



## Building Boundaries for Divine Increase

**W**e bless the name of the Lord for all His doings in our lives. Throughout the month of March, we considered the theme on Building Boundaries for Divine Increase. This theme aims to help us to align with God and uphold His standards in all our relationships - with Him and with others.

Boundaries are borderlines, demarcations or delineations that enable the definition of spaces or jurisdictions. Boundaries help to enforce discipline, integrity and the maximisation of people's potentials either as individuals or as teams. Throughout the month of March we



Prof. David Oloke, Lead Pastor and Centre Director

examined how to build boundaries successfully with God, our spouses, our other family members, our fellowship brethren and our friends in general. In all cases, it is evident that we need the wisdom of God to know how we ought to be conducting ourselves and this wisdom comes through meditation on the Word of God and prayer.

Furthermore, we are so grateful to God that we were able to host the British Science Week that helped our youngsters to develop STEM skills and a Health Seminar that highlighted the need to understand and manage our blood sugar levels. Finally, on last Sunday of the month, we celebrated all Mothers as we joined the world to celebrate Mother's Day.

## Lifegate Celebrates Mother's Day

**O**n Sunday March 30 2025, Lifegate joined the entire world to celebrate mothers in a spectacular way.

Lifegate church is a family church that pays particular attention to family cohesion to enable societal cohesion. The Lifemen group celebrated Lifeladies with singing, dancing, and presentation of special gift packages to every woman in attendance. Pastor Oloke serenaded Lifeladies with an impromptu rendition of Nico Mbarga's popular highlife song, 'Sweet Mother'.

Mothering Sunday historically began as a religious celebration during the 16th century in the UK, Ireland and other Anglo-

phone countries when domestic servants got a day off to attend the mother church. This catholic tradition took place on Laetre Sunday, the fourth liturgical season of Lent but died a natural death in time. However, in 1908 Anna Jarvis, with a burning desire to immortalise her mother for her great contributions during the American Civil War fought for the recognition of Mother's Day which was signed into law by the Woodrow Wilson government in 1914 in the USA. Inspired by Anna Jarvis, Constance Penswick-Smith began to work hard to rekindle interest and bring back mothering Sunday in the UK until the culture was restored.

Today, Mother's Day is specially celebrated to honour mothers with an extension to mother figures — mothers-in-law, stepmums, grandmothers, aunties, friends, and acquaintances believed to have played or playing roles of mothers. Lifegate celebrates Mother's Day annually with great fanfare, reiterating the uncountable contributions of mothers to the family and to society at large.

Historical sources: [MotheringSunday.pdf](#)

[Mother's Day 2025 in the United Kingdom](#)

[Mothers' Day Insert](#)





# British Science Week at Lifegate

**L**ifegate Outreach Centre delivered a 2-day hands-on science activities during the British Science Week 2025 on Saturday 8th March 2025 and Saturday 15th March 2025. The programme, which was designed to engage BAME children aged 7 to 10 and young people aged 11 to 16 who are affiliated with the Lifegate Church, Lifegate Outreach Centre and Lifegate Communities.

According to the Coordinator, Dr. Oriyomi Okeyinka, scientists and engineers from industry facilitated the science activities. Its purpose is to engage and promote Science and Engineering careers to wider BAME families in our community. Some parents and guardians of participants were also invited to watch

and support their wards during the activities.

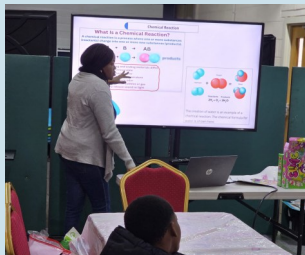
Participants were engaged in simple and fun discovery activities on crystallisation, chromatography, atoms and molecules, and slime making. This way, youngsters were taught about the scientific concept of mixture separating techniques and chemical reactions to form new substances. These activities are expected to facilitate development of creative skills relating to Science and Engineering, as well as inspire participants about related STEM careers.

Dr. Okeyinka further stated that 'engaging children and young people in science and engineering is more crucial than ever. The UK faces a significant skills gap in these fields, with a 2024 government report highlighting that 43% of

vacancies in high-level STEM occupations are hard to fill due to a shortage of applicants with the required skills'.

In addition, she observed that 'nurturing early interest in science and engineering, will not only enhance children's academic performance, but also open doors to rewarding future careers that are in high demand', and called for the support of parents and guardians, emphasising that encouraging participation in activities like this is invaluable to paving ways for a future where community's youth will lead in innovation and technological advancement.

On behalf of Lifegate Community, she extended a heartfelt gratitude to the British Science Association for sponsoring this event and making the opportunity possible for the community.



**I**n a joint webinar organised by Lifemen and Lifeladies on 29 March 2025, Dr. Brenda Nnokam took Lifegate members through a holistic approach on understanding and managing blood sugar levels. The event, which was co-anchored by Mr. Yemi Okeyinka and Dr. David Wilson was the third of its kind which is annually organised by the Men and Women's groups. According to the speaker, Type 1 Diabetes Mellitus occurs as a result of insufficient production of insulin by the body causing consistent weight loss, while Type 2 Diabetes Mellitus occurs due to the inability of the body to effectively utilise the insulin being produced by the body, thereby, causing an overreaction in the body

## Health Seminar 2025

leading to weight gain. Further, she mentioned a third type of Diabetes Mellitus which begins as Type 2 Diabetes in children but later turns to Type 1 diabetes after the child is grown. She recommended education, family support, wearing medical bracelets at all times, exercise and rest at intervals, portioned intake of appropriate food spread across daily meals, as well as having emergency number on speed dials in the event of crisis. Series of questions were raised to which answers were also provided. Interested members are encouraged to request recorded audio of the zoom meeting for detailed information.



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