



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SATURDAY 24 FEBRUARY



ACTS AND DEEDS - DONATING TO A FOOD BANK

On Saturdays during this course we're going to reflect on Acts and Deeds. This is going to be a more practical reflection. You may be asked to do something, consider giving alms, put your faith into action. These are suggestions and with all other suggestions for reflection in the course they're there to provoke thinking and for you to consider how best to adapt them to your current season in life.

Almsgiving is traditionally part of Lenten disciplines. Almsgiving is the act of giving charity to another. Charity is helping those in need, it might be giving money or assistance or other forms of help.

For the First Week of Lent you're invited to consider donating food to a local food bank. You can do this directly, via a collection point, including at supermarkets. Some of our Episcopal churches have collection points for their local food bank.

Food banks operate across the Diocese seeking to help those in need. Currently 1 in 5 people in the UK live below the poverty line. Food banks, following referrals, pass on donations and often supply other support.

Today you're invited to donate money or some food - a packet of pasta, a tin of something, UHT milk to food bank near you.

Collect for First Sunday of Lent

Almighty God,
whose Son fasted forty
days in the wilderness,
and was tempted as we
are but did not sin,
give us grace to
discipline ourselves in
submission to your
Spirit, that as you
know our weakness so
we may know your
power to save;
through Jesus Christ
our Lord, who lives
and reigns with you
and the Holy Spirit,
one God,
now and for ever.
Amen.