
2. William Ndungu Kahangi Ann Nyokabi Kibuthu	PCEA St. Andrew's PCEA St. Andrew's	09/12/2017 @ 12.00 noon PCEA St. Andrew's
3. George Kerre Amisi Anne Wanjiru	St. Michael's Langata PCEA St. Andrew's	16/12/2017 @ 12.00 noon PCEA St. Andrew's
4. Job Gathu Ngaruro Beth Wanjiru Mbugua	PCEA St. Andrew's PCEA Gathima	23/12/2017 @ 10.00am PCEA St. Andrew's

May God bless those who are about to begin their homes.

**HEALTH CORNER**

**Chronic Obstructive Pulmonary Disease (COPD)**

This is often confused with Asthma. It is very common but unrecognised. It is the 4<sup>th</sup> leading cause of death in the world.

While Asthma is a reversible airways disease, COPD gets worse with time. It damages the bronchial tubes and the lung substance making it progressively more difficult to breathe. It has no cure but it is treatable and preventable.

The risk factors for COPD include:

Smoking Tobacco  
 Indoor air pollution from burning wood and charcoal, etc., also known as biomass fuel (BMF).

Others include:

Second-hand smoke  
 Outdoor air pollution especially from burning rubbish, dusts and fumes from vehicles and industries.  
 Chronic Asthma

You can reduce your risk for COPD by:

Stopping smoking if you're a smoker.  
 Reducing indoor air pollution by using cleaner sources of fuel for cooking and heating such as gas and electricity, and, use of better improved jikos.

**From the Healing Ministry of Health Professionals**

## DISTRICTS

### Early morning Service – 8.30 – 10.00 am

Youth Joint Service

### Morning Service - 9.00am-10.30am:

Call to worship  
Psalm for the day: Psalm 1  
Praise in worship  
Prayers of adoration, confession, thanksgiving, supplication  
And the Lord's Prayer  
Hymn: CH3 32 "Immortal, invisible, God only wise"  
Moment for Children  
Welcome and intimations  
1<sup>st</sup> Bible Reading: Exodus 3:13-15  
2<sup>nd</sup> Bible Reading: John 15:1-8  
Hymn: CH3 130 "Lord, they word abideth"  
Sermon: "Living on Purpose"  
Tithes/Offerings & Prayer  
Hymn: CH3 475 "We have heard a joyful sound"  
Benediction  
**Recessional Hymn:** CH3 413

Elder Mrs. Margaret Thagichu

Praise Team

Rev. Prof. Gerishon Kirika  
Elder Mrs. Margaret Thagichu  
Wanjiru Maina  
Lydia Mwangi

Rev. Dr. Isaac Wanyoike

### Mid - Morning Service – 11.00 am – 12.30 pm

Call to worship  
Psalm for the day: Psalm 1  
Praise in worship  
Prayers of adoration, confession, thanksgiving, supplication  
and the Lord's Prayer  
Hymn: RS 426 "Tis so sweet to trust in Jesus"  
Moment for Children  
Welcome and intimations  
Leaders Dedication  
1<sup>st</sup> Bible Reading: John 15:1-8  
2<sup>nd</sup> Bible Reading: Hebrews 12:7-13  
Hymn: RS 429 "Work for the night is coming"  
Sermon: "Life Lessons from the Vine"  
Tithes/Offerings & Prayer  
Hymn: RS 388 "Sound the battle cry"  
Benediction

Elder Mrs. Margaret Thagichu

New Song

Rev. Peter Kariuki  
Elder Mrs. Margaret Thagichu  
Rev. Peter Kariuki  
James Chuchu  
Leah Thumbi

Rev. Peter Kariuki  
Youth Choir

9.00 am - Fishers Fellowship

Youth Joint Service

11.00 am - Youth Service

Youth Joint Service

11.00 am - French Service

Mr. Mawufe Komi

2.00 pm - Deaf Service

Mrs. Leah Marang'a

5.00 pm - Evening Service

Doris Ndirangu

### District 4

Fellowship and Christmas lunch **today 03/12/2017** at the home of Grace & Samuel N. Kiroo Muthithi Estate at 2.00 pm. Be punctual.

### Dist 22 Annual District Party:

This will be held **today, 03/12/2017** at Sunny Brook Gardens (87) at **13:00 hrs.**

### District 26:

Our last district fellowship this year will be hosted by Mr. & Mrs. Muriuki **today 03/12/2017**. The family has invited all members and their family to the fellowship to thank God for His faithfulness in their family. The fellowship starts with lunch at 1.45pm and it will be at Kileleshwa Church Grounds. All are welcome.

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## PARISH MEETINGS

### Statutory Kirk Session:

Will be meeting on **Tuesday 05/12/2017** at **5.30pm** in the Session room.

