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“O give thanks to the LORD for He is good; His love endures forever.” Psalm 107:1

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Technology Thanksgiving
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It is that time of the year yet again when we focus on God’s goodness to us in moments past through thanksgiving. Thanksgiving is described as the expression of gratitude, especially to God which ought to be second nature for every Christian. Sadly, though we don’t practice it very often or very well. It is so easy for many of us to receive a breakthrough or some blessing and not offer thanks to God for it. We soon forget how urgent a need it was and take things for granted.

Thanksgiving specifically in the New Testament, comes from the use of two Greek words. The first is charizomai, which comes from charis, “grace.” The second is homologeo, “to confess, acknowledge,” see Hebrews 13:15. Thanksgiving is a mental or verbal expression of one’s acknowledgement and appreciation of God’s person, His grace, blessings, and sovereign work in one’s life and the world. Some key ideas related to thankfulness are: biblical understanding, trust, humility and grace, the right focus and values, and joy. It is through the possession and function of these qualities that we become thankful. So, why should we be thankful?

a) Because it honors God. When we are thankful, we recognize that God exists, and we are acting on the reality of His life as the very source and means of ours. True thankfulness recognizes our total dependence on God and stems from realizing that everything going on in our lives and all we have is the product of God’s sovereign control, infinite wisdom, purposes, grace, and activity (2 Corinthians 4:15.)

b) Because it is commanded in Scripture. The Psalms are filled with the call to give thanks. An example is Psalm 100:4 which says, “Enter his gates with thanksgiving and his courts with praise; give thanks to him and praise his name.” Then Paul tells us in 1 Thessalonians 5:18, “In everything give thanks, for this is the will of God in Christ Jesus for you” Often, when people ask what is God’s specific will for their life, we point them to these scriptures as an indicator of one way they may obey God.

c) Because of the dangerous consequences of thanklessness. Thanklessness is dangerous to self and others. It dishonors God
and leads to proud humanism or dependence on man rather than God (Romans 1:21). In addition, it leads to bitterness, complaining, and a joyless life (Hebrews 12:15). Since thanksgiving is a response to the grace of God, its opposite, bitterness with its companions, complaining and grumbling, are the product of a thankless heart that fails to properly respond to God in faith to His person, infinite wisdom, grace and purposes. Thanklessness promotes pettiness and occupation with self, people, and problems. That in turn creates depression and feelings of hopelessness because we become focused on our problems rather than on the God.

The Doxology “Praise God from whom all blessings flow, praise Him all creatures here below...” which we have in our liturgy, indicates the attitude we should have during thanksgiving. That God is our eternal benefactor; that He alone is deserving of our praise and that we should offer that thanksgiving and praise continually to Him.

Thanksgiving, is practiced in many regions and cultures around the world the only difference is the date, rituals and customs, however, the reason behind it remains the same: to thank God for a bountiful harvest and seek His blessings for the next. In China, it is the August Moon festival, Tet Trung Thu in Vietman, Succoth for the Jews, Pongal in India and Chusock in Korea.

By this we realize that thanksgiving is not constrained to some cultures or Americans for that matter, who celebrate thanksgiving in an annual 4-day federal holiday every last Thursday in November. Rather that, all people everywhere ought to acknowledge the benevolence of God upon them, for the following reasons:

1. **It encourages benevolence towards others including the church.** It is a blessing when we show in a practical way our thanksgiving. You see, we cannot give God anything. He has given us all we have. But when we give our offerings to Him of our first fruits, we are able to show gratitude practically. In this God lets us be a blessing through our church to others also. The money we give is vital in reaching out into our communities with the Gospel. It also lets us support missions around the world. By giving to the Lord from a grateful heart, God blesses us in turn. 2 Corinthians 9:7 says, “Each of you should give what you have decided in your heart to give, not reluctantly or under compulsion, for God loves a cheerful giver.”

2. **Thankfulness encourages and motivates people.** Thankfulness is contagious. It is a fact that what we do sets an example for others. If we do not show a thankful heart by our actions, we are in fact a stumbling block to others. Even at fundraisers, people are encouraged
to give when they see others do the same though it may not under the right motivations. However, when we practice practical thanksgiving it blesses others and sets the example for those around us.

3. **It reminds us of our continual dependence upon God.**

   Pride, envy, competition and independence evaporate whenever we’re facing difficulties. We are reminded that God is Lord overall both the thriving and the struggling alike. He doesn’t love us differently because of our given circumstances – He loves us just the same and would have us depend on Him in all things rather than use our wily ways to get ahead.

4. **It strengthens our witness to unbelievers.**

   The world is filled with people who are angry, frustrated, and overwhelmed with the difficulties of life. But a believer with a grateful attitude is like a light shining in a dark place. The people around you will want to know why you don’t grumble and complain the way everyone else does. Then you can tell them about Jesus Christ. It sets a proper atmosphere of serving the Lord and loving the souls of the lost.

5. **It gives us a deeper understanding of life.**

   A believer who is thankful to God understands that life is very short. They accept that God’s will is clear and measurable. While it is not always necessary or good to seek a sign (or put out a fleece) to know God’s leading. He always gives inner and outward witness to that which pleases or displeases Him.

