

# Celebrating Shrove Tuesday



 Presbyterian Church  
of Aotearoa New Zealand



# CELEBRATING SHROVE TUESDAY AT HIGHGATE PRESBYTERIAN, DUNEDIN

By Jane Davis, Children's Minister

For the last two years we have run a pancake event on Shrove Tuesday evening.

Most of the resources I sourced from the internet and apologise for not having the sources documented.

The structure of the evening is:

## **Activity:**

Coffee and pancakes to start.  
Games, quizzes etc in groups.  
Devotion time at the end.

The first year for devotions we had a Chiminea (a terracotta bulb shaped portable fireplace) set up outside and people wrote down something significant they wanted to remove from their lives and then burnt it in the chiminea.

Last year we used the Shrove Tuesday liturgy while we all stood in a circle, putting ingredients on a table in the middle of the circle as we read.

Church and community families (and others) responded well. It has been a wonderful event for bringing all ages together and getting our minds focussed on Lent.

## **Included in this resource:**

- ✓ Advertising flyer for Pancake event
- ✓ Resources for Pancake evening:
  - **Pancake games and songs**
  - **Pancake day origins, history and events**
  - **Shrove Tuesday word search**
  - **Pancakes from around the world quiz and answers**
  - **Pancake topping taste test**
  - **Pancake event booking sheet**
  - **Shrove Tuesday liturgy**
  - **This is an egg – performance poem on Shrove Tuesday**
  - **The desert waits – a call to Lent**



# Pancake Day

SHROVE TUESDAY, FEBRUARY 12<sup>th</sup> 7pm

Pancakes for pudding? Who doesn't love that?

We will make the Pancakes if you bring along your favourite toppings to share.

Bring your friends and family to Maori Hill Church Hall for a Pancake Evening. All ages welcome.

Shrove Tuesday marks the day before the beginning of the long fast of Lent. The custom of making pancakes arose through the need to use up food items, which were forbidden during Lent!!

Tea and Coffee will also be available and for any really keen people we could organise a pancake race!

If you are interested in coming. please put your names on the sign up sheet on the table in the foyer of the church to give us an idea of numbers or phone/email Jane 464 0622 [edlumeric@clear.net.nz](mailto:edlumeric@clear.net.nz)



## **Pancake Day Resources**

### **Pancake Day Games and Songs**

#### **Mix A Pancake**

This simple classic children's verse by Christina Georgina Rossetti is particularly effective if children can follow the process outlined and make pancakes in class. If this is not feasible, students will still enjoy pantomiming the actions described.

***Mix a pancake,  
Stir a pancake,  
Pop it in a pan;  
Fry the pancake,  
Toss the pancake,  
Catch it if you can.***

#### **Pancake Flipping Contest**

1. Students put their pancakes in their pan and hold the pan out in front of them by the ruler/handle at arm's length with one hand.
2. Say "Ready, Set, FLIP." Each time you say "FLIP," each student has to flip his or her pancake. The pancake must go at least one foot in the air and turn over completely for a flip to count. (For younger or less dexterous students, the pancake may simply go up and down without flipping.)
3. You may occasionally have long pauses between flips. It will become increasingly difficult for students to hold the pans out in front of them.
4. When a student drops a pancake, he or she is removed from play.
5. Repeat until only one student remains as the winner.

## Pancake Day Origins, History and Events

- ☺ Pancake Day falls each year on Shrove Tuesday - the day of preparation for Lent.
- ☺ The following day - Ash Wednesday - is the first day of Lent.
- ☺ Lent is a time of abstinence -- traditionally of meat, fat, eggs and dairy products -- so
- ☺ Shrove Tuesday was the day to consume all the fat, eggs and dairy products in the kitchen.
- ☺ The English custom of making pancakes is one way to use up fat, eggs and dairy products. Hence, this is how Shrove Tuesday came to be sometimes called Pancake Day.
- ☺ In some cultures, it is traditional to eat as much as possible on Shrove Tuesday ... up to 12 times a day!

## Traditional Events

Perhaps the best-known Shrove Tuesday celebration is the Pancake Day Race at Olney in Buckinghamshire, England, which has been held since 1445.

Its origin is the story of a woman who was cooking pancakes when she heard the shoving bell summoning her to confession. Going to church was compulsory in those days so she ran to church wearing her apron and still holding her frying pan. This started a tradition of the Pancake Day Race, which has lasted for more than 500 years.

