

SHROVE TUESDAY

Shrove Tuesday is the last day before Lent begins, on Ash Wednesday. The word "shrove" is a form of the old English word "to shrive" --which means to confess. On Shrove Tuesday people can confess their sins as the season of Lent begins. Although the name Shrove Tuesday points us toward the beginning of Lent and its emphasis upon repentance, the French name for this day ("Mardi Gras," or "Fat Tuesday") probably helps to better explain the tradition of eating pancakes (and sausages) on the day before Lent begins. It is a day of celebration, and a chance to party before entering into a time of abstinence and fasting. Pancakes contain fat, butter, eggs, and sugar -- all of which were forbidden during Lent.

At St. Francis we gather to not only participate in this old tradition but to make friends and connections with one another; it's a time of fellowship that brings us together.