

CWF durian trip to Johore



ST ANDREW'S CATHEDRAL

THE DIOCESE OF SINGAPORE

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.

21 JULY 2019

FIFTH SUNDAY AFTER TRINITY

COLLECT

Almighty and everlasting God, by whose Spirit the whole body of the Church is governed and sanctified: hear our prayer which we offer for all your faithful people, that in their vocation and ministry they may serve you in holiness and truth to the glory of your name; through our Lord and Saviour Jesus Christ, who is alive and reigns with you, in the unity of the Holy Spirit, one God, now and for ever. Amen

LECTIONARY READINGS

**Amos 8:1-12; Colossians 1:15-28;
Luke 10:38-42**

HYMNS

8.00am: HP20; CP391; CP380; CP507
11.15am: HP20; CP391; CP380; CP507
5.00pm: HP31; HP243; HP265; HP402

Bishop of Singapore and Dean
The Rt Revd Rennis Ponniah

Vicar Revd Canon Terry Wong

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

Auxilliary Clergy Revd Canon Dr Louis Tay,
Revd Soon Soo Kee, Revd Christopher Tan,
Revd Freddy Lim

Deaconesses Ds Bessie Lee, Ds June Tan

The Cry for..and the Cry of Humility

*O Lord, my heart is not lifted up;
my eyes are not raised too high;
I do not occupy myself with things
too great and too marvelous for me.
But I have calmed and quieted my soul,
like a weaned child with its mother;
like a weaned child is my soul within me.*



I can still remember vividly how the words of Psalm 131 spoke out to me during one of my morning devotions. It sustained me during a heady period of involvement in the work of Global South and Communion work in the period post 2003, speaking to me continuously as our small diocese grappled with complex issues affecting our Communion.

The "things were definitely too great and too marvellous for me" and I had to find freedom from being over-occupied with the politics of the Communion. I had felt during this period that this sense of deep inadequacy was important, of "letting go", that these affairs may not crush my spirit and affect my work as a Vicar then (St James' Church), which relatively, seemed so small, so local and yet, which was my saving grace during that period. I can remember having to give a sermon in one of her Services after organising a very eventful Conference where I found myself caught in the middle of an ecclesiastical storm. I was emotionally so depleted that I felt that if the Lord had not helped, I would have nothing to say to that small congregation.

Then, and many times since then, I have known humility as a precious gift that has kept me "saint and sane." I don't think that one can ever attain this elusive gift. It is a very deepening cry for more of it and in turn, the cry is an experience of it itself (thus, the title of this article). St Paul phrased it in another way in Romans 12:3, "I bid everyone of you not to think of himself more highly

than he ought to think, but to think with sober judgment..." St Francis of Assisi used to say, "What a man is before God, that he is and no more."

The work of humility is a quest for one's true self, saving us from blind ambition (ambition of the will) and self-delusion (presumption of the mind). If God "raises the humble and despises the proud" (see this amazing set of repeated quotes throughout the Bible: Psalm 138:6; Proverbs 3:34; Proverbs 29:23; Matthew 23:12; Luke 1:52; James 4:6; 1 Peter 5:5), this is because humility brings a person closest to the truth.

"What have you that you did not receive?", as Paul will cry out in 1 Cor 4:7. And he went on to say, "If anyone thinks he is something, when he is nothing, he deceives himself." The Bible leads us to this sense of pure nothingness, that we may be able to "Count others better than yourselves" (Phil 2:3). Freeing us from egoism, humility lowers us to elevate others.

Jesus did not just stop at teaching self-humility. He moved to serve others (washing feet). Then He embraced *humiliation*. He went from the upper room to the cross. It is one thing to think to ourselves that we are lowly, quite another when *others think we really are!* To allow others to tell us the truth about ourselves - through rebukes, corrections and criticism, to the point of humiliation - is to find true freedom. To the Pharisees, Jesus said, "How can you believe who receive glory from one another and do not seek the glory that comes only from the only God" (John 5:44) In refusing to seek glory from

Continued on page 5

PRAYER HIGHLIGHTS

THE WORLD

Algeria

Algeria is currently under a caretaker government led by interim President Abdelkader Bensalah. Elections intended to fill the slot left vacant by the past president's forced resignation have been postponed with candidates rejected by the protestors. Pray for a break in the impasse and for an end to the standoff between protestors and the army. Pray that the Lord will raise up a just and tolerant president, for socio-political stability, economic recovery and religious freedom.

Praise God that despite a climate of increasing pressure, closure of churches and persecution, the church continues to grow rapidly. Pray for Algerian Christians who suffer injustice and oppression, that the Lord will work righteousness and justice for them. Pray that authorities will reopen churches and for approval of permits to allow churches to operate.

