

The Weekly Sheet

Week beginning Sunday 6 August 2017:

Transfiguration of Our Lord

St Paul's Knightsbridge
The Parish Office
32a Wilton Place
London SW1X 8SH
Phone 020 7201 9999
E-mail info@spkb.org

The Vicar
Fr Alan Gyle
020 7201 9999
07939 805970

The Associate Vicar
Fr Louis Darrant
020 7201 9992
07779 103826

SERVICES THIS WEEK:

TRANSFIGURATION OF OUR LORD 6 August 2017

Family Mass at 09:00
Solemn Eucharist at 11:00
Preacher: Fr Nick Mercer

Feria: Mon 7 August
Mass at 18:00

Dominic: Tue 8 August
Mass at 08:00

Mary Sumner: Wed 9 August
Wednesday Evening Service at 18:45

Laurence: Thu 10 August
Mass at 18:00

Clare of Assisi: Fri 11 August
Mass at 18:00

Our Lady on Saturday: Sat 12 August
Mass at noon

NINTH SUNDAY AFTER TRINITY 13 August 2017

Family Mass at 09:00
Solemn Eucharist at 11:00
Preacher: Fr Louis Darrant

Summoned by bells



95 seconds. That's my speediest commute, from horizontal somnolence in the vicarage to my stall in the church next door. I found that out on Saturday morning when, unexpectedly, the church bell rang the Angelus to announce the start of Morning Prayer, just before at 9 o'clock. It is amazing the adrenalin burst that sudden panic can give you. Stimulus – response.

As I came to, about 40 seconds into the process, my rational processes kicked in. I'd overslept? Why? How? I never oversleep. And then a further thought, now 50 seconds in: but wait, it's August, and we don't say Morning Prayer in church in August... but by this time I was locked and loaded (and dressed) – so no turning back. And in any case I had certainly heard the bell and not just imagined it.

Saturday mornings at St Paul's have a well-worn routine. Several of us – clergy and churchwardens – gather and pray together in the silence of the church before chewing over live issues in parish life over several cups of coffee. It is valuable and precious time to connect with God and with one another, not only for business, but to connect humanly too. It is my favourite morning of the week. But in August every year we suspend the saying or morning prayer, publicly at least. Usually one or more of us is away – and it allows the remaining clergy to enjoy the luxury of not (necessarily) getting up. A gentle start to the dog days of summer!

On Saturday, one of my esteemed colleagues had followed *his* particular Saturday morning routine without thinking. And when the bell rang, *I* did the same. Stimulus – response. It's Saturday... There's the bell...

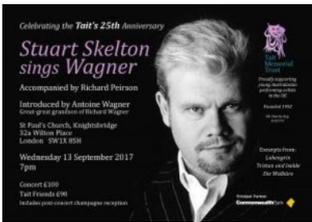
There are several related concepts in psychology: familiarisation, conditioning, habituation. They all have to do with the way we respond to the familiar. Ivan Pavlov famously showed that animals quickly connected a particular response to a particular stimulus (in his case, the ringing of a bell which made dogs drool). In the 1920s, John Watson and Rosalie Rayner showed (very unethically – you can read for yourself about the 'Little Albert experiment'!) that the same was true for humans. We are, in truth, for all our prized sense of freedom and autonomy, more like trams than buses in our journey through life: we run much of the time on pre-determined tracks, even when we are not aware they exist. And of course that *can* have its useful side: one of the benefits of learning quickly is that we can multitask very effectively and develop speed and efficiency in familiar situations.

But the downside of familiarisation and conditioning is that we can get stuck in the grooves of life. We act on impulse rather than with thought. We do what we always do – rather than considering possible alternatives. One of the opportunities offered by the summer – with, for many of us, a break in the regular patterns of daily life – is the chance to notice life afresh, to question why we always seem to do certain things, and to consider alternative possibilities. This may open life up a bit for us – and give us the chance to change the way we relate, to one another – and to God.

Fr Alan Gyle

In brief ...

