

Sister's Spin

February 17, 2023

Do you have your green, gold, and purple beads ready to wear? Have you found a King's Cake Recipe or where to buy such a cake? If you didn't host a Super Bowl Party, are you planning to host a Mardi Gras Party sometime this weekend? If you answered any one of these questions, you are getting ready for Lent and the pre Lent celebrations so that you can enter Lent with all its fasting, praying and almsgiving. Mardi Gras really refers only to the day before Lent--**FAT TUESDAY**--when you should fill up on all the fat foods which you will then not eat for the next 40 days! It is a time of celebration that dates way back to the 17th Century and some say, was part of the Roman Catholic Church's way of getting people ready for the Lenten Season. It has other connotations also, and an interesting history of why one wears beads in those special colors, why one holds parades, and why one eats King's Cake--and what you may find inside such a cake. As one celebrates though, these three days present an opportunity to think about the next 40. The beads that represent power, faith and justice may help one to think about the role of these in one's life--how strong is my faith and how can I live it better? Am I just in my dealings and how can I serve justice to others in our world? Do I seek power or if I have it, do I use it in a just way? Good questions to ask oneself over a period of 40 days. So it is good to wear a little purple, gold or green, eat some good fat food, and celebrate with friends, but hopefully find some quiet time to plan for the 40 days that come after MARDI GRAS ends. Happy celebrating!

-Sister Marcianne