SINGAPORE

The economy

According to SMU's Professor Locknie Hsu, "a troubling and potent mix of factors have reshaped the global trade landscape and created greater headwinds for Singapore businesses"

Pray that notwithstanding the slowing down of Singapore's economic growth to 0.1 per cent in the last quarter, Singapore will, by God's grace and providence, weather the storm of global economic uncertainties; that God will grant our government leaders and businessmen wisdom to seize potential trade and investment opportunities, explore new markets, adapt and change to stay relevant in the provision of professional services to global markets.

Dengue

Dengue cases have been on the rise and urgent action is required to eliminate potential mosquito breeding grounds.

Pray that Singaporeans and residents will be aware of this increasing threat and will be determined to take pro-active steps to prevent mosquito breeding. Pray for God's divine intervention to curb the rising trend of dengue cases and for the preservation of lives.

DIOCESE

Yishun Christian Church

Pray for the Vicar Revd William Chee, priests, staff and lay leaders of the English and Chinese congregations, that they will be divinely guided and empowered to build God's Church in God's ways. Pray that the members will be deeply rooted in the Word, persevering in prayer and vibrant in witness.

Pray also for the Supervisor of Praiseland Child Care & Learning Ctr, Mrs. Anne Chan and her team of teachers, that they will be good role models of godly character to the children; effective educators and guides for their children, in their physical, mental, emotional and spiritual development.

CATHEDRAL

Newly ordained deacon and priests

Pray for our newly ordained deacon Revd Moses Israeli, priests Revd Hambali Leonardi and Revd Calvin Wee, as they assume greater responsibilities for the pastoral care of the congregations in the Myanmar, eleven.30 am and 4.30 pm Saturday Services respectively; that God will pour out His Spirit on them and empower them to serve Him with clarity of vision, courage and perseverance.

Prayer & Praise (26 July 2019)

Pray that every Cathedral member will sense the call and the urgency to unite in prayer; that God's presence will fill the sanctuary as we gather to worship Him and seek His face; that He will make known His ways and teach us how to pray, that we may align ourselves to His purposes and be obedient to His divine revelation.

PLEASE PRAY FOR THE SICK

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

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

BORN for a TIME as this



Sermon Series at the **7am and 5pm Services**

ENCOURAGEMENT FROM THE BOOK OF ESTHER

- 21 July **Rising to our destiny** Esther 4:14 *Revd Joshua Raj*
 28 July **Seeking God through prayer and fasting**
 Esther 4:16 *Ps Ti Lian Swan*
 4 Aug **When we cannot sleep** Esther 6:1-11 *Revd Joshua Raj*
 25 Aug **God's miracle of Purim** Esther 9:26-28 *Ds June Tan*

SATURDAY SERVICE 20 JULY

- 4.30 pm Contemporary Service CNS**
 Miss Veronica Wong

SUNDAY SERVICE 21 JULY

- 7.00 am Holy Communion Nave**
 Revd Joshua Raj
8.00 am Holy Communion Nave
 Revd Peter Cook
9.00 am Holy Communion CNS
 Revd Dr Gordon Wong
9.00 am Tamil Service
Chapel for All Peoples
9.30 am Service in Mandarin Nave
11.15 am Service in Mandarin CNS
11.15 am Holy Communion Nave
 Revd Peter Cook
11.30 am Contemporary Service
Prayer Halls
 Revd Hambali Leonardi
2.00 pm Filipino Service NT Hall
 Revd Calvin Wee
2.00 pm Myanmar Worship Service CNS
 Revd Hambali Leonardi
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 Joshua Raj
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
10.00 am ACTS Centre
My Saviour's Church
 Revd Michael Lim

SATURDAY SERVICE 27 JULY

- 4.30 pm Contemporary Service CNS**
 Revd Calvin Wee

SUNDAY SERVICE 28 JULY

- 7.00 am Holy Communion Nave**
 Ps Ti Lian Swan
8.00 am Holy Communion Nave
 Revd Soon Soo Kee
9.00 am Contemporary Service CNS
 Ds Bessie Lee
9.00 am Tamil Service
Chapel for All Peoples
9.30 am Service in Mandarin Nave
11.15 am Service in Mandarin CNS
11.15 am Holy Communion Nave
 Revd Soon Soo Kee
11.30 am Contemporary Service
Prayer Halls
 Miss Veronica Wong
2.00 pm Filipino Service NT Hall
 The Vicar
2.00 pm Myanmar Worship Service CNS
 Revd Moses Israeli
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 Ti Lian Swan
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, 22 JULY

