



## Shrove Tuesday Pancake Supper

February 13th 5:30 p.m. - 7:00 p.m. in Parish Hall

All are welcome as we “get out all of the fat” in celebrating Mardi Gras and prepare to enter Lent.

You are invited to gather for St. Mark’s annual Shrove Tuesday Pancake Supper organized by St. Mark’s Vestry. Enjoy a meal of luscious pancakes (regular or gluten-free) with syrup (regular or sugar-free) and butter (regular or lactose-free), sausage, coffee, and orange juice. Please bring your children; part of the night’s celebration will feature Mardi Gras masks to decorate and colorful Mardi Gras beads for all to wear.

As you might know, Shrove Tuesday, Fat Tuesday, and Mardi Gras are all terms used for the night before Ash Wednesday. It’s pretty easy to understand what a pancake supper is, but what is “Shrove Tuesday?”

In the Christian tradition, Shrove Tuesday is the last day before the beginning of Lent, which starts on Ash Wednesday. The word “shrove” comes from the old English word “shrive,” which means to hear or receive a confession. Confessing sins has been, and still is, a crucial part of Christianity.

Lent is the 40-day period that builds up to Easter, which remembers the death and resurrection of Jesus. The 40-day period is a time of reflection and sacrifice for Christians, during which they especially recall the 40 days that Jesus spent fasting in the wilderness.

In order to help Christians identify with Jesus’ difficulties in the desert, they often give something up for the period of Lent, remembering His long fast. Non-Christians sometimes take on this custom too, as a way of giving up something they don’t think is good for them, or as an exercise in self-discipline.

Traditionally, the things that the Church encouraged people to give up were meat and fish, fats, eggs, and milky foods. Because of this, it became customary for people to use up their fats and eggs before Lent by making pancakes. There are recipes for Shrove Tuesday pancakes going back to a 1439 cookbook.

So there is the background of the Shrove Tuesday tradition in a nutshell, please plan to come join together for a tasty pancake supper and great fellowship as we begin to enter Lent.

*Ash  
wednesday*

Receiving ashes on our foreheads in the sign of the cross is an ancient custom. The reminder that we are dust turns our attention to the creative power of God, and God’s ability to heal the brokenness in our lives when we offer that brokenness to God. That turning to God is the work of Lent, preparation for the celebration of Easter.

Join us for Ash Wednesday services on **February 14th at 7:00 a.m., 12:05 p.m., or 7:00 p.m.** Please invite your friends, family, and neighbors as we celebrate this reminder of God’s love for each and every one of us.

***Let today be the day you give up  
who you’ve been for who you can become***

