

## The Blessed Virgin Mary • 16<sup>th</sup> August 2015

### 8 THINGS TO NOTICE THIS SUMMER:

#### No. 6 'REFRAMING LIFE'

Hanging on the wall of my study is a landscape by the *now* well-known Dorset-based landscape artist David Atkins. When I bought it fifteen years ago in Battersea Art Centre, the artist was less well-established and, like many younger artists, prioritised painting over the cost of framing. The picture is very fine and pleasing, and contemplation of it often helps me to 'escape' from the pressures of life. The frame it is in, though, is *not*. It's a cheap, soft-wood, light-coloured frame – and I know that the painting (and my enjoyment of it) would be greatly enhanced by taking it to a framer and spending a bit of money on it. One day!



The frames we put things in are important: literally and figuratively. Re-framing something can help us to see it in an entirely new way; indeed, re-framing something can help us to see it with new clarity and power, as if for the first time. I have come to realise that the art of a frame-maker is just as great as that of an artist, requiring a keen eye, skill and experience.

Reframing – in the figurative sense – is a subtle skill sometimes used in conversation with another person to help them, often without their realising it, to see their life in a different way and from a 'different perspective'. We are all used to the views

we have of things; we are used to how it looks 'from here' – and often we've grown so used to that particular view, that any possibility of seeing things differently, or seeing new potential in a situation, or that you have choices, has long-since departed. It

can be really helpful (without actually moving, of course!) to say to someone, 'and if you and I were to look back at it two years from now, what would we see then?' Or, 'what would a friend say, if they looked at it from their position?' The insight that can flow from 'reframing the view' can be dramatic, even shocking!

How over-familiar are you with the view of your life. That apparently intractable

situation? That well-established pattern? The locked set of relationships that seem impervious to change or transformation? The first step in *doing* things differently may well be to *look* at it differently – which is to say, from a different place, or from a new perspective. Reframe it!

While the clergy of the parish (skilled reframers of life!) are always available, this activity is one you can do on your own too. And perhaps these summer months, with more leisure time, give opportunity. Take a look. Note what you see.

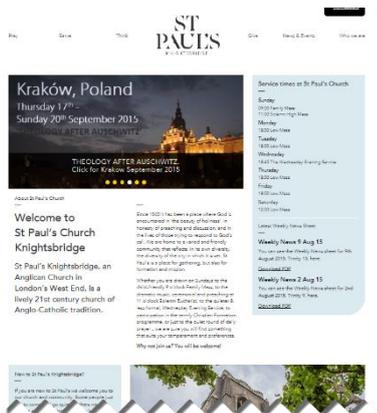
*Fr Alan Gyle*

Next week: "No.7: Buttoned up."

## WEBSITE

[www.spkb.org](http://www.spkb.org)

If you haven't visited the parish website for a while, you'll notice a change when you do! Launched this past week is a new, fresher,



simpler and more outward-looking website with lots of new functionality. It will be a key tool in communicating with the world and our stakeholders in the future – and we are grateful to the team who've been working on it, especially Jim and Max. When you do visit, please explore Project 'O' (see opposite) and make sure you book tickets (online!) for October's Gala Concert to inaugurate the new Steinway.

## PROJECT 'O'

Between now and Advent Sunday, we're going on a creative journey. Members of the congregation – Thomas Hyde, composer, and Clare McCaldin, mezzo-soprano – along with Stevie Farr, Director of Music, and the St Paul's choir and choreographer Hubert Essakow are creating a work of music, song and dance in an interpretation of The O Antiphons of Advent. O will be performed at St Paul's Knightsbridge on Advent Sunday at 6.00pm on 29 November 2015. A series of films, under the title O – The O Antiphons, will record the creation of the work. All are welcome to the service. Visit [www.spkb.org](http://www.spkb.org)

## GARDEN PARTY



The Parish Autumn Garden Party will take place in the Vicarage Garden on **Thursday 10<sup>th</sup> September 2015 from 6:30pm**. Please note the date now and plan to be with us. Invitations are available in church this morning – please take one and invite a friend who might enjoy getting to know St Paul's and its community.

