

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



2 Corinthians 5:20b-6:10

We entreat you on behalf of Christ, be reconciled to God. For our sake he made him to be sin who knew no sin, so that in him we might become the righteousness of God.

As we work together with him, we urge you also not to accept the grace of God in vain. For he says,

"At an acceptable time I have listened to you, and on a day of salvation I have helped you."

See, now is the acceptable time; see, now is the day of salvation! We are putting no obstacle in anyone's way, so that no fault may be found with our ministry, but as servants of God we have commended ourselves in every way: through great endurance, in afflictions, hardships, calamities, beatings, imprisonments, riots, labours, sleepless nights, hunger; by purity, knowledge, patience, kindness, holiness of spirit, genuine love, truthful speech, and the power of God; with the weapons of righteousness for the right hand and for the left; in honour and dishonour, in ill repute and good repute. We are treated as impostors, and yet are true; as unknown, and yet are well known; as dying, and see-- we are alive; as punished, and yet not killed; as sorrowful, yet always rejoicing; as poor, yet making many rich; as having nothing, and yet possessing everything.

COLLECT

Almighty and everlasting God, you despise nothing you have made and forgive the sins of all who are penitent. Create and make in us new and contrite hearts, that we, worthily lamenting our sins and acknowledging our brokenness, may obtain of you, the God of all mercy, perfect remission and forgiveness; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever.
Amen.



Praying Fasting Almsgiving

"...the liturgical traditions of the Church, all its cycles and services, exist, first of all, in order to help us recover the vision and the taste of that new life which we so easily lose and betray, so that we may repent and return to it. ... It is through her liturgical life that the Church reveals to us something of that which "the ear has not heard, the eye has not seen, and what has not yet entered the heart of man, but which God has prepared for those who love Him." And in the center of that liturgical life, as its heart and climax, as the sun whose rays penetrate everywhere, stands Pascha."

*— Alexander Schmemmann,
Great Lent: Journey to Pascha*

Lent is a time in which the Church, guided by a sense of maternal care, invites us to place the mystery of God back in the center of our lives, in order to find renewal in our faith and keep our hearts from being consumed by the anxieties and distractions of daily life. - Pope Leo XIV

What do you wish to accomplish this Lent? Our reading from 2 Corinthians speaks of why now is the time to reconcile to God. Pope Leo mentions placing the mystery of God into the centre of our lives and stopping our hearts from being consumed by daily life. That will look different to each of us, depending on our season of life and responsibilities.

To Listen:
Lead Me Lord by S.S.
Wesley

A playlist of music suggestions for the course can be found at
<https://open.spotify.com/playlist/3pJcG5xA1xzhL2Aolau0Q4?si=582cd1f921ae4fb1>

Lent by Robert Herrick

IS this a fast, to keep
The larder lean ?
And clean
From fat of veals and
sheep ?

Is it to quit the dish
Of flesh, yet still
To fill
The platter high with
fish ?

Is it to fast an hour,
Or ragg'd to go,
Or show
A downcast look and
sour ?

No ; 'tis a fast to dole
Thy sheaf of wheat,
And meat,
Unto the hungry soul.

It is to fast from strife,
From old debate
And hate ;

To circumcise thy life.
To show a heart grief-
rent ;

To starve thy sin,
Not bin ;
And that's to keep thy
Lent.