

Lent and Shrove Tuesday



Colleague Resource Guide



What is Lent?

Lent is the **40 days leading up to Easter** and is practiced by most **Christian groups**, including Roman Catholics, Episcopalians, Presbyterians, Methodists, Anglicans and Lutherans.

Lent is an old English word meaning '**lengthen**'. Lent is observed in spring, when the days begin to get longer.

It's a period of 40 days remembering the events leading up to and including the **death of Jesus Christ**.

Jesus went into the desert to fast and pray before beginning his work for God. Jesus was tempted several times by Satan, but was able to resist.

Lent allows Christians to **remember Jesus' fasting** in the desert. It is a time of **giving things up** and a **test of self-discipline**. There are many foods that some Christians do not eat in Lent, such as meat and fish, fats, eggs, and milky foods. Some Christians just give up something they really enjoy, such as cakes or chocolate.

Lent officially ends with 'Maundy Thursday' (the day before Good Friday).

Did you know **Mother's Day** is actually part of Lent?

Lent is the build-up to Easter and Easter is a celebration of Christ's rebirth. What better a thing to celebrate during the fourth Sunday of Lent than mothers?

Mothering Sunday was originally all about returning to your home (or 'mother') church, and eventually it became a celebration of motherhood.

What is Shrove Tuesday

In western Christian churches, the day before Lent starts on Ash Wednesday is called 'Shrove Tuesday' – this year it's **Tuesday 13th February**. This is also known as **Pancake Day**. This day was traditionally the last chance to use up the foods Christians would not be eating during Lent.



Shrove Tuesday was once known as a "half-holiday" in Britain. It started at 11:00 am with the ringing of a church bell. On Pancake Day, "pancake races" were held in villages and towns across the United Kingdom.

On **Ash Wednesday**, many Christian churches hold services during which Christians are marked on the forehead with a cross of ashes. This is a sign of saying sorry to God for any wrong-doing.

Ash Wednesday gets its name from early traditions in the Christian Church in Rome, when penitents and sinners would partake in a period of public penance. They were sprinkled with ashes and dressed in a sackcloth until they were reconciled with church-goers on Maundy Thursday.

The UK's Top 10 Favourite Pancake Day Toppings*

1. Lemon juice and sugar (34%)
2. Maple syrup or Honey (8%)
3. Nutella or Chocolate chips (7%)
4. Nutella and banana (6%)
5. Sugar only (6%)
6. Lemon juice only (4%)
7. Sugar and golden syrup (4%)
8. Ham and cheese or Vegetarian alternative (4%)
9. Biscoff spread (3%)
10. Cheese (2%)

*Survey of 2,000 UK adults correct as of January 2023

