



Diocese of Aberdeen and Orkney's Lent Course 2024

THE WAY TO THE CROSS

SATURDAY 6 APRIL



ACTS AND DEEDS - DISTRIBUTE KINDNESS (AND MAYBE CHOCOLATE)

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 distribute kindness to those you meet and perhaps some chocolate...

People who serve us are everywhere - in shops, on the bus, in the coffee shop and beyond. Today you're invited to thank them, treat them with kindness and dignity, perhaps even just smile.

To go further you could buy a bag of chocolate and offer one to people who serve you today. Or to go further you could write a note of encouragement or praise to those who serve you or their manager/head office.

Collect for
Easter Sunday

Lord of life and power, through the mighty resurrection of your Son you have overcome the old order of sin and death and have made all things new in him. May we, being dead to sin and alive to you in Jesus Christ, reign with him in glory, who with you and the Holy Spirit is alive, one God, now and for ever.
Amen.