



Sermon on 20/21 May 2023

## What Has the Law Got To Do With Me?

Romans 7:4-6, 10-25

*Revd Alvin Toh*

Live-streamed services at  
7.30am and 9.30am via  
[cathedral.org.sg/youtube](https://cathedral.org.sg/youtube)

20/21 MAY 2023

## COLLECT

### SUNDAY AFTER ASCENSION DAY

Eternal God, the King of Glory, you have exalted your only Son with great triumph to your kingdom in heaven. Leave us not comfortless, but send your Holy Spirit to strengthen us and exalt us to the place where Christ is gone before, and where with you and the Holy Spirit he is worshipped and glorified, now and for ever. Amen.

### LECTIONARY READINGS

Ezekiel 36:24-28

Acts 1:6-14

John 17:1-11

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 [cathedral.org.sg](https://cathedral.org.sg)

 [standrewscath](https://standrewscath.org)

 [standrewscathedral](https://standrewscathedral.org)



ST ANDREW'S CATHEDRAL,  
11 St Andrew's Road, Singapore 178959.  
Tel: 63376104 Email: [info@cathedral.org.sg](mailto:info@cathedral.org.sg)

**Bishop of Singapore and Dean** Rt Revd Dr Titus Chung

**Vicar** Revd Canon Dr Lewis Lew

**Associate Vicar** Revd Christopher Chan

**Clergy and Deaconess** Revd Moses Israeli, Revd Daniel Lim,  
Revd Alvin Toh, Revd Andrew Yap, Ds Ti Lian Swan

**Auxiliary Clergy** Revd Canon Dr Louis Tay,  
Revd Soon Soo Kee

**Auxiliary Deaconess** Ds June Tan

# PRAYER HIGHLIGHTS



## THE WORLD

Asia is home to 4.6 billion people or 60% of the total world's population. China and India each, have 1.4 billion people, by far the two most populous countries in the world, making up 60% of Asia's population. Pray for the LORD of the harvest to send out more labourers in these countries to hasten the spread of the gospel, to this least evangelised continent.

## SINGAPORE

Pray for our youths as they go on to higher education or enter the workforce. For many, financial uncertainty ranks as the biggest source of stress. Many Singaporeans associate their self-worth with job security and future success. Peer pressure, social media, and bullying have compounded and made the youth mental health landscape more complex.

Pray that help to strengthen and build up fortitude and resilience in our young people, will be readily accessible through family networks, schools, churches, social service agencies, and effective government support programmes.

## DIOCESE

### Diocesan Youth Prayer Night (26 May at SAC)

Our Diocesan youths are coming together to pray for REVIVAL. Pray that as our young people seek the God of Revivals, let us not just hope for revival to happen in Singapore, but let us all, together as

one church, pray fervently alongside our youths, to ask God for the outpouring of His Spirit "on all flesh, and your sons and your daughters shall prophesy..." (Acts 2:17). Ask God for a Revival that will spur us all to run with endurance the race that is set before us, looking to Jesus, as the founder and perfecter of our faith.

## CATHEDRAL



### Nave Restoration

Continue to pray for the safety and well-being for all workers, and for our staff and consultants who are involved in the works. Pray for God's protection over them and their families and loved ones, and His blessings of joy and peace as they see to the completion of the works. Nothing can thwart God's plans and purpose.

### Cathedral Members

Pray for us, the church community in St Andrew's, to recover our first love for Christ; to truly repent of harsh words, self-centred, complacent ways and sometimes, even sinful desires and deeds. Implore our Heavenly Father to lead us back to His path of righteousness and peace; that in our deep repentance, we remember also His abundant grace and mercy. Let us humble ourselves before Almighty God and wait expectantly for Him to pour out His holy fire into our hearts and let us place Him as the only Lord of the Cathedral and of our lives.

# SERVICES AT THE CATHEDRAL

In English		
TIME	HOLY COMMUNION	VENUE
Sat 4.00 pm	2nd and 4th week	CNS
Sat 5.30pm	Last week	Pavilion
Sun 7.30 am 	Weekly	CNS
Sun 9.30 am 	2nd and 4th week	Pavilion
Sun 11.30 am	Weekly	CNS
Sun 1.30 pm (Youth*)		Prayer Halls
Sun 4.30 pm	Weekly	CNS
Wed 12.30 pm	Weekly	Pavilion
In other languages		
Sat 2.30 pm (Hokkien)	1st week	Chapel for All Peoples
Sun 2.30 pm (Myanmar)	Weekly	CNS

\* There is no Youth service on the 4th Sunday of the month.

