

# **GENEROUS LENT**

## **GENEROSITY IN CREATIVE PRAYER: GROUP ACTIVITIES**



# Shrove Tuesday Family Event

Invite the families from your church for a Shrove Tuesday Pancake party or all age activity evening.

Shrove Tuesday, the day before Ash Wednesday was traditionally known as a time of feasts, when all homes had to use up all their supplies of milk, eggs and fats, which people were not allowed to eat through lent. All these were made into pancakes which is where the English tradition of “Pancake day” came from.

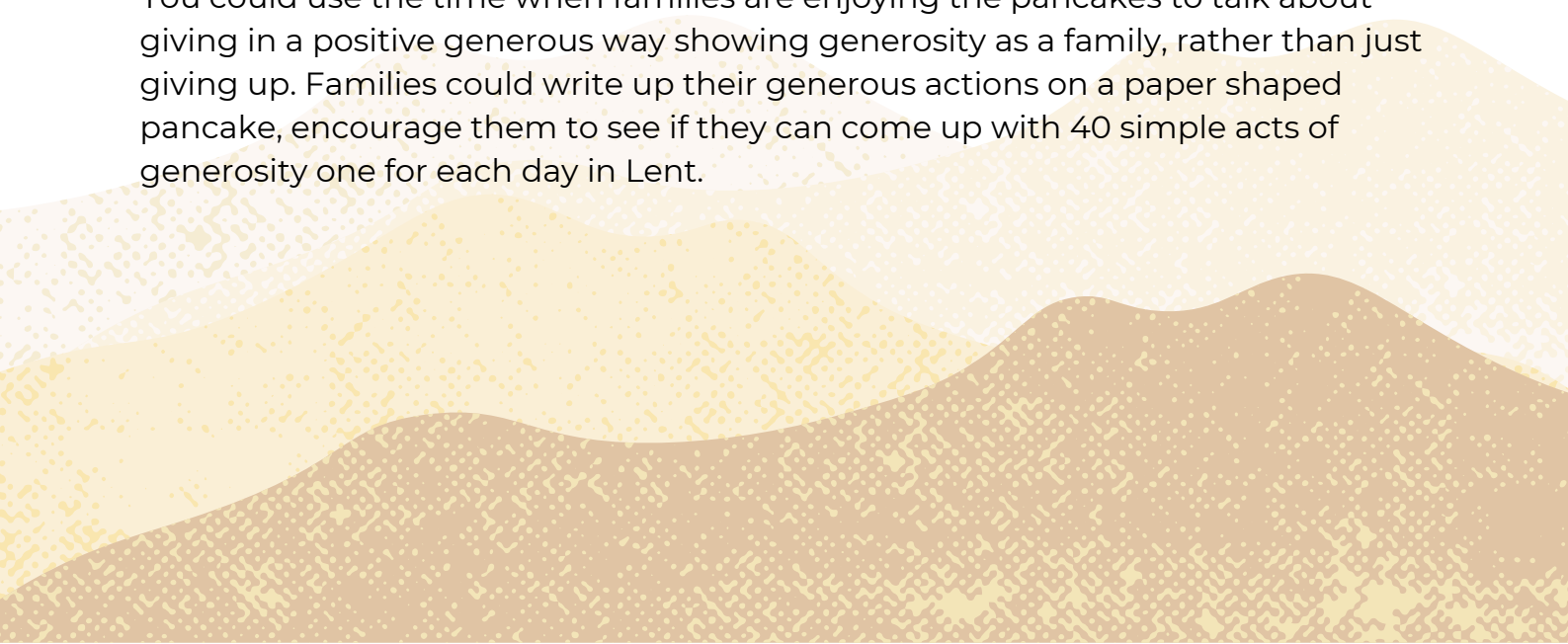
It can also be referred to as Mardi Gras or Fat Tuesday, with other countries and traditions eating things such a French crepe, Russian Blinis and the Dutch and German settlers’ traditions of making doughnuts filled with apples and raisins. It is a great way to highlight the start of Lent

Lent lasts for 40 days and nights and reminds us of the time Jesus spent in the wilderness when he fasted from all food and was being tempted by the devil During the 40 days of lent many Christians try and follow Jesus’ example, not by giving up all food but trying not to eat fatty or unhealthy foods, this could be a favourite food or drink and we also try to spend more time with God.

We do this for two reasons – the first to show our commitment to God and for being sorry for the things we do wrong. The second is to live more simply, save the money we may have spent on these items and then we can give it to the church at Easter.

This party/activity session links with the theme of Generous lent And is a good opportunity to run alongside the Generous lent prayer stations in church Generosity comes in many forms and people often chose to do something in Lent rather than give something up. This a good time to encourage our children and families to do something generous this lent.

