



ALL SAINTS' CATHEDRAL CHURCH, NAIROBI

THE ORDER FOR
HOLY
COMMUNION

On 08th March 2026

At 11:30 am

THE THIRD SUNDAY IN LENT

TODAY'S TOPIC: Prayer Satisfies the Thirsting Heart

Celebrant: Rev'd Peter Mugi

Assisted by: Rose Ndaru

Preacher: Pauline Nguyai

Live Stream by KBC TV, Facebook and YouTube

THEME FOR THE YEAR: God Never Fails (Joshua 21:45)

ORDER OF SERVICE

NOTES

- i. *This service flows as provided in the programme without announcements.*
- ii. *Families are encouraged to use this liturgy to follow the live stream service and respond accordingly.*
- iii. *The service program is found on the Cathedral Website www.allsaintsnairobi.org*

[People Stand during the procession]

1. WELCOME REMARKS

2. OPENING HYMN: *Oft in danger, oft in woe*

Oft in danger, oft in woe,
Onward, Christians, onward go:
Bear the toil, maintain the strife,
Strengthened with the Bread of life.

Onward, Christians, onward go,
Join the war, and face the foe;
Will ye flee in danger's hour?
Know ye not your captain's power?

Let not sorrow dim your eye;
Soon shall every tear be dry:
Let not fears your course impede;
Great your strength, if great your need.

Let your drooping hearts be glad;
March in heavenly armour clad;
Fight, nor think the battle long:
Soon shall victory wake your song.

Onward then in battle move;
More than conquerors ye shall prove:
Though opposed by many a foe,
Christian soldiers, onward go.

(People remain standing)

3. THE CALL TO WORSHIP

Minister: The Lord be with you

All: And also, with you

Minister: The earth is the Lord's and all that is in it.

All: Let the heavens rejoice and the earth be glad

Minister: Our help is in the name of the Lord.

All: Who made the heaven and earth

Minister: I was glad when they said to me:

All: Let us go to the house of the Lord.

Minister: Praise the Lord.

All: The name of the Lord be praised.

(People Kneel/Sit)

4. PRAYER OF PURITY

Minister: Let us join together in the prayer of purity

All: Almighty God, to whom all hearts are open, all desires known, and from whom no secrets are hidden: Cleanse the thoughts of our hearts by the inspiration of Your Holy Spirit that we may perfectly love You, and worthily magnify Your holy name; through Christ our Lord. Amen.

5. THE SUMMARY OF THE LAW

Minister: Our Lord Jesus Christ said: The first and great commandment is this: 'Hear, O Israel, the Lord our God is the only Lord. You shall love the Lord your God with all your heart, with all your soul, and with all your mind, and with all your strength.' The second is this: 'Love your neighbour as yourself.' There is no other commandment greater than these.

All: Amen. Lord have mercy and write these laws in our hearts, we pray.

(People stand for the Kyrie)

6. Kyrie (sung) – From Amacea mass

Bwana utuhurumie, Bwana utuhurumie
Bwana utuhurumie, Bwana utuhurumie

Kristu utuhurumie, Kristu utuhurumie
Kristu utuhurumie, Kristu utuhurumie

Bwana utuhurumie, Bwana utuhurumie
Bwana utuhurumie, Bwana utuhurumie

7. THE COLLECT

Minister: As we stand, let us join in the collect appointed for the third Sunday in Lent:

All: Almighty God, Father of our Lord Jesus Christ, you know our thoughts even before we speak them out; for there is no secret we can hide from you. Grant us wisdom to know your will for us, courage to stand for what is true, and patience to endure to the end. Through your Son Jesus Christ our Lord. Amen

Collect for Ash Wednesday

All: Almighty and everlasting God, you hate nothing that you have made and forgive the sins of all those who are penitent: create and make in us new and contrite hearts that we, worthily lamenting our sins and acknowledging our wretchedness, may receive from you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ your Son our Lord, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen.

(People sit)

8. O.T Reading: Exodus 17: 1- 7 – Prisca Okemba

9. CHOIR ANTHEM: *Lord, for thy tender mercy's sake* (Richard Farrant)

Lord, for thy tender mercy's sake, lay not our sins to our charge,
But forgive that is past, and give us grace to amend our sinful lives:
To decline from sin and incline to virtue,
That we may walk in a perfect heart,
That we may walk in a perfect heart before thee now and ever
more.
That we may walk in a perfect heart,
That we may walk in a perfect heart before thee now and ever
more.
Amen.

(People stand)

10. GOSPEL READING: John 4: 5- 15

11. HYMN: *As the deer pants for the water*

As the deer pants for the water,
So, my soul longs after You.
You alone are my heart's desire
And I long to worship You.

