



Elders

From The Coordinator's Desk.



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STRENGTH UNTO HIS PEOPLE

Psalm 29:11 – “The Lord will give strength unto His people; the Lord will bless His people with peace”.

Strength is the quality or state of being physically strong; It is the influence or power possessed by a person, organisation or country.

It is also the degree of intensity of a feeling or belief.

Who are the Lord's people? The Lord called the Israelite “my people in Exodus 3:7 when He said “I have surely seen the affliction of my people which are in Egypt ----”

Eli also referred to the Israelite “The Lord's people” when he was

rebuking his children in 1 Samuel 2:24.

We believers, by virtue of being Abraham's children, are Lord's people. Revelation 21:3 called men God's people. The Lord will give strength unto His people to support and preserve them in the most dreadful storms and commotions and in all other dangers and against their enemies.

He will strengthen and fortify them against every evil work, and furnish them for every good work.

They shall be made strong out of weakness, He will perfect strength in their weakness. He will bless His people with peace.

The Lord who shows His Strength in the thunderstorm, will be able, and assuredly will be willing, to give strength to His

people – to impact them some of that power and might which He so abundantly possess.

Then the people, partaking in His strength, need not fear the attacks of any adversaries. Struggle and contention, by His good providence, be one day brought to an end, and ultimately, the Lord will bless His people with peace, will give them the rest which remain to the people of God, the perfect peace which passes all understanding (Phillipian4:7).

Though now he sees fit to exercise them with some troubles. He will encourage them in his service, and give them to find by experience that the work of righteousness is peace, and that great peace have they that love his law, and walk according to it.

The mighty and honourable of the earth are especially bound to honour and worship him; but, alas, few attempts to worship him in the beauty of holiness. When we come before him as the Redeemer of sinners, in repentance faith, and love, he will accept our defective services,

pardon the sin that cleaves to them, and approve of that measure of holiness which the Holy Spirit enables us to exercise. We have here the nature of religious worship; it is giving to the Lord the glory due to his name. We must be holy in all our religious services, devoted to God, and to his will and glory. There is a beauty in holiness, and that puts beauty upon all acts of worship. The psalmist here in Psalm 29 sets forth God's dominion in the kingdom of nature. In the thunder, and lightning, and storm, we may

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see and

Quotable Quotes.

“The fact that social media has leveled the playing field doesn't offer you the right to disrespect the elderly” — Bernard

Kelvin Clive



STRENGTH UNTO HIS PEOPLE contd.

“One of the things I enjoy about being young is learning from my elders without them giving direct advise.”

— Unarine Ramaru

The Great Master implored us to be like a little child; without LUST for Money, Power and Fame.

“The elders are the history and mirror of the living past. Study them to brighten your life and future.”

— Ehsan Sehgal

“If elders could bequeath their experience and knowledge of life to children without the children making any mistakes, they would save them from a lifetime of heartaches.”



The psalmist here in Psalm 29 sets forth God's dominion in the kingdom of nature. In the thunder, and lightning, and storm, we may see and hear his glory. Let our hearts be thereby filled with great, and high, and honourable thoughts of God, in the holy adoring of whom, the power of godliness so much consists. O Lord our God, thou art very great! The power of the lightning equals the terror of the thunder. The fear caused by these effects of the Divine power, should remind us of the mighty power of God, of man's weakness, and of the defenceless and desperate condition of the wicked in the day of judgment. But the effects of the Divine word upon the souls of men, under the power of the Holy Spirit, are far greater than those of thunder storms in the nature world. Thereby the stoutest are made to tremble, the proudest are cast down, the secrets of the heart are brought to light, sinners are converted, the savage, sensual, and unclean, become harmless, gentle, and pure. If we have heard God's voice, and have fled for refuge to the hope set before us, let us remember that children need not fear their Father's voice, when he speaks in anger to their enemies. While those trembles who are without shelter, let those who abide in his appointed refuge bless him for their security, looking forward to the day of judgment without dismay, safe as Noah in the ark. Psalm 29 so grandly pictures power as displayed in the hurri-

cane and now, in the cool calm after the storm, that power is promised to be the strength of the chosen. The Lord will give to his redeemed the wings of eagles; He will terrify the enemies of his saints, and give his children peace. Why are we weak when we have divine strength to flee to? Why are we troubled when the Lord's own peace is ours? Jesus the mighty God is our peace -- what a blessing is this today! What a blessing it will be to us in that day of the Lord which will be in darkness and not light to the ungodly! Dear Elders, is not this a noble Psalm to be sung in stormy weather? Can you sing amid the thunder? Will you be able to sing when the last thunders are let loose, and Jesus judges quick and dead? Being a believer, the last verse is your heritage, and surely that will set you singing. Over this terrible raging of the elements God is enthroned, directing and restraining by sovereign power; and hence the comfort of His people. "This

awful God is ours, our Father and our Love." The Lord will bless his people with peace - They have nothing to fear in the tempest and storm; nothing to fear from anything. He will bless them with peace in the tempest; He will bless them with peace through that power by which He controls the tempest. Let them, therefore, not fear in the storm, however fiercely it may rage; let them not be afraid in any of the troubles and trials of life. in the storm, and in those troubles and trials, he can make the mind calm; beyond those storms and those troubles he can give them eternal peace in a world where no "angry tempest blows." The Lord will give strength, to support and preserve them in the most dreadful tempests, and consequently in all other dangers, and against all their enemies. The Lord will give strength unto his people, His special people, his covenant people, whom he has chosen for himself; these are encompassed with infirmities, and are weak in themselves; but there is strength for them in Christ: the Lord promises it unto them, and bestows it on them, and which is a pure gift of his grace unto them; this may more especially regard that strength, power, and dominion, which will be given to the people of the most High in the latter day; since it follows, upon the account of the everlasting kingdom of Christ; **To be continued.**

Inspiration Column
 dear stress,
 let's break up.

