



Delicious food being served at the Alpha Intro Dinner



ST ANDREW'S CATHEDRAL
THE DIOCESE OF SINGAPORE

3 MARCH 2019
THE SUNDAY NEXT BEFORE LENT

WELCOME

A warm welcome to all members and visitors to our Services today.

HOLY COMMUNION

We welcome all confirmed members of the Anglican Church and visitors who are communicant members of other churches to share in the Holy Communion with us. Our practice is to have the Holy Communion by intinction (dipping of the wafer into the wine). If you are not partaking of the Communion, you are welcome to come forward to receive a prayer of blessing. Please keep your hands clasped to indicate that you are not receiving the Communion.

PRAYER & MINISTRY

If you would like to talk to someone or receive prayer ministry, in most Services this is offered either during or after a Service. Note the following:

Sat 4.30pm	In Service
7.00am	After Service at Graham White Library, North Transept, Ground floor
8.00am	After Service at prayer table
9.00am	In Service
11.15am	After Service at communion rails
eleven.30	In Service
5.00pm	After Service at communion rails

CAR PARKING

There are very limited carpark lots available within the Cathedral. Members and visitors are encouraged to park at the surrounding carparks on Sunday.

CHILDREN MINISTRY

Each Service has special provisions for families with young children. Please see page 4.

COLLECT

Almighty Father, whose Son was revealed in majesty before he suffered death upon the cross: give us grace to perceive his glory, that we may be strengthened to suffer with him and be changed into his likeness, from glory to glory; who is alive and reigns with you, in the unity of the Holy Spirit, one God now and for ever. Amen.

LECTIONARY READINGS

Exodus 34:29-35;
2 Corinthians 3:12-4:2;
Luke 9:28-36

PSALM FOR 5PM

Psalms 89.1-18

HYMNS

8.00am: CP248; CP303(i); CP501; CP496
11.15am: CP248; CP303(i); CP501; CP496
5.00pm: HP1; HP55; HP434; HP340;
HP296

Bishop of Singapore and Dean

The Rt Revd Rennis Ponniah

Vicar Revd Canon Terry Wong

Clergy Revd Peter Cook, Revd Freddy Lim, Revd Michael Lim, Revd Bertram Cheong, Revd Joshua Raj, Revd Hambali Leonardi, Revd Calvin Wee

Auxiliary Clergy Revd Canon Dr Louis Tay, Revd Soon Soo Kee, Revd Christopher Tan

Deaconesses Ds Bessie Lee, Ds June Tan

OBSERVING LENT

Do join the Cathedral community to welcome Lent at the **Ash Wednesday Service**. Do note that it will start at **6.00 pm** and this means that just for that day, you must plan to knock off work early. Our Bishop will be speaking on “Make Lent a Special Season”. Ashes are an ancient sign of penitence; from the middle ages it became the custom to begin Lent by being marked in ash with the sign of the cross, as this is offered during the Service.



Lent may originally have followed Epiphany, just as Jesus’ sojourn in the wilderness followed immediately on his baptism. It soon became firmly attached to Easter, as the principal occasion for baptism and for the reconciliation of those who had been excluded from the Church’s fellowship for apostasy or serious faults. This history explains the characteristic notes of Lent – self-examination, penitence, self-denial, study, and preparation for Easter, to which almsgiving has traditionally been added.

NOW IS THE HEALING
TIME DECREED
FOR SINS OF HEART
AND WORD AND DEED,
WHEN WE IN HUMBLE
FEAR RECORD THE
WRONG THAT WE HAVE
DONE THE LORD.

Latin, before 12th century

As the candidates for baptism were instructed in Christian faith, and as penitents prepared themselves, through fasting and penance, to be readmitted to communion, the whole Christian community was invited to join them in the process of study and repentance, the extension of which over forty days would remind them of the forty days that Jesus spent in the wilderness, being tested by Satan. This pattern continues in most churches even if some

no longer prepare catechumens for baptism on Easter Day.

