



DIOCESE OF ABERDEEN & ORKNEY

FROM ASHES TO FIRE: A JOURNEY FROM LENT TO PENTECOST

Ascension Day - Thursday 29th May 2025

Contemplative Act

On Thursdays during Lent to Pentecost the Ashes to Fire Course will offer a contemplative practice to try, experiment with or reflect on. This might be a way of prayer, a contemplative practice, a suggestion of places to pray, interactions with scripture or more.

Today's contemplative act is walking through Ascension to Pentecost reflecting on the first four lines of the Nicene Creed.



This relates to Credo activities from Week 1 - I believe in One God...

Each day from Ascension to the day before Pentecost a card will be posted under the 'News' section of the Diocesan website.

The complete set can also be viewed at [online](#).

Each day you're invited to reflect on the image, read the short passage of scripture and respond to the reflection questions. For each day there is then a hymn to sing or a prayer.

The 10 cards work through the first four lines of the Nicene Creed about God, the Father, the Almighty, the Maker of all things - heaven and earth, seen and unseen,

The Ascension reading and Collect are on the following page.

Acts 1:1-11

In the first book, Theophilus, I wrote about all that Jesus did and taught from the beginning until the day when he was taken up to heaven, after giving instructions through the Holy Spirit to the apostles whom he had chosen. After his suffering he presented himself alive to them by many convincing proofs, appearing to them during forty days and speaking about the kingdom of God. While staying with them, he ordered them not to leave Jerusalem, but to wait there for the promise of the Father. "This," he said, "is what you have heard from me; for John baptized with water, but you will be baptized with the Holy Spirit not many days from now."

So when they had come together, they asked him, "Lord, is this the time when you will restore the kingdom to Israel?" He replied, "It is not for you to know the times or periods that the Father has set by his own authority. But you will receive power when the Holy Spirit has come upon you; and you will be my witnesses in Jerusalem, in all Judea and Samaria, and to the ends of the earth." When he had said this, as they were watching, he was lifted up, and a cloud took him out of their sight. While he was going and they were gazing up toward heaven, suddenly two men in white robes stood by them.

They said, "Men of Galilee, why do you stand looking up toward heaven? This Jesus, who has been taken up from you into heaven, will come in the same way as you saw him go into heaven."



Collect

Almighty God: grant that we, who believe that your Son, our Saviour Jesus Christ, ascended to the heavens, may already dwell in spirit with him there; for he lives and reigns with you, in the unity of the Holy Spirit, one God, world without end. Amen,