

The Episcopal Church of Saints Andrew and Matthew

CARNIVAL, ASH WEDNESDAY AND LENT



At SsAM, the last Sunday after the Epiphany is **Carnival Sunday (February 11)**. At the 10:30 liturgy we, on the threshold of Lent, worship with great festivity in the spirit of the Mardi Gras and Caribbean Carnival traditions. In this joy-filled and yet solemn celebration of song, word, prayer and Eucharist, we give thanks for the transforming power of God's love in Christ. Then, with uplifted spirits, we embark upon the profoundly spiritual journey of Lent.

Shrove Tuesday (**February 13**) may be best known for the pancake/waffle supper, but is actually a time of preparation for Lent and is when the ashes used for Ash Wednesday are prepared.



SHROVE TUESDAY

Our Youth and Young Families ministry (YYF) will host a pancake supper (chicken, mac 'n cheese and greens). Take out begins at 5:00 p.m.; eat-in begins at 5:30 p.m.



Ash Wednesday (February 14), a major holy day, is a time when some people chose to fast. Whether you fast or not, it is a time to reflect on a "new beginning with God." It is a time when we can pause and take stock of how we are doing on our journey as Christians. Ash Wednesday is a time of "inner authenticity not outward show." Join us at 7:30 a.m., 12:30 p.m. or 7:30 p.m. for Holy Eucharist and to receive ashes.

LENT, a penitential period beginning on Ash Wednesday and ending on **Easter (March 31)**, is a time when we prepare ourselves to walk with Jesus during Holy Week when we observe his betrayal, execution and resurrection. The term Lent comes from an Old English word meaning "spring." Lent is traditionally described as lasting for forty days, in commemoration of the forty days which, according to the Gospels of Matthew, Mark and Luke, Jesus spent, before beginning his public ministry, fasting in the desert, after which he endured temptation by the Devil.

All are welcome. www.ssam.org