The same day, at London's Westminster School, a verger from the Abbey leads a procession of boys into the schoolyard for the Annual Pancake Grease. The school's cook tosses a huge pancake over a 5m-high bar. The boys scramble for a piece and the one who obtains the largest piece receives a cash prize.

In **Provence**, there is a superstition that if you hold a coin in your left hand while you toss a pancake, you'll be rich.

In **Brie**, it is traditional to give the first pancake to the hen that laid the eggs for the pancake.

And it is always regarded as bad luck if a pancake falls on the floor mid-toss. It is said that **Napoleon** -- who with Josephine liked to cook and eat pancakes -- blamed the failure of his Russian campaign on one he had dropped years before at Malmaison.

## **Pancakes from around the World Quiz**

In many countries pancakes are served and they have a variety of names. Can you sort match the country to the name of their pancakes?

1. Early days in America B \_ \_ \_ W \_ \_ \_ \_ P \_ \_ \_ \_ \_ \_ \_
2. In England you get C \_ \_ \_ \_ \_
3. In Mexico they are called T \_ \_ \_ \_ \_ \_ \_ \_
4. In Greece they serve F \_ \_ \_ \_ \_ \_ \_
5. In Scotland you get G \_ \_ \_ \_ \_ C \_ \_ \_ \_
6. In America they are called H \_ \_ C \_ \_ \_ \_ or F \_ \_ \_ J \_ \_ \_ \_
7. Outback America serves C \_ \_ \_ \_ \_ \_ \_ \_
8. In Australia you get P \_ \_ \_ \_ \_ \_ \_
9. In Spain they like C \_ \_ \_ \_ \_ \_ \_
10. Some people call them T \_ \_ \_ O \_ \_ \_ \_

### **Possible Names:**

Griddle Cakes Pancakes Turnovers  
Crepes Tortillas Fritters  
Crespeli Hot Cakes Flap Jacks  
Chapattis Buck Wheat Pancakes

### **Pancakes from around the World Quiz Answers**

1. Early days in America: Buck Wheat Pancakes
2. In England you get: Crepes
3. In Mexico they are called: Tortillas
4. In Greece they serve: Fritters
5. In Scotland you get: Griddle Cakes
6. In America they are called: Hot Cakes or Flap Jacks
7. Outback America serves: Chapattis
8. In Australia you get: Pancakes
9. In Spain they like: Crespeli

10. Some people call them: Turnovers



## Shrove Tuesday Word Search

Find the following Pancake Day words below:

**Pancake**  
**Butter**  
**Sugar**  
**Lemon**  
**Batter**  
**Frying**  
**Jam**

**Egg Lifter**  
**Wooden spoon**  
**Bowl**  
**Eggs**  
**Milk**  
**Pan**  
**Mix**

**Stir**  
**Fry**  
**Icecream**  
**Water**  
**Syrup**  
**Crepes**

**Words can go diagonally, forwards or backwards.**

**D F O P N S U G A R M M S B**  
**W A T E R A X K R V A B A O**  
**C U Y N O O P S N E D D O W**  
**R I T S V Y N G R B T S Q L**  
**E B G N L M L C N T S T P O**  
**P A N C A K E A U I L D U H**  
**E T C J V C M A L T Y G K B**  
**S T B M I X O K I S Y R U P**  
**A E G G S M N S F L Y R F P**  
**Z R E T F I L G G E J B D I**



SHROVE TUESDAY,  
FEBRUARY 12<sup>th</sup> 7pm  
All Ages Welcome

**Names of those interested in Attending:**

<b>FAMILY NAME</b>	<b>NO'S ATTENDING</b>	<b>PHONE</b>	<b>EMAIL</b>

--	--	--	--

**Pancake Topping Taste Test**

Number 1

Number 2

Number 3

Number 4

Number 5

Number 6

**Pancake Topping Taste Test**

Number 1

Number 2

Number 3

Number 4

Number 5

Number 6



### **A short liturgy for Shrove Tuesday**

*For this liturgy you will need the following ingredients: flour, salt, milk, an egg; and the following tools: a mixing bowl and a whisk.*

**Reader 1:** Come with me, come wander, come welcome the world,  
Where strangers might smile or where stones may be hurled;  
Come leave what you cling to, lay down what you clutch  
And find, with hands empty, that hearts can hold much.  
Sing hey for the carpenter leaving his tools!  
Sing hey for the Pharisees leaving their rules!  
Sing hey for the fishermen leaving their nets!  
Sing hey for the people who leave their regrets!  
(by John Bell and Graham Maule)

**Song:** *Sing hey for the Carpenter (Heaven Shall Not Wait, Wild Goose Songs, Volume 1)*

**Reader 2:** 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 chequered mixture called life.

**Reader 1:** 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 2:** But God calls us to move on:  
to enter the place of reflection and change,  
to be confronted and challenged with reality,  
to encounter the life-giving presence within.

