

# MARDI GRAS!

## AT HOME

**Mardi Gras means Fat Tuesday** in French. Fat Tuesday is the final day of Carnival, a period of feasting and celebration which begins on the Feast of the Epiphany. The day after Fat Tuesday is Ash Wednesday, when we begin Lent, the period of fasting and prayer in preparation for Easter. Traditionally on Fat Tuesday families used up all the fatty foods they would be fasting from in Lent, so they wouldn't spoil. This is the origin of the wonderful foods we often eat on Mardi Gras. The colours of Mardi Gras represent Faith – Green, Power – Gold, and Justice – Purple. We miss having the whole parish together for a big party, but this guide will give you ideas for celebrating Mardi Gras with your family this year!

### DECORATE!

- streamers & balloons
- coloured paper napkins, plates & cups
- beads, kazoes, musical instruments for all the kids!

You should be able to find everything you need at the dollar store.

### EAT!

What's a party without great food?

- **PANCAKES!** You can recreate our parish pancake supper at home. Perhaps use food colouring in your favourite pancake recipe to make some green, gold and purple pancakes.
- **KING CAKE!** Although this traditionally was served at the beginning of Carnival, on Epiphany, it has become a tradition on Mardi Gras too. [You can find one recipe here.](#)
- **JELLO SNACK CUPS!** For a lighter, gluten free snack you can make these fun Mardi Gras coloured jello snacks. [Click here for recipe.](#)



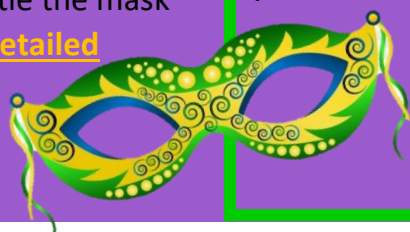
On Tues. March 1 at 7pm you can watch a special free episode of The Augustine Institute Show focused on Mardi Gras and preparing ourselves for Lent. [Click above.](#)



**2 Hours of Mardi Gras Music**

### Make a Mask!

You can use construction paper, bristol board, or even paper plates to cut out a mask shape. Then decorate with feathers, glitter, stickers, gems, markers... whatever you have! Tape your mask to a straw or stick so you can hold it to your face, or use an elastic or ribbon to tie the mask on your head. [For detailed instructions visit this site.](#)



### Have a Parade!

Once you have your masks on make your own parade! Turn up the Mardi Gras music and dance around the house, or if you are feeling adventurous wear your masks on a walk around your neighbourhood! If you have kazoes or other noise makers take them along and spread the celebrations!

### Bury the Alleluia!

In preparation for Lent, when we don't say Alleluia at Mass, this is a fun way to move from the celebration of Mardi Gras into the observance of Lent. **Decorate** the letters of ALLELUIA, **sing Alleluia** ([click here to sing along](#)) and when the party is done **pack the letters away** in a box or bag and put it away until Easter.

[For more specifics click here.](#)

# ALLELUIA