

# 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

## Associate Ministers:

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

## 4<sup>th</sup> Sunday of Epiphany - 28/01/2018 WORSHIP EXPERIENCE SUNDAY

### The Benefits of Corporate Worship

So, why should Christians attend church? First of all, attendance at corporate gatherings is a biblical mandate. Hebrews 10:24-25 tells us not to give up meeting together. It's significant that the recipients of this letter were under the threat of persecution. Public church attendance could open them up to abuse. The command indicates that the benefits of attendance outweigh any possible threat.

The Christian life was never meant to be solitary. All of the biblical metaphors for a church indicate a plurality, never a singularity: we are a body, a flock, a building, and a holy nation. There are no “lone wolves” in biblical Christianity.

A second reason for church attendance is the array of spiritual blessings it bestows. Negatively speaking, church attendance helps prevent backsliding and apostasy. Without regular participation in corporate worship, one tends to drift spiritually. Positively, church attendance promotes fellowship and encouragement. In the book of Acts, we're told that those who came to faith in the early days “continued steadfastly in . . . fellowship” (2:42). The Hebrews passage mentioned above reveals that one of the purposes of gathering together is to “encourage one another.” We all need encouragement. Corporate worship provides that for us.

Another reason for corporate worship is the public statement it makes. If we're regular church attendees, we publicly demonstrate our obedience to the command to love God. To say we love Christ yet neglect His body is hypocritical. Regular church attendance also shows support for the work of God in the world—that we are for Jesus rather than against Him (Matthew 12:30).

Furthermore, worshipping with others conveys benefits that are unavailable to us individually. When we attend corporate worship, we hear the public preaching of the Word of God. Substituting a media ministry (radio or television) not only removes the immediacy of public preaching, but also fosters disloyalty to the church and a sense of isolation, effectively privatizing Christianity. Church attendance also enables us to partake of the Lord's Supper, the public proclamation of the body and blood of the Lord Jesus (1 Corinthians 11:26).

Finally, regular gatherings with the people of God demonstrate that we have eternal life. John tells us that we know that we've passed from death to life because we love our brothers and sisters in Christ (1 John 3:14). Gathering together for teaching, worship and mutual edification is an indication of our love for the redeemed and is a sign of our salvation to eternal life.

From the Desk of the Parish Moderator

### HEALTH CORNER

#### Common Birth Defects

The prayer and hope of every parent is that their unborn child will be beautiful and normal externally and internally. Occasionally a child is born with a defect which is visible and others are internal and not overtly visible. The prevalence of birth defects is about 3% in the population.

1. **Congenital (born with) heart defects:** Occurs in 1 out of 110 births. Some are mild and others a serious and require urgent attention. These heart defects cause a variety of symptoms Rapid heartbeats, breathing difficulties, feeding difficulties and bluish skin coloration.
2. **Club Foot:** Anatomical defect of the foot and ankle joint. Occurs in 1 out of 1,000 births and affects boys twice as often as girls.
3. **Cleft Lip and Palate:** Anatomical defect of the upper lip or the roof of the mouth. Occurs 1 in 700 births and manifests in a variety of ways. Surgical correction is all what is needed.
4. **Spina Bifida;** Inadequate closure of the Spine during the development of Neural tube in embryonic stage of development. Occurs 1 in 2,000 births.
5. **Missing or poorly developed limbs or extra digits.** The cause is unknown.
6. **Sickle cell disease;** abnormal Haemoglobin which cause a variety of problems in the child. More common among People of African descent and Hispanics.
7. **Down's syndrome:** A genetic defect that causes a child to be born with certain facial features and a certain degree of mental retardation. 50% of children with this defect also have hearing and visual impairments.

From the Healing Ministry of Health Professionals

## Services - 8.00am & 11.00am

Prelude: **Joint Praise Group**

Call to Worship: **(8.00am) - Kariuki Apollo**  
**(11.00am) - Kariuki Apollo**

Psalm for the day: Psalm 1:1-6

Praise in Worship- African Praise: **(8.00am) Isaac, Steve & JPG**  
**(11.00am) Isaac, Steve & JPG**

Intercessory Prayers & the Lord's Prayer: **(8.00am) - Rev. Elizabeth Kimani**  
**(11.00am) - Rev. Peter Kariuki**

Hymn: Twende kwa Yesu

Presentation: **(8.00AM) 1000 + Voices**  
**(11.00am): 1000 + Voices**

Moment for children: **(8.00am) - Rev. Prof. Gerishon Kirika**  
**(11.00am) - Rev. Prof Peter Kariuki**

