

February 7, 2016

Mardi Gras

Readings: A Reflection  
Nehemiah 8:9-12

## "Mardi Gras Reflection; Oh What a Relief It Is!"



Many Christians find themselves in the doldrums between the celebration of the joy of Christmas and the solemnity of Lenten preparation for Easter. For them and for the pagan in all of us, the mid-winter "season" of carnival and the indulgence of Mardi Gras (Fat Tuesday) brings some needed relief.

We may think primarily of the lavish, over-the-top celebrations held annually in Rio de Janeiro and New Orleans as representative of this phenomenon today. Both cities become epicenters of publicly sanctioned debauchery, with local citizens and tourists by the planeload joining in.

The root of carnival, of course, comes from "flesh" or "meat" (the *carno* or *carnis* part) and *levare* for "removal." Though that meaning would evolve to the sense of bidding good-bye (*vale*) to meat, as well. And plenty of meat consumption was going on down there in the Big Easy.

Before the age of refrigeration, Christians often abstained from cheese, dairy and meat products in anticipation of the "Great Fast" of the 40-day season of Lent. The last Sunday before Lent, Quinquagesima Sunday ("fifty days" – signifying the seven weeks until Easter) was also called *Domenica Carnevala*. This voluntary period of pre-fasting would come to be known as pre-Lent and began in the Roman calendar as far back as three Sundays before Ash Wednesday. That was really pushing it.

Then came the Tuesday before Ash Wednesday, which marks the official start of Lent, for some a gloomy period of self-denial. I remember promising to give up candy and/or TV for 40 days as a kid. Sometimes I succeeded in my quest for spiritual purification. Sometimes I did not.

The day is observed in the church unofficially as Shrove Tuesday. The name comes from the custom of going to confession (i.e. "shrift") before the onset of Lent, in order to unburden the soul of sin before embarking on the path of spiritual cleansing and renewal – carrying less baggage into the "desert" of Lent in which we are called to imitate the Lord's retreat to same in preparation for his public ministry.

So, Tuesday ... Tuesday is the very last chance to indulge, if one is so inclined, before the privations that lie ahead. And Shrove Tuesday is better known to the public at large as Fat Tuesday.

Food is a hugely important element in the picture of Fat Tuesday, which is also known as "Pancake Tuesday," after the common practice of starting the day with flapjacks. Author Meredith Gould explains: "In England, Pancake Day is celebrated with races at which women over the age of 16, frying pans in hand, trot over 415 yards while tossing pancakes over at least three times."

The so-called King's Cake is baked in New Orleans and throughout the Gulf Coast region for Mardi Gras: A miniature doll of the baby Jesus is baked into the super-sweet cake with multi-colored icing. Whoever comes up with the baby in his or her slice will provide the cake the following year.

So, what does all this add up to? Mardi Gras has significance not as a day of indulgence, but, like Christmas Eve perhaps, as a day that precedes a particularly solemn season. I tend to eschew big public parties and crowds, though if there's free food, you might very well find me there in the corner ... As with many things in life, it's the anticipation that makes it pleasurable, and the eve of Ash Wednesday offers a moment to experience an even greater anticipation – perhaps the greatest of all for believers.

Oh, what a relief it is to indulge in that last bit of feasting and revelry before the long blackout before Easter.

– Greg Tobin HuffPost Religion

## This Week at Inca



Welcome!

### Syrian Refugee Family

Inca is excited to announce that we have been matched with a Syrian family living in Turkey. We expect to welcome a 27-year old mom, a 3-year old boy and a 20-month old girl within the next two months. If you would like to make donations to this family, that would be greatly appreciated. Gently used household items, clothing and children's things (toys, books, stroller, car seats) will be collected each Sunday. We do not know sizes at this time. Please donate clothing in a size that is your best guess. Any donations in excess of what our family needs will be donated to another charity in our community.

If you have furniture to donate please contact Mary Loeffler (905) 825-0982. She can pick up in her minivan and will be storing all furniture in her basement until we need it.