### Retirement Ceremony:

Rev. Ananie Nduwamungu has reached the mandatory age for retirement. The retirement ceremony will be held on **Sunday 17/12/2017** in the 11am service. Kindly keep him and family in prayer and bring a gift.

### All members:

Are invited to an end of year Lunch with fun and games on **Sunday, 17/12/2017** starting **1pm to 3.30pm** within the church grounds. Come and let us celebrate the Lord's goodness.

### Woman's Guild:

- Guild Singers – Meeting on **Tuesdays at 2pm.**
- High Tea on **06/12/2017 at 3.00pm.**

### Church School:

We humbly invite all the children to the Church School week events to be held from **tomorrow 4/12/2017 to Thursday 07/12/2017** from **8.00am to 1.00pm** except **Friday 8<sup>th</sup> December**. On **Saturday the children will have an outing**. Kindly register the children at our desk.

### Special Ladies Christian Fellowship:

Meeting **today 03/12/2017** at **7.30am**.

### Missions Committee:

Meeting on **Friday 08/12/2017** at **12.30pm** in the Boardroom. Kindly keep time.

### Teens Camp:

There will be a teens camp at the Mount Kenya Leisure Lodge on **11th -16th December 2017**. The theme is "STAND" (Colossians 1:23). The cost is Sh.13,500 payable to the church's accounts office or via Lipa na MPESA 572653. For more info please contact the Youth Director at 0723 339 006.

### Joint Youth Service:

There will be a joint youth service on **03/12/2017** from **9 am - 11:30 am**. This will be a youth leaders commissioning & Holy Communion service bringing together Fishers, 8.30 am and 11 am services.

### Pound for Pound:

All those who have been participating in the Pound For Pound and Aerobics program will undergo weighing today after the **9 O' clock** and **11 O' clock** services at the paved area.

### 2018 Diaries:

Pcea Diaries are available at the paved area at Ksh 150 each. kindly purchase and support the church.

## INTIMATIONS

We welcome our Visitors worshipping with us today. Kindly join us for tea at the cloisters after Service.

Elder on duty: Mr. Isaac Gathenya – 0722526765  
Health Professional on duty: Dr. Samuel Gathua- 0722513562  
Counselor on duty: Agnes Ndegwa - 0722383556

### Bereavement:

It is with humble acceptance of God's will that we announce the promotion to glory of Mzee Leonard Nthiga, father to Mr. Nthiga & Mrs. Josephine Nthiga of District 13 & 17. The family should hold one prayer meeting in Nairobi on Tuesday, 05/12/2017 at 5.30pm in the Old Church. The funeral shall take place on the 08/12/2017 in Njuri PCEA CHURCH, Magumoini Location, Chuka, Tharaka Nithi County.

### Parish Vision, Mission & 5 Ms Strategy:

**Vision:** A Parish that mirrors Jesus Christ in totality

**Mission:** To worship God and serve humanity in obedience to the Great Commission

**5 Ms Strategy:** We incorporate new **Members** into our fellowship, disciple them for spiritual **Maturity**, equip and mobilize them for **Ministry**, send them for **Missions** and **Magnify** God in worship. Kindly get involved.

### Church Membership:

Church membership is important to all church goers. Seek to join, transfer and regularize your Church membership with PCEA St Andrew's Parish by seeing any of the Parish Ministers, Elders and Evangelist to assist you complete this process. Registered Members gain participation in Holy Communion, receive Church Wedding, Baptism, Funeral and many other services readily. **For more details visit the info desk at the cloisters.**

### PCEA Kileleshwa Church:

The Lord has heard our prayers and we thank God that the new congregation at Kileleshwa/Lavington area is now a reality. The Church service started on **28<sup>th</sup> May 2017** at the "**Little Smiles Daycare**" on the Gatundu Road, Gatundu Close. The service starts at **10.00am**. Please let us continue praying for this young congregation and telling the people living on those areas and register as a member.

### Benevolence:

Did you know that the Holy Communion offering goes into the benevolence kitty that supports the needy? Kindly give cheerfully and generously. (**Proverbs 19:17**)

### Pound for Pound Program:

Those who had registered for the program will be having Aerobic Exercises every Wednesday from **6.00 pm to 7.00 pm** in Church Hall 1. Please come for life changing exercises that will enhance your productivity.

### Pastoral Care Contact:

For all your pastoral needs (intercession, thanksgiving, dedication etc) contact **Rev. Cyrus Wachira on 0714-742579**. As a faith community we are committed to standing with you in all seasons of life.

### St. Andrew's Kindergarten Admission:

Are you a parent with a child who has attained Kindergarten age? Do you need a school where there is holistic education? A Kindergarten whose children are accepted in the giant private and public primary schools around? Then PCEA St. Andrews Kindergarten is the place to be. Admission is ongoing for baby, nursery and pre-unit. Visit the parish office or call 0726735366

## Youth Choir & Orchestra:

The Youth Choir is now 1 year old and it is growing. We welcome all the young people who can sing and play instruments to join us. We meet on **Wednesdays** and **Fridays** for practice. Please call: 0721496537/0722218153. Instruments required are Cornets, Trumpets, Baritones, Horns, Trombones, Tuba, Clarinets, Violins, Viola, Flutes, Saxophones, Oboe, Bassoon.....

