



Sermon on 22/23 July 2023

Do Not Take Grace for Granted

Romans 11:11-24

Revd Canon Dr Lewis Lew

Live-streamed services at
7.30am and 9.30am via
cathedral.org.sg/youtube

22/23 JULY 2023

COLLECT

SEVENTH SUNDAY AFTER TRINITY

Almighty God, who sent your Holy Spirit to be the life and light of your Church: open our hearts to the riches of his grace, that we may bring forth the fruit of the Spirit in love and joy and peace; through Jesus Christ our Lord. Amen.

LECTIONARY READINGS

Genesis 28:10-19

Romans 8:12-25

Matthew 13:24-30, 36-43

 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

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

Pray for the wisdom and efforts of peace seeking leaders to prevail. Pray for deception and lies whether from government leaders or the media to be quickly exposed. Pray for God's faithful people worldwide, as they continue to take the good news out to neighbours near and far, and for the Spirit's powerful presence to go with them, enabling them to be courageous, bold and yet compassionate in their witness to the truth of Jesus Christ. Pray for receptive hearts and for signs and wonder to accompany the preaching of the word.

SINGAPORE

Pray for all government leaders, leaders in the public square and market place, that they be men and women of integrity, who will, with clean hands and pure hearts, serve the country and make decisions that will be in the best interest of the nation. Thank God for the civil service and pray God's guiding and protective hand over them, their work and their families; pray that they will always discharge their responsibilities to the nation without fear or favour. With recent disclosures of improper and possibly corrupt activities, pray for healing and reconciliation to those who would be hurt by these revelations.

DIOCESE

Chapel of the Holy Spirit

Vicar Revd Joseph You and pastoral staff;
Principal of St Andrew's Secondary School,
Mr Lee Han Hwa

Pray for God to give courage to the team to embrace the new things that God is doing within the church, and to bring a fresh anointing to the church. Pray for the outreach to the Potong Pasir community, that there will be favour with the authorities and the community as they receive the message of the love of Christ.

CATHEDRAL



Saturday Life (12 Aug)

Pray for the quarterly gathering for young adults as they share about issues at work in a secular environment. Pray for the speakers as they share and guide them on prayer-led initiatives in the market place.

Members

Pray for our children – for God's hedge of protection around them, to shield them from evil, bad influences and from injury whether physical, mental, emotional or spiritual. Pray for our children to grow up in the love and fear of God, that they will walk in His ways. Pray for parents and caregivers to be godly role models to our children.

SERVICES AT THE CATHEDRAL

In English		
TIME	HOLY COMMUNION	VENUE
Sat 4.00 pm	2nd and 4th week	CNS
Sat 5.30pm	Last week	Prayer Halls
Sun 7.30 am 	Weekly	CNS
Sun 9.30 am 	2nd and 4th week	Pavilion
Sun 11.30 am	Weekly	CNS
Sun 2.00 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

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:
8, 15, 22, 29 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



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



2023 SERMON SERIES

July 1 & 2

God Has His Eye On YOU(TH)
Rev'd Christopher Chan

July 8 & 9

**The Gospel is the Responsibility
of Every Disciple**
Rev'd Daniel Lim

July 15 & 16

God's Unfailing Love
Rev'd Andrew Yap

July 22 & 23

Do Not Take Grace for Granted
Rev'd Canon Dr Lewis Lew

July 29 & 30

Do Not Harden Our Hearts
Rev'd Alvin Toh

August 5 & 6

The Call to Transformed Living
Rev'd Christopher Chan

August 12 & 13

Unity in Diversity
Ds Ti Lian Swan

August 19 & 20

Loving One Another
Rev'd Moses Israeli

August 26 & 27

Loving Our Enemies
Rev'd Canon Dr Lewis Lew

Follow our weekly reflection questions at:
cathedral.org.sg/ss



Wednesday 12.30pm Holy Communion Service

June 7 - Sept 6

When God was choosing a king for his people, he chose David whom he says, 'I have found in David the son of Jesse a man after my heart, who will do all my will.' (Acts 13:22)

What makes David a man after God's heart?

