

THE THIRD SUNDAY OF LENT
8th March 2015

Transformation



Before and after photographs are the stock in trade of magazine journalism – not least in publications devoted to health and fitness. Which of us, mid-haircut, magazine flipped open in front of us, hasn't felt that surge of desire to possess either the perfectly reworked apartment or the perfectly sculpted body? We can admire beauty – but we are astonishingly drawn in by the presentation of transformation, before and after.

This week BBC Wales presents a programme exploring the history and the psychology of the 'before and after' shot – and, as part of the making of the programme, invited two actors (pictured opposite) to take part in an experiment. The aim: to explore the power of the image. The question: how long would it take to get from 'before' to 'after'? And how long do you think? The answer: two hours!

On the BBC website you can watch a short extract of how to get from A to B! It is not entirely trickery, and there is no photoshopping of the images, but there is a

fair bit of effort into making the 'before' look as bad as possible (harsh flash, slouching posture, no make-up) and the 'after' as good as it can be (with the help, on the way, of some quick muscle-pumping exercise, some spray tan, make-up and generous lighting!). And if it feels like a rather cruel exposé of the deceptive art of magazine photography, the one very positive thing was the affirmation each of the models gained from the exercise. They genuinely felt more confident about themselves afterwards.

We live in a world of presentational artifice in which things are not always what they seem, a world which values the surface of things and how they come across. This Lenten season is an invitation to attend, not to the surface of things, but to their deeper substance – and to ensure that our lifelong transformation is one that begins with heart and mind, shaped by the person of Jesus Christ. And if you've been beguiled, so far this Lent, by the merely superficial, it is not too late to start anew.

Fr Alan Gyle

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; also we invite regular members of the congregation to become more aware of visitors around them and to offer a card for completion by way of introduction and welcome.

ON WEDNESDAY EVENING

Join Fr Andrew Sloane for the third of a short Lenten series of studies and discussions about the creation of a RULE OF LIFE – an indispensable part of the toolkit for every committed Christian. What IS a rule of life? Come along and find out on Wednesday. Mass at 18:45; refreshments 19:15 and study from 19:30 for 45 minutes.

BOOKS FOR LENT

Why not think about reading a spiritual



book this Lent? The bookstall in the narthex of the church has been replenished with a variety of books appropriate to the season. The price of each is marked inside: please leave your payment in the votive box at the back of church.

WHAT'S ON THIS WEEK?

TODAY: THE THIRD SUNDAY OF LENT

Sunday 8th March 2015

DAILY: MORNING PRAYER at 09:00 and a mass (see the porch notice or p.3 for times)

ON TUESDAY: SILENT MEDITATION - half an hour's guided silent meditation on Tuesday mornings at 08:00

ON WEDNESDAY: The Wednesday Evening Service at 18:45 followed by the third Wednesday Evening Lent Course: Rule of Life

NEXT SUNDAY: THE FOURTH SUNDAY OF LENT (Mothering Sunday)

HOLY WEEK 2015

Sunday 29th March – Sunday 5th April

29 Sun **Palm Sunday**

Family Mass at 09:00

Blessing of Palms, Procession and High Mass at 11:00

30 Mon Morning Prayer at 09:00

Low Mass at 18:00

31 Tue **Silent Meditation at 08:00**

Morning Prayer at 09:00

Low Mass at 18:00

1 April Wed Morning Prayer at 09:00

Low Mass at 18:45

2 Thu **Maundy Thursday**

Liturgy at 19:30

3 Fri

Good Friday

Stations of the Cross for children, followed by hot cross buns, at 10:00

Reflections at the foot of the cross 12:00-14:00

Solemn Liturgy 14:00-15:00

4 Sat

Holy Saturday

Church cleaning – all hands on deck – from 10:00

The Great Vigil, New Fire & First Mass at 20:30

5 Sun

Easter Day

Family Mass at 09:00

High Mass at 11:00

VISIT TO CHICHESTER

ADVANCE NOTICE: Saturday

13 June 2015 - a full-day

visit to Chichester. The day

will include transportation

by coach to and from

Chichester departing St

Paul's Knightsbridge at 07.45. Cost for the

full day including transport, all Cathedral

and Museum access/tour and luncheon is approximately £65 per person (based on 20

going). If you are interested in joining us

please sign the sign-up sheet at the back of the church to gauge initial interest and plan

accordingly. Any questions to Fr. Andrew

Sloane please.

