



Seventh-day  
Adventist Church  
Newlife  
5<sup>th</sup> Ngong' Avenue, Nairobi

## Sabbath Bulletin

Theme: “The Man Eternally Excluded”

Key Text: 1 Kings 2:2



10<sup>th</sup> May 2025

### VISITORS' CORNER

We are glad you joined us today. God bless you for taking time to come worship with us today. We would be happy for you to make this your place of worship. If you have any questions, do not hesitate to ask our welcome team on +254 706 222 326. Check our website, church noticeboard and various social media platforms for updates. Welcome and God bless you.

### OUR MISSION

The Mission of the Seventh-day Adventist Church is to make disciples of Jesus Christ who live as His loving witnesses and proclaim to all people the everlasting gospel of the Three Angels' Messages in preparation for His soon return (Matt 28:18-20, Acts 1:8, Rev 14:6-12).



### TITHE AND OFFERINGS

"But this I say: He who sows sparingly will also reap sparingly, and he who sows bountifully will also reap bountifully. So let each one give as he purposes in his heart, not grudgingly or of necessity; for God loves a cheerful giver. And God is able to make all grace abound toward you, that you, always having all sufficiency in all *things*, may have an abundance for every good work."

2<sup>nd</sup> Corinthians 9:6-8 – NKJV

To return tithe and give offerings, kindly use:

M-PESA Pay Bill No. **861200**

A/C number: "*Tithe*", "*Offerings*", "*LCB*"

OR

Standard Chartered Bank, Kenyatta Ave.

A/C number: **0102022990600**

### PRAYER REQUESTS

+254 750 932 026

+254 793 049 375



Seventh-day  
Adventist Church  
NEWLIFE

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[www.newlifedananairobi.org](http://www.newlifedananairobi.org)

#### Social Media

YouTube: [@NewlifeSDChurchNairobi](https://www.youtube.com/@NewlifeSDChurchNairobi)

Facebook: [newlifedananairobi.org](https://www.facebook.com/newlifedananairobi.org)

X (Twitter): [NewlifechurchKE](https://twitter.com/NewlifechurchKE)

Instagram: [newlifedachurchnairobi](https://www.instagram.com/newlifedachurchnairobi)

[WhatsApp Channel Link](#)

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### Leaders

#### Senior Pastor:

Gerald Mochoge, +254 712 527 310

#### Associate Pastors:

Elvis Onyango, +254 731 391 000

Polycarp Manyinsa, +254 720 574 250

#### Head Elder:

Omondi Oyoo, +254 722 522 359

#### Church Clerk:

Isaac Nyangolo, +254 729 651 504

#### Head Deacon:

Luke Osiemo, +254 721 994 565

#### Head Deaconess:

Judith Kirui, +254 722 308 323

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## Happy Sabbath! Shabbat Shalom!

A warm welcome to the Adventist Men's Ministries Sabbath. We are blessed to have you worship with us. Our speaker is the Executive Secretary of North East Kenya Field, Pr. Ernest Njeru Ileri. We welcome and pray for him as he prepares to speak on the subject **"The Man Eternally Excluded"**. The message is inspired by **1 Kings 2:2**.

Please lift in prayer Pr. Ernest and all those ministering today. May God guide, bless, and inspire them as they lead us in worship.

### PASTORAL MESSAGE: "MIND CURE"

Today, as we celebrate the Adventist Men's Ministries Sabbath, our hearts turn to an often-silent struggle among us—**men's mental health**. In a world that constantly demands strength, control, and resilience from men, many silently carry burdens of anxiety, depression, stress, and unresolved trauma. Often, we mask pain behind performance, smiles behind suffering. But God calls us not to suffer alone, but to walk in healing, community, and renewal. The church must be a refuge where men can unburden their hearts and find both spiritual and emotional restoration.

The Bible tells us that *"as a man thinks in his heart, so is he"* (Proverbs 23:7). Mental well-being is not a separate matter from faith—it is part of God's holistic plan for our health. Ellen G. White reminds us, "The relation that exists between the mind and the body is very intimate. When one is affected, the other sympathizes. The condition of the mind affects the health to a far greater degree than many realize. Many of the diseases from which men suffer are the result of mental depression. Grief, anxiety, discontent, remorse, guilt, distrust, all tend to break down the life forces and to invite decay and death." {*Ministry of Healing*, p. 241, par. 1}. Mental health is not a sign of weak faith—it is a human reality. Christ, in His ministry, cared for the whole person—mind, body, and spirit. Let us follow His example by supporting one another with compassion, listening ears, and prayerful understanding.

