

## **Shrove Tuesday Pancake Reflection**

*An At-Home Faith Practice to Prepare for Ash Wednesday*

Lilly Lewin from [Free Range Worship](#) suggests the following practice for groups celebrating Shrove Tuesday/Ash Wednesday:

On Shrove Tuesday, your group might share pancake recipes and eat pancakes ahead of an online gathering to reflect together. You could bring to the gathering the tools and ingredients for making pancakes – including wooden spoon, spatula, can of baking soda, bottle of oil, salt, maple syrup, etc. Here are questions you might reflect on, and as you reflect you might hold up the tools or ingredients that go along with the questions:

- What is God stirring up in you or your household?
- What is God wanting to mix together?
- What ingredients do you need for a Holy Lent?
- Do you need leaven to be lighter?
- Do you need maple syrup to appreciate what is sweet?
- Do you need salt for zest?
- Do you need oil for healing?
- What does God want to heat up in our life?
- What does God want to flip over?
- What does God want to bake in?

As you reflect, you might write down regrets, laments, sins, and things to be reconciled with God on a piece of paper or on dry leaves from outside. Then you might set them on fire to be burned away, saving the ashes.

On Ash Wednesday, you might mix these ashes with oil, and use these ashes to anoint yourselves and your household.