## WALSINGHAM



Fr. Andrew Sloane will be leading another Day Pilgrimage to the Shrine of Our Lady of Walsingham in Norfolk on **Saturday 3 October 2015**.

For your diary...

Please sign the sign up sheet at the back of the church if you are interested. Full details later.

## ST PAUL'S CATHEDRAL

The St Paul's Institute programme for the Autumn of 2015 is available in print and online.

For your diary...

**Being Human: How to Become the Person You Were Meant to Be (29/9/15)** Steve Chalke

says that God calls each one of us to play our part in his plan for a just and loving world, and it's finding our place in that story that will shape us and our lives into everything we were meant to be.

## SERVICES IN AUGUST

### Visiting St Paul's & Ringing the Parish Office

In August, although the daily masses continue every day at St Paul's, resident members of the clergy team are on holiday, as are some key lay staff. As a consequence, the church is opened as possible on weekdays – though visitors may occasionally find it locked because of staff absence. If you plan to visit, please call the Parish Office on 020 7201 9999 (the phone will continue to be answered and urgent messages passed on) to ensure access.

### Sundays

On Sundays at 11:00, although the choir is on holiday, the Family Mass and the Sung Eucharist at 11:00 continue with a cantor singing at 11:00.

### Weekday Masses

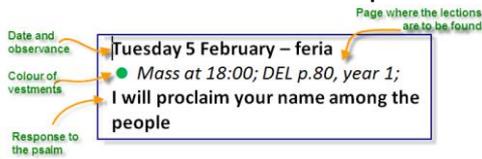
On weekdays, masses are as usual, except that on Wednesdays at 18:45 there is a low mass in the Chapel with no singing. Please also note that on August Bank Holiday Monday (31<sup>st</sup> August) the daily mass will be at noon.

### Morning Prayer

The Morning Office is said privately in August and the church will usually (when possible) open at 09:15 for private prayer.

## MASSES & PSALM RESPONSES

There is a mass daily at St Paul's and all are welcome to attend. Service papers are available outside the Chapel or Chancel.



### COLLECT FOR TRINITY 11

O God, who declarest thy almighty power most chiefly in showing mercy and pity: mercifully grant unto us such a measure of thy grace that we, running the way of thy commandments, may obtain thy gracious promises and be made partakers of thy heavenly treasure; through Jesus Christ thy Son our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

### POST-COMMUNION PRAYER

Merciful Lord, whose faithful people have celebrated that one true sacrifice which taketh away our sins and bringeth pardon and peace: by our communion stablish us on the foundation of the gospel and preserve us from all sin; through Jesus Christ our Lord. **Amen.**

## The Weekly Ordo

### Sunday 16 August: The Blessed Virgin Mary

[Proper of the BVM; DEL week 20, year 1]

◆ Masses at 09:00 & 11:00

John Merbecke – congregational setting

Fecit Potentiam *from* Magnificat in D - Mendelssohn

Ave Maria *from* 6 Religiöse Gesänge Op 157 by Josef Gabriel

Rheinberger, sung by Paul Sheehan, cantor

### Monday 17 August: feria

◆ Mass at 18:00; DEL p. 575, year 1

**R: Remember me, Lord, when you show favour to your people.**

### Tuesday 18 August: feria

◆ Mass at 18:00; DEL p. 578, year 1

**R: The Lord shall speak peace to the faithful.**

### Wednesday 19 August: feria

◆ Mass at 18:45; DEL p. 581, year 1

**R: Be exalted, O Lord, in your might.**

### Thursday 20 August: Bernard, abbot, teacher of the faith, 1153

◆ Mass at 18:00; EH p. 272;

