



LFC Ikorodu **Digest**

JUNE 2024

**SERVICE UNIT
OF THE MONTH:**
The Liberation
Voices

FATHER'S DAY:
Fathers Are The
Real Deal!

**HEALTHY
LIFESTYLE:**
Exercising To
Prevent
Prostate Cancer

TALKING TECH:
5 Mistakes Parent
Makes About
Tech Tools

YAF CORNER:
Marriage & Relationship
Seminar 2.0

BOOK REVIEW:
All You Need To Have
Your Needs Met

KINGDOM STAR SPOT LIGHT
UKA ETHELBERT OTUSI
(HND, MEPE, MBA, FCTI, FCA)

EDITOR'S NOTE

Dear Beloved Readers,

We are thrilled to present the June edition of our newsletter, filled with gratitude for our shared journey. This edition features inspiring articles, heartfelt stories, and valuable insights meant to uplift and empower.

Highlights include:

1. All You Need to Have All Your Needs Met by Bishop David Oyedepo: Reviewed by Sebastine Sylvia.
2. Father's Day by Omotola Jacobs (Masterpiece): A touching narrative celebrating fathers and their unwavering love and protection.
3. Fathers are the Real Deal! by Oyinloluwa Yakubu: Honoring fathers as protectors, providers, advisors, and friends.
4. Exercising to Prevent Prostate Cancer by Abraham C. David: Highlights the importance of exercise for prostate health and cancer prevention.

And more...

Each section in this edition aims to enrich your spiritual journey and provide practical wisdom. Special thanks to every individual who made this month's edition a possibility. Your support birthed the success of this publication.

I pray that the Lord abide with us even as we navigate the remaining months of the year.

Stay blessed.

Adebayo Olupona



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KINGDOM STARS SPOTLIGHT

AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi

Can we meet you, sir?

I am Mr. Uka Ethelbert Otusi, Higher National Diploma, (Upper Credit), Accountancy (Yaba College of Technology), Fellow Chartered Institute of Accountants of Nigeria (ICAN), Fellow, Chartered Institute of Taxation of Nigeria, (CITN), Masters in Energy and Petroleum Economics (Delta State University), and Executive MBA (Lagos Business School). Retired from a multi-national Oil and Gas Company after 27 years of meritorious service, and currently a director of Finance and Admin in a newly set-up aviation company. Happily married for 31 years now, being blessed with four grown-up children, two boys, and two girls

How would you best describe yourself sir?

A man that has been helped by the grace of God.

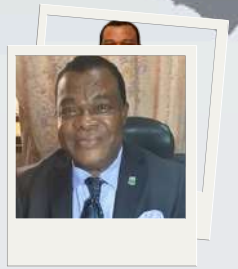
Drawing from your success in the accounting industry, can you give a detailed roadmap on your journey to becoming a Chartered accountant?

My journey to becoming a chartered accountant was traumatizing. In the first place, I desired to be a lawyer because my father was oppressed by his kinsmen. I made up my mind to go on a retaliatory mission once I became a lawyer. I wrote JAMB for law for four years, sometimes, I would miss the cut-off point by 2 marks, I would hope on a supplementary list, that year, there would be no supplementary intake.



KINGDOM STARS SPOTLIGHT

AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi continues...



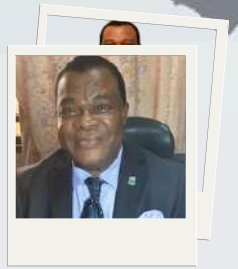
Part of my gory picture was because my uncle's wife, who was in a witchcraft cult declared that none of us, ten children from the same parents would cross class five (secondary school). Worst still we were all religious people then. By God's grace, I got admitted to ND accountancy three months after school had started at Federal Polytechnic, Ilaro. Despite, all odds, I graduated with upper credit ND accountancy. During my one-year internship after ND, I gave my life to Christ, my father disowned me because he said I had left our family religious church. It was war graduating, but God used brethren from far and near to see me through the HND at Yaba College of Technology.

Armed with Upper Credit in both ND and HND, I thought that ICAN exams would be a work over. **The battle is not for the swift.**

Also, I got a good job, ordained as a pastor in my former church, I was not keen on pursuing my professional exams. After some years, it dawned on me that it would be an honor to Christ to minister to colleagues as a chartered accountant. I registered with Save Associates in Lagos for extra classes in preparation for my exams. Then if you had one reference in one paper, you resit all the papers. I try severally to no avail. The funny thing was that I would teach my reading mates, and they would pass and I would fail. I left the ICAN exams and enrolled for a master's in Energy and Petroleum Economics (Delta State University, Abraka, when I was posted to our office in Warri. Finished that and started writing ICAN again to no avail.

KINGDOM STARS SPOTLIGHT

AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi continues...



The funny thing was that I would teach my reading mates, and they would pass and I would fail. I left the ICAN exams and enrolled for a master's in Energy and Petroleum Economics (Delta State University, Abraka, when I was posted to our office in Warri. Finished that and started writing ICAN again to no avail. At one point, I wrote one paper, a multi- disciplinary case study, MDCS for seven years with no success, until we packed to our house in Ikorodu in 2006. We joined Winners in 2007, and I sat for the MDCS paper in November diet of 2007. When the results came out in 2008, I passed and became a chartered accountant. The same year, 2008, having stagnated for 8 years, I was rated excellent and promoted. The following year, 2009, I was promoted again and backdated to October 2008, which brought me into a group with a statutory car. **I AM a man helped by God's grace.**

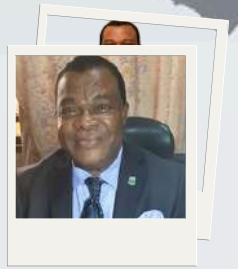
Who do you think should primarily be responsible for the income of the church?

Who should be primarily responsible for the income of the church, in terms of provision, should be God. In Mathew 16:18. "And I say also unto thee, thou art Peter, and upon this rock, I will build my church, and the gates of hell shall not prevail against it." In building the church, He can move the heart of anyone to give for the upkeep of the church. Recall hesaid, my church, whoever owns it, will finance it.

In terms of control or keeping the finances of the church, selected members, deacons, and deaconesses of the honest report should take charge of the income, while pastors should concentrate on the word and prayers.

KINGDOM STARS SPOTLIGHT

AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi continues...



In line with Acts 6:3. “Wherefore, brethren. Look ye out among you seven men of honest report, full of the Holy Ghost and wisdom, whom we may appoint over this business.”

In what specific way(s) do you think faith can be connected to one’s financial decision-making?

