



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Saturday 8th March 2025

Act of Service

In these days between Ash Wednesday and the First Sunday of Lent we will explore words from others and resources from the arts today (Thursday), contemplative practices (Friday) and acts of service (Saturday) around the theme of Repentance and Reflection.

Today's Act of Service is Almsgiving and relates to the Bishop's Lent Appeal for 2025.

The Bishop's Lent Appeal for 2025 is for 'Days for Girls, UK' (Charity Registration Number: 1189219) and is affiliated with Days for Girls International.

Days for Girls is working hard to ensure that no girls have to miss school and no women have to miss work because they do not have a way to manage their menstruation. They do this through DfG pads, health education, social entrepreneurship, and policy & advocacy. Days for Girls works in the United Kingdom and the across the world.



Days for Girls works to eliminate the stigma and limitations associated with menstruation so that women and girls have improved health, education and livelihoods. To date, Days for Girls have reached over 3 million women and girls internationally with life-changing menstrual health solutions. Access to cost-effective, safe, sustainable and contextually relevant products help women and girls manage their periods helps them engage in livelihood activities and not miss days of education whilst on their period. Education for females is a key driver for improved livelihoods for all in the developing world.

Access to timely, factual information about puberty and menstruation can lead to increased body literacy, a healthy public perception of menstruation and decreased stigma and shame. Menstrual health and hygiene are critical factors in improving education opportunities and livelihood outcomes for women, girls and people with periods worldwide.

Donations will ensure that 'Days for Girls' reach more girls with the resources they need to manage their periods for improved health, education and livelihood outcomes.

The average Anglican is a woman in her 30s living in sub-Saharan Africa on less than four dollars per day. These are our sisters in the global Anglican Communion.

According to a report in the Guardian (2018) , nearly one in five of the over 1000 respondents said that they have had to go without period products because of finances, while one in 10 said they had been forced to prioritise other essential household items over buying sanitary wear. A survey of young people and students conducted by Young Scot (2017) found that 26% of respondents in education said they had 'struggled to access sanitary products' in the previous year. Of those who had experienced difficulty, 43% said they 'couldn't afford to buy sanitary products'.

Please consider giving to the Bishop's Lent Appeal this year, or attending the Lent Lunch on Monday 24 March at St James', Aberdeen and 12 noon.



*Wives of Bishops, Lambeth Conference (2022, photo by Bishop Anne Dyer)
and Image from Days for Girls.*