

## The Sixth Sunday after Trinity • 12<sup>th</sup> July 2015

### 8 THINGS TO NOTICE THIS SUMMER: No. 1 'CYCLICALITY'

In 1993, Anders Ericsson of the Institute of Cognitive Science, University of Colorado undertook a study of what makes for 'expert performance.' With the help of students and staff from the Berlin Music Academy, he acquired a huge amount of data about the lifestyles and habits of a cohort of talented students, and he correlated this information against the staff's frank assessment of where each of the talented students would end up:

some, they said, would become world-class soloists; others would become established orchestral players; the rest would end up teaching music. Was there, Ericsson asked himself, anything in the data that would cast light on these career trajectories, or was it all just down to innate talent?



It was Francis Galton, the nineteenth century English scientist, who had first explored the concept of superior or expert performance. His wide study of the field had concluded that talent was a key determinant. Many who became experts in various fields, he'd noted, had themselves an expert relative – and so it was all about genetics (even though he wouldn't have called it that).

Ericsson noted something different: that although clearly basic talent was a driver, becoming expert also had a lot to do with hard graft: simply putting in the hours! His scientific study showed that those who would join either the world-class soloist or orchestral player groups practiced (on average) 24 hours per week, as opposed to

just 9 hours per week by the future teachers. This observation provoked a different way of thinking about superior performance, and a raft of new books such as Malcolm Gladwell's *Outliers* and Geoff Colvin's *Talent Is Overrated*, their core theme inspired by Ericsson's conclusion that to be really expert at something you need 10,000 hours of practice: 20 hours for 50 weeks a year for ten years.

But Ericsson had noticed something else, and something missed by Gladwell and Colvin's narrow focus on the impact alone of time spent: that the future solo performers practiced not only longer, but 'smarter' too, not for 3.5 hours a day flat out, but in short bursts of 90 minutes at a

time, with breaks, rest and even short naps in between. By doing so they were 'noticing' their innate 'cyclical' – the body's energy cycles of 60-90 minutes, after which we need to stop and regroup before moving forward again.

We imagine that we are like machines, don't we – and we live and work in a world in which we think that hard work means being mechanistic: early starts in the office, and late finishes, and uninterrupted focus in between, with stolen moments for only necessary sustenance? In these more leisured summer months, perhaps dare to notice your (God-given) innate rhythm – and noticing, adapt... And by adapting, work smarter and excel!

*Fr Alan Gyle*

Next week: "No.2: the lie, 'time spent with people is seldom wasted'!"

## WELCOME

You will find in the pews, in addition to the yellow envelopes, blue and gold "Visitor Cards". We invite visitors who would like to keep in touch with us to complete one of these and to hand it to one of the clergy.

## PCC

The Parochial Church Council will meet on **Tuesday 14<sup>th</sup> July at 19:00**. Apologies for absence to Felicity Cranfield in the Parish Office.

For your diary...

### INFORMATION EVENTS: BUILDING FOR MISSION

Members of the congregation and members of the local community are warmly invited to one of two information events at which they will be able to engage with the emerging plans for the development of St Paul's and its fundraising strategy. These will take place on **Saturday 18<sup>th</sup> July at 10:30am** and **Wednesday 22<sup>nd</sup> July at 5:00pm**. Each will last for up to one hour. Refreshments will be available.

The planned **INFORMATION EVENTS** for the congregation and local community (see above) have reluctantly had to be rescheduled till the Autumn of 2015. A tree report received in the past week has forced our architect and his team to rethink a key component of the plan's detail – to which end, any information event in July would have been a 'misinformation' event! New dates will be advised in good time and as soon as possible.

POSTPONED  
TILL AUTUMN  
2015

## GARDEN PARTY

The Parish Autumn Garden Party will take place in the Vicarage Garden on **Thursday 10<sup>th</sup> September 2015 from 6:30pm**. Please note the date now and plan to be with us.

For your diary...

## A GOOD READ...

With the long days of the summer months comes an opportunity to indulge our passion for reading. The book stall at the entrance to the church has been refreshed with some new books which will set you up for the

coming term's Christian Formation Programme: 'We Are Theologians'. Why not dip into David Ford's excellent 'Theology: a very short introduction', or the classic 'Theology for Beginners' by Frank Sheed? And for those planning to come to Poland (see below), copies of Elie Wiesel's 'Night'. Payment for books in the red wall safe above the visitors' table on the left at the back of church.

