

THE UPPER ROOM

A Pancake Recipe and Liturgy For Shrove Tuesday

Lovingly prepared by Kimberly Orr, Publisher of The Upper Room

The “One of Everything” Pancake Recipe

INGREDIENTS

- 1 Egg
- 1 Tbsp. Sugar (12.5g)
- 1 Splash Vanilla Flavoring (approx. ¼ tsp./1.25ml)
- 1 Cup All-Purpose Flour (125g)
- 1 Tsp. Baking Powder (3.1g)
- 1 Dash Cinnamon (1/5 tsp./1g)
- 1 Dash Salt (1/8 tsp./.5g)
 - Enough Milk to create a moderately thin batter, approximately 1 to 1.5 cups. (240 -360 ml)
 - Non-stick oil spray or neutral oil, such as Safflower or Canola.



Yield: Approx. 6-8 pancakes

DIRECTIONS

1. Lightly whisk egg in a large bowl.
2. Whisk the sugar and vanilla into the egg. Set aside.
3. In another bowl sift together the flour, baking powder, salt, and cinnamon.
4. Pre-heat a skillet on medium heat. Use the neutral oil or non-stick spray for cooking pancakes.
5. Alternate adding the flour mixture into the egg/sugar mixture while also adding in your milk a little at a time. Combine as you go with a whisk or fork to avoid lumps. Batter should be moderately thin. When you pour it into the skillet the batter should stand about ¼” (.6 cm) in height.
6. Use a ladle to pour batter into pre-heated skillet (about ¼ cup/60 ml of batter per pancake). Wait for bubbles to form on the surface, then use a wide spatula to flip. The overturned side should be golden brown, and the texture should be light and fluffy. When the flipped side has reached a golden color, remove from skillet to a warmed plate to rest. If the skillet is dry, replenish the spray/oil before cooking your next pancake.

Pray Love Pancakes Cook

A Pancake Liturgy

A Pray-as-you-Cook Spiritual Exercise

PREPARING:



1. Breathe.

Take a few deep, cleansing breaths. Slowly breathe in through your nose and exhale slowly through your mouth. Notice the air filling and leaving your lungs as you breathe in... and out....

2. Before you gather your ingredients and cooking equipment, pray this **Prayer of Preparation**.

Today, in this moment, I visualize myself laying aside the weight of my concerns and fears. Today, in this moment, I seek to trust God who created me and loves me. I believe that in God's house there is room to spare, and because of God's love for me there is a space prepared for me. Jesus said that he was going away to prepare a place for his friends and that he would return and take them home to live with him; so, I trust in you, Jesus, my friend, brother, and intercessor to prepare my whole being for my forever life in our Divine Parent's house. Amen. (based on: John 14:1-3; Hebrews 12:1-3)

3. Mindfully **gather** your ingredients and cooking accoutrement. Take time to notice several elements and/or pieces of equipment and speak something about each. (e.g., "I notice the coolness of my measuring spoons." "I love the texture of this bowl," "I enjoy the warm smell of the cinnamon," etc.)



UNITING:

4. Once everything is prepared, take one more breath, then pray this **Prayer of Oneness** as a nod to the name of our pancake recipe, and as a means of **remembering our call to unity** within the Body of Christ:

Gracious Heavenly Parent, guard us as we pursue this life that you have given us through Jesus, the Anointed One. May we seek to live together in harmony and in the unity of loving intention, just as you and Jesus are of one heart and mind. Holy Spirit guard our thoughts and our words. Season them with your grace. May we find joy in uniting around the teachings and ways of Jesus. May we do nothing out of selfish ambition but instead, with humility think outside the circle of our self-referenced lives and care for "us" and "our" as much as we care for "me" and "mine." Amen. (based on: John 17:11; Romans 15:5-7; Philippians 2:1-4)

5. Now, pick up the egg, hold it in your hand and pray:



Bless-ed are you, O Lord our God, Sovereign of the Universe, who has created us anew in Christ Jesus for good works, we thank you for this tangible reminder of new life. In this season of examination and repentance, we pray for new eyes to see ourselves and others as you see us: worthy of joy, forgiveness, and restoration. Amen. (based on: the traditional Hebraic "Baruch" prayer; 2 Corinthians 5:16-18; Ephesians 2:10)

6. As you whisk the sugar and vanilla into the egg, pray:



O Lord, your words nourish my whole being. They are sweeter than sugar to me. Amen. (based on: Psalms 19:10; Psalms 81:16; Psalms 119:102-103)

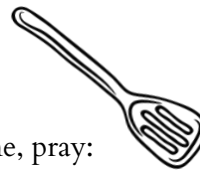
7. As you sift the flour, baking powder, salt, and cinnamon together, pray:

Lord Jesus, satisfy our hungry hearts with gifts of finest wheat; for, you are the bread of life that comes down from heaven. By extension, may our lives spread the joy of your good news to those around us, just as leavening permeates dough. Amen. (based on: Psalm 81:16; John 6:32-35; Matthew 13:33)

8. As you combine the dry and wet ingredients together to form the batter, pray:

Loving God, may we find great gain in godliness as, by your grace, we combine it with contentment, that is most deeply realized when our lives are thoroughly mixed in with you. Amen. (based on: 1 Timothy 6:6)

EMBODYING:



9. As you patiently wait to turn the pancake at the right time, pray:

I've heard that patience is a virtue, an aspect of love. So, dear Lord, anchor me in this moment out of love for this moment, out of love for you in this moment, out of love for myself in this moment, and out of trust in this process that you've made possible, so as to yield something new... in this moment. Amen. (based on: Lamentations 3:22-23; Galatians 5:22-23; 1 Thessalonians 5:23)

SPECIAL NOTE: If something doesn't go quite as planned while you're cooking, take a breath and utter this Imperfect Prayer:

Creating and Re-creating God help me to understand that perfection is not the goal, but rather, contentment with what is. I cry out for your Spirit to free me from the prison of impossible standards that prevent me from accepting myself and others, just as we are. Help me to take in this breath, this mess, this reality with a grain of your grace, knowing that I am your beloved child, no matter what. Amen. (based on: Philippians 4:11; Romans 1:7; Colossians 3:12)



10. As you taste the pancakes give thanks and pray:



O taste and see that the Lord is indeed good! With your help, O God, may we find satisfaction in the fruit of our labors. May we not confuse the pursuit of excellence with false standards of performative perfection during these days of examination and release; for your word tells us to be complete even as you are complete. So truly, may we know contentment, wholeness, and rest in the days ahead. Jesus, you are our shalom, our companion along the road. In you do we trust. Amen. (based on: Psalm 34:8; Matthew 5:48; Luke 24:15; Ephesians 2:14)

DISPERSING:



11. As you reflect on this spiritual exercise in preparation for the upcoming Lenten season, and as you think about how and with whom you will share this experience, pray:

Our Father, which art in heaven, hallowed be thy name. Thy kingdom come, thy will be done, on earth, as it is in heaven. Give us this day our daily bread (and pancakes!). And forgive us our trespasses as we forgive those who trespass against us. And lead us not into temptation but deliver us from evil. For thine is the kingdom, and the power and glory forever. Amen.

Go in Peace and enjoy those pancakes! Amen.

RESOURCES:



Book: [Walking in the Wilderness: Seeking God During Lent](#) by Beth A. Richardson

eCourse: [Walking in the Wilderness: An Online Lenten Retreat with The Upper Room](#)

[Preparing for a Socially Distanced Ash Wednesday](#)

