

SHROVE TUESDAY

February 25, 2020



Shrove Tuesday, the day before Lent begins, is often celebrated with a feast of pancakes. This custom dates back hundreds of years. Since people would fast during Lent from foods such as sugar and fats, cooking pancakes the night before was a good way to get those tempting foods out of the house.

Tonight, let the children and teens in your family cook up their favorite pancakes. You might also decorate the table with some Mardi Gras beads and other colorful items. As a family, write a blessing that you can pray together before your pancake dinner. Since tomorrow will be Ash Wednesday, the beginning of Lent, allow time after dinner for family members to share what they are planning to do to grow closer to God during the season.

EXTRA FUN: Read about the tradition of [pancake races in the UK](#). If your family is feeling adventurous, try your own pancake race!