## JOIN US IN KRAKOW



"I'm not sure I could face going to Auschwitz" a number of people have said to me. The central theme of our forthcoming visit to Krakow is that we need to explore – as thinking, believing people – the reality of evil and the collective potential of humanity for evil as well as good, if we are to be mature in our theological outlook. None of us wants to confront evil – and perhaps we instinctively reach for the remote control when the latest images of human atrocity flash onto our screens on the daily news. But for many of us, confronting truth is ultimately more creative than denying it or avoiding it, however briefly painful that may seem. And if we *are* to do so, and to engage this dimension of our human experience, where better to do it than in good and prayerful company among friends – and with thoughtful guidance along the way. Fuller information about the planned trip to Kraków and Auschwitz ('Theology after Auschwitz' with Fr Alan Gyle) is available at the back of church. **17<sup>th</sup> – 20<sup>th</sup> September 2015**

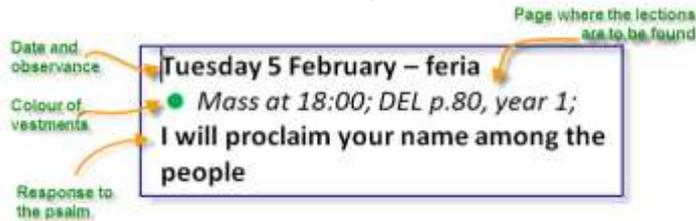
15 PEOPLE  
ALREADY  
SIGNED-UP

## MEDITATION

The Tuesday morning Silent Meditation/Centering Prayer group will **not** meet in the months of June, July or August

## MASSES & PSALM RESPONSES

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 6

O God, who hast prepared for them that love thee such good things as pass our understanding: pour into our hearts such love toward thee that we, loving thee in all things and above all things, may obtain thy promises which exceed all that we can desire; 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

O God of our pilgrimage, who hast led us to the living water, refresh and sustain us as we go forward on our journey, in the name of Jesus Christ our Lord. **Amen.**

## THE SIXTH SUNDAY AFTER TRINITY & THE 15<sup>th</sup> WEEK OF ORDINARY TIME

### Sunday 12 July – Sixth after Trinity

● Masses at 09:00 & 11:00

### Monday 13 July – feria

● Mass at 18:00; DEL p. 486 year 1

***Our help is in the name of the Lord.***

### Tuesday 14 July – John Keble

○ Mass at 18:00; EH P. 221

***Your love is before my eyes, O God.***

### Wednesday 15 July – Swithun

○ Mass at 18:45; EH p. 224

***May the Lord Answer you in the day of trouble.***

### Thursday 16 July – feria

● Mass at 18:00; DEL p. 494 year 1

***Sing to the Lord, sing praises.***

### Friday 17 July – feria

● Mass at 18:00; DEL p. 497 year 1

***I will offer to you a sacrifice of thanksgiving.***

### Saturday 18 July – feria

● Mass at noon; DEL p. 501 year 1

***His mercy endures for ever.***

### Sunday 19 July – Seventh after Trinity

● Masses at 09:00 & 11:00

### We pray daily for:

- For our Bishop, Richard
- For the 40 ordinands to be made deacon on Saturday in the Cathedral, and for all the newly ordained
- our sister parish, St Paul's K-Street and its Rector Designate
- our emerging mission link with All Saints, Nhamavila in Mozambique
- the Archbishop of Canterbury, Justin Welby, and for the unity and health of the Anglican Communion
- our sisters and brothers of the Roman Catholic Church and for Pope Francis I, and for the Eastern Orthodox churches and Bartholomew the Ecumenical Patriarch.

### Among the sick and those in need:

Julie Hardman; Jamie Britten; Matthew Hardman; Alan Lintott; Bishop Michael Colclough; Vivienne Mallinson; Margot Stewart; Ian Powe; Bernard Gordon-Lennox; Jane Elstub; Sal Allen; Clariette Wilmot; Tim Touhey; Ian Frazer; Elizabeth Gordon; Fr.Lane Davenport; Carole Taylor; Michael Cooke; John King; Alexandra Holesh; Cath Dunkley

### We pray for all the recently departed,

Fr.Richard Martin

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

Kenneth James	19 July
Robert Freestone	19 July

# ST PAUL'S

KNIGHTSBRIDGE

## WHO'S WHO

### THE PARISH OFFICE

32a Wilton Place, London SW1X 8SH

Telephone 020 7201 9999

info@spkb.org

### THE PARISH CLERGY



#### Vicar

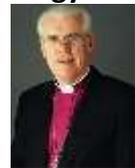
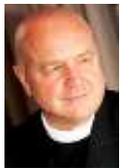
Fr Alan Gyle  
alan@spkb.org  
020 7201 9999 • 07939 805970



#### Associate Vicar

Fr Andrew Sloane  
AndrewSloane@spkb.org  
020 7201 9996 • 07429 806173

#### 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 Andrew Sloane on Fridays.

### IN THE PARISH OFFICE



#### Vicar's PA

Felicity Cranfield  
felicitycranfield@spkb.org  
020 7201 9999

### THE MUSIC DEPARTMENT



#### Director of Music

Stevie Farr  
stephen.farr@yahoo.co.uk  
07930 542555



#### Assistant Director of Music

Jeremy Cole  
jr.c@live.co.uk  
07774517584



#### Organ Scholar

Luke Navin

### LAY OFFICERS & OTHER STAFF



#### Churchwarden

John Tweddle  
john.tweddle@bidwells.co.uk  
020 77363878



#### Churchwarden

Phil Davies  
philip@spkb.org  
07989 387198

#### 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

Veronica Scott  
veronicamscott@hotmail.com  
020 7603 7680