What oxygen is to the life of a soul is what faith is to a believer’s financial decisions. So, in every aspect of our lives, faith is key. A man can receive nothing except it be given him from heaven. John 3:27. Faith is the invisible hand that receives anything from heaven, including our financial decisions. Furthermore, Proverb 3:6, “In all thy ways acknowledge him, and he shall direct thy paths.” I remember during our courtship in 1993, I told my fiancée, my wife now, that the only way we should wed in April 3, 1993, because of financial constrain, was if she

agreed that we stayed in my room/parlour apartment, “in a face me, I slapyou, environment.” She said that we should pray and trust God. Which we did. God showed up in my workplace, our salary was rebased within a short time. The total proceeds from what God did in my office enabled me to buy a car, rented a 3-bed room flat, and the wedding was gloriously done in April 3, 1993. Also, my financial decisions as far as my 2-year HND in Yaba College of Technology was concerned was faith-based. My father disowned when I gave my life to Christ. More often than not, I did not know where the next meal would come from, not to talk of money for school fees and handouts, but in all, faith in God saw me through.

What should be the ideal role of a father in the house





KINGDOM STARS SPOTLIGHT

**AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi
continues...**

A father should be a role model. The first mentor of any child should be the father. Also, the father is the pastor, the chief shepherd of the house. He should be the source of both spiritual and physical food in the household. His disposition determines the spiritual and physical atmosphere of the house. A loving husband, will bring the supportive nature of the wife, culminating into peace and harmony in the family. A good father will lay inheritance for his children children. That is not only material things, but good character and ethical conduct of a good father will open doors for his great grand children.

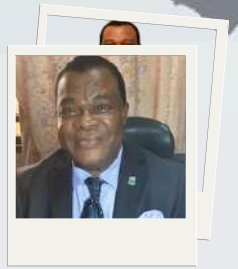
How should a father relate with his children gender wise?

A father's relationship with any child flows from how the father relates with the wife. When you are in love with your wife, your efforts in the life of the children will be made visible.

Early bonding with the children is given by the mother. Your struggling will be narrated better by your wife to the children. Oh, thank your father, he has given us money for your school fees or upkeep. But don't mind your absentee father, he runs away from his responsibilities, a dangerous foundation is being laid for a harmonious family. Relate with your children as friends. Be open, truthful, and emphatic as much as possible. You are the first male man to tell your girl child I love you. Say that as much as possible, before a stranger will plant that in her subconsciousness. You do not joke with any milestone in their lives. Celebrate them. Be free with the boys. Make friends with them. Much, as you can discipline bad behaviour, but ensure you explain the reason for the punishment.

KINGDOM STARS SPOTLIGHT

AN EXCLUSIVE INTERVIEW WITH Mr. Uka Ethelbert Otusi continues...



Maintain good communication with your children. Remember, a child may not do exactly what you want per time, but he/she will not fail to immitate you. More so, every girl child needs a father-figure in her life.

What do you love doing for leisure sir?

At my leisure time, I love reading. Any day I have not read, it looks like something is missing in my life. Also, I love watching football.

Any closing words?

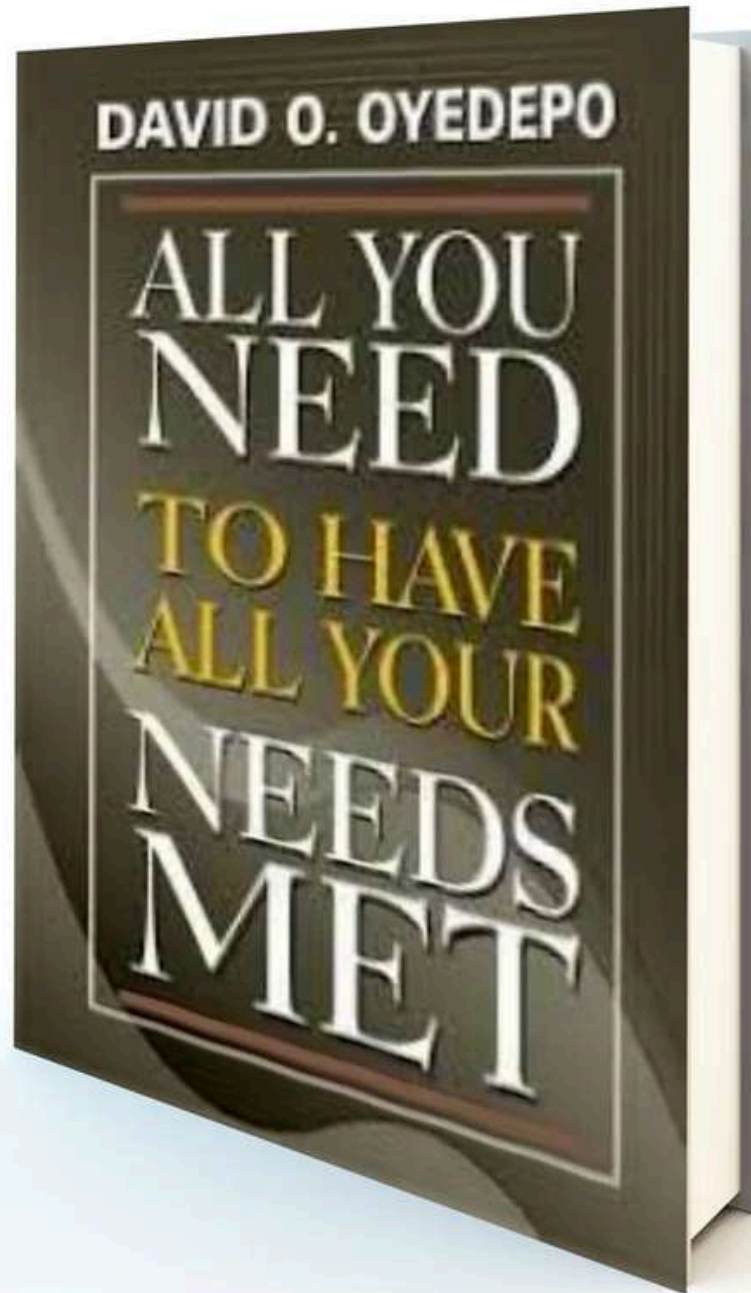
Well, I wish to reiterate that there is two sides of God, a child of God must embrace if he/she wants to enjoy God's abundance to the fullest. Firstly, the person of God. The knowledge of the person of God starts at new birth, and progress to studying His word, and having different encounters with the Spirit of God.

The more you know him, the more He revealshimself to you. It is a continous continuum, until we meet him face to face. Secondly, the principles of God. When we ignore the principles of God, we can be born again, yet we suffer what ordinary unbelievers suffer.

Principles cannot be broken. When we embrace the principles of God, say sowing and reaping, our lives will make meaning as believers. Note that some unbelievers embrace the principles of sowing and reaping, and they make news in some business circles. The only difference is that they will not see God because they have not the person of God. We will not be like Aaron who knew the acts of God, but did not know the ways of God.



REVIEW BOOK



**REVIEWED BY
SEBASTINE SYLVIA B.**

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

REVIEWED BY SEBASTINE SYLVIA B.