The calculation of the forty days has varied considerably in Christian history. It is now usual in the West to count them continuously to the end of Holy Week (not including Sundays), so beginning Lent on the sixth Wednesday before Easter, Ash Wednesday.

There are many devotional exercises which may be used in Lent and Holy Week outside the set liturgy. The various forms of fasting are encouraged. At the Cathedral, we run daily noontime prayers and do check the bulletin for the details. The lectionary Morning Prayer and Evening Prayer readings, found in our App are also useful to set the devotional tone for this period. The Bible Society released a Lent Devotional which you can purchase. Online copies are also available. You can also watch out for special devotional exercises (i.e. silence, Stations of the Cross) which are run by our Prayer & Spirituality ministry.

As Holy Week approaches, the atmosphere of the season darkens; the readings begin to anticipate Christ’s suffering and death. On Holy Week, we have invited Dr Csilla Saysell from New Zealand to be our guest speaker in various events, including noontime talks. Check the bulletin for details. As always, we will be having our Maundy Thursday Service, two Good Friday Services and the usual Easter Services, including the special Dawn Service.

Lent devotion is not just about abstinence and simplicity, but it also includes doing good works. We should renew our commitment to live and bear witness to the Cross and Gospel. Continue to pray for your acquaintances, friends and family members. Pray for opportunities to have Gospel conversations. We remind ourselves that lent observation is not just about including some extra religious activities. It is about the whole of life.

Do have a blessed Lenten season.



WORLD**Syria**

Pray for Syria during this time of transition, that there will truly be an end to the years of war; for lasting peace even as US support troops withdraw. Pray that any remaining pockets of insurgency, security threats and danger will be exposed and eliminated. Pray that God will raise up God fearing leaders who will have a God-inspired blueprint to rebuild Syria. Pray for the many civilians who have fled or been evacuated to makeshift camps - for God's provision and strength to rebuild their lives. Pray for the restoration and well-being of children and youth – for nutrition, education and health care; that they will know the hope and future they have in Jesus.

Pray for wisdom for church leaders as they bring God's peace into their communities and lead their congregations. Pray for protection and fruitful ministry as they boldly proclaim the Gospel in word and deed.

SINGAPORE

In 2016, the number of suicides for those aged 10 - 19 was 22, and 77 for those aged 20 – 29; this works out to about 1 to 2 deaths a month for the first age group and 6 deaths a month for the second age group. In 2016, the highest number of suicides was among those in the 20-29 age group.

Pray that our young people will not succumb to despair when they are not achieving their desired goals nor meeting the expectations of others; that they will seek the help of parents, teachers, counsellors, friends and other support networks whenever they feel overwhelmed by the pressure to perform beyond their abilities. Pray that our young people will find their identity and true worth in Christ.

Celebration of Hope Evangelistic Rally for Children & Families (18 May 2019)

Pray for children and families to embrace and personally own the vision of C.O.H – personal evangelism on a mass scale; that every child and every family will pray for one, bless one, share Christ with one and invite one to C.O.H. Pray for divine protection for all who are involved in the organisation and the ministry aspects of C.O.H; for a plentiful harvest of the next generation who will fulfil God's purposes and extend His Kingdom.

DIOCESE**Clergy Retreat (12-15 March)**

Pray for the clergy to have a time of rest and replenishment during their retreat; they will be able to pull away from the demands of ministry to spend extended time in the Lord's presence; they will be renewed by the Lord and re-envisioned to serve Him in their own parish and in the Diocese.

CATHEDRAL

Pray for our Dean Bishop Rennis, Vicar Canon Terry, clergy, deaconesses, pastoral and administrative staff of the English, Mandarin and other ethnic congregations as they serve the Lord with devotion, in unity and in the power of the Holy Spirit; that the Cathedral will rise up to fulfil her calling and destiny as the mother church, a house of prayer and a centre for learning.