These items will be collected each Sunday by the following people:

Household items - Lesley Hickey

Clothing - Jean Grieve and Judy Vanderwater

Toys, books, car seats (forward facing and booster type) - Lynne Jenkins

## Season of lent at Incarnation

### Lenten Activity at INCA:

#### Mardi Gras this Sunday, February 7, 10 Service

Enjoy an Agape Meal (Friendship Meal) instead of a traditional communion celebration. Please dress in your finest purples, golds and greens and bring your Mardi Gras masks and beads

#### Pancake Tuesday Dinner – February 9, 5:30pm

Please join us for a great family dinner! Suggested donation: \$5/adult, \$4/child, maximum \$15/family. **Needed:** set up and clean up help, servers, **extra grills** and chefs. No experience with a spatula necessary. Please help Pat Martin know how many will be attending and how you can help, by filling in the sign-up sheet.

#### Ash Wednesday, February 10, 7:30pm service

If you have any palms from previous years you would like to donate, please give them to Michael by Sunday, February 7 to give us time to burn them. We welcome our friends from St. Aidan's



### Vestry Meeting

Sunday February 7, 2016

**NEW ENVELOPES** – we're implementing a new weekly donation envelope system. Those currently using envelopes will be contacted in the next few weeks about making the switch. If you're ready for a new set, contact Margot at [office@incarnationchurch.ca](mailto:office@incarnationchurch.ca). Have you considered pre-authorized payments? A safe convenient way to ensure the church has consistent funding. See office for more details if you'd like to sign up.



For Social Justice and  
the Environment

### Oakville Book Reading Club for the Environment and Social Justice,

Thursdays, 7:30 pm to 9:00 pm, runs until February 11

We meet in the Chapel it's not too late to join the discussion! Contact Mervyn Russell for more information [mervicia@gmail.com](mailto:mervicia@gmail.com)

*First book: This Changes Everything, by Naomi Klein*



### Choir Practice –

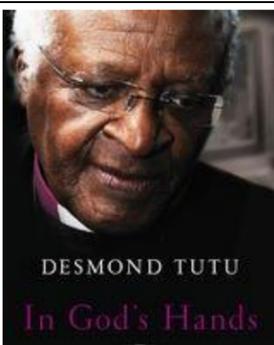
The choir rehearses every Wednesday at 7:30. Share your voice, all welcome.



### Wing and a Prayer – Thursday, February 24, 2016!

We meet at 6:30pm at Monaghan's. Cost: \$25 per person including food and drink. RSVP Rob Moniuk ([Robert@Moniuk.ca](mailto:Robert@Moniuk.ca)).

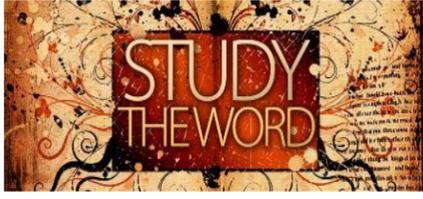
Everyone is welcome!



### In God's Hands by Desmond Tutu – book study

Tuesday February 16, 11-12:30, for 6 weeks

Archbishop Tutu has produced a meditation on the infinite love of God and the infinite value of the human individual. Not only are we in God's hands, he says, our names are engraved on his palms. Led by Karen Pitt and Michael.



### Lenten Bible Study –begins Thursday February 18<sup>th</sup>

Four weeks, 1:30-3:00pm in the chapel. The focus will be the arrest, trial and execution of Jesus, chapters 18 and 19 of St. John's Gospel. Anyone and everyone is invited. No previous knowledge of the bible is required. To obtain a study guide, or to find out more, contact Mervyn Russell at [mervicia@gmail.com](mailto:mervicia@gmail.com)



### Contemplative Fire – Sunday, February 21, 8:00pm.

Are you looking for time to reflect, meditate and recharge your spiritual life? Each meeting begins with a communal sharing of food followed by quiet and intentional reflection in the gathering area. The response to this has been very encouraging. We continue to see new faces at each meeting and look forward to growing this community.

For more information, please speak to Michael. All are welcome.

