



SAINT MARK'S  
*Children's Formation*

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Shrove Tuesday / Mardi Gras

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CHILDREN'S  
FORMATION  
**MARDI  
GRAS**  
CELEBRATION

SUNDAY, FEB. 11  
10:30 a.m.



SAINT MARK'S  
*Children's Formation*

# This book belongs to:

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Your Name

## **What is Mardi Gras?**

Mardi Gras is a tradition that dates back thousands of years to pagan celebrations of spring and fertility, including the raucous Roman festivals of Saturnalia and Lupercalia.

When Christianity arrived in Rome, religious leaders decided to incorporate these popular local traditions into the new faith, an easier task than abolishing them altogether. As a result, the excess of the Mardi Gras season became a prelude to Lent, the 40 days of fasting and penance between Ash Wednesday and Easter Sunday.

Along with Christianity, Mardi Gras spread from Rome to other European countries, including France, Germany, Spain and England.

## **When Is Mardi Gras?**

Mardi Gras is traditionally celebrated on Shrove Tuesday, the Tuesday before Ash Wednesday and the start of Lent.

## **What Does Mardi Gras Mean?**

*Mardi* is the French word for Tuesday, and *gras* means “fat.” In France, the day before Ash Wednesday came to be known as Mardi Gras, or “Fat Tuesday.”

Traditionally, in the days leading up to Lent, merrymakers would binge on all the rich, fatty foods—meat, eggs, milk, lard and cheese—that remained in their homes, in anticipation of several weeks of eating only fish and different types of fasting.

The word *carnival*, another common name for the pre-Lenten festivities, also derives from this feasting tradition: in Medieval Latin, *carnelevarium* means to take away or remove meat, from the Latin *carnem* for meat.

## **Mardi Gras Around the World**

Across the globe, pre-Lenten festivals continue to take place in many countries.

Brazil’s weeklong Carnival festivities feature a vibrant amalgam of European, African and native traditions. In Canada, Quebec City hosts the giant Quebec Winter Carnival. In Italy, tourists flock to Venice’s Carnevale, which dates back to the 13th century and is famous for its masquerade balls.

Known as Karneval, Fastnacht or Fasching, the German celebration includes parades, costume balls and a tradition that empowers women to cut off men’s ties. For Denmark’s Fastevlan, children dress up and gather candy in a similar manner to Halloween.

## Traditions

### Bead throwing



The true meaning of the famous Mardi Gras beads begins with their traditional colors, which we also owe to the Russian Grand Duke Alexis. During his visit in 1872, the newly founded Krewe of Rex chose the colors of the duke's royal house for the beads that krewe members would throw from their parade float into the crowds of Mardi Gras revelers. Later, they assigned meaning to each color: Purple stood for justice, green for faith and gold for power. The idea was to toss the beads to those in the crowd who exhibited these traits; the people who caught them were said to get good luck for the coming year.

Though the beads were originally glass, nowadays they're made of plastic, and are one of the most popular Mardi Gras traditions.

### Zulu coconuts

Also among the most coveted of Mardi Gras parade "throws" are Zulu coconuts, the round, painted, glittery orbs thrown out by members of the Zulu Social Aid and Pleasure Club. One of the oldest traditionally African-American krewes, Zulu held its first parade in 1909. The very next year, as the historical record shows, they began tossing coconuts to members of the crowd. Originally, the coconuts were left in their natural brown, hairy state, but a tradition soon began of painting them and decorating them with paint and glitter.



### King cake

The story behind one of Mardi Gras' most popular foods dates back to the Middle Ages. That's when people began celebrating the tradition of the Three Kings, who brought gifts to the baby Jesus on Twelfth Night (the end of Christmas and the beginning of Epiphany). Along with giving special gifts to children, the custom arose to eat a special kind of cake for the occasion. King cakes are now consumed throughout the season, beginning on Twelfth Night (January 6) and ending on Mardi Gras. Originally just a simple ring of dough, the king cake took different forms over the years; today, the most popular form is a braided Danish pastry laced with cinnamon and iced in the Mardi Gras colors of purple, green and gold. According to a tradition launched in the 1940s by Donald Entringer, who owned one of New Orleans' largest commercial bakeries, a tiny baby figurine (meant to represent Jesus) was baked into each king cake. The baby is usually made of plastic, but in past years was sometimes porcelain or even gold. According to custom, whoever gets the baby in his or her slice must buy the next cake or host the next party.