Mid- Day Prayer (beginning 7 March)

Pray that in the midst of a busy day, we will take time to pause for prayer; we will be compelled by the Holy Spirit to come and be in God's presence; to seek His face for our nation, the nations of the world and for what God would lay upon our hearts to pray; that God will meet with us and lead us by His Spirit to pray according to His will and His purposes.

Gospel Sharing for Children (30 March)

Pray that parents and children will be burdened for their unsaved family members and friends; they will have a deep desire to equip themselves with different ways of sharing the gospel. Pray that all our children will be receptive to the ideas taught at the workshop and be excited about sharing the gospel; that God will open many doors of opportunity to them to apply what they learn and they will have the joy of bringing many souls into the Kingdom.

PLEASE PRAY FOR THE SICK

Annie Dang, Marjorie Lau, Nancy Li, Barbara Rayney, Joy Brett, Doris Proctor, Dr. Ruth Jeremiah, Anna Lim, Albert Lim, Janet Lim, Ana Pelaez, Chew Hock Hua and Lim Soon Chye.

Members who know them are encouraged to visit and pray with them.

Ash Wednesday SERVICE

12.30 PM REVD SOON SOO KEE True Spirituality

6.00 PM BISHOP RENNIS PONNIAH Make Lent a Special Season

WED • 6 MAR • 12.30 PM & 6.00 PM • ST ANDREW'S CATHEDRAL NAVE



SATURDAY SERVICE 2 MARCH

4.30 pm Contemporary Service CNS
Revd Joshua Raj

SUNDAY SERVICE 3 MARCH

- 7.00 am Holy Communion Nave
Revd Les Wheeldon
- 8.00 am Holy Communion Nave
The Vicar
- 9.00 am Holy Communion CNS
Revd Joshua Raj
- 9.30 am Service in Mandarin Nave
- 11.15 am Service in Mandarin CNS
- 11.15 am Holy Communion Nave
The Vicar
- 11.30 am Contemporary Service
Prayer Halls
Mr Keith Leong
- 2.00 pm Filipino Service NT Hall
CG Sunday
- 2.00 pm Myanmar Worship Service CNS
Revd Moses Kaser Htaw
- 2.30 pm Bahasa Indonesia Service
South Transept Hall
Mr Victor Effendie
- 2.30 pm Service in Cantonese Nave
- 4.30 pm Hokkien Service Prayer Halls
Revd Freddy Lim
- 5.00 pm Holy Communion Nave
Revd Les Wheeldon
- 5.00 pm Service in Mandarin CNS

EXTENSION CENTRES

- 10.00 am Westside Anglican Church
Revd Bertram Cheong
- 10.00 am Jurong Anglican Church
Mandarin
West Coast Recreation Centre
- 10.30 am Acts Centre | Holy Communion
St John's Chapel
Mr Louis Leong

SATURDAY SERVICE 9 MARCH

4.30 pm Contemporary Service CNS
Revd Freddy Lim

SUNDAY SERVICE 10 MARCH

- 7.00 am Holy Communion Nave
Ps Steve Lightle
- 8.00 am Holy Communion Nave
Bishop Rennis Ponniah
- 9.00 am Contemporary Service CNS
Ds Bessie Lee
- 9.30 am Service in Mandarin Nave
- 11.15 am Service in Mandarin CNS
- 11.15 am Holy Communion Nave
Bishop Rennis Ponniah
- 11.30 am Contemporary Service
Prayer Halls
Mr Keith Leong
- 2.00 pm Filipino Service NT Hall
Ps Joyce Carino
- 2.00 pm Myanmar Worship Service CNS
The Vicar
- 2.30 pm Bahasa Indonesia Service
South Transept Hall
Mr Victor Effendie
- 2.30 pm Service in Cantonese Nave
- 4.30 pm Hokkien Service Prayer Halls
Revd Freddy Lim
- 5.00 pm Evensong Nave
Ps Steve Lightle
- 5.00 pm Service in Mandarin CNS

