

St Paul's Knightsbridge

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The Vicar

Fr Alan Gyle

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Honorary Assistant Clergy:

The Rt Reverend Michael Colclough

The Very Reverend Victor Stock

The Venerable Nick Mercer

The Revd Prebendary Bill Scott

SERVICES THIS

WEEK:

THE FIRST SUNDAY OF LENT

18 February 2018

Family Mass at 09:00 (AG)

Solemn Eucharist at 11:00

Preacher: Fr Nick Mercer

Mon 19 February: Feria of Lent

Low Mass at 18:00 (WS)

Tues 20 February: Feria

Morning Prayer at 09:00

Low Mass at 18:00 (+MC)

Wed 21 February: Ember Day

Morning Prayer at 09:00

Low Mass at 19:00 (AG)

Thu 22 February: Feria of Lent

Morning Prayer at 09:00

Low Mass at 18:00 (??)

Fri 23 February: Polycarp; Ember Day

Morning Prayer at 09:00

Low Mass at 18:00 (AG)

Sat 24 February: Ember Day

Morning Prayer at 09:00

Mass at 12:00 (AG)

THE SECOND SUNDAY OF LENT

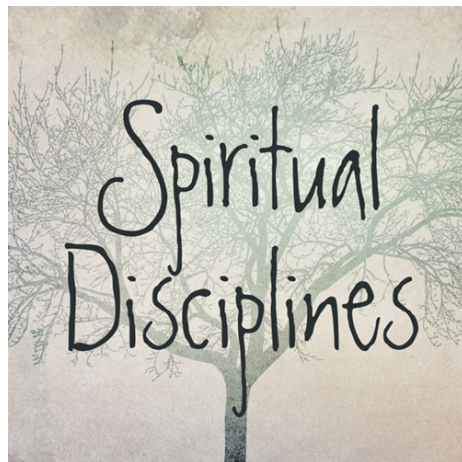
25 February 2018

Family Mass at 09:00 (AG)

Solemn Eucharist at 11:00

Preacher: Bishop Michael Colclough

Spiritual Disciplines



I remember in 1988 when Dallas Willard's surprising book was first published: *The Spirit of the Disciplines: Understanding How God Changes Lives*. Part of the surprise was that Dallas Willard (1935 – 2013) was a Southern Baptist Minister and this book was certainly not typical of their 'discipleship' style. Also, I had only read Dallas Willard in areas touching on my own research interests at that time in the philosophy of science – he was an Academic Philosopher (working at the University of South California) concerned with phenomenology and epistemology. Together with theologians like Pastor Richard Foster (an evangelical Quaker and founder of *Renovaré*) he was part of a new wave of spiritual writers who tried to renew the historic place of Christian spirituality, evident in the wider church, in the lives of evangelicals.

It's still a good book (now on kindle) and his approach appeals to many who want practical examples and

'exercises' rooted in the traditions of the mothers and fathers of the church, traditions which help us to become better Christians, better more fulfilled human beings, made in the image of God.

The spiritual disciplines are exercises which we can do at any time, but for which Lent provides an added impetus. Traditionally the church has seen the **Disciplines of Abstinence** as controlling the normal desires: food, sleep, bodily activity, companionship, curiosity, sex; and also the subtler desires: convenience, comfort, material security, reputation, fame and variety. Here are the primary disciplines of the *Via Negativa*: Solitude; Silence; Fasting; Frugality; Chastity; Secrecy; Sacrifice; Vigil; (Suffering); Rest. Some of them are intriguing and you'll have to do some research and reading (see 'Study' below!) if you want to know what they are – or ask me over a modest coffee!

Then there are the more positive **Disciplines of Engagement** which are to channel our gifts and creativity; the *Via Positiva*: Study; Worship; Celebration; Service; Prayer; Fellowship; Confession; Writing; Work.

A balanced diet of some of these disciplines over the Lenten period, and beyond, will make us healthier spiritually (and possibly physically) and prepare us for a joyful Easter.

