



# Home of the **CARDINALS!**

## Shrove Tuesday

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday (tomorrow). Lent – the 40 days leading up to Easter – is a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins).

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.

Fasting is one way of showing God our desire to be closer to Him. When we give up something we really like and ask God to be nearer to us, He always responds!

### Prayer

God Our Father,

As we prepare to begin Lent, help us to remember what today, Shrove Tuesday, is truly about.

Thank you that you Love all of us as your children, and that through the death and resurrection of your Son Jesus, we can receive forgiveness for our sins. Help us to celebrate and live that message of forgiveness today by forgiving those who have sinned against you.

Lord, we know that you created the world and you created us. You created pancakes and you created our taste-buds too! Enable us to enjoy ‘pancake day’ in a spirit of celebration of the goodness of your creation.

We make this prayer through Christ our Lord

**Amen.**