SUNDAY SCHOOL MINISTRIES

- 4.30 pm Saturday CITYKids Ministry
Prayer Halls, B1
- 8.00 am Sunday School
North & South Transept Halls
- 9.00 am Sunday School Enquire at CNS, B2
- 9.30 am Sunday School (Mandarin)
- 11.15 am Sunday School
Enquire at North Transept Hall
- 5.00 pm Junior Cell South Transept Hall

WEEKDAY SERVICES/MEETINGS

MONDAY, 4 MARCH

8.00 am **Morning Prayer** *Epiphany Chapel*

TUESDAY, 5 MARCH

7.30 am **Clergy and Leaders**
Holy Communion *Nave*

WEDNESDAY, 6 MARCH

7.30 am **The Quiet Garden Meditation**
West House

12.30 pm **Ash Wednesday Holy Communion**
Nave

6.00 pm **Ash Wednesday Commination**
Service & Holy Communion *Nave*

7.30 pm **PETALS Mothers' Ministry**
Graham White Library
Seeking the Help of the Gardener

THURSDAY, 7 MARCH

9.30 am **Holy Communion** *Nave*

12.30 pm **Mid-Day Prayer** *Nave*

FRIDAY, 8 MARCH

12.30 pm **Mid-Day Prayer** *Nave*

4.00 pm **The Quiet Garden Meditation**
West House

7.00 pm **Young Adults' Ministry**
The Reward of Purity

SATURDAY, 9 MARCH

2.00 pm **LynC Youth Ministry**
Chapel for All Peoples

2.30 pm **Shalomkids Ministry** *Prayer Halls*
(For children with autism)

LENT MID-DAY PRAYERS

7 MAR - 30 APRIL 2019

MONDAYS - FRIDAYS
(excluding public holidays)

12.30 - 1PM

A time to come away
to the quiet sanctuary
of the Cathedral to
hear and meditate
on Scripture and
to pray...



Note: On Fridays, the City@Prayer team will be leading the Noontime prayer.

COMING UP

MARCH

- 5 EHS Course
- 6 Alpha
- 6 Ash Wednesday
- 7 DCBS Course
- 12 Clergy Retreat, 12-15
- 12 EHS Course
- 12 SMF Outing: Yakult Factory Tour

CWF AGM 2019

30 MARCH 2019 | SATURDAY 11AM
SOUTH TRANSEPT HALL

Cathedral Women's Fellowship (CWF) would like to invite all Cathedral ladies to the AGM. Lunch will be provided. For catering, please RSVP to Connie Tan at 97424343 (Whatsapp/SMS) by Thursday 25 March. We look forward to your support and attendance at the AGM.

DIOCESAN CERTIFICATE OF BIBLICAL STUDIES

Thursdays 7.30pm
21 March - 1 June 2019

Module 2B The Pentateuch II
21 MAR - 23 MAY *Instructors: Ps Grace Tan,
Mr Kwan Fook Seng,
Mr James Tan*

Module 9 The Early Church
21 MAR - 23 MAY *Instructors: Ds Bessie Lee,
Ps Stanley Tay,
Revd Hambali Leonardi*

Examination: 1 June 2019

Course fees: \$10 per module (inclusive of study materials); \$5 for written examination.

Registration: cathedral.org.sg/dcbs

For more details, please refer to the DCBS brochure available at the Welcome Centre.



The RE-SOURCE Series

MODULE 1:

God's Story and Our Christian Worldview

Lecturer: Jillian Lee

St. Andrew's Cathedral, Classroom C
Saturdays 9:30 am - 11:30 am
(6, 13, 20 & 27 Apr)

Want to find greater meaning in your work or studies? This introductory course gives participants an overview of the Biblical Meta-narrative and helps them discover their role and mission in God's Grand story. Come be immersed in the greatest story of all time, and see afresh the creative genius and loving-kindness of God! This module is in lecture + small-group discussion format.

