



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SATURDAY 4 MAY



Get down to your local shops today if you can. Those local businesses are a community hub and they're brilliant places to meet people, strike up conversations and support home-grown trade. Perhaps you could choose an independent coffee shop over a chain, or use your local greengrocers rather than a supermarket this week. For those on social media, upload a picture of your favourite local shop using #40acts, and let us (and them!) know why it's your favourite.

ACTS AND DEEDS - GO LOCAL

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.

Today you're invited to 'Go Local'. We're all part of communities, and depending on where we live what local looks like is different. For some it might be the end of the road, for others it might be the nearest settlement several miles away.

Today you're invited to shop in a local store, if you can. Local businesses are part of your community. Perhaps it might be visiting a local independent coffee shop, or visiting a local greengrocers for part or all of your weekly shop.

Collect for the
Fifth Sunday of
Easter

Almighty God, your Son Jesus Christ is the way, the truth, and the life. Give us grace to love one another and walk in the way of his commandments, who lives and reigns with you and the Holy Spirit, one God, now and for ever.
Amen.