

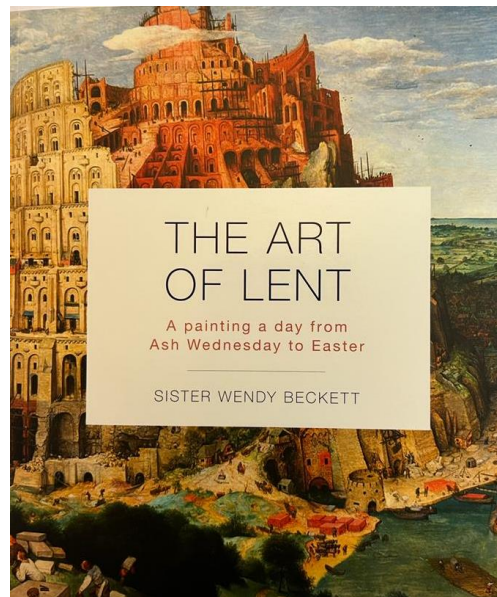
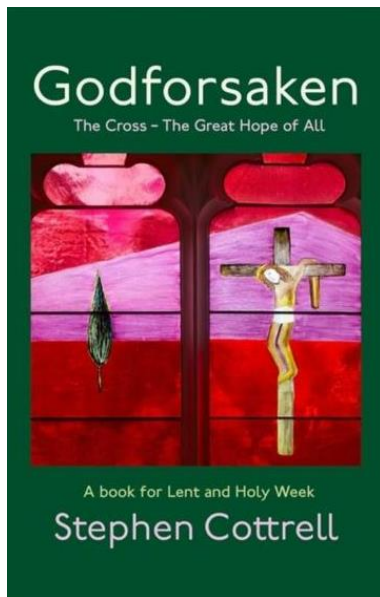


**The Chapels Royal of St Peter ad Vincula and St John the Evangelist  
HM Tower of London**

Dear friends,

**‘Angels can fly because they take themselves lightly’ C.S Lewis.**

By the time you read this newsletter, Ash Wednesday will have been and gone and we will be in Lent. Lent is a period of 40 days, during which time Christians remember the events leading up to, and including, the death of Jesus Christ, whose life and teachings are the foundation of Christianity. The 40-day period is called Lent after an old English word meaning ‘lengthen’. The purpose of Lent is to prepare Christians for Easter through prayer, reflection, almsgiving and self-denial. Remembering Jesus’s sacrifice on the cross may also inspire people to make some kind of sacrifice during Lent, perhaps giving up something that they particularly enjoy. In an earlier newsletter, I said that I would suggest a couple of books for you to read during Lent, and the following may be of interest:



**Godforsaken, by Stephen Cottrell.** This book explores the last words of Jesus: ‘My God, my God, why have you forsaken me?’. In this series of reflections, written for Lent and Holy Week, the Archbishop of York, Stephen Cottrell, ponders the significance of these words. What does it mean for Jesus to have quoted them, at the very end of his life? What do these words mean to us?

**The Art of Lent, by Sister Wendy Beckett.** This book is an old favourite of mine and one that I have commended to many people. Using a selection of works of art, Sister Wendy explores the meaning behind many famous (and not so famous) paintings as she draws us nearer to Holy Week and Easter.

Please continue to keep in your prayers the people of Ukraine and the people of Turkey and Syria. I sent off a cheque from the chapel for £1,000 towards the disaster appeal for Turkey and Syria.

With my best wishes, thoughts and prayers for you all, Roger.

Services Details, 26th February 2023

The First Sunday in Lent

0915 Holy Communion St Peter ad Vincula  
1100 Holy Communion St Peter ad Vincula  
(The Royal Military Police Association will join us)

Readings

2 Corinthians 6: 1-10.

Matthew 4: 1-11.

Collect for the First Sunday in Lent

O Lord, who for our sake didst fast forty days and forty nights; Give us grace to use such abstinence, that, our flesh being subdued to the Spirit, we may ever obey thy godly motions in righteousness, and true holiness, to thy honour and glory, who livest and reignest with the Father and the Holy Ghost, one God, world without end. **Amen.**

Poem of the week

Jan Richardson is an American artist, writer, poet and ordained minister in the United Methodist Church. Her works have been published over many years and appreciated by many people. She has a simple but profound way of communicating difficult ideas. This poem for Ash Wednesday was written out of her own experience of feeling loss and bewilderment, with the sense that in spite of everything painful that can happen to us, God is there.

**Blessing the Dust**

All those days  
you felt like dust,  
like dirt,  
as if all you had to do  
was turn your face  
toward the wind  
and be scattered  
to the four corners

or swept away  
by the smallest breath  
as insubstantial—

Did you not know  
what the Holy One  
can do with dust?

This is the day  
we freely say  
we are scorched.

This is the hour  
we are marked  
by what has made it  
through the burning.

This is the moment  
we ask for the blessing  
that lives within  
the ancient ashes,  
that makes its home  
inside the soil of  
this sacred earth.

So let us be marked  
not for sorrow.  
And let us be marked  
not for shame.

Let us be marked  
not for false humility  
or for thinking  
we are less  
than we are

but for claiming  
what God can do  
within the dust,  
within the dirt,  
within the stuff  
of which the world  
is made  
and the stars that blaze  
in our bones  
and the galaxies that spiral  
inside the smudge  
we bear.

Jan Richardson b. 1967

Hellebores near the Tower. Sometimes called the Lent Rose.



## Jigsaw

Hampton Court Palace - <https://www.jigsawplanet.com/?rc=play&pid=28293bb5f587>



## 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 and Florence.

## **RIP**

Ken Reeves, Tony Kershaw, Johnny Marland and Steven Carson.

## **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, Roger.



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