Fr Nick Mercer



CALLING ALL MEMBERS OF THE NINE O'CLOCK CONGREGATION

You are warmly invited to an informal brunch after the 09:00 Family Mass on **Sunday 4th March**. To help us to cater for precise numbers, please either ring the Parish Office on 020 7201 9999 or email claire@spkb.org

Who's who this Sunday

At 09:00

Celebrant: Fr Bill Scott

At 11:00

Celebrant: Fr Bill Scott
Deacon: Fr Nick Mercer
Subdeacon: Roland Brunner
Reader: Costyas Michaelides
Preacher: Fr Nick Mercer
Interscessor: sung by the cantor

St Paul's Cathedral



The new Adult Learning programme from St Paul's Cathedral is now available – copies on the book stand at the back of church. Highlights of the term ahead include a seminar by Mark Oakley and Paula Gooder on 'Scandal & Glory: The Cross in the Bible and in Poetry' on Tuesday 13th March and another on 'Who am I?: Identity, Faith and Being Human' with Rowan Williams and John Swinton on 16th April. Both a free admission events. In addition to these there are many other events, talks, and spiritual explorations. Please pick up a copy and book your places.

The Music Dinner

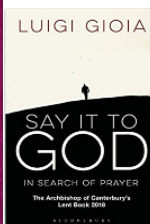
We are delighted to have been offered an evening for this years highly-popular Music Dinner: **Monday 14th May at 7pm for 7:30pm.** Black tie or equivalent – tables of 10, or individual tickets – a ticket cost of £50 with an additional (gift-aidable) donation of £150 means £200pp or £2,000 per table. Please speak to John Tweddle for more information.

VISIT OUR WEBSITE FOR MORE INFORMATION

www.spkb.org

AND REGISTER FOR OUR WEEKLY EMAIL

Keeping a good Lent...



Copies of the Church of England's little prayer handbook **LOVE LIFE, LIVE LENT**, with a reflection for each day of the Lenten Season were handed out on Shrove Tuesday and Ash Wednesday to members of the congregations. Some copies are still available – please help yourself. If you were given a copy, but have decided it is not for you, perhaps you'll return it to the table at the back of church for reuse by someone else?

There is also an excellent app for your iPhone or tablet which delivers the same material in electronic form. Visit your app store to download it.

The Parish Quiet Day has – due to illness – been rescheduled to **Saturday 10th March**. It will refer to the Archbishop of Canterbury's Lent Book 2018 (Luigi Gioia's **SAY IT TO GOD**). Apologies to those who were inconvenienced yesterday by the day's postponement. Those who registered may collect their copies of the book from the Parish Office. Any other who would like to attend on the 10th March should ring Claire in the Parish Office on 020 7201 9994. The charge for the day – including lunch and a copy of the book – is £20.

"The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' " — Matthew 25:40

The Diocese of London's Lent Appeal this year is a continuation of the appeal launched in Advent, **TRACKLING HOMELESSNESS TOGETHER**. We are seeking to support 15 carefully chosen homeless projects across the city. We, who have so much, need to share of our plenty. Please hand your **generous** donation to one of the Churchwardens.

Sunday 11th March from 18:00-20:00

A Lenten Evening Seminar with Fr Alan Gyle
Living with difference: Christian Issues of exclusion and embrace in the Vicarage, supper included: £10 (*limited places available – please book through the Parish Website*)

Forthcoming Trips and Visits

Please visit the parish website for more information:



Rycote Chapel

Saturday 28th April from 09:00-18:00

Parish Trip to The Rycote Chapel in Oxfordshire, An historic fifteenth-century Chapel with exquisitely carved and painted woodwork and many intriguing features, including two early seventeenth-century roofed pews and a musicians' gallery.



Berlin
Thursday 17th May (evening) – Sunday 20th May (after lunch)
The Parish Trip to Berlin
A three day study weekend looking at Berlin's 20th century's experience of division and reunification with Fr Alan Gyle and Roland Brunner

Please pray for...

We pray this week for:

All Christian people embarked upon the keeping of a good Lent;
Sarah, Bishop-Elect, and for +Pete Broadbent our acting Bishop;
for Lorna Gradden and John Tweddle, our Churchwardens;
for our staff team;
for those who live within the parish; for all the housebound;

Among the sick and those in need:

John King; Ingrid Gray; Gregori Galitzine; Maya Habboush; Nora Shishkovskaya; Federico Fernandes; Alan Bennyworth.

And we pray for the recently departed:

Henry Angell-James; Florence Ellis
Gerald Bridgeman.

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

Frances Elizabeth Tully	18 th
Charles Beattie	18 th
Dorota Stankiewicz	18 th
Sr Janet SC	21 st
Josephine Ruschmeyer	21 st
Hector Dowd	23 rd