 Service will be live-streamed at [cathedral.org.sg/youtube](https://cathedral.org.sg/youtube)

## Restricted Vehicular Access to SAC due to National Day Parade (NDP) 2023

**Due to the NDP rehearsals and its related events, vehicular access to SAC will be restricted during the period starting from 10 June to 29 July.**

There will be no vehicular access at all times on the following Saturdays:

10, 17, 24, Jun

8, 15, 22, 29 Jul

There will be no vehicular access at all times on Sunday:

2 Jul

Worshippers who are driving to SAC during these times may choose to park at Raffles City or Funan.

### Reminders to members

Throughout this time, pedestrian access will be available in accordance with SAC's regular opening hours. As a surge in crowd is expected due to the rehearsals, all worshippers are advised to check for updates to road closures and allow more time to get to events and services at SAC.

### Impact to services



All services will carry on at the usual timings. The Saturday Service at 5.30pm will move to the Prayer Halls during this period due to potential interruptions by the ongoing rehearsals and shows at the Padang.

# NextGEN MINISTRY

The NextGen Ministry brings together the Children Ministry, Youth Ministry and Young Adult Ministry with the aim of building up every child towards spiritual maturity as they grow from a toddler into adulthood.

## CHILDREN MINISTRY PROGRAMME (3 – 12 years)

Please register via [Children Ministry Registration Form](#)



Ministry	Level	Day/Time	Venue
Shalom Friends*	6 to 16 yrs	Saturday 2:00pm	SAC B1 Prayer Halls
CityKids	Preschool to Primary 6	Saturday 4:00pm	SAC B1 Prayer Halls
FaithKids 1	Preschool to Primary 6	Sunday 9:30am	SAC Welcome Centre (P1-6) Classroom C (Preschool)
FaithKids 2	Preschool to Primary 6	Sunday 11:15am	SAC B1 Prayer Halls

\*Shalom Friends reaches out to children and youths with Autism. Due to the nature of the ministry, Shalom Friends will cater to youths up to 16 years old.

To find out more about the Children Ministry,  
contact [nextgen@cathedral.org.sg](mailto:nextgen@cathedral.org.sg)



Click QR code  
to register!

The Cathedral Youth Ministry

## Metamorphosis

for teens 13 to 15 years

1st & 3rd Sundays of the month

10.45am - 12.15pm

Chapel for All Peoples

To find out more about the Youth Ministry,  
contact [nextgen@cathedral.org.sg](mailto:nextgen@cathedral.org.sg)





## 2023 SERMON SERIES

**May 6 & 7**

**Dead to Sin and Alive to God**  
Rev'd Christopher Chan

**May 13 & 14**

**Becoming Slaves of  
Righteousness**  
Rev'd Moses Israeli

**May 20 & 21**

**What Has the Law  
Got To Do With Me?**  
Rev'd Alvin Toh

**May 27 & 28**

**Life in the Spirit**  
Rev'd Canon Dr Lewis Lew

**June 3 & 4**

**Heirs with Christ**  
Rev'd Christopher Chan

**June 10 & 11**

**The Holy Spirit Helps Us in  
Our Weakness**

**June 17 & 18**

**Guarding Our Faith**  
Ds Ti Lian Swan

**June 24 & 25**

**That None Should Perish**  
Rev'd Alvin Toh

Follow our weekly reflection questions at:

[cathedral.org.sg/ss](https://cathedral.org.sg/ss)

[cathedral.org.sg/alpha](http://cathedral.org.sg/alpha)

# Join the Adventure

St Andrew's Cathedral

# ALPHA

@ Cathedral

EXPLORE

Life • Faith • Meaning

5 Jul - 27 Sep, Wed • 7pm - 9pm  
(No session on 9 Aug - National Day)

St Andrew's Cathedral, Prayer Halls

[Sign up here](#)

