

Trinity XX: 9th October 2016

Happiness

Researchers at the University of Oxford have concluded that being kind to others causes a small but significant improvement in subjective well-being. Helping others does make you happier – albeit not to the extent often claimed by pop-psychology and self-help manuals. “Our review suggests that performing acts of kindness will not change your life, but might help nudge it in the right direction,” says Dr Oliver Scott Curry, of the Institute of Cognitive and Evolutionary Anthropology in Oxford University – and the report, commissioned by a new US-based institute kindness.org, lays open the possibility that future research may be able to point to the sorts of acts that give greatest benefit. This seems on the face of it to be something of a win-win – with benefits both for those helped and for those who, by helping, experience its unintended consequence. So be nice to one another.

For Christians this should not come as a huge surprise! One of the core callings of the Christian way of life is to live not for self but for others. Orientation towards neighbour is a core component of the ethical teaching of Jesus Christ and so this ‘new’ discovery - that somehow we are most fully alive when our orientation is outwards and not inwardly-focussed - is nothing new at all and indeed is part of God’s deep design in creation, revealed by Jesus not only in his teaching but in the manner of his life and death. This obviously explains why Christians are always so happy. And why churches around the

world are beacons of contentment and harmonious living. No? Hmmm! Hold on...

Like all communities and families, churches experience their share of conflict and discord. A certain level of conflict is actually a healthy sign and its absence may well be a sign of dis-ease. Think of those families in which a false and brittle ‘harmony’ is achieved by a fearful conformity to the wishes of a dominant parent-figure – and then think of other families you know in which the rough and tumble of difference and the occasional squabble is actually symptomatic of a very content family unit. Which is healthier?



Somewhere in all of this there is the makings of a diagnosis for healthy community life. Being Christian and seeking day by day to live out the ethical imperatives of the Christian way of life brings, sadly, no guarantee of avoiding conflict. It cannot isolate us from the disappointments of life nor from the challenges of difference. Nor is it a guarantee of happiness. But nor should we imagine it to be. Rather, healthy churches in their insistence on outwardness and service of neighbour become places of mutual support and debate in which difference is noticed and named – and, guided by God, creatively borne. Being superficially ‘nice’ to one another is no substitute for creating real community and support as, individually and together, we face the choppiness of life. If it also makes us happy, that's a bonus!

Fr Alan Gyle

News & Events

THIS WEEK: AUTUMN GALA CONCERT

A gala concert in St Paul's Knightsbridge: Mendelssohn Hebrides Overture; Schumann



Piano Concerto (soloist: Howard Shelley); Mozart Ch'io mi scordi di te (soloist: Clare McCaldin); Mozart Jupiter Symphony. The Thames Chamber Orchestra, directed by Keith Marshall **this Saturday 15th October, 2016 at 7.30pm** Tickets now available online at www.spkb.org or on the door.

THIS WEEK: THE ART OF INTERCESSION

An evening exploring the place and purpose of intercession in both private and public prayer. Wednesday, 12th October from 7.45 to 9.00pm. Refreshments served from 7.30pm. Please do join us.

PRAYING FOR THE SICK AND THE DEPARTED

There is now a book at the back of church for you to add names to be included in the weekly sheet. Names will be included for a period of four weeks, following which you will be asked if you would still like the name to be included in the weekly prayers.

CHRISTIAN MEDITATION

A Christian Meditation group meets every Monday in the chancel of the church at 6.30pm. This form of silent, imageless prayer using a mantra or prayer word is rooted in the Gospel, the letters of St Paul and originated with the early Desert Fathers of the 4th century. Newcomers are welcome to share in this space which includes quiet music, a reading from the writings of the late Fr John Main, followed by 20 minutes of silent meditation.

TODAY: ROYAL PARKS HALF MARATHON

Fr Louis is running in the Royal Parks Half Marathon today on behalf of the Terrence Higgins Trust. Please use the sponsorship form at the back of church or visit uk.virginmoneygiving.com/LouisDarrant.

NEW CONFIRMATION GROUP TO START

A new confirmation group is starting at St Paul's. If you would like to have a conversation about being prepared for Confirmation or would value the opportunity to deepen your understanding and practice, please speak to a member of the clergy team.