Men of God, let us break the silence. Let us lift one another in prayer, seek counsel when needed, and encourage openness in our homes and churches.

May this Sabbath be not just a program, but a turning point—a commitment to creating safe spaces for healing. May we remind each other that **vulnerability is not weakness, but courage**; and that through Christ, we can renew our minds, restore our joy, and reclaim our identity as beloved sons of God.

God bless you!

### 1. Servants on Duty

#### Elder-in-charge of:

- Order and Visitation (Week: 11<sup>th</sup> – 17<sup>th</sup> May 2025): **Paul Rabala**: +254 722 982 419
- Pulpit: **Bernard Nyarega**
- Stewardship: **Boaz Munga**

#### Today's Lead Deaconate Team:

- **Bro. Patrick Amollo**: +254 712 737 798
- **Sis. Teresa Ochako**: +254 723 250 587

*For any assistance or inquiries in these areas, feel free to reach out.*

### 2. 🏕️ Camp Meeting 2025

- You are encouraged to plan ahead, **take leave**, and join us for this spiritually enriching annual convocation. The dates are as tabled below:

Camp Meeting	Date
Saikeri Sabbath School	10 <sup>th</sup> – 16 <sup>th</sup> Aug 2025
Main & Children Camp	16 <sup>th</sup> – 23 <sup>rd</sup> Aug 2025
Prison Camp	22 <sup>nd</sup> – 28 <sup>th</sup> Jun 2025

- This year's Camp Meeting Offering goal is **KES 2.5M**. You are encouraged to plan and give generously. Last year, we realized **KES 984,749** against a target of **KES 2.5M**. It is from this financial pool that the South Nairobi Kajiao Field (SNKF) supports mission activities, including cash appropriations to churches and schools.

### 3. One Church, One Budget, One Programme

You are kindly reminded to give a generous offering towards the Local Church Budget (LCB). Among others, this fund meets expenses towards evangelistic campaigns/missions, Camp Meetings, Administration, Welfare, Newlife Adventist School – Saikeri (NASS), Chaplaincy and other departmental programs. Please prayerfully plan your giving through any of the options in the next page:

- ✓ Using the offering envelope – **Local Church Budget (LCB)** section.
- ✓ M-PESA Paybill **861200**; Account: **LCB**, or
- ✓ Standard Chartered Bank, Kenyatta Avenue Branch; Account Number: **0102022990600**. Reference: **LCB**

God bless you.

#### 4. Diaconate

- i. To uphold order and reverence in the house of God, **please do not remove chairs from the Main Sanctuary without diaconate's approval.**
- ii. Kindly note that conducting business within the church precincts is not permitted, except for Newlife Garden Cafeteria Limited. We appreciate your cooperation in maintaining an **orderly and reverent worship environment.**

#### 5. Welfare Ministry

Elder **Crispus Onkoba** lost his beloved father, on Thursday, 8<sup>th</sup> May 2025. The body lies at Montezuma Monalisa Funeral Home. More details to be shared in due course. Please remember Eld. Crispus and family in prayer during this period of mourning.

The Welfare leadership is appealing to church members to support those in need through in-kind donations. Many among us are facing hunger or could greatly benefit from clothing donations. If you have items to give, such as food or clothes that are no longer in use, please consider contributing to this noble cause. For more information on how to offer your support, contact the Welfare leader, Sis. Eucabeth Onuong'a, on +254 722 741 282.

#### 6. Baptismal Classes

Those who desire to be baptised are invited to join the Baptismal Class. The class meets every Sabbath from 8:30 AM for Bible study.

#### 7. Family Life Ministries

- i. The ministry will hold bi-monthly online Zoom sessions every Tuesday from 8:00 – 9:00 PM effective 13<sup>th</sup> May 2025. This initiative is anchored on the belief that the family is a vital institution for nurturing faith, values and character. Please plan to join.