*Readers 1 & 2 present the ingredients as they say:*

**Reader 1:** So, we sift in some flour, regrets from the past,  
laying to rest what we no longer need.

**Reader 2:** And we add a touch of salt, vital for flavour:  
provocative sharpness of God's truth.  
*18 Eggs and Ashes*

**Reader 1:** We take an egg, symbol of new life,  
anticipating God-inspired possibilities.

**Reader 2:** And we take some milk, like our ancestors of old:  
nourishment for the journey ahead.

*A third person (Reader 3) adds the ingredients to the mixing bowl and  
does the mixing.*

**Reader 3:** We mix it all together  
to use up ingredients of the past,  
ready to move forward  
through tomorrow's Lenten beginnings.  
And as we share in this food,  
may we marvel at the glorious creation  
which, by God's grace,  
we are now and yet will become.

AMEN

Judith Jessop, Broomhill Methodist Church Liturgy Group

## **This is an egg**

*(This is a performance poem and could be read by adults and/or children. The words in brackets could be written on signs to be held up by someone other than the readers, to encourage audience participation. Each verse of the poem could be read by a different reader, with all of the readers reciting the last verse together.)*

This is an egg.

I can eat it.

I can eat it raw (YUK!)

I can eat it scrambled

coddled

fried

soft-boiled

hard-boiled or

poached.

This is an egg.

I can use it to make cakes (YUM, YUM)

I can use it to make puddings

pastry

custard

biscuits

and pancakes.

This is an egg.

I can drop it (WHOOOPS)

Its shell will break.

Inside it is all gooey and sticky.

This is an egg.

It's really easy to drop.

I can drop it in the kitchen

in the living room

down the stairs

behind the tele

on the floor.

Maybe the dog will lick it up. (WOOF WOOF)

This is an egg.

Birds lay eggs.

And so do snakes,

echidnas

and possibly dragons (WOW!)

and definitely duck-billed platypuses.

These are three eggs.

I could try to juggle with them ... (BE CAREFUL)  
But maybe I'll practise  
with something else first.  
Today is Shrove Tuesday (HOORAY)  
Tomorrow is Ash Wednesday,  
which is the beginning of Lent.  
Long ago some Christians did not eat eggs during Lent.  
Lent lasts for 40 days –  
I wonder what the chickens did!\*

Before Lent began  
on Shrove Tuesday – which is today (HOORAY) –  
the Christians cooked all their eggs and ate them.  
They must have had  
scrambled eggs  
soft-boiled eggs  
fried eggs  
poached eggs  
coddled eggs  
and hard-boiled eggs.  
And one year,  
when there were still eggs left over,  
someone tried mixing them with flour and milk  
and invented ...  
pancakes (YUM, YUM)  
And so, ever since on Shrove Tuesday,  
which is today (HOORAY)  
we make pancakes.  
And we eat them with  
sugar  
lemon  
syrup  
jam  
ice cream,  
and onion gravy ...  
Just kidding.  
We love pancakes  
They are (YUM, YUM, YUM)  
The end.



*(\* Long ago, chickens were older breeds and would not have laid eggs in the winter. On Shrove Tuesday, people would have been eating up the last of the preserved eggs, which were probably coming to the end of their preservation period. By Easter Day, the chickens would be starting to lay eggs again.)*

Ruth Burgess

## The desert waits (an invitation to Lent)

The desert waits,  
ready for those who come,  
who come obedient to the Spirit's leading;  
or who are driven,  
because they will not come any other way.  
The desert always waits,  
ready to let us know who we are –  
the place of self-discovery.  
And whilst we fear, and rightly,  
the loneliness and emptiness and harshness,  
we forget the angels  
whom we cannot see for our blindness,  
but who come when God decides  
that we need their help;  
when we are ready  
for what they can give us.

Ruth Burgess

## CONTACT:



Jill Kayser  
Kids Friendly Coach  
Presbyterian Church of Aotearoa New Zealand  
Tel: 09-5854008, 027-2103784  
Email: [jill@kidsfriendly.org.nz](mailto:jill@kidsfriendly.org.nz)  
Mail: 100 St Heliers Bay Road, Auckland 1071