*You alone are my strength, my shield,
To You alone may my spirit yield.
You alone are my heart's desire
And I long to worship You.*

I want You more than gold or silver,
Only You can satisfy.
You alone are the real joy-giver
And the apple of my eye.

You alone are my strength, my shield,

You're my Friend and You are my Brother,
Even though You are a King.
I love You more than any other,
So much more than anything.

You alone are my strength, my shield,

12. SERMON: The REV'D PAULINE NGUYAI

(People Stand)

13. THE NICENE CREED

Minister: We stand together with Christians throughout the centuries, and throughout the world today, to affirm our faith in the words of the Nicene Creed.

All: **We believe in one God, the Father, the Almighty
Maker of heaven and earth, of all that is, seen and unseen.
We believe in one Lord, Jesus Christ, the only Son of God,
eternally begotten of the Father, God from God, Light from
Light, true God from true God, begotten, not made, of one
Being with the Father. Through him all things were made.
For us and for our salvation
He came down from heaven; By the power of the Holy Spirit
He became incarnate from the Virgin Mary, and was made
Man. For our sake he was crucified under Pontius Pilate; He
suffered, died and was buried. On the third day He rose
again in accordance with the scriptures; He ascended into
heaven, and is seated at the right hand of the Father.
He will come again in glory to judge the living and the dead,
and His kingdom will have no end.
We believe in the Holy Spirit, the Lord, the giver of life,
Who proceeds from the Father and the Son, With the Father
and the Son He is worshiped and glorified.
He has spoken through the prophets.
We believe in one holy, catholic and apostolic Church.
We acknowledge one baptism for the forgiveness of sins.
We look for the resurrection of the dead,
And the life of the world to come. *Amen.***

14. THE INTERCESSION

Minister: Let us pray.

(People kneel/sit)

Minister: May the bishops and leaders of our churches have wisdom and speak with one voice.

All: Amen. Lord have mercy.

Minister: May the leaders of our country rule with righteousness.

All: Amen. Lord have mercy.

Minister: May justice be our shield and defender.

All: Amen. Lord have mercy.

Minister: May the country have peace and the people be blessed.

All: Amen. Lord have mercy.

Minister: May the flocks and herds prosper and the fish abound in our lakes.

All: Amen. Lord have mercy.

Minister: May the fields be fertile and the harvest plentiful.

All: Amen. Lord have mercy.

Minister: May we and our enemies turn towards peace.

All: Amen. Lord have mercy.

Minister: May the love of the Father touch the lonely, the bereaved and the suffering.

All: Amen. Lord have mercy.

Minister: May the path of the world be swept of all dangers.

All: Alleluia. The Lord of mercy is with us.

15. PRAYERS OF PENITENCE

Minister: Hear the words of challenge and comfort our Saviour Christ says to all who follow him:

If anyone would come after me, let him deny himself, take up his cross, and follow me. For whoever would save his life will lose it; and whoever loses his life for my sake will save it. (*Luke 9: 23-24*)

Come to me all of you who are tired of carrying your heavy loads, and I will give you rest (*Matthew 11:28*)

So, all of you who repent of your sins, who love your neighbours and intend to lead a new life, following the way of Jesus, come with faith and take this Holy sacrament to strengthen you.

Let us reverently confess our sins to Almighty God.

All: Almighty God, creator of all, you marvellously made us in your image; but we have corrupted ourselves and damaged your likeness by rejecting your love and hurting our neighbours. We have done wrong and neglected to do right. We are sincerely sorry and heartily repent of our sins. Cleanse us and forgive us by the sacrifice of your Son; Remake us and lead us by your Spirit the Comforter. We ask this through Jesus Christ our Lord. Amen

Minister: Almighty God, whose steadfast love is as great as the heavens are high above the earth, remove your sins from you as far as the east is from the west, strengthen your life in His kingdom and keep you upright to the last day; through Jesus Christ our merciful High Priest. **Amen**

All: Thank You Father for forgiveness; we come to Your table as your children, not presuming but assured, not trusting ourselves but your Word; we hunger and thirst for righteousness, and ask for our hearts to be satisfied with the body and blood of Your Son, Jesus Christ the righteous. Amen.

(People Stand)

16. THE PEACE

Minister: The peace of the Lord be always with you.

All: And also, with you

Minister: Let us offer one another a sign of peace

17. OFFERTORY

Details displayed on the screens.