Many have devised ways of meeting their own needs. Yet they are constantly left needy struggling with limited insufficient resources.

Have all your needs met, Dr. David Oyedepo, in this book, disclose his treasured secrets, which he proclaims search for blessings by turning you to a blessing.

My greatest heart's desire for you as you read this book and apply the principles therein is that your home will come alive and become full of Joy, laughter, and excitement, as mine is.

1. UNDERSTANDING IS IT?

God is all you need to have all your needs met, and faith is all it takes to that faith requires to come alive.

What is understanding?

It is being able to see what God is saying. An understanding of the word of God is our journey as Christians.

Understanding is the only thing that distinguish one believer from another. There is no substitute for understanding. Fasting is a waste of time and a religious punishment without understanding.

Engage your spirit Man

But how do we get understanding?

The reason many are frustrated in Church is because they have not come to understand they system or ways of grasping the truth.

“Apostle John said, I was in the spirit on the Lord’s Day, and heard. (Rev.1:10) That means when we are not in the spirit, we cannot appreciate any truth of scriptures. We have to be in the spirit to appreciate the truth of being communicated to us.

We can’t find God with our heads; we can only find God with our hearts.

2. BE CORRECTLY POSITIONED

It is said that the moon has no light of its own. What we call moonlight is not generated by the moon. All the moon does is to align itself at a particular angle to the sun, with proper alignment the moon gives us the much -celebrated moon light at no personal expenses. Like wise, every great achievement in the kingdom of God is a function of proper alignment. Having all our needs met is not a function at struggles, but of a proper alignment to the sun of righteousness

Jesus! When we are correctly positioned to Him, we will cheaply reflect His glory without struggles.

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

The fear of God

The number requirement for having all our needs met is the fear of the Lord. The man that fears the Lord will also delight greatly in His commandment. Having all our need met begins with the fear if the Lord. We can't connect with divine blessings by playing the Nigerian game, we will only be entitled to the Nigerian kind of blessings, whatever that is worth.

The fear of Lord also guarantees our access to supernatural supplies. when we fear the Lord, He will keep us alive in famine.

Seek Him: The young lion refers to the children of the mighty, men of timber and caliber. They lack and suffer hunger, but they that seek the Lord shall not want any good thing, that mean good success is rooted in one thing- seeking the Lord.

Acquaint Thyself with Him: Another covenant position we need to assume to have all our needs met by God is to get acquainted with God. We need to be intimate with Him through a genuine covenant walk. It is only after then that we can receive the law from Him.

Spiritual Prosperity: Our spiritual well-being is what determines our material well-being! Our spiritual stability has a lot to do with our destinies in God's agenda.

To walk in the realm where all our needs are met, we can't be partakers with them that collect. Kick back and kick front. We can't be changing books and figures in our offices and sharing what is not our and still expect God to meet our needs.

God is not respected of person; He has no uncle; we are all His children. So, if we want to see our heaven fully open, it's important to return to a quality walk with God.

3.BE IN LOVE: When the love of God is in place in the life of a man everything begins to work together for good for him. All things work together for good for them that love the Lord, not for them that serve Him or are preaching for Him. Wining God's heart is the number one task of every believer.

The pursuit of the heart of God is God's secrets card for having all our needs met. Loving God is a covenant secrets card for having all our needs met. The love of God is our secrets card for all -round breakthroughs.

As long as we retain this mysterious virtue of loving God, we have a guarantee of having all our needs met.

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

Fall in Love: It is one thing to be called, it is another thing to be in love. It is one thing to be called, saved and baptized in the Holy ghost, and another to be in love. It is one thing to be in service and another thing to be in love. When we fall in love with God, things answer to us on their own accord. This is because the love of God is the covenant platform upon which every scripture delivers. So, all scripture function on the platform of our love for God. Our love for God is the qualifier for the fulfillment of every promise of scripture in our lives.

When the love of God is at work in our lives, all things begin to answer to us on their own accord. By His grace, all things answer to me they keep coming from every side, from north, south. East and west. Health, strength, Joy and rest, round-about answer to me.

Be jealous for God: You may gather all the principles I teach from my books and tapes, but you don't know my secrets until you discover my heartbeat for God. Elijah was a man that loved the Lord to the point of being jealous for Him. Be jealous for God, in I'm not talking about just being emotional; I'm talking about a mental order of affection. Elijah was a man like us, but are we standing where he stood? We can't carry Elijah's passion and not get the kind of results he got.

Benefits of Loving God

1. All-round rest
2. We become His friend
3. We receive Insight
4. Answered prayers
5. It guarantees prosperity
6. We enjoy Divine backing.
7. Get married to Him

4. GIVING IS LIVING: In the preceding chapter, you received the baptism of the love of God. I believe the fire of His love is now burning in our hearts, having been married to the bridegroom. In every sound marriage, your wife is not different from you. Your wife is you and you are your wife. If a house is on fire and your wife is inside, a battalion cannot hold you back from going inside to rescue her. You will break through them to go inside the house, as you can't just stand there watching the house being burnt. Likewise, when we become the bride of this bridegroom, our destinies are externally secured as he will do everything to keep us safe and give us a good life. Jesus is that bridegroom.

Prove your Love: Now, let us quickly qualify the love of God, so we don't misunderstand what actually represents or means. The love of God is validated by giving. Giving is the only biblical way of demonstrating the love of God. It is the only proof that we love God or our fellow men.

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

Giving is also a covenant device through which captivities are turned, bringing us into our dream land in God. Are we ready for a land of no struggles, no stress, no borrowing, no begging, no disease, and no sickness? Are we ready to enter our dream land now?

All things are ours!

To prove the sincerity of their love for Paul, the Philippians church sent gift to him once and again, not once and for all.

According to Paul. They sent it not because I desire a gift; but I desire fruit that may abound to your account. So, what they were giving was not only to support Paul, but to support themselves also and by this sacrifice that they sent once and again proving the sincerity of their love for God. The covenant of prosperity covers all areas of our needs! Because they proved the sincerity of their love for God by sending once and again to Paul, he prayed that God would supply all their needs according to His riches in glory by Christ Jesus! Our needs are not only financial. the greatest need of some people today is health. And we know it's a common saying that health is wealth. The need of some others is favor, because they seem to carry a spell of misfortune about them.

Health Benefits: When we begin to serve God with our substance, we are exempted from the Affliction of sickness and diseases. To purge means to keep fit, to remove whatever constitute a parasite. God then begins to take care of us personally, so we can bear more fruits, what this means is that when we are committed to God in our financial stewardship, we become beneficiaries of His Divine health policy.

Divine Defense: We live in a wicked world! One of the greatest needs of humanity today is protection.