Embracing a Positive Mindset



Have you ever had one of those days where from the moment you rolled out of bed, nothing seemed to go your way? You then immediately thought, "Its going to be a crappy day!" Since you get exactly what you wish for, you face one setback after another, and it all takes on a snow-ball effect as one problem rolls into the next. It's like you have a cloud of gloom following you for the remainder of the day until your head hits the pillow at night.

Sometimes when disappointments come our way, it is because we expect them to. It's kind of like our belief system is displaced. You expect turmoil, so that is exactly what you get. We become so used to a negative mindset that the vicious cycle of discouragement becomes familiar to us.

There is so much negativity in the world from the moment when we wake up, turn on TV, and get on social media. And do you know what? It is all out of our control! The problems of the world do not have to rest on our shoulders. But we tend to let them have an effect on us, and we sometimes play the blame game and fault situations or other people for the way we feel.

When a simple downfall hits you head on, you have a choice to let the negative energy continue or the choice to stop it in its track. Just like you would flip a light switch, you need to switch on your positive thinking or switch off the negative thinking.

Once you realize that you have control over your feelings, you can nurture it into a positive mindset and keep the power going. You have to consciously remove the lack of optimism that squashes your right to be happy and put yourself in better frame of mind knowing that you can overcome obstacles that come your way. You can construct a consistent, peaceful frame of mind with conscious effort. It starts with knowing that you deserve to be happy and acknowledging that you are responsible for your own happiness on a daily basis. In other words, you need to cultivate that warm and fuzzy feeling within yourself and embrace it.

Three Sure-fire Ways to Incorporate a Positive Frame of Mind on a Daily Basis

1. Embrace it. Make a shift in your mind that you are ready for a positive change. Have gratitude for all of the good that you have going for you. Make a list on a daily basis of what was special about your day. Start a journal that will help you chart your goals and achievements. Reward yourself for taking baby steps towards a more optimistic energy.
2. Learn it.. Read positive quotes or inspirational stories. There are many self-help books and CDs available to educate and inspire you. Surround yourself with people who support you, and put a smile on your face instead of draining your energy. Be aware of your breathing and posture. Smile more because it will make you feel better from the inside out. Connect with others who have a more forward-looking outlook on life because it will reflect your way.
3. Believe it. Visualize in your mind, the end result of you in a more positive state of being. Raise your expectations of what you can achieve. Stop any negative thoughts in their tracks, and replace each one with a more beneficial belief pattern. Believe in yourself and also in something greater than life itself.

And remember: it may take a bit of practice, but we all have the power to change our thoughts and behavior. You need to make it a conscious decision on a daily basis to embrace the "I can" attitude. With a bit of discipline, better days will override the bad days. Expect good ones!

**THERE IS
 NO
 ABANDON
 PROJECT
 WITH GOD;
 HE ALWAYS
 PERFECT
 WHAT HE
 STARTED.**

**RESPECT
 YOUR
 ELDERS**

SOME MEMORABLE MOMENTS OF THE COORDINATOR AT VARIOUS NATIONAL ASSIGNMENTS.



Being Educational talk delivered by Dr. Fayokemi Sowunmi at Elders Forum Conference, 2022



The second educational talk was taken by Doctor Fayokemi Sowunmi titled Healthy Habits; Healthy Living. She exhorted us thus; Change Your Habits; Change Your Life.

Health Habits; Your habits determine your future. We first make our habits and then our habits make us. No matter your age, its important to have good health habits.

Health habits consist of; 1. Nutrition 2. Physical Activity 3. Screening Tests and 4. Regular Check Ups. **Nutrition:** A healthy outside starts from inside. Every time you eat or drink, you are either feeding disease or fighting it. There are eight tips for healthy eating; 1. Based your meals on starchy foods. 2. Eat more fish. 3. Eat lots of fruit and vegetables. 4. Cut down on saturated fat and sugar. 5. Eat less salt. 6. Get active and be a healthy weight. 7. Don't get thirsty. 8. Don't skip breakfast.

Physical Changes That Affect Your Diet; 1. Metabolism 2. Weakened Senses. 3. Medications and illness. 4. Digestion.

Physical Exercise: Physical Exercise is not just for children and young people. Older adults should do some types of physical activities every day, even if its just light activity. Dr. Sowunmi mentioned Ida Olivia Kneeling (May 15 1915 – August 25, 2021) an American centenarian track and field athlete.