Paybill no. 303036 for offertory, tithes, Organ Fund etc

Paybill no. 303035 for Children and Teens Centre (CTC) Project.
Airtel Paybill 303035: Indicate what you are giving for.
Cash offering using the baskets provided

18. OFFERTORY HYMN: Let us with a gladsome mind

Let us with a gladsome mind,
Praise the Lord, for He is kind
*For His mercies shall endure,
Ever faithful, ever sure.*

Let us blaze His name abroad,
For of gods, He is the God:
For His mercies shall endure,

He, with all-commanding might,
Filled the new-made world with light:
For His mercies shall endure,

He the golden-tressed sun,
Caused all day his course to run:
For His mercies shall endure,

And the silver moon by night,
'Mid her spangled sisters bright:
For His mercies shall endure,

He His chosen race did bless
In the wasteful wilderness:
For His mercies shall endure,

All things living He doth feed,
His full hand supplies their need:
For His mercies shall endure,

Let us then with gladsome mind
Praise the Lord, for He is kind:
For His mercies shall endure,

19. THE GREAT THANKSGIVING

Minister: All things come from You O, Lord

All: And of your own have we given to You

(People remain standing)

Celebrant: We remain standing for thanksgiving and remembrance.

Is the Father with us?

All: He is

Celebrant: Is Christ among us?

All: He is

Celebrant: Is the Spirit here?

All: He is

Celebrant: This is our God.

All: Father, Son, and the Holy Spirit

Celebrant: We are His people.

All: We are redeemed

Celebrant: Lift up your hearts

All: We lift them to the Lord.

Celebrant: Let us give thanks to the Lord our God.

All: It is right to give him thanks and praise

Celebrant: It is right and our delight to give You thanks and praise, great Father, living God, supreme over the world, Creator, Provider, Saviour and Giver, from a wandering nomad You created Your, family; for a burdened people you raised up a leader; for a confused nation You chose a king; for a rebellious crowd You sent Your prophets. In these last days you have sent us your Son, your perfect image, bringing your kingdom, revealing your will, dying, rising, reigning, re-making your people for yourself. Through Him you have poured out your Holy Spirit, filling us with light and life. Therefore, with angels, archangels, faithful ancestors and all in heaven, we proclaim your great and glorious name, forever praising you and saying:

All: Holy, holy, holy Lord, God of power and might, Heaven and earth are full of Your glory. Hosanna in the highest.

Celebrant: Almighty God, Owner of all things, we thank you for giving up your only Son to die on the cross for us who owe you everything. Pour your refreshing Spirit on us as we remember Him in the way he commanded, through these gifts of your creation. On the same night that He was betrayed He took bread and gave you thanks; He broke it and gave it to His disciples, saying, "Take, eat; this is my body which is given for you; Do this in remembrance of me'

All: Amen. His body was broken for us.

Celebrant: In the same way, after the supper he took the cup and gave you thanks; He gave it to them, saying. "Drink this, all of you; this is my blood of the new covenant, which is shed for you and for many for the forgiveness of sins. Do this as often as you drink it, in remembrance of me."

All: Christ has died, Christ is risen, Christ will come again.

Celebrant: We are brothers and sisters through His blood.

**All: We have died together, we will rise together,
We will live together.**

Celebrant: Therefore, heavenly Father, hear us as we celebrate this covenant with joy, and await the coming of our Saviour, Jesus Christ. He died in our place, making a full atonement for the sins of the whole world, the perfect sacrifice, once and for all. You accepted His offering by raising Him from death, and granting Him great honour at your right hand on high.

All: Amen. Jesus is Lord.

Celebrant: This is the feast of victory.

All: The Lamb who was slain has begun his reign. Alleluia.

20. THE COMMUNION

(People kneel)

Celebrant: As our Saviour taught us, we are bold to pray:

All: Our Father in heaven, hallowed be your name, your kingdom come, your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins, as we forgive those who sin against us. Lead us not into temptation but deliver us from evil. For the kingdom, the power and the glory are Yours, Now and forever. Amen.

Celebrant: We break this bread to share in the body of Christ.

All: Though we are many we share one body, for we all share one bread.

Celebrant: The cup of blessing which we bless,

All: Is a sharing in the blood of Christ.

Celebrant: Draw near with faith and receive

All: Christ is the host and we are His guests.

Celebrant: Christ is alive for ever.

All: We are because He is.

21. AGNUS DEI (Mchanganyiko) (Sung)

Mwana kondoo wa Mungu,
Uondoaye dhambi za dunia
Utuhurumie.

Mwana kondoo wa Mungu,
Uondoaye dhambi za dunia
Utuhurumie.

