

### Notable days and practices in Lent

- Ash Wednesday takes its name from the ashes used as early as the 3rd century to publicly signify contrition. With roots in the ancient Jewish festival of Yom Kippur, the Day of Atonement, it is a day to honestly face one's self – to be one with God, our neighbor, all of creation, and ourselves. It began to be observed in the 7th century as a time for disciplining penitents. By the 11th century, Christians had come to recognize the universal need for self-examination and repentance. Believers began to be blessed with ashes on their foreheads as they began their Lenten fast as a reminder that we are from dust, and to dust we return.

- Retreats are a common practice during Lent; a time set aside for teaching and learning, fasting, and self-denial, meditation, quiet, and spiritual growth in our relationship with God.

- Study and preparation are also customary for Christians during Lent. Many churches plan special programs in which prayer practices, Bible study, or service to others are offered. It is a time for those who will be baptized at the Easter Vigil (or to be Confirmed in the spring) to study and reflect on the Christian faith and their relationship with Jesus Christ.

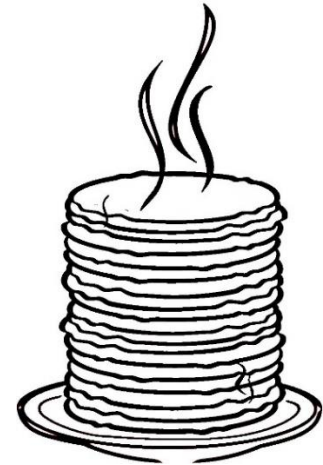
### Ash Wednesday February 10, 2016

- 6:30 a.m. – Holy Communion  
and Imposition of Ashes
- 4:30 p.m. – Ash Wednesday service for  
children and families  
with Holy Communion  
and the Imposition of Ashes
- 7:00 p.m. – Holy Communion  
and Imposition of Ashes



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# Shrove Tuesday And Lent



What does "shrove" mean?  
Shrove is the past tense of shrive.  
Shrive means to obtain absolution for one's sins by confessing. Traditionally this was done before the beginning of Lent so one's season of penitence got off to a nice, clean start. In the *Anglo-Saxon Ecclesiastical Institutes* it says, "In the week immediately before Lent, everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him." Being shriven is a good thing.

## Why Pancakes?

Pancakes were just an easy way for people to use up the eggs and fat that were in their larder before the season of Lent started. Once Ash Wednesday arrives, meals were supposed to be simple, and no one was supposed to be eating goodies. Eggs weren't allowed again until Easter.

## Are there other names for Shrove Tuesday?

Shrove Tuesday is known by several names. Here are two:

- *Mardi Gras*, meaning literally *the Tuesday* (Mardi) of *fat* (Gras) or Fat Tuesday
- *Carnival*, meaning *the meat* (carne) is *removed* (levare)



## Lent

The word *Lent* comes from the Anglo-Saxon word *lencton* – meaning “spring” or “lengthening” from the time of year when the days grow long. The season begins on Ash Wednesday, February 10, 2016 and ends with the Easter Triduum (Maundy Thursday through Easter Day), covering 40 days (excluding Sundays which are little feasts of the Resurrection). Some believe that the word *Lent* may derive from the Latin *lentare*, which means *to bend*. This understanding reinforces a sense of Lent as a time of preparation for personal and collective transformation. Having nurtured ourselves through Advent, Christmas, and Epiphany, Lent becomes the time to look truthfully at ourselves and make changes.

In the early church, Lent was the time of preparation for the Easter baptism of converts to the faith. Persons were to receive the sacrament of “new birth” following a period of fasting, penitence, and preparation. Just as the children of Israel had been delivered from the bondage of Egyptian slavery, we are delivered from the bondage of sin.

The Bible readings appointed for the Sundays in Lent continue to offer us a short course on the meaning of baptism – our sacrament of initiation into the Body of Christ.

## Traditions of Lent in many churches

Liturgical Colors:

- Purple is used in vestments and altar hangings to represent penitence and royalty.
- Rough linen or unbleached fabric can also reflect the mood of Old Testament mourning (wearing sackcloth).

Symbols:

- Ashes (prepared from the previous year's palms) symbolize our mortality and sorrow for our sins. Job (Job 42:6) and the king of Ninevah (Jonah 3:6) put ashes on their foreheads as a sign of repentance, while also wearing sackcloth.
- Responses and music follow a more contemplative stance. Joyful canticles, Alleluias, and the *Gloria in Excelsis* are omitted from worship. Altar flowers may also be absent.

