



You've likely heard of the term "Mardi Gras" or "Fat Tuesday" but many also recognize this day as **Shrove Tuesday** or **Pancake Tuesday**. This day always occurs right before the holiday Ash Wednesday. On Mardi Gras, people essentially, for lack of better terms, live it up. Because Ash Wednesday commences the Lenten diet, which often involves giving up sweets, or in more traditional terms, meat during certain days of Lent, people splurge on sweets and other goodies on Mardi Gras. But what is Shrove Tuesday? Is it simply another name for Fat Tuesday?

Here at Trinity we hold a Shrove Tuesday pancake dinner. But why do we eat pancakes? And can we call this a legitimate church holiday? Let's dive in.

According to Historic UK, Shrove Tuesday dates back to the Anglo-Saxons, and perhaps even further. "Anglo-Saxon Christians went to confession and were "shriven" (absolved from their sins). A bell would be rung to call people to confession. This came to be called the "Pancake Bell" and is still rung today." Shriven means "confession or penitence."

A confession of sins used to occur right before people would indulge in a last-ditch effort to get fats and sweets before Ash Wednesday.

Pancakes contained eggs, sugar, and fat, items not consumed for the duration of Lent. It's a somewhat similar idea to someone engorging themselves on food right before a long fast.

Some come on down to the Fellowship Center, **Tuesday, February 13** anytime from **4pm-6pm** and enjoy a pancake and sausage dinner.

Free will offering will be taken at the door.

The Sign Of JONAH

A Series of Special Services for LENT
by Dr. Reed Lessing

Jonah...for Lent? Sounds fishy, but it's a natural fit. When the Jews asked Jesus for a sign, He said, "I will give you only the sign of Jonah." After three days in the belly of the earth, Jesus rose with news of God's prodigal grace. This series of special services explores the mean of the "The Sign of Jonah" as we follow Jonah on his journey...and Jesus on His way to the cross.

Ash Wednesday

February 14*3pm & 7pm
God is Calling

First Week of Lent

February 21*3pm & 7pm
Saved in the Storm

Second Week of Lent

February 28*3pm & 7pm
Our Providing God

Third Week of Lent

March 6*3pm & 7pm
Praying from the Belly of the Big Fish

Fourth Week of Lent

March 13*3pm & 7pm
The God of the Second Chance

Fifth Week of Lent

March 20*3pm & 7pm
About Face