- ii. Are you struggling with social, spiritual, emotional, mental health challenges and in need of support? Family life and counseling departments are offering free counseling services to individuals, couples and families through the Pastoral office. Those who are interested, please contact, Family Life Ministries Leadership, Pr. Gerald Mochoge, or Counseling Ministry for facilitation. The services are available from Monday to Friday here in church.

#### 8. Adventurer Club

- i. The club will be celebrating the “**36<sup>th</sup> World Adventurers Day**” on, **Sabbath the 17<sup>th</sup> May 2025**. The theme is: “*Travel with Faith*”. Church members are encouraged to wear white/blouse shirts and Navy-Blue skirts/trousers with the Adventurers scarf in solidarity with the Adventurers.
- ii. There will be the Regular Club meeting tomorrow **Sunday, 11<sup>th</sup> May 2025** to continue with preparations for the upcoming “World Adventurers Day”. All Adventurers to come in their **Class A** uniform ready for passport photos for their pass books.
- iii. The club will hold a joint “**Drug Awareness Walk**” on **25<sup>th</sup> May 2025** with the Newlife Flying Marine Pathfinders Club.
- iv. The club is requesting parents of children who have outgrown their uniform to donate them to the club. For more information, reach out to the Director, Tr. Elizabeth Ochieng (+254 724 523 975). God bless you.

#### 9. Ambassadors Ministry

Youth aged 16–21 are urged to register and join the Ambassador Ministry. The fee is **KES 500** payable to the Treasurer, Sis. Sharon Ochuka (+254 114 562 080).

#### 10. Young Adults Ministry

- i. Every youth who wishes to be part of this ministry this year is invited to register with a membership fee of **KES 150** payable to the Treasurer: Sis. Ruth Koskei (+254 713 847 336).
- ii. Young Adults are reminded of their Sabbath School class every Sabbath at 8:55 AM. The class meets next to where the Church Choir sits.

### 11. Adventist Men's Ministries (AMM)

- i. The AMM invites all men to a session of aerobics and thereafter a soccer training session tomorrow, Sunday, 11<sup>th</sup> May 2025 from 9:30am to 1pm at Strathmore University Sports Complex.
- ii. There will be a joint social Sunday activity for AMM and AWM members on Sunday, **25<sup>th</sup> May 2025** involving a hike up the Ol Donyo Sabuk Hills. The cost is **KES 500** per person payable to the AMM Treasurer, Bro. Justus Gekone (+254 727 242 477). Kindly pray for this event and remember to register for it.
- iii. The AMM leadership encourages all men who are not in the AMM WhatsApp group to contact AMM secretary, Bro. Maxuel Omondi, on +254 712 060 431 to be added.

### 12. Adventist Women's Ministries (AWM)

- i. The **AWM Retreat** will take place at Lake Naivasha Resort from **20<sup>th</sup> to 22<sup>nd</sup> June 2025**. The total cost, including full board, transport, and team building facilities and activities, is **KES 24,000** "per person sharing" and payable through the church's M-PESA paybill number: **861200**; Account, "**AWM Retreat**". Partial payment can be made as follows: KES 12,000 by 30<sup>th</sup> April, KES 6,000 by 31<sup>st</sup> May and KES 6,000 by 15<sup>th</sup> June 2025. Additional information will be shared on the AWM WhatsApp Group.
- ii. All women who are not in the AWM WhatsApp group are urged to reach out to the Secretary, Sis. Rebecca, on +254 742 379 009 to be added. All women are encouraged to attend.
- iii. 2025 AWM registration is still open at **KES 500** payable to the church M-PESA paybill number: **861200**; Account: **AWM Reg.** The registration form has been shared in the AWM WhatsApp group.

### 13. Public Campus Ministries (PCM)

- i. The entire church is warmly invited to **PCM Week 2025**, running from **22<sup>nd</sup> June 2025** and culminating in the celebration of **World PCM Day on Sabbath of 28<sup>th</sup> June 2025** at the sanctuary here in Newlife. Welcome to this special week of worship and fellowship!
- ii. We invite members interested in serving as mentors or guest speakers at public campuses to

enroll and contribute to this initiative. For more information, kindly contact the Secretary, Bro. Korimbias Mophine, on +254 796 64812.

