

**2017 Health Week Program**

Date	Day	Activity
9 <sup>th</sup> October 2017	Monday	BSF
10 <sup>th</sup> October 2017	Tuesday	Launch the Week with Minister Rev. A. Nduwamungu
11 <sup>th</sup> October 2017	Wednesday	Aerobics at New Hall Annex
12 <sup>th</sup> October 2017	Thursday	Praying for the Week individually
13 <sup>th</sup> October 2017	Friday	Dinner with a message a) <b>"What you need to know about Cancer"</b> b) <b>Testimony by a Cancer Survivor</b> c) <b>Brief Address by a senior NHIF Staff</b>
14 <sup>th</sup> October 2017	Saturday	Individual prayers & preparation
15 <sup>th</sup> October 2017	Sunday	Handling all services

**18 days of Prayer and Fasting:**

We shall have 18 days of prayer and fasting starting **09/10/2017**. All districts have been assigned a day as per the attached insert. Kindly participate as we look forward to elections on **26/10/2017**. We shall have collective prayers on **22/10/2017** in the services. Districts members may also gather in a home or church and pray together. Theme 2 Chr.7:14 If my people, who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then will I hear from heaven and will forgive their sin and will heal their land.

**HEALTH CORNER****Breast Cancer**

Breast cancer is one of the most common cancers in women and early detection is extremely crucial for early treatment and survival rates. Breast cancer affects 13% of women in the population.

Breast cancer symptoms that women tend to ignore

- 1) A new breast swelling or increase in the size of an existing swelling
- 2) A cough or coarse throat that refuses to subside
- 3) Changes in the function of the bladder or bowels.
- 4) Fatigue or unexplained feeling of tired which is not associated with any extraneous work. It is also associated with pain and depression.
- 5) Unexplained backache or Back Pain which is difficult to figure out the cause.
- 6) Change in Skin Color over the breast that looks like the Orange Peel ("Peau de Range").

**From the Healing Ministry of Health Professionals**

**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 N. Kariuki  
Rev. Prof. Gerishon M. Kirika

**15<sup>th</sup> Sunday after Trinity - 08/10/2017**

**Youth Choir Anniversary****The Power of Praise and Worship**

Habakkuk 3:17-18 no matter what I'm going through I will still praise God anyway. Don't let your circumstances affect your worship to God. He is still who he is and no situation will ever change the status of God. Praise and worship is not about your feelings neither is it driven by your circumstances its about God, its about who he has been, who he is and who he will continue to be our feelings and emotions can't determine whether we praise God or not. In every circumstance we should praise him and it should actually be our lifestyle.

Praise and worship is a lifestyle that no matter how you wake up feeling you find yourself still praising. You need to learn how to praise out of your painful circumstances. When Job was faced with calamity he chose to worship. When Paul and Silas were in very deep troubles they chose to worship. The children of Israel praised God right in the middle of the battle field. Why would you not praise in your situations. Choose to praise this morning, choose to worship this day.

God wants us to serve Him alone, regardless of what others are doing or what people will think of us.

Praise and worship is: **1. AN ATTITUDE OF THE HEART 2. AN OUTPOURING OF THE SOUL 3. THE OVERFLOW OF THE SPIRIT.**

Many people think that praise and worship is the music we sing. They are right but singing and music are just components of the above. You cannot worship God with the wrong attitude. Your soul has to honestly be apart of your worship to God. Your spirit must really be wholly and truly concrete and broken before him.

**Early Morning Service - 8.30 am- 10.00 am:***Kariuki Apollo***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,  
 Intercession & the Lord's Prayer  
 Hymn: CH3 9 Praise to the Lord....  
 Moment for Children  
 Welcome Visitors & Intimations  
 Mission Statement  
 Presentation:

*James Mahinda**Praise Team*

Israel Trip  
 1<sup>st</sup> Bible Reading: 1 Chronicles 25:1-7  
 2<sup>nd</sup> Bible Reading: Acts 16:25-31  
 Hymn: CH3 361 Let all the world in every corner sing...  
 Sermon: ***Maturity in Praise & Worship***  
 Tithes/Offerings & Prayer  
 Hymn: CH3 362 From all that dwell below the skies...  
 Benediction  
 Recessional Hymn: RS 57

*Rev. Prof. Kiriaka*  
*Elder Mrs. Margaret Thagichu*  
*Betty Mwangi*  
*Caroline Wairimu*  
*Youth Choir*  
*Elder Muchangi*  
*Alice Muthui*  
*Grace Wanja*

