



# Shrove Tuesday

HOW TO EXPLORE SHROVE TUESDAY  
TOGETHER AS FAMILY AND WHĀNAU

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:

- general information about Shrove Tuesday
- a Pancake recipe
- a poem you can perform as a family
- a reading for the season of Lent.



# SHROVE TUESDAY

## WHY PANCAKES?

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

1. Lightly beat the egg and milk together.
2. Sift the dry ingredients together and then slowly add to the egg and milk mixture.
3. Mix in the melted butter.
4. Pour small amounts of the batter into a hot pan, and turn over when the mixture starts to bubble.
5. 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.

Ruth Burgess ©2004 first published in Bread of  
Tomorrow: Praying With the World's Poor,  
edited by Janet Morley



# THE DESERT AWAITS

(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.

Ruth Burgess ©2004 first published in  
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# More

MORE LENT AND EASTER IDEAS CAN BE  
FOUND AT:

[WWW.SUNZBREAKTHROUGH.ORG.NZ](http://WWW.SUNZBREAKTHROUGH.ORG.NZ)



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and families