6. **It fills us with joy.**

   Philippians 4:6-7 says, “Be careful for nothing; but in everything by prayer and supplication with thanksgiving let your requests be made known unto God. And the peace of God, which passes all understanding, shall keep your hearts and minds through Christ Jesus.” The peace of God comes from having a thankful heart. Note what this peace will do for you. God says “it will keep your hearts and minds through Christ Jesus.” People who are not thankful to God are not satisfied. They are discontent always complaining about what they do not have rather than be grateful for God’s provision. Isaiah 26:3 further states, “You will keep him in perfect peace whose mind is stayed on you.”

Additionally, giving thanks eventually starves off envy, ingratitude, needless competition and worry and draws us back to God.

In conclusion, our thanksgiving should not fluctuate with our circumstances or feelings even though this is our natural inclination. We are to make a conscious decision to practice thanksgiving at all times. We don’t need any pomp or ceremony, we only need to have a heart of acknowledgement that God has been good to us and that He alone is the sustainer of all men.
Advent season/Christmas services

- **Advent Carol service** – Sunday 27/11/2016 at 6pm
- **Christmas Bells concert** – Friday 2/12/2016 at 6pm
- **Confirmation service & commissioning of Layreaders** – Saturday 3/12/2016
- **Thanksgiving service for the Police** – Sunday 18/12/2016 at 11.30am
- **Jingle Experience concert** – Sunday 18/12/2016 at 3pm
- **Christmas Carol service** – Saturday 24/12/2016 at 6pm;
- **Christmas Eve Watchnight service** – Saturday 24/12/2016 at 11.30pm
- **Christmas Day (Holy Eucharist in all services)** – 25/12/2016 (normal Sunday services)
- **New Year’s Eve Watchnight service** – Saturday 31/12/2016 at 11pm
- **New Year’s Day (Holy Eucharist in all services)** – Thursday 01/01/2017 (normal Sunday services)

**Children’s Annual Camp** will be held at Mumias Booker Academy from 12th to 16th December 2016. This year’s theme is “Leadership”. The cost is Kshs. 8,900= per child. Registration is ongoing at the Kindergarten on Sundays and at the church office during the week.

**Teens’ Annual Camp dubbed “Camp Torthai”** is scheduled for 5th to 9th December 2016 at Naro Moru River Lodge in Nyeri County. The camp theme is “Fruitful Teen” and will cost Kshs. 15,000= per teen.

**Youth Annual Camp dubbed “Camp Survivor”** is scheduled for 29th December 2016 to 2nd January 2017 at Naro Moru River Lodge in Nyeri County. The cost is Kshs. 15,000= Payments for the above three camps can be made via MPESA Paybill No. 303036, Account Name: Children’s Camp, Teens’ Camp or Youth Camp whichever is applicable.

**Confirmation Service** will be held on Saturday 3rd December 2016 at 12noon in the Trinity Auditorium. Baptism and confirmation rehearsals will be held on 2/12/2016 from 2pm to 4pm.
**Cathedral Evangelist team training** is going on every Saturday at Trinity. Members with a passion for mission and evangelism are encouraged to join.

**Widows’ ministry retreat** will be held on 2nd to 3rd December 2016 at St. Julian’s retreat centre, Limuru.

**Submission Of Articles** – Deadline for submission of articles for December is Tuesday 6th December 2016. The theme is “Advent: The Reason for bearing fruit”. Please submit clear photographs with an article of 600 words or less to emakokha@allsaintsnairobi.org OR info@allsaintsnairobi.org If material is not original, please quote the source. Priority is given to reports of church events. Editors reserve the right to edit or withhold submitted items. Opinions expressed in News & Views are not necessarily those of the Editors or the Cathedral.
The Practice of **Thanksgiving:** Building Altars at Milestones

By Dr. Julius Oladipo

“*Then Samuel took a stone and set it up between Mizpah and Shen. He named it Ebenezer, saying, “Thus far has the Lord helped us.”*” (I Samuel 7:12)

Commemorations and celebrations are something special in human life. Every country has commonly 11 public holidays. The Lord prescribed certain commemorative days for the Israelites. On three of these, they were to come together in the Temple in Jerusalem. And God added, “No-one is to appear before Me empty-handed” (Exodus 23:14-17). The Anglican Church has a calendar of Feast Days and Rogation days. (The latter are days for fasting. Yes, fasting days besides Lent! Of course, that’s in the olden days. We are now too modern for prescribed fast.)

I come from a community which celebrates quite a lot, almost to a fault. It seems my people look for excuse to celebrate. That must be one main reason why suicide is rare there. You don’t shout ‘Hallelujah!’ with tears. Not only childbirth and birthdays, wedding anniversaries, promotions and retirements, but also new car, new house, new whatever must be ‘washed’. Three items are common in the budget: the dress to match the occasion, the feast, and the donation to church. When each church association is celebrating a landmark anniversary (5th, 10th, or such other), they decide what to buy for the church – usually selecting from among the Church’s listed priorities. Families similarly bring special donations on the 5th, 10th or 20th anniversary of the death of Grandpa or Grandma. The Clergy there don’t complain at all at having to make room for such occasions.

“...the cultural practice of thanksgiving needs to be applauded and promoted.”
First-fruits thanksgiving is a part of the culture - first earning from every new venture. From the first salary in life, a youth gives a token to the parents and a token to God. And of course, when you win a notable contract, you give a substantial lumpsum as special offering.