Alpha



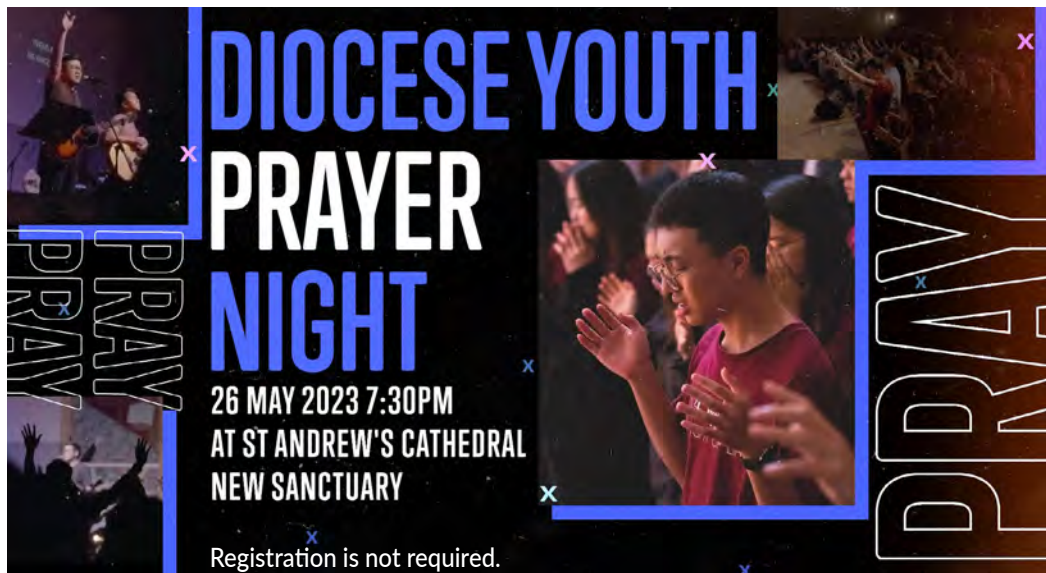


Wednesday 12.30pm Holy Communion Service  
Apr 12 - May 31 2023

# BEYOND HIS *Resurrection*

Unlike the other apostles of Christ, the Apostle Paul was never a disciple of Christ. Paul only met Jesus Christ after His resurrection in his dramatic encounter with Christ on the road to Damascus.

How does Paul see Jesus? What does he tell us in his epistles?  
What does knowing Christ beyond his resurrection mean to us?  
This will be our focus in the Easter season.



**DIOCESE YOUTH  
PRAYER  
NIGHT**

26 MAY 2023 7:30PM  
AT ST ANDREW'S CATHEDRAL  
NEW SANCTUARY

Registration is not required.

REVIVAL happens when young people seek the God of Revivals. Let's not just hope for revival to happen in Singapore (again), but take action by coming together in prayer. Inviting all youths, young adults and all with a heart for the next generation to come and seek the Lord together!

The Cathedral's monthly Prayer & Praise will not be in session.  
All members are encouraged to join in this prayer night.



## WHO DO YOU SAY I AM?

“But what about you?” he asked. “Who do you say I am?”  
Simon Peter answered, “You are the Messiah, the Son of the living God.”  
Jesus replied, “Blessed are you, Simon son of Jonah,  
for this was not revealed to you by flesh and blood,  
but by my Father in heaven” (Mt 16:15,16).

# GIFT OF BEING YOURSELF

Many of us go through life unsure of our true identity. From young we have been influenced by how others see us or expect us to be or how we like to be. God however has created us with our own identity. Our God-given identity is a sacred identity unique to ourselves and it is through this identity that we are to live our life to the fullest on earth. The book, *The Gift of Being Yourself* by David Benner seeks to help us on a journey of self-discovery to know our true self as God created us to be. The book helps us to identify the obstacles and how to overcome them in our journey of self-discovery.

## SATURDAYS

**JULY 15, 22, 29, AUGUST 5, 12, 19, 26**

**10am to 12noon**

Venue: St Andrew's Cathedral

Facilitator: Revd Soon Soo Kee

Course Fee: S\$30 (inclusive of book purchase)

## Registration

<http://gfsac.greenfossil.com/equipping/registration/177/public>

Limited to 12 participants only

Registration closing date: 10 July 2023



# Navigate Life Together

Invest in your relationship and grow closer to each other as you explore important topics such as understanding each other's needs, communicating better, resolving conflict, and addressing past hurts.

Learn to strengthen your marriage with video talks and couple conversations.

The course will be held onsite and online. Open to married couples residing in Singapore.

