

SHROVE TUESDAY – PANCAKE DAY – 21st February 2023

This Tuesday of feasting before Lent was known as **Shrove Tuesday** because the people were first called to church to be **SHRIVEN**, or **SHRIVED**, which means to be forgiven for all the wrongdoings (sins) they confessed



Today most of us cling to the practise of eating pancakes on **Shrove Tuesday**. It is thought this practise started as a means for using up the eggs and fats before the time of fasting started on Ash Wednesday.

Pancakes will be served in the **Coffee shop** from **10.30am until 12.30pm**. Do come and join the fun!

ASH WEDNESDAY – 22nd February 2023

For many hundreds of years Christians have spent the weeks before Easter in sorrow and self-denial. They were not only sad because the time was coming when they would remember the death of Jesus, but they were ashamed when they thought of all the wrongdoings (sins) they had committed.

Many Christians go to church on **Ash Wednesday**. The previous year's Palm Crosses are burnt, and the ashes are used to make a mark of the cross on the foreheads of the people.

Ash Wednesday marks the start of **Lent**.

LENT

The word **LENT** comes from an old English word meaning Spring – **LENGTEN** – the time when the days begin to lengthen. In the fourth century, the Christian Church decided that the forty days before Easter should be spent remembering the time when Jesus went into the wilderness, or desert, and was tempted.

Read about this in Luke 4. 1-13.

This time was used for fasting – giving up something enjoyed. The Church said Sundays should not be fast days, so the forty days stretched to forty-six days, beginning with Ash Wednesday, the day after the festivities of Shrove Tuesday.

Some people still make **Lent** a time to give up something they enjoy, but many now make a resolution to get something done during this period, to achieve something they have found very difficult, or to accomplish tasks that are disliked!

LENT STUDY SESSIONS

Lent Study sessions will be held in the **Coffee Shop every Wednesday at 10.00am from 1st March** and will continue until Easter. The material to be used will be from *Rowan Williams' book God with Us*. You will need a copy of the book to enable you to read a chapter before each session. See *Sheila Sharman* There will be **prayers in the Quiet Room at 9.30am** with Deacon Gwynn and Jackie via Facebook. Do come along and help us to make this journey to Easter really special.