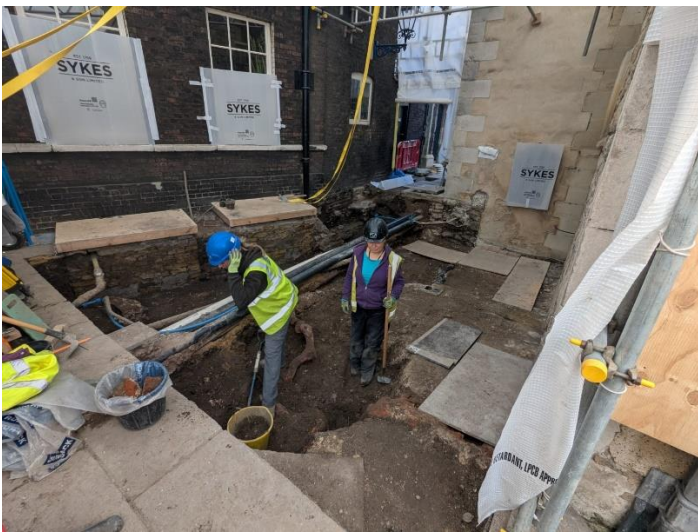




## **The Chapels Royal of St Peter ad Vincula and St John the Evangelist HM Tower of London**

Dear friends,

As you know by now, our main Chapel of St Peter ad Vincula is undergoing extensive refurbishment, including the much-needed installation of an external mobility access lift. (*Pictures below of how the work is coming along*)



Until the completion of those works, our weekly Sunday morning worship takes place in the Chapel of St John the Evangelist in the White Tower (at 0930 – details in the box below) and we follow this by going over to the Armouries for coffee and a chat. Do come and join us. Until further notice, entry is through the West Gate and the main visitor entrance of the Tower. The East Gate is inaccessible until the end of February.

We look forward to seeing those of you who are able to join us, and we hope that these Newsletters will keep others in touch until we can see you in person again.

With my best wishes to you all,

Cortland.

### **Thought for the Day**

‘Job’s comforters’ is an ironic description of those who ostensibly set out to console the afflicted but who do so in such a way as to make matters worse. The Book of Job tells the story of a man who has everything but whose faith in God is tested as he suffers a series of calamities, including the loss of all his goods and the destruction of his family, not to mention being affected by distressing physical illness. His well-meaning friends come to him with rationalisations of his plight which end up as reproofs. These go on for some 40 chapters, with none of the friends showing any real sympathy for Job. It is hardly surprising that he responds, “miserable comforters are ye all.” Each of them no doubt thought that he was making valid points but none of them showed the slightest inclination to try to put themselves in Job’s shoes and

to attempt to see how the world might feel from his position. In their defence, however wrong-headed their harangues, at least they did not leave Job alone in his misery. Too often, when bad things happen to our friends, we are tempted to keep away as we do not know what to say, when simply being with that person and listening could be most supportive. This could be expressed in the following advice: “Don’t just say something; sit there.”

The description of Job’s suffering is extreme, almost to the point of parody. This is a literary device, using hyperbole to make a point. There are painful experiences which all of us undergo at one time or another as part of the human condition, but suffering is, by definition, subjective and, for the person affected, as cutting and tragic as if it had never touched anyone else before. Finally, I wonder how many of us could wholeheartedly embrace Job’s sentiment when he reacts to his loss by saying:

Naked came I out of my mother's womb,  
and naked shall I return thither:  
the Lord gave, and the Lord hath taken away;  
blessed be the name of the Lord.

**Sunday Service Details for 9<sup>th</sup> February 2025**  
**The Fifth Sunday after Epiphany**

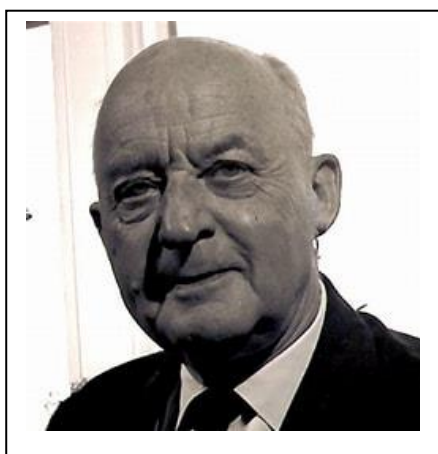
**0930** Holy Communion  
*Chapel of St John the Evangelist, White Tower*

**Readings:** Readings Colossians 3:1-12 and Matthew 13:24b-30

**Collect for the Fifth Sunday after Epiphany**

**O LORD**, we beseech thee to keep thy Church and household continually in thy true religion;  
That they who do lean only upon the hope of thy heavenly grace may evermore be defended  
by thy mighty power;  
through Jesus Christ our Lord. **Amen.**