**Dates/Times: 8 Thursdays**

**June 1 & July 27 (7pm – 9.30pm, St Andrew's Cathedral)**

**June 15, 22, 29; July 6, 13 & 20 (7.45pm – 10pm, online)**

**Fee: \$80 per couple (for course packs and onsite meals)**

Closing date for registration: 25 May 2023

Please register at <https://tinyurl.com/mr2w9s7d>

Developed by Nicky and Sila Lee from Holy Trinity Brompton, London.  
For more information, please email us at [familylife@cathedral.org.sg](mailto:familylife@cathedral.org.sg)



# Helping Someone with a Mental Health Condition

**Instructor: James Chan**

**Date: 27 May 2023 (Saturday) | Time: 9 am -12 noon**

**Venue: Chapel for all Peoples**

Topics covered include:

- Common types of mental illnesses
- Why some are more prone to poor mental health
- The types of medications used for treatment
- Assessment tools used (including suicide ideation)
- How to journey with someone with a mental health condition



Limited places available.  
Registration closes  
20 May 2023.  
Scan or click QR code to  
register.

A programme that is Christ-centred and Word-based, offering practical help.

A safe place where others who have had similar experiences come alongside you on your healing and restoration journey.

DIVORCE *Care*

**SPECIALLY FOR WOMEN**

Dates: alternate Saturdays, 17 June – 2 December

Time: 2:30 – 4:30 pm

Venue: 3 sessions at SAC, 10 sessions via zoom

Cost: \$35 (for workbook)



For more information and registration, scan the QR code, or go to <https://cathedral.org.sg/dc> (limited to 16 participants; closing date 31 May 2023).



For more details, visit <https://www.divorcecare.org/about>  
For queries, please email: [membercare@cathedral.org.sg](mailto:membercare@cathedral.org.sg)

Organised by the Care for the Divorced and Separated Team (Renewing Streams Ministry), Member Care Ministry



# MEMBER CARE

MINISTRY

## OUR VISION

Every person saved, secure and significant in Christ, living the abundant life, for the glory of God!

## OUR MISSION

To journey with people toward wholeness, by offering the gift of our presence, a listening ear, a compassionate heart; to pray with, give encouragement and practical help for the way ahead, with reliance on God and the help of His Holy Spirit.

### Our Care Teams are organised as follows:

- Care for the Elderly
- Care for the Young (the teens to 20s)
- Care for Married Couples and Families
- Care for Divorced and Separated (Renewing Streams Ministry)
- Care for the Sick
- Care for the Bereaved
- Care for all Others (who do not fall into the above categories)

If you are facing challenges and would like the ministry to reach out to you, do contact us at [membercare@cathedral.org.sg](mailto:membercare@cathedral.org.sg) or call 6337 6104. To find out more about the ministry or volunteer with us, please visit <https://cathedral.org.sg/care>





**God is good, all the time. Really!!!**



Plastering works outside South side of Nave

Despite the uncertainties over the past few months and notwithstanding the concerns over SCK's recent moratorium application, God continues to see us through, time and again. The Nave restoration works are continuing, and even as SCK works on the prospective scheme of arrangement to be proposed as part of the restructuring of the company, SCK remains committed to seeing through the completion of the restoration of the Cathedral Nave. We raise our hands unto Our Father in Heaven in thanksgiving and praise, as He continues to watch over this project daily. Thank you so much, Lord.

We have seen good progress in April to the following:

1. **Internal works** - Following the erection of the scaffolding from the Nave all the way to the reredos:
  - Wall plaster - The workers are busy removing sections of hollow wall plaster and carrying out repairs to damaged bricks, cracks and hollow sections.
  - Electrical Works - The trenches are in place, and the laying of cables in the Nave will commence this week.
  - Graham White Library - The workers have completed laying the air-conditioning pipes, and the electricians are now laying the electricity cables for the library and the rooms.

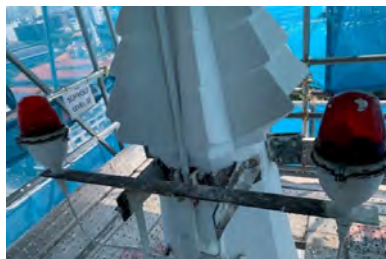
2. **Bell Tower** - The contractor is targeting to complete the works at the top section of the bell tower by the end of May. The lightning protection works to the tower are underway, together with metal repair works around the steeple. This will be followed by the painting works, and after that, the scaffolding at the top will be removed after a final inspection to confirm that all the works in this area have been completed.
3. **Plaster Works** - The workers have commenced plastering works at the lower end of the East Windows and along the south side of the Nave, and painting works to these areas will commence once the final lime plaster coat has been applied.

We continue to pray for the Lord's favour over the restoration -

- for smooth work progress and the safety of all workers and the technical team, especially when working at height;
- for good weather, so that the works can continue smoothly and safely;
- for skilled workers to be available;
- for a safe and peaceful environment for the work to continue with minimal disruptions and distractions from internal and external sources; and
- for wisdom and practical abilities for the project teams to give of their best to this work.



