

PASSIONATELY
COMMITTED TO
CHRIST

Sermon on 14/15 Sep

Constrained by the Spirit

Acts 20:17-38

Revd Andrew Yap



Catch the sermon at
[cathedral.org.sg/youtube](https://www.cathedral.org.sg/youtube)

14/15 SEPTEMBER 2024

COLLECT

SIXTEENTH SUNDAY AFTER TRINITY

Lord of all power and might, the author and giver of all good things: graft in our hearts the love of your name, increase in us true religion, nourish in us goodness, and of your great mercy keep us in the same; through Jesus Christ our Lord. Amen.

LECTIONARY READINGS

Proverbs 1: 20-33

Psalms 19

James 3:1-12

Mark 8: 27-38

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

 [standrewscath](https://www.facebook.com/standrewscath)

 [standrewscathedral](https://www.instagram.com/standrewscathedral)



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

Bishop of Singapore and Dean The Most Revd Dr Titus Chung
Acting Vicar Revd Christopher Chan
Clergy and Deaconess Revd Moses Israeli, Revd Daniel Lim,
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

Ongoing tensions in Ukraine and the Israel-Palestine conflict continue to cause civilian casualties and political instability. Pray for peace, humanitarian aid, and reconciliation between warring nations. May God's peace and hope permeate through these countries and may He stir the hearts of the government leaders to cease the fights and work towards rebuilding their countries.

Pray also for Sudan (a nation in northeast Africa), which has been in a brutal civil war. Attempts at securing a peace deal have failed to make any progress. Humanitarian agencies are demanding urgent action to prevent mass starvation, while the United Nations has warned that violence targeting ethnic groups, has the markers of genocide. The most pressing issue at the moment is that an estimated 25.6 million people (more than half of Sudan's pre-war population) are now at risk of acute hunger. Pray for God's mercy on this country, and that urgent humanitarian aid may reach the people.

SINGAPORE

F1 Races

As Singapore gears up for the annual Formula 1 event (20-22 September), there will be an increase in the number of tourists, concerns about security and traffic management. Pray for the smooth running of the event, for the safety of all who are attending and participating in the event; for the organizers to have wisdom in their planning and decision making and for the welfare of the city amidst the heightened activity. As God has blessed Singapore, pray that

the many tourists will also be blessed by their visit to our city.

Social Issues and Mental Health

Like many countries, Singapore continues to address mental health challenges, particularly in a post-pandemic world. With the excitement of festivals and large-scale events, there may be hidden struggles such as stress or burnout. Pray for mental health awareness, support for those facing challenges and God's peace over the city.

DIOCESE

St John's Chapel

Pray that members of St John's Chapel will be bound together in love, purpose and faith and that they will be united in the mission to serve and glorify God. Pray that their faith will be renewed and their hearts reignited with love for God and with trust in Him; that those who feel weary or distant from God will experience a fresh awakening and draw closer to Him. Pray that God will ignite a fervent passion in the hearts of every member to reach out to others with love.

CATHEDRAL

Thank God for His abundant blessings upon our Cathedral and pray that we may in turn bless others. Pray that the Lord will inspire us to engage more deeply in our communities and participate in the various mission opportunities overseas and locally. May we lift up others and care for the "least" of our brothers and sisters, and in so doing, we do it unto Christ our Lord. May the Lord grow our hearts of compassion that we may be an inclusive community, ready to reach out to those who are in need.

Services at the Cathedral

In English		
TIME	HOLY COMMUNION	VENUE
Sat 4.45pm	2nd and 4th week	CNS
Sun 8.00am	Weekly	Nave
Sun 9.30am	2nd and 4th week	CNS
Sun 11.30am*	1st, 3rd & 5th week	Nave
Sun 2.00pm (Youth**)		NT Hall
Sun 4.30pm	Weekly [†]	Nave
Wed 12.30pm	Weekly	CNS [^]
In other languages		
Sun 2.30pm (Myanmar)	Weekly	CNS

- [^] From 11 Sept, the Wed 12.30pm Service will take place at the CNS (B2).
^{*} The Morning Prayer Service will be in session on the 2nd and 4th Sunday.
^{**} There is no Youth Service on the 4th Sunday of the month.
[†] The Evensong Service will be in session on the last Sunday and there will be no administration of Holy Communion.

Changes to SAC operating hours and vehicular access during 16-22 Sep 2024

St Andrew's Road will be closed from 16-22 Sep to facilitate preparations for the F1 Singapore Airlines Singapore Grand Prix 2024 taking place on 20-22 Sep. SAC Staff will also be away on a retreat from 18-20 Sep.

Changes to operating hours and vehicular access

The operating hours will be revised as follows:

16 Sep (Mon)	7am to 8pm (no change)
17 Sep (Tue)	7am to 8pm (no change)
18 Sep (Wed)	7am to 2pm
19 Sep (Thu)	7am to 2pm
20 Sep (Fri)	7am to 2pm
21 Sep (Sat)	7am to 6pm
22 Sep (Sun)	7am to 3pm

During these operating hours, vehicles may enter St Andrew's Cathedral only via North Bridge Road, and exit only via the Coleman Street/ North Bridge

Road junction. The pedestrian gate beside City Hall MRT exit B will be open.