### 14. Adventist Possibility Ministries (APM)

The APM has organized a **Sign Language Training** here at Newlife church every **Sunday 10:00 AM to 1:00 PM** from **6<sup>th</sup> April to 29<sup>th</sup> June 2025**. Interested souls are encouraged to register with APM leader, Sis. Dorothy Obura (+254 721 607 106) or Pastor's Office. Departments are also encouraged to sponsor candidates. Charges are **KES 3,000** per person payable via M-PESA Paybill **861200**. Account: **APM YourName**. For more information, kindly contact Sis. Dorothy.

### 15. Chaplaincy Ministry – Hospital

- i. The ministry visits and supports the sick at home and in hospitals. Should you need these services, reach out to the Chaplaincy Ministry – Hospital leader, **Sis. Nelly Koskei**, on **+254 721 864 793** or the Diaconate leadership.
- ii. The ministry is appealing for donations in kind to support their outreach programs. You may give baby clothes, baby shawls, pampers, prophecy books, slippers, soaps, tissue paper, sanitary pads, or long-life milk. God bless you.

### 16. Counselling Ministry

The Counselling Department reminds you that it is here to support your mental, emotional, and spiritual well-being. Why Counselling Matters?

- i. **Therapy is Normal:** It's okay to seek help—mental health is just as important as physical health.
- ii. **Safe & Confidential:** A private space to heal, grow, and be heard.
- iii. **Faith & Healing:** Christian therapy supports your walk with God while addressing life's challenges.
- iv. **Stronger Relationships:** Learn healthy communication and strengthen your connections
- v. **Build Resilience:** Gain tools for coping, self-care, and emotional strength.

*Let's break the stigma & grow together in Christ.*



## 17. Church Clerks' Desk

### a. Wedding Banns

Youth intending to get married and married couples intending to formalise their union should notify the church **AT LEAST 3 MONTHS** before the date of the wedding. Wedding notification forms are available from Monday to Friday at the Pastor's office (church secretary). You may also contact any of the Church Clerks or reach us through our church website.

### b. Collection of Baptismal and Baby Dedication Certificates

Members are requested to collect their baptismal and baby dedication certificates. Some certificates, dating back to 2024, remain uncollected.

### c. Church Membership Review

The church is in the process of reviewing and updating its Register of Members. Church Members are requested to visit our website through the [link](#) to submit their records or visit the Church Clerks' Desk to confirm their membership details.

### d. Church Clerks' Services

Church members and visitors are reminded of the services offered at the Church Clerks' Desk (**next to EXIT 3**). They include; Membership Review, registration for Baby Dedication, collection of Baby Dedication certificates, Baptismal Certificates, Wedding Notification Forms, and Membership Transfer Request forms. You are most welcome.

## APPEAL FOR SUPPORT: NASS SCHOOL CLASSROOMS



Dear Newlife Community,

We are deeply thankful to God and you for the provisions that has brought the NASS Classrooms Project thus far: On Sunday, 5<sup>th</sup> May 2025, the window panes were finally fixed thereby providing our learners with a conducive learning environment.

A lot of resources are needed to complete the pending works on these classrooms including plastering, flooring, ceiling and paintworks. We plead with you to continue supporting this mission. Together, we are making a meaningful and tangible difference. Thank 🙏🙏 you once

again for your generosity and commitment to this cause.

For more information, please contact:

NASS BOM Chair,  
**Eld. Mark Rotich**, on  
+254721 398 130, or

**Eld. Steve Mogere** on  
+254722 619 788.



## CHURCH BOARD RECOMMENDATIONS

**a. Baptismal Candidates – Oloiyanikalani Sabbath School (First Reading)**

The CB approved the names of the following 4 baptismal candidates at Oloiyanikalani Sabbath School for baptism and recommended them to the CBM for final approval. They will be baptized at the earliest possible opportunity.

S/No.	Name	S/No.	Name
1.	Rael Nosim Setek	2.	Grace Naisiai Tirike
3.	Peninah Namunyak Setek	4.	Elisha Tajeu Setek

**b. Incoming Membership Transfers (First Reading)**

S/No.	Name	Seventh-day Adventist Church From
1.	Pr. Elvis Otieno Onyango	Loitokitok, SNKF
2.	Beryl A. Otieno	Loitokitok, SNKF
3.	Joy Trizzah	Nairobi Central, CKC
4.	Phelicia Nyengo	Sunshine, SNKF
5.	Sharon Nyaboke	Chieko, ENBO