Register at cathedral.org.sg/resource
 Enquiries: resourceseries@cathedral.org.sg

FAMILY MENTAL WELLNESS WORKSHOP

Join Dr Donald Hilton for an afternoon of informative sharing on the impact of internet addictions on family relationships. Organised by Psalt Care.

Date: 16 March 2019

Time: 2 - 6 pm

Venue: St Andrew's Cathedral NT Hall

Cost: \$15.00

To register, email info@psaltcare.com

Payment to be made via crossed cheque to "Psalt Care Ltd".

Please mail your cheque to: 10 Sinaran Drive #11-16 Novena Medical Centre, S307506)



Launch of The Cathedral Podcast

From March 2nd, tune in to The Cathedral Podcast, featuring guests in conversations about faith and life, including science, wealth, cultural trends and life stories. Subscribe to follow our fortnightly podcasts now!

Available on our website and also streaming on Spotify, iTunes & Google Podcasts.

Visit cathedral.org.sg/podcast to start listening!



THANKSGIVING

We thank God for the life of Natasha Lum Lai Peng who went home to be with the Lord on 22 February 2019.

NEW DRINK OPTION

The Cafe has arranged for a new vending machine serving orange juice to serve the needs of our members and visitors. It is located on the walkway facing Capitol.

ISRAEL STUDY TOUR (18-29 NOV 2019)

Bp Kuan Kim Seng is leading an Israel Study Tour. The theme of the study tour is 'The Life and World of Jesus.' There will be two briefings to hear more details - 16 and 30 March, 2.30 pm (only need to attend one), at St. John's Chapel. Please email Susan Ling at: suekk@patmos.org.sg to register for the briefing.

NOTICE FOR AGM 28 APRIL 2019, 2PM @ CNS

Notice is hereby given that the Annual General Meeting of the Parish of St Andrew's Cathedral will be held on Sunday, 28 April 2019 at 2pm in the Cathedral New Sanctuary. This AGM will also elect the People's Warden and 12 members of Parochial Church Council.

Please pick up a nomination paper from the Cathedral Welcome Centre or Service Information Desk. All nomination papers are to be submitted to the Welcome Centre by 20 April 2019.

According to the St. Andrew's Cathedral Constitution, candidates for election to membership of the Parochial Church Council shall be on the Electoral Roll of the parish and must be nominated by writing from one member and seconded by another to the Honorary Secretary (c/o Cathedral Welcome Centre) at least Eight (8) days prior to the Annual General Meeting subject to prior written consent to nomination by the candidate. Candidate, Proposer and Secunder are required to be members on the Cathedral Electoral Roll.

ELECTORAL ROLL

The Electoral Roll determines those who are eligible to either vote or be elected at the AGM onto the Parochial Church Council. Baptised members, who are at least 17 years of age, confirmed in the Anglican Church, and regularly attending Service and partaking Holy Communion in the Cathedral, should be on the Electoral Roll.

All members are encouraged to either drop by the Welcome Centre or the Info Desk to check if you are on the Electoral Roll or apply to be on it. Your application for Electoral Roll need to be submitted before 15th April 2019 to be eligible to vote at the coming AGM.

MEMBERSHIP UPDATE

In conjunction with the update on Electoral Roll, members are encouraged to keep the Church updated on their particulars, which is necessary for the ministry of our church. Members are reminded to update their particulars, including photographs, by any of these methods:

DO IT YOURSELF, ANY TIME:

Either on-line via the Cathedral website, or email to the Membership Department of the Cathedral (mail to: membership@cathedral.org.sg). Please attach your photograph in your email.

DO IT WITH HELP, AT THE CATHEDRAL WELCOME CENTRE:

3 – 31 March 2019, 8am to 1pm on Sunday, or during office hours on weekdays.