Light activity is moving rather than sitting or lying down – It involves getting up to make a cup of tea, moving around your house, walking at slow space, Vacuuming, making the bed and standing up.

Screening Tests: Screening is a way of identifying apparently healthy people who may have an increased risk of a particular condition. Find out about a problem early can mean that treatment is more effective.

A free check-up of your overall health takes 20-30 minutes. Should be done every five years if you are 40 and 74 years of age and DO NOT already have heart disease, stroke, diabetes, kidney disease or high blood pressure.

Regular Check Ups: The greatest wealth is health. No time for your health today, no health for your time tomorrow.

Eye Test – You are entitled to a free NHS eye test if you are 60 years and over. Your risk for some eye diseases and conditions increases as you grow older, and some eye changes are more serious. Keep your eyes as healthy as possible by getting eye exams so any problem can be spotted early.

Hearing Tests – Age related hearings loss is common and has recently been linked to an increase of health risks including dementia, depression, falls and cardiovascular diseases.

A GP may refer you to a hearing specialist (audiologist) Lots of large pharmacies and opticians can do hearing tests.

Dental Checks – How aging affects your Mouth and Teeth; Receding Gums and Roots Decay. Inability to maintain oral health routine. Wear and Tear. Gum Diseases. Dry Mouth Oral Cancer.

Needle Check – Recommended for the elderly – 65 years.

Conclusion; aging is not a disease that needs to be cured but an opportunity to be seized. Thank you.



Pastor Eesuola's message was the first and was titled; 'A New Song in Relationship';

Introduction: Relationship is one key essence of creation. In the beginning, God created all things for the purpose of relating together.

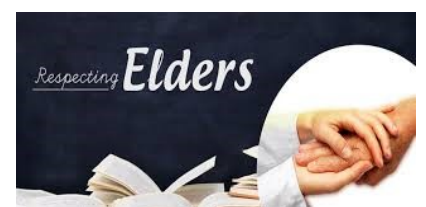
Types of Relationship; 1. God - Man Relationship; As Elders, seek to glorify God in all ways and in all things. 1Corin.10:31-32a, Tutus 1:6-9. 2. Family / Blood Relationship; (including children and spouses). As Elders, God expects us to play our parts. 1Peter5:1-3.

Lets discuss some hints regarding this; - Promote oneness – Gen.2:24, Promote Godly principles – Matthew 15:1-3 & 9. Pass Godly legacy on to them. – 2Tim.1:4-5.

Conclusion: You will be greatly rewarded – 1 Peter 5:4.

Beloved Sirs & Mas, as you leave this conference today, be determined to cause new song to emanate from your spheres of influence. The Lord God will back you up IJMN.

"Getting older is not an intellectually demanding process



Elder Sijibomi Oluyitan celebrated her 60th birthday on the 13th of November 2022. Elders Forum Executive witnessed the events of the days.



Our Mummy Olu-Ajayi celebrated her 80th birthday between 2nd and 3rd September 2022. Elders Forum Executive witnessed the events of the days.





c/o RCCG Victory House,
5, Congreve Street,
Off Old Kent Road
London. SE17 1TJ.

E-mail: adeniyifab@aol.com
Tel: 07884053754

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**“YOUR
QUESTIONS
ANSWERED”**

**SHOULD YOU
HAVE
QUESTIONS THAT
NEED ANSWERS,
KINDLY SEND THEM
IN TIME FOR
PUBLICATION.
PASTOR
FABOYA WILL BE
HAPPY TO RECEIVE
THEM EITHER BY HIS
MAIL OR TELEPHONE
OR SEND THEM TO
THE EXECUTIVE
EDITOR.**

**NEWS FROM THE
PARISHES**

We invite Parishes to send in their news and information they wish to circulated via this mediums. Please send in your information to be circulated to the Editorial Team in time

**ELDERS**

EVENTS..

1. RCCG UK National Elders' Forum prayer line no; 03309981254 Access Code 920015#
2. The Monthly Prayer Meeting of RCCG UK National Elders' Forum continues as advised by The Coordinator.
3. Activities for our 2023 RCCG UK Elders' National weekend are as follows;
1. Day of Praise—Friday 23rd June 2023.
2. Elders' National Conference—Saturday 24th June 2023
3. Elders' Sunday— Sunday 25th June 2023.

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We Are At; Unit 15, Daisy Business Park
19-35 Sylvan Grove,
London. SE15 1PD.

Call Us On: 07427942000,07951775255
Website: kaenisconsultltd.uk
Email: kaenis1@yahoo.co.uk

EDITORIAL TEAM.

Editor-in-Chief

PASTOR ADE FABOYA

Executive Editor

KAYODE ENIRAIYETAN

Contact:

KAYODE ENIRAIYETAN

07427942000.

kaenis1@yahoo.co.uk

ACKNOWLEDGEMENT

Pastor Adeniyi Faboya and the entire editorial team hereby acknowledged the prayers and numerous supports of: Pastor Leke Sanusi, The Board of Trustees, Executive Council Members and RCCG Central Office for this publication.

We celebrate you all .

More anointing in Jesus' name.

**Elders**