**Prayer of the week**



Reinhold Niebuhr (1892-1971) was an American Protestant pastor. A professor at Union Theological Seminary for more than 30 years, Niebuhr was one of America's leading public intellectuals for several decades of the 20th century. A public theologian, he wrote and spoke frequently about the intersection of religion, politics, and public policy, with his most influential books including *Moral Man and Immoral Society*. The prayer below, which has come to be known as the *Serenity Prayer*, appeared in various versions from the 1930s, at first attributed to Niebuhr in a different form by a collaborator at the YWCA, Winnifred Wygal, but later published by Niebuhr himself. That said, I may not be the only person to have seen it erroneously attributed to an anonymous mediaeval nun and reproduced as such

on objects as various as tea-towels and mugs. It was in fact Niebuhr’s original work, even though he modified it more than once over the years, as he was quite entitled to do. It appeared as overleaf in a sermon of Niebuhr's in the 1944 *A Book of Prayers and Services for the Armed Forces* and was printed on cards for American soldiers in WWII. It is often set out in three or four lines as if it were poetry, but Niebuhr himself always presented it as a simple piece of prose.

It is deceptively simple. It seems to start with what could be interpreted as an exhortation to passive acceptance of life’s immovable obstacles (the things I cannot change) but then emphasises that we should be brave enough to effect change where we possibly can. The final clause, although it does not use the

word, is about discernment (the wisdom to know the difference). Then we recall that this is not a moral precept being offered by some sage, but a prayer addressed to God. It stresses that we all need to seek God's assistance to achieve the serenity – or equilibrium – to discern what we can realistically change in the world and the courage to fight for such change. No passivity there. The use of the word 'serenity' suggests that right discernment requires that we should not make decisions in the heat of the moment but after achieving some measure of calm.

One of Thomas Cranmer's great prayers in the Book of Common Prayer foreshadows Niebuhr's sentiment when it seeks God's help in addressing life's vicissitudes:

Assist us mercifully, O Lord, in these our supplications and prayers, and dispose the way of thy servants towards the attainment of everlasting salvation; that, among all the changes and chances of this mortal life, they may ever be defended by thy most gracious and ready help; through Jesus Christ our Lord.

An earlier published edition of Niebuhr's final version begins, 'God give us grace', rather than 'serenity.' Like Cranmer's, Niebuhr's prayer also invites us to invoke God's 'gracious [and ready] help' to make good decisions about the problems that life throws at us and then to act effectively where change is possible. I rather think that Cranmer would have approved.

Niebuhr's '*Serenity Prayer*':

**God, grant me the serenity to accept the things I cannot change, the courage to change the things I can, and the wisdom to know the difference.**

**Reinhold Niebuhr 1892-1971**

## **The Hygiene Bank**

A staggering 69% of adults experiencing hygiene poverty are having to make the difficult decision between paying for essential needs like food and bills or purchasing basic toiletries. 54% of those affected have not gone to the dentist in the last 12 months.

The Hygiene Bank distributes new, unused, in-date personal care and household cleaning essentials to those unable to afford them. While we are holding services in the Chapel of St John the Evangelist in the White Tower it may be more difficult to bring physical donations to the Hygiene Bank with you. I know that many of you have been regular contributors and might still like to help out.

**You can donate online at - <https://thehygienebank.com/give-products/>**

You can be sure that your contributions will be greatly appreciated by the recipients of these hygiene items.



## Music

### **Strengthen ye the weak hands - David Buckley (b.1976)**

Now living in Los Angeles, British-born David Buckley is chiefly known as a highly successful composer of scores for TV, film and games. His early years at Wells Cathedral School and the University of Cambridge imbued in him a love of choral music, and this simple setting of words from Isaiah (Chapter 35) demonstrates his versatility as a composer within many different genres.

Strengthen ye the weak hands, and confirm the feeble knees. Say to them that are fearful: 'Behold your God will come with vengeance, even God with a recompense, he will come and save you.'

Interveniat pro nobis

Quaesumus Domine,

Sanctus Lucas Evangelista.

*May Holy Luke the Evangelist intercede for us,*

*We beseech thee, Lord.*

## Jigsaw

This week's jigsaw shows volunteers for the hygiene bank with some of the donated products. You can find it at [My Puzzles](#) | [Untitled](#) | [Hygiene Bank Volunteers](#):



## **Prayers**

Please continue to remember those on our sick list, some of whom are very ill, amongst whom we name: Stanley, John, Barbara, Mark, Rob, Kofi and David.

## **RIP**

Michael Bass (Priest)

Eva Greenspan

Francis Wilkin

Phil Kent

Colin Clifford

## **Please continue to pray for 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.



The Reverend Cortland Fransella  
Assistant priest, Chapels Royal, HM Tower of London  
Deputy Priest in Ordinary to HM the King  
[Cortland.Fransella@hrp.org.uk](mailto:Cortland.Fransella@hrp.org.uk)

## **Our Safeguarding Officer**

Dan Hawkins, Tower of London Operations Manager

[Dan.Hawkins@hrp.org.uk](mailto:Dan.Hawkins@hrp.org.uk)

## **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](mailto: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*  
bank] [*Sort code*] \_\_\_\_\_ [*Account No.*] \_\_\_\_\_

of

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	<b>40-52-40</b>
	Account number	<b>00027597</b>
	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](mailto:TowerofLondonChapelAdministrator@hrp.org.uk)

Registered Charity Number 1160859