

Trinity XVIII: 2nd October 2016

Pace yourself

By the time you're reading the weekly sheet next Sunday I will have begun my first Royal Parks Half Marathon. I was slightly taken aback when the charity called me to say that my application for a place was successful and. I had two hours to submit all my details to the Royal Parks before applications closed. I didn't have the leisure of taking time to consider whether I could actually complete a half marathon. I have no history of long distance running beyond the compulsory steeplechase at school. Playing rugby as a winger or fullback requires endurance, but its largely a case of sprinting and a lot of waiting around if the forwards are 'knocking ten bells' out of each other.

Preparing for a half marathon is a different affair. The commitment was made and getting ready for the day has taught me a great deal. For a start there is no shortage of advice, some of it conflicting, all of it well-intentioned. There is a temptation to over-train and risk injury. You have to listen to your body and discern when its time to push yourself and when you need to rest. It has highlighted my diet and what adjustments are necessary if I am to have enough fuel in the tank to stay the course.

What has kept me focussed is the support I have received ay home amd so a huge thank you to everyone who has kindly sponsored me. Knowing that there is a charitable goal keeps one's mind on the task. I'm running for the Terrence Higgins Trust; a London-based charity which provides reliable information on sexual and emotional health and offers support to the 100,000 men in the UK who are living with HIV. I'm not just

running for myself, but out of a desire to this in support the charity's work to reduce stigma. I think about the thousands of other runners who are running for similar other causes who have their own story to tell. Their commitment keeps me going when I'm tempted to give up. Activity, rest, solidarity,



encouragement, digging deep and resilience have been my experience of training for next Sunday.

I want to apply these categories to the spiritual life as well. What keeps us

going when we are feeling indifferent or discouraged? How do we sustain ourselves to live well and grow in the life that God has intended for us? Speaking personally I think it has to with living intentionally and not drifting from one thing to the next only reacting the life around us. The daily office, sharing in the Eucharist, solitude, confession, Sabbath rest, solidarity with the poor are just some of the key elements which shape the life journey of discipleship. Maybe you feel there are times in your life when you would value a safe and supportive space to reflect upon your own walk with God? If so, why not ask to meet with one of the clergy team here to help you work out a simple pattern of life which will help sustain you in your own context.

My training for next Sunday hasn't been exactly what I had planned, but it has been good enough. Don't let your own efforts discourage you, but do what you can and trust in God who is the initiator and sustainer of the journey we are all making.

Fr Louis Darrant

News & Events

PARISH LUNCH

Please join us for drinks and a parish lunch today in the hall after the Solemn eucharist.

AUTUMN GALA CONCERT

A gala concert in St Paul's Knightsbridge: Mendelssohn Hebrides Overture; Schumann



Piano Concerto (soloist: Howard Shelley); Mozart Ch'io mi scordi di te (soloist: Clare McCaldin); Mozart Jupiter Symphony. The Thames Chamber Orchestra, directed by Keith Marshall Saturday 15th October, 2016 at 7.30pm Tickets now available online at www.spkb.org

THE ART OF INTERCESSION

An evening exploring the place and purpose of intercession in both private and public prayer. Wednesday, 12th October from 7.45 to 9.00pm. Refreshments served from 7.30pm. Please do join us.

PRAYING FOR THE SICK AND THE DEPARTED

There is now a book at the back of church for you to add names to be included in the weekly sheet. Names will be included for a period of four weeks, following which you will be asked if you would still like the name to be included in the weekly prayers.

A LIFE REMEMBERED

Rosemary Powell, a member of our community, has published her memoirs recording a long and fascinating life. Copies are available from her son Giles, who can be contacted at gilespowell@gmail.com and are priced at £30 each.

CHRISTIAN MEDITATION

A Christian Meditation group meets every Monday in the chancel of the church at

6.30pm. This form of silent, imageless prayer using a mantra or prayer word is rooted in the Gospel, the letters of St Paul and originated with the early Desert Fathers of the 4th century. Newcomers are welcome to share in this space which includes quiet music, a reading from the writings of the late Fr John Main, followed by 20 minutes of silent meditation.

ROYAL PARKS HALF MARATHON

Fr Louis will be running in the Royal Parks Half Marathon on Sunday 9th October on behalf of the Terrence Higgins Trust. Please use the sponsorship form at the back of church or visit uk.virginmoneygiving.com/LouisDarrant.

NEW CONFIRMATION GROUP TO START

A new confirmation group is starting at St Paul's. If you would like to have a conversation about being prepared for Confirmation, please speak to a member of the clergy team.