Satan is very angry because time is running out on him, so he's hitting at everybody he can see. However, the bible says concerning those in the giving covenant:

When God remember our offerings, he rises to our Defense when in trouble He stand to our defense when no one else is around.

Supernatural Insight: Another blessing we enjoy by being in the giving covenant is Supernatural Insight. We walk in the realm of wisdom that amazes our peers. How?

When we give, the Lord opens the windows of heaven, and pours out a blessing upon us, opening our understanding.

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

Sworn Blessings: Live is fake except it is expressed in giving. The quality of our sacrifice is what defines the quality of our love for God.

Abraham's sacrifice was what provoked God to swear a blessing upon him.

That means the giving covenant qualifies us for a sworn blessing.

Curses Are Broken: Noah reared an altar unto the Lord after the flood and God averted the curse that He placed on the earth.

Many are living under generational curses; we can break them through this covenant of giving. Our tithes, offerings, sacrifices and kingdom investments are factors that ratify our place in the covenant of abundance, so don't play with them.

Receive The Giving Grace: Jesus is our perfect example of the giving covenant- He was always on the giving line. Even when He was to be betrayed, He told Judas...that thou doest, do quickly...And His disciples reasoned that it could mean only two things: either that He should go and buy what was needed for the feast or he should go and give something to the poor. Jesus was an addicted giver; He gave and gave until He gave His life!

He bore the stripes on His body for our health.

Faith is All It Takes: Every promise in the Bible works by faith that is, the blessings in the Bible can only be enjoyed if we believe that God is Almighty and that God has everything, faith is obeying God, proving that we believe Him, so we can commit Him to confirm His Word in our lives.

The Best Way Out: There are more than enough blessings for all, but unfortunately not many people know the way to them, some individuals including believers have engaged natural and intellectual ways in trying to get all their needs met.

But God is saying that no matter what they are able to touch, it can't be compared with what He makes available to us when we walk in His way.

Conclusions:

In Job 29:4, God's secrets were what made Job. He prospered financially enjoyed Divine health and protection etc. He chose God and His ways, and he didn't know lack all his days on earth.

Don't be captured by circumstances; subdue them with obedience. Our access to having our needs met is in the following His ways and doing it the way He says it should be done.

ALL YOU NEED TO HAVE ALL YOUR NEEDS MET

By David Oyedepo

God is not in need; He's only committed to meeting our needs. Your compliance with the terms of the covenant is God's secrets card for meeting all your needs. He cannot meet our needs if we don't comply with terms of the covenant. Receive grace to comply in Jesus' name!

FATHERS ARE THE REAL DEAL!

BY OYINLOLUWA YAKUBU

Fathers are the quiet heroes who shape our lives with their unwavering love and guidance.

They serve as our protectors, providers and role models. Offering a steady hand and a warm heart in times of need.

From teaching us valuable life lessons to instilling core values, fathers play an essential role in our growth and development. Their love is unconditional, their presence reassuring and their wisdom invaluable. It's crucial to honour them not just on Father' day but every day.

Let us express our gratitude for their sacrifices, celebrate their contributions and cherish the bond we share with these unsung heroes.

For every alphabets that makes up the word **F.A.T.H.E.R**, they play a huge role for it.

F is for being our friends
A is for being our advisors
T is for being our teachers
H is for being our heroes
E is for being good examples
R is for always being reliable

Fathers are the real deal!

FATHER'S DAY

BY OMOTOLA JACOBS (MASTERPIECE)



When I was younger, I used to think of my dad as a hero. I mean, he was taller than everyone in the house, his voice, deeper than my mother's, or maybe because he could kill any creepy thing that walked in the house. Funny, right? But I trusted him enough to protect the women in the house. I looked up to him to provide for my needs, and when my mother scolded me, he was right there to ensure that she didn't scold me too much or rather still wasn't quick to spank me.

But when I grew older, I discovered that my tall papa wasn't the tallest in the world; my heart shattered when I discovered that he might not be able to provide for all I needed, my reasoning opened when I'd see him skim through his account balance on a rising need to sustain the family



Then I thought, maybe he wasn't the hero I looked up to, definitely not the kind of hero I read in books or saw in the movies.

"Fine!" I said to myself one day, maybe twice or thrice, but I had hoped for a hero outside. I thought of a hero look alike; the ones we see in movies, I thought of the richer daddies, and I soon started dreaming that maybe perhaps, this man could never be my real father and I was switched to the

wrong home. I started comparing my father, too unworthy to be my hero, too weak to be called my protector, too mistaken to be called my guide, and too ordinary to be called my mentor. I lost faith, belief, strength, and maybe; this was never meant to be my dad.

Hosea explained in his fourth chapter, the sixth verse, precisely the fact that the people got destroyed by the lack of knowledge.

Maybe they had stopped believing in God, maybe they had looked up to another hero, or maybe still they had lost their child-like faith and hope in God. The people had grown or perhaps had lost the ability to discern the ability to realize how big God had come through for them, how consistent he is, how different he is from magicians because he's always going to walk us through the storm. Could it be that they thought of another hero, another provider, another helper, another protector, some person who would jump from the sky and change everything with a swipe and a magic band in his hand?

It is funny how Jesus, the replica of the Father, came, but wouldn't, couldn't, and hadn't been approved by them because they thought that he was nothing like what a hero should look like.

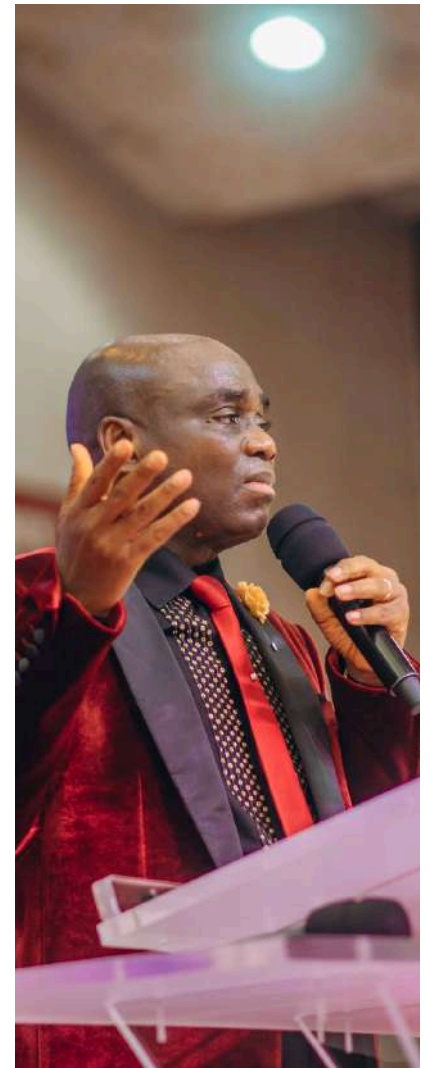
How does a hero walk with commoners? What dignity is there for a hero to be born where sheep were born? What sort of hero was born in a carpenter's household? Yet, he cried with them, ate with them, and healed their infirmities, amongst other heroic things that didn't tick their definition of heroism.

