***Join the Trinity Family for the PANCAKE PIG-OUT*** on Tuesday 17th at 6pm.

After enjoying the pancakes there will be a dedication gathering which marks the start of our Lenten series entitled 'The *3 Colours of Your Spirituality'*.

If you have not booked for the Lenten series for either the Tuesday evening or Thursday morning group you may do so after the services today *or* phone Melanie at the church office.

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Shrove Tuesday is the day before Lent starts on Ash Wednesday. It's a day of penitence, to clean the soul, and a day of celebrations. The last chance to feast before Lent begins.

Shrove Tuesday is sometimes called Pancake Day after the fried batter recipe traditionally eaten on this day. As rich foods such as eggs were forbidden during Lent, one way of using these foods up and not wasting them would be to make pancakes.

There is more to Shrove Tuesday than pigging out on pancakes or taking part in a public pancake race. The pancakes themselves are part of an ancient custom with deeply religious roots.

Shrove Tuesday gets its name from the ritual of *shriving* that Christians used to undergo in the past. In shriving, a person confesses their sins and receives absolution for them.

***The origin of pancake racing***

Pancake races are thought to have begun in 1445. A woman had lost track of the time on Shrove Tuesday, and was busy cooking pancakes in her kitchen.

Suddenly she heard the church bell ringing to call the faithful to church for confession. The woman raced out of her house and ran all the way to church; still holding her frying pan and wearing her apron.

***Going for gold in the pancake Olympics***

One of the most famous pancake races is held at Olney in Buckinghamshire over a 415 yard course. The rules are strict; contestants have to toss their pancake at the start and the finish, as well as wearing an apron and a scarf. ***The race is followed by a church service.***

# . Trinity Methodist Church

LINDEN, JOHANNESBURG

*Prayer is the key of the morning and the bolt of the night.*

***15 February 2015***

*Blow the trumpet in Zion;*
*sound the alarm on my holy hill.*

Let all who live in the land tremble,
for the day of the LORD is coming.
It is close at hand—
a day of darkness and gloom,
a day of clouds and blackness.
Like dawn spreading across the mountains
a large and mighty army comes,
such as never was in ancient times
nor ever will be in ages to come.
*Even now,"* declares the LORD,
*"return to me with all your heart,*
*with fasting and weeping and mourning*."

*Rend your heart and not your garments*.
***Return to the LORD your God,***
***for he is gracious and compassionate***,
*slow to anger and abounding in love,*
*and he relents from sending calamity*.
Who knows? He may turn and relent
and leave behind a blessing—
grain offerings and drink offerings
for the LORD your God.

Joel 1:2, 12-14

***We pray comfort and strength for the families & friends of the following folk who recently passed away***

- ***FERNANDO*** *(*mother-in-law of Dolphine Hughes's son)
- ***EILEEN DE BRUYN*** – we pray especially for her daughter, Wendy
- ***MAUREEN LILY SIEBERT***
- ***MURIEL MARAIS***

***PLEASE PRAY FOR;***

***EMMA PRIOR'S GRANDPARENTS*** recovering from a car accident last Sunday

***T J Williams' mother*** **(USA)** in hospital & unable to swallow properly. She is receiving eight weeks feeding therapy.

***TAMMY CASTLE*** having a hysterectomy tomorrow, Mon 16th and will be in hospital for a week.

***PAT BLACK*** recovering from pneumonia at home after being in hospital.

***SHIRLEY WILLIAMS*** admitted to hospital last Wed with severe pains in her back.

***REEF*** **(USA)** further to the YOU article 12th Feb 2015 the update from Jim & Carol is that Reef is receiving treatment for the skin cancer on his head. Visas for the USA ***have been granted*** *t*o the family for another 2 years & a doctor in Cincinnati has agreed to handle Reef's case. The family flies to Cincinnati this weekend. Praise God, as He continues to provide for Reef, Lydia, Ryan and Payten.

***LOUIS BRUGMAN*** is in heart failure & is experiencing anxiety attacks. He is anxious, weak & insecure. Louis is having a heart valve fitted on Thurs. Pray this will alleviate his present problems. ***Jackie*** (wife) is under a lot of strain at the moment.

