

ST PAUL'S

KNIGHTSBRIDGE

The Eighth Sunday after Trinity • 26th July 2015

8 THINGS TO NOTICE THIS SUMMER:

No. 3 'THE QUANTIFICATION OF TIME'

Although in the realms of science fiction (and somewhere on the edges of theoretical physics), time can 'warp' and 'bend', in actual fact the ticking of the clock remains constant for us. A second always lasts for precisely a second – and in every day there are 86400 of them in every day. Precisely.

Not so our *perception* of time. Neuroscience is awash with accounts of how human beings, often because of illness or trauma, experience life 'slowing down' and view events as a series of freeze-frames (what it sometimes labels the "zeitraffer" phenomenon or "akinetopsia") – moments when our perception of time, if not time itself, slows or even stops.

But for most of us, it is the opposite we experience: not life slowing down, but life speeding up. We start the day knowing just how long we have to achieve everything – and then we find ourselves running out of time and being late. In our crazy modern urban life we live life at a fast pace anyway; and our perception is often that there aren't enough hours in the day.

Summer holiday time can be an opportunity to notice this – and, whether in London or by some distant poolside, to slow down and catch up with ourselves. Many of us notice

this skewed perception of time in ourselves and our dysfunctional pace of life when we do stop annually – only to return to get caught up in the same cycle of life again.

Perhaps this year we could plan to do things differently?

One useful 'holy trinity' of thinking about time divides time into three types. **Sold Time** is time committed to what you simply have to do, usually your job. **Maintenance**

Time

is time spent keeping things ticking over – doing those unavoidable things like sleeping, eating, cleaning' and so on. **Discretionary Time** is free time you can choose to spend as you choose.

Many people forget maintenance time, so busy are they with their work. Most of us see our

discretionary time eroded under the pressure of living and keeping things going. What is the balance of the three in your life? Is it healthy?

The Judeo-Christian tradition cherishes the ancient legend of God's creation of the world in seven days, on the seventh of which God rested. Awareness of time, its use and its sanctification or setting-apart is a non-negotiable part of the life of faith.

Fr Alan Gyle

Next week: "No.4: Urgency and Importance"



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.

SERVICES IN AUGUST

Visiting St Paul's & Ringing the Parish Office

In August, although the daily masses continue every day at St Paul's, resident members of the clergy team are on holiday, as are some key lay staff. As a consequence, the church is opened as possible on weekdays – though visitors may occasionally find it locked because of staff absence. If you plan to visit, please call the Parish Office on 020 7201 9999 (the phone will continue to be answered and urgent messages passed on) to ensure access.

Sundays

On Sundays at 11:00, although the choir is on holiday, the Family Mass and the Sung Eucharist at 11:00 continue with a cantor singing at 11:00.

Weekday Masses

On weekdays, masses are as usual, except that on Wednesdays at 18:45 there is a low mass in the Chapel with no singing. Please also note that on August Bank Holiday Monday (31st August) the daily mass will be at noon.

Morning Prayer

The Morning Office is said privately in August and the church will usually (when possible) open at 09:15 for private prayer.

JEREMY COLE

It is announced this week that Jeremy Cole is to become Assistant Director of Music at St Martin's in the Fields from 1st September. Although desperately sad to see him go, we are delighted by his appointment to a new and stretching role for which he is admirably suited. There will be a chance to express our thanks to him for his time with us and his contribution to our life in due course. Jeremy will continue to play here on Sunday mornings in the early Autumn as his successor is sought and appointed.



GARDEN PARTY

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The Parish Autumn Garden Party will take place in the Vicarage Garden on **Thursday 10th September 2015 from 6:30pm.**

Please note the date now and plan to be with us. Invitations are available in church this morning – please take one and invite a friend who might enjoy getting to know St Paul's and its community.

For your diary...

WALSINGHAM



Fr. Andrew Sloane will be leading another Day Pilgrimage to the Shrine of Our Lady of Walsingham in Norfolk on **Saturday 3 October 2015.** Please sign the sign up sheet at the

For your diary...

back of the church if you are interested. Full details later.

A GOOD READ...

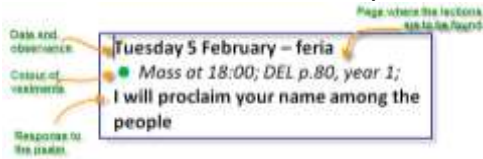
With the long days of the summer months comes an opportunity to indulge our passion for reading. The book stall at the entrance to the church has been refreshed with some



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.

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 8

O almighty Lord and everlasting God, vouchsafe, we beseech thee, to direct, sanctify and govern both our hearts and bodies in the ways of thy laws and in the works of thy commandments, that through thy most mighty protection, both here and ever, we may be preserved in body and soul; through our Lord and Saviour Jesus Christ, who liveth and reigneth with thee, in the unity of the Holy Spirit, one God, now and for ever. **Amen.**

POST-COMMUNION PRAYER

Strengthen for service, Lord, the hands that have taken holy things; may the ears which have heard thy word be deaf to clamour and dispute; may the tongues which have sung thy praise be free from deceit; may the eyes which have seen the tokens of thy love shine with the light of hope; and may the bodies which have been fed with thy body be refreshed with the fullness of thy life; glory be to thee for ever. **Amen.**

THE EIGHTH SUNDAY AFTER TRINITY & THE 17th WEEK OF ORDINARY TIME

Sunday 26 July – Eighth after Trinity

● Masses at 09:00 & 11:00

Monday 27 July – feria

COMMEMORATION OF BROOKE FOSS WESCOTT, BISHOP & TEACHER

● Mass at 18:00; DEL p. 522 year 1

Give thanks to the Lord, for he is gracious

Tuesday 28 July – feria

● Mass at 18:00; DEL p. 525 year 1

The Lord is full of compassion and mercy.

Wednesday 29 July – Mary, Martha & Lazarus

● Mass at 18:45; EH p. 240

I love to do your will, O my God.

Thursday 30 July – William Wilberforce

● Mass at 18:00; EH p. 243

Stand in awe of the Lord, O offspring of Israel.

Friday 31 July – Ignatius Loyola

● Mass at 18:00; EH p. 494

Look upon God and be radiant.

Saturday 1 August – feria

● Mass at noon; DEL p. 536 year 1

Let the peoples praise you, O God.

Sunday 2 August – Ninth after Trinity

● Masses at 09:00 & 11:00

We pray daily for:

- For our Bishop, Richard
- our sister parish, St Paul's K-Street and its new Rector
- 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:

Fr.Lane Davenport; Jean Marc Lehut; Anne Marie Fratani; 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; Carole Taylor; Michael Cooke; John King; Alexandra Holesh; Cath Dunkley

We pray for all the recently departed,

Pamela Smith; Owen Chadwick

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

Patrick Allen	27 July
Ian Davies	28 July
Selwyn Powell	28 July
Keith Turbayne	28 July
David Jordan	29 July
Celia Ball	31 July
Ted Sheehan	1 August
Farah Russell	1 August

WHO'S WHO

THE PARISH OFFICE

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THE PARISH CLERGY



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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 Andrew Sloane on Fridays.

IN THE PARISH OFFICE

Vicar's PA

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THE MUSIC DEPARTMENT

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Deputy Churchwardens (Sidesmen)

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Treasurer: Noel Craven

Lady Verger & Churchwardens' Deputy

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