What can we learn from David's experience about developing a heart for God?

What pleases the heart of God?

What can conflict our heart with God's heart?

How do we align our heart with God's heart?

Join us as we look more closely at God's heart and our own heart.

SEEKING the Heart of God



VENUE: PAVILION

**PRAYER
+ PRAISE**
28 Jul 2023
7.14PM

EVERY FOURTH FRIDAY OF THE MONTH

cathedral.org.sg/praise



40.DAY 2023

JULY 1 - AUGUST 9

Scripture tells us:

- That our leaders are bearers of deep truths of the faith (1 TIMOTHY 3:9)
- That what God is about to do, He first tells His prophets (AMOS 3:7)
- That in an abundance of wise counsel there is victory (PROVERBS 11:14)
- That we are to love and heed the instruction of our leaders (PROVERBS 12:1)

This is the heart of this new iteration of the annual 40.Day prayer season.

This year, we will hear 40 devotional insights and 40 prayers from 40 leaders in Singapore, male and female, spanning pastors, missionaries, and para-church heads.

What has God been telling our prophets? What instruction will He give us in their wise counsel? Will we heed His Word?

And in a 40.Day first, we will literally *hear* from them.

Their voices, visage and emotion will be brought to your screens daily on video as they share the Word in Season for the Church.

Every video will be accompanied by –

- **An English article**, including reflection questions and prayer pointers
- **A Chinese translation** of the article, reflection questions and prayer pointers
- **A Family Devotion edition**, suitable for children under 12 years old

– all published daily on LoveSingapore platforms from 1 July to 9 August:

- **Facebook**

<https://www.facebook.com/lovesingapore.org.sg>

- **Instagram**

<https://www.instagram.com/lovesingaporeonline/>

- **YouTube**

<https://www.youtube.com/lovesingaporeonline>

- **Website**

<http://lovesingapore.org.sg/>

Join the Body of Christ, across all churches and denominations, in this new season of 40.Days ● 40.Voices ● 40.Prayers to uphold the nation of Singapore in prayer.

BLESSING THE

nations

WINNING THE
youth

1

Your people shall be willing in the day of Your power

PS 110:3

2

4

3

7

6

5

TURNING
SG
GODWARD

DAY OF HIS POWER!

lovesingapore

A CALL TO ALL

Report at a Prayer Hub nearest your home or church location

8
AUG

8
PM

COME, HOLY SPIRIT!

Fire up our faith. Colour our imagination. Stir our souls to pray with hope and love – for the glory of God who “is able to do immeasurably more than all we ask or imagine, according to His power that is at work within us” (EPH 3:20).

VICTORY FAMILY CENTRE

NORTH | 55 Sembawang Drive | S757614

1

LIVING SANCTUARY BRETHERN CHURCH

NORTH EAST | 2 Hougang Street 22 | S538728

2

LIGHTHOUSE EVANGELISM

EAST | 1 Tampines Street 82 | S528985

3

BETHESDA (BEDOK-TAMPINES) CHURCH

EAST | 300 Bedok North Avenue 3 | S469717

4

FAITH COMMUNITY BAPTIST CHURCH

CENTRAL EAST | 3 Marine Parade Central | S449409

5

CHURCH OF OUR SAVIOUR

CENTRAL WEST | 130 Margaret Drive | S149300

6

HOPE SINGAPORE

WEST | 5 Jurong West Street 74 | S649151

7

A nighttime photograph of St Andrew's Cathedral in Singapore, illuminated with white and blue lights. The cathedral's tall, pointed spire is the central focus. In the background, a cityscape is visible with a large, bright orange and yellow firework exploding in the sky. The sky is dark, and the overall scene is festive and celebratory.

NATIONAL DAY THANKSGIVING SERVICE

17 Aug 2023

7.45pm to 9pm

St Andrew's Cathedral New Sanctuary

Speaker: Bishop Lu Guan Hoe

(President of the National Council of
Churches of Singapore & Bishop of The
Lutheran Church in Singapore)

We invite all members to join in the annual thanksgiving service
as we celebrate our nation's 58th National Day!