Impact to Worship Services

Our Worship Services will carry on as usual with the following exceptions:

- 4.30pm service on Sunday (22 Sep) will not be in session.
- Our Mandarin congregation will have only two services on 22 Sep at 9:30am and 11:30am. The Worship Service in Cantonese will not be in session.

For more details on road closure arrangements for the F1 2024, please refer to the LTA press release <https://go.gov.sg/f1>

All worshippers are reminded to cater for more time to get to events and services at SAC. We seek your kind understanding and prayer for the safety of all road users and pedestrians during this period.

PASSIONATELY COMMITTED TO CHRIST

SERMON SERIES 2024

SEPTEMBER

31 Aug & 1 Sep

The Ministry of Mentoring

Ds Ti Lian Swan

Acts 18:24-28

7 & 8

To Be Mastered

Revd Dr Timothy Chong

Acts 19:11-20

14 & 15

Constrained By the Spirit

Revd Andrew Yap

Acts 20:17-38

21 & 22

Ready Even to Die

Revd Dr Joshua Sudharman

Acts 21:7-14

28 & 29

The Power of Testimony

Revd Christopher Chan

Acts 22:1-21

OCTOBER

5 & 6

**Divine Intervention and
Protection**

Revd Moses Israeli

Acts 23:12-24

12 & 13

Before Authority, With Authority

Ds Ti Lian Swan

Acts 26:1-29

19 & 20

Opportunity in Crisis

Revd Daniel Lim

Acts 27:13-26, 39-44; 28:1-10

26 & 27

Relentless Witness

Revd Christopher Chan

Acts 28:17-31

Follow our weekly reflection questions at:

cathedral.org.sg/ss

CHILDREN MINISTRY

Preschool - Primary 6 (ages 3 - 12)



Ministry	Day/Time	Venue
City Kids	Saturday 4:45pm	Prayer Halls (B1)
Faith Kids 1	Sunday 9:30am	Prayer Halls (B1) Classrooms (B2)
Faith Kids 2	Sunday 11:15am	NT Hall Prayer Closets 1/2/3 (Nave L2)

[Register here and join us for children ministry!](#)

SHALOM FRIENDS (ages 13 - 25)

Shalom Friends reaches out to youths with Autism Spectrum Disorder (ASD). Due to the nature of the ministry, Shalom Friends will cater for youths up to 25 years old.

Shalom Friends

Saturday 2:00pm

SAC B1 Prayer Halls

[Register to join us for Shalom Friends here](#)

CATHEDRAL YOUTH

The Cathedral Youth Ministry welcomes all youths from 13 - 25 years old

First 3 Sundays of the month

- Youth Service - 2pm @ North Transept Hall
- Metamorphosis - 11am @ Classroom A & Prayer Hall C



<https://tinyurl.com/SACYM>

Connect with us

 @sa.cathedralyouth

To find out more, contact nextgen@cathedral.org.sg

WEDNESDAY 12.30PM @ CNS
Holy Communion Service



Living the Transformed Life

God's calling for us is to live a life that has been transformed (Rm 12:2; 2 Cor 3:18; Eph 4:22-24; 2 Pet 1:3-11). How is our life to be lived in transformation?

1. The Heart of Transformation
2. The Path to Transformation
3. The Life in Transformation

From July to November, we are going to explore this life of transformation as we look at these three key areas of transformation:

Join us as we journey together in our life of transformation every Wednesday at 12.30pm.

Serve with us

Bell Ringing Ministry

From October 2024, the church bells will be rung on every 1st Sunday at 7.50am, 9.20am and 11.20am. The bell ringers will be commissioned on 15 September at the 11.30am service.



By the ringing of bells, we proclaim the message that the Cathedral church, being an intrinsic part of the history and development of our country, with joy and acclamation, serves the Living God. It will also serve as a call to worship and to unite us in our common bond of love and service in our Lord's name.

We hope to ring every Sunday when we have built up the number of trained ringers.

Tap QR code to register your interest or view the full listing of ministry opportunities available!



Prayer and PRAISE

Fri 27 Sept 7.14PM Prayer Halls

EVERY FOURTH FRIDAY OF THE MONTH

#parish of the week

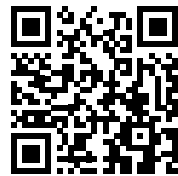
St Andrew's Cathedral

Join us for
our parish run
and fellowship
breakfast!



Wed 6 Nov 2024, 7am to 9am

Register now!



Run, walk
or volunteer!



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 towards 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 or call 6337 6104. To find out more about the ministry or volunteer with us, please visit <https://cathedral.org.sg/care>



SatLife Talk | a gathering for young adults

Spiritual formation in the midst of busyness

28 Sept, Sat, 7.30pm - 9.30pm

Venue: Welcome Centre

Cost: Free (Dinner starts at 7pm)

Speaker: **Dr Tan Soo-Inn**



Young working adults lead hectic and fast-paced lives. Many search for the next perfect getaway or holiday to get refreshed just to continue the rat race of life. **However, satisfaction can only come from the source of living water, that is, our Lord Jesus Christ!**

Join Dr Tan Soo-Inn as he explores in depth how we might draw from the well of our Lord Jesus Christ through spiritual formation and how that might look like in the midst of our busy schedules.