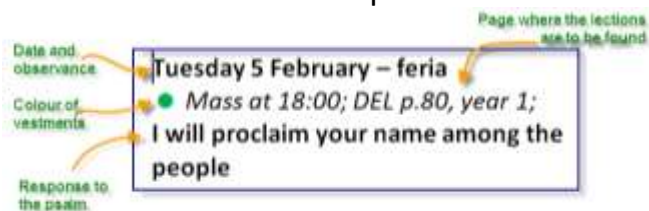


AMSTERDAM

A draft programme for participants on the Amsterdam weekend 20-22 March is available 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 THE FIRST SUNDAY OF LENT

Almighty God, whose most dear Son went not up to joy but first he suffered pain, and entered not into glory before he was crucified: mercifully grant that we, walking in the way of the cross, may find it none other than the way of life and peace; 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

Christ give you grace to grow in holiness to deny yourselves, take up your cross and follow him; and the blessing of God almighty, the Father, the Son, and the Holy Spirit, be among you and remain with you always. **Amen.**

THE SECOND SUNDAY OF LENT

Sunday 8 Mar – The Third Sunday of Lent

● Masses at 09:00 & 11:00

Monday 9 – feria of Lent

● Mass at 18:00; DEL p. 118

My soul is athirst for God, the living God.

Tuesday 10 – feria of Lent

● Mass at 18:00; DEL p. 120

With contrite heart and humble spirit we come to you, O God.

Wednesday 11 – feria of Lent

● Masses at 18:45

Thursday 5 – feria of Lent

● Mass at 18:00; DEL, p. 124

Come, let us sing to the Lord; and rejoice in the rock of our salvation.

Friday 12 – feria of Lent

● Mass at 18:00; DEL, p. 125

The ways of the Lord are right, and the upright walk in them.

Saturday 13 – feria of Lent

● Mass at noon; DEL p. 127

Come, let us return to the Lord.

We pray daily for:

- The keeping of a good Lent.
- Charles Pantlin who was confirmed yesterday
- our Bishop, Richard
- our sister parish, St Paul's K-Street
- 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:

Heidi Hoell; Sal Allen; John Roberts; Marjorie Isabel Wilcox; Piers Leonard; Mary Sykes-Wright; Ronald Bartle; Clariette Wilmot; Kooky Fallah; Maggie Milbourn; Tim Touhey; Catherine Anne Lally; Fr. Richard Martin; Eric Maidment; Ian McDonald; Ian Frazer; Elizabeth Gordon; Fr. Lane Davenport; Carole Taylor; Sara Carroll-Parker; Peter Brook; Michael Cooke; John King; Alexandra Holesh; Penri Morgan; Jean Marc Lehut; Steven Davis.

All the faithful departed, and those whose Year's Mind is at this time:

Ronnie Lindsay	6 March
Ross Benson	8 March
Richard Austin Butler	8 March
Julian Goldsmid	13 March

PARISH INFORMATION

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.

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

Caroline Docker, Margaret Gadow, Nicoletta Lindsay, Aidan Linton-Smith, Jeremy Orlebar and Susie Thornton.

Treasurer: Noel Craven

Lady Verger & Churchwardens' Deputy

Veronica Scott
veronicamscott@hotmail.com
020 7603 7680



Vicar's PA

Felicity Cranfield
felicitycranfield@spkb.org
020 7201 9999

ST
PAUL'S
KNIGHTSBRIDGE

THE PARISH OFFICE

32a Wilton Place, London SW1X 8SH

Telephone 020 7201 9999

info@spkb.org