

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



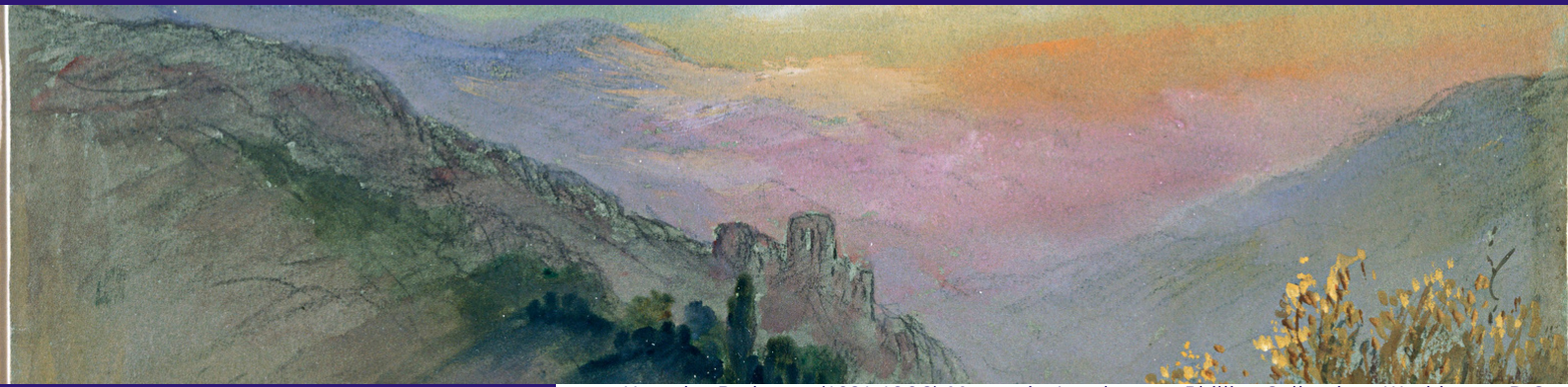
Psalm 121

1 I lift up my eyes to the hills; *
from where is my help to come?
2 My help comes from the Lord, *
the maker of heaven and earth.
3 He will not let your foot be moved *
and he who watches over you will not fall asleep.
4 Behold, he who keeps watch over Israel *
shall neither slumber nor sleep;
5 The Lord himself watches over you; *
the Lord is your shade at your right hand,
6 So that the sun shall not strike you by day, *
nor the moon by night.
7 The Lord shall preserve you from all evil; *
it is he who shall keep you safe.
8 The Lord shall watch over your going out and your
coming in, * from this time forth for evermore.



COLLECT

God of patience and
humility, in your love
you gave your Son to be
rejected and raised up
on a cross. Gather us
under its shadow and
open our eyes to its
mystery, that we may
share even now in the
life that is from above;
through Jesus Christ our
Lord, who lives and
reigns with you and the
Holy Spirit, one God,
now and for ever.
Amen.



Hercules Brabazon (1821-1906) *Mountain Landscape*, Phillips Collections Washington D.C.

*The shape of true love
isn't a diamond. It's a
cross. —Alicia Bruxvoort*

*“Though we yearn to
eventuate a future that
does not exist, we continue
to reach out because we
believe it nonetheless. We
have to believe in
bettering. We have to
believe in the lives that
come after us.” –Rev.
Grace Ji-Sun Kim*

*“Jesus will put the cosmos
right again. Creator uses
love to heal and restore,
and we can choose to
cooperate with that plan.
We were created in
Shalom and to Shalom we
shall return – to a
profoundly good creation.”
– Lenore Three Stars,*

The Psalmist in Psalm 121 tells us that they look to the hills for that is where their help comes from. Psalm 121 is referred to as “A Song of Ascents.” This could be because it was a song sung by pilgrims on their way to the sanctuary in Jerusalem—the dwelling place of God—for one particular festival, or another, or it could be that saying “I lift my eyes to the hills” is similar to saying, “Tomorrow, I leave for Jerusalem.” Either way there is journey, vision and travelling the Lord watched over our going out and coming in, now and forevermore (v. 8).

Where do you encounter the Divine in nature? Is being in creation something that allows you to see, remember, reflect on God’s goodness?

Today you’re invited to spend some time in the beauty of creation (in person or virtually), where does your help come from as you journey through this Lent?

***The Hills* by D.H. Lawrence**

I lift mine eyes unto the hills
and there they are, but no strength comes from
them to me.
Only from darkness
and ceasing to see
strength comes.

To Listen:

I Lift My Eyes Up by Brian Doerksen

I Will Lift Up My Eyes by John Rutter

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