The Church there has two concerns: excessive flamboyant celebrations and likely cases of bringing thank-offering from ill-gotten gains. While speaking condemnation on these two, the cultural practice of thanksgiving needs to be applauded and promoted.

Thanks normally follows receiving. We thank God for what He has done for us. But, what about crisis vows? “Lord, if you get me out of this, I will do this or that in thanksgiving to You” – Hannah (I Samuel 1:10-11; 2:27-28) and Jacob (Genesis 28:20-22; 35:6-7). When I do fulfil the vow, is that thanksgiving? Do crisis vows have a place in a Christian’s life? What are their significance? It would be quite rewarding to reflect on this.

Liturgical form of worship normally does not leave much room for spontaneous expressions. That most probably is why giving of ‘testimonies’ scarcely features in the Anglican service. The Psalmist thrills to recount the goodness of the Lord: “Come and listen, all you who fear the Lord; let me tell you what He has done for me” (Psalms 66:16). However, the service time is not the only forum for testimonies. All around us are complaints and grumblings. If our utterances in a day could be recorded, it would not be difficult to conclude that our life is ‘bad news’. But aren’t we called into good news? We say, ‘God is good all the time’; but our communication portrays a life of raw deal from God. People know a lot about the agonies you are going through. How much of God’s goodness in your life gets told each day? We talk more of what God hasn’t done than of His continuous blessings in our life.
‘God is good all the time’; but our communication portrays a life of raw deal from God. People know a lot about the agonies you are going through. How much of God’s goodness in your life gets told each day? We talk more of what God hasn’t done than of His continuous blessings in our life.

And while reflecting about testimonies, my mind goes to a tract I read several years ago, entitled, “I have a testimony: ‘Kept by the power of God’”. In the church that this young man was attending, one after another, youth were always giving testimonies of how they lived rough in fornication and all-night carousing until Christ converted them. He knew the Lord from childhood and had lived in Him ever since. The testimonies tended to be characterized by stories of pre-conversion atrocities. This young man came upon 1 Peter 1:3-5 and realized that the story of his having been protected from the wounds of youthful stray is a more profound testimony. Related to this, for those who have vehicles, each time you earn no-claims bonus on insurance, you should come to church with a fat offering: ‘Kept by the power of God’. “I lie down and sleep; I wake again, because the Lord sustains me” (Psalms 3:5; 4:8). Many people, especially among the wealthy, run a high budget just for getting sleep. Also, ask the medics the cost per day of just the oxygen an ICU patient takes. “Praise my soul the King of heaven; ... Ransomed, healed, restored, forgiven; Who but me His praise should sing?”
Last month we focused on ‘the tenants’ and it was a very interesting story. The meaning of this parable is as follows: The vineyard is the world, the landowner is God and the servants who were killed are known as prophets while the landowner’s son is Jesus Christ. The prophets and Jesus Christ were both killed.

This month, we shall focus on the wedding banquet taken from Matthew 22:2-14.

The kingdom of heaven is like a king who prepared a wedding banquet for his son. He sent his servants to those who had been invited to the banquet to tell them to come but they refused to come.

Then he sent some more servants and said, “Tell those who have been invited that I have prepared my dinner, my oxen and fattened cattle have been butchered and everything is ready. Come to the wedding banquet.”

But they paid no attention and went off, one to his field, another to his business while the rest seized the servants and mistreated and killed them. The king was enraged. He sent his army and destroyed those murderers and burnt their city.

Then he said to his servants, “the wedding banquet is ready, but those I invited did not deserve to come. Got to the street corners and invite to the banquet anyone you find, both good and bad and the wedding hall was filled with guests.

But when the king came in to see the guests, he noticed a man there who was not wearing wedding clothes. “Friend, he asked, how did you get in here without wedding clothes?” the man was speechless.

Then the king told the attendants, “tie him hand and food, and throw him outside into the darkness, where there will be weeping and gnashing of teeth.”

Meditate on this parable and I shall tell you what it means next month. Thank you!

By Kuria Murimi (10 years)
The prayers of the prodigal parent are never in vain, the distant hope and expectation will one day be fulfilled when the son/daughter returns. Unknown to the prodigal, the father is waiting with hands wide open to receive him back. The parable of the prodigal son is a lesson of true repentance.

The prodigal son, the young man spends his wealth wildly, surrounded by friends as long as the shillings flow from his pocket. As his celebrity grows, his memory of home became more deem. If there was anything that reminded him of his childhood home, it would deprive him of his current lifestyle.

He was in rebellion as the first Adam’s rejection of the God who loved him; in whose love he was created; by whose love he was sustained. Remember, it was Adam’s rebellion, which placed him outside the garden. It is this same rebellion that sends us far from the tree of life. Step by step the young man is losing himself, his identity, and he no longer knows who he is.

We live in a culture that desires freedom, no connection to itself or its roots. A generation that no longer knows of Jesus Christ, of God or of the cross and family. The young man lost himself because he had lost the connection to the father.

We are so busy, busy, busy, because we are afraid to sit still. We turn on gadgets: the radio, the TV, the VCR, the computer, and the android cell...
phone for diversion into sports, entertainment, and work to occupy us. Because we are far from home, we are afraid to be alone. We demand independence but what wakes us up is a crisis especially of depleted resources.

This young man, never depended on any man, subject only to his father from whom he has distanced himself. He finds himself abandoned, penniless, no food to the point of seeking any job, now finds himself as a casual labourer. And so he loses not only himself but in a sense he loses his sonship.