Come with your particulars and a recent photo (either in your mobile phone or in print).

Alpha Lunchtime

For anyone in the workplace crowd who is curious to explore the basics of the Christian faith.

Alpha

Wed, 20 Mar - 6 Jun, 12 - 2pm

Chapel for All Peoples

cathedral.org.sg/alphalunchtime/

JOB OPENINGS AT ST ANDREW'S ADULT HOME

St Andrew's Adult Home (Sengkang) is Singapore's first residential facility designed and built to meet the needs of adults with autism, with a co-located Day Activity Centre. SAAH will take in its first residents and clients in April 2019, and are now recruiting the following:

1. **Staff Nurse**
2. **Nurse Aide**
3. **Occupational Therapist**
4. **Coach (Day Activity Centre)**
5. **Class Assistant (Day Activity Centre)**

Full details can be found on this website: www.saac.org.sg/index.php/careers.

Interested applicants, please send your resume and relevant supporting documents to: careers2@saac.org.sg.

JOB OPENINGS AT DIOCESE

1. **Administrative Officer (Bishop's Office)**
2. **Record Management Officer**
3. **Administrative Officer (PR & Comms)**
4. **Administrative Officer (HR)**

Application forms can be requested from the Diocesan Office, Tel: 6288 8944 ext 244 or email hr@anglican.org.sg

Full details are posted on the Notice Boards.

CELEBRATION OF **Hope**

SUN 19 MAY 6AM - 1PM*

Register as a volunteer at
tinyurl.com/saccoh



*Timing varies according to department. Please refer to the FAQ for further details.

RALLY INFORMATION

17-19 MAY @ NATIONAL STADIUM

FRIDAY, 17 MAY 2019

7.30 pm English

SATURDAY, 18 MAY 2019

10.30 am English (for Children & Families)

7.30 pm Chinese

7.30 pm Tamil (OCBC Arena)

SUNDAY, 19 MAY 2019

10.30 am English/ Filipino

7.30 pm English

Reserve tickets via COH App:

Apple: bit.ly/COHApple

Android: bit.ly/COHAndroid



WE STILL NEED **392 VOLUNTEERS**

FOR SUNDAY 19 MAY 10.30AM
(ENG/FILIPINO SESSION)

VOLUNTEERS NEEDED IN THESE DEPARTMENTS

VOLUNTEER MANAGEMENT	7/100
USHERS	72/300
COUNSELLORS	172/200
LOGISTICS	141/200

FAQ (More details at cathedral.org.sg/coh-faq)

WHAT IS A VOLUNTEER EXPECTED TO DO?

Volunteers assist in various functions and departments at the Stadium to enable attendees to be presented with the gospel of Jesus Christ.

Volunteers should:

- Be Christians above the age of 18 years
- Commit to attending training sessions organised for their departments
- Attend the pre-rally briefing for ALL volunteers on 4 May, 9 am - 12 pm at St Andrew's Cathedral (CNS)



website: www.cathedral.org.sg • **email:** info@cathedral.org.sg

11 St Andrew's Road, Singapore 178959 • Tel: 63376104 • Fax: 63376107/63391197



Like us on Facebook:

www.facebook.com/standrewcath



Follow us on Twitter and Instagram:

@standrewcath

We warmly welcome you to St Andrew's Cathedral

Please complete and return this portion to the ushers or the Info Desk, or simply drop it into an offering bag.

Your Name : _____

Sex : F/M Age: 12-18 19-25 26-44 45-64 65+ Service attended: _____

Telephone: _____ (HP) Email: _____

- I am a visitor. I would like to be contacted.
 I wish to attend an Alpha Course.
 I wish to be a member of St Andrew's Cathedral.

- I wish to know more about Christianity.
 I wish to join a Connect group.
 I wish to receive a set of tithe envelopes/give online.
 Others : _____