

Lifting our souls, Trusting in God

LENT AND EASTER COURSE FROM THE
DIOCESE OF ABERDEEN AND ORKNEY



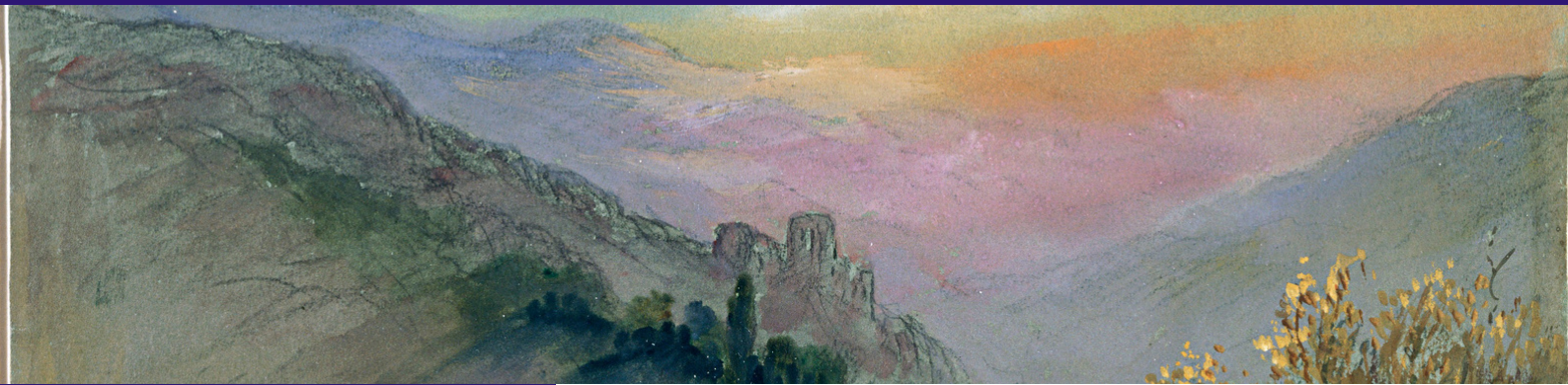
Psalm 121

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,*

What are ways that you pray?

One way that we pray as congregations is through a litany. A Litany is an intercessory prayer, with responses by a group or congregation. It is a series of petitions, with common repeating responses. They are used in services, processions and on Ash Wednesday. They have been used since the fifth century, originating in Rome with the first English language rite prepared by Thomas Cranmer being a litany.

Litanies can be used as prayers for help, praise, forgiveness, thanksgiving or blessing. They can be said or sung. You can find other litanies online, in the American Episcopal Church Book of Common Prayer there is a Great Litany. There are several litanies in the Scottish Prayer Book.

Below are the litany is the Litant for Ash Wednesday. You'll notice that each litany there are common responses with different petitions, but each start with similar words. The litanies begin with the Trinitarian God and end with acclaiming that God is holy, strong, immortal and wise.

You're invited to pray a litany - either on your own or in a group. Perhaps you might want to incorporate a litany into your own daily prayer practice. Litanies can be adapted so you may wish to adapt a litany to include your concerns and requests using the beginning and ending and the responses 'have mercy on us'. 'good Lord deliver us', 'Hear us, good Lord'

For examples of other litanies, there are several in the Scottish Prayer Book or in the Scottish Episcopal Church Ordinal.

To Listen:

Litany of the Saints by John D Becker

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

Penitential Litany from Ash Wednesday Liturgy

God the Father, **have mercy on us.**

God the Son, **have mercy on us.**

God the Holy Spirit, **have mercy on us.**

Holy, blessed, and glorious Trinity, **have mercy on us.**

From all evil and mischief: from pride, vanity, and hypocrisy: from envy, hatred, and malice: and from all evil intent.

Good Lord, deliver us.

From sloth, worldliness, and love of money: from hardness of heart and contempt for your word and your laws,

Good Lord, deliver us.

From sins of body and mind: from the deceits of the world, the flesh, and the devil; from error and false doctrine,

Good Lord, deliver us.

In all times of sorrow, in all times of joy: in the hour of death, and at the day of judgement,

Good Lord, deliver us.

Govern and direct your holy Church: fill it with love and truth: and grant it that unity which is your will.

Hear us, good Lord.

Give us boldness to preach the gospel in all the world, and to make disciples of all the nations.

Hear us, good Lord.

Enlighten your ministers with knowledge and understanding, that by their teaching and their lives they may proclaim your word.

Hear us, good Lord.

Give your people grace to hear and receive your word, and to bring forth the fruit of the Spirit.

Hear us, good Lord.

Bring into the way of truth all who have erred and are deceived.

Hear us, good Lord.

Strengthen those who stand: comfort and help the faint-hearted: raise up the fallen; and finally beat down Satan under our feet.

Hear us, good Lord.

Give us true repentance: forgive us our sins of negligence and ignorance and our deliberate sins: and grant us the grace of your Holy Spirit to amend our lives according to your holy word.

**Holy God, Holy Strong,
Holy Immortal, Have mercy on us.**