

# SHROVE TUESDAY

Parent Council would like to organize a pancake lunch once again for our students for the preparation of Lent.

However, **we are in need of volunteers** in order for this event to go ahead. Please contact Lindsey Gardin at 403-593-8305 or email her at [lindsey.gardin@gmail.com](mailto:lindsey.gardin@gmail.com) if you can help out on Tuesday, February 9, 2016 or if you would like more information.



## What is SHROVE TUESDAY?

Shrove Tuesday is a day of celebration as well as penitence, because it's the last day before Lent. Lent is a time of abstinence, of giving things up. So Shrove Tuesday is the last chance to indulge yourself, and to use up the foods that aren't allowed in Lent. Giving up foods: but not wasting them. In the old days there were many foods that observant Catholics would not eat during Lent: foods such as meat and fish, fats, eggs, and milky foods. So that no food was wasted, families would have a feast on the shiving Tuesday, and eat up all the foods that wouldn't last the forty days of Lent without going off.

### Penitence

Shrove Tuesday gets its name from the ritual of shiving that Catholics used to undergo in the past. In shiving, a person confesses their sins and receives absolution for them. When a person receives absolution for their sins, they are forgiven for them and released from the guilt and pain that they have caused them. The absolution is pronounced by a priest. 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 so shrive him.