BAPTISM AND CONFIRMATION

Baptism Course

FOR ADULTS

Sundays, 27 Aug, 3, 10 & 24 Sep
(4 lessons) 2pm - 4.30pm

FOR YOUTHS

(aged 14 and above)

Saturdays 2, 9, 16 & 23 Sep
(4 lessons) 1pm - 3pm

FOR YOUTHS & ADULTS

Baptism Service: Sat 7 Oct,
5.30pm Service

Confirmation Course

FOR ADULTS

Sundays 8, 15, 22, 29 Oct
(4 lessons) 2pm - 4.30pm

FOR YOUTHS

(aged 14 and above)

Saturdays 30 Sep, 14, 21 & 28 Oct
(4 lessons) 1pm - 3pm

FOR YOUTHS & ADULTS

Confirmation Retreat: Sat 4 Nov,
1pm-5pm
Confirmation Service: Sat 18 Nov,
4pm Service

For more details, please visit <https://cathedral.org.sg/baptism>
or register at <https://form.jotform.com/231701294250447>

Registration closing date : 21 Aug 2023

For any enquiry, please email sacce@cathedral.org.sg with your contact details

THE PARENTING CHILDREN COURSE

is a series designed to help parents and carers of 0 to 10-year-olds, and parents-to-be, to equip their children for life.

Learn practical parenting skills and tips with video talks and small group conversations. Topics covered include:

- Building strong foundations
- Meeting our children's needs
 - Setting boundaries
- Teaching healthy relationships

Dates/Times: **8 Thursday nights**
Aug 3, 17, 24, 31; Sep 14, 21, 28; Oct 5
8pm - 9.30pm

The course will be conducted via Zoom. Open to participants residing in Singapore.

Fee: \$20 per person or \$35 per couple (for course packs)

Closing date for registration: 29 July 2023

Please register at <https://tinyurl.com/FLMtpcc2023>

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



SATURDAY LIFE Quarterly gathering for the Cathedral's young adults and their friends where we talk about LIFE and share LIFE together.

"Lord, I'll go anywhere for you ... *except my work place!"*



12 Aug

630pm - 930pm

Prayer Hall C

Sharing our faith in a secular environment can be a mine field - but what if our work is not just a means to earn a living but a mission field where we are called to share the love of Christ with our colleagues?

Join us as we talk about evangelism in the workplace, and how we can heed the call of Jesus to "Go".

**Please register by 6 Aug
@ <https://tinyurl.com/sacya>**



About the Speakers:

Daniel and **Stephanie** have a passion for testifying of God's love and have been led to start several prayer-led initiatives in the market place and in the community. Together with their fellowship group, LifeHouse SG, they work to serve the more vulnerable in our community.

Contemplative Prayer Retreat

The Contemplative Prayer Retreat is a tailor-made stay-in retreat for personal time out, away from the hustle and bustle of life, in order to be alone with God. The time and silence and solitude is so that we can listen in to hear for ourselves, the God who dwells among us.

This retreat is a Beginners' 3-day Teaching Retreat. Basic biblical teachings regarding Meditation, Prayer and Contemplation will be taught each day. A typical day begins with Morning Chapel, followed by personal reflection time in the morning and afternoon. The day will end with a corporate time of Recollection before bed. Retreat will conclude with Corporate Reflection and Communion.

Stay-in retreat (3D2N)

Dates : **28, 29 and 30 Sep**

Venue : **LifeSprings Canossian Spirituality Centre**

Cost : **S\$280 per pax** (inclusive of accommodation and meals)

Register at : cathedral.org.sg/cpr

Registration Closes : **Sept 12, 2023**

Speakers: **Revd Simon and Rinda Tan**

Both graduated from the Bible College of New Zealand in 1990. They have been conducting contemplative prayer retreats since early 1991. Simon & Rinda are trained and experienced spiritual directors (1998) and they work closely with Spiritual Growth Ministries of New Zealand.



SMF Community Workshop

Pen brush calligraphy & Loose Watercolour floral painting

Learn from a qualified instructor about calligraphy and floral painting!

