



**This Week**

- February 8<sup>th</sup> - Church office closed for BC Family Day
- February 9<sup>th</sup> - Shrove Tuesday Pancake Dinner 5:00pm
- February 10<sup>th</sup> - Contemplative Eucharist in the Chapel 10:00am
- February 11<sup>th</sup> - Choir Practice in the Choir Room 7:30pm

# SHROVE TUESDAY PANCAKE SUPPER

● FEBRUARY 9<sup>th</sup> 5:00 – 6:30 PM ●



- Pancakes
- Sausages
- Ice Cream
- Cookies
- & Drinks



● Cost: by donation

● Proceeds after expenses go to the PWRDF



**METRO  
VANCOUVER ALLIANCE**  
*Organizing for the Common Good.*

**METRO VANCOUVER ALLIANCE HOUSING  
AFFORDABILITY ASSEMBLY**

February 8, 2016, 1:00 – 2:30 • St. Catherine's Church

Members of MVA's member organizations will gather on Family Day to ask municipal politicians from North Vancouver, West Vancouver, and the District of North Vancouver to make concrete commitments to deal with the affordable housing crisis on the North Shore. Along with the serious work of making our views known on affordable housing, this will be a family celebration. Exciting children's activities will be provided by Red Fox (<http://www.redfoxsociety.org/programs/>).

Please RSVP to:

[http://www.metvanalliance.org/affordable\\_housing\\_assembly](http://www.metvanalliance.org/affordable_housing_assembly)

# Shrove Tuesday



Shrove Tuesday is a term associated with the day preceding Ash Wednesday, the first day of Lent. The word shrove is the past participle of the English verb to shrive, which means to obtain absolution for one's sins by way of confession and doing penance. During the week before Lent, Christians were expected to go to confession in preparation for the penitential season of turning to God. Shrove Tuesday was the last day before the beginning of Lent.

The popular celebratory aspect of the day was associated with releasing 'high spirits' before the somber season of Lent. It is analogous to the continuing Carnival tradition associated with Mardi Gras. Mardi Gras has become more familiar as the designation for that day. However, the day is often known as Pancake Day. Making and eating such foods was considered a last feast with ingredients such as sugar, fat and eggs, whose consumption was traditionally restricted during the days associated with Lent.

