

ST ANDREW'S CATHEDRAL , THIKA

Anglican Church of Kenya,

Diocese of Thika

P.O. Box 214, Thika

Tel: 0721 941 704 / 07739 922 557

Email: cathedral@ackthikadiocese.org

www.facebook.com/cathedralthika

www.ackdiocese.org

Physical Address: Kenyatta Highway,
Opp Munene Industries



5th June, 2016

PROVOST'S MESSAGE

Have you ever noticed how some people soar above the challenges of life, while others live continually under a cloud of circumstances? Some become despondent, anxious and afraid while others take life's problems in their stride, refuse to become disoriented and somehow manage to maintain the winning edge. The reason for the contrast is simple- **attitude**. *Discipline and attitude are the only words that add up to 100!* (Put the alphabets in a scale of 1-26 and put the word **ATTITUDE**= 1+20+20+9+20+21+4+5= 100%)

Two brothers who are brought up in the same environment enjoying similar lifestyles can face identical circumstances. Yet while one wallows in self-pity the other is able to maintain a high level of expectation in the face of all opposing factors. *The difference in approach is all a matter of attitude.*

Attitudes are those lenses through which we view the various episodes of life. They are the outlook that colours our thinking, the perception that influences the way we approach people, objects and events. Or as John Maxwell so aptly writes; "**attitudes are the librarian of our past, the speaker of our present and the prophet of our future**". It's no accident that some people manage to maintain a winning edge while others have resigned themselves to a life of defeat. Yet how many of us have been encouraged, let alone instructed in the art of acquiring wholesome attitudes?

'The longer I live the more convinced I become that life is 10% what happens to us and 90% how we respond to it,' writes Charles Swindoll. This may shock you but I believe the most significant decision I can make on a day to day basis is my choice of attitude. It is more important than my past, my education, my money, my successes or failures, fame or pain, what other people think of me or say about me, my circumstances or my position. *Our attitude is more important than our appearance or aptitude.* The fact is, a wrong attitude can make or break a company, a church or a home.

The blind hymn writer Fanny Crosby- who wrote such songs as *Pass Me Not, O Gentle Saviour* and *Blessed Assurance*- had every reason to become bitter, lonely and frustrated. At age of six she caught a cold causing some inflammation her eyes. The doctor prescribed poultices that resulted in Fanny being made blind for life. Yet instead of bitterness, she monitored her thinking and chose a redemptive approach to life. It is an attitude that is apparent in some verses she wrote at the age of eight: *O what a happy soul I am. Although I cannot see, I am resolved that in the world contented I will be. How many blessings I enjoy, that other people don't. To weep and sigh because I am blind, I cannot and I won't!*

Apostle Paul portrayed the same redemptive attitude. He said, *"We are pressed on every side by troubles, but not crushed and broken. We are perplexed because we don't know why things happen as they do, but we don't give up and quit. We are hunted down but God never abandons us. We get knocked down, but we get up again and keep going."* (2 Cor. 4:8-9 Living Bible)

Escaping a life of bitterness, meaningless routine, loneliness and frustration requires the cultivation of healthy attitudes. As someone has so aptly said, *"we can alter our lives by altering our attitudes!"* It is my prayer that as we embark on a next half of this year, remember, attitude of life and issues will carry you along. Because attitudes can either hinder or promote personal family, business or organization development.

We can learn from our master, Jesus Christ, in spite of experiencing misunderstanding, ingratitude and rejection, our Lord never become bitter, discouraged or overcome. Every obstacle was an opportunity to love. Broken heartedness? An opportunity to comfort. Disease? An opportunity to heal. Hatred? An opportunity to love. Temptation? An opportunity to overcome. Sin? An opportunity to forgive. In Christ, the redemptive attitude is personified, for he sets the standards by which all thinking is measured. The Sermon on Mountain will be our focus for this month as we focus on our calling as Christians.

