

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



Matthew 6:1-6,16-21

Jesus said, "Beware of practicing your piety before others in order to be seen by them; for then you have no reward from your Father in heaven. "So whenever you give alms, do not sound a trumpet before you, as the hypocrites do in the synagogues and in the streets, so that they may be praised by others. Truly I tell you, they have received their reward. But when you give alms, do not let your left hand know what your right hand is doing, so that your alms may be done in secret; and your Father who sees in secret will reward you.

"And whenever you pray, do not be like the hypocrites; for they love to stand and pray in the synagogues and at the street corners, so that they may be seen by others. Truly I tell you, they have received their reward. But whenever you pray, go into your room and shut the door and pray to your Father who is in secret; and your Father who sees in secret will reward you.

"And whenever you fast, do not look dismal, like the hypocrites, for they disfigure their faces so as to show others that they are fasting. Truly I tell you, they have received their reward. But when you fast, put oil on your head and wash your face, so that your fasting may be seen not by others but by your Father who is in secret; and your Father who sees in secret will reward you.

"Do not store up for yourselves treasures on earth, where moth and rust consume and where thieves break in and steal; but store up for yourselves treasures in heaven, where neither moth nor rust consumes and where thieves do not break in and steal. For where your treasure is, there your heart will be also."

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*

The traditional Lenten spiritual practices are prayer, fasting and almsgiving.

What might it be that you are called to take up, practice, or try this Lent?

Perhaps you're called to fast from a behaviour or food. Perhaps donating the money that would have been spent on that food or drink to charity. Perhaps there is an behaviour that you wish to work on yourself as you seek to become more Christlike.

It may be that you wish to commit to praying morning and evening prayer, or a particular way of practicing.

What are you being called to commit to this Lent?

"No act of virtue can be great if it is not followed by advantage for others. So... if you do no good to others, you do nothing great." — John Chrysostom.

Ash Wednesday by T.S. Eliot (excerpt)
And pray to God to have mercy upon us
And pray that I may forget
These matters that with myself I too much discuss
Too much explain
Because I do not hope to turn again
Let these words answer
For what is done, not to be done again
May the judgement not be too heavy upon us

To Listen:
Miserere by Gregorio Allegri.

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