



## Why Pancakes?

**Why do we eat pancakes the day before Lent begins? Well, there is a long history to it. It's not for the sake of the pancakes but for what follows.**

Shrove Tuesday is not a religious feast, but precedes the Lenten fast (historically), which begins with Ash Wednesday.

**The name Shrove Tuesday reminds us the season of Lent is about to begin. The word shrove comes from Middle English shriven or confession. Confessing one's sinfulness before embarking on the Lenten journey was a common practice.**

Everyone is familiar with the French term *mardi gras* (Fat Tuesday) and the New Orleans Mardi Gras carnival. The word "carnival" comes from the Latin *carnelevarium*, meaning "removal of meat." It was sort of the last fling prior to the beginning of the fast period.

Foods that were forbidden during Lent could not be kept safely during 40 days with no refrigeration and had to be consumed before Lent, such as eggs, milk and milk products.

**McDougall Church holds "Shrove Tuesday on Sunday" so that all may partake in the feast and be reminded of the observances this week as we enter the season of Lent.**