NEW WEDNESDAY EVENING STUDY SERIES: IN THE IMAGE OF CHRIST: REFLECTIONS OF DIFFERENT FACES OF DISCIPLESHIP

Wednesday 5th October: Dorothy Day
Wednesday 19th October: William Stringfellow
Wednesday 26th October: Jean Vanier

Each session will begin at 7.45pm and conclude at 8.45pm. Refreshments will be served from 7.30pm.

WEDNESDAY EVENING SERVICE AT 6.45PM

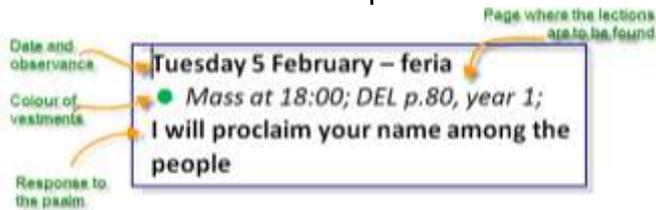
The daily mass is one of the privileges of our life here at St Paul's. Many people appreciate the reflective character of a weekday mass which lasts no longer than 25 minutes. The Wednesday Evening Service is slightly different in having a simple mass setting, hymn and sermon followed by refreshments. Please consider making this part of your own practice.

ALL SOULS' DAY REQUIEM

Please join us for the Solemn Requiem on All Souls' Day, Wednesday 2nd November, at 7pm. Music: Duruflé Requiem. At the mass we will remember by name the faithful departed. Please add names to the list at the back of church.

The Ordo & Intercessions

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 18

O God, forasmuch as without thee we are not able to please thee; mercifully grant, that thy Holy Spirit may in all things direct and rule our hearts; 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

Holy and blessed God, who dost vouchsafe to feed us with the body and blood of thy Son and hast filled us with thy Holy Spirit: grant that we may honour thee not only with our lips but in lives dedicated to the service of Jesus Christ our Lord. **Amen.**

SERVICES TIMES

Sunday 2 October: 19th Sunday after Trinity - green

[Proper 22; DEL week 27, year 2]
◇Masses at 09:00 & 11:00;

Monday 3 October: feria - green

◇Mass at 18:00; DEL p. 688
R: The Lord is ever mindful of his covenant.

Tuesday 4 October: St Francis of Assisi - white

◇Mass at 8:00; EH p. 418
R: The Lord is gracious, his love is everlasting.

Wednesday 5 October: feria - green

◇Mass at 18:45

Thursday 6 October: William Tyndale - red

◇Mass at 18:00; EH p. 421
R: Wisdom will speak noble things.

Friday 7 October: feria - green

◇Mass at 18:00; DEL p. 698
R: The Lord is renowned for his marvellous deeds.

Saturday 8 October: feria - green

◇Mass at noon; Votive Mass of Our Lady; EH p. 457 (mass with Gloria)
R: The Holy Spirit will come upon you [Psalm 45 – p. 459]

We pray this week for:

- our Bishop, Richard, the work of General Synod and all who lead the Church
- the ministry of church musicians
- understanding and cooperation between Jews, Christians & Muslims
- all preparing for Confirmation at St Paul's
- the work of the Civil Service
- the Royal Family
- refugees at the migrant camp in Calais
- all who work in the nuclear industry
- farmers and all who work on the land

Among the sick and those in need:

Patricia Dopheide; Kathleen Pilton; Nick Samuelson; Simon Spence; John Watson; Stephen Allen; Jean Marc Lehut; Geoffrey Wilcox; Jamie Britten; Alan Lintott; Bishop Michael Colclough; Jane Elstub; Michael Cooke; John King; Alexandra Holesh; Vivienne Mallinson; Alain Jouret.

We pray for all the recently departed

Lena Skirrow; Julian Lawrie.

and for all those whose year's mind falls at this time.

Arnold Sunderland	4 October
Nora Caulfield-Stoker	6 October
Thomas Welsh Jr	6 October
Sheila Hanwell	7 October
Lena Chidi Sowole	7 October
Charles Black	9 October
Cecily Jackson	9 October

ST PAUL'S

KNIGHTSBRIDGE

WHO'S WHO

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THE PARISH CLERGY



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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 Louis is unavailable on Fridays.

IN THE PARISH OFFICE



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THE MUSIC DEPARTMENT



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Music Scholars



(l-r) Adam Mathias (Organ); Findlay Spence (Cello & Composition)

LAY OFFICERS & OTHER STAFF



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Treasurer: Noel Craven

Lady Verger & Churchwardens' Deputy

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