

Third Sunday before Advent:  
6<sup>th</sup> November 2016  
GRACE BEFORE MEALS

One of the things I love about being invited to eat with my parishioners and their families is that slightly awkward moment just before we sit down at table when someone, remembering I'm there, says, 'will you say grace this evening, Fr Alan?' as if saying grace is a daily occurrence. I love it even more when – as occasionally happens – a young member of the household says 'mummy, we don't usually say grace.'

'Saying grace' is a peculiar term when you stop to think about it, but it is surprising how often – and almost always in this culture at more formal dinners – as a clergyman one is called upon to do it. The expression of gratitude, of thankfulness to God for the blessings of life and for food is as ancient a practice as it is a universal one – and although the term 'saying grace' is an English one with particularly Christian connotations, examples of this instinct to express gratitude before eating occur in all the world's great religions: in Judaism, in Islam, in Hinduism and the Baha'i traditions.

What, I wonder, are we *doing* when we say grace? Well, it isn't an expression of indebtedness, precisely: indebtedness is about obligation, and when we are indebted to someone, quite often that comes with a weary sense of duty to repay and puts strain or distance in the relationship. By contrast, saying grace is about expressing not indebtedness but thankfulness, gladness, gratitude for the blessings of life – and such

an expression draws us closer to the one to whom we express it.

And being thankful is good for us. Empirical studies in the last decade in the UK and the USA have all shown that people who are more grateful have higher levels of subjective well-being. Grateful people are happier, less depressed, less stressed, and more satisfied with their lives and social relationships – and other studies seem to show that the practice of gratitude – of



habitually saying grace for the blessings we enjoy – increases our capacity for being grateful and for noticing what we have; and in a society in which one of our besetting problems is our sense of what we

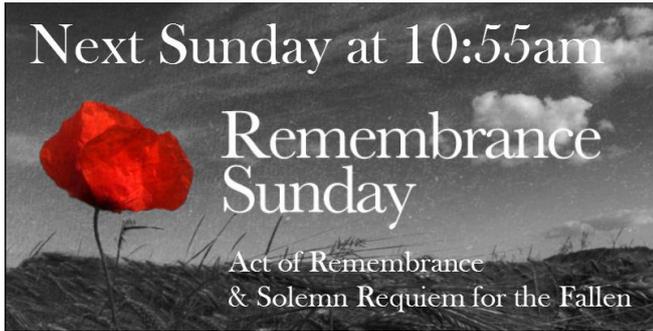
*don't* have, and what we covet and long for in terms whether of power or of material things, any practice that encourages us to notice what we already have can be no bad thing!

All of which is a way of advocating a daily practice at mealtimes which, if it sometimes feels slightly awkward or indeed is currently absent from our tables, might well have unrecognised benefits for us all!

*Almighty God, in a world in which many are lonely we thank you for our friendships. In a world in which many are captive we thank you for our freedom; in a world in which many are hungry we thank you for this food; and we pray that you will enlarge our sympathies, deepen our compassion and give us thankful hearts. Amen.*

Fr Alan Gyle

# News & Events



## **TODAY: PARISH LUNCH**

You are warmly invited to join us for the Parish Lunch in the Hall in Kinnerton Street this Sunday after the 11am mass. Chefs: Charlotte Wolessy Brinton and Louise Nixon.

## **TUESDAY: CHRISTIAN MEDITATION**

Christian Meditation is practised here on a weekly basis now **at the revised time of 8.30am on Tuesday morning following the Low Mass**. 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.

## **PRAYING FOR THE SICK & 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.

## **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 homily followed by refreshments. Please consider making this part of your own practice.

## **PREPARING INTERCESSIONS FOR THE EUCHARIST**

A workshop will be held in church on Saturday, 12<sup>th</sup> November from 10.00am to 11.30pm to help intercessors develop their

practice. For more information please speak to Fr Louis.

## **BBC SINGERS**

On Friday 18<sup>th</sup> November at 14:00 the BBC Singers (conducted by David Hill) will broadcast one of their regular live concerts from St Paul's. The programme, in the week after Remembrance Sunday, includes the world premiere of Philip Moore's Requiem, Jonathan Bielby's 'May choirs of angels receive him', Colin Mawby's 'Do not stand at my grave and weep', Harry Brama's 'The souls of the righteous', John Sanders' 'A Prayer' and Philip Moore's powerful 'Three Prayers of Dietrich Bonhoeffer'. If you would like to be part of the audience, you can apply for free tickets online through the BBC Singers' website.

