

*St. Alban's E-Blast*  
*6 Epiphany*

**Shrove Tuesday is coming soon!**

Things one might want to know of this most Famous Tuesday of all:

Shrove Tuesday gets its name from the ritual of *shriving* that Christians used to undergo in the past. In shriving, a person confesses their sins and receives absolution from them. This tradition is very old. Over 1000 years ago, a monk wrote in the Anglo-Saxon Ecclesiastical Institutes:

“In the week immediately before Lent, **everyone** shall go to his confessor and confess his deeds and the confessor shall **shrive** him.”

Shrove Tuesday is sometimes called Pancake Day after the fried batter recipe is traditionally eaten on this day. During Lent there are many foods that Christians – historically and today – would not eat: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on the shriving Tuesday and eat up all the foods that wouldn't last the forty days of Lent. This, pancakes were a dish that was served so all the eggs, fats and milk in the home could be consumed.

Not only is Shrove Tuesday a day of penitence, but it is also a day of festivals and celebrations. Many countries round the world have Mardi Gras celebrations and carnivals. Some of the most famous are in Rio de Janeiro in Brazil, New Orleans in the U.S.A., Venice in Italy and Sydney in Australia.

In Rio, the streets are filled, over several days leading up to Shrove Tuesday, with large processions of people marching, singing and dancing. People taking part in the parade dress up in very bright, exotic clothes. Sometimes the costumes are made on large wire structures so the people wearing them look very big, like butterflies or birds. There are big floats, with stands for singing and dancing or built into cars or torries that take part in the parade, they're decorated as brightly as the people and help make the procession look amazing!

Pancake races have been part of this day since 1445 in England. It supposedly originated

when a local woman heard the church bell while she was making pancakes and ran there, frying pan in hand. (she was in that of a hurry to confess her sins and be given absolution.) One of most famous pancake races is held in Olney in Buckinghamshire over a 415 yard course. The rules are strict: Contestants have to toss their pancakes at both the start and the finish, as well as wearing an apron and a scarf. The race is followed by a church service. Another tradition is Westminster School's annual Pancake Grease where students compete to grab the biggest portion of a pancake tossed over a 5-meter bar. In parts of Britain, children went 'shriving' - singing songs or reciting poetry in exchange for gifts of food.

What are the traditions of St. Alban's? Singing, flipping pancakes, and even racing with a frying pan in hand sounds like a good way to begin the season of Lent. So join the choirsters of St. Alban's as they mix, flip and perhaps, even sing a song or two (who knows, maybe a race will be born and a new tradition birthed!) on Shrove Tuesday from 5:30-7:00 PM. Feast before the fast begins.

Would you like to be part of this Feast? If so, there will be a sign-up sheet in the Parish Hall for the following items and bring them to church by Sunday, February 23<sup>rd</sup>. The choir would so appreciate your donations. This is a will donation and all proceeds will allow Nicole to choose worthy songs for the choir to sing.

<b>Wanted!</b>	
<b>Pancake Mix</b>	<b>Syrup</b>
<b>Butter</b>	<b>Milk (gallon)</b>
<b>Sausage Links</b>	<b>OJ (carton)</b>

PS: It's amazing what one can find on Google. Check out Shrove Tuesday!

**Readings, Readers and More**  
**6 Epiphany February 16, 2020**

1<sup>st</sup> Lesson Deuteronomy 30:15-20  
 Psalm 119:1-8  
 2<sup>nd</sup> Lesson I Corinthians 3:1-9  
 Gospel Matthew 5:21-37

**8:00 AM**

1<sup>st</sup> Reader/Psalm Ann Capion  
 2<sup>nd</sup> Reader Judy Murdock  
 Prayers Don France  
 LEM Judy Murdock

**10:15 AM**

1<sup>st</sup> Reader/Psalm Jon Burgstrum  
 2<sup>nd</sup> Reader Karrie Dvorak  
 Prayers Robin Sade  
 LEM Robin Sade  
 Acolyte Michelle Dierickx  
 Altar Guild Michelle Dierickx  
 Ushers Chris Cash  
 Angie Roberts  
 Counters Sherry Rodriguez  
 Sue McCoy  
 LEV Rodriguez  
 Flowers Curtis – in memory  
 of Ray and Ceretti  
 Birthdays: 15<sup>th</sup> Judith Dalmasso  
 Memorials: 13<sup>th</sup> Lilyan Curtis  
 14<sup>th</sup> Jeff (Feeney)  
 14<sup>th</sup> Richard Beasley

**Events Coming Up**

**Feb. 16, Sun.** 4:30 – 6:30 Youth Group  
**Feb. 26, Wed.** 7:00 PM Ash Wednesday  
 Service with Fr. Sinclair  
 Ender  
**Mar 4, Wed.** 5:30 Soup Supper with a  
 presentation on Prayer  
 immediately following.

**ECW Annual Meeting**

ECW had their annual meeting on Saturday, February 1 at Steeplegate Inn's restaurant. While we celebrated those who joined us, we wish there were more who did. We even had Julie Williams Facetimed from Florida! Michelle Feeney was elected Chair, Kim Feeney - Secretary, Robin Sade – Treasurer and Julie agreed to send cards upon her return from the Sun. We voted to send \$200.00 to the ERD for aiding the fires in Australia and \$15.00 in dues For the Church Women United. The Trivia dates are: June 13, July 18 and Aug 15.

We are planning to have a combination mother/daughter tea and cake decorating event on May 9, the day before Mother's Day. If you don't have a daughter or one who lives nearby, invite a granddaughter. No granddaughter? Bring a young friend! Our next Next regular meeting is April 19<sup>th</sup>, after the 10:15 service.