As I grew much older, I discovered that there were no heroes anywhere; all my hopes were tarnished, and my trust was gone. I realized how hard it is to provide for myself much less, for other people. I figured out how complicated life could turn out, and my imaginary hero died. The real hero was right here. Showing up every day was no joke; my father never seemed fit to run away and whether he was happy

or sad about trials, he stayed. Perhaps my knowledge was expanded, and I understood true heroism. Someone who stayed through to ensure I was okay. I guess I needed my eyesight to return to that of a child, and then I could see my papa for the hero he forever is.

To all the ones who still have their fathers here, I suggest you doff your hat, at least once, or twice, maybe thrice to the man who bore you, took care of you, maybe the man who constantly prays for you, the one who you would look up and call father.

To the ones like me, who never got a real chance to appreciate our biological fathers properly, the father of fathers (GOD) is ours to lean on, one who would never leave nor forsake, and we can take hope that we would see them one day on the other side of eternity.



HEALTHY

Lifestyle





PROSTATE CANCER AWARENESS

By Oluseesin Damilola

Prostate cancer is a cancerous tumour that occurs in the prostate. The prostate is a small walnut-shaped gland in males that produces the seminal fluid that nourishes and transports sperm. The cancer starts in the prostate gland, which is in-between the bladder and the penis. Prostate cancer is a type of cancer prevalent in males, at some point around 1 in 8 males will be diagnosed with prostate cancer in their life. The risk of having prostate cancer increases with age. Although, only 1 in 41 males will die as a result. This is because of effective treatments in the early stages and the slow-growing nature of the cancer in later stages. The risk of having prostate cancer increases with age.

Doctors detect prostate cancer through routine screening before it spreads. Experts do not know exactly why it occurs, but the following risk factors may likely lead to prostate cancer:

Age: The risk of prostate cancer increases after the age of 50, but it is rare before 45.

Family history: A person with a close relative with a history of prostate cancer has a higher chance of developing it.

Race or ethnicity: The condition is more common in Black people than in white people. Asian and Hispanic people have a lower risk than Black or white people.

Genetics factors: Inherited features, including changes to the BRCA1 and BRCA2 genes, may increase the risk. Men born with Lynch syndrome also have a higher risk of prostate and other cancers.

Other known factors may include;

- High fat diets may increase the risk of prostate cancer.
- Lifestyle such as smoking,
- Alcohol consumption.
- Exposure to chemicals, such as the herbicide Agent Orange.
- Inflammation of the prostate
- Sexually transmitted infections.

Prostate cancer has 4 different stages. We have

Stage I: Cancer is only present in the prostate gland.

Stage II: Cancer has not yet spread from the prostate, but a person will have a higher PSA level.

Stage III: Cancer may have spread to nearby tissues.

Stage IV: Cancer may have spread to distant parts of the body. Usually, the lower the number, the less the cancer has spread.

Diagnose

Before a person is diagnosed of prostate cancer, the Doctor is likely to ask for symptoms, ask about personal and medical history, conduct a blood test to assess PSA levels, perform imaging tests, carry out a urine test to look for other biomarkers, carry out a physical examination, which may include a (DRE) digital rectal exam (during DRE, Doctors manually check for any abnormalities of the prostate with their finger). When cancer is suspected, Doctors recommend further tests, such as Transrectal ultrasound: this involves inserting a probe with a camera into the rectum and Biopsy: A doctor will take a tissue sample for examination under a microscope.

Prostate cancer often has no symptoms during the early stages, but screening can detect changes that indicate cancer. For males who experience symptoms may notice: difficulty starting and maintaining urination, a frequent urge to urinate, especially at night, a weak urine

stream, blood in the urine or semen, painful urination or ejaculation, pain in the back, hips, or pelvis. For advanced symptoms it depends on the size of the cancerous tumour and where it has spread in the body. The symptoms are as follows: bone pain, unexplained weight loss, tiredness.

Treatment

The treatment of prostate cancer depends on the cancer stage and other factors such as Gleason score and PSA levels. A doctor will discuss the best option for the individual. For early stage prostate cancer, the doctors may recommend: monitoring PSA blood levels regularly with no immediate rebiopsy (biopsy after cancer progression on initial therapy). Surgery when required, Radiation therapy, Hormone therapy. While for advanced prostate cancer, as the tumour grows, it can spread throughout the body. If it spreads, or if it comes back after remission, treatment options will change. Treatment options can include: chemotherapy, hormonal therapy, targeted therapy, immunotherapy. A person who needs monitoring rather than treatment may need a routine MRI or CT scan.

Lastly, prostate cancer detected in the early stage can be treated effectively. Currently, the overall 5-year survival rate is 98%. It's advisable to attend regular screening starting from age 40 and anyone who is yet to go for screening should speak with a doctor.

EXERCISING TO PREVENT PROSTATE CANCER

By David Chidinma

It might interest you to know that exercise can help prevent prostate cancer.

Obesity has been linked to prostate cancer, and a number of prostate health issues. Medical experts have also found that obesity in men makes it harder to spot prostate cancer during screening. Given that this type of cancer can be treated and cured if discovered early, obesity thus poses a serious threat to men, as it both contributes to its cause, and at the same time, delays its cure.

This is where exercise comes in.

Exercises have been proven to help get rid of obesity and maintain a healthy weight, which in turn helps reduce the chances of having prostate cancer. A number of studies also reveal that men who regularly take part in physical activities are less likely to develop prostate cancer, much less die from the disease. This makes exercising a must-do for every man who wishes to maintain a healthy prostate gland, even as his body ages.

At this point, you're probably thinking of how impossible it might be for you to include regular Gym sessions into your already busy schedule, yeah?

Relax. There's good news.

The kind of exercises you need to do to prevent prostate cancer don't necessarily require you to pick up a Gym membership card. They can be done in the comfort of your home, or even while you are performing other daily activities such as brushing your teeth, waiting in line in a queue, waiting in your car in a traffic jam, reading a book or newspaper Etc. So without further ado, let's delve into a few of these exercises.

I. Kegel Butt Lifts:

Lie down on a bed or a mat with your knees bent and feet flat. Lift yourself up from the buttocks while keeping your hands flat and contracting the pelvic floor muscles (note: your pelvic floor muscles are the muscles you use in stopping urine midway). Hold the contraction for up to 10 seconds, then lower your hips back down and release the muscles. Do this for ten repetitions.



II. Seated Kegels:

Sit on a chair and mindfully contract the pelvic floor muscles for up to ten seconds. Then relax them for three seconds only before contracting again for another ten seconds. Perform ten repetitions of this cycle.

