



Pancakes and Prayers

SHROVE TUESDAY

Saying sorry

We come before you, Loving God, and ask you to forgive us for the times when we have done what we know we shouldn't, when we haven't done what we know we should, When we have said what we know we shouldn't, and not said things that we know we should. Lord we are sorry. *Lord we are sorry.*



God's forgiveness

May God enrich you with his grace, And nourish you with his blessing. May the Lord defend you in trouble and accept your prayers. May the Lord absolve you from your sins for the sake of Jesus Christ, Our Lord.

Amen

Make

You will need:

100g flour,

2 eggs,

300ml milk,

Pinch of salt,

Butter for cooking



A large, irregular orange shape on the left side of the page, resembling a splash or a cloud. It contains the text 'Sing our song of praise' in black. A yellow line starts from the bottom left of this shape and curves towards the text below.

**Sing our song
of praise**



**Gloria, Gloria, in excelsis deo.
Gloria, Gloria, in excelsis deo.**



Prayer

God Our Father,
As we prepare to begin Lent, help
us to remember what today,
Shrove Tuesday, is truly about.

Help us to enjoy 'pancake day' in
a spirit of celebration of the
goodness of your creation. We
make this prayer through Christ
our Lord, *Amen*

Bible Story

The feeding of the 5000

Matthew 14:13-21



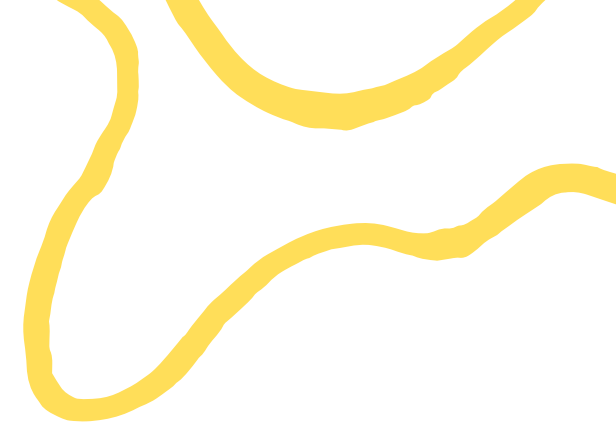


Flour

Sift in some flour, regrets
from the past.

Laying to rest what we no
longer need.





Salt

And we add a touch of salt, vital for flavour, to remind us of the sharpness of God's truth.





Eggs

We take an egg, symbol of new life, open to the hope that comes from God.



Milk

And we take some milk, like our ancestors of old, nourishment for the journey ahead.

Mix it Up



We mix it all together to use up food from the past, ready to move forward into 40 days of Lent.

The batter is in the pan, sizzling and bubbling, full of energy and ready to be shared.



Cook

The background is a solid orange color. In the top-left corner, there is a yellow wavy shape. A yellow line starts from the top edge, loops around, and extends towards the right. In the bottom-right corner, there is another yellow wavy shape. A yellow line starts from the bottom edge, curves upwards, and extends towards the left.

In and out of the pan



Grace

As we share in this food, may we
marvel at the glorious creation that
God has provided.

Amen

Sending Out

Go and be like flour, food for all. Go and be like eggs, a sign of hope. Go and be like milk, full of goodness. Make this Lent a time when you will feed others, show the hope of Jesus and live a life of goodness. In the name of Christ.

Amen