**Repentance returns him home**

He, who had been a son, becomes a slave, a servant, and a labourer. From celebrity status he has to work in the field for a man other than his father. A stranger in a strange land. Afraid even to mention his lineage and country to his friends with lost identity. All connection to the father’s house broken.

He is a starving foreigner. This reality hits him hard. The pseudo friends and busybodies abandoned him as resources were drying up. Dying of hunger drives him to eat the pigs’ food. Alone. He has come to the end of freedom and independence. It dawns on him what it means to be a runaway son as though he has no father. This drives him to his senses, the reality of life.

*“Produce fruit in keeping with repentance.” Matthew 3:8*

Ashamed and embarrassed of the current situation, he remembers the love of his father. His father was a man of integrity, he had a well-
managed business, with excellent PR policies, employing servants who had more than enough to eat, for him he feeds with the pigs.

The memory of father’s house is calling him. His proud heart is broken. His spirit contrite. Overwhelmed in a flood of tears, now the father’s name comes to his lips. He resolves to call on father. “I will set out and go back to my father. I will say to him: Father I have sinned against heaven and against you. I am no longer worthy to be called your son; make me like one of your casual labourers.” Luke 15:18

Repentance, which literally means to turn, is the activity of reviewing one’s actions and feeling contrition or regret for past wrongs. It generally involves a commitment to personal change and the resolve to live a more responsible and humane life.

The prodigal son has reached a cross road: he could turn to total rebellion or choose the familiar path of life at a point of repentance. He knows his father, he is kind and gracious. And so he resolves to return home with a well thought out and rehearsed confession when he meets the father. He accepted the reality that he had squandered his inheritance, and now he cannot return on the basis as a son, to fight with his elder brother. He decides he would return as one of his father’s servant.

As in Acts 26:20, repentance is a change of mind that results in a change of action. A total turnaround. He had faith, substance of things hoped for, that he will be accepted. And this is where this young man plans to seek a place. Among the casual labourers. He hopes to be forgiven knowing the abundant love of the father.

A broken heart is an equaliser when as wayward son, or Zacchaeus the tax collector, Saul of Tarsus on the Damascus road, or David the King after falling from grace, all cry for repentance – a transformed life. Psalm 51 is a classic example that summarises the steps back to the joy of salvation.

Four Steps toward Joy in Repentance

Psalm 51:12 “Restore to me the joy of your salvation and grant me a willing spirit, to sustain me.”

1. Fully Acknowledge the Weight of Your Sin
Thus in repentance, we must fully acknowledge the weight of our sin; we must own the staggering load
that held Christ on that cross; we must face squarely, without excuse or evasion, the depths of our guilt before a holy God.

2. Boldly Claim the Promises of Grace

Jesus Christ on the Cross took upon himself our sins (Hebrews 9:18) – our sins are already forgiven even before we repent. We might still have to bear the consequences of our sins for a time, and perhaps even the Lord’s gracious discipline. When Christ comes into our lives we are fully, eternally, and unchangeably forgiven.

Repentance is like a medicine with a bitter taste that nonetheless heals and nourishes and as it relieves our pain.

3. Involve Other People as Appropriate

Repentance is first and foremost before the face of God. But sincere repentance cannot help but spill out onto the horizontal plane as well. James 5:16 foresees one way it could happen: “Confess your sins to one another and pray for one another, that you may be healed.” It frees us from our pride, it edifies others, and it puts the power of the gospel on public display as we experience our restoration.

4. Meditate on Christ’s Intercession for You

When you are sitting in the darkness, all your bones crushed by the weight of sin and guilt, remember this (Micah 7:8-9) He is praying for you. With all the compassion of a father’s heart for a wayward prodigal, and with all the merits and rights of one who has paid the full penalty on your behalf, he is presenting your case before the Father. It’s a staggering thought that the very one against whom you have sinned will plead your cause.

We know that the son is received back home. It is only because of father’s love that he is received back home. That father embraces him and surprises him with a great celebration.

Here a man has no claim at all. Here a sinner has no right at all. And by his father’s love he found home. Found sonship. Found himself. It is the amazing, gracious mystery of God’s love in Christ, that he seeks the lost, that he waits for their homecoming, that he embraces us at all.

AMEN.
By Francis Ndung’u
Deputy Principal

The graduation ceremony of our Pre-Unit children to class 1 on 27th & 28th October, 2016 was a great success. The well attended ceremony was not only colourful but also exciting. The aim of the event was to celebrate and mark the milestone achieved, thus bringing the pupils, parents, teachers, clergy, management and other stakeholders together.

The Clergy who attended this fete included the guest of honour; Rev. Tom Otieno (Lavington United Church), Archbishop’s Chaplain; Rev. Francis Awando (Representing the Archbishop), The Assistant Provost; Rev. Evans Omollo and the school Chaplain; Rev. Kevin Kamotho.

The clergy present and other speakers congratulated the graduates on their graduation and encouraged them to work hard. All the learners were guided to seek God in their education and individual lives.

Entertainment was led by the All Saints’ Cathedral School pupils from Baby Class, Nursery, Pre-Unit and classes One to Eight. It provided an opportunity for the Children to show case their skills and talents in acting, singing and dancing. Another special group that participated in entertainment is the Pre-Unit class parents.
The Salvation Army Band filled the air with sweet rhythms and melodies. The congregation was mesmerised by our pupils’ talents as they participated in dances, drama, songs, poems etc.