You could use the time when families are enjoying the pancakes to talk about giving in a positive generous way showing generosity as a family, rather than just giving up. Families could write up their generous actions on a paper shaped pancake, encourage them to see if they can come up with 40 simple acts of generosity one for each day in Lent.





# Shrove Tuesday Family Event

Invite the families from your church for a Shrove Tuesday Pancake party or all age activity evening.

This outline party/activity would work as an after-school event or early evening session. A 90-minute session would be long enough as it takes place on a weekday, do adapt to suit your own timings.

## Suggested outline

- 5.30           Arrival & Drinks  
                  Welcome & Introduction  
                  Simple table craft activity
- 5.45           Games /pancake races
- 6.15           Return to tables /simple overview on Shrove Tuesday /you could show a film of Jesus in the Wilderness while people are eating /generosity sheets to fill in & take away
- Pancakes served  
                  Short quiz
- 7.00pm       Closing prayer & Home (with invitations to Easter services etc)

## Basic Pancake recipe

100g plain flour  
Pinch of salt, 1 egg  
250ml of milk or water  
50g butter

1. Mix flour and salt into a basin, make a hollow in the centre and drop in the egg.
2. Stir with a wooden spoon and add liquid gradually, until all the flour is worked in.
3. Beat well and add remaining liquid.
4. For each pancake, melt a small amount of fat in a frying pan. When it begins to smoke, stir the batter and add 2 tbsp in the pan.
5. When golden underneath, turn or flip and cook other side. Add your own choice of filling.



# Games & Activities

## Games/Activities

### Pancake relay race

You will need

Paper plates or preferably small frying pans

Really small pancakes

Divide everyone into teams with 6-8 max on each team.

Give the first person on each team a plate with a pancake on, they must run to the other end of the room and back to the team. Adults must flip the pancake 6 times on the way, children 4 flips.

They pass it to the next person who does the same

The first team to have everyone complete it is the winner

Variations with obstacles can be added BUT Please be aware of young children taking part

### Arrival Table activity

Decorate a pancake with your favourite toppings

You will need

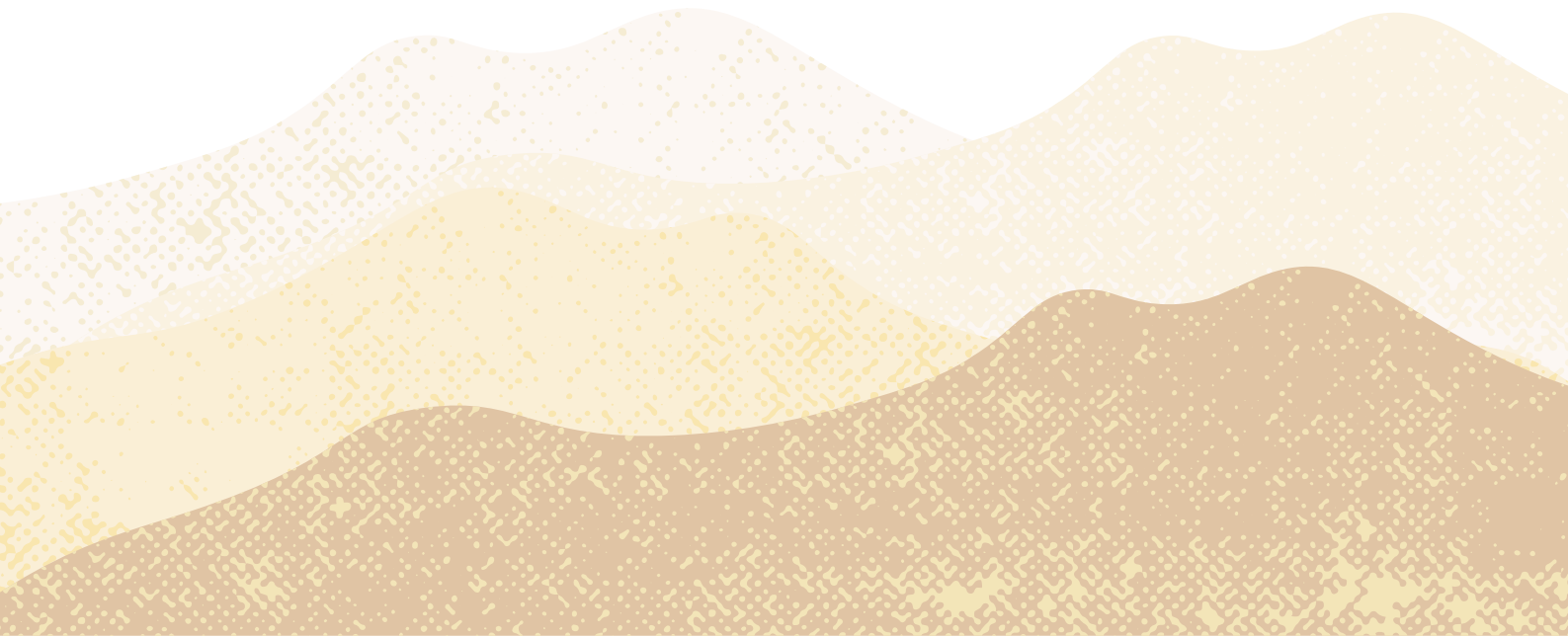
Paper plates, Colouring pencils, pictures of food out of magazines, Glue sticks

Create your won pancake on the paper plate and name it

This could be a competition with a small prize at the end of the session.

