



## GRACE PASADENA 2021

### PANCAKE TUESDAY: FEASTING & PREPARING FOR LENT & EASTER

The day before Ash Wednesday, the start of Lent, is the last day of the Epiphany season. This day has a few different names. Some call it *Shrove Tuesday*, *Fat Tuesday*, *Mardi Gras*, or *Carnival*. The day is spent preparing for Lent, and for many, this includes indulging in one last feast before the start of the Lenten fast. Some refer to this Tuesday as *Pancake Tuesday* in reference to an old British practice of feasting on all the butter, eggs, and sugar in the house before the long Lenten fast begins.

To mark the end of Epiphany and the start of Lent, consider having a pancake dinner. It can be a fun and meaningful way to enter into Lent as a household. It can also be a whimsical way to talk to children about Lent, the practice of fasting, and how the household can prepare for Easter together. Even if your household does not observe Lent closely or want to fast together, marking the change of liturgical seasons with a pancake dinner can begin turning hearts, minds and bodies towards the good news of Easter.

*(For more information about Lent and fasting, please refer to the Grace Pasadena Family Guide or the Lenten Prayer Guide.)*

Below are prayers and a dinnertime meditation for Pancake Tuesday.

#### **Prayer while Making Pancakes**

This day is for feasting: for eating, not wasting,  
for chewing and tasting all that God makes!

This day is for singing: our ears will be ringing,  
with songs we are bringing to God - full of praise!

Bring eggs for the baking, add flour to the making,  
and stir up the cake in a bowl nice and big!

Add milk to the bowl, then stir with your soul,  
and cook 'til it's whole - and eat all you can!

Tomorrow's for praying, for silently saying to God  
that you're laying your life down in love.

To wait on God's giving, God's food for your living,  
God's grace, all forgiving, as Easter comes near. **Amen.**

### **Grace for the Pancake Dinner**

Father, Son, and Holy Spirit,  
We give you thanks for the your gifts:  
the gifts of life, breath, our homes, friends and this meal.  
As we feast on stacks of pancakes flowing with butter and syrup,  
may we remember the abundance of your love,  
the sweetness of your grace,  
and the richness of your friendship with us.  
As we feast, prepare us for tomorrow and the season of Lent.  
In our fasting, may you make room in our hearts  
for a deeper love of you and our neighbor.  
Giver all good things, we thank you. **Amen.**

### **Dinnertime Scripture for Contemplation –**

*Adults can say:* Tomorrow is Ash Wednesday, the start of Lent. Lent is a time of preparing for Easter by making room in our hearts, minds, and bodies for the good news of the resurrection of Jesus Christ; it is a time of turning our attention to Jesus Christ in new ways by naming and letting go of actions, attitudes and things that turn us away. Let's get ready for tomorrow by listening to a part of Psalm 51 from the Message translation:

Generous in love—God, give grace!  
Huge in mercy—wipe out my bad record.  
Scrub away my guilt,  
soak out my sins in your laundry.  
I know how bad I've been;  
my sins are staring me down.  
Soak me in your laundry and I'll come out clean,  
scrub me and I'll have a snow-white life.  
Tune me in to foot-tapping songs,  
set these once-broken bones to dancing.  
Don't look too close for blemishes,  
give me a clean bill of health.  
God, make a fresh start in me.

- Which images or words did you notice in the Psalm?
- What words about God did you notice?
- Have you ever wanted to pray like this? Why?
- This Psalm is about turning towards God more fully.
- What can you let go of this Lent so you can turn to God more fully?
- What can we let go of together so you can turn to God more fully as a household?

**A Final Prayer for Pancake Tuesday**

God of love, fill us with a deeper love of you and our neighbor just as you have filled our bellies with good food. By your Spirit, free us from the attitudes, actions, and things that turn us away from you. By your Spirit, make us ready to hear with fresh ears the good news of the death and resurrection of Jesus Christ, our Lord. Walk with us as we enter Lent and be the light onto our path. ***Amen.***