Scan the QR Code or visit
cathedral.org.sg/satlife
to register by 21 Sept 2024



The Home at Clementi

Go and Do Likewise

In the late seventies, St Andrew's Cathedral recognised the needs of Singapore's greying population and the need for the Cathedral to make provisions for elderly members who have no family to care for and support them. The lesson in the Gospel made it compelling for such a response. In the parable of the Good Samaritan, Jesus painted a vivid scene of a loving and caring individual going to the rescue of a needy stranger, ministering to him and arranging for his accommodation and care. Jesus added to his story the command to "Go and do likewise." Thus, the Home opened its doors on 11 Oct 1980.

St Andrew's Cathedral Home is a residential home in Clementi for ambulant older women and provides services to the underserved.



Cathedral Women's Fellowship monthly activity at the Home

The Home provides for the physical, spiritual and emotional well-being of the residents. Attention is paid to the physical environment and care the residents receive; the interaction they continue to have with the larger community - friends and relatives, church, neighbourhood and the experience of God's love and provision. It is a home where the residents can call their own.

The Home is financed primarily through donations and fees that the residents pay, but these are kept low to ensure affordability for the residents. Expenses to run the operations of the Home are not insignificant, and have been increasing, and so, donations are very much welcomed. As the Home has been approved as an Institution of Public Character (IPC), all outright donations are eligible for 2.5 times tax deduction. **Details for donations can be found by clicking or scanning the QR code.**



Your prayers are also welcomed to love and brighten the lives of the residents. Feel free to contact us for more details at pataw@cathedral.org.sg



The St Andrew's Cathedral
Marriage Preparation Course (MPC)
is designed to help couples develop
strong foundations for a healthy and lasting marriage.

This two-part course consists of six sessions of teaching, couple-discussion time and small group discussions and at least two mentoring sessions led by marriage mentor couples.

- Topics covered include: • A Biblical Perspective on Marriage
• Communication • Conflict • Commitment • Connection • Adventure

6 Thurs, 7 - 9.30pm

17, 24 Oct; 7, 14, 21 & 28 Nov

Venue: Onsite at SAC: 17 Oct & 28 Nov;

Online via Zoom: 24 Oct; 7, 14 & 21 Nov

Course fee: \$140 per couple

(Payable upon registration) Limited spaces available

Register at <https://forms.gle/es9jJAGKRj5veiLg7>

For enquiries, please email to mpc@cathedral.org.sg



Organised by Cathedral Women's Fellowship

HEALTH WORKSHOP ON PHYSIOTHERAPY

Fall Prevention Balance and Strength Exercises

28 Sept (Sat) • 2pm to 4pm • South Transept Hall

Learn practical strategies to reduce the fear of falling and to increase strength and activity levels for senior adults.

The session will include the importance of dynamic and static balance work, strength training and stretching exercises.

Speaker: Mr Anand James Menon works as a Physiotherapist with St. Luke's Eldercare, supporting elders affected by physical disabilities from stroke, falls and accidents and helps seniors seeking to maintain an active lifestyle.

Register by 24 Sept 2024

Email to Sarah/Lee Li at cwf@cathedral.org.sg

STAY CONNECTED

with the Cathedral



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

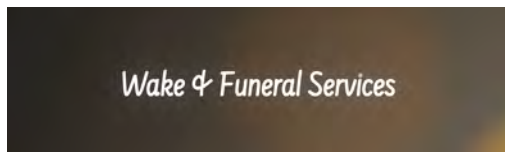
-  cathedral.org.sg/nextgen
-  nextgen@cathedral.org.sg



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



Wake & Funeral Services

Arrangement of Wake & Funeral Services

Visit the webpage for more information:
 cathedral.org.sg/wake-funeral



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:

- Administrator
- Associate Chaplain (WAC)
- Communications Executive
- Operations Manager
- Verger

Find out more at cathedral.org.sg/jobs



CAR PARK

Members who wish to park at the SAC car park with member rates or to update their change of vehicle for 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



GIVE

tithes and offerings



Online

2 WAYS TO GIVE



Cheques

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.

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.



Check out courses
and activities organised by
Diocese of Singapore



D IOCESAN
CERTIFICATE OF
BIBLICAL
STUDIES



Thursdays 7.30pm - 9.00pm

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

CYCLE OF PRAYER 2024



Synod Presidential Address

Hear Bishop Titus' heart for our diocese in this season!

Download a copy from the diocesan website at https://anglican.org.sg/wp-content/uploads/2024/05/May-2024-Synod-Address_final-1.pdf



**WE ARE
HIRING!**

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



DIOCESAN DIGEST

Jul 2024 anglican.org.sg/diocesan-digest

CONTACT THE DIOCESE AT

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admin@anglican.org.sg