

The ACTS Newsletter



February 2025 **Office Hours: Tuesday through Friday, 3:00-6:00 pm**
stlukeswenatchee.org, stlukes@nwi.net **509 662-5635**

Three Traditions of Shrove Tuesday

We Eat Pancakes/Burn the Palms/Bid Farewell to Alleluias

Shrove Tuesday is a Movable Feast, it can land anywhere between February 3 and March 9.

It always falls 47 days before Easter Sunday. The word “shrove” is derived from the Old English word “shrive,” which means to confess one’s sins and receive absolution.

Anglo-Saxon Christians went to confession and were “shriven” (absolved of their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today in parts of England.

The history of pancakes tied into Shrove Tuesday dates back to at least 1439. Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and **pancakes** are the perfect way of using up these ingredients.

Where is Shrove Tuesday celebrated? England, Ireland, Australia, Canada, Iceland, Finland, Denmark, Lithuania, France, Italy, Spain, USA.

What is **Shrove Tuesday** called in different countries?

In **Iceland** is called “**sprendidagu**” which means “Bursting Day!”

In **Poland** it is **Śledzik** (meaning “little herring”) and Poles eat paczki (cream filled donuts)

In **Denmark** it is **Fastelaven** and Danes eat Fastelavnsboller: Cream-filled or custard-filled sweet buns.

In **Finland** it is **laskiaistiistai** which celebrates the end of winter and Finns eat pea soup and go sledding.

In **France** it is called **Mardi Gras** or Fat Tuesday, and crêpes, waffles, and beignets are eaten.

Burn the Palms: During Shrovetide, many churches place a basket in the narthex to collect the previous year’s Holy Week palm branches that were blessed and distributed during the Palm Sunday liturgies; **on Shrove Tuesday, churches burn these palms** to make the ashes used during the services held on the very next day, Ash Wednesday.

Burying the Alleluia for Lent is a symbolic Episcopal and liturgical tradition, often performed on the Sunday before Lent or Shrove Tuesday, where the word “Alleluia” (meaning “Praise the Lord”) is temporarily removed from worship. This is a “verbal fast”. The tradition takes place on the last Sunday before Ash Wednesday (sometimes Transfiguration Sunday or Shrove Tuesday).

The Gospel Reading for the Last Sunday of Epiphany is Matthew 17:1-9

Six days later, Jesus took with him Peter and James and his brother John and led them up a high mountain, by themselves. And he was **transfigured** before them, and his face shone like the sun, and his clothes became dazzling white. Suddenly there appeared to them Moses and Elijah, talking with him. Then Peter said to Jesus, “Lord, it is good for us to be here; if you wish, I will make three dwellings here, one for you, one for Moses, and one for Elijah.” While he was still speaking, suddenly a bright cloud overshadowed them, and from the cloud a voice said, “This is my Son, the Beloved; with him I am well pleased; listen to him!” When the disciples heard this, they fell to the ground and were overcome by fear. But Jesus came and touched them, saying, “Get up and do not be afraid.” And when they looked up, they saw no one except Jesus himself alone.

As they were coming down the mountain, Jesus ordered them, “Tell no one about the vision until after the Son of Man has been raised from the dead.”

<https://www.civitatis.com/blog/en/fun-shrove-tuesday-traditions/?srsltid=AfmBOooSdG6VncEp9tMRZUYglvgGyi5bRrGbmoP49EqOURdAPz28GfnJ>, <https://www.littlewaychapel.com/blog/shrove-tuesday>, <https://www.historic-uk.com/CultureUK/Pancake-Day/>

Stewardship in Service

Your Vestry

Andrew Tudor, Sr. Warden, Pastoral Care
 Cathy Pike
 Kelli Scott
 John Yale
 Wayne Hawks
 Hollie Olson, Office Support

*For Vestry contact information
 please call the church office
 at 509 662-5635*

February Worship Services

February 1, **The Fourth Sunday after the Epiphany**, Holy Eucharist with Pr. Nancy Gradwohl

February 8, **The Fifth Sunday after the Epiphany**, Morning Prayer

February 15, **The Last Sunday after the Epiphany**, Holy Communion in the Absence of a Priest

February 18, **Ash Wednesday**, Prayer at noon

February 23, **The Seventh Sunday after the Epiphany**, Morning Prayer



*Most worship services are at 10:00 am
 Please sign up for Worship Team!*

*You will keep in perfect peace
 those whose minds are steadfast,
 because they trust in You.
 Isaiah 26:3*

Notes from the Treasurer - December, 2025

The following figures are preliminary as they haven't been audited yet.