**c. Outgoing Membership Transfers (First Reading)**

S/No.	Name	Seventh-day Adventist Church To
1.	Berlin Selin Awach	Worcester, Southern New England Conference, MA, USA
2.	Caleb Wabwile Wafula	Chebukaka, Western Kenya Conference
3.	Clinton Mugami	Great Hope Uthiru, CKYC
4.	Cynthia Akinyi Okoth	Victoria Park Seventh-day Adventist Church, Western Australian Conference
5.	Dancun Matata Muikiio	Great Hope Kicheko, ENBO
6.	Darlene Akinyi Ogutu	Lavington, CKC
7.	Eddy Ochieng Ouma	Nairobi Central, CKC
8.	Enid Kemunto Okemwa	Alpha, Greater Rift Valley Conference
9.	Frida Kavaya Kichari	Rimpa, SNKF
10.	Gladys Nanzala Otido	Greenville North, Carolina Conference, NC, USA
11.	Hope Yunuke Okenye	Voorburg International, Netherlands Union of Churches Conference
12.	Laureen Kemunto Maiko	Muguga, CKC
13.	Phoebe Nyamusi Nyabasa	Kantafu South, ENBO
14.	Stephen Mwiti	Green Valley Githurai, ENBO
15.	Vilmer Ndubi Kemunto Cheryl	University of Embu, North East Kenya Field
16.	William John Leparan	Karengata, SNKF

**d. Name Missing in the Church Membership Register (First Reading)**

Name	Baptismal Certificate Details
Monica Auma Odeny	Baptised in Nairobi on 27 <sup>th</sup> January 1996 by Pr. K. Ngunyi and received into the Newlife Adventist Church on 3 <sup>rd</sup> February 1996

**e. Additional Church Workers: Counselling Ministry Department (First Reading)**

S/No.	Name	S/No.	Name	S/No.	Name
1.	Emily Okuku	2.	Beatrice Ochieng'	3.	Margaret Okenye
4.	Elder Crispus Onkoba	5.	Mitchelle Marena		

1. The official website of the Seventh-day Adventist Church is [www.adventist.org/](http://www.adventist.org/). It serves as the primary source of information about the Church's beliefs, mission, and global initiatives.
2. **Adventist News Network (ANN)**

Founded in 1994, the Adventist News Network ([ANN](http://www.adventist.org/ann)) is the official news service of the Seventh-day Adventist Church. It is produced by the **Communication Department** at the Church's world headquarters in **Silver Spring, Maryland**. ANN Shares content across:

- ✓ Official websites
- ✓ Publications
- ✓ Broadcasters
- ✓ Social media platforms.

### 3. 62<sup>nd</sup> General Conference (GC) Session

The [62<sup>nd</sup> General Conference \(GC\) Session](#) will take place in St. Louis, Missouri, U.S.A., from 3<sup>rd</sup> to 12<sup>th</sup> July 2025.

✦ **Theme:** "Jesus is Coming, I Will Go!"

🙏 **Request:** Kindly pray for God's guidance and blessings on this important gathering.

St. LOUIS 2025  
62<sup>nd</sup> GENERAL CONFERENCE SESSION



### COUNSELLING MINISTRY MEMO

Sometimes, it's tempting to put on a brave face and pretend everything is okay, to smile and distract ourselves from what's really going on inside. Yet, behind these masks, the struggle can be exhausting. We convince ourselves we're fine, but deep down, we know we need more.

That's why we invite you to consider a different path, one of healing and honesty. Therapy offers a safe space where we can drop the masks and truly unravel what we're carrying. It's a place where healing begins, where quick fixes are replaced with lasting change.

Many may think they can manage alone, but therapy shows us that we don't have to. Help is available, and healing is possible.

Join us in embracing this journey towards wholeness. For more information, reach out to the Counselling Ministry Leader, Sis. Carolyne Mboya, on +254 722 678 839.