**R: Their sound is gone out into all lands.**

### Friday 21 August: feria

◆ Mass at 18:00; DEL p. 587, year 1

**R: The Lord shall reign for ever.**

### Saturday 22 August: feria

◆ Mass at noon;

Votive Mass of Our Lady; EH p. 457 (mass with Gloria)

**R: Christ came in our poor flesh** [Psalm 131 – p. 460]

### We pray daily for:

- For our Bishop, Richard
- our sister parish, St Paul's K-Street and its new Rector
- our emerging mission link with All Saints, Nhamavila in Mozambique
- the Archbishop of Canterbury, Justin Welby, and for the unity and health of the Anglican Communion
- our sisters and brothers of the Roman Catholic Church and for Pope Francis I, and for the Eastern Orthodox churches and Bartholomew the Ecumenical Patriarch.
- Pray for all travelling and on holiday at this time of year.

### Among the sick and those in need:

Jean Marc Lehut; Anne Marie Fratani; Julie Hardman; Jamie Britten; Matthew Hardman; Alan Lintott; Bishop Michael Colclough; Vivienne Mallinson; Margot Stewart; Ian Powe; Bernard Gordon-Lennox; Jane Elstub; Sal Allen; Clariette Wilmot; Tim Touhey; Ian Frazer; Elizabeth Gordon; Carole Taylor; Michael Cooke; John King; Alexandra Holesh; Cath Dunkley; Steven Davis; Prunella Papenthein.

### We pray for all the recently departed,

Paul Hollands; Lane Davenport, priest; Pamela Smith.

### And for those whose year's mind falls at this time:

James Davis                      19 August  
David D'Albis                     20 August

# ST PAUL'S

KNIGHTSBRIDGE

## WHO'S WHO

### THE PARISH OFFICE

32a Wilton Place, London SW1X 8SH

Telephone 020 7201 9999

info@spkb.org

### THE PARISH CLERGY



#### Vicar

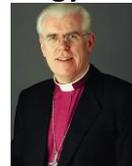
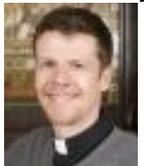
Fr Alan Gyle  
alan@spkb.org  
020 7201 9999 • 07939 805970



#### Associate Vicar

Fr Andrew Sloane  
AndrewSloane@spkb.org  
020 7201 9996 • 07429 806173

#### Honorary Assistant Clergy



(l-r) Fr Nick Mercer; Fr Andrew Norwood;  
Fr Graham Palmer; Bishop Michael Colclough

A priest is available before or after the daily Eucharist for confession and spiritual guidance, and also by appointment. A member of the parish clergy is always available in pastoral emergencies and we will be glad to be contacted at whatever hour, seven days a week; however, as a general rule, Fr Alan is unavailable on Mondays and Fr Andrew Sloane on Fridays.

### IN THE PARISH OFFICE



#### Vicar's PA

Felicity Cranfield  
felicitycranfield@spkb.org  
020 7201 9999

### THE MUSIC DEPARTMENT



#### Director of Music

Stevie Farr  
stephen.farr@yahoo.co.uk  
07930 542555



#### Assistant Director of Music

Jeremy Cole  
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07774517584



#### Organ Scholar

Luke Navin

### LAY OFFICERS & OTHER STAFF



#### Churchwarden

John Tweddle  
john.tweddle@bidwells.co.uk  
020 77363878



#### Churchwarden

Phil Davies  
philip@spkb.org  
07989 387198

#### Deputy Churchwardens (Sidesmen)

Roland Brunner, Caroline Docker, Margaret Gadow, Gardenia Griffith, Nicoletta Lindsay, Aidan Linton-Smith, Jeremy Orlebar, Susie Thornton, Tom Tull.

**Treasurer:** Noel Craven

#### Lady Verger & Churchwardens' Deputy

Veronica Scott  
veronicamscott@hotmail.com  
020 7603 7680