	Month	Y-T-D
Revenues	\$ 5,686	\$ 105,938
Operating Expenses	\$ 11,069	\$ 100,038
Surplus/(Deficit)	(\$5,383)	\$5,900

Year-to-date pledge income was (\$5,000) below expected. Year-to-date expenses were (\$10,831) below budget. We ended the year with a surplus of \$5,900.

Respectfully,
 G. Wayne Hawks

Dear Jesus, thank you for the richest gift we could ever ask for in this life. Your peace. When we begin to feel stressed and worried, recalibrate our minds. Your promises are true and Your way is peace. In Jesus' name, Amen.

Stewardship in Community

Monthly Breakfast

Monthly breakfast on the first Saturday,
 February 7 and March 7 at 9:30 am
 at the Country Inn in East Wenatchee!!



February Birthdays

Dick Mitchell	February 4
Jennifer Richardson	February 12
Craig Kellogg	February 16
Marilyn Barry	February 23

Love One Another

John 13:34-35 I give you a new commandment, that you love one another. Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another.

John 15:12 This is my commandment, that you love one another as I have loved you.

John 15:17 I am giving you these commands so that you may love one another.

Romans 12:10 love one another with mutual affection; outdo one another in showing honor.

Romans 13:8 Owe no one anything, except to love one another; for the one who loves another has fulfilled the law.

2 Corinthians 13:11 Finally, brothers and sisters, farewell. Put things in order, listen to my appeal, agree with one another, live in peace; and the God of love and peace will be with you.

Ephesians 4:2 with all humility and gentleness, with patience, bearing with one another in love

1 Thessalonians 3:12 And may the Lord make you increase and abound in love for one another and for all, just as we abound in love for you.

1 Thessalonians 4:9 Now concerning love of the brothers and sisters, you do not need to have anyone write to you, for you yourselves have been taught by God to love one another

2 Thessalonians 1:3 We must always give thanks to God for you, brothers and sisters, as is right, because your faith is growing abundantly, and the love of every one of you for one another is increasing.

Hebrews 10:24 And let us consider how to provoke one another to love and good deeds

1 Peter 1:22 Now that you have purified your souls by your obedience to the truth so that you have genuine mutual love, love one another deeply from the heart.

1 Peter 3:8 Finally, all of you, have unity of spirit, sympathy, love for one another, a tender heart, and a humble mind.

1 Peter 4:8 Above all, maintain constant love for one another, for love covers a multitude of sins.

1 Peter 5:14 Greet one another with a kiss of love. Peace to all of you who are in Christ.

1 John 3:11 For this is the message you have heard from the beginning, that we should love one another.

1 John 3:14 We know that we have passed from death to life because we love one another. Whoever does not love abides in death.

1 John 3:16 We know love by this, that he laid down his life for us—and we ought to lay down our lives for one another.

1 John 3:23 And this is his commandment, that we should believe in the name of his Son Jesus Christ and love one another, just as he has commanded us.

1 John 4:7 Beloved, let us love one another, because love is from God; everyone who loves is born of God and knows God.

1 John 4:11 Beloved, since God loved us so much, we also ought to love one another.

1 John 4:12 No one has ever seen God; if we love one another, God lives in us, and his love is perfected in us.

2 John 1:5 But now, dear lady, I ask you, not as though I were writing you a new commandment, but one we have had from the beginning, let us love one another. ♥♥♥

Save the Dates!

Annual Meeting, *Sunday, February 1, 11:30 am after worship*

Guide Dogs, *Tuesday, February 3, 5:00 pm*

St. Luke's Guild, *Thursday, February 5, 1:00 pm*

Monthly Breakfast, *Saturday, February 7, 9:30 am, Country Inn, East Wenatchee,*

ECW, Sunday, February 8, after worship

Congregational Discussion, *Sunday, February 15, after worship*

Guide Dogs, *Tuesday, February 17, 5:00 pm*

PFLAG Parent & Caregiver Support Group, *Tuesday, February 17, 6:00 pm at YWCA, snacks provided*

Vestry Meeting, *February 19, 4:30*

February ACTS Deadline, *February 20*

*We love because
God first loved us
1 John 4:19*



St. Luke's Episcopal Church

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