

PRESBYTERIAN CHURCH OF EAST AFRICA ST. ANDREWS CHURCH, NAIROBI



2018 THEME: “BEAR FRUIT – FRUIT THAT WILL LAST” (John 15:16))

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

1st Sunday of Epiphany - 07/01/2018

COVENANT RENEWAL SUNDAY

2018 – The Year of Fruitfulness

“You did not choose me, but I chose you and appointed you to go and bear fruit – Fruit that will last” (John 15:16)

Happy New Year.

We thank the Lord for blessing us with a new year, 2018 the year of fruitfulness.

Last year the Lord gave us a theme challenging us to “Press on to Maturity” (Heb.6:1). God desired that we attain to the whole measure of the fullness of Christ.

Mature Christians have the following characteristics.

1. They are secure in their relationship with God
2. They recognize the authority and lordship of Jesus Christ in their lives
3. They have victory over sin in their lives
4. They understand Scripture and apply it effectively in their lives
5. They have an effective prayer life
6. They are obedient in service to the Lord
7. They share their faith with others
8. The Fruit of the Spirit is seen in their lives

The last characteristic is our theme for 2018. After spiritual maturity the Lord expects results. We need to bear much fruit so that people will know that we are God's disciples and our fruit should last (John 15:16).

Have a fruitful year.

From the Desk of the Parish Moderator

P.O. Box 41282-00100 GPO NBI KENYA
Mob: 0707257000; 0733400023
Instagram: @pceastandrewschurch
Website: www.pceastandrews.org

Email: info@pceastandrews.org
Twitter: @pceastandrews2

www.facebook.com/pceastandrews

HEALTH CORNER

Medical Effects of January Blues and how to avoid them.

January can be a very difficult month because it follows December festive season when people spend their hard earned cash with abandon. It is also the month which begins with negative Bank balances because of over expenditure in December. School going children are also joining new classes. Those who completed Primary and Secondary schools are hoping to progress to higher levels of their academic life. Those who have exited Tertiary colleges and universities start looking for jobs. All these factors can cause severe mental stress with medical effects of monumental proportions. For those with already existing mental health issues, January can tip them to depression and suicidal tendencies.

Tips to beating January Blues

1. **Try something new:** It's easy to feel stuck in a rut, but dwelling on things is a waste of your energy. Don't try to fix everything at once – instead focus on changing one thing to boost your mood.
2. **Get physical:** Start exercising to boost your mood. Exercise reduces the need for anti-depressant drugs. Try going for a brisk walk or decide to avoid taking a lift.
3. **Contact a friend or relative:** Arrange a get-together with someone you have not talked to for a while. Thinking of someone else is a good way of getting off your troubles.
4. **Think Positively about your self:** Dwelling on past failures will not help. Forget what is past and set your mind on your Goals trusting God to see you through.
5. **Be aware of signs of trouble:** these are excessive alcohol consumption or drug abuse, signs of isolating yourself from the rest, losing interest in everything, difficulty sleeping, disturbed appetite, being anxious or angry. Seek professional help.
6. **Covenant Renewal with God:** Renewing your covenant with God will deepen your sense of worth. It strengthens the bond of love, feeling loved and general sense of a God who cares and is concerned about all aspects of your life.

From the Healing Ministry of Health Professionals

DISTRICTS

Early morning Service – 8.30 – 10.00 am Holy Communion

Rev. Prof. Peter Kariuki
Rev. Elizabeth Kimani

Morning Service - 9.00am-10.30am:

Call to worship
Psalm for the day: Psalm 111:1-10
Praise in worship
Prayers of adoration, confession, thanksgiving, supplication
and the Lord's Prayer
Hymn: He leadeth me
Moment for Children
Welcome and intimations
Youth Choir
1st Bible Reading: Genesis 15:6-21
2nd Bible Reading: 1 Peter 2:4-10
Hymn: RS 171 Have you been to Jesus
Sermon: Covenant Renewal
Covenant Renewal Prayer
Tithes/Offerings & Prayer
Hymn: RS 671 I am so glad that our Father in heaven
Benediction
Holy Communion

Elder Dr. Daniel Ichang'i

New Song

Rev. Prof. G. M. Kirika
Elder Mrs. Margaret Thagichu

Elder Edith Chege
Elder Seraphine Rugu

Rev. Peter N. Kariuki
Rev. Peter N. Kariuki
Alex & Caleb

Rev. Prof. G. M. Kirika

Mid Morning Service -11.00am - 12.30pm

Call to Worship
Psalm for the Day: Psalm 111:1-10
Praise in Worship
Prayers of Adoration, Confession, Thanksgiving,
Intercession & the Lord's Prayer
Hymn: CH3 47 New every morning is the love
Moment for Children
Welcome Visitors & Intimations
1st Bible Reading: Genesis 15:6-21
2nd Bible Reading: 1 Peter 2:4-10
Hymn: CH3 434 O Jesus, I have promised
Sermon: Covenant Renewal
Covenant Renewal Prayer
Tithes/Offerings & Prayer
Hymn: CH3 615 Heavenly Father, thou has brought us
Benediction
Holy Communion

Elder Dr. Daniel Ichang'i

Praise Team

Elder Mrs. Margaret Thagichu
Elder Patterson Kamaara
Elder Dr. Stephen Njogu

Rev. Peter N. Kariuki
Rev. Peter N. Kariuki

Rev. Prof. G. M. Kirika

9.00 am - Fishers Fellowship

Kariuki Apollo

11.00 am - Youth Service - H/C

Rev. Prof. Peter Kariuki

11.00 am - French Service

Rev. Dr. Andre N.