28 Sep and 12 Oct (2 Sessions)

10am to 12pm

Prayer Halls A-B

Material cost: \$10/pax (Max 20 pax)

WhatsApp 98332786 to enquire for vacancy before paying

PayNow Name: St Andrew's Cath Parochial Church C UEN: T08CC4055LT01

Indicate: SMF Workshop

When payment is made, please WhatsApp David Ng at 98332786

THE PETALS PRAYER GROUP of St Andrew's Cathedral has been praying together for their children, big and small, since 2006.

ALL GROWN UP

Rich Conversations and Staying on Bended Knees

Join us for a time of sharing by Petals Team on how we can have deeper and stronger communication with our adult children and how we can be praying with them and for them as they grow up, move out, start work, marry and become parents themselves.

12 Aug, 2-4pm
Cathedral Welcome Centre

Please register at
cwf@cathedral.org.sg

Organised by Cathedral Women's Fellowship



SPIRITUAL CARE FOR THE AGEING COURSE

This course is built on eight modules that provide participants with a realistic understanding of the ageing process and practical techniques for coping with the losses age brings.

The course syllabus includes:

- Understanding the ageing journey
- Spirituality in ageing
- Good communication
- The power of storytelling
- Dementia
- A new home and a new way of life
- Loss, grief, death and dying
- Roles, boundaries and self-care

Every Saturday
16 Sep to 11 Nov 2023
(except 4 Nov)

9.30am to 12pm

Prayer Halls

\$50 per person

Instructors:
Samantha Lee and Lee Chuen

Please register at:

<http://gfsac.greenfossil.com/equipping/registration/180/public>

Closing date for registration: 28 August 2023



For more details,
visit <https://cathedral.org.sg/eldercare>
For queries, please email:
membercare@cathedral.org.sg





Renewed H.O.P.E. celebrating God's Grace

24 - 27 August 2023 | Phnom Penh

As the world continues to navigate the challenges posed by COVID-19, we invite all friends and supporters of Project Khmer H.O.P.E. (PKH) to join us in the **PKH Tour 2023** to witness and share in uplifting testimonies and stories of God's Grace in the midst of trials, renewing H.O.P.E. in the journey.

ITINERARY HIGHLIGHTS

- Meet the Unreached Suoy people of Cambodia
- Visit all of PKH's expressions of work in Kampong Speu Province
 - Distribute rations to children and families at PKH Trang
- Interact with former trainees and their families at the PKH Alumni Dinner
 - Witness the Baptism of youths who have come to faith in Christ
- Join in Sunday Service at the Anglican Church of Christ Our Peace (CCOP)

Cost (estimated as of 14 June 2023):

Land package (includes 3 nights' hotel accommodation, meals, transport, rations for the poor)

Single S\$500, Twin sharing S\$380,

Triple sharing S\$340

Cost excludes air travel.

Limited places available.

First come, first served.

Please register your interest at

bit.ly/PKHtour2023 by 24 July 2023.

Kindly note that your registration is confirmed only upon receipt of full payment (non-refundable).

For more information on Project Khmer H.O.P.E.,
visit www.pkhcambodia.org

TTC
OPEN HOUSE
2023

Considering
a theological education?

Come join us for lectures,
worship at our chapel,
to dine with our community,
to tour our campus, and
to interact with our faculty
and students.



Wed 23 Aug 2023 | 8.30am–2pm
Trinity Theological College
490 Upper Bukit Timah Rd

Register by Sun 20 Aug 2023
at ttc.edu.sg/english/OpenHouse2023
or via this QR code



**#parish
of the week**

Parish of the Week is a 2-year
campaign (2023-2024) where one
parish is featured per week. During
the featured week, there will be videos
to introduce the parish, a clergy-led

run to the parish, diocese-wide prayer for the parish and a whole lot of
buzz on social media for this one featured parish.

