



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Friday 14th March 2025

Act of Service

On Fridays during the Ashes to Fire: A Journey from Lent to Pentecost on Fridays we will explore acts of service. These are offered as an invitation to partake in an activity as part of your Lenten discipline.

These are suggestions and might inspire other related actions.



Today you're invited to give someone the gift of your presence. Ask them how they are doing and really listen to them instead of wanting to talk.

Perhaps this is a family member or a friend of yours, it could be someone you encounter in the street, in a community space or in church on Sunday.

In Lent we seek to listen attentively to God, Lent is the time of preparation and listening to God through prayer and scripture, to others and being attentive to our hearts and souls.

As you being the conversation, you may wish to consider open questions to allow the person you're in conversation to share. You may wish to think of ways you will listen actively and stop yourself speaking instead of listening.