Mwana kondoo wa Mungu,
Uondoaye dhambi za dunia
Utupe Amani

The celebrant and his assistants receive the bread and wine.

Celebrant: The body of our Lord Jesus Christ which was broken for you keep your body and soul to eternal life. Take and eat this, in

remembrance that Christ died for you, and feed on Him in your hearts, by faith, with thanksgiving.

Assistant: The blood of our Lord Jesus Christ which was shed for you, keep your body and soul to eternal life. Drink this, in remembrance that Christ's blood was shed for you and be thankful.

i. *Kindly note we shall only use the small cups and not the Chalice.*

22. HYMNS DURING COMMUNION:

i. I am the bread of life

*I am the bread of life,
He who comes to Me shall not hunger,
He who believes in Me shall not thirst.
No one can come to Me
Unless the Father draw him*

*And I will raise him up,
And I will raise him up,
And I will raise him up
On that last day.*

*The bread that I will give
Is my flesh for the life of the world,
And he who eats of this bread,
He shall live for ever,
He shall live for ever.
And I will raise him up,*

*Unless you eat
Of the flesh of the Son of man
And drink of His blood,
And drink of His blood,
You shall not have life within you.
And I will raise him up,*

*I am the resurrection,
I am the life,*

*He who believes in Me,
Even if he die,
He shall live for ever.
And I will raise him up,*

*Yes Lord we believe
That You are the Christ,
The Son of God
Who has come
Into the world.
And I will raise him up,*

ii. Jesus stand among us

Jesus, stand among us at the meeting of our lives,
Be our sweet agreement at the meeting of our eyes;
O, Jesus, we love You, so we gather here,
Join our hearts in unity and take away our fear.

So, to you we're gathering out of each and every land,
Christ the love between us at the joining of our hands;
O, Jesus, we love You, so we gather here,
Join our hearts in unity and take away our fear.

Jesus stand among us at the breaking of the bread,
Join us as one body as we worship You, our Head.
O, Jesus, we love You, so we gather here,
Join our hearts in unity and take away our fear.

iii. Let us break bread together

Let us break bread together, we are one.
Let us break bread together, we are one.
We are one as we stand
With our face to the risen Son,
O Lord, have mercy on us.

Let us drink wine together, we are one.
Let us drink wine together, we are one.
We are one as we stand

Let us praise God together, we are one.
Let us praise God together, we are one.
We are one as we stand

23. PRAYER AFTER COMMUNION

People stand

All: Almighty God, eternal Father, we have sat at Your feet, learnt from Your word and eaten from Your table. We give You thanks and praise for accepting us into Your family. Send us out with your blessing, to live and to witness for You in the power of Your Spirit. Through Jesus Christ, the First Born from the dead. Amen.

24. NOTICES

25. THE BLESSING

Celebrant: All our problems,

All: We send to the cross of Christ

Celebrant: All our difficulties,

All: We send to the cross of Christ

Celebrant: All the devil's works,

All: We send to the cross of Christ

Celebrant: All our hopes,

All: We set on the risen Christ

Celebrant: Christ the Sun of Righteousness shine upon you and scatter the darkness from before your path: And the blessing of God Almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen**

26. DISMISSAL

Celebrant: Go in peace to love and serve the Lord.

All: In the name of Christ. Amen.

27. RECESSIONAL HYMN: *Forty days and forty nights*

Forty days and forty nights
Thou wast fasting in the wild;
Forty days and forty nights
Tempted, and yet undefiled:

Sunbeams scorching all the day;
Chilly dew-drops nightly shed;
Prowling beasts about the way;
Stones thy pillow, earth thy bed.

Shall not we thy sorrows share,
And from earthly joys abstain,
Fasting with unceasing prayer,
Glad with thee to suffer pain?

And if Satan, vexing sore,
Flesh or spirit should assail,
Thou, his vanquisher before,
Grant that we may not faint nor fail.

So shall we have peace divine;
Holier gladness ours shall be;
Round us too shall angels shine,
Such as ministered to thee.

Keep, O keep us, Saviour dear,
Ever constant by thy side;
That with thee we may appear
At the eternal Eastertide.

NOTICES

a) NOTICE OF SI QUIS

- i.** Notice is hereby given that the following persons intend to offer themselves for the office of a Priest in the DIOCESE OF ALL SAINTS'

CATHEDRAL at the ensuing ordination by The Most Rev. Dr Jackson Ole Sapit, Archbishop of Kenya and Bishop of All Saints' Cathedral Diocese on April 2, 2026 at the All Saints' Cathedral, Nairobi at 9:am:

- 1. Rev'd Vivian Wanjiku Ritho - Andere**
- 2. Rev'd Victor Mutabacho Gatumu** both of ACK St Francis Church Karen.
- 3. Rev'd Capt. Elijah Abwao** of St Luke's Kenyatta.

