



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

Dear friends,

Last Sunday we shared in a thoughtful, spiritual and joyful day at the Royal Foundation of St Katharine. Thank you to Roger and Catherine Preece for making us all very welcome. It was good to see so many people there and we hope to make this an annual occasion.



For some time, I have been a member of the ***Friends of the Holy Land***. Being a member means that I receive regular emails with information about what is going on in the Holy Land and the Middle East. This is a terrible and very worrying time for all those caught up in the troubles in that region. The Most Reverend Hosam Naoum, Anglican Archbishop in Jerusalem and Primate of the Episcopal Church in Jerusalem and the Middle East, has asked us to pray for all people of faith in the Middle East and especially for the small groups of Christians spread out throughout the area.

Christianity in Iran dates back to the 1st century, with the apostles Thaddeus and Bartholomew believed to have preached in the region. Although always small in number, Christians have contributed to Persian culture as physicians, translators and artisans, and Armenian Christians formed, and still constitute to this day, the largest Christian community. Sadly, through the years these small Christian communities have been persecuted, and surveillance remains high, with many churches forced to meet in secret in underground house churches. Last year at least 254 Christians were arrested, receiving prison sentences or having to undergo forced labour. We will indeed keep in our prayers the Christians in the Middle East, as well as all those caught up in the war.

Update on the work at St Peter ad Vincula: Please note that we are expecting to be back in the main chapel on **Sunday March 22nd** for the services of Holy Communion at 0915 and Choral Matins at 1100. Access will be from beside the Beauchamp Tower and past my house. Debbie will send out a separate email on **March 20th** to confirm this arrangement, and I am very much looking forward to our return.

With the constant assurance of my prayers and good wishes for you all, Roger.

Service details for Sunday March 15th, 2026
The Fourth Sunday in Lent and Mothering Sunday
0930 Holy Communion in the White Tower

Readings: Colossians 3: 12-17.
Luke 2: 33-35.

Collect for the Fourth Sunday in Lent

Grant, we beseech thee, Almighty God, that we, who for our evil deeds do worthily deserve to be punished, by the comfort of thy grace may mercifully be relieved; through our Lord and Saviour Jesus. **Amen.**

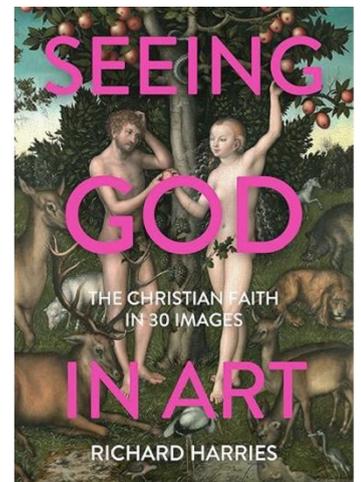
Third Lent book suggestion

Seeing God in Art: The Christian Faith in 30 images, by The Rt. Reverend Richard Harries

SPCK Publishing 2020 ISBN 978 0 28108 382 4

Richard Harries is no stranger to Christians. A former Bishop of Oxford and a regular contributor to Radio 4's *Thought for the Day*, Bishop Richard has written many books and is considered one of the greatest Christian thinkers of his generation.

Seeing God in Art connects each of its 30 illustrations to a crucial aspect of Christian belief and faith, concluding each reflection with a prayer. This is a book I have recommended before and one that I regularly turn to. You can dip into it at any time, as all the chapters are standalone. It is ideal for Lent but also makes an excellent book for reflection and for use as a devotional aid throughout the Christian year.



Tracy's Garden – Crocuses



Please note: - Change to Chapel service time after Easter

From Sunday 19th April our second service will be moving from 11am to **11.15am.**

Music from the Choir of the Chapels Royal

Psalm 22. V1-22 (*Audio file attached to email*)

Psalm 22 begins with the haunting words, 'My God, my God, why hast thou forsaken me?' This cry encapsulates the feeling of abandonment that many experience in times of distress. The psalmist articulates a deep sense of isolation and pain which may resonate with anyone who has felt distant from God during their struggles, including 'dry' times of prayer. This opening line is not only a personal lament but also a foreshadowing of Jesus's words on the cross, highlighting the universal nature of suffering.

Psalm 22:1-22 (Book of Common Prayer/King James Version of the Bible).

1. MY GOD, my God, look upon me; why hast thou forsaken me : and art so far from my health, and from the words of my complaint?
2. O my God, I cry in the day-time, but thou hearest not : and in the night-season also I take no rest.
3. And thou continuest holy : O thou worship of Israel.
4. Our fathers hoped in thee : they trusted in thee, and thou didst deliver them.
5. They called upon thee, and were holpen : they put their trust in thee, and were not confounded.
6. But as for me, I am a worm, and no man : a very scorn of men, and the outcast of the people.
7. All they that see me laugh me to scorn : they shoot our their lips, and shake their heads, saying,
8. He trusted in God, that he would deliver him : let him deliver him, if he will have him.
9. But thou art he that took me out of my mother's womb : thou wast my hope, when I hanged yet upon my mother's breasts.
10. I have been left unto thee ever since I was born : thou art my God, even from my mother's womb.
11. O go not from me, for trouble is hard at hand : and there is none to help me.
12. Many oxen are come about me : fat bulls of Basan close me in on every side.
13. They gape upon me with their mouths : as it were a ramping and a roaring lion.
14. I am poured out like water, and all my bones are out of joint : my heart also in the midst of my body is even like melting wax.
15. My strength is dried up like a potsherd, and my tongue cleaveth to my gums : and thou shalt bring me into the dust of death.
16. For many dogs are come about me : and the council of the wicked layeth siege against me.
17. They pierced my hands and my feet; I may tell all my bones : they stand staring and looking upon me.
18. They part my garments among them : and casts lots upon my vesture.
19. But be not thou far from me, O Lord : thou art my succour, haste thee to help me.
20. Deliver my soul from the sword : my darling from the power of the dog.
21. Save me from the lion's mouth : thou hast heard me also from among the horns of the unicorns.
22. I will declare thy Name unto my brethren : in the midst of the congregation will I praise thee.

