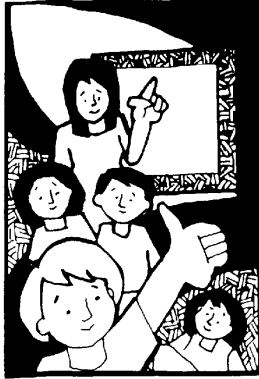


## *Shrove Tuesday*

Shrove Tuesday is the day before Lent begins – It has a long history in our church and our culture. Over 1,000 years ago it was written ‘*In the week immediately before Lent, everyone shall go to his confessor and confess his deeds and the confessor shall so shrive him*’ (Anglo-Saxon Ecc Institutes). To shrive was to confess sins and to receive absolution.



In French, we speak of *Mardi Gras* (Fat Tuesday), in southern Germany, *Fasching* (probably from fasten, to fast), in English speaking countries we speak of *Pancake Tuesday*! Food like eggs, milk and cream were traditionally given up for Lent – but not wasted! So, the day before Lent, the pancake was the ideal way to empty the stores of rich food.

Shrove Tuesday is a day of letting go joyfully, and facing Lent in hope. We eat well as part of that letting go – rather than simply to fill ourselves. We may recognise that while our lives, our minds, our hearts and our stomachs are full to bursting; that they are not always full of that which is best for us. Pancakes taste best when eaten with family and friends ... have I spent much time like this with those I love in the months since Christmas? Do I need to re-prioritise so I can?

Shrove Tuesday is a great day to offer parishioners a ‘*Grace before meals*’ prayer.

Invite them to use it over pancakes, and then through Lent! On a table in the church porch, place some ingredients and a bowl, with prayer cards containing prayers available for people to take home.

Some simple prayers you might consider offering:

- For food in a world where many walk in hunger  
For faith in a world where many walk in fear  
For friends in a world where many walk alone  
We give you thanks O Lord. Amen  
(Source: *Huron hunger Fund, Anglican church of Canada*)
- Bless us, O Lord, and these Thy gifts, which of Thy bounty we are about to receive, through Christ our Lord. Amen.
- We thank you, Father God, for the love that binds us, for the food that nourishes us, and for your giving of your Son into our world to save us. Amen.
- Lord Jesus Christ, You blessed us with five loaves and two fish.  
Bless this food we share. Place your peace in our hearts and your love in our lives Amen