

An At Home Service for Shrove Tuesday

What is Shrove Tuesday? (If you wish, this can be read aloud prior to the service)

"Shrove Tuesday (also known around the world as Mardi Gras, Fat Tuesday, Pancake Day or Fastnacht Day) signals the end of Epiphany on the church calendar. It comes the day before Ash Wednesday, the beginning of Lent, and it combines repentance and preparing for the Lenten season with a festive spirit. The word shrove is the past tense of the word shrive, meaning to confess and seek forgiveness. Many Christians observe Shrove Tuesday and often host pancake suppers as a way to recognize the day. Eating pancakes on this day is believed to have come about as a way to use up butter, eggs, milk, and fat in preparation for fasting during Lent. Gathering for fun to eat pancakes and all things fattening on Shrove Tuesday has been a Christian tradition since the 16th century, and it serves as a reminder we are about to enter the season of Lent, a season of reflection, fasting and spiritual renewal. It is traditional to reflect on what type of fasting one may do during Lent. Is there one thing you might 'give up' or 'take on' during Lent in order that you might grow closer to the Lord?"

Phos Hilaron (O Gladsome Light) (everyone reads this together)

O gladsome light, pure brightness of the everliving Father in heaven, O Jesus Christ, holy and blessed!

Now as we come to the setting of the sun, and our eyes behold the vesper light, we sing your praises,

O God: Father, Son, and Holy Spirit. You are worthy at all times to be praised by happy voices,

O Son of God, O Giver of Life, and to be glorified through all the worlds.

Bible Reading & Optional Questions for Discussion (select a reader)

"But whatever were gains to me I now consider loss for the sake of Christ. 8 What is more, I consider everything a loss because of the surpassing worth of knowing Christ Jesus my Lord, for whose sake I have lost all things. I consider them garbage, that I may gain Christ 9 and be found in him, not having a righteousness of my own that comes from the law, but that which is through faith in Christ—the righteousness that comes from God on the basis of faith. 10 I want to know Christ—yes, to know the power of his resurrection and participation in his sufferings, becoming like him in his death, 11 and so, somehow, attaining to the resurrection from the dead.

12 Not that I have already obtained all this, or have already arrived at my goal, but I press on to take hold of that for which Christ Jesus took hold of me.

13 Brothers and sisters, I do not consider myself yet to have taken hold of it.

But one thing I do: Forgetting what is behind and straining toward what is ahead, 14 I press on toward the goal to win the prize for which God has called me heavenward in Christ Jesus." (Philippians 3:7-14, NIV)

Q. What is something in your life that you would like to leave behind this Lent?

Q. Why do you think this would help you grow in your faith?

Q. How do you think you can do this?



A Shrove Tuesday Culinary Liturgy of Renewal

(this can be done by up to 9 readers and can be done, if you wish, as you mix the pancake ingredients)

- Reader We come to God as we are: we come with a history of rights and wrongs,
we come with a past of shaky discipleship, we come with the unsifted mixture called life.
- Reader We long to stay with what is familiar, to cling to the comfortable, the predictable;
to hold to the past, however painful; to find our security in a world of our
making.
- Reader But God calls us to move on: to enter the place of reflection and change,
to be confronted and challenged with reality, to encounter God's life-giving Presence within.
- Reader So, we sift the flour, removing regrets from the past, leaving behind what we no
longer need.
- Reader And we take some milk, the nourishment of God's word, which gives strength
for the journey ahead.
- Reader We take an egg, symbol of new life, anticipating God-inspired possibilities.
- Reader We mix it all together ready to move forward through tomorrow's Lenten
beginnings.
- Reader And as we share in this food, may we marvel at the new creation
which, by God's grace, we are now and yet will become.
- Everyone **Amen.**

A Collect for Shrove Tuesday

- Reader Let us pray that we may live as forgiven people: **(Silence for about 10 seconds)**
- God of infinite mercy, grant that we who know your compassion may rejoice in your forgiveness
and gladly forgive others for the sake of Jesus Christ our Saviour who is alive with you and the Holy
Spirit, one God now and for ever. **Amen**

A Blessing

- Everyone **The grace of our Lord Jesus Christ, and the love of God, and the
fellowship of the Holy Spirit, be with us all evermore. Amen.**