Welcome visitors & Intimations: **Elder Mrs. Margaret Thagichu**

African Praise: **(8.00am) Isaac, Steve & JPG**  
**(11.00am) Isaac, Steve & JPG**

Bible Reading: **(8.00am):** Exodus 14:21-15:5 **Ivy Nyaguthii**  
2 John 15:1-4 **Marete Njoka** **(11.00am):** **Afiwa Alahare**  
**Rhose Wairimu**

Hymn: Neno lako Bwana

Sermon: **Music, a Vehicle of Abiding** **Rev. Munengi Mulandi**

Tithes/Offerings & Prayer: **(8.00am): Youth Choir**  
**(11.00am): Church Choir**

Kigoco: **(8.00am): Isaac, Steve & JPG**  
**(11.00am): Isaac, Steve & JPG**

Benediction & Recession: **Ministers**

Kigoco: **(8.00am): Isaac, Steve & JPG**  
**(11.00am): Isaac, Steve & JPG**

## DISTRICTS

### District 3 & 6:

Monthly fellowship will be held at the church (Lecture Room 3) **today 28/1/2018 at 3.30pm**. New members who reside at Old Muthaiga, Parklands, Sprig Valley, Kyuna and Loresho are welcome. They will have a good chance to meet with the District Elders, i.e. Elder Patterson Kamaara and Elder Mrs. Rebecca Miano who will be delighted to have them registered.

### District 5:

Praise be to God, New Year and Thanks giving fellowship will be held at the residence of Mr. & Elder (Mrs.) Gitachu in Kasarani **today 28/01/2018**. Members to assemble at Seasons bus stop at 1.30pm. Our guest will be Rev. Cyrus Wachira. All are invited. Contact 0714037053 or 0723543719.

### District 12 & 14:

Weekly fellowship on **Friday 02/02/2018 at 6.00pm** at the home of Mrs. Nancy Kiguthara, house No.999, Plainsview Estate, South B.

### District 15:

Fellowship on **Friday 02/02/2018** in the home of Mrs. Grace Ndirangu.

### District 16:

Monthly fellowship to be held **today 28/01/2018** after **11am** service in the home of Elder & Mrs. Munene Waruhiu's, Edenville Kiambu Road. We shall travel by common transport.

### District 13 & 17:

Our district fellowship shall be held at Dr. & Mrs. Maimba's home **today 28/01/2018** at 2.00pm. We shall also finalize on the district's 2018 program at this fellowship.

All are welcome. Common transport shall depart from Church right after the **11.00am service**. God bless you as you pray and plan to attend.

### District 18 & 19:

Monthly fellowship at Elder Kaminja's home **today 28/01/2018** with Rev. Elizabeth giving the word. Annual District planning of 2018 to be done.

### District 20:

Monthly fellowship on **Sunday 04/02/2018** hosted by Lucy Njihia and Njihia Karanja at their home in King'ara Court House No.13 along King'ara Road, Lavinton from **1.30pm**. Our Parish Moderator, Rev. Peter Kariuki will share the word. Kindly pray and purpose to attend.

### District 21 & 23:

The Hawa Children Home visit together with District 22 is scheduled **today 28.01.2018**. Please pay your contribution to the district treasurer or the church accounts office.

### District 26:

The district fellowship will be hosted by Mr. Paul & Mrs. Elizabeth Ngatia **today 28/01/2018** at their home off Kandara Rd at 3pm, on Gichugu Rd immediately after the Kileshwa Police Station, first right turn to Kandara Rd about 50 meters turn right to the first black court gate, you will be directed from there to the home.

### District 28:

Fellowship will be **today 28/01/2018** in Kahawa Sukari at the home of Dr. Leah Kirumbi 0724568347 at **2.30pm**. The meeting will also be used to plan our activities for the year 2018

## PARISH MEETINGS

### Board of Management:

Meeting will be held on **Tuesday 30/01/2018** in the Session Room starting at **5.30pm**

### Woman's Guild:

- Guild Singers: Meets every Tuesday from **2.00pm** for practice.
- Committee meeting on **31/01/2018** at **3.00pm**.
- Coordinators meeting at **12.30pm** on **31/01/2018**.
- Social meeting on **07/02/2018** starting **3.00pm** with Bible Study.

### Special Ladies Christian Fellowship:

Meeting on **04/02/2018** at **7.30am**.

### Deacons:

Monthly fellowship on **Saturday 10/02/2018** at St. Andrew's Old Church from **8.00-10.00am**. The Parish Moderator, Rev. Kariuki will share the word. All Deacons are invited to attend as we worship the Lord together.

