



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

Dear friends,

This coming Sunday is Trinity Sunday. Belief in the Father, the Son and the Holy Ghost is the central doctrine of the Christian church, and our belief in the Trinity is what distinguishes us from other faiths. The idea that one God coexists in three persons is not an easy concept, and some clergy find it difficult to preach about the Trinity. I hold to the idea that God in heaven sent his Son to redeem us and, after his Son returned to heaven, sent his Holy Spirit to be with us, guide us and (to use the words in the Book of Common Prayer) comfort us. Faith teaches me that there are 'Three in one and one in three'.

I'm pleased to say that **The Square Mile Hygiene Box** arrived this week and will be out at the back of the chapel from this Sunday. Details of what you can help provide are shown in the photograph.

**The Square Mile Hygiene Bank.**

This project collects household and personal cleaning essentials, including deodorants, shower gel, make-up, nappies, toilet rolls and laundry detergent. The project currently distributes hygiene products via 23 different community partners, including schools, local authority children's services, charities helping victims of modern-day slavery, and organisations and night shelters supporting the homeless. In all, about 5000 recipients receive much-needed help.

<https://hsl.church/the-hygiene-bank>

Items we desperately need:

- Toothpaste
- Toothbrush (child/adult)
- Shampoo/conditioner
- Shower gel
- Razors
- Shaving foam
- Deodorant
- Hairbrush/hair ties
- Nit comb/nit shampoo
- Period products
- Nappies
- Baby wipes
- Toilet roll
- Laundry detergent



June and July are busy wedding months and so I would be grateful if you would keep all those who are getting married here in your thoughts and prayers.

With my warmest good wishes to you all, Roger

**Sunday Service Details for 4th June 2023**  
**Trinity Sunday**

**0915** Holy Communion (White Tower)  
**1100** Choral Matins St Peter ad Vincula

**Psalm 8**

**Readings**

Isaiah 40: 12-17, 27-end  
Matthew 28 16-end.

**Collect for Trinity Sunday**

**Almighty and everlasting God**, who hast given  
unto us thy servants grace by the confession  
of a true faith to acknowledge the glory of the  
eternal Trinity, and in the power of the Divine  
Majesty to worship the Unity; We beseech thee,  
that thou wouldest keep us steadfast in this faith,  
and evermore defend us from all adversities,  
who livest and reignest, one God, world without end. **Amen.**

**Poem**

Hilary Menos was born in Luton in 1964. She studied PPE at Wadham College Oxford, and then worked as a food journalist and restaurant critic in London, before moving to Devon to renovate a Domesday manor. For some years, she ran an organic farm near Totnes with her husband and four sons, and then moved to France, where she now lives. Her first collection of poems, *Berg*, was published in 2009 and won the Felix Dennis Forward Prize for Best First Collection in 2010. Her poem '*The Gift*', which I have chosen this week, describes her perception of the creative process in poetry, starting with the infinite, moving down into a physical landscape and then soaring away into space. I like the fact that Menos wants her poems to be open to the reader's own imagination and interpretation, and for people to make up their own minds as to their meaning.

**The Gift**

I want to write you a square poem  
that starts with space and a vague notion of form  
then pitches in headlong – not holding its nose  
at the pull of another body – to atmosphere,  
the curve of coastline, a fjord's fold and wrinkle,  
borders, boundaries, the abrupt hyphenation of dams,  
and hurtles through the sprawl of domes and spires  
of a small Italian town to a piazza where,  
between candy-stripe carts of ice-cream sellers,  
past lunchtime chatter, waiters bringing Lavazza  
and orange juice, it finds firm ground,  
lands on the page like a flag, like a map of the world  
impossible to resist and, catching the wind  
unfurls and soars like a bird circling the square.

**Hilary Menos b. 1964**

## **Our Congregation**

On Saturday 27<sup>th</sup> May, Sophie-Rose and Henry were married in the Chapel of St Peter ad Vincula.



**Jigsaw** - The Tower of London in the (long awaited) sunshine!

<https://www.jigsawplanet.com/?rc=play&pid=0361b9d891d1>





**Tracy's Garden** - Flowers from Tracy's Garden, and Rhododendrons from Queen's Garden, Glasgow.



**Jewel House**

Last week saw the opening of the new exhibition in the Jewel House.



## **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 and Kofi.

### **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, Roger.



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