## King Cake Recipe

### Ingredients

#### Pastry:

- 1 cup milk
- ¼ cup butter
- ⅔ cup warm water (110 degrees F)
- ½ cup white sugar, divided
- 2 (.25 ounce) packages active dry yeast
- 2 eggs
- 1 ½ teaspoons salt
- ½ teaspoon freshly grated nutmeg
- 5 ½ cups all-purpose flour

#### Filling:

- 1 cup packed brown sugar
- ⅔ cup chopped pecans
- ½ cup all-purpose flour
- ½ cup raisins
- 1 tablespoon ground cinnamon
- ½ cup melted butter

#### Glaze:

- 1 cup confectioners' sugar
- 1 tablespoon water
- 1 plastic baby doll



Photo and recipe: [www.allrecipes.com/recipe/8144/mardi-gras-king-cake/](http://www.allrecipes.com/recipe/8144/mardi-gras-king-cake/)

### Directions

Make pastry: Scald milk over medium heat. Remove from heat and stir in butter. Allow mixture to cool to room temperature.

Stir together warm water, 1 tablespoon white sugar, and yeast in a large bowl. Let stand until creamy, about 10 minutes.

Add cooled milk mixture to yeast mixture and whisk in eggs. Stir in remaining white sugar, salt, and nutmeg. Beat flour, 1 cup at a time, into milk/egg mixture. Once dough comes together, turn it onto a lightly floured surface and knead until smooth and elastic, 8 to 10 minutes.

Place dough in a lightly oiled bowl; turn to coat. Cover with a damp cloth or plastic wrap; let rise in a warm place until doubled in volume, about 2 hours. When risen, punch down and divide dough in half.

Preheat the oven to 375 degrees F (190 degrees C). Grease 2 cookie sheets or line with parchment paper.

Make filling: Combine brown sugar, pecans, flour, raisins, and cinnamon in a bowl. Pour melted butter on top and mix until crumbly.

Roll each piece of dough into a 10x16-inch rectangle. Sprinkle filling evenly over dough and roll up tightly like a jelly roll, beginning at a wide side. Bring the ends of each roll together to form 2 oval-shaped rings.

Place each ring on a prepared cookie sheet. With scissors, make cuts 1/3 of the way through the rings at 1-inch intervals. Let rise in a warm spot until doubled in size, about 45 minutes.

Bake in the preheated oven until an inserted toothpick comes out clean, about 30 minutes. Check often for doneness so the ring doesn't overbake.

Make glaze: Stir together confectioners' sugar and water in a bowl until smooth.

Push doll into bottom of one warm cake. Drizzle glaze over both warm cakes.

