



WHO

Gather your family, kids, and neighborhood buddies to have a kid-centered celebration... Celebrate the beginning of Lent in your home with your own Fat Tuesday Pancake Celebration.

WHAT

“DIY Pancake Day” Parents, 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 in the evening. Breakfast for dinner... it doesn't get any better than that!

WHERE

At your house, a friend's house or your favorite restaurant.

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! Do you like sprinkles, chocolate chips, and whipped cream? It doesn't matter how you make 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.

FUN IDEAS

For an art project, have the children cut a pancake out of brown paper, then use a hole punch to create “blueberries” out of blue paper. The children glue the berries onto the pancake in the shape of their first initial. Follow this by making real pancakes. Using an old squirt bottle filled with pancake batter, write and cook pancakes in the shape of their initials

PRAYER

Wonderful God, thank you for wanting to be closer to us. Help us to grow closer to you during Lent. Amen.

POEM

The Pancake Song:

Mix a pancake,
Stir a pancake,
and pop it in the pan.

Fry the pancake,
Toss the pancake,
and catch it if you can.

DISCUSSION QUESTIONS

Tomorrow begins Lent, a forty-day period before Easter when we prepare ourselves. This is the time when we remember Christ and the changes he made in our world. Because of this, we try to learn how to be more like Him.

Many people giving 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, letting go and showing 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. What is the messiest part of your room?
2. When do you clean those things?
3. Do you ever have messy parts in your life like lying, fighting with your family or being angry at people?
4. What do you know about Lent?
5. Who do you share your spiritual questions or deepest thoughts with?
6. What is one simple gift you could give (something you give up or take on) to God every day during Lent

RESOURCES FOR THE JOURNEY

Parents, visit www.modernsacredfamily.com for more ways to engage in the Seasons!