



## Shrove Tuesday Celebration

Shrove Tuesday is a day to have fun, play and dance before beginning the Lenten season. Historically, Lent has been a time of simple living, prayer and fasting for Christians as they prepare spiritually for celebrating the resurrection of Jesus Christ. In an attempt to rid the kitchen of all things “fat” that might distract faithful Christians during the time of fasting, Christians across the world began food traditions to mark the last day before Lent. This practice led to the creation of Shrove Tuesday, known by many as Pancake Tuesday.

Shrove Tuesday provides a wonderful opportunity to gather your congregation for a time of celebration. It is also an occasion for members of the congregation to consider how they might use the precious forty days of Lent as a time to grow in their faith and to experience God more deeply.

### Fun Activities for a Shrove Tuesday Party:



Eat pancakes!!! You could even make the evening a “pancake potluck.” Guests would be asked to bring pancakes using their favourite recipes. Just imagine how many variations you could get!



Set up a Spirituality Centre in your church and invite congregation members to experience different practices that they might commit to during the season of Lent. (Use items like finger labyrinth, painting stations, spiritual colouring books, paper prayer lantern decorating supplies, rocks, poems, words of scripture, etc. to create your Spirituality Centre.)



Gather a team of volunteer chefs from your congregation to prepare Shrove Tuesday foods from around the world for everyone to enjoy.

[catholicism.about.com/od/catholicliving/tp/Fat\\_Tuesday\\_Recipes.htm](http://catholicism.about.com/od/catholicliving/tp/Fat_Tuesday_Recipes.htm)