IBAADA YA KISWAHILI

7.00am - 8.00am

Ushirika Utakatifu

Kiongozi: Provost

Msaidizi: P. Wawira

Wimbo–**Tenzi 14–*Yesu Kwa Imani...***

Sala - **Uk.36-44**

Sala ya Siku - *Hapo Chini*

Waraka - Agalatia 1:11-24 (*P. Wawira*)

Injili –Matayo 5:13-16 (*Rev J. Mbuthia*)

Imani ya Nikea **Sala Uk.51**

Litania au Maombi **Sala Uk 47-50**

Matangazo

Maombi Ya Shukurani na Fungu La

Kumi

Wimbo wa Mahubiri -**Tenzi 38 – *Twende***

Kwa Yesu...

Mhubiri: P. Wawira

Maombi Ya Toba: **Uk 77**

Wimbo Wa Sadaka –**Tenzi 59 – *Peleeza***

Ndani Yangu...

Mkate **Uk.57**

Ushirika Utakatifu **Uk.50-57**

Baraka–**Uk.58/59**

Wimbo wa Mwisho –**Tenzi 116 – *Bwana U***

Sehemu Yangu....

ENGLISH SERVICE

9:30am - 11:30am

Holy Communion Service

Celebrant: Bishop Gideon

Assisted by: P. Wawira

Hymn - *No. 4 - All Hail The Power of Jesus' ...*

Word of Welcome

The Call to Worship–**Pg. 34** (*Red Book*)

The Commandments– **Pg. 37/39/41**

The Gloria– **Pg. 42/43**

Collect for the Day–(*Below*)

Epistle Reading: Gal 1:11-24 (*P.Wawira*)

Gospel Reading: Luke 7:11-17 (*Rev Dr. Chege*)

Prayer book **Pg. 45 -** (*Nicene Creed*)

Intercessory Prayers -**Pg. 46/47**

Welcome of Visitors & Notices

Praise and Adoration –Praise & Worship Team

Prayer for Thanksgiving and Tithe

Hymn - *Ni Tabibu Wa Karibu* (*Projected*)

Sermon: Bp Gideon Githiga

Prayer of Penitence –**Pg. 49**

Prayer book **Pg. 50–*Ministry of Sacrament***

Offertory Hymns **No –290–*My Hope Is Built On***

365 –*Nearer My God...*

The Breaking of Bread– **Pg. 52/53**

The Communion - **Pg. 54** (*Choir be Singing*)

Post Communion - **Pg. 56/57**

The Blessing & Dismissal–**Pg. 57 /58**

Recessional Hymn **No.302 –*He Leadeth Me...***

INTERCESSOR: Provost

SALA YA SIKU

JUMAPILI YA TATU WAKATI WA PENTEKOSTE

Baba Mwenye neema nyingi, ulikuwa mkarimu sana hata ukatupatia Mwanao Yesu, ili nguvu zake na huruma zake zifike hata miisho ya dunia zikileta ukamilifu kwa mataifa na watu wote. Utujalie kwamba tuweze kuwakaribisha na kuwapokea wateule wako, na katika jina lako kuwahudumia walio na njaa na kiu. Na tunapota-futa kwa imani uponyaji wako, katika maisha yetu tusikie sauti yako ukisema, “Imani yako imekuponya” Kwa Yesu Kristo, aliye tabibu wetu mkuu. **AMIN.**

THE COLLECT FOR THE DAY

THE THIRD SUNDAY OF PENTECOST

Gracious Father, you were so generous that you gave us your Son Jesus, that his power and mercy may reach the ends of the world, bring wholeness to nations and people. Grant that we may welcome and receive your anointed ones and in your name attend the hungry and the thirsty. And as we seek in faith your healing touch upon our lives, may we hear you say to us. “Your faith has made you whole”. Through that Great Physician Jesus Christ. **AMEN.**

NOTICES

WELCOME

We would like to warmly welcome all of you worshipping with us today. If you are visiting us for the first time, karibuni Sana and if you are here to stay, kindly pick a registration form from the church office, fill and return. For those who are visiting please take our greetings to your Church.

BANNS OF MARRIAGE

James Kinyanjui of A.I.C Thika Town and Rosemary Mugure of St. Andrew's Cathedral, Thika.