12.30 pm Mid-Day Prayer *Nave*

TUESDAY, 23 JULY

7.30 am Clergy and Leaders
Holy Communion *Nave*

12.30 pm Mid-Day Prayer *Nave*

WEDNESDAY, 24 JULY

7.30 am The Quiet Garden Meditation
West House

12.30 pm Holy Communion *Nave*

THURSDAY, 25 JULY

9.30 am Holy Communion
Chapel for All Peoples

12.30 pm Mid-Day Prayer *Nave*

FRIDAY, 26 JULY

12.30 pm Mid-Day Prayer *Nave*

4.00 pm The Quiet Garden Meditation
West House

7.00 pm Young Adults' Ministry
Weary of Worries

SATURDAY, 27 JULY

2.00 pm LYnC Youth Ministry
Chapel for All Peoples

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

COMING UP

JULY

21 Baptism Course

23 Marriage Preparation Course

24 PCC

24 Alpha

25 DCBS

25 SMF: Terrarium Workshop

26 Day DCBS

26 Prayer & Praise

27 Emotionally Healthy Relationships

27 Faith Life Track

28 Baptism Course

30 Marriage Preparation Course

31 Alpha

AUGUST

1 DCBS

2 Day DCBS

3 The Quiet Garden Retreat

3 Emotionally Healthy Relationships

3 Baptism @ Sat 4.30pm Service

6 Marriage Preparation Course

7 Alpha

8 DCBS

9 National Day

DIOCESAN DIGEST The July 2019 issue of the Diocesan Digest is now available at the Cathedral Welcome Centre and Service Info Desks.

THE VICAR WRITES *Continued from page 2*

others, we save ourselves from "vainglory", an old English word which has gone out of fashion these days. St Paul said, "To keep me from being too elated...a thorn was given me..." Humiliating experiences bring us closer to the truth.

And St Paul went even further when he said we should complete his joy by being of the same mind as Christ (see Philippians 2:2-5). What mind? In 2:8, "Have this mind among yourselves, which you have in Christ Jesus who...humbled himself." Humility has now gone beyond the work of man to the work of God which we must imitate. "Learn from me for I am meek and humble of heart",

words that can come only from a true Human Being in Matt 11:29.

So much needs to be said but within this limited space, we have tried to grapple with one of the best virtues that Christianity has given to mankind. In our world today, this idea is still mocked at. In the different Asian cultures we grew up in, some of these core ideas don't fit. In the church we struggle with keeping the world out of the very value which Jesus has laid for us (himself and literally) as our foundation.

May we constantly pursue this truth, a pursuit which in itself, is a partaking.

LAZARUS MINISTRY - St Andrew's Cathedral Outreach to the Homeless

The aim of Lazarus Ministry is to provide help and offer holistic support to rough sleepers in our vicinity. Twice a month, volunteers engage these rough sleepers at the City Hall, Esplanade and Marina Bay area (and in the near future, the Clementi area) to befriend, pray for them and offer assistance where necessary. A 'Makan + Movie Night' is also organised for them on the first Friday each month here at the Cathedral.

We invite more volunteers to join us and be a friend to these "outside our gates".

Next walkabout befriending outreach:

Fri, 26 Jul / 8.30pm - 11pm

"Makan+Movie Night":

Fri, 2 Aug 2019 / 6pm to 9pm

If you are interested to join the team, attend an event or need more information, please email: missions@cathedral.org.sg or contact Mr Shaun Foo at 8522 0891.

THE QUIET GARDEN RETREAT

Sat 3 August 2019

9am to 1pm

North Transept Hall

Meditation on Parables:

Worth of the Kingdom

This retreat is free. Retreat ends with 'bring and share' lunch and conversation.

Registration:

<https://tinyurl.com/TQGRetreat08-19>

WEEKDAY PARKING

Members visiting the Cathedral during the weekdays are advised to park their vehicles at the car park lots provided and not outside of it. We have many heavy vehicles moving around the cathedral grounds due to the ongoing works at the Pavilion and the Bell Tower.

We have encountered vehicles parking along the double yellow lines, obstructing the traffic flow for the heavy vehicles. If there are insufficient parking places in the Cathedral, please park your vehicles at the nearby parking facilities.

NDP PREVIEW 2 ON SATURDAY, 3RD AUGUST 2019

Members are reminded that vehicle entry into the Cathedral on Saturday 3rd of August 2019 from 6am onwards will be restricted to those with SPF labels. Labels will be issued only to those who are physically challenged. Members who are attending Cathedral's activities are advised to park at nearby areas that are not affected by the road closures or to come by public transport. Vehicles with labels will be subjected to security screening conducted by the Singapore Police Force. Please email carpark@cathedral.org.sg to request for a label. You may also call Susan Hu @ 63376104 xt 110.