III. Standing Bowel Kegels:

Contract your anus muscles (just as you would do if you were holding a bowel movement), and hold for 15 seconds.

After each attempt, relax your anus and pelvic floor muscles for 10 seconds and repeat. Perform this exercise 10 to 20 times. As you squeeze and relax the muscles, count slowly - "1, 2, 3, till you get to 15".

You should be careful not to flex the muscles in your buttocks, thighs or abdomen, but focus more on your pelvic floor muscles and anus muscles. Also, don't hold your breath while doing the exercises. Breathe freely.

These exercises greatly help to strengthen the muscles around your bladder and manhood, thus contributing to a healthier prostate gland.

It is also important to note that key cardio exercises such as running/jogging, jumping jacks, jump ropes, burpees and mountain climbers should be a regular morning routine for you (alongside a healthy diet) in order to maintain a healthy weight and keep obesity and its risks of prostate cancer at bay.

Till I come your way with another interesting article, I remain your favorite fitness coach, Chee Fitness. And remember, whatever you do, keep on keeping on.



5 Mistakes Some Parents Make About Tech Tools

By
**Emmanuel
AnuOluwatomiwa**





In today's digital age, technology is an integral part of our daily lives, and it is essential for teenagers to become adept at using tech tools early. However, some parents inadvertently make mistakes that can hinder their children's tech proficiency and expose them to online risks. Here are five common mistakes and advice on how to avoid them, ensuring your children can safely benefit from technology.

1. Restricting Access to Technology

Mistake: Some parents limit their children's access to tech tools, fearing overexposure.

Advice: Encourage your teenagers to explore and use various tech tools under supervision. Early exposure helps them develop essential skills and become comfortable with technology. Set specific times for tech use to maintain a healthy balance with other activities.

2. Neglecting Online Safety Education

Mistake: Failing to educate children about online safety can leave them vulnerable to cyberbullying and inappropriate content.

Advice: Have open discussions about the potential dangers online and how to navigate them safely. Teach them about privacy settings, recognizing suspicious activities, and the importance of not sharing personal information with strangers.

3. Assuming Educational Apps and Tools Are Always Safe

Mistake: Believing that all educational tech tools are inherently safe.

Advice: Research and review the apps and tools your teenagers use. Check reviews and ratings, and ensure they have robust privacy policies. Use parental controls and monitoring software to track their online activities and ensure they are using safe, reliable resources.

4. Overlooking the Importance of Digital Literacy

Mistake: Focusing only on limiting screen time without considering the importance of digital literacy.

Advice: Encourage your children to learn about digital literacy, including how to evaluate information online, understand digital footprints, and use tech tools productively. Enroll them in workshops or courses that enhance their tech skills and knowledge.



5. Not Monitoring Online Interactions

Mistake: Allowing teenagers unrestricted internet access without monitoring their online interactions.

Advice: Use parental control software to monitor your children's online activities and interactions. Some effective parental control software includes:

- **Qustodio:** Offers extensive monitoring features, including screen time management, social media tracking, and content filtering.
- **Norton Family:** Provides web supervision, time management, and detailed activity reports.
- **Bark:** Monitors social media, texts, and emails for signs of cyberbullying, adult content, and other potential dangers.
- **FamilyTime:** Allows parents to set screen time limits, monitor app usage, and track location.

Regularly check their social media accounts and browser histories. Teach them to report any incidents of cyberbullying or exposure to inappropriate content immediately.

Conclusion

By addressing these common mistakes, parents can better equip their teenagers to navigate the digital world safely and effectively. Encourage early and responsible use of tech tools, educate them on online safety, and maintain open communication about their online experiences. With proper guidance and monitoring, technology can be a powerful tool for learning and development.

I suggest you refer to previous publications on tech skills your teenagers can learn.



YAAF CORNER

NEWS FROM YOUTH ALIVE FELLOWSHIP

I K O R O D U



**KINGDOM
GIANTS!!**

Tagged:

MINDSET

Rom
12:2



Pst. (Dr)
Olumide
Emmanuel
Guest Minister

Temltope
Chikezie
Event Anchor
(PR Specialist)

Pst.
Adekunle
E. Ojo
State Pastor

EVENT REPORT

Marriage and Relationship Seminar 2.0

by Semilore Adelola

The Youth Alive fellowship successfully hosted the second season of their highly anticipated marriage and relationship seminar, aptly titled "Mindset" on May 26th, 2024. The event featured an array of insightful sessions aimed at enriching the understanding and approach of attendees towards marriage and relationships. The highlight of the seminar was the keynote address by the esteemed guest minister, Pastor Dr. Olumide Emmanuel, whose wealth of experience and profound teachings captivated the audience. His message centered around the importance of cultivating a healthy mindset for successful relationships, resonated deeply with participants, leaving a lasting impression.

The seminar was graciously hosted by State Pastor Adekunle Ojo, who provided a warm and welcoming atmosphere for all attendees. The interactive sessions, coupled with practical advice and real-life examples, ensured that everyone left with actionable insights to improve their relationships. The event was not only informative but also provided a platform for individuals to connect and share their experiences, fostering a sense of community and support among the participants. Overall, "Mindset" season 2 was a resounding success, leaving attendees eagerly anticipating future editions.

Pictures on the next page



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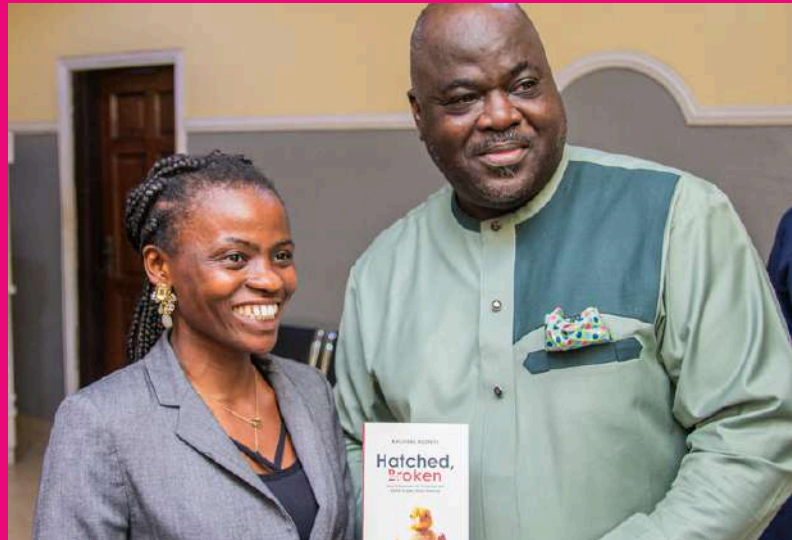


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Service Unit of the Month

LIBERATION VOICES



THE LIBERATION VOICES



DCN. GOKE OLABAJU

Choir Director

MISSION AND VISION

The Vision for this tenure can be spelt in three words namely: Spirituality, Stability and Prosperity.