The Tait Trust is delighted to present Australian tenor, Grammy nominee and 2014 International Opera Awards Male Singer of the Year, Stuart Skelton at a **gala concert** to celebrate their 25th Anniversary at St Paul's Church Knightsbridge, on **Wednesday the 13th September at 7pm.**



The church is open daily for prayer from 09:00 until after the evening mass. Please take advantage of the building's peace and quiet this summer.



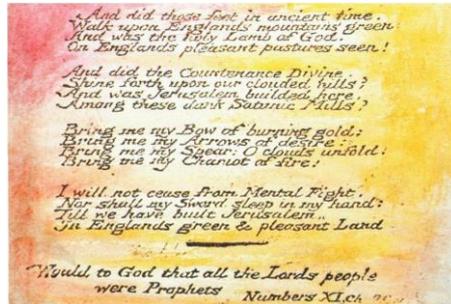
The **Parish Garden Party** will be held on **Thursday 14th September.** Please save the date! It's a wonderful opportunity to come together again after the summer break and to welcome our friends and neighbours from the local community. Please speak to Caroline Docker if you have suggestions for raffle prizes.

VISIT OUR WEBSITE FOR MORE INFORMATION

www.spkb.org

AND REGISTER FOR OUR WEEKLY EMAIL

Visiting writer next Sunday...



"And, did those feet in ancient time, walk upon England's mountains green?" This question of mystic William Blake, set to music in the hymn we refer to as 'Jerusalem' (on account of its tune), refers to an ancient legend that Jesus visited Britain as a youth during the "Missing Years" not covered in the Bible.

Author Robert Harley Bear from our sister parish, St. Paul's K Street in Washington, DC, will visit on Sunday, August 13 and lead an informal discussion on an "Out-of-the-box Look at Jesus" based upon his novel, "The Making of the Lamb." The novel brings that legend to life and poses deeper questions through the possibility that Jesus confronted his fate while in Britain and chose the path of his life—a joyous life among the native Britains or the painful path of obedience leading to a painful and humiliating death at an early age.

The novel won the Illumination Award for the best independently published fiction book from a Christian point of view. Mr. Bear will be available for discussion after the 9:00 am service and he will stay for those joining after the 11:00 am service.

Summer Lates at St Paul's Cathedral

There are few places quite like our magnificent Cathedral atop Ludgate Hill at dusk, and to celebrate the beauty of Wren's great church in the twilight hours the Cathedral will once again be opening its doors for a series of summer late openings.

On seven evenings during the summer holidays, people will be able to go inside St Paul's to marvel at the exquisite architecture, see where some of the nation's most famous heroes and artists are buried, gaze at the intricate mosaics, and simply take-in the breathtaking calm of the vast Cathedral. And for these special evenings, photography will not only be permitted, but actively encouraged.

For those Londoners who relish the opportunity to be tourists in their own city, touch screen multimedia guides packed with pictures, commentary and archive footage are included in nine languages. For younger visitors there are also four family trails packed with fun facts and opportunities to find things, write creatively and draw pictures.

Throughout the evenings, drinks and light food will be available in the crypt cafe and the Cathedral shop will be open, offering a range of gifts and mementos.

Thursdays 10th, 17th, 24th August, Friday 25th, Monday 28th and Thursday 31st August from 6.30 - 9pm (last entry 8.15pm) Adult: £10 Concession (60+, student): £9 Child (6-17): £5 Under 6: Free

Tickets online at: www.stpauls.co.uk/visits/visits/summer-lates



Please pray for...

We pray this week for:

All who are on holiday and travelling at this time;
The Diocese of London in this time of transition, and for +Pete Broadbent, the Acting Bishop;
For healing and restoration in the wake of distress;
For our sister and partner parishes in Washington DC and Mozambique.

Among the sick and those in need:

Patricia Dopheide; Sue Ko;
Ian Powe; Brenda Young;
Ann-Marie Siddall;
Elizabeth Gordon.

And on their year's mind:

Eleri Davies 6/8
William Bennett, priest 8/8
Bertram Worrall 9/8
Robin Cooke 11/8

And we pray for the recently departed: Robert Hardy; Rowan Shimada-Mead.