DONATION FOR FLOWERS TODAY

These are received in memory of Au Yong Lay and Alan Yeo.



Scan the QR code to register.

This is to ensure a copy of the notes is prepared for you.

THE GOD OF SALVATION



**BIBLE EXPOSITION
ON THE
BOOK OF ISAIAH
BY
BISHOP RENNIS PONNIAH**

5, 12, 19, 26 & 28 Sept | Thurs 7.30pm - 9.30pm; Sat 28 Sep 9.30am - 12.30pm
Yishun Christian Church (Shalom Hall, L4)

PRAYER & PRAISE

Friday 26 July 2019,
7.14pm, CNS



ROAD CLOSURE

Please note road closure for NDP rehearsals. This will take place every Saturday, from 15 June till 9 August.
St. Andrew's Road: 2am to 2am
Stamford Road: 9am to 12 midnight
North Bridge Road: 1pm to 3pm
and 6.30pm to 8pm

SAMH and SACS CHARITY GALA DINNER 25 October 2019, 7.30 pm

The Ritz-Carlton, Millenia Singapore
Guest-of-Honour: Mr. Heng Swee Keat,
Deputy Prime Minister and Minister for Finance

Table price: \$12,000, \$8,000 and \$4,000 per table of 10 persons

All donations towards the event will be shared equally between SAMH and SACS.

For more information, please contact Christine Pang at 6586 1999
or christine_pang@sacs.org.sg.

THE RE-RESOURCE SERIES

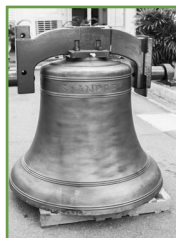


MODULE 1: GOD'S STORY AND OUR CHRISTIAN WORLDVIEW

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.

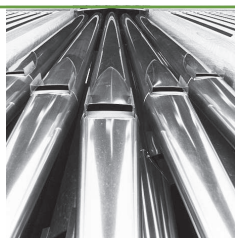
SAC, Classroom A
Tuesdays 7:15pm - 9:15pm
6, 13, 20, 27 August 2019
Facilitator: Ms Jillian Lee

For enquiries: resourceseries@cathedral.org.sg



Commissioning Service for the Organ and Bells of St Andrew's Cathedral 5.00 pm, Sunday 11 August 2019

We give thanks for the refurbished Organ and the Bells of the Cathedral. You are welcome to join us for this thanksgiving and commissioning service, which is led by our Dean and Bishop, Rt Revd Rennis Ponniah.



The Cathedral Podcast

ON VISUAL ART

Katharyn Peh, arts enthusiast and mobiliser talks about her journey into the world of Art, the challenges artists face today, how art opens us up to truth, and having fruitful art experiences and expressions.



FAITH, IMAGINATION AND WORDS

A broad conversation with lawyer-poet Aaron Lee about art, biblical imagination, local works, poetry and faith. Listen for a treat as he reads Just Some Found Words, a poem on truth, love and beauty.



LOVING GOD WITH OUR MIND

Jillian Lee, Pei Lee and host Jenni Ho-Huan chat about the importance of exercising our minds in our faith, the metanarrative we all need, and do a live think-through on the knotty subject of having children today.



DCBS

Thur, 4 Jul to 14 Sep 2019
7.30pm – 9.30pm
Cathedral New Sanctuary

Module 3: The Former Prophets

*Instructors: Ps Grace Tan, Ps Ti Lian Swan,
Ms Veronica Wong*

Module 10: The Pauline Epistles

*Instructors: Ds Bessie Lee,
Revd Hambali Leonardi, Ms Vivien Chen*

Course fees: **\$10 per module,**
\$5 for written examination
Registration: cathedral.org.sg/dCBS

DAY DCBS

Fri, 12 Jul - 13 Sep 2019
12.30pm - 2.00pm
B1 Prayer Halls

Module 2A The Pentateuch I
Genesis, Exodus

*Instructors: Ds June Tan, Ps Grace Tan,
Ms Vivien Chen*

Course fees: **\$10 per module,**
\$5 for written examination
Registration:
cathedral.org.sg/daydCBS



DIOCESAN CERTIFICATE OF BIBLICAL STUDIES

ALPHA @ CATHEDRAL

Wednesdays, 10 July 2019 - 25 Sep 2019, 7 pm - 9 pm
If you work near City Hall, there is an Alpha Lunchtime @12 pm

Enquiry: alpha@cathedral.org.sg

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.

☐ Others : _____



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



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cathedral.org.sg/podcast

website: cathedral.org.sg • email: info@cathedral.org.sg (for general feedback or requests)

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