



The Chapels Royal of St Peter ad Vincula and St John the Evangelist

HM Tower of London

Dear friends,

You will notice that the colours of vestments and altar cloths change as a reflection of the different seasons of the Church year. Those who feel unclear as to the significance of these colours can find the background [here](#). Are these colour changes essential? Probably not, in the greater scheme of things, but they help us to mark our progress through the Christian year and to remind ourselves of the different focus of each season as we tell and retell the Gospel accounts. This week sees the celebration of the Ascension. As we look at the 'farewell discourses' in St John's Gospel, we realise that the Ascension is not the end but an essential waypoint in the post-Resurrection narrative. The Ascension marks the moment, as he foretold, when Jesus finally returns to the Father after his post-Resurrection engagement with the disciples but, importantly, it also precedes the promised sending of the 'Comforter' or 'Paraclete' at Pentecost, which we shall celebrate on Whitsunday, 28th May. That is why the Easter season does not end at the Ascension but continues to the fulfilment of our Lord's ministry with that promised coming of the Holy Spirit upon the disciples. Then, we have completed the story of revelation of God as Father, Son and Holy Spirit. The Sunday after Pentecost then logically celebrates the Trinity. At that point, our colour changes to green for the Trinity season, except for a few special days, until Advent when we move to purple. There is method behind it!

With all good wishes,
Cortland.

**Ascension Day: 18th May 2023 at 1900 in the Chapel of St John the Evangelist
Entry through the West Gate from 6.30pm**

**Sunday Service Details for 21st May 2023
The Sunday after Ascension**

0915 Holy Communion St Peter ad Vincula
1100 Choral Matins St Peter ad Vincula

Psalm 68: 1-10.

Readings

Ezekiel 36: 24-28
John 17: 1-17

Collect for the Sunday after Ascension

O God the King of Glory, who hast exalted
thine only Son Jesus Christ with great triumph
unto thy kingdom in heaven: We beseech thee,
leave us not comfortless; but send to us thine
Holy Ghost to comfort us, and exalt us unto the
same place whither our Saviour Christ is gone
before, who liveth and reigneth with thee and the
Holy Ghost, one God, world without end. **Amen.**

Poem On a Quiet Conscience, attributed to King Charles I (1600-1649)

Charles I spent a great deal of money on the arts, inviting the painters Van Dyck and Rubens to work in England, and buying many works by Raphael and Titian. He also instituted the post of Master of the King's Music, which survives to this day. He was deeply religious, favouring a high Anglican form of worship. His disputes with Parliament, largely but not exclusively centred on money, led eventually to the Civil War and his own execution in 1649. Charles himself claimed at his death that he was 'a martyr for the people' and some Anglicans hold him to be a saint.

This week's poem, attributed to Charles I, reflects a deep trust in God (verses 1-4) and then addresses its title subject in the remaining six lines. The rhyme scheme is basic: aa, bb, cc, dd, aa, with the final couplet using the same two rhyme words as lines 1 and 2 - a simple but effective construction. Lines 7 and 8 suggest the fragility of kingship if one's conscience is unquiet; that they refer to the 'mirth' of kings may suggest that they were written before the turbulent events that ended with Charles's death. Whatever its true authorship, this little poem remains a valid reflection on the need for honesty with ourselves about our thoughts and actions.

On a Quiet Conscience

Close thine eyes and sleep secure,
Thy soul is safe, thy body sure;
He that guards thee, he that keeps,
Never slumbers, never sleeps.
A quiet conscience, in a quiet breast,
Has only peace, has only rest:
The music and the mirth of kings
Are out of tune, unless she sings.
Then close thine eyes in peace, and rest secure,
No sleep so sweet as thine, no rest so sure.

Attributed to Charles I (1600-1649)

Our Congregation

On Sunday 14th May, we had a service of Baptism for three children in the Chapel of St Peter ad Vincula. Thank you to the families for sending in their pictures of the day.

Theodora Sofia Shaw, Wilbur Thomas Shaw & Emilia Elsie Lucy Gilbert



Tracy's Garden – Aubretia



Jigsaw

Tower Bridge - <https://www.jigsawplanet.com/?rc=play&pid=2180a4e46e87>



Mental Health Awareness Week

It is Mental Health Awareness Week this week, 15 – 21 May 2023. The theme this year is Anxiety.

Experiencing anxiety can be a normal response to uncertain and stressful situations. We can all feel anxious sometimes. However, anxiety can become disruptive to our general wellbeing.

The Mental Health Foundation found that a quarter of adults reported feeling anxious to the point of being unable to do things some or all of the time.

[Mental Health Awareness Week 2023 | Mental Health Foundation](#)

Prayers

Please continue to remember those on our sick list, some of whom are very ill, amongst whom we name: Norma, Ann, Ros, Mark, Madeleine, Dan, Derek, Colin, Ian, Patti, Florence, Bridget and Veronica.

RIP

Martin Gough (Priest) and Peter Brook.

Please continue to pray for Ukraine:

God of peace and justice, we pray for the people of Ukraine today.

We pray for peace and the laying down of weapons.

We pray for all those who fear for tomorrow, that your Spirit of comfort would draw near to them.

We pray for those with power over war or peace,
for wisdom, discernment and compassion to guide their decisions.

Above all, we pray for all your precious children, at risk and in fear,
that you would hold and protect them.

We pray in the name of Jesus, the Prince of peace. Amen

With best wishes to all, Cortland.



The Reverend Cortland Fransella
Deputy Priest in Ordinary to HM The King
HM Tower of London

Cortland.Fransella@hrp.org.uk