



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

Dear friends,

On Sunday 12th February I had the pleasure of leading the 1100 Holy Communion service at St George's Church in Malaga, Andalusia, while the incumbent took a short holiday. You can see below photos of the outside and inside of this attractive church, which sits in the middle of the British Cemetery, as well as some examples of the plants in the cemetery garden. The congregation is made up of people of various nationalities who have found their spiritual home in this lively Anglican church. As it happened, on this occasion there was no organist and no source of recorded music, so we all sang *a cappella*, with an enthusiasm that, admittedly, sometimes surpassed accuracy. Although the previous week had seen heavy rain and strong winds, we enjoyed more standard February weather for Malaga – temperatures in the low 20s, blue skies and gentle breezes, so we were able to share refreshments outside after the service. St George's Weekly Bulletin shows an impressive list of activities beyond the weekly services and always contains suggestions for reading and thinking. You will see that, this week, in place of a poem, I have taken the liberty of reproducing a Lenten suggestion from that Bulletin. Laura and I were happy to be able to convey greetings to the congregation from the Chapels Royal at the Tower, which they warmly reciprocated, so - Greetings from Malaga!

With my best wishes and prayers for you all, Cortland.





Services Details, Sunday 5th March 2023 – Second Sunday in Lent

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

Readings

Genesis 12:1-4a and John 3:1-17.

Collect for the Second Sunday in Lent

ALMIGHTY God, who seest that we have no power of ourselves to help ourselves;
Keep us both outwardly in our bodies and inwardly in our souls;
that we may be defended from all adversities which may happen to the body
and from all evil thoughts which may assault and hurt the soul;
through Jesus Christ our Lord. **Amen.**

Thoughts for the Week instead of a Poem: Do you want to fast this Lent?

As mentioned above, the Weekly Bulletin of St George's, Malaga contained the following suggestions for fasting in Lent from Pope Francis. Laura and I were struck by the simplicity and strength of these ideas and felt that you might like to share them this week instead of a poem.

DO YOU WANT TO FAST THIS LENT?

In the words of Pope Francis

Fast from hurting words and say kind words.

Fast from sadness and be filled with gratitude.

Fast from anger and be filled with patience.

Fast from pessimism and be filled with hope.

Fast from worries and have trust in God.

Fast from complaints; contemplate simplicity.

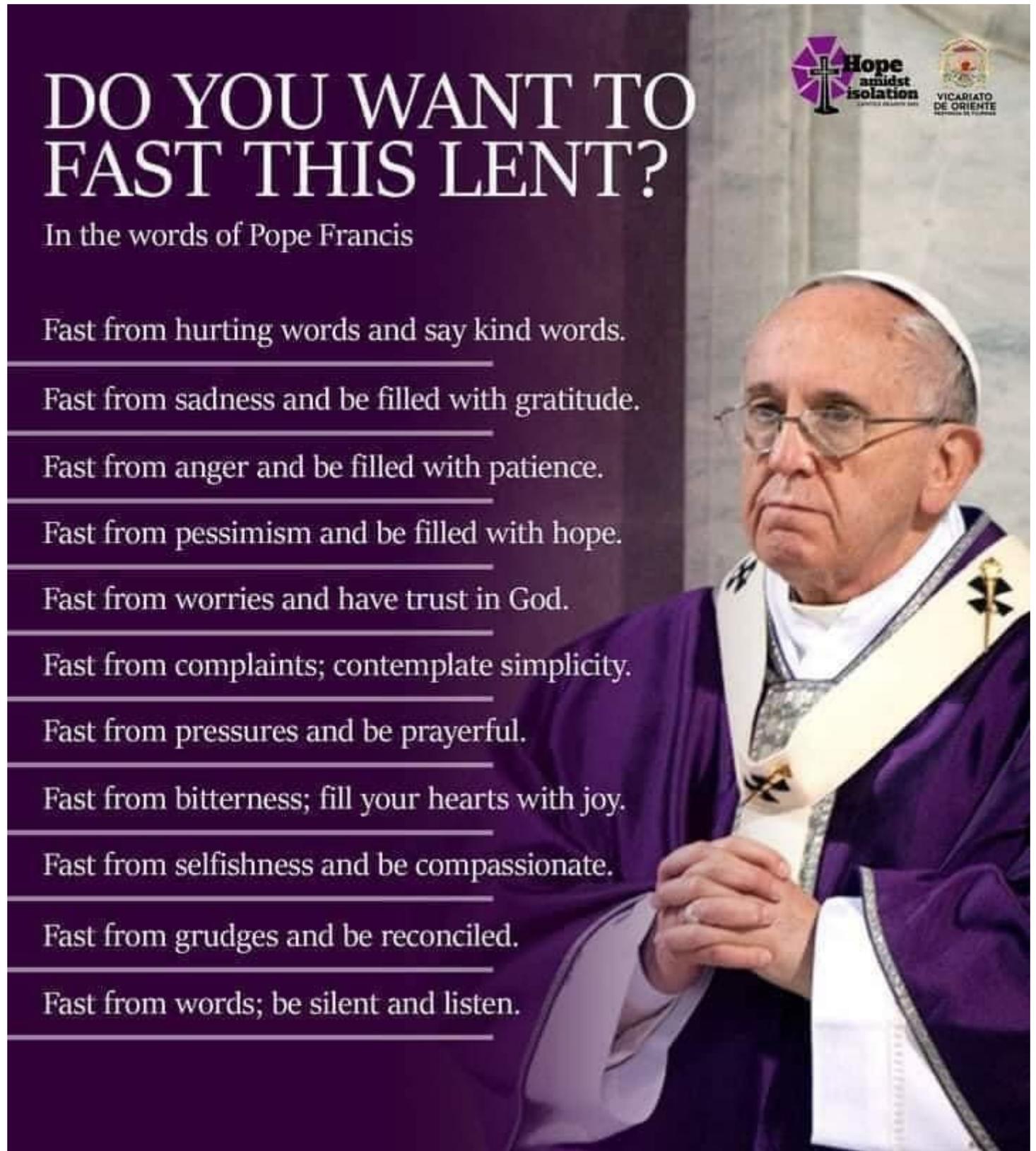
Fast from pressures and be prayerful.

Fast from bitterness; fill your hearts with joy.

Fast from selfishness and be compassionate.

Fast from grudges and be reconciled.

Fast from words; be silent and listen.



The Royal Military Police at the Chapel.

On Sunday 26 February we were delighted to welcome to our service a large contingent of serving and veteran members of the Royal Military Police, on their annual visit. There was standing room only in the Chapel and the volume of the hymn-singing was impressive. RMP Chaplain, The Reverend Mark Christian, preached a lively sermon which touched all present. Here are photos from the occasion.



Historic Royal Palaces

Congratulations to YW Nev Dednum who has passed his 'Story' test! He is now ready to take visitors on a tour of the Tower.



Jigsaw

Spring Daffodils - <https://www.jigsawplanet.com/?rc=play&pid=2b488360d1c3>



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 Christopher.

RIP

Peter Seal (priest), Johnny Marland, Ken Reeves, Tony Kershaw, Stephen Casson and Trevor Barry.

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