



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Walking from
Ash Wednesday to
Trinity Sunday

Welcome to From Ashes to Fire:
A Journey from Lent to
Pentecost, an online course for
Lent, Easter and Pentecost 2025
from the Diocese of Aberdeen
and Orkney.



The materials are designed to
be used by individuals each day
or by groups gathering once a
week to reflect together. We'll
travel together from Ash
Wednesday to the new fire of
Easter to the tongues of fire of
the Holy Spirit at Pentecost.

Key Information

- ✦ Daily post on the
Diocesan website under
'[Food for Thought](#)'
- ✦ You can sign up to
receive the weekly
materials on Sundays
via email



Prayer, Fasting, Almsgiving

Three traditional Lenten practices are prayer (for those in need and talking to God about what is happening in our lives), fasting (symbolising the sacrifice made by Jesus) and almsgiving (showing love for others by giving to good causes).

These traditions can look different to different people, depending on our season in life, our faith practices and our faith journey. They help us prepare ourselves – bodies, hearts and souls to hear anew the story of Jesus' Passion, to reflect on the resurrection and our Christian lives.



The 2025 Diocesan Lent Course 'From Ashes to Fire' seeks to offer something to think about, reflect on, to act on as we journey to the Cross. The course will continue to Pentecost, covering the whole Lenten and Easter Liturgical Seasons, moving from early March to mid-June.

The theme for each week will be based on the Readings for the Sunday Eucharist, taken from the Revised Common Lectionary. Throughout the week we'll delve deeper into what they say about Jesus, God and faith. We'll do this in different ways - engaging the breadth of resources of the Christian tradition.

*O Lord, make this Lenten season
different from the other ones.
Let me find you again.
Amen.*

Henri Nouwen

On Sundays, we'll read the four readings and pray the Collect (the prayer written for that Sunday).

On Mondays, we'll delve deeper into the readings, picking up themes and seeking to explore more what they say, the words of Jesus, the Psalmists, Epistle writers and others.

On Tuesdays & Wednesdays we'll explore words from others and resources from the arts - music, art, poetry to help us reflect and engage deeper. The Christian Life involves many different actions, engagement with scripture and the world.



Each Thursday a different contemplative practice will be offered for you to try. This might be a specific prayer practice or other contemplative act.

On Friday's an action or deed will be suggested related to the theme - faith into action.

Each of us have stories of faith to tell, of our walks with Jesus and experiences of the Divine. On Saturdays, we'll hear different perspectives from around the Diocese about their experience of the week's theme.

To receive the weekly emails, or for more information contact Revd Canon Dr Jenny Holden, Advisor for Christian Life:
christianlife@aberdeen.anglican.org.

From Ashes to Fire: A Journey from Lent to Pentecost

Weekly Themes

Ash Wednesday

Lent 1

Lent 2

Lent 3

Lent 4

Lent 5

Palm Sunday

Easter Sunday

Easter 2

Easter 3

Easter 4

Easter 5

Easter 6

Easter 7

Pentecost Sunday

Repentance & Reflection

Trust and Obedience in God

Faith and Transformation

Repentance and Growth

Mercy and Love

New Beginnings and Leaving Behind

Jesus' Love for Humanity

The Resurrection

Faith and Trust

Joy and Responsibility

Jesus, the Good Shepherd (Vocation)

Community and faith

Unity and Peace

Invitation to All

The Holy Spirit Empowering Us