WEDNESDAY EVENING STUDY SERIES: IN THE IMAGE OF CHRIST: REFLECTIONS OF DIFFERENT FACES OF DISCIPLESHIP

Wednesday 5th October: Dorothy Day
Wednesday 19th October: William Stringfellow
Wednesday 26th October: Jean Vanier

Each session will begin at 7.45pm and conclude at 8.45pm. Refreshments will be served from 7.30pm.

WEDNESDAY EVENING SERVICE AT 6.45PM

The daily mass is one of the privileges of our life here at St Paul's. Many people appreciate the reflective character of a weekday mass which lasts no longer than 25 minutes. The Wednesday Evening Service is slightly different in having a simple mass setting, hymn and homily followed by refreshments. Please consider making this part of your own practice.

ALL SOULS' DAY REQUIEM

Please join us for the Solemn Requiem on All Souls' Day, Wednesday 2nd November, at 7pm. Music: Duruflé Requiem. At the mass we will remember by name the faithful departed. Please add names to the list at the back of church.

BOOKSTAND

The bookstand is regularly refreshed with different titles catering for a variety of interests. As the nights begin to draw in why not take the opportunity to be refreshed by some spiritual reading?

The Ordo & Intercessions

There is a mass daily at St Paul's and all are welcome to attend. Service papers are available outside the Chapel or Chancel.

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 →

COLLECT FOR TRINITY 20

O God, giver of life, whose Holy Spirit welleteth up within thy Church: fill us with the gifts of that same Spirit to live the gospel of Christ, and make us ready to do thy will, that we may share with all thy whole creation the joys of eternal life; 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 our Father, whose Son, the light unfailing, hath come from heaven that he may deliver the world from the darkness of ignorance: may the eyes of our understanding be opened through these holy mysteries that we, knowing the way of life, may walk in it without stumbling; through Jesus Christ our Lord. **Amen.**

SERVICES TIMES

Sunday 9 October: 20th Sunday after Trinity - green

◇ Masses at 09:00 & 11:00;

Monday 10 October: Paulinus - white

◇ Mass at 18:00; EH p. 426

R: Let us go the mountain of the Lord.

Tuesday 11 October: Ethelburga - white

◇ Mass at 8:00; EH p. 622 (Common of Religious)

R: Look upon God and be radiant.

Wednesday 12 October: Wilfred - white

◇ Mass at 18:45

Thursday 13 October: The Solemnity of St Edward the Confessor - White

◇ Mass at 18:00; EH p. 438

R: Bless the Lord, you servants of the Lord.

Friday 14 October: feria - green

◇ Mass at 18:00; DEL p. 714

R: Happy the nation whose God is the Lord.

Saturday 15 October: St Edward

EDWARDTIDE VISIT TO WESTMINSTER ABBEY

11.30 am Festival Eucharist

Preacher: The Rt Revd Geoffrey Rowell

We pray this week for:

- our Bishop, Richard, the churches of our deanery & our ecumenical partners
- our developing ministry with children and families
- the life and ministry of Westminster Abbey
- all preparing for Baptism and Confirmation at St Paul's
- all who live and work in the parish
- our local schools
- all who experience mental distress & those who support them
- the work of Parliament

Among the sick and those in need:

Patricia Dopheide; Nick Samuelson; Simon Spence; John Watson; Stephen Allen; Jean Marc Lehut; Geoffrey Wilcox; Jamie Britten; Alan Lintott; Bishop Michael Colclough; Jane Elstub; Michael Cooke; John King; Alexandra Holesh; Vivienne Mallinson; Alain Jouret.

We pray for all the recently departed

Lena Skirrow; Julian Lawrie; John Brett.

and for all those whose year's mind falls at this time.

Charles Black	9 October
Cecily Jackson	9 October
Cecily Jackson	9 October
Kate Davis	12 October
Sean Edwards	15 October

ST PAUL'S

KNIGHTSBRIDGE

WHO'S WHO

THE PARISH OFFICE

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THE PARISH CLERGY



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Fr Louis Darrant
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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 Louis is unavailable on Fridays.

IN THE PARISH OFFICE



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THE MUSIC DEPARTMENT



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Music Scholars



(l-r) Adam Mathias (Organ); Findlay Spence (Cello & Composition)

LAY OFFICERS & OTHER STAFF



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