### TEE:

A new Advanced Diploma class will commence on **Tuesday 06/02/2018** at **5.30pm**. Kindly register with the Church Office.

### School of Leadership:

2018 Module 1 Cohort 10 classes will start on **07/02/2018** at **6pm** in Room 15. Kindly register through 0722849058 and be empowered for transformative leadership.

### Couple's Retreat:

The 1<sup>st</sup> Annual Couple's retreat will be on the weekend of **16/02/2018**. We depart at **5.30pm** and return on **17/02/2018** at **5.00pm**. Charges are KSh.10,000.00 per couple. Venue is Sweet Lake Hotel in Naivasha. Common transport from church will be provided. Kindly register with Mr. Kariuki Apollo or Richmond Gatutu 0723339006/0722537526 or Church Office. Limited space available.

### Youth Valentine Dinner:

There will be a youth valentine dinner for all singles (the unmarried) on **09/02/2018**. The theme is "**Love is not in the air.**" (Mat 6:21). The cost is KSh.1,200 per person. For more info contact the youth director at 0723 339 006.

### Church School Teachers Retreat:

There will be a retreat for all Church School teachers and Brigade Officers from **2<sup>nd</sup> – 3<sup>rd</sup> February 2018**. Kindly liaise with Jane if interested to join the ministry – 0720801327.

### PCMF:

- 1. Man Enough Program** – Our next class of Man Enough Battalion 21 is scheduled to commence on Thursday 25<sup>th</sup> January 2018 at 5.30pm in PCEA St Andrews Lecture Room 3 for the next 10 weeks (incl Introduction Class, Outdoor Activity and Retreat camp). This is a program for Men developed by Transform Nations and partner with PCEA St Andrews PCMF. Program Registration is open every Sunday at PCMF Desk with Deposit Kshs 3,000. Contact George Wairoto 0722 869874, Albert Mwaniki 0722 603338, Andrew Kihumba 0723 983169 and Elder Munene Waruhiu 0722 707873.
- 2. The Man Enough Summit** – The Annual Man Enough Summit open to **ALL MEN** will be held on 8<sup>th</sup> – 10<sup>th</sup> February 2018 at All Saints Cathedral as from 4pm Thursday and full day Friday and Saturday. The Theme is "**MANLY LESSONS FROM NEHEMIAH**" Registration at PCMF Desk also may be done online [manenough@transform-nations.net](mailto:manenough@transform-nations.net) Charges are Kshs 2,500 per person remit to Mpesa Paybill 374300 A/C No. (Your Name).
- 3. PCMF Economic Empowerment Ministry:** PCMF Economic Empowerment Ministry would like to announce that the "Do Well, Biblical Personal Finance study course" is starting **1st February**. To register, visit the PCMF desk after the service.
- 4. PCMF Thursday 6am fellowship** meetings have resumed. All PCMF members are invited to attend.

**Mediation Training:** At All Saints Cathedral (Certified Professional Mediation) – 5 days. Cost KSh.50,000.00 Date: **29<sup>th</sup> – 2<sup>nd</sup> February 2018**. More information at the reception on application. Call 0722355674

## INTIMATIONS

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

Elder on duty: Mrs. Grace Wanjaiya – 0722821506

Health Professional on duty: Dr. Samuel Gathua- 0722513562

Counselor on duty: Agnes Ndegwa - 0722383556

### Appreciation:

The family of late David Mureithi humbly takes this moment to thank PCEA St. Andrews for your prayers, moral and financial support given to us after the promotion to glory of our Dad. To the Moderator, Rev. Peter Kariuki and Rev. Nduwamungu who accompanied the family to Mukurweini for the funeral, the Clergy, Kirk Session, District 27, Church Choir, PCMF, Senior Citizens, Deaf Ministries and the entire Congregation, receive our heartfelt gratitude. You shall always remain dear to us when we remember how you ministered to us. God bless you mightily as you continue to minister to others in need.

### 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. **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/www.facebook.com/standsyoungchoir. 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 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
PCMF Morning Prayer Fellowship	Thursdays 6.00am -7.00am	Church Hall 1

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:**

We have youth bible study that happens every **Thursday from 5:30-7:00pm** in the Mc Leven Chapel. This week's topic is 'An Exposition on the Books of Colossians'. Please purpose to attend.

### **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 & SMEP 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

### **Annual Reports:**

All Church Groups are requested to hand in their annual reports for **2016/2017 by 31<sup>st</sup> January 2018**.