Air con installation at Graham White Library



Metal repair works at top of tower

# STAY CONNECTED

with the Cathedral



For children, youth and young adults

Find out about our Sunday School, Youth and Young Adult ministries:

 [cathedral.org.sg/nextgen](https://cathedral.org.sg/nextgen)  
 [nextgen@cathedral.org.sg](mailto:nextgen@cathedral.org.sg)



## Cell Group

Being part of a cell group allows us to grow in our Christian faith as we share our lives with each other. Join one at:

 [cathedral.org.sg/cell-groups](https://cathedral.org.sg/cell-groups)



Visit the web page for updates or drop us an email to find out more:

 [cathedral.org.sg/restoration](https://cathedral.org.sg/restoration)  
 [nave\\_restoration@cathedral.org.sg](mailto:nave_restoration@cathedral.org.sg)



## Member Contact Details

Update your contact details held in the SAC records at:

 [cathedral.org.sg/membership](https://cathedral.org.sg/membership)  
 [membership@cathedral.org.sg](mailto:membership@cathedral.org.sg)



# JOIN OUR TEAM

The following positions are open for application:

- **Communications Executive**

Find out more at [cathedral.org.sg/jobs](https://cathedral.org.sg/jobs)

- **Care Associate (St Andrew's Cathedral Home)**

Find out more at <https://anglican.org.sg/work-with-us/>



## CAR PARK

Members who wish to park at the SAC car park with member rates must submit their application at: [cathedral.org.sg/carpark](https://cathedral.org.sg/carpark)

For enquiries, please email [carpark@cathedral.org.sg](mailto:carpark@cathedral.org.sg)



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Visit [cathedral.org.sg/subscribe](https://cathedral.org.sg/subscribe)







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**Diocese of Singapore**



**D** IOCESAN  
**C** ERTIFICATE OF  
**B** IBLICAL  
**S** TUDIES



**Thursdays 7.30pm - 9.00pm**

MORE DETAILS AT  
<https://sph.org.sg/school-of-biblical-studies/>

**CYCLE OF PRAYER 2023**

**DIOCESAN  
DIGEST**



**DIOCESAN DIGEST**  
Jan 2023 [anglican.org.sg/diocesan-digest](http://anglican.org.sg/diocesan-digest)



**WE ARE  
HIRING!**

For job opportunities in the Anglican Diocese,  
please visit [anglican.org.sg/work-with-us/](http://anglican.org.sg/work-with-us/)

CONTACT THE DIOCESE AT

 [anglican.org.sg](http://anglican.org.sg)

 [admin@anglican.org.sg](mailto:admin@anglican.org.sg)

# GIVE

## tithes and offerings



### Online

#### Internet Banking

Account Name: St Andrew's Cathedral  
Account Number: DBS Autosave 033-903411-8

#### PayNow

##### PayNow Name:

St Andrew's Cath Parochial Church C  
UEN: T08CC4055LT01

Receipts will not be issued for online givings.



### Cheques

#### Pay to: "St Andrew's Cathedral"

On the reverse side of the cheque, you may indicate your Tithing number (if any). If you would like a receipt, please also write your name and mailing address.

Cheques can be mailed to  
St Andrew's Cathedral,  
11 St Andrew's Road, Singapore 178959

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## FOR TITHES AND OFFERINGS

**Tithes & Offerings:** Your tithes and offerings will be used to support the ministries of the Church as well as the wider body of Christ in the world. Your givings enable the Church to carry out our mission according to the Church's budget plan, as well as to respond to the needs around us.

**Designated Givings:** As Cathedral is required to comply with applicable laws and regulations, including those governing charities, the Church can accept designated givings only for such mission partners and/or causes as the Church may determine at its discretion from time to time. Givings to other mission partners or causes will be treated as general offerings to support the ministries of the Church. Please email [finance@cathedral.org.sg](mailto:finance@cathedral.org.sg) for clarification on designated mission partners and causes.

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## FOR THE HERITAGE FUND

#### Cheques – Pay to "St Andrew's Cathedral".

Write "Heritage Fund" on the reverse side and include your name and mailing address.

#### Online transfer

**Account Name:** St Andrew's Cathedral  
**Account Number:** DBS Autosave 033-019550-8

#### PayNow:

Heritage Fund UEN - T08CC4055LHF1