



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

Weekly Newsletter

Dear Friends,

By this coming Sunday we will have been 8 weeks without services in the chapel. As they say – time marches on. It has been good to hear from many of you and I can assure you that those associated with the chapel, are on the whole, in good heart. Friday marks VE Day – one of our parishioners wrote to me saying he was trying to organise a ‘social distancing street party’. Others I know will watch the television and join in the celebrations from their sitting room. Peace in Europe for 75 years is something worth cherishing.

In reply to an email I received I wrote this which I thought I would share with you: -

There is a temptation in these circumstances to despair – it is important that we do not succumb to this. Things have changed and they may change very significantly for us all in the future. Life has become disrupted, confused and for some quite frightening. None of us has a Manual to show us the way out of this crisis – not the Government, not the Scientists and certainly not your Chaplain!

Being frightened or confused is not the same as despair. Remember, life continues, even in the midst of this pandemic, and will continue afterwards, and we can all look forward to resuming our fellowship and social events as and when it is safe to do so.

I'm grateful to those who have contributed to this week's Newsletter. Please don't be afraid to share your news.

Happy the Man – John Dryden 1631-1700

Happy the man, and happy he alone,
He who can call today his own:
He who, secure within, can say,
Tomorrow do thy worst, for I have lived today.
Be fair or foul or rain or shine
The joys I have possessed, in spite of fate, are mine.
Not heaven itself upon the past has power,
But what has been, has been, and I have had my hour.

Thought for the Day

From Canon Roger Hall, https://youtu.be/T82i_u6uP2s

Music for the Week, from Colm Carey

Emma Sweeney (Fiddler) - The Singing Kettle

Something I love to do when I can is visit a pub in the deep West of Ireland, preferably by the sea. Not only will you find a delicious pint of Guinness, but it's likely you'll hear some traditional music played by locals. Ireland has a very healthy and thriving relationship with its own culture, and it's wonderful to see many musicians (especially youngsters) preserving the ancient tradition of having a 'session' in the local. I was once in a pub in Dingle, a wonderful town in Co. Kerry. Three musicians arrived and started playing. By the end of the night, there were 14... The track I have chosen features Emma Sweeney, a superb young fiddler. She is accompanied by a guitar and a bodhrán - a hybrid instrument unique to Ireland that looks like a tambourine but has the effect of a drum. It looks easy to play, but having once had a lesson, I can tell you it's a lot more complicated than it looks... The nature of the old Irish tunes often disguises the virtuosity required to play them, and this track is a great example of the character and energy of this ancient tradition.

https://www.youtube.com/watch?v=f_IaoisUKzo

Caption Time



This week, we have your Chaplain and another Tower resident, Cyril. Let's see what you can come up with – please send in your captions.

Recipe – Burmese Aromatic Chicken Recipe

During the lockdown I am sure many of you have been using your time to pick up old hobbies, or to explore new ones.

Gill Howard has been experimenting in the kitchen. Please follow the link below to see Gill cooking Burmese Aromatic Chicken.

<https://youtu.be/s0iF5OnPjTM>

Ingredients

- 5 cloves garlic, peeled and roughly chopped
- 5 cm piece of fresh ginger, peeled and roughly chopped
- 2 dried red chillies, stemmed and chopped
- Good pinch of salt
- 1-2 tbsp groundnut or vegetable oil
- 500g skinless and boneless chicken thighs, trimmed and cut in half
- 1 white or yellow onion, peeled and thinly sliced
- 1 tbsp turmeric powder
- 2 stalks lemongrass, trimmed, sliced and smashed
- 2 Roma (plum) tomatoes or other flavoursome tomatoes, each cut into 6-8 wedges
- Small bunch coriander, leaves picked and roughly chopped

Method If you have a mortar, pound the garlic, ginger and chillies together with the salt to make a coarse paste. If not, mince or blend them. Add the turmeric powder, mix and set aside. Heat the oil in a large frying pan or wok over medium high heat. Add the chicken and turn in the hot oil for about 3 minutes. Add the onion, cook for a further minute or two and then add the paste. Mix in well then add the tomatoes and finally the smashed lemongrass. Simmer gently for 15 minutes stirring occasionally, until the chicken is cooked through. Stir in the chopped coriander and serve with rice, noodles or steamed green vegetables.

Our Congregation

Each week I am going to ask members of our congregation to produce a short video telling us something of their situation.

These will be people you recognise, and I hope it will be another way of us keeping in touch with each other.

Please follow the link below for an update from Hannah and Owain from the Chapels Choir.

https://youtu.be/s1_3Nmm1gu8

And also see below an update from a member of our congregation, Marguerite Smith.

Marguerite Smith, a member of our congregation who still attends even though she lives in Deal in Kent, has sent us some thoughts on links between her home neighbourhood and The Tower. “When I was recently taking my daily constitutional (my one-hour limit) I thought of Roger’s recent Newsletter piece about doing circuits around



the moat at the Tower and realised that my walk and his had interesting connections.

I start off at Deal Castle and walk up to Walmer Castle (both built by Henry VIII). Walmer Castle is and has been, the residence of the Lord Warden of the Cinq Ports - therefore once the residence of the Duke of Wellington, a former Constable of the Tower who in fact died at Walmer. You can see his bedroom and indeed his first eponymous Boot, along with the bill for the making of the same. Along the way from Deal Castle, I pass the Band Stand erected in memory of the Marine Bandmen who lost their lives in the bomb attack by the IRA on their School of Music in Deal Barracks September 1989. Once a year there is a memorial concert for them, attended by thousands, and the band of the Royal Marines are the star attraction. Then I pass the plinth erected where Julius Caesar landed in Great Britain – and, of course, one of the earliest traditions associated with the Tower was that it was built by Julius Caesar. Finally, I pass the RM Barracks. Both of our walks have been trodden by the same feet - Henry VIII, Duke of Wellington, the Military in the form of the Marines who appear regularly at the Tower and, before them all, the Romans. So, while I am missing you all at the Tower, I have constant reminders of connections with my own neighbourhood. Greetings to all my friends at the Tower, Marguerite.”



A Prayer

Please continue to remember those on our sick list – some of whom are very poorly
Isabelle, Rustom, Jo, Rory, Lucy, Judy, Neil, Margaret, Leon, Susan, Theodore, John, Neil, Margaret, Noel, Denise, Hannah, Les and Ralph.

Those affected by the coronavirus.

**God of love,
We ask for your blessing on
those who are ill,
those who are vulnerable
those who are worried about
themselves and those they love,
and for those who mourn.
We ask this through Jesus Christ our Lord. Amen.**



With best wishes and prayers, Roger.

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