

PRESS RELEASE

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For Immediate Release

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St. James Academy 6th Grade Students Celebrate Fat Tuesday

Solana Beach, CA: St. James Academy 6th grade students celebrated Fat Tuesday with their annual Mardi Gras party. Mardi Gras is actually the end of Carnival which begins on Epiphany and continues to “Fat Tuesday.” Carnival comes from the Latin words, CARNE VALE or “Farewell to the flesh”. Mardi Gras helps people to see the things in their lives they need to **“feast on and fast from,”** before entering into the holiest time of the liturgical year, Lent.

Mardi Gras, or “Fat Tuesday” is a term used to describe a feasting frenzy of foods cooked from “fat.” In earlier times, people would use up all the cooking fat in their homes and indulge on the food they produced from it. This would remove any temptation to eat meat or other fried foods during Lent. Mardi Gras is a day of celebration, but more importantly a day of reflection and preparation to recognize Lenten obligations and to begin our Lenten journey of prayer, penance, fasting and giving alms. The 6th grade shared and discussed these topics and many others as they celebrated Mardi Gras this past Tuesday (March 8). It was a day of prayer, reflection, and indulgence on homemade doughnuts.

St. James Academy is a K-8 elementary school serving the North County communities of Solana Beach, Del Mar, Carmel Valley, Rancho Santa Fe, Encinitas, Carlsbad and San Marcos. St. James Academy is part of the St. James Catholic Community, which includes St. James Church and St. Leo’s Mission. For more information, go to www.saintjamesacademy.com or call 858.755.1777.

Attached photo is of (L to R) Linda Giorgi, Marie Green and Alicia Armstrong, 6th grade moms serving homemade donuts to the students on Fat Tuesday.

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