

St Paul's Knightsbridge  
The Parish Office  
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Website [www.spkb.org](http://www.spkb.org)

## SERVICE TIMES

**Sunday 12<sup>th</sup> January:**

**Baptism of Christ**

**Family Mass** at 09:00 (AG)

**Solemn Eucharist with** at 11:00

*Celebrant & preacher: Fr Alan Gyle*

*Missa Vinum bonum - Lassus*

*Tribus miraculis - Hassler*

*See, see the word is incarnate -*

*Gibbons*

**Monday 13<sup>th</sup>:** Hilary, *Kentigern,*

*George Fox*

*No services*

**Tuesday 14<sup>th</sup>:** Feria

**Morning Prayer** at 9:00

**Wednesday 15<sup>th</sup>:** Feria

**Morning Prayer** at 9:00

**The Wednesday Evening Service**

at 19:00 *Preacher: Fr Alan Gyle*

**Thursday 16<sup>th</sup>:** Feria

**Morning Prayer** at 9:00

**Friday 17<sup>th</sup>:** Antony of Egypt,

*Charles Gore*

**Morning Prayer** at 9:00

**Saturday 18<sup>th</sup>:** *Amy Carmichael*

**Morning Prayer** at 9:00

**Low Mass** at noon (AG)

**Sunday 19<sup>th</sup> January:**

**Second Sunday of Epiphany**

**Family Mass** at 09:00 (VS)

**Solemn Eucharist with** at 11:00

*Preacher: Fr Victor Stock*

*Missa Brevis - Langlais*

*Dir, o schönste Himmelsblüte -*

*Reger*

*Tantum ergo - Fauré*

**Week of Prayer for Christian  
Unity – 18-25 January**

*This year's resources the Week of  
Prayer for Christian Unity have  
been prepared by the churches of  
Malta and can be downloaded  
from [www.ctbi.org.uk](http://www.ctbi.org.uk).*

## NEW YEAR, NEW YOU?



The last thing on your mind as you toy with your Pig's Cheek Pie with Clotted Cream Mash, Crispy Black Pudding and Devilled Sauce at Kerridge's Bar & Grill at the Corinthia Hotel is wellbeing, still less your Body Mass Index! As venues for gastronomic blow-outs go, few places are better than Tom Kerridge's London restaurant. Time, there, to suspend reality and to sink into the joy of great food in an elegant setting. But on BBC 1's new series, *New Year, New You?*, Tom Kerridge reveals that alongside the occasional burst of indulgence, a good regular diet informed by a thoughtful philosophy of eating is part of what it takes to achieve better health, and that even he needs to shed a few pounds and get into shape. In this eight-part series, the celebrated chef gathers to himself a group of similarly honest people and last Wednesday the programme showed them as they began their collective journey to trimmer bodies and better well-being through diet and exercise.

Each New Year gyms across the nation see a seasonal surge in membership of something in excess of 40%. Many who sign up don't even go – and of those who do go, few stay the course beyond the end of March. Joining is a totemic gesture – which is to say it is expressive of an inchoate desire for something better rather than being the first step on a real plan to achieving change. Personally, just paying the gym membership makes me feel healthier – but I am among the worst of sinners when it comes to regular exercise! The annual 'New Year Instinct' to set our house in order by achieving better levels of health through eschewing alcohol, taking exercise and improving diet is no bad thing, despite the fact that it is more often honoured in the breach than in the observance of any sustained change. Good luck to Tom Kerridge and to all who have taken the first step.

Of course, diet, better hydration and physical exercise can only ever be parts of any plan for transformation of life. Good, in this season of the Incarnation, to be aware of our 'physicality' (that which is embraced by God in the birth at Bethlehem), but if we address only our BMI and our level of physical fitness – even to the point of being beach-ready in June – we will still only have scratched the surface of what it means to be 'fully alive.' The Christian life well-lived is also about spiritual disciplines: better and more empathic listening which springs from being comfortable with self and silence; honest appraisal of our inner life; noticing what those things 'we think but don't say' (and thank heavens we do often manage to censor ourselves!) and what they actually say about our inner health and attitude to neighbour; having a regular discipline around coming into God's presence; cultivating that inner attitude of gratitude and thanksgiving for life's blessings in which less attractive qualities (cynicism, bitterness, sniping and ingratitude) find it hard to take root and grow. We may well look amazing as the warmer weather draws us to the poolside, but looks are only part of the story.

My clergy colleagues and I do not offer ourselves as in any way as paragons of virtue, still less as full-rounded (except in the sense – with the elegant exception of Bishop Michael! – of possibly being slightly over-weight ourselves!), but we are accustomed to being companions on the way for those who are striving for that continuous transformation that is expressive of a life lived faithfully 'in Christ'. For any of you who feel that this January might be the time for a new seriousness of endeavour in your inner and/or holistic journey to well-being, why not initiate a conversation about some form of spiritual direction? It can be helpful and supportive to have a regular check-in as people of prayer and good intent – and often those alongside us on the way can be an encouragement, if only through sharing experiences of struggle! The offer is there...

*Fr Alan Gyle*

*New Year, New You?* With Tom Kerridge is on BBC 1 on Wednesday evenings at 8pm, and is available to view again on iPlayer)

## LOOKING AHEAD

### SONGHAVEN

Saturday, 18th January at 3:00pm



Join us for the first dementia-friendly concert of the new year with favourite ensembles from the operatic stage, tunes from musicals and well-love singalongs, followed by afternoon tea. All welcome! A free event, but please reserve a place by visiting [www.spkb.org](http://www.spkb.org) or calling the parish office on 020 7201 9999.

