

Sister's Spin

February 25, 2022

If you are alert to what's going on in the Church Year, you are probably getting ready for the coming Lenten Season. But, are you getting ready for Mardi Gras? It's that day (and sometimes the Sunday and Monday before) when one "celebrates" before the penitential days of Lent. Mardi Gras itself means "Fat Tuesday" and it was the day one cooked, using up all the fats, sugar, dairy and other foods that would not be eaten during the Lenten Season. So, here are a few suggestions for you and your family to celebrate the festive days of Mardi Gras. First, you may want to treat your family to Mardi Gras Pancakes. Just make your usual pancake batter, but separate it into three sections and add yellow, green or purple food coloring to each section to make a stack in Mardi Gras colors. Or you could just sprinkle some colored sugars of purple, green and gold on your stacks, too. Those colors are said to represent Faith (green), power (gold), and justice (purple). For dessert in the evening, you could make a Mardi Gras King Cake and there is an easy recipe if you go to the web site [Catholic Icing](#). You'll find some more history and fun ideas to do with your family or just to learn about as you prepare for the coming days of Lent. While it may seem strange, **Mardi Gras is a Catholic Thing** so do a little celebrating before you put those Lenten Promises into action.

Happy Mardi Gras!

-Sister Marcianne