There are a few vacancies available for pupils to join the school at both kindergarten and primary level in Baby Class, Nursery, Pre-Unit and Standard 1 to 8. Please write to us via ascprimary@africaonline.co.ke or call us on 0710-458 983. Interviews will be conducted on 5th to 9th December 2016 starting from 8:30am until 12:30 pm.
SPECIAL ABILITIES MINISTRY VISITS ALL SOULS CATHEDRAL MACHAKOS

By Cledwyn Mamai

On Sunday 6th November 2016, a team from the Special Abilities Ministry attended service at the All Souls’ Cathedral in Machakos. This visit was at the invitation of the Provost of the Machakos cathedral, Rev. Canon John Ikucha who until last year was the pillar minister in charge of Pastoral Care, Sacraments and Visitation under which the ministry falls.

Part of the reason for the visit was to see and share with the specially-abled persons in Machakos and offer advice on how they too can mainstream the ministry into their church activities. Also at hand to receive the All Saints’ Cathedral team was Mr. Ken Siocha who has been invited several times to preach in the Cathedral.
This year the annual Marriage Outreach Ministry (MOM) conference was held on 20th to 23rd October 2016 at PrideInn Paradise Beach Resort, Mombasa. The ministry has continued to grow and this year we thank God for 100+ couples in attendance. This year’s theme was “Bearing fruit that lasts” based on this year’s overall Cathedral theme.

MOM is 24 years this year, next year the ministry will celebrate its silver jubilee which coincides with the Cathedral’s centenary celebrations.

MOM’s mission is to ensure that we enrich marriage by pointing couples back to Christ as we appreciate that good marriages are very important for the stability of society as whole. Therefore, families depend on married couples who when they are Christlike provide lasting legacies within their given homes.
The PCC Vice Chair Mr. Sam Kiraka, his wife Beth and keynote speakers Mr. & Mrs. Jessie Kamau
God at His Best

(by how great thou art!)

by laura atieno

We all have grown up with a concept of God. This varies from one person to another. The life experiences we have gone through, upbringing, education and other factors play a huge role in shaping our concept of God. There are those like me whose concept of God is molded from the bible. You see, I believe that the bible is the infallible word of God. There is a place it says that whatever was written in earlier times was written for our instruction, so that through endurance and the encouragement of the Scriptures we might have hope and overflow with confidence in His promises. (Romans 15:4). In this regard, I find a lot of enjoyment in reading the bible. I have discovered a lot of things from the ancient words about myself, people in general and most importantly God and hence my statement earlier that my view of God is molded from the bible.

If someone was to ask, when do you think that God was at his best, like when did He really outdo Himself in terms of His show and might and did that which is mind-blowing. There are those who would say that when God really outdid Himself was during the parting of the red sea. Picture this, Pharaoh and the Egyptian soldiers are hot on the heels of the Israelites to kill and destroy them. The Israelites had a left a trail of disaster and Chaos back in Egypt. The final blow was the death of all firstborns in Egypt including Pharaoh’s own son. So we are sure that if Pharaoh was to catch up with them, the scene would not be pretty.

Pharaoh and his mighty army were behind the Israelite in hot pursuit of them. In front of them, the mighty red sea was beckoning on them. The red sea is said to have a surface area of about 438,000 square kilometers
and an average depth of 490 meters. This means that the volume of water is 214,620 cubic kilometers. A cubic kilometer is equivalent to 1012 liters. This was no small river. The Israelites were caught between the proverbial rock and a hard place. I can only imagine the terror that seized them. The book of Exodus 14:10 tells us that when they saw Pharaoh approaching, they were terrified and cried out to God, they even started wishing they had died in Egypt. They started blaming Moses for what was about to happen. Moses in turn turned to God and asked Him for help. God then instructs Moses to raise his shepherd staff and his hands so that the water may be divided and create dry ground for the people to pass through. Moses did this and the waters were divided. Scripture says that the parting created a wall of water on the left and on the right. I can’t even wrap my mind around this picture. What a mighty God!

If I were to be asked when I thought God outdid Himself in the scriptures I would have to say it is when he made the sun stand still for Joshua. The story is found in the book of Joshua chapter 10. This is one of the most fascinating stories in the bible for me if not the most fascinating. The story is set up in the Promised Land. You see, the Israelites had real enemies in the Promised Land that they needed to fight off. So there were these five powerful kings who had ganged up against an ally of Israel, Gibeon. So the Gibeonites sent word to Joshua to come to their aid. Joshua rallied up his strongest fighting men together with his army and set out to help Gibeon. The distance is said to be about thirty two kilometers. Joshua’s army had marched all night to come out and fight the enemies. This caused the enemies to run off back to their fortified cities.

