



PANCAKE DAY OR SHROVE TUESDAY

Pancake Day, or Shrove Tuesday, is the traditional feast day before the start of Lent on Ash Wednesday. Lent – the 40 days leading up to Easter – was traditionally a time of fasting and on Shrove Tuesday, Anglo-Saxon Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

Shrove Tuesday was the last opportunity to use up eggs and fats before embarking on the Lenten fast and pancakes are the perfect way of using up these ingredients.

At Windsor Uniting Church on Tuesday (Shrove Tuesday) we had a potluck dinner followed by pancakes as dessert. (*Incidentally I like lemon and sugar with my pancakes 😊*) It was a time of fellowship together that marked the beginning of Lent.

“Lent is the Christian season of spiritual preparation before Easter. In Western churches, it begins on Ash Wednesday. During Lent, many Christians observe a period of fasting, repentance, moderation, self-denial, and spiritual discipline. The purpose of the Lenten season is to set aside time for reflection on Jesus Christ—to consider his suffering and his sacrifice, his life, death, burial, and resurrection.”

(Written by: Fairchild, Mary. "Learn What Lent Means to Christians." Learn Religions, Aug. 27, 2020, learnreligions.com/what-is-lent-700774).

I've used information gathered from the Internet this time. It reminds us that as we begin our Lenten Season that we spend time in reflecting on Jesus, to reflect on what he has done for us through his life, death, burial and resurrection. I would add to this, to reflect on the amazing love of God for his Son, and for all humankind.

As we go through Lent and reflect on the story, I pray we will all find a new relationship with Jesus and let go of those things that are holding us back from that new relationship with him. The song also reminds us that “It’s about the Cross”

Enjoy the music and the words and may God’s Spirit stir us to love and service once again.

Yours in His Service,

Lyn

Pastor Lyn Graham

0412 990 949 - (available anytime)

[It's About the Cross - Ball Brothers - Bing video](#)

It's About the Cross
The Ball Brothers

It's not just about the manger
Where the baby lay
It's not all about the angels
Who sing for him that day
It's not all about the shepherds
Or the bright and shining star
It's not all about the wise men
Who travelled from afar

Chorus:

It's about the cross
It's about my sin
It's about how Jesus came to be born once
So that we could be born again
It's about the stone
That was rolled away
So that you and I could have real life someday
It's about the cross

It's not just about the good things
In this life I've done
It's not all about the treasures
Or the trophies that I've won
It's not about the righteousness
That I find within
It's all about His precious blood
That save me from my sin

Chorus: as above

The beginning of the story
Is wonderful and great
But it's the ending that can save you
And that's why we celebrate

Chorus: as above

Songwriters: Jamie Statema. For non-commercial use only.