



AUGUST 2013

FIVE BOLD STEPS FOR SUMMER 2013

Two insights for summer reflection from the world of psychology, one from the world of individual psychology and one from the organisational world.

First, are you proud of your ability to do several things at once? Type, text, answer the phone, write a shopping list, take that empty coffee cup back through to the kitchen and plan the evening meal... all at once? The ability to juggle and to multi-task is assumed to be a necessary skill for successful modern living, and those who can do so – apparently effortlessly – gain our admiration. But according to Clifford Nass, a Professor of Communication at Stanford University in California, multi-tasking not only wastes more time than it saves, it may actually be killing our concentration and crushing our creativity. Multitasking is a weakness, not a strength!

In 2012 research by a French team of scientists at INSERM explored what happens when people focus simultaneously on more than one task. Their discovery? That faced with complexity, each side of the brain tackles a different task – suggesting a limit at any one time of two tasks. Taking on more than two things results in a necessary juggling – and in errors. There is, apparently, a physiological limit to what we can take on. Clifford Nass and his team build on this insight. Confine what you take on to what is honestly and physically possible – and work on two or fewer things for short bursts of time, twenty minutes or so, rather than jumping from one thing to another minute by minute.

The second insight also has to do – figuratively at least – with the mind and how much it can hold at once. How many things can an organisation focus on effectively? Fifty? Twenty? Fewer? The answer, according to many organisational psychologists, is as few as five – and certainly where achieving step-change in the life of an organisation is desired, five steps is the right number of things to ‘take on’. More, and you risk loss of focus and dispersion of energy; fewer and you risk not making enough individual changes to achieve the overall desired outcome. So, five bold steps to achieve your desired ends.

Drawing these two together, then, here is a spiritual exercise for the month of August and for the heady days of summer when there seems to be more time for relaxation and thought. Think about David Adam’s popular prayer with its nine desired areas of increase:

Lord increase:

*My zest for living
My vision of glory
My hearing of your call
My grasp on reality
My response to your love
My sensitivity to others
My gentleness to creation
My taste for wonder
My love for you.*

DAVID ADAM IN

THE BOOK OF A THOUSAND PRAYERS EDITED BY ANGELA ASHWIN.

and from it pick five. Which five of the nine speak to you? Which would make the biggest difference to your engagement with life? Which appeal? Which leave you unmoved?

And having picked five, don’t – repeat *don’t* – attempt to seek growth in them all at once. Take time. Set space and time apart for each of the five. Make each the focus of one day of the week, or one week of the month. Open yourself to exploration and to the grace of God as an act of will. Slow down. Be systematic. Be prepared to think and dream widely. Be prepared to be surprised.

And see what these five bold steps for summer 2013 yield by way of positive growth and change in your life – and in the lives of those around you.

With blessings and prayers for a restful month.

FR ALAN GYLE, VICAR

MASSES & PSALM RESPONSES in AUGUST 2013

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 →

Thursday 1 August – feria

● Mass at 18:00; DEL p. 531 (year 1);
***How lovely is your dwelling place,
O Lord of hosts!***

Friday 2 August – feria

● Mass at 18:00; DEL p. 533 (year 1);
Sing merrily to God our strength.

Saturday 3 August – feria

● Mass at noon; DEL p. 536 (year 1);
Let the peoples praise you, O God.

Sunday 4 August – 10 Sunday after Trinity

● Masses at 09:00 & 11:00

THE COLLECT FOR TRINITY 10:

Let thy merciful ears, O Lord, be open to the prayers of thy humble servants; and that they may obtain their petitions make them to ask such things as shall please thee; 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.**

Monday 5 August – Oswald

● Mass at 18:00; EH p. 247;
Blessed be the Lord my rock.

Tuesday 6 August – The Feast of the Transfiguration

○ Mass at 18:00; EH p. 250;
To the Lord be given dominion and glory.

Wednesday 7 August – feria

● Mass at 18:45; DEL p. 546 (year 1);
***Remember me, Lord, when you show favour
to your people.***

Thursday 8 August – Dominic

○ Mass at 18:00; EH p. 253;
To you, O Lord, I lift up my soul.

Friday 9 August – Mary Sumner

○ Mass at 18:00; EH p. 257;
Happy are they all who revere the Lord.

Saturday 10 August – Laurence

● Mass at noon; EH p. 259;
Be joyful in God, all you lands.

Sunday 11 August – 11th Sunday after Trinity

● Masses at 09:00 & 11:00

THE 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.**

Monday 12 August – feria

● Mass at 18:00; DEL p. 558 (year 1);
Sing praise to the Lord, O Jerusalem.

Tuesday 13 August – Jeremy Taylor

○ Mass at 18:00; EH p. 265;
I delight in your commandments, O God.