Joshua did not want this to take place, for these guys to get back to their strategic fighting areas. Time was running out and it was almost getting to nightfall. His troops needed more daylight to catch up with these people. It is for this reason that Joshua asked God to lengthen the day. It would be quite hard to catch up with these people in the dark. So what does Joshua do? Scriptures says that he spoke to the LORD in the presence of everyone and asked the sun to stand still over Gibeon and the moon over the valley of Aijalon. (Joshua 10:12). And would you know it, the sun stood still and the moon stopped. The sun stopped in the middle of the day and delayed going down about a full day. The bible says that there was never a day like that where God listened to a man. The Lord indeed fought for the Israelites on that day. What a mighty God!
The incidences above are just few instances where we see God’s might and awesomeness. You may have a particular favorite story in the Bible about God. However, in truth, the instance when God outdid Himself is when He came down to us in the form of frail humanity. As fascinating and mind-blowing as other instances of His might are, God really outdid Himself when He chose to leave his throne above and clothed himself in frail humanity so that He can win us back to Himself. Think about it, God the creator of the sun, moon and the red sea chose to identify with us. He put aside all His power, might, grandeur and majesty and became a man.

If I were God, I don’t think I could have done that. I would have waited at least for humanity to show some kind of remorse or regret for their sinful state. God however did not wait for us to seek Him first, He sought us first. We were hopeless and lost and dead because of our sins. While we were yet sinners God came down to us in the form of Christ and died so that He can draw us back to Himself. Through His death, we are now children of God, we are now reconciled with Him. We have identity. We have mansions awaiting us in heaven and most important of all we have Hope. Scripture tells us that this hope never disappoints. This is because God’s love has been poured into our hearts through the Holy Spirit who has been given to us. Oh what a joy it is to embrace this God of all Hope.
I consider oats one of the healthiest cereals there is. It is an all round-grain that is packed with nutrients from many food groups. Let us look at some of these nutrients:

- It is the only cereal that contains globulin; a protein found in legumes. This qualifies oats as a protein.
- Oats is a source of soluble fiber therefore controlling blood sugar and lowers risk of heart disease
- It’s a rich source of vitamins and minerals: manganese, phosphate, zinc, vitamin B1 and B5 (just to mention a few). Vitamins are very important as they build the immune system.

Let me share a nutritious oat cookie recipe that can be served for the whole family.

**Ingredients**

- 3 cups oats (750gms)
- 2 ripe bananas
- 2 table spoons baking powder
- 3 table spoons butter, melted
- 2 teaspoons cinnamon
• 3 table spoons good honey
• 1 egg
• ½ cup of water
• 2 table spoons brown sugar
• 4 table spoons raisins
• 4 tablespoons chocolate chips

Method
• Preheat oven at 350 degrees
• Crush oats in a blender, add ¼ cup of water as you crush to avoid the blender spoiling due to friction
• In a separate bowl beat the egg
• To the egg, add honey and melted butter
• Using a fork mush the ripe bananas and add them to the egg mixture
• Now add the banana mix to the oats and fold in until well incorporated
• Now add the remaining ¼ cup of water
• Add cinnamon and a choice of either chocolate chips or raisins in the oat butter
• Dust the baking tray with flour to avoid sticking then Scoop the cookie mix in spoon fulls on to the tray.
• Bake for 35 minutes
• Enjoy your cookies

Notes:
• Oats keep you full and are good at contributing to weight loss
• Weight loss though is a harmony between nutritious diet and exercise

Have you tried this recipe? I would like to know if you loved it. Email me at eezyfixes@gmail.com and yes I can help you plan your menus too. Email me for enquiries.
I appreciate literature and one of my choice authors is Charles John Huffam Dickens. A prolific British author of numerous works now considered classics. One of his famous excerpts is; “Reflect upon your present blessings, of which every man has plenty; not on your past misfortunes, of which all men have some.” This aligns with 1 Thessalonians 5:18: “In everything give thanks: for this is the will of God in Christ Jesus.

At the dawn of 1st Century, time seemed to drag as a thick viscous fluid; a year seemed to last a decade, and a decade century. After the end of 1st millennium the world gathered pace, the momentum of 15th century saw birth of age of discovery with extensive overseas exploration. At 17th century it was a rolling rock downhill. 20th century is a bullet, the speed train of technology through time. And with it came numerous benefits which we ought to be thankful for.

**The Printer:** It’s almost divine turning the crispy pages of the Bible, feeling the texture of the old raspy novel as you flip through to the next page, some can’t skip a day without the newspaper. The News & Views magazine you are reading now is from the printer, courtesy of a German inventor **Johannes Gutenberg.** This invention was monumental in bringing literacy to the masses as it was now easier to mass produce books. Think about the jobs created!

**Plastic:** Alexander Parkes who lived between 1813 and 1890 in England was a son of a brass lock manufacturer. He created Parkesine, the first man-made plastic, a groundbreaking invention. Just look around you; Your phone, washing basin, shower head, water bottle, tooth paste casing, the hair extension, the pen, Credit cards, chairs, computers, golf balls, toothbrush, Christmas deco. It is one of the widely used products.
**Vaccination:** In eighteenth century Europe, smallpox accounted for nearly 400,000 deaths yearly, including five kings. Of those surviving, one-third were blinded. The worldwide death toll was staggering and continued well into the twentieth century, where mortality has been estimated at 300 to 500 million! This number vastly exceeds the combined total of deaths in all world wars. Diseases like whooping cough, polio, measles, influenza, and rubella struck hundreds of thousands of infants, children and adults in the world died helplessly! In 1796 English Physician Edward Jenner discovered vaccine saving approximately 9 million lives a year worldwide! In our lifetime smallpox is no more; it was totally eradicated by vaccines.