Jigsaw

A view from above – across the Tower of London roof tops.

<https://www.jigsawplanet.com/?rc=play&pid=1b2a6a09cd3f>



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Prayers

Please continue to remember those on our sick list, some of whom are very ill, amongst whom we name: Sam, Ciara, Louise, Stanley, John, Rob, Kofi, Nick, John, Donald, Christopher, Peter, Ursula and Brian.

Please continue to pray for peace in Ukraine and the countries of the Middle East:

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

This we pray in the name of Jesus, the Prince of peace. Amen.

With best wishes to all, Roger.



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Our Safeguarding Officer

Anna Kimber, Deputy Governor and Head of Operations, HM Tower of London: Anna.Kimber@hrp.org.uk Telephone: 07785 954549.

Donations to the Chapel

We are always grateful for financial contributions to help us in our work. If you would like to support the Chapels Royal, HM Tower of London by setting up a Standing Order, making a one-off donation to Chapel Funds or setting up a Direct Debit, this is how to do it.

Thank you in advance for your generosity.

STANDING ORDER. This is our preferred method because it ensures that we get maximum benefit from your contributions in the timeliest manner. If you would like to set up a Standing Order, you should be able to do this online with your bank, using the following details:

Bank name: **CAF Bank plc**

Sort code: **40-52-40**

Account number: **00027597**

Account name: **The HM Tower of London Chapels Royal Foundation**

Reference: *[your initials and surname]*.

If you prefer to set up the Standing Order by hard copy, please complete the Standing Order form below and send it to your bank.

In either case, please be sure to complete the Gift Aid Form below if you are an eligible UK taxpayer, as this increases the amount of your donation by 25% at no additional cost to you. Please send the completed Gift Aid Form to the address on the form: *The Chapel Administrator, 1 Tower Green, Tower of London, London, EC3N 4AB* or scan it and send it as an e-mail attachment to: TowerofLondonChapelAdministrator@hrp.org.uk.

ONE-OFF DONATION. You can make a one-off donation online by clicking on [this link](#) or pointing the camera of your phone or tablet at this QR Code



and following the link which then pops up. If you are eligible for Gift Aid, please tick the relevant box and provide the required details on the CAF Bank online form. These two links are also available on our website [here](#).

DIRECT DEBIT. It is also possible to use the links above to set up a Direct Debit if that is what you prefer.

If you are an eligible UK taxpayer using the CAF Bank website via the links above to make either a one-off donation or to set up a Direct Debit, please remember to tick the Gift Aid box on the CAF site form. This method of Gift Aid payment does entail some delay in our receiving the benefit – hence our preference for Standing Orders. Gift Aid is available only to eligible UK taxpayers.

If you would also like to give to the Music Fund known as the Chapel Music Friends, please click [here](#).

Please note that Standing Orders and Direct Debits can be set up only from accounts with banks in the United Kingdom, the Channel Islands or the Isle of Man. One-off payments may be made from anywhere in the world, using the card or PayPal options on the CAF Bank website from the links above.

Please see below for the Standing Order and Gift Aid forms.

Thank you again for your generosity.

The HM Tower of London Chapels Royal Foundation



Standing Order

Standing Order

If you have an online banking facility, you should be able to use that to set up a Standing Order with the information in the box below. If not, please complete the form and send it to your bank.

To: The Manager, _____ [*Name of your bank*] [*Address*
of _____ [*Address* _____ of
bank] [*Sort code*] _____ [*Account No.*] _____

Please remit £ _____ to the account detailed below commencing on

_____ [*date*] and monthly / annually [*delete one*] until further notice.

[*Signature*] _____ [*Date of signing*] _____

Use the information below to set up online, or return the completed form to your bank.

Please remit to: CAF Bank plc	Sort code	40-52-40
	Account number	00027597
	Account name	The HM Tower of London Chapels Royal Foundation
	Reference	[<i>your initials and surname</i>]

The HM Tower of London Chapels Royal Foundation



Gift Aid

Charity Gift Aid Declaration – Multiple donations

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is required to identify you as a current UK taxpayer. In order to Gift Aid your donation you must tick the box below.

I want to Gift Aid my donation of £ _____ and any donation I make in the future or have made in the last four years to The HM Tower of London Chapels Royal Foundation.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in the tax year it is my responsibility to pay any difference. *If this does not apply, please strike through and continue with the rest of this form.*

My details: Title___ First name or initials _____

Surname___ Home Address _____
_____ Post Code ___ Email _____

Phone No _____ Signature_____ Date _____

Please notify the charity if you:

- want to cancel this declaration
- change your name or home address
- no longer pay sufficient tax on your income and/or capital gains.

If you pay Income Tax at the higher or additional rate and want to receive the additional tax relief due to you, you must include all your Gift Aid donations on your Self-Assessment Tax Return or ask HM Revenue and Customs to adjust your tax code.

Please post, or return to:

The Chapel Administrator, 1 Tower Green, Tower of London, London, EC3N 4AB.

or send as an e-mail attachment to:

TowerofLondonChapelAdministrator@hrp.org.uk

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