### LOVE LIVES



### Love Lives: A Refugee Sponsorship Concert

Saturday, February 27, 7:p.m., Church of the Incarnation

The love lives of several great composers will be celebrated in song featuring solo performances by Charlene Pauls, soprano and Norine Burgess, mezzo-soprano, with special guest Mervyn Russell and the Oakville Children's Choir. Tickets are \$30 available at the door. Advanced tickets will be available after the 10pm service for \$25. Cash bar.



### Go for the Gold –Fundraising event

March 10, 12, 2-4pm and 19 3-5 in the Worship area

Gather up your broken and unwanted gold items, coins, paper money. Items will be appraised on the spot, and you can choose to donate the cash to the Church's Mission fund and receive a tax receipt for the appraised value. More details to come!



### Youth Group Events-

For info contact Phil Carver at [incayouthprogram@gmail.com](mailto:incayouthprogram@gmail.com)

## Community News



Anglican Diocese  
of Niagara

### Bishop's Diploma Course on Ethics, Winter 2016

Please see bulletin board for more details

### HARRRP 5<sup>th</sup> Annual Dancing on Sunshine Gala, February 26, 2016

Liuna Station Hamilton, for information call: 905-544-0050



### Valentine Open Mic Night ♡!

Saturday, February 13<sup>th</sup>, 7-10pm

Resiliency 4 Recovery is hosting an Open Mic Karaoke Night at Incarnation. Tickets are \$10 and half the proceeds will be donated to our refugee efforts.



february 20, 2016

### St. Mathew's House – The Coldest Night of the Year Walk, Saturday, February 20,

St. Mathew's House is hosting the national walk for the homeless and hungry in downtown Hamilton. This year St. Mathew's House is partnering with Mission Services of Hamilton. Donations collected for the walk will support both organizations equally. At St. Mathew's House, the proceeds will be used to support the work done at their two food banks.

Contact Genevieve Wong 905-523-5546 x 227 or [gwong@stmatthewshouse.ca](mailto:gwong@stmatthewshouse.ca).



**Halton Green Screens at FILM.CA cinemas**  
**7pm, second Thursday of the month**

**Feb 11** - *Blackfish* - the story of a killer whale who killed several people while in custody  
**Mar 10** - *Bottled Life* - the truth about Nestle's business with water

**This & That**



**Looking to volunteer?**

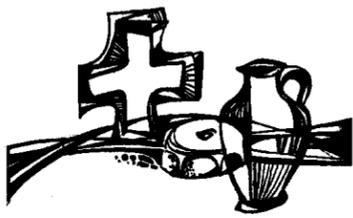
We have lots of way you can get involved. Positions include: altar prep, greeters, readers, hosts and coffee preparation.

**Youth** can gain some volunteer high school hours. Training will be provided.  
 Contact Claudine Boulert, at [boulert@rogers.com](mailto:boulert@rogers.com) for more information, or call 905-825-2851.



**Changes to Order of Service or Bulletin News** - Any changes need to be sent to the office by Tuesday, noon. [office@incarnationchurch.ca](mailto:office@incarnationchurch.ca)

**Nametags** let people know who you are and make it helpful for people to put names to faces, especially for newcomers



**Receiving Communion**

All people at Incarnation are invited to receive the bread and wine at communion. The bread is received from the priest who stands between the servers who offer wine from the common cup; choose whatever side is free. You may choose to receive from an individual wine cups available to the left of the altar. Take one, consume the wine and replace the empty cup in the same spot. We hope this provides an inclusive approach to communion where .....ALL are welcome.

VOLUNTEER!	February 7	February 14
<b>Bread Making</b>	C. Surphlis	A. Moniuk
<b>Altar Prep</b>	A. Moniuk	A. MacNaughton
<b>Coffee</b>	MacDougall	Moffat
<b>Coffee</b>	Maclauchlan	Stevens
<b>Host</b>	L. Bird	W. MacDougall
<b>Reader 1</b>	B. Abrams	E. Lee
<b>Gospel</b>	J. Smith	M. Russell
<b>Prayers</b>	V. Klayh	D. Wieler
<b>Server 1</b>	J. Stevens	K. Pitt
<b>Server 2</b>	P. Moffat	A. Turner-Sommer
<b>Wine Cups</b>	Z. Boulert	E. Lorimer
<b>Counting</b>	D. Bold	G. Hughes