



## WHO

Gather a group of your closest friends, distant relatives, chess club or bass fishing buddies for a pancake feast in your home... Celebrate the beginning of Lent in your home with your own Fat Tuesday Pancake Celebration.

## WHAT

“DIY Pancake Day” Not sure how to host a Shrove Tuesday celebration in your own home? Use this as a guide or tweak our ideas and come up with your own. There are no rules, except to have fun! This is a celebration and celebrations are meant to be fun!

## WHEN

Anytime on Tuesday, Feb 16th is Shrove Tuesday... Traditionally, the pancakes are served for dinner.

## WHERE

Your home, the restaurant down the street, or wherever you can plug in a griddle.

## WHY

Did you know that historically, Shrove Tuesday (also known as Fat Tuesday) marks the beginning of Lent? The Lenten season runs the 40-days before Easter. Set aside as a time of fasting, the faithful would traditionally give up meat, butter, eggs or milk during this time. However, if a household had a store of these foods they would have spoiled by the time the fast ended on Easter Sunday.

What to do? Use up the milk, butter and eggs no later than Shrove Tuesday. Add a little flour and the solution quickly presented itself in... PANCAKES! And usually lots of them.

How about feasting “family style” to celebrating the start of the Lenten Season?

## HOW

Get a box of pancake mix or create a batch from scratch. Get as fancy with it as you would like by have a topping bar for extra fun! Nuts, chocolate chips, whipped cream, etc.

Paper plates or fine china? It doesn't matter how you make them. It doesn't matter how you eat them. It only matters how you celebrate!

## SHROVE TUESDAY PANCAKE RECIPE

### INGREDIENTS:

1 cup all-purpose flour  
2 tablespoons white sugar  
2 tablespoons baking powder  
1 teaspoon salt  
1 egg, beaten  
1 cup milk  
2 tablespoons vegetable oil

### DIRECTIONS:

In a large bowl, mix flour, sugar, baking powder and salt. Make a well in the center, and pour in milk, egg and oil. Mix until smooth.

Heat a lightly oiled griddle or frying pan over medium high heat. Pour or scoop the batter onto the griddle, using approximately 1/4 cup for each pancake. Brown on both sides and serve hot.

## PRAYER

Not sure of what to pray before or after the pancake feast?

Try this:

Heavenly Father,  
At this Lenten season,  
Help us to be aware of our own failings,  
To be open to the needs of others,  
And to follow your example of  
Finding the strength to meet life's challenges,  
By staying close to you and acknowledging  
Your Spirit within us.

Thank you for those,  
Gathered together for the beginning of the Lenten period.  
Help us grow closer to you,  
as we share and strengthen our friendships.

Amen

## DISCUSSION QUESTIONS

Tomorrow begins Lent, a forty-day period before Easter meant as a season of soul-searching and repentance. This is a time when we remember Christ, recalling the 40 days he spent in the wilderness, fasting and being tempted by Satan.

Many people give up something during Lent to remind them of Christ's sacrifice. Some people decide to make a change in their lives during the forty days. Other people decide to add something into their life. Lent gives us time to learn about prayer, let go and show kindness to others. We hope to grow closer to God and better understand that God loves us. We then use the love God gives us to love others.

1. Do you have any spring-cleaning rituals? If so, what are they?
2. The tradition of spring-cleaning originated with Shrove Tuesday. What is the one area of your heart you would like to do a little 'spring-cleaning' in?
3. Do you have any Lenten traditions in your spiritual background? If so, what are they? If not, how did your spiritual background view Lent?
4. The early church tradition of Shrove Tuesday was a time of confession to receive absolution. Do you have a trusted friend that you share your spiritual challenges?
5. What are you giving up or taking on for Lent as an individual and as a family?