We thank the members who have donated 2 trumpets and a cornet. The instruments are found in Extreme Sounds, Credible Sounds and Assanads in Nairobi.

## Ablaze/Young Adults Ministry:

We welcome you to our forums **every Sunday at 10:30am** in The Prayer room Youth Hall for a good time of fellowship as we discuss great topics on spiritual, social, economic & professional enrichment. For more info contact Liz (Coordinator): 0727 825936.

## Daybreak:

Are you passionate in acting, dancing, spoken word or poetry? Daybreak needs you!! Contact Alex 0707535013 or Carol 0788884043. Serve God with your talent.

## Weekday Services:

Service	Day & Time	Venue
Morning Glory Prayers	Wednesdays 6.30am -7.30am	Church Hall 1
Midweek Prayer Service	Wednesday from 12.30-1.30pm	Main Sanctuary
Men Breakfast Prayer Fellowship	Thursdays 6.00am -7.00am	

All are welcome to come and experience God's favour as we pray together and stand in the gap for our families, church and country.

## Prayer Requests:

Kindly put your prayer requests in the offertory bag. The Pastoral Team will pray for them as they continue to stand in the gap for us.

## Morning Glory Prayers:

PCEA St. Andrew's Parish Worship Committee invites all members for morning glory prayers every Sunday from **7.00am - 8.00am** in the main sanctuary. The main focus is to commit all our Sunday worship services to God in prayer. **"Call to me and I will answer you and tell you great and unsearchable things you do not know"** (Jer. 33:3).

## Intercessory Prayers:

We have introduced intercessory prayers for all members to be held every **fourth Saturday** of the month from **8.00am**. All members are welcome.

## Midweek Prayer Service:

Do you want to learn more about the basics of Christian Life as well as engage in prayer? The midweek prayer service is the place to be. From **12.30pm – 1.30pm**. All prayer warriors are welcome.

## St. Andrew's Discipleship Ministry:

New converts classes are held every **Saturday from 8.30-10.30am** in the Crèche. Currently doing a series "Growing in Discipleship from Navigators. All those who got saved from 2014 – to-date and other interested people are welcome. **"Teaching them to obey everything that I have commanded you"**. (Matt 28:20). For more details contact numbers 0721701693 or 0720842610

## Discipleship Desk:

All those who get saved during the services and those who may need personalized prayers should visit the vestry after every service. A minister will be ready to pray with you.

## Counseling Ministry:

➤ St. Andrew's Church has a vibrant counseling ministry which has helped many church members, families, students; for many years. This ministry provides psychological health and wellbeing, achieved through sharing, bearing each other's burden (Galatians 6:2). Takes place on weekdays and Sundays. St. Andrew's is an accredited Counseling Agency by the Kenya Counseling and Psychological Association. Come one, come all. Telephone contact – Church office – 0707257000.

➤ **Pastoral Counselling Support:** Rev. Prof. Peter Kariuki has officially retired from International Leadership University. He is available for Pastoral Counselling on Tuesdays and Thursdays. His contact is 0720204896.

**Youth Bible Study:** Every Thursday at 5.30pm.

## Lipa Na M-pesa:

You can now pay for the use of church facilities using our LIPA NA MPESA NO.572653 or through swiping your visa card. You can also give your tithe and other donations through our Paybill No.903800 or by swiping your visa card.

## M-pesa Services:

Mpesa, Equity Bank Agency Services, Photocopying, Printing, Binding, Biblical films, Christian Books and Bible Stories on DVDs, VCDs, available in the Biz Centre, **Youth Hall, Room NHLG-13, next to the Old Church**. Open during the week and Sunday Mornings".

## Security Notice:

Search of vehicles at the main entrance gate continues.

- Exit from the church compound on Sundays is via Nyerere Road.
- The lower parking area is marked, kindly park within parking slot and let's be our brother's keeper and care for the next car
- Avoid crowding in the Paved Area or Parking Grounds after service.
- Please members take care of your bags especially ladies, do not leave them unattended. Kindly always be conscious who is on your side and behind and in case of a suspicious person, report to security. Let's adopt the Nyumba Kumi initiative.
- In case of any emergency run out of the compound. Do not drive.
- Do not leave valuables unattended and report loss/missing property to security immediately.

## The Social Responsibility Committee

Will be rolling out its Empowerment Training Program in January 2018. The program seeks to train needy members of our church and the community with skills to enable them earn a living. We invite needy members of the church to register with the church office by 05/12/2017. Appeal for donations of dry food, clothes/shoes (for men) to assist the needy cases in Social Office and also for Christmas season.