## **PREPARING FOR ADVENT SERIES**

Please join us on Wednesday evenings 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup> November for three 'musical' reflections in preparation for Advent led by Fr Louis ('Hills of the north rejoice'), Fr Nick (Philip Stopford's - Lully, Lulla, Lullay) and Fr Alan (Herbert Howells - Like as the hart). Mass at 6:40pm; reflection from 7:30pm.

## **THE ADVENT CAROL SERVICE**

The parish Advent Carol Service will take place at 6pm on Sunday 27<sup>th</sup> November. This is a free event to which all are warmly invited.

## **THE FOUNDATION CAROL SERVICE**

Tickets for the Foundation Carols Service (adults £50 / children £25 in advance) to be held on Tuesday 6<sup>th</sup> December 2016 at 6:30pm are available on the parish website.

## **THE PARISH CHRISTMAS CAROL SERVICE**

The parish Christmas Carol Service will take place on Tuesday 20<sup>th</sup> December at 7:00pm. This is a free event to which all are warmly invited.

## **ELIZABETH FRANCIS RIP**

It was with sadness that we heard this week of the death of Elizabeth Francis. Before her move to Derbyshire, Elizabeth was for many years a valued parishioner and participant in the Poetry and Arts Group. We extend our sympathies to her two sons David and James. She will be remembered at mass on Monday 7<sup>th</sup> at 6pm.

# 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.

Date and observance → Tuesday 5 February – feria  
Colour of vestments → ● Mass at 18:00; DEL p.80, year 1;  
Response to the psalm → I will proclaim your name among the people  
Page where the lections are to be found

## COLLECT FOR THIRD SUNDAY BEFORE ADVENT

O God, whose blessed Son was manifested that he might destroy the works of the devil and make us the children of God and heirs of eternal life: grant us, we beseech thee, that, having this hope, we may purify ourselves, even as he is pure, that when he shall appear again with power and great glory we may be like unto him in his eternal and glorious kingdom; where with thee, O Father, and thee, O Holy Spirit, he liveth and reigneth, one God now and for ever. **Amen.**

## POST-COMMUNION PRAYER

Gracious Lord, who in this holy sacrament dost give substance to our hope: bring us at the last to that fullness of life for which we long: through Jesus Christ our Saviour. **Amen.**

## A PRAYER FOR ARMISTICE DAY (11/11)

Almighty and eternal God, from whose love in Christ we cannot be parted, either by death or life: hear our prayers and thanksgivings for all whom we remember this day; fulfil in them the purpose of your love; and bring us all, with them, to your eternal joy; through Jesus Christ our Lord. **Amen.**

## SERVICES TIMES

**Sunday 6 November: 3rd Sunday before Advent**

◇ Masses at 09:00 & 11:00;

**Monday 7 November: Willibrord**

◇ Mass at 18:00; EH p. 494

**R: O Lord you have been our refuge.**

**Tuesday 8 November: SS & MM of England**

◇ Mass at 08:00; EH p. 498

**R: The righteous deeds of the godly are not forgotten.**

**Wednesday 9 November: Margery Kemp**

◇ Mass at 18:45

**Thursday 10 November: Leo the Great**

◇ Mass at 18:00; EH p. 503

**R: Delight in the law of the Lord.**

**Friday 11 November: Martin of Tours**

◇ Mass at 18:00; EH p. 506

**R: God's light shines in the darkness for the upright.**

**Saturday 12 November: feria**

◇ 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:**

- Bishop Richard and the work of the Church Urban Fund in combatting poverty in the capital.
- political leaders responsible for our relationship with the EU.
- all who are involve in welfare reform and the administration of social security.
- shop-traders in Belgravia.
- the ministry of Trinity Hospice in Clapham.

**Among the sick and those in need:**

Patricia Dopheide; Nick Samuelson; Simon Spence; John Watson; Bishop Michael Colclough; Michael Cooke; John King; Alain Jouret, William Guise; Shands Prevost; Ian Powe; Gregoriy Galitzine; John Udal; Dan Gadow; Mary Ann Brashler; William Guise.

**We pray for all the recently departed**

Tim Mason, Elizabeth Francis.

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

Charlie Green

6 November

Kerry St Johnston

6 November

# ST PAUL'S

KNIGHTSBRIDGE

## WHO'S WHO

### THE PARISH OFFICE

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### THE PARISH CLERGY



**Vicar**  
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**Associate Vicar**  
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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



**Vicar's PA**  
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**Parish Administrator**  
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### THE MUSIC DEPARTMENT



**Director of Music**  
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**Assistant Director of Music**  
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### Music Scholars



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

### LAY OFFICERS & OTHER STAFF



**Churchwarden**  
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**Churchwarden**  
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### 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

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