Wednesday 14 August – feria

● Mass at 18:45; DEL p. 563 (year 1);
***Blessed be God
who has not rejected my prayer.***

Thursday 15 August – The Assumption of the Blessed Virgin Mary

○ Mass at 18:00; EH p. 269;
I will greatly rejoice in the Lord.

COLLECT

Almighty and everlasting God, who stooped to raise fallen humanity through the child-bearing of blessed Mary: grant that we, who have seen thy glory revealed in our human nature and thy love made perfect in our weakness, may daily be renewed in thine image and conformed to the pattern of thy Son Jesus Christ our Lord, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

Friday 16 August – feria

● Mass at 18:00; DEL p. 568 (year 1);
***With joy you will draw water
from the wells of salvation.***

Saturday 17 August – feria

● Mass at noon; DEL p. 572 (year 1);
***Preserve me, O God,
for in you have I taken refuge.***

Sunday 18 August – 12th Sunday after Trinity

● Masses at 09:00 & 11:00

THE COLLECT FOR TRINITY 12:

Almighty and everlasting God, who art always more ready to hear than we to pray, and art wont to give more than either we desire or deserve: pour down upon us the abundance of thy mercy, forgiving us those things whereof our conscience is afraid and giving us those good things which we are not worthy to ask, but through the merits and mediation of 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.**

Monday 19 August – feria

● Mass at 18:00; DEL p. 575 (year 1);
**Remember me, Lord,
when you show favour to your people.**

Tuesday 20 August – Bernard

○ Mass at 18:00; EH p. 272;
Their sound has gone out into all lands.

Wednesday 21 August – feria

● Mass at 18:45; DEL p. 581 (year 1);
Be exalted, O Lord, in your might.

Thursday 22 August – feria

● Mass at 18:00; DEL p. 584 (year 1);
Blessed is the one who trusts in the Lord.

Friday 23 August – feria

● Mass at 18:00; DEL p. 587 (year 1);
The Lord shall reign for ever.

Saturday 24 August – Bartholomew

● Mass at noon; EH p. 275;
The Lord is loving to everyone.

Sunday 25 August – 13th Sunday after Trinity

● Masses at 09:00 & 11:00

THE COLLECT FOR TRINITY 13:

Almighty God, who hast called thy Church to witness that thou wast in Christ reconciling the world to thyself: help us so to proclaim the good news of thy love that all who hear it may be drawn unto thee; through him who was lifted up on the cross, and reigneth with thee and the Holy Spirit, one God, now and for ever. **Amen.**

Monday 26 August – feria

● Mass at 18:00; DEL p. 593 (year 1);
Sing to the Lord a new song.

Tuesday 27 August – Monica

○ Mass at 18:00; EH p. 278;
Lord of Hosts, look on your servant.

Wednesday 28 August – Augustine

○ Mass at 18:45; EH p. 281;
**How dear to me is your dwelling,
O Lord of hosts!**

Thursday 29 August – Beheading of John the Baptist

○ Mass at 18:00; EH p. 283;
**The messenger of the covenant is coming,
says the Lord.**

Friday 30 August – John Bunyan

○ Mass at 18:00; EH p. 287;
Pray for the peace of Jerusalem.

Saturday 31 August – Aidan

○ Mass at noon; EH p. 290;
Sing praises to God, sing praises.

IN OUR DAILY PRAYERS

God of glory, who by the raising of Jesus Christ hast broken the chains of death and hell:
fill thy Church with faith and hope;
for a new day has dawned and the way to life stands open in our Saviour Jesus Christ.

Amen

We pray daily for:

- our Bishop, Richard
- our sister parish, St Paul's K-Street, Washington, USA
- those on active service overseas, especially Robin Lindsay and the men he commands in Afghanistan
- the Archbishop of Canterbury, Justin Welby, and for the unity and health of the Anglican Communion (*the daily cycle of prayer for the Anglican Communion is to be found at: www.anglicancommunion.org/acp*)

Among the bereaved, the sick and those in any kind of need:

Maggie Millbourn; Stephen Humbert; Robert Trory; June Poland; John Soderquist; Christiane Dupont Nangle; Tessa Murphy; Annelise Bowser; Kelsey Brockbank; Sal Allen; Peter Brook; Michael Cook; John King; Daphne Nugent; Jean Steers; Katherine Davis; John Willmington; Andrew Westwood; Alexandra Holesh; John Millbourn

We pray for the bereaved, and all the faithful departed, among them especially:

John Amis; Peter Adcock; Katherine Flowers Gerke; Kenneth James; Barbara Eaton and Polly de Blank

and those whose Year's Mind is at this time:

Ted Sheehan	1 August
Farah Russell	1 August
Glenn Brown	3 August
Robert William Haines Moline	8 August
Eleri Davies	6 August
William Bennett	8 August
James Davis	19 August
Frank Palmer	28 August
Tom Delaney	28 August
Jack Windham	29 August
June Fenwick	30 August

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Honorary Assistant Clergy



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

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.

THE MUSIC DEPARTMENT



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