***LAURENCE & JOY*** pray medication prescribed for Laurence by his doctor this week will prove to be the correct prescription as he needs to continue working.

***JESSICA FOCE*** (Granddaughter of Jenny Kirch) Please pray for healing after an appendix operation.

***WE CONTINUE TO PRAY FOR:***

***DEBBIE CRANKO*** diagnosed with liver cancer that is untreatable. May she be drawn closer to God so she & her family will find comfort & peace at this very difficult time

***NIC BREYTENBACH*** is suffering from MDS (Myelodysplastic Syndrome) a form of leukaemia where the bone marrow does not produce platelets. Blood tests have revealed a 50% drop in platelets over a period of 3mths. Wife Estelle.

***TSHEGOFATSO MLANGENI*** please pray for the healing of her & Sam's marriage.

***OMAR*** **(Karen Oakes godson)** we continue to pray for recovery from his kidney problems & for his mom Natasha who is taking strain with all the worry & stress.

***BARBARA ATKINSON*** had 2nd cataract op Thurs morning, pray complete recovery.

***KATE WATERSTON*** is struggling with her cortisol levels again leaving her extremely tired. Doctors have put her back on cortisone for a while.

***CLIFF WALLIS*** is now recovering at home after having abscess drained. His wife ***VAL*** had her second cataract op this week.

***NEITH THOMPSON*** is recovering well from hip surgery

***<u>CHRONIC LIST:</u>*** ***Christine Dugmore*** (broken shoulder), ***Dirk Beier*** (broken foot), ***Gloria McPherson*** (emphasema)***, Denese Pieterse*** (severe pain), ***Thembile*** (back problems), ***Robert*** (extremely ill), ***Anna Wadsworth*** **(90 -**frail), ***Sonette Mac Gregor*** (thymus gland removed), ***Gordene*** (in hospital), ***Pauline Carbutt*** (bruised foot), ***Woolf Schulze*** (dementia), ***Vennie Spears*** (bad fall), ***Sean (***schizophrenia) ***Dallas Cass*** (had shoulder surgery).

***<u>CANCER LIST:</u>*** ***Gordon Bennett, David Edwards*** (UK)***, Anton Marais*** (Sydney)***, Lee Barnes, Nola Dodds, Tracy Hoy*** (UK), ***Hilda Louter, Val Warren, Dudley Middleton, Marguerite, Peter, Myrren*** **(18),** ***Diane Turner, Maureen Lupton, Martin vd Merwe*** **(**Karin Blackburn's dad**)**, ***Joy vd Klis***, ***Daniela Andrade*** **(7),** ***Russell Jones, Ursula Ryder, Lesley Steyn, Don Carneson, Louise Shaw*** (Texas), ***Brian K, John Sandison, Cindy Saunders, Marina van de Ruit, Brian Tromp, Chloe Thomas, Elizabeth Innes, Greg Cleeve-Edwards, Joanna*** (Maurice's niece), ***Joy*** (Sam's sister), ***Gilbert Hughes, John Clarke, Dudley Hudson, Keith Bunce*** **(UK - wife Liz),** ***Bill Coulle, Rev Hans Visser, Colleen, Gordene, Lizelle Slabber, Stuat Dixon, Maureen Booth, Marie Vosloo.***

## *ASH WEDNESDAY*

**(*Mark Roberts- Irvine Presbyterian Church*)**

It has been honored by Christians for well over ten centuries, falling at the beginning of Lent, a six-week season of preparation for Easter. In the earliest centuries, Christians who had been stuck in persistent sin had ashes sprinkled on their bodies as a sign of repentance, even as Job repented "*in dust and ashes*". (Job 42:6)

What I value most about Ash Wednesday worship services is the chance for us all to openly acknowledge our frailty and sinfulness. We all bear the mark of sin, from the youngest babies to the oldest seniors. We all stand guilty before a holy God. We all are mortal and will someday experience bodily death. Thus we all need a Saviour.

The emotional result of Ash Wednesday observance isn't depression or gloom, but gratitude and new energy for living. *When we realize how desperately we need God, and how God is faithful far beyond our desperation, we can't help but offer our lives to Him in fresh gratitude.* And when we recognize that life doesn't go on forever, then we find new passion to delight in the gifts of each and every day, and to take none of them for granted.