More information about Parish of the Week can be found on the diocesan
website at www.anglican.org.sg/potw

Most of the works in June were concentrated at the Choir Stall and the Sanctuary. We hope to complete the plastering of the walls by mid-July and have the scaffolds removed after that. There are large areas on many of the walls inside the Nave that need plastering. The plan is to carry out the plastering work in different stages, starting from the Choir Stall and moving towards the West Porch, and removing the scaffolds along the main Nave as we progress on. This will then pave the way for the installation of the air-con fan coil units (FCUs) and the AV and electrical fittings, as well as flooring works. The M&E works are progressing well. The trunkings for the cables and pipes are mostly covered, and casting works to cover the M&E trenches will commence from the last week of June.

We also continue to see good progress to the following:

1. Internal works:

- Application of lime plaster base coats are ongoing to walls and columns at the Choir Stall and the Sanctuary, and the finishing skim coats are being applied after the base coats “cure”.
- The scaffold installation along the south aisle has been completed, and the brick and plaster repairs to the area are nearing completion. The installation of scaffold along the north aisle is ongoing, and will be followed by brick and plaster repair works.
- Carpentry and glass investigative works have commenced at the Sacristy and the Vestry.

2. Bell Tower:

- Plastering and painting works are ongoing from Level 18 and below.
- Repairs to the fleur-de-lis are in progress. We have a new wooden carving of the shape of the fleur-de-lis to replace the old rotten wood. The new wooden carving is now being carefully wrapped with lead, after which the lead will be coated with lead patination oil and reinstalled at the 18th level.
- Waterproofing works to the “balconies” at the bell tower will take place in stages, commencing in July.

3. External Works:

- Spires above the South Transept: The spire closer to the West Lawn has been painted, and some minor repair works will be carried out to the pre-cast structure of this spire. Similar repairs will be carried out to the second spire before the spire is painted.
- Spires above the Sacristy: Inspection to these spires were carried out last week, when we found that the surface is lime plaster. Minor repairs to the surface will be carried out. The fleur-de-lis at the top of the spires is in very good condition, and no repairs will be required to them.
- A trial wash of the roof slates was carried out to a small area of the South Transept roof, to trial the various washing methods to ensure minimal or no damage to the roof slates.



Trial wash to existing roof slates above South Transept

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 heights;
- 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.



New wooden carved fleur-de-lis



Existing fleur-de-lis above the sacristy, covered in lead sheet

STAY CONNECTED

with the Cathedral



For children, youth and young adults

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

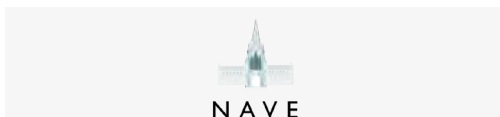
 cathedral.org.sg/nextgen
 nextgen@cathedral.org.sg



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:

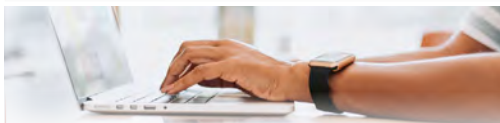
 cathedral.org.sg/cell-groups



NAVE RESTORATION PROJECT

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

 cathedral.org.sg/restoration
 nave_restoration@cathedral.org.sg



Member Contact Details

Update your contact details held in the SAC records at:

 cathedral.org.sg/membership
 membership@cathedral.org.sg



JOIN OUR TEAM

The following positions are open for application:

- Communications Executive
- Worship Ministry Pastoral Staff

Find out more at cathedral.org.sg/jobs



CAR PARK

Members who wish to park at the SAC car park with member rates must submit their application at: cathedral.org.sg/carpark
For enquiries, please email carpark@cathedral.org.sg



Subscribe to our or e-mailing list or SAC WhatsApp Broadcast!



Visit cathedral.org.sg/subscribe





Check out courses
and activities organised by
Diocese of Singapore



D IOCESAN
C ERIFICATE 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

Synod Presidential Address

Relationships: The Foundation of Discipleship

Hear Bishop Titus' heart for our diocese in this season!
Download a copy from the diocesan website at anglican.org.sg



**WE ARE
HIRING!**

For job opportunities in the Anglican Diocese,
please visit anglican.org.sg/work-with-us/

CONTACT THE DIOCESE AT



anglican.org.sg



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

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 for clarification on designated mission partners and causes.

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