HEALTH CORNER

Glaucoma- "The Silent Thief of Sight"

Glaucoma refers to a disease where there is progressive damage to the nerve of the eye (optic nerve).

It is the most common cause of irreversible blindness worldwide.

Risk factors for glaucoma

· Raised eye pressure.

Others include

- Age above 65 years
- Diabetes mellitus
- African race
- Family history of glaucoma

Symptoms

It has no symptoms in the early stages and only noticed when advanced and therefore referred to as the "Silent Thief of Sight."

Late symptoms include seeing haloes, tunnel vision, blurring of vision, and blindness.

Treatment

Eyedrops to lower eye pressure. In more advanced cases tablets, laser treatment or surgery may be required to lower the eye pressure and stop further nerve damage.

Prevention

Screening- examination by an eye specialist including eye pressure measurement- is recommended for all individuals aged 35years and above. Visual field testing helps detect early disease and monitor established disease.

From the Healing Ministry of Health Professionals

PRESBYTERIAN CHURCH OF EAST AFRICA ST. ANDREWS PARISH, 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 N.Kariuki Rev. Prof. Gerishon M. Kirika Rev. Ananie Nduwamungu

1st Sunday after Trinity - 03/06/2018

Woman's Guild Sunday

Theme: 1st Peter 5:10

The Vessels that God uses

A vessel means a large ship and also means a container like a bowl, cup, or glass. In the Bible a vessel is a person that God uses for His intended purpose of glorifying His name (Acts 9:18). The following is the criteria for vessels that God uses:

1. Available Vessel:

God uses the vessel that is near Him. The greatest ability we can have is availability. Isaiah was near God when he heard God's call "whom shall I send and who will go for us?" He answered, "Here I am send me" (Isaiah 1:8)

2. Surrendered Vessel

God uses a vessel that is surrendered to Him. In Acts 12:2 the Bible says, "Let us throw off everything that hinders and the sin that so easily entangles...." Jesus also said in Matthew 6:24, "No one can serve two masters. Either you will hate the one and love the other..." You cannot serve both God and money..."

3. A Willing Vessel

A vessel that is unwilling is not worthy of God's use.

When God created us He gave us a free will to choose to love God and serve Him or live selfishly and disobey Him. God does not want to force His creation to serve Him. He loves a willing worker (1 Cor. 9:16) and loves a cheerful giver (I Cor. 9:7).

As we meditate upon the Guild Week theme of "being vessels of hope and restoration" lets understand that God will use the available, surrendered and willing vessels in His vineyard.

In which ways will you become a vessel of hope and restoration in your spheres of influence from today henceforth?

May God help us.

From the desk of the Parish Moderator/Guild Chaplain

P.O. Box 41282-00100 GPO NBI KENYA Email:info@pceastandrews.org

Mob: 0707257000; 0733400023

Instagram: @pceastandrewschurch Website: www.pceastandrews.org Twitter: @pceastandrews2
www.facebook.com/pceastandrews

Agnes Gitahi

Woman's Guild

Mary Kinyanjui

Rev. Peter Kariuki

Grace Njoroge

Alice Wachira

Lucy Mutonyi

Elsie Kagimbi

Mrs. Anne Mwangi

Woman's Guild

Rev. Peter Kariuki

Florence N. Kihuna

Mrs. Anne Mwangi

Elder Seraphine Rugu

Grace Njoroge

Beatrice Kuria

Rose Ngatiari

Elder Mrs. Margaret Thagichu

Agnes Gatehi

Elder Miriam Wambaa

Elder Mrs. Margaret Thagichu

Morning Service: 9.00am-10.30am:

Call to worship Opening Words: 1st Peter 5:10

Praise in worship

Prayers of Adoration, Confession, Thanksgiving, Supplication

and the Lord's Prayer

Hymn: RS 559 What a friend Moment for Children

Welcome and intimations

Guild Statement

Least coin

Woman's Guild presentation

Guild Song

1st Bible Reading: Jeremiah 31:1-14 2nd Bible Reading: 1st Peter 5:6-11

Hvmn: RS 280 Pass me not

Sermon:

Tithes/ offerings & Prayer

Hymn: RS 587 Take my life

Benediction

Mid Morning Service: 11.00am - 12.30pm

Call to Worship Elder Jackie Kiaraho

Opening Words: 1st Peter 5:10

Praise in Worship Prayers of Adoration, Confession, Thanksgiving,

Intercession & the Lord's Prayer

Hymn: RS What a friend Moment for Children

Welcome Visitors & Intimations

Guild Statement Least Coin

Woman's Guild presentation

Guild song

1st Bible Reading: Jeremiah 31:1-14 2nd Bible Reading: 1st Peter 5:6-11

Hymn: RS 280 Pass me not

Sermon:

Tithes/offerings & Prayer (Youth Choir)

Hymn: RS 587 Take my life

Benediction

- Fishers Fellowship

11.00am - Youth Service/HC Nyawira Kuria

11.00 am - French Service

Beatrice Muthaura 2.00 pm - Deaf Service

5.00 pm - Evening Service **Eunice Parseen**

DISTRICTS

District 4:

- 1. Members will visit Rev. Elizabeth Kimani on 10/06/2018 after 11.00 am service. Lets assemble at the church to move together.
- 2. Monthly bible study will be held on 17/06/2018 at 3.00pm at the home of Frida & Stephen Maore - Membly Estate.

District 7/11:

Our monthly fellowship will be at Tumaini Children's home on Sunday 10/06/2018. Please purpose to be there.

District 9:

Weekly Bible Study fellowship on Tuesday 05/06/2018 at 7.15pm at Elder & Mrs. Gathenya's.

District 15:

- 1. Monthly fellowship on Sunday 10/06/2018 in the home of Mr. & Mrs. F. Kuria
- 2. Weekly fellowship on Friday 15/06/2018 in the home of Dr. & Prof. Njui

District 20:

Monthly fellowship on Sunday 17/06/2018 hosted by Margaret Kimuma at her residence. Bianca Villas along Hatheru Road, off Gitanga Road Lavington from 1.30pm. Kindly pray and purpose to attend.

District 21.23:

Our June fellowship will be held at the home of Mr. Allan Ngugi in Sigona Kikuyu, on Sunday 10/06/2018 immediately after the 11.00am service. All members are requested to pray and purpose to attend.

District 24/25:

There will be a fellowship meeting in the home of **Elder and Mrs. Leah Marang'a** on Sunday 10/06/2018 starting at 1.00pm. Do purpose to come with family and friends.

District 26:

Fellowship will be hosted by Mrs. Wambugu on 10/06/2018 at 3.00pm at her home off Kandara road. Kindly pray and purpose to attend.

PARISH MEETINGS

Statutory Kirk Session:

Meeting on Tuesday 05/06/2018 at 5.30pm in the session room.

9th St. Andrews Charity Golf:

- FRIDAY 22/6/2018 AT MUTHAIGA COLF COURSE
- Corporate sponsors invited
- Golf cards are ready, so you can pick some. Entrance fee Ksh. 3,000/= per player
- Visit Golf Desk for registration

Golf Committee meets on Thursday 7th June, 2018, at 5.30pm

Woman's Guild Week:

- Social meeting on Wednesday 06/06/2018 starting with prayers at 3.00pm.
- Guild Singers: Meet every Tuesday from 2.00pm for practice.

Pre-Baptism Classes:

Began on 02/06/2018. Contact 0721100497

School of Leadership Module 1 Cohort 11

Registration is ongoing. Kindly register and benefit from these powerful transforming Leadership seminars. Contact No. 0722849058

T.E.E.

 New Basic Diploma class commences on 12/06/2018 at 5.30pm. Kindly register with the church office.

Shâchâh III

The St. Andrew's (Stands) Parish Praise Team would like to invite you to our third chapter of Shâchâh which will be held on 10/06/2018 as part of the 11.00am youth service, at St. Andrew's youth hall. Shâchâh is a Hebrew word that means to bow down or lie prostrate before God in worship. It entails an extended worship session that will be a collaboration between the team, Alice Kimanzi and Daniel Chikhwaza singers with Nairobi chapel. Theme: Deut: 32:9-10. Do come and join us in this session and bring a friend.