### PATRONAL FESTIVAL

Sunday, 26th January

Join us to celebrate the festival of the Conversion of St Paul, our patron:

**9:00am – Family Mass**

*Celebrant & preacher: Fr Alan Gyle*

**11:00am – Festal Orchestral Mass**

The Choir of St Paul's Knightsbridge with instrumentalists from The Royal College of Music:

*Spatzenmesse – Mozart*

*O quam gloriosum – Victoria*

*The Guiding Light – Findlay Spence*

*Preacher: Fr Alan Gyle*

*Followed by a reception*

## Who is doing what this Sunday?

### The Family Mass at 09:00

*Celebrant & Preacher: Fr Alan Gyle*  
*Server: Phil Davies*

### The Solemn Eucharist at 11:00

*Celebrant & preacher: Fr Alan Gyle*  
*Deacon: Roland Brunner*  
*Subdeacon: James Wilcox*  
*Reader: Veronica Scott*  
*Intercessor: Tom Hyde*  
*Hospitality: Veronica & Mike Scott*

## For your prayers

### We pray this week for:

Sarah, Bishop of London; Lorna Gradden and Rob Clouston, our Churchwardens; our staff team; our Sister and Partner Parishes, St Paul's K-Street in Washington DC and All Saints, Nhamavilah, Mozambique;

Those who lead the church that they may do so with integrity, and we pray for the constant renewal of the church.

The Queen and her government; the leaders of the nations.

### Among the sick and those in need:

Frank Faber; Raymond Willetts; Anne Prevost; Baby Maximus; Victoria Jones; Maya Habboush; Sall Allen; David Eckland; Nicky Lindsay; Penny Higgs; Reg Francis; Philippe Romano; Paule Bedford; Nicole Lejeune; Stewart Bell; Rosemary Gomersall; Sybil Smith, Fr Neil Dawson; Roy Stockwell; Mark L-R.

### All the recently departed:

Tessa Murphy.

### And we pray for those whose year's mind falls a this time:

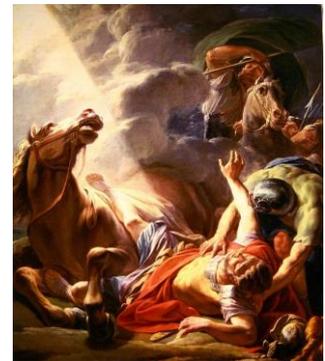
#### JANUARY:

Guy Shea, priest	1 <sup>st</sup>
Frank Dawson	1 <sup>st</sup>
Valerie Maurice	5 <sup>th</sup>
Irene Dawson	8 <sup>th</sup>
Isabel Llewellyn	8 <sup>th</sup>
Julia Candlish	8 <sup>th</sup>
Kurt Hoxter	11 <sup>th</sup>
Dick Bilborough	11 <sup>th</sup>
Christopher Courtauld, priest	11 <sup>th</sup>
James Longcroft	13 <sup>th</sup>
Marjorie Garrett	13 <sup>th</sup>
Shauna Gosling	14 <sup>th</sup>
Arthur Stuart Duncan-Jones, priest	19 <sup>th</sup>
Donald Bertram Harris, priest	20 <sup>th</sup>
Stan Sherrington	20 <sup>th</sup>
Richard Thornton	21 <sup>st</sup>
Thomas Robinson	22 <sup>nd</sup>
Elisabeth Moorwood	23 <sup>rd</sup>
Henry Worsley	24 <sup>th</sup>

### LEARNING & FAITH AT THE CATHEDRAL

Copies of the spring programme of learning events at St Paul's Cathedral are available at the back of church, or on the cathedral's website:

[www.stpauls.co.uk](http://www.stpauls.co.uk).



## WHO'S WHO at ST PAUL'S?

### THE CLERGY



(l-r) **The Vicar** Fr Alan Gyle ([alan@spkb.org](mailto:alan@spkb.org));

**Honorary Assistant Clergy**  
Bishop Michael Colclough;  
Fr Victor Stock.

*A priest is available before or after services 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.*

### LICENSED LAY MINISTER



Roland Brunner

### LAY OFFICERS



(l-r) **Churchwardens:** Lorna Gradden & Robert Clouston ([wardens@spkb.org](mailto:wardens@spkb.org))

**Treasurer:** Noel Craven

**Safeguarding officer:** David Hayton

### The Deputy Churchwardens & their responsibilities:

Virginia Craven (Children's Advocacy); Caroline Docker (Hospitality); Gardenia Griffith (Welcoming); Iago Griffith (Electoral Roll Officer & Incorporation); David Hayton (Safeguarding); Steven Hicks (Archives); Aidan Linton-Smith (Family Mass); Tom Tull (Wednesday evenings); Sarah Tytherleigh (Vestments, fabric & plate).

### THE MUSIC DEPARTMENT



(l-r) **Director of Music** Dr Stephen Farr ([sforganist@gmail.com](mailto:sforganist@gmail.com))

**Acting Assistant Director of Music** Adam Mathias

**Music Scholars** Michael Koenig (organ) & Findlay Spence (cello and composition)

### IN THE PARISH OFFICE



(l-r) **Vicar's PA:** Felicity Cranfield ([felicity@spkb.org](mailto:felicity@spkb.org))

**Head of Future Programmes:** Phil Davies ([phil@spkb.org](mailto:phil@spkb.org))

**Caretaker:** Adam Modzelewski ([adam@spkb.org](mailto:adam@spkb.org))