## Sign Language TRAINING

6<sup>th</sup> April - 29<sup>th</sup> June Every Sunday | 1000am to 1300hrs

KSH  
3,000/-  
Per Person

Register now with APM leader or Pastor's office. Departments are encouraged to sponsor candidates.

mPesa Paybill 861 200 Acc. No: APM YourName

For more information reach out to APM leader Dorothy Obura on 0721607106

**NEWLIFE ADVENTIST MEN**  
**MONTHLY PHYSICAL FITNESS PROGRAM**

REGISTER NOW

FEES: KSHS 500/- PER PERSON  
AMM Treasurer:  
Justus Gekone 0727 242 477

**MORE INFO :**

- Aerobics and Soccer training
- Sunday 11th May 2025
- 9:30am to 1pm
- At Strathmore University grounds

All Men are invited

Adventist Men's fitness activities promote better health, reduce stress, and strengthen brotherhood. They help men honor God with their bodies while building lasting bonds through shared physical and spiritual growth.

Join us this **Sunday, 11<sup>th</sup> May 2025** from **9:30am to 1pm** at Strathmore University Sports Complex — **come move, connect, and grow together!**

All visitors are humbly requested to meet the **Interest Coordination** team immediately after the Divine Service on the right-hand side of the pulpit next to where the pulpit team sits.





Seventh-day  
Adventist Church  
Newlife, 5<sup>th</sup> Ngong Avenue, Nairobi



**Newlife SDA Church, Nairobi**

# ORDER OF WORSHIP

**Adventist Men's Ministries (AMM) Sabbath**

**10<sup>th</sup> May 2025**

## SABBATH SCHOOL (08:00 – 8:55 AM)

Song Service:	Choristers
Opening Prayer:	Bro. Stanley Kyalo
Welcome & Introduction:	Bro. Stanley Kyalo
Opening Song:	Choristers
Special Thought:	Bro. Daniel Atego
Special Song:	Choristers
Mission Story:	Sis. Hellen Kathure (Title: <b>"Long Walk to God, Part 2"</b> ; Pada)
Closing Song:	Sis. Hellen Kathure / Choristers
Closing Prayer:	Bro. Daniel Atego

## CHURCH AT STUDY (8:55 – 10:00 AM)

Lesson Study:	Lesson Classes in Church and the Online Church Panel
Closing Prayer & Song Service:	Sabbath School Superintendent & Choristers

## HEALTH NUGGET & ANNOUNCEMENT HIGHLIGHTS (10:00 – 10:30 AM)

Health Nugget (Topic: <b>"Dangers of Substance Abuse"</b> ):	Bro. Victor Okoth
Announcements Highlights:	Eld. Paul Rabala
Worship in Music:	Choristers

## DIVINE SERVICE (10:30 AM – 12:35 PM)

Doxology:	Choristers
Invocation:	Pr. Ernest Njeru Ireri
Welcome & Introduction:	Eld. Pharesh Ratego
Welcome Song:	<i>"What A Fellowship."</i>
Scripture Reading (1 Kings 2:2):	Bro. Justus Gekone
Hymn of Praise (SDAH #216 and #600):	Bro. Justus Gekone
Pastoral Prayer:	Eld. Pharesh Ratego
Offertory / Stewardship:	Bro. Moses Majiwa
Special Songs (2 Items):	Kasina Church Choir, AMM Choir
Offertory Response:	Choristers
Children's Sermon:	Sis. Mary Ireri
Special Song:	Church Choir
Sermon (Topic: <b>"The Man Eternally Excluded"</b> ):	Pr. Ernest Njeru Ireri
Closing Hymn (SDAH #617):	Choristers
Benediction:	Pr. Ernest Njeru Ireri
Recessional Hymn:	Choristers

## AFTERNOON SERVICE (2:00 – 4:30 PM)

Song Service:	Choristers, Kasina Church Choir, AMM Choir
Special Song:	Church Choir
Bible Study (Topic: <b>"Entrepreneurship, Wealth &amp; Stewardship"</b>   Key Text: <b>Deuteronomy 8:18</b> ):	Eld. Sam Agutu
Music:	AMM Choir, Kasina Church Choir
Closing Remarks & Closing Prayer:	Eld. Pharesh Ratego

**Sign Language Interpreters:** Hope Mandela and Stephen Koina

**Choristers:** Natalie Wanga, Velma Achieng, Peter Odhiambo, Michael Ouru

**Pianist:** Collins Mugh

**Adventist Men's Ministries Council:** Moses Majiwa (Leader), Josiah Ateka (Deputy),  
Maxuel Omondi (Secretary), Justus Gekone, Eld. Pharesh Ratego (Elder-in-Charge)

### Tithes & Offerings:

To return tithe or give an offering kindly use,

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