Jazz Sunday

The St Andrew's (Stands) Parish Praise Team would like to invite you to a Jazz Concert Service which will be held on the **24/06/2018** as part of the 11 am youth service, at st Andrew's Church youth hall. The theme comes from Micah 6:8 I desire to walk in the company of God. We shall have special guests to grace the occasion, Born to Worship, a gospel band that has been ministering in this unique way in other churches. We welcome you to our service and bring a friend.

INTIMATIONS

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

Elder on duty: Mrs. Rebecca Miano – 0722808428 Health Professional on duty: Dr. Stephen Njogu- 0722515451

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.

<u>Church Membership:</u> 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.

40 YEARS CELEBRATION - CHURCH CHOIR: The Church Choir is this year celebrating 40 years since its Africanization. To give thanks to God, we have lined up a series of activities spread throughout the year to celebrate this achievement.

The theme of this celebration is: God's united people bear lasting fruit". This far the Lord has been our Ebenezer – All glory belongs to Him!

<u>JPRC:</u> Invites all congregants interested in matters related to Justice, Peace & Reconciliation to join the group. Membership is open to members from all professionals and vocations. Please register your interest at the JPRC table at the paved area or email iprc@pceastandrews.org

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.
- PCEA Kileleshwa Church is raising funds for the purchase of a plot and construction of a Sanctuary.

Bank details:

Cheques payable to: PCEA Kileleshwa Church
Deposit: Cooperative Bank, Lavington Branch

A/c No. 01128650387400 Mpesa Paybill No. 832822 (Account – Your Name)

Cash payment: St. Andrew's Accounts office, Kileleshwa Account

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**)

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

Daybreak:

Are you passionate in acting, dancing, spoken word, singing, comedy or poetry? Daybreak needs you!! Serve God with your talent. Contact Carol – 0788884043 or Sheila – 0777867550

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

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).

Midweek Praver 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. Take a moment every Wednesday between 12.30pm-2pm wherever you are and pray even if you don't make it to Church. 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

<u>Discipleship Desk:</u> 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 0720/204896

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 Book of Romans'. 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 tithe 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 incase 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.

SRC: We request for donations to help needy people in our community. The donations can be in the form of dry foodstuff, blankets, beddings, clothes especially for children and men, utensils, etc.

KAPS Parking: Please note that members are only entitled to free parking when coming for group meetings and church activities.

<u>Joyful sounds:</u> We are looking for new members: singers and instrumentalists alike. Practice is on **Saturday** at 9:30 am. If interested contact Eric on 0704447761

Sermon Audios: You can now listen to sermon audios by visiting our website www.pceastandrews.org

RE-ADVERTISEMENT OF THE POSITION OF AN ASSISTANT YOUTH DIRECTOR AT P.C.E.A ST. ANDREWS CHURCH NAIROBI

We are seeking to fill the position of an Assistant Youth Ministry Director who will work under the Youth Director. The roles will include as a minimum: Preaching, teaching, counseling, mentorship, youth ministry Innovation and strategic youth ministry co-ordination and development.

Skills and competences:

- i. Born again Christian.
- ii. Must be of sound Christian doctrine.
- iii. Strong pastoral calling and counseling commitments.
- iv. Be able to teach and share the gospel of Jesus Christ with the youth and other age groups.
- v. Be able to fit in an urban ministry environment.
- vi. Have good organizational and administrative skills.
- vii. Aged between 25 35yrs.
- viii. Able to work in a multi-ethnic environment.
- Possess relevant experience and passion in working with youth especially teens and college students.

Qualification & Education

- University degree in theology or equivalent.
- ii. Masters degree will be an added advantage.
- iii. Minimum of 1- 3 years in youth ministry work.
- v. Full member of P.C.E.A or N.C.C.K ecumenical movement.

All interested applicants to drop a detailed CV and application letter to the church office addressed to the **Session Clerk, PCEA St. Andrews Parish** on or before **5 PM, Friday 15thJune 2018**. Soft copy applications to be emailed to recruitment@pceastandrews.org.

Please note that only shortlisted applicants will be contacted.

.