**Penicillin:** Sir Alex Fleming was a Scottish researcher serving in the military after the 1st world war and was often described as a careless lab technician and as a result of some intelligent serendipity; he “accidentally” discovered penicillin in 1928, knighted in 1944 awarded the Nobel Prize in Medicine in 1945 for his extraordinary achievements which revolutionized the medical sciences. To date, penicillin has become the most widely used antibiotic in the world treating formerly severe and life-threatening illnesses such as bacterial endocarditis, meningitis, pneumococcal pneumonia, gonorrhea and syphilis.

**Electricity:** Take a moment to consider your surroundings. When
sitting in your temperature-controlled office with plenty of light and music playing in the background obviously sitting at the computer. Consider how much of what you use daily -- either consciously or not -- requires electricity. We take advantage of its existence all day long, and when it goes out, we get a real clear idea of how important it is in our daily lives. Michael Faraday made the first basic electric motor in 1821, and from that electricity was born.

**Battery:** The year was 1799 the name was Alessandro Volta, the Invention was the Voltaic Pile, which we now call the battery, 200 years later, it still remains very relevant powering our cars, laptops, digital cameras, radios, mobile devices etc. earlier no one wanted to linger in the darkness! And in the modern times no one wants to run on a low battery!

**Mobile Phone:** You may be among the 4 billion users of this device. It makes me wonder how they survived without one in the 80’s. Call, text, email, Bank, Shop, diarize your year, GPS, download a video, listen to radio, watch TV, take a photo! The list is endless; you don’t even need the alarm it will wake you up! Alexander Graham Bell patented the 1st practical phone that has evolved into this almost magical device we hold. Hello!

**Radio:** Nikola Tesla invented The Radio, Tesla Coil, X-Rays, The Remote Control, The Laser, Wireless Communications, etc. He and Edison (bulb inventor) were bitter rivals, with Edison taking much from Tesla, as Edison was a far savvier businessman at that time Radio waves were indispensable, as they were used by the military, police,
hospitals, entertainment industry, Telkom industry etc.

**Vehicle:** The car is something we cannot seem to live without. We drive them to work, malls, countryside and wherever else we may need to reach. If we had to give credit to one inventor, it would probably be Karl Benz from Germany. Many suggest that he created the first true automobile in 1885/1886.

**Airplane:** The luxury, speed and unimaginable speeds of 900Km/hr was a myth before 1900’s, but now is just as common. In December of 1903, the Wright Brothers made the first powered, sustained and controlled flights in Kitty Hawk, North Carolina. They would go on to build a more practical airplane close to what we have now two years later. We now can travel from Nairobi to Mombasa (484Km) in unbelievably 45Min! The same distance takes 15 Days on foot, 7 days by a horse, 14 hours by train, and 8hrs by bus.

**Others:** Computer and internet, Television, social media, Watches, video Cameras, GPS, Photography, Tissue paper etc.

November is thanksgiving month, Look around you for opportunities for thanksgiving and you will realize that Gratitude is a currency that you can mint for yourselves, and spend without fear of bankruptcy.

You may share your thoughts with me via Twitter: @kamapev
Every year the ASC children’s ministry organizes a VBS (Vacation Bible School) for the children ages 4 – 12 years. The VBS addresses social, political and economic issues from a Biblical perspective. This is done by choosing an appropriate theme and a curriculum is crafted through the children’s workbooks.

Through the VBS, the children’s ministry provides every child with a series of teachings. We also encourage families to study the lessons at home for family devotions and Bible study. This year the VBS theme was on “My life, my Gift”. This theme was to counter the world view of sanctity of life. For example, some people say, “My life, my choice, my dress my choice etc.” The theme’s objective was to bring children to the knowledge that our lives are a gift from God. We cannot dictate a gift. We accept it as it is. We therefore should accept
ourselves and remember we are all created in God’s image. Each of us has a purpose in this life and none of us is useless. The theme was broken down into five different topics. These are My life of Purpose on day 1 - My life in the word; on day 2 - my life of prayer on day 3; my life of purity on day 4 and my life of leadership on day 5.

VBS at the Cathedral is a five day event. That is Monday to Friday, the whole day. The children are dropped as early as 7am and picked from 4pm. The Cathedral has a budget of over 1 million to cater for the printing of books, food, graduation cakes and recreation facilities for children. Currently we are the only church in Kenya that crafts work books for children. The Cathedral has run VBS for over ten years now. This year 2016, we are celebrating ten years since we started crafting VBS work books for children.

From last year 2015, we started a VBS reach out in Tujisaide community school in Kayole. This is normally done immediately after the VBS at the Cathedral. We are deliberate to invite children in ASC to accompany us during this outreach. This is in line with the forth objective of the 4/14 Window, where we use children as agents of transformation.
VBS offers teachers a chance to make a greater spiritual impact on children because they have more time compared to a Sunday where we have these children only for one and a half hours.

With a total of five full days with the children, we learn together and have fun. It has been an excellent way to grow our Sunday school attendance. Our children invite their friends to attend and the invited children end up making ASC their church.