*Eva Mwaniki*  
*Gabriel Kogi*

**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: RS 5 Count your blessings  
 Moment for Children  
 Welcome Visitors & Intimations  
 Mission Statement  
 Youth Choir Thanksgiving Prayer  
 Presentation:

*James Mahinda**YC, NS & JS*

Israel Trip  
 1<sup>st</sup> Bible Reading: 1 Chronicles 25:1-7  
 2<sup>nd</sup> Bible Reading: Acts 16:25-31  
 Hymn: RS 622 Oh, happy day, that fixed my choice  
 Sermon: ***Maturity in Praise & Worship***  
 Tithes/Offerings & Prayer  
 Hymn: CH3 103 Breathe on me, Breath of God  
 Benediction

*Rev. Peter Kariuki*  
*Elder Mrs. Margaret Thagichu*  
*Betty Mwangi*

*Youth Choir*  
*Enson Wahome & Betty Mwangi*  
*Elder Muchangi*  
*Alex Kaguti*  
*Marion Nderitu*

*Eva Mwaniki*  
*Wilfred Nyoike*

**9.00 am - Fishers Fellowship - Holy Communion**  
**11.00 am - Youth Service**  
**11.00 am - French Service**  
**2.00 pm - Deaf Service**

*Rev. P. B. Ochilo*  
*Kariuki Apollo*  
*Dr. Fauster Akutse*  
*Grace Wanjaiya*

**DISTRICTS****District 1 & 2:**

Members of these districts are **today 08/10/2017** worshipping at PCEA Kileleshwa.

**District 4:**

Bible study fellowship will be held at the home of Mr. & Mrs. Kagambi, Muthaiga North, Parkside House No.46 at 3pm. Be Punctual.

**District 5:**

Glory be to God, our monthly district fellowship will be held on **Sunday 15/10/2017** at Ruth Karanja's residence, Thome estate. We meet at Mountain Mall on the entrance to Thome at **2.30pm**. Contact Ruth 0722734692 or Eric 0714037053.

**District 9:**

Bible Study fellowship on **Thursday 12/10/2017** at 7.15pm at Wamichis.

**District 10:**

Our monthly fellowship will be on **13/10/2017** at NHLG12 at exactly **5:30pm**. Kindly keep time and may God bless you as you purpose to attend.

**District 12 & 14:**

- District Baby visits fellowship **today 08/10/2017** at 2pm at the home of **Elder & Mrs. Kingori**, Mvuli Park, Westlands.
- Weekly fellowship on **Friday 13/10/2017** at 6pm at the home of Mr. & Mrs. Chuchu, Zanzibar Road Flat A1, South B.

**District 15:**

- Fellowship **today 08/10/2017** at the home of **Mr. & Mrs. Kiio** – Ruiru.
- Weekly fellowship on **Friday 13/10/2017** at the home of Mr. & Mrs. Kuria, Onyonka Estate.

**District 18 & 19:**

The Districts will be visiting Hawa Children's Home on **Sunday 22/10/2017**.

**District 20:**

Fellowship **today 08/10/2017** hosted by **Waithaka Ndung'u & Susan Waithaka** at their home along Isaac Gathanju Rd. Lavington starting from 3.00pm. All are welcome.

**District 24 & 25:**

The Elder District service will be **today 08/10/2017** in the home of Prof. & Mrs. Koigi Kamau beginning at **11am**. Do purpose to come with family and friends.

**District 26:**

District fellowship meeting will be at Mr. & Mrs. Harry Njoroge **today 08/10/2017** off Kandara rd at **3pm**. Kindly attend.

**District 28:**

Fellowship will be on **Sunday 22/10/2017** at 2.30pm at Mr. and Mrs. John Ngure on Kenyatta Road in Juja 0722618252

## INTIMATIONS

## PARISH MEETINGS

### Pastoral Kirk Session:

Will be held on **Tuesday 10/10/2017** at 5.30pm in the Session room.

### Woman's Guild:

Guild Singers – Meeting on **Tuesdays** at 2pm.

### Deacons:

Monthly fellowship on **Saturday 14/10/2017** at St. Andrew's Old Church from **8.00am-10.00am**. Group 2 will lead the fellowship. All Deacons are welcome.

### Harvest Thanksgiving Service:

Will be held on **Sunday 05/10/2017**.

### Israel Trip:

Organized by both PCMF & Mission Committee.