2.00 pm - Deaf Service –

5.00 pm - Evening Service -

Mwaniki Albert

District 4:

Monthly fellowship on 14/1/2018 at the home of Mr. George & Elder Margaret Thagichu, Muthithi Gardens Estate
Starting 3pm.

District 7 & 11:

Our fellowship this month will be on 14/01/2018 at Elder & Mrs. Gathenya's home in Buruburu.

District 10:

Our monthly fellowship will be on 13/01/2018 at NHLG12 at exactly 5.30pm. Kindly keep time and may God bless you
as you purpose to attend.

District 15:

Fellowship in the home of Dr. & Prof. Njui on Friday 12/01/2018.

District 21 & 23:

Happy New Year. The Hawa Children Home visit together with District 22 is scheduled on **Sunday 28.1.2018**. Other
details to be communicated. Please pay your contribution to the district Treasurer or the church accounts office. Lets
all pray and participate.

District 26:

Happy new year! Our first district fellowship this year to plan our activities for the year will be held on **Sunday
14/01/ 2018** at Elder Mary's Home at 3pm. Please Pray and purpose to attend.

PARISH MEETINGS

Statutory Kirk Session:

Meeting will be held on **Tuesday 09/01/2018** in Session Room starting at **5.30pm**

Single Christian Parents Ministry

Members kindly note and diarize to attend the Monthly Fellowship on **Sunday 21/01/2018** at **1pm** in room NHLG12. All single parents are welcome.

Special Ladies Fellowship:

Meeting **today 07/01/2018** at **7.30am**.

Couple's Retreat:

The school of marital wisdom has planned for a one night couple's retreat on **17/02/2018**. Venue will be at Sweet Lake Hotel in Naivasha. Further details to follow.

Health Professionals & Students:

Meeting **today 07/01/2018** after the **9am** service at the Guild Cafeteria.

Deacons and leader's Training:

All those deacons s and group leaders who missed the training that was held in November, will be trained on **Saturday 13/01/18** time **9am** to **12mid** day dedication on **Sunday 14/1/18** during the **11am** service in Main Sanctuary.

SRC:

The Social Responsibility Committee January monthly meeting will take place on **Wednesday 10/01/2018** at **12.30pm** at the boardroom. Members of the congregation willing to join and serve in the committee are welcome.

Transition Team 2018:

This is a program for all 2017 form four and British systems graduates whose purpose is to equip the ex-candidates with spiritual nourishment, life skills, exposure to community service, career mentorship and accountability group with peers. It begins on **Wednesday 10/01/2017** and happening every other Wednesday from **2pm-5pm**. For more info/registration contact Dorothy at 0721 721 274 or Henry at 0721 701 693.

Youth Valentine Dinner:

There will be a youth valentine dinner for all singles (the unmarried) on **09/01/2018**. The theme is "Love is not the air." (Mat 6:21). The cost is **Sh.1,200** per person. For more info contact the youth director at 0723 339 006.

Crossroads 2018:

Crossroads classes begins today **07/01/2018** in the Youth office. Starting from **9am** to **10:30am** every Sunday. For more information contact Emmanuel: 0725 633757

INTIMATIONS

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

Elder on duty: Eng. Ikundo Muhoro – 0722832194

Health Professional on duty: Dr. Samuel Gathua- 0722513562

Counselor on duty: Agnes Ndegwa - 0722383556

Children's Ministry:

We sincerely thank all parents for their great support in both Church School and Boys & Girls Brigade. Your immense commitment in availing the children in all events has been awesome and very motivating. We pray that during the vacation the children will continue practicing that which they have learnt. May God richly bless you. Merry Christmas and Prosperous New Year. We reopen on **21st January 2018**. We welcome you all to the Dedication of the children's Ministry Fraternity the same day in all services.

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 **28th May 2017** at the "**Little Smiles Daycare**" on the Gatundu Road, Gatundu Close. **Youth Service – 8.30am-9.45am** **7 Main Service 10.00am -12.00 noon**. Please let us continue praying for this young congregation and telling the people living on those areas and register as a member.

➤ They are currently in need of a plot to construct a Sanctuary. Anyone with a piece of land around there and willing to donate can visit the office of the moderator.

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, Baritone, 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 Carol (Coordinator): 0786378330

Are you passionate in acting, dancing, spoken word or poetry? Daybreak needs you!! 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 though swiping your visa card. You can also give your tithes 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.
- 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 Media Ministry is looking for young and energetic persons to join and serve the Lord in their respective sector: Sound, social media, projections, photography & videography. For more information visit the control room after service or contact Michelle-0737335225