- **Spirituality:** We believe genuine spirituality is the foundation for our music ministry.
- **Stability:** The mission is to establish a structure for creativity and originality in music as well as discover the potential for sustainable growth of the choir.
- **Prosperity:** We expect to see choir members change levels dramatically and be prosperous in all that we do with the help of God

Milestones

To GOD'S glory, in this tenure, we have had successes in all our endeavors these include, but are not limited to;

1. Just Hymns program
2. Just Hymns Album Recording
3. Judah 2023
4. The sisters talk with Dcns Ojo Adekunle
5. Choir Retreat
6. Choir Empowerment Summit
7. Discovery and development of new praise and song leaders like never before that have been used by God to bless lives in our major programs and services.
8. Impactful ministrations in and outside the church to the glory of His name.

Interview with the Choir Director

1. What was your first reaction to being announced as the Choir director?

Honestly, I was humbled. I saw it as a great privilege to be selected to serve as the Choir director of this wonderful family of Liberation Voices as I didn't see myself as most qualified.

2. How has your personal journey shaped you to be the leader that you are?

God has a way of preparing us ahead of every assignment he has for us. I have been privileged to serve in different capacities in Living Faith Church for about 20 years now. The challenges I faced and my experiences with the leaders I have also served under have helped prepare me for the present assignment.

I have learnt what to do and what not to do from all I've had to learn, also with the help of the Holy Spirit. I'm still learning as life itself is a school we won't graduate from until we meet the Lord.

I believe one major quality of great men in the kingdom is having a teachable spirit. So my readiness to keep learning is one major tool that God has used to shape me over the years.

3. In your journey as a Choir director, how have you been able to separate emotional decisions from spirit-led ones?

Sincerely this has been a very sensitive aspect. I believe Saul in the scriptures missed it majorly because he took emotional decisions rather than following divine direction. There is a scripture that has helped me. Job 32:8.

We have trusted a lot in the inspiration of the Holy Spirit in our decisions and song ministrations.

Practically, I personally search my spirit again and again to know if the decision I'm about to take at any time is just from me or if the signal is coming from the Holy Spirit. We thank God for the inspiration of the Holy Spirit in the selection of songs in this tenure.

I am grateful for wise counsel from the great team I am blessed with. Thank God for my fellow leaders, excos, music team, our Choir Pastor and entire liberation voices whom God has used to make this journey very fruitful and fulfilling.

4. What is the place of mentorship amidst the leadership role God has called you to be in?

The mentorship I have enjoyed has been both direct and indirect. Isaac Newton said and I quote, If I have seen further than others, it is by standing on the shoulders of giants. My Father in Faith, Bishop David Oyedepo also said that every tree bears fruits according to its root.

The encounter I had with God's servant, the apostle over this commission early in life has impacted me. In those days when we used to get audio tapes, I would go to Winners Bashorun Ibadan to get Papa's tape even when I wasn't yet a member of the church. I came across a tape titled Master servant relationship and it changed my life forever. It created in me an unusual drive for selfless service and loyalty which are necessary ingredients for quality leadership. So, I have been mentored majorly by God's servant through His teachings.

Also, one of my most respected mentors, Myles Munroe of blessed memory, wrote a book on leadership (The Spirit of Leadership). I got so inspired by the book that I no longer desire positions but the opportunity to serve and influence people. Lastly, it's a privilege to be head of the choir unit under our State Pastor who has always been my Daddy as far back as 2011 when he was posted to Ibadan, Winners Iyana Church to be precise.

5. What is your advice to the body of Christ as regards leadership?

Jesus is the perfect example of a great leader. He is the greatest leader that ever lived on earth. We can never miss it in the body of Christ following his example. Jesus said in John 5:30 KJV

“I can of mine own self do nothing: as I hear, I judge: and my judgment is just; because I seek not mine own will, but the will of the Father which hath sent me.”

Why is it strange to hear from God before taking any decision rather than playing politics in church? The church has become more political than the world and most are just after their selfish interest, including many we look up to as leaders.

I believe what is most lacking in the church regarding leadership are genuinely spiritual, visionary and selfless leaders. We therefore need to return to the principles of Christ on leadership and show the world by our examples how to be true leaders.



Have you filled your church membership form.



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to fill your church
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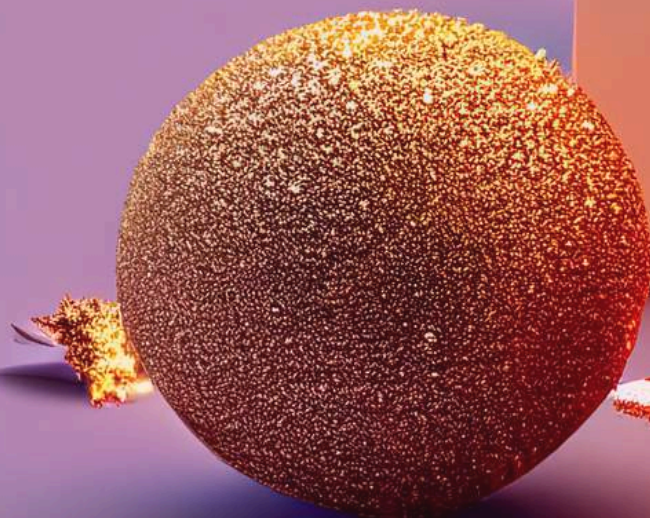
Please note:

This data capturing exercise only applies to LFC Ikorodu members.

JULY BIRTHDAY CELEBRANTS

*For through wisdom your days will be many,
and years will be added to your life.*

Proverbs 9:11





Orimiafure Toluwalope Adenike (Children Dept)
Odunlami Bliss (Hospitality)
Aghogho Odibo

1st

Oluwakorede Faseyitan
Oluwakemi Kehinde Grace (Traffic)
Amusan Opeyemi Joseph (Choir)
Asalu Akinola Zaccheaus (Technical)
Kehinde Oluwakemi Grace (Traffic)

2nd

Enor Joy Ogwo (Choir)
Akinfenwa Oriyomi David (Evangelism Squad)
AKINFENWA ORİYOMI DAVID (Squad)
Divine osadolor

3rd

Ibrahim Saidat Adebisi (Drama)
Adebisi Ibrahim Sayidat (Drama)
Esther Olakunle (Protocol)
Ibrahim Saidat Adebisi (Drama)
Raji Olakunle
Ibrahim Sayidat Adebisi (Teens Church)

5th

Adekoya Aduragbemi Elizabeth (Technical)
Daniel osadolor
Samuel Adekoya (Teens Church)
Bukola Onafuwa Rita (Hospitality)

