



One last feast – for now anyway

Lent is the time when Christians prepare for Easter by giving up something special for 40 days. Traditionally Christians would fast, or give up food, as a way of remembering the 40 days that Jesus spent alone in the desert. These days people give up all sorts of things – sugar, coffee, social media - the main point is to help us concentrate on God and prepare our hearts and minds for the events of Easter.

In 2022 Shrove Tuesday is the 1st of March. This resource contains some general information about Shrove Tuesday, a Pancake recipe, a poem you can perform as a family, and a reading as you head into the season of Lent.

Shrove Tuesday

If you love pancakes, then Shrove Tuesday is the day for you! Shrove Tuesday, or Pancake Tuesday, is the day before Lent begins. The word Shrove comes from the old word 'shrive', which means to confess. In the Middle Ages people would use the day before Lent as a time for confession, so that they were clean and forgiven before Lent began. Shrove Tuesday was also the last chance for people to use up their fat, butter and eggs before the Lent season, so many people chose to make pancakes.

A Pancake Recipe

2c flour
2½t baking powder
½t salt
1 egg
1½c milk
2T melted butter

Lightly beat the egg and milk together. Sift the dry ingredients together and then slowly add to the egg and milk mixture. Mix in the melted butter. Pour small amounts of the batter into a hot pan, and turn over when the mixture starts to bubble. When both sides are brown, remove from the pan and eat with your favourite toppings – lemon and sugar, fresh fruit, ice cream, maple syrup, bacon and banana.....

This is an egg

This is a performance poem and can be read by adults and children. The words in brackets could be written on signs and held up for everyone to join in with. Each verse of the poem could be read by a different reader, with all the readers reciting the last verse together.

This is an egg.
I can eat it.
I can eat it raw (YUK!)
I can eat it scrambled
coddled
fried
soft-boiled
hard-boiled or
poached.

This is an egg.
I can use it to make cakes (YUM, YUM)
I can use it to make puddings
pastry
custard
biscuits
and pancakes.

This is an egg.
I can drop it (WHOOOPS)
Its shell will break.
Inside it is all gooey and sticky.

This is an egg.
It's really easy to drop.
I can drop it in the kitchen
in the living room
down the stairs
behind the tele
on the floor.
Maybe the dog will lick it up (WOOF WOOF)

This is an egg.
Birds lay eggs.
And so do snakes,
echidnas

and possibly dragons (WOW!)
and definitely duck-billed platypuses.

These are three eggs.
I could try to juggle with them...(BE CAREFUL)
But maybe I'll practise
with something else first.

Today is Shrove Tuesday (HOORAY)
Tomorrow is Ash Wednesday,
which is the beginning of Lent.
Long ago some Christians did not eat eggs during Lent.
Lent lasts for 40 days –
I wonder what the chickens did!

Before Lent began
On Shrove Tuesday – which is today (HOORAY) –
The Christians cooked all their eggs and ate them.
They must have had
scrambled eggs
soft-boiled eggs
fried eggs
poached eggs
coddled eggs
and hard-boiled eggs.
And one year,
when there were still eggs left over,
someone tried mixing them with flour and milk
and invented...
pancakes (YUM, YUM)

And so, ever since on Shrove Tuesday,
which is today (HOORAY)
we make pancakes.
And we eat them with
sugar
lemon
syrup
jam
ice cream
and onion gravy...
Just kidding.

We love pancakes
They are (YUM, YUM, YUM)
The end.

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The desert waits
(an invitation to Lent)

Find a quiet moment, or create one, and read this out loud.

The desert waits,
ready for those who come,
who come obedient to the Spirit's leading;
or who are driven,
because they will not come any other way.

The desert always waits,
ready to let us know who we are –
the place of self-discovery.

And whilst we fear, and rightly,
the loneliness and emptiness and harshness,
we forget the angels
whom we cannot see for our blindness,
but who come when God decides
that we need their help;
when we are ready
for what they can give us.

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