

The Ninth Sunday after Trinity • 9th August 2015

8 THINGS TO NOTICE THIS SUMMER:

No. 5 'HEAD OR HEART'

If you had just *one* question to ask someone in order to try to find out about them, what would it be? "Introvert or extrovert?" "Morning person or night person?" "Liberal or Conservative?" Take a moment to think. You may or may not be onto something – and whatever question you choose says a lot about *you*!

According to Dr Christian Garrett, author of 'Great Myths of the Brain' and editor of the British Psychological Society's Research Digest blog, one powerful question might be this: "Where do you locate your sense of 'self', in your heart, or in your brain?"

The mystery of the 'self' or the 'soul' or our mysterious animating 'personhood' has fascinated and confounded human thinkers since the beginning of time: we know that we are more than just *physical* beings and that in fact we need to take account of the *psychological* too (we are, in some sense, psychosomatic unities, though how, precisely, remains a mystery); we *know* that as humans we differ from most other species on the planet either by degree or radically (depending on your view or evolution and or creation) and we have both a sense of our self-awareness and a hunch that whatever we are physically, that is neither the totality of things while we live, nor the end of the story when we die – but from the beginning of time, the location of this 'extra bit' and its



quality of endurance has perplexed philosophers, sages and religious writers.

Christian Garrett's conjecture is that whatever the truth of our mysterious composition, our *sense* of how we 'hang together' is determinative of how we engage the world and go about living. Recent research from Dakota State University analysed the responses to challenging hypothetical moral choices by self-described 'heart-locators' and 'head-locators'. The differences were stark. 'Heart-locators' (most commonly female) consistently

suspended rational function to make choices that preserved life and prioritised the building of connections ('have a heart, guv!'); 'head-locators' placed harsh justice and abstract moral frameworks over compassion and chose things that were 'fair', even if ultimately wasteful. ('heads win. The rules are the rules!')

What is your sense of yourself?

Head or heart? As with most intuitive frameworks our answer probably depends on the situation. Like most people, we can probably do both: think with our hearts *or* with our heads. It's just that we get lazy and stuck in one way of operating!

Why not this summer play to your 'other side'? Instead of rushing to engage that God-given brain and rational intellect, think with your heart for a bit. Or vice versa. And be surprised.

Fr Alan Gyle

Next week: "No.6: Reframing life."

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.

GARDEN PARTY

GARDEN
PARTY

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.

The Parish Autumn Garden Party will take place in the

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**.

For your diary...

Please sign the sign up sheet at the 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.

ST PAUL'S CATHEDRAL

The St Paul's Institute programme for the Autumn of 2015 is available in print and online.

For your diary...

Being Human: How to Become the Person You Were Meant to Be (29/9/15)

Steve Chalke says that God calls each one of us to play our part in his plan for a just and loving world, and it's finding our place in that story that will shape us and our lives into everything we were meant to be.

The Kingdom of God: Getting to the Heart of the Gospels (20/10/15)

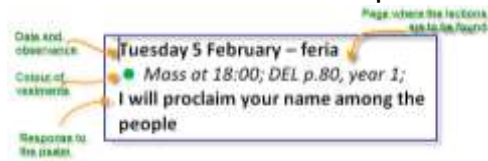
Tom Wright challenges us to read what the Gospel writers are actually saying and find Jesus larger and more compelling than we ever imagined.

Light in the Darkness: A Good Christmas

(08/12/15) Rowan Williams will explore the meanings of Christmas, the darkness and strangeness of the story at the beginning of our faith as well as its message of eternal joy and hope.

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 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.**

POST-COMMUNION PRAYER

God of our pilgrimage, who hast willed that the gate of mercy should stand open for those who trust in thee: look upon us with thy favour that we, following in the path of thy will, may never wander from the way of life; through Jesus Christ our Lord. **Amen.**

THE TENTH SUNDAY AFTER TRINITY & THE 19th WEEK OF ORDINARY TIME

Sunday 9 August: 10th Sunday after Trinity

[Proper 14B; DEL week 19, year 1]

◇ Masses at 09:00 & 11:00;

Monday 10 August: Laurence, deacon & martyr, 258

◇ Mass at 18:00; EH p. 259

R: Be joyful in God, all you lands.

Tuesday 11 August: Clare of Assisi, founder of the Poor Clares, 1253

◇ Mass at 18:00; EH p. 262

R: For God alone my soul in silence waits.

Wednesday 12 August: feria

◇ Mass at 18:45; DEL p. 563, year 1

R: Blessed be God, who has not rejected my prayer.

Thursday 13 August: Jeremy Taylor, teacher of the faith, 1667

◇ Mass at 18:00; EH p. 265

R: I delight in your commandments, O God.

Friday 14 August: Maximilian Kolbe, friar & martyr, 1941

◇ Mass at 18:00; EH p. 268, Common of martyrs, p. 464

R: Into your hands, O Lord, I commend my spirit

Saturday 15 August: feria [Assumption transferred to 16/8]

◇ Mass at noon; Votive Mass of Our Lady; EH p. 457 (mass with Gloria)

R: Let the name of the Lord be praised [Psalm 113 – p. 459]

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.
- Pray for all travelling and on holiday at this time of year.

Among the sick and those in need:

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,

Lane Davenport, priest; Pamela Smith.

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

Bertram Worrall	9 August
Robin Cooke	11 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

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