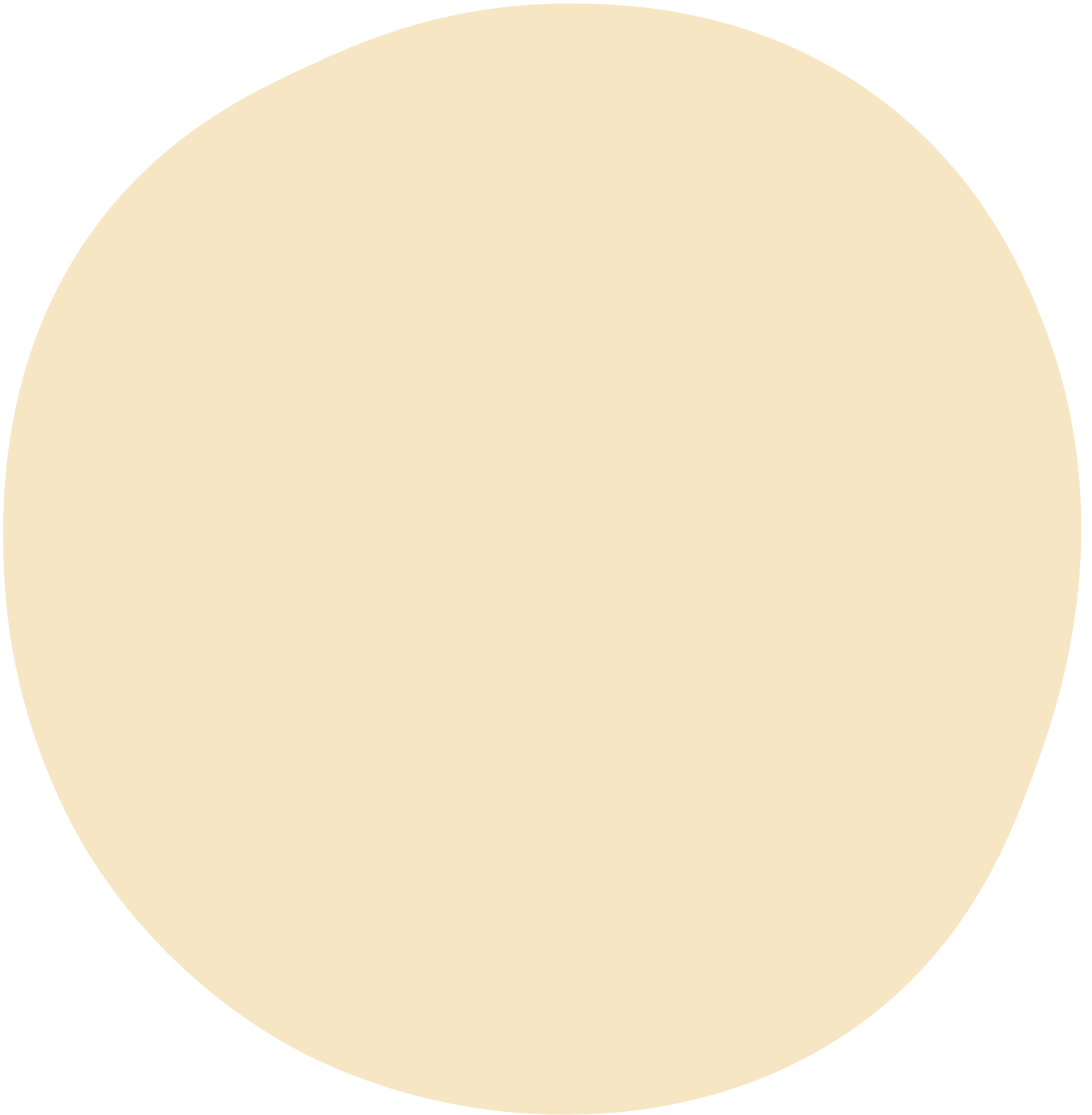
### Pancake Generosity sheet for families to takeaway (see next page)

A4 sheet of paper with the title "Generous Lent". On the page, have a pancake shape and the simple statement, "What will we do to be generous this Lent?" for families to compile their own list.



# Generous Lent

What will we do to be generous this Lent?



If you have any questions about the resources or would like any support, contact the Resources team at Liverpool Diocese:

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