*VBS takes lots of effort on the Sunday school teachers, but it is well worth the effort; the rewards are beneficial for today, for tomorrow, and for eternity!***
The Widow's Offering

Calling his disciples to him, Jesus said, "I tell you the truth, this poor widow has put more into the treasury than all the others." Mark 12:43 (NIV)

ACROSS
4. A contribution or gift made at a religious service
5. The official currency issued by a government
6. Having little or no wealth
8. The entire amount; everything

DOWN
1. A small piece of flat, circular metal, used for money
2. A woman whose husband has died and who has not remarried
3. A building used for worship
7. Having great material wealth

<table>
<thead>
<tr>
<th>across</th>
<th>down</th>
</tr>
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<tbody>
<tr>
<td>offering</td>
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</tr>
<tr>
<td>temple</td>
<td>poor</td>
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<tr>
<td>money</td>
<td>all</td>
</tr>
<tr>
<td>widow</td>
<td>coins</td>
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# ANGLICAN CHURCH OF KENYA
## ALL SAINTS' CATHEDRAL
P.O Box 40539 – 00100 Nairobi, Kenya
Tel: 0732 600466 • 0702 645069 • 020 8004679
Pastoral Care & Counselling: 0705 318 392
E-mail: info@allsaintsnairobi.org
Visit our website: http://www.allsaintsnairobi.org

**Provost/Vicar**
The Very Rev. Canon Sammy Wainaina

**Executive Assistant**
Mrs. Dorsila Kassums –

**Assistant Provost/Worship Pillar**
Rev. Evans Omollo –
Pillar Minister
Mr. Atigala Luvai –
Director of Music
Mr. Jandson Njoroge –
Senior Verger
Mr. Moses Odumbe –
Assistant Director of Music

**Cathedral Administrator**
Mr. George Maina

**Evangelism & Outreach Pillar**
Rev. Evans Kimari –
Pillar Minister
Mrs. Louise Githire –
SOM/UDP Coordinator

**Finance Manager**
Moses Waweru

**Education & Discipleship**
Rev. Lillian Karinga –
Pillar Minister
Rev. Mithali Ongachi –
Children & Baptism Minister
Capt. Alice Kariuki –
Women’s Ministry Coordinator
Mrs. Mercy Eunyalata –
Children’s Coordinator
Miss Dorcas Ouma –
Intern

**Pastoral Care and Sacraments**
Rev. Josephine Ngahu –
Pillar Minister
Rev. Joseph Kamau –
Sacraments Minister
Rev. Philip Owuor –
Hospital Visitations Minister

**Youth & Young Adults**
Rev. Alfred Apela
Miss Esther Wagaturi –
Youth Ministry Coordinator

**Teens & Confirmation**
Rev. Kevin Kamotho
Mr. Grey Ngugi –
Teens Ministry Coordinator

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  - Technology Thanksgiving
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  - VBS 2016 report

## Summary of Monthly Collections

<table>
<thead>
<tr>
<th>Title</th>
<th>General</th>
<th>Nehemiah</th>
<th>Youth Camp</th>
<th>CTC</th>
<th>Harvest</th>
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<tr>
<td>SERVICES</td>
<td></td>
<td></td>
<td></td>
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<td>KShs</td>
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<tr>
<td>7:00AM Adult</td>
<td>151,156</td>
<td>316,700</td>
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<td>495,256</td>
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<td>8:00AM Adult</td>
<td>574,662</td>
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<td>14,900</td>
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<td>4,420,820</td>
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<td>9:30AM Adult</td>
<td>954,655</td>
<td>257,633</td>
<td>3,050</td>
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<td>1,245,338</td>
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<td>9:30AM Combined Service</td>
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<td>20,000.00</td>
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<td></td>
<td>1,128,931.00</td>
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<td>11:30AM Youth</td>
<td>164,936</td>
<td>192,989</td>
<td>5,000</td>
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<td>382,921</td>
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<td>11:30AM Combined Service</td>
<td>425,000</td>
<td>165,905</td>
<td>20,000.00</td>
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<td>650,905.00</td>
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<tr>
<td>Tens</td>
<td>128,634</td>
<td>195,989</td>
<td>5,000</td>
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<td>329,623</td>
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<tr>
<td>Sunday School</td>
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<td>166,669.50</td>
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<td>362,362.50</td>
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<td>Kiswahili</td>
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<td>Candidate Dedication</td>
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<td>Midweek</td>
<td>264,633</td>
<td>333,909</td>
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<td>703,202.00</td>
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<td>Other Services</td>
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<td>2,737,709.50</td>
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<td>Trinity Collection</td>
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<td>15,235,868.80</td>
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<td>Total Diocesan Thanksgiving Collections</td>
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<td>408,540.00</td>
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<td>2,503,529.30</td>
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<td>Total Monthly Project Collections</td>
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<td>Total Harvest Monthly Collections</td>
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<td>18,385,538.00</td>
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<tr>
<td>Total Monthly Collections</td>
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<td>Foreign Currency (USD)</td>
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The All Saints’ Cathedral Trinity Centre offers modern and well furnished meeting rooms, an auditorium, a restaurant/cafeteria and serene grounds all within a pristine Christian environment.

We have meeting rooms that are ideal for fundraisers, training/seminars, individual graduation receptions, cocktails, dinners and parties. While the auditorium which has a sitting capacity of 1800 is ideal for international and local conferences, wedding services/receptions, concerts/plays, AGMs, graduation ceremonies and dinners. Additionally, the auditorium is fitted with translation booths and state of the art audio-visual equipment.

Contact us for more information/booking on 0728-217715 or Email: trinitycentre@allsaintsnairobi.org