

PREPARING FOR LENT



SHROVE TUESDAY

Shrove is the past tense of the word shrive, which means to hear a confession, assign penance, and absolve from sin. In the Middle Ages it became the custom to confess one's sins on the day before Lent began in order to enter the penitential season in the right spirit.

ABSTINENCE

In the middle ages, during Lent Christians abstained from all meat and items that came from animals, including butter, eggs, cheese, and fat. So it became traditional to use up all these food types before lent started.

MARDI GRAS

This is why Shrove Tuesday became known as Mardi Gras, the French term for Fat Tuesday - it was the day when all the rich foods that would not be eaten over lent would be used up

CARNIVAL

In countries that speak languages derived primarily from Latin (such as French or Spanish) Shrovetide is also known as **Carnivale**—literally, "farewell to meat."

PANCAKE TUESDAY

In the English-speaking countries, Shrove Tuesday became known as Pancake Day, because Christians used up their eggs, butter, and milk to make pancakes and other pastries.



Image credit: Happy Days and Holidays by Hamish Hendry illustrated by E. Florence Mason 1901



'The Pancake Bakery' by Pieter Aertsen 1560
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