**Dates November 23<sup>rd</sup> – 1<sup>st</sup> December 2017**

**Cost 2,000 US Dollars** for full accommodation & travel for those nine(9) days. Interested persons to register with our travel agent Mrs. Phyllis Mwangi of Speedbird Travels on 0722519303.

### School of Leadership:

The New Module class registration is ongoing. We will start on **11/10/2017** in **room 15**. Please register with Contact 0722849058 and benefit from this powerful leadership and transformation seminar. Registration fee **Sh.1,000 per month**.

### PCMF:

- All members are invited by the Chaplain Rev. C. Wachira for a goat-eating and open forum get-together at his home off Mvuli Rd Westlands on **Sunday 15/10/2017** starting **2.00pm**.
- PCMF elections to be held on **Sunday 22/10/2017** at **2pm** in Church Hall 1.

### Man Enough:

Registration for October season starting on **12/10/2017** is ongoing at the PCMF Desk on Sundays and St. Andrew's church reception on weekdays. For further details contact Tel.0723983169.

- **PCMF Economic Empowerment Ministry** invites all church members to participate in Do Well – a Biblical financial study starting 2<sup>nd</sup> November 2017. This program empowers individuals manage their personal finances better for the betterment of their lives and to the glory of God. For more information visit the PCMF Desk after the service or contact Manyara Kirago on 0729205295.

### Right of Passage – Rops

Organized by Milimani North Presbytery for class 8 pupils.

Venue Le - Pic School, Riruta Satellite

Cost – KSh.10,000/= (Ten Thousand only) Mentorship only – Ksh.8,500/=.

**Dates – 12<sup>th</sup> – 21<sup>st</sup> November 2017.**

For further information and booking visit the PCMF Desk on Sundays or the PCEA St. Andrews Parish reception on weekdays. Contact: 0722355674, 0722603338

### St. Andrew's Church Health Professionals:

Have a Dinner with a Message on **13th October 6.30 pm - 9.30pm** at St. Andrew's Youth Church Hall. Topic: **"What you need to know about Cancer"** by Dr. Andrew Odhiambo, a renown Oncologist specialist Physician. There will also be a brief address on importance of registering for NHIF by a senior Staff of NHIF. Cards are available for sale at Ksh. 1,500 per head.

### Holiday Classes:

From **6<sup>th</sup> November 2017** to **10<sup>th</sup> November 2017**. Baptism from 9yrs and Confirmation from 12 yrs. Pick forms from the church office

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

Elder on duty: **Mr. Pharis Ngugi - 0722507904**

Health Professional on duty: **Dr. Kimani Gicheru- 0722777046**

Counselor on duty: **Lucy Ranja - 0722556406**

### Appreciation:

Elder Philip Nduati and his family wish to thank St. Andrew's Church fraternity for the overwhelming support they gave us after the passing on of the daughter, **Zipporah Nyaguthii**. Our sincere gratitude go to the Pastoral team, elders, districts 12 & 14 members, the church choir and all who supported us in one way or another. Thank you very much and God bless you abundantly.

### St. Andrew's Organ Fundraiser Concert:

It has always been the wish of the church to have an organ in the Youth hall since it was built. The Church Choir together with the church music groups invites the congregation and friends to an organ Fundraising Concert on **Sunday 22/10/2017** at **4pm** in the Main Sanctuary. Please come and support this very worthy musical cause.

### 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.

### Missing Church Hymn Books:

It has been noted with concern that since hymns are projected on the power point the Church hymn books are missing at an alarming rate. **(This includes the CH3 and the RS)** Anyone who might have taken one and forgot to return or knows somebody who has these books anywhere outside the church compound is kindly requested to return them.

### 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.

### **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).

### **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

### **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.

### **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 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.

### **Election of 2017/2018 Leaders:**

We are coming to the close of our financial year. Elections will be done as follows:

1. October - Groups & Committees

Those eligible should be committed Christians and full members of St. Andrew's Parish. The three year rule should be observed i.e. Those who have been in the office for three years consecutively regardless of the position should rest for one year before being re-elected.

### **PCEA St. Andrews Church Development Committee:**

Is handling a project that requires feasibility studies. We are looking for professional on this area to give consultancy on probono basis. Please give your contact to the Church Administrator. Thanks and let's serve together.

### **Blood Donor Cards:**

Members who donated blood in June 2017 are kindly requested to pick their cards at the church reception.