6th

Olajide Akintola Mosinmiloluwa (CCU)
Durotoye David
Akintola Mosinmiloluwa (CCU)
Okonkwo Joseph
Odufefe Misimi Emanuel
A David Durotoye (Technical)
Akinbinu Ayodele Kehinde
Adams Queen (Technical)
Oluwadamilare Adesoji

7th

Aare Ajileye Erastus (Technical)
Erastus Ajileye Aare (Protocol)
Ogunwole Esther Bolanle (Hospitality)
Ajileye Aare Erastus (Protocol)
Ashaolu Oluwafemi Kayode (Sanctuary)
Aare Ajileye Erastus (Protocol)

8th

Morenikeji Obanlaloluwa Emmanuel
Prosper Okpenge (Technical)
Olofefe Ayodeji
Esther Paulina (Sanctuary)
David Agbondhae Ewemade (Security)
Nnadozie Sunday James (Publicity)
Mon Gabriel (Hospitality)
Priscilla Rojaye (Children Dept)

9th

Amos Joseph
Emmanuel Joseph Junior (Technical)

10th

Edwin Emmanuel Unazi (Technical)
James Ihttoyivwi Ovit
Okolo Frances Fait (Follow Up)
Okolo Francis Faith (Evangelism Squad)
Akintimilehin Vivian (Sanctuary)

11th

Onyekwere James (Technical)
Kosoko Omolara Sarata (Sanctuary)
Atolagbe Daniel (Protocol)
Atolagbe Daniel (Protocol)

12th

Adeola Adeyinka David (CCU)
Ogunsanya Tolani Sisikay
David Adeyinka Adeolu (CCU)
Olugola Princess Omolola (Teens Church)

12th

Mary Aliu Ifeoluwa
Frank Pius (Sanctuary)
Ihende Emmanuella Osemengbe (Choir)

13th

Olajide Olubunmi (Technical)
Gabriel Olajide
Aisien Osakpolor (Technical)

14th

Adedire Adedolapo Adedire
DANLADI DEBORAH (Choir)
Adebanjo Ireoluwa

15th

Patricia Ocheibi Ijato

16th

Emmanuel Dorcas
Osigwe Michael Ndubuisi (Technical)
Oluchi Nwanko Esther (Ushering)
Isaac Gabriel O. (Ushering)
Andrew Akinmodun Oluwole (Protocol)

17th

Oluwatomisona Emmanuella (Hospitality)
Allen Taiye Folake (Sanctuary)
Joy Emelize Lyinda (Sanctuary)
Emmanuel Ajamah Oshioriahme (Security)

18th

Adeshola Adebore (Sanctuary)
Paul Iyatse ESHIE
Timothy Mojisola Blessing (Follow Up)
Bwetshik Kopdi Racheal (Ushering)

19th

Makinde Funmilayo (Sanctuary)
Anza Magaret
Oluwafisayomi Akinbami Ayoola (Teens Church)
Yusuf Opeoluwa
Abbass Sarah Abebi (Sanctuary)
Erukanure Mercy Ejiro (Technical)
Tolulope Dosunmo (Sanctuary)
Elizabeth Elegbe Ibijoke (Hospitality)

20th

Aduragbemi Shittu Ajokeade
Ifunanya Nzemeke Racheal
Oweniwe Dorothy Ifende (Choir)
Sobayo Olufemi Olutosin (Choir)
Dorathy Oweniwe Ifende (Choir)
Olufemi Onanuga (Protocol)
Oyekanmi Jeremiah Oluwagbemiga (Choir)

21st

Olawunmi Abraham Olabisi (Evangelism Squad)
Damilare Olowoaji Temitope (Security)
Damilare Olowoaji Temitope (Security)
Damilare Olowoaji Temitope (Security)
Odumosu Oluwafemi (Security)
Lambo_Adesanya Bolatito
Oluwabusolami Ashake Amanda (Transport)
Omezinwa Chibuzor Destiny (Teens Church)
Oluwafemi Odumosu Samuel (Security)

22nd

Okonkwo Akunna
Majowagun Micheal

23rd

Bakare Toniwani Moses
Gladness Abam Ubi (Hospitality)
Abam Joy ,Female (Ushering)
Bielonwu Chibuikem
Adelekan Bola Joy (WSF)
Olatunji Favour Ayomide (Choir)
Gladness Abam Ubi (Hospitality)
Joy Abam Ubi (Technical)

23rd

Adeoluwa Ojo Joshua (Protocol)
Ojo Joshua Adeoluwa (Protocol)
Emmanuel Chukwuma Chibuikem (Technical)
Rasheed Orimiafire Elijah (Follow Up)

24th

Alabi Ayobami Adedamola (Protocol)
Egechi Chinenye Favour (Evangelism Squad)
Amos Alabi
Chibogu Evans Uche onwungbonuba (Hospitality)

25th

Elendu Happiness (Sanctuary)
Falujo Faith Oluwatobilola (Ushering)
Happiness Elendu (Technical)
Ugbotor Charis Ohunmachukwu (Hospitality)

26th

Ajayi Samuel Oluwapelumi (Technical)
Bamidele Esther Oluwabukola (Follow Up)
Joseph Margret
Bayo Amodu Tobiloba (Sales Team)
Ojilaka Gift
Nwiwate Blessing
Oscar Fullness Ekemini
OMOLARA ADEKOYA ELIZABETH (Technical)

27th

Ogunnaike Olubiyi
O Martins
Ogunnaike James
Samuel- moraiyewa Oyindamola (Hospitality)
Oyinloye Fadekemi Abisoye

28th

Martins Martins (Technical)
Adedeji Blessing (Sanctuary)
Catherine Ariyo Vivian (Sanctuary)
Catherine Opara Vivian (Sanctuary)

28th

Williams Adeola
OGUNYOMBO ADEWALE ABOLAJI (Sanctuary)
Chidinma Blessing Zeninor (Security)
Chidinma Blessing Zeninor (Security)
Adewale James (Hospitality)
ABOLAJI ADEWALE OGUNYOMBO (Sanctuary)
James Adewale (Hospitality)

29th

Sunday Victoria (Choir)
Adesanya Akeem Olakunle (Evangelism Squad)
Adesanya Akeem Olakunle (Evangelism Squad)
Sunday Victoria E (Choir)
Adesanya Akeem (Evangelism Squad)
ADESANYA AKEEM OLAKUNLE (Evangelism Squad)

30th

OLAGHERE JAMES OHI
Bright Gideon (Ushering)
Temidayo Fapojuwo Oladipupo

31st



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N T U Y P I F L Z N O R I G T
N R F E G H F F H P T T M F J
Z E G J A B E Y F T E S I U C
C A J T T C C T Z H C F E D O
B S J U E F I A I O T P W G V
Q U Z M W O E H Q C I F U I E
K R H P A W N J T U O A H V N
A E G J Y V C M P Y N X W I A
E S L C P D Y F A V O U R N N
S U P E R N A T U R A L I G T
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