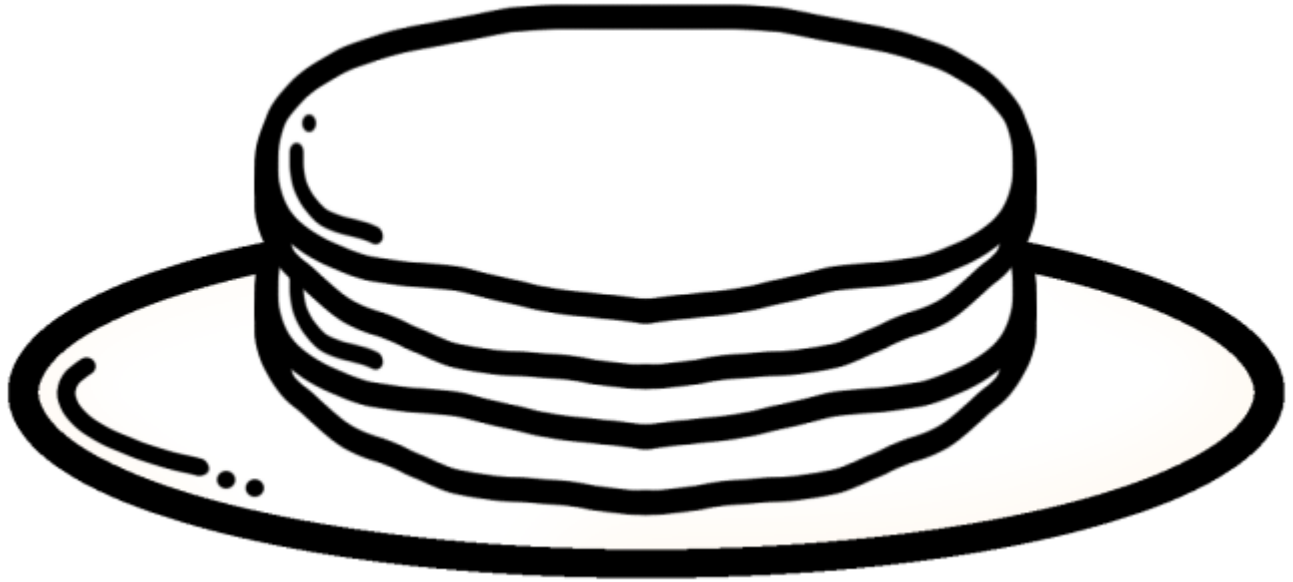
## ***Shrove Tuesday Word Search***

S	H	Y	L	L	S	P	R	X	Z	Q	V	V	R	K	B	O	G	Q	R
Y	U	S	E	G	H	Q	H	U	C	B	T	P	U	E	J	E	S	W	F
A	A	G	A	P	R	D	C	A	X	S	Y	J	I	B	V	S	A	K	Z
D	L	N	A	J	O	W	K	T	M	E	A	T	W	K	C	G	T	D	A
S	O	I	A	R	V	E	A	T	N	E	L	Y	H	D	N	I	O	T	S
E	A	C	B	R	E	F	G	I	V	H	T	Z	O	I	L	B	S	D	Y
N	D	N	K	C	F	C	X	P	J	G	W	Y	G	E	G	W	R	U	L
D	S	A	I	M	A	S	K	L	A	S	I	N	L	X	Y	Z	T	I	M
E	U	D	N	A	C	R	M	A	R	D	I	P	E	F	X	L	I	N	I
W	K	F	G	F	K	I	Z	J	J	S	R	P	Q	R	Q	G	F	P	U
K	D	A	G	G	G	B	O	Z	S	U	J	K	U	C	N	R	J	F	B
L	H	H	C	R	X	L	Z	T	P	G	B	A	F	Y	K	G	E	Z	L
F	S	D	M	N	A	J	G	N	Z	E	P	I	Y	F	U	R	N	X	A
C	R	G	E	A	A	S	O	R	U	R	Z	R	A	J	T	R	H	P	M
G	O	L	D	L	Q	P	K	G	E	A	R	I	B	U	R	E	B	T	W
X	L	A	V	I	N	R	A	C	J	E	T	V	E	S	U	T	K	A	X
E	D	A	R	A	P	E	P	Y	Z	H	N	S	Q	T	H	T	D	H	G
B	L	O	R	G	X	F	V	O	A	O	D	Z	Y	I	Q	U	O	Z	R
G	I	K	Y	A	A	E	Y	X	J	A	O	R	U	C	R	B	Z	J	Q
L	B	V	N	P	X	S	B	Z	Y	U	F	W	R	E	Z	X	A	U	U

Faith	Tuesday	Singing
King	Beads	Butter
Mask	Carnival	Dancing
Pancake	Green	Gold
King	Lent	Justice
Cake	Meat	Purple
Shrove	Parade	Sugar

## ***Pancake Toppings***

***What do you like to eat on your pancakes? Draw your favorite toppings***



***Pretend you are the person who first invented pancakes. Write a story about how you did it.  
Who was the first to eat them? How did they react?***

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# How many words...

How many words can you make from the letters found in;

Shrove Tuesday Pancake Supper



3 letter words (1 point)	4 letter words (2 points)	5 letter words (3 points)	6+ letter words (4 points) WoW
Points	Points	Points	Points

## ***Crazy Maze:***

Find your way to the stack of pancakes