George Kamau of Mavuno Hill City Church and Mercy Kimani of All Saints Cathedral, Nairobi.

This is the first time of announcing

If anyone knows any just cause or impediment why these persons should not be joined together in Holy Matrimony you are free to declare to the Provost.

GIFT SUNDAY

Today is our Gift Sunday, kindly be prepared to give God generously. God bless you.

CHURCH ETIQUETTE

Members are discouraged from walking in and out of the Church during prayers and Sermon. You can enter or leave during any other time and avoid creating a scene.

Kindly Avoid using your **Mobile Phone** during the service.

Kindly respect the Ushers directives in all ways.

LAST WEEK GIVING ANALYSIS

Is as being projected and thanks to all of you for your generosity. Cheques are payable to ACK St Andrews Church- Thika- AC No- 0102842815300 (Standard Bank).

THANKSGIVING AND TITHING

Every Sunday is a thanksgiving and tithing Sunday for those who are prepared. You are welcome.

CONFIRMATION CLASSES

Classes are going on every Sunday at **2pm** here in the Church hall. If you have not registered please do it *through Rev Agnes*.

BIBLE STUDY

Is going on every Sunday from **8.00am - 9.30am** at the office **Upstairs**. All those who are interested can join us as we sharpen one another. Karibuni.

CANCER SCREENING

There will be Prostate Cancer screening for men at 400/= and Pap Smear Cervical Cancer and Breast Examination for ladies at 700/= during the month of June, 2016 at Family Care Medical Centre, Thika from 8.00 am - 7.30 pm. Karibuni

HEALTH CHECK-UP CAMP

Hosted by TIENS Kenya have a tent outside the Church, kindly visit them for health check up.

RUIRU INSTTUTE OF BUSINESS STUDIES

They have a tents outside the church, kindly see what they offer.

YOUTH DESK

Bible Study is held every **Tuesday** from **5.30 pm** here in the Church.

Fellowship is held every **Wednesday** from **5.30 pm** here in the Church.

MOTHERS' UNION DESK

ENROLLMENT CLASSES

Are going on every Tuesday at 5 pm here in Cathedral.

PRACTICE

Is going on, on Mondays and Wednesdays after fellowship.

KAMADESK

Fellowship for all men is held every Tuesday from 7.00pm here in the Church. All are welcome.

CATHEDRAL NEXT WEEK

12/06/2016

Clergy on Duty: Rev Julius

Kiswahili Service: Rev J. Mbuthia

Youth Service: Rev S. Mwangi

English Service: Rev S. Mwangi

Kikuyu Service: Rev S. Mwangi

Elders On Duty

JOSEPH MWATHI & KAMAU KAMANGA

Ushers On Duty

Main Doors: C. Makena, H.

Ng'ang'a

Back Church: S. Kariuki, K. Munene

Near the Altar: J. Gichuhi, E. Gitau

Upstairs : D Mbaru, G. Ngugi

Upstairs: J. Gichuhi, N. Muthoni.

Our Sunday Services

6.00am - 6.50am **Morning Glory**

7.00am - 8.00am **Holy Comm. Service**

8.00am - 9.20am **Youth Service**

9.30am - 11.30am **English Service**

11.30am - 1.30pm **Kikuyu Service**

MIDWEEK SERVICES

Wednesday:

8.00am-Holy Communion

5.00pm - Prayers

For Baptism or any other service please contact the Office.

Estate Prayers on Weekdays

Cell Group	Day	Venue
YMCA	Tue	Opposite Subira Hse
Starehe	Wed	Mr. Njithi
UTI/Kiboko	Wed	Mr. Wamburi
Majengo	Thu	Majengo Nursery
Biafra	Thu	Bahati Nursery
Town	Thu	Trade Winds Hotel
TUDC	Wed	Mama Alex
Ziwani	Thu	Girls Hostel
Pilot	Thu	Gatitu Timber
Kimathi	Thu	Sarah Kamande
Ofafa	Fri	Makuti
Outreach	3rd Sun	Office Upstairs
Mokongeni	Friday	Dreams Hotel