If any person knows any just cause or impediment for which they ought not to be ordained Priests for the Diocese aforesaid, he or she is now to declare the same or to signify the same forthwith to the Archbishop on or before March 31, 2026.

- ii.** Notice is hereby given that the following persons intend to offer themselves for the office of a Deacon in the DIOCESE OF ALL SAINTS' CATHEDRAL at the ensuing ordination by The Most Rev. Dr Jackson Ole Sapit, Archbishop of Kenya and Bishop of All Saints' Cathedral Diocese on April 2, 2026 at the All Saints' Cathedral, Nairobi at 9:00am.

- 1. Capt. Moses Obinya Musumba** of St Joseph Kabete
- 2. Capt. Stephen Mugendi Njiru** of Christ the King Ngando
- 3. Capt. Simon Peter Witi Gitau** of St Jerome Gatwikira
- 4. Margaret Wamaitha Ng'ang'a** of Kenya Police Service.

If any person knows any just cause or impediment for which they ought not to be made Deacons for the Diocese aforesaid, he or she is now to declare the same or to signify the same forthwith to the Archbishop on or before March 31, 2026.

b) PRAYER MINISTRY:

- i. ON SUNDAYS:** the clergy and the Lay Ministers are available for prayers after every service.

1. Prayers at the Tent at the Northern Lawn after 7.00am, 8.00am & 9.30am services.
 2. Prayers at the Altar after the Youth, Kiswahili, 11.30am & 6.00pm services.
- ii. ON WEDNESDAYS** the Cathedral is open for prayers and the clergy are available to pray with any member of the congregation who needs prayers.
- iii. Prayer & Healing Service** is held every Wednesday at 5:30p.m. in the Main Sanctuary.

a) NOTICE OF ANNUAL GENERAL MEETING

NOTICE IS HEREBY GIVEN that the Annual General Meeting of the Church will be held both physically in the Cathedral and virtually via Zoom platform on Sunday, 22nd March 2026 at 2:00pm. The AGM attendance will be hybrid (physical and online). Registration for the AGM is available through a direct link sent via SMS (ASC members only), on our website and through a QR Code available on our notice boards. Please note the registration is ongoing and ends on Friday, 20th March 2026.

b) LENTEN SEASON 2026: During this Lenten Season, we encourage members of the congregation to take part in the 40_{day} prayer and fasting from 6:00am to 6:00pm. We shall begin_{each day} (Monday to Saturday) with an online prayer session from 5:00am to 5:30am through the QR code on the website and notice boards or the link below.
<https://us06web.zoom.us87080877358?pwd=t5voRKAbJ8EB5RI7Bjr4rskRqOMRvV.1>

c) ADULT BAPTISM CLASSES will commence on Saturday 14th March 2026 at 8:30am. Please register at the Information Tent.

d) ROPES 2026 REGISTRATION: The Teens' ministry invites parents to register their teens aged 13/14 years for the ROPES programme set to begin

in April. Please register by scanning the QR codes available at the CTC first floor and in the Information tent.

e) TEENS' CONFIRMATION CLASSES REGISTRATION: The Teens' ministry invites parents to register their teens aged 12 and above for confirmation classes set to begin in April. Please register by scanning the QR codes available at the CTC first floor and in the Information Tent.

f) SOCIAL OUTREACH MINISTRY wishes to sincerely thank the members of the congregation for your generosity to those in need. We kindly encourage you to continue donating dry food items and clothing during weekdays or financially through Paybill: 303036, Account: Donation.

OUR CONTACTS

Email: info@allsaintsnairobi.org

Tel. 0728 271 715 or 0702 645 069

Prayer and Pastoral Care Line: **0110 095 533** (from 9am to 4pm)

Email: prayerline@allsaintsnairobi.org

Website: www.allsaintsnairobi.org

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You Tube/ Facebook/ Twitter:

All Saints' Cathedral, Nairobi

MAKING PAYMENTS

i. **For Tithe, Thanksgiving, Offertory, Organ Fund, etc:**

Mpesa Paybill No. 303036

A/C Name: All Saints' Cathedral Church

ABSA Bank, Queensway Branch

A/C No. 0941048099

ii. **For CTC payments**

Mpesa Paybill No. 303035 A/C: Your phone number

Bank A/C Name: All Saints Cathedral CTC

ABSA Bank, Queensway Branch

A/C No. 2034405894