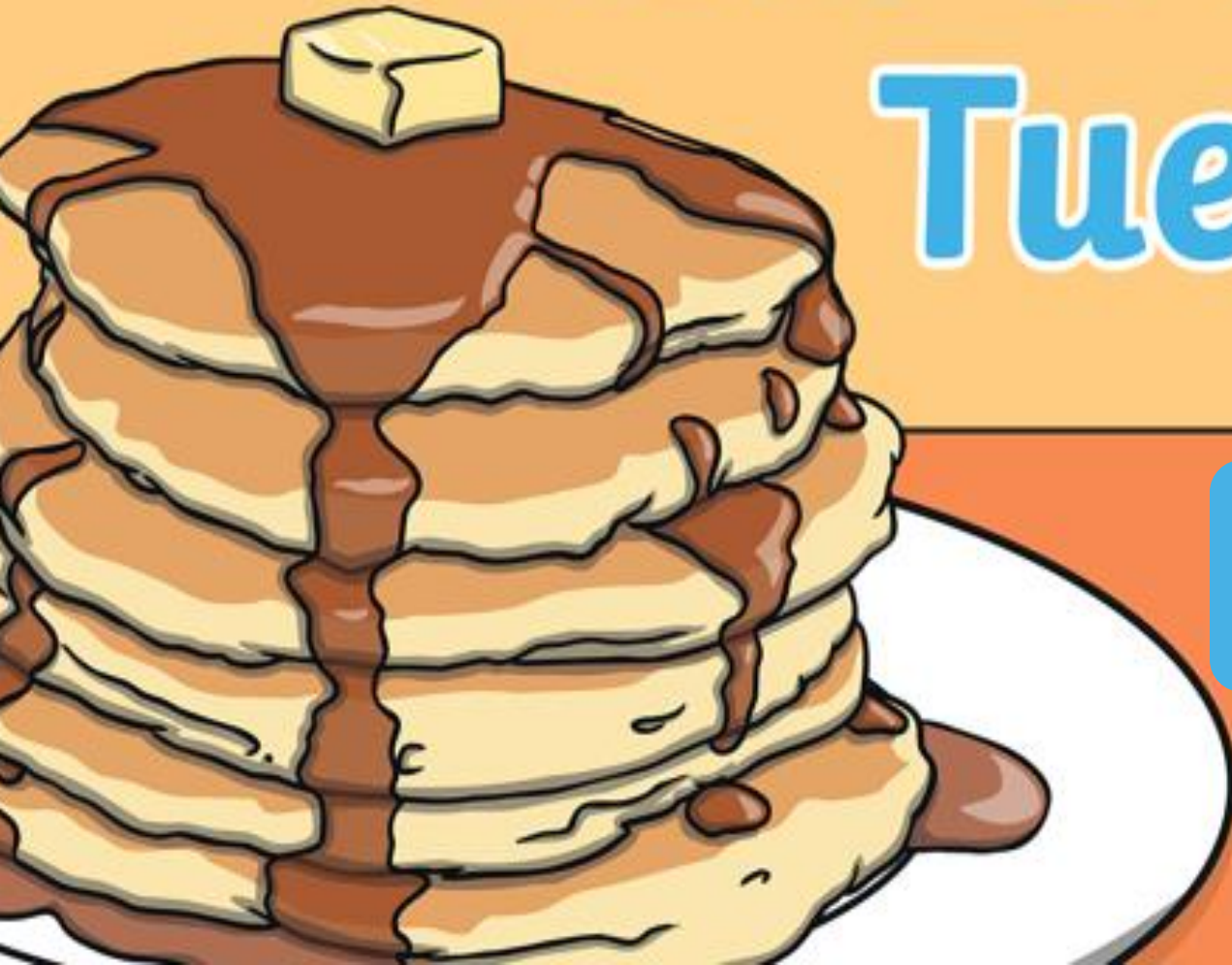


Shrove Tuesday



What do you know
about Shrove
Tuesday?

A Few Facts

Shrove Tuesday is also known as Pancake Day.

It is the last day before Lent begins.

Lent is the time leading up to Easter, when Christians often give up something.



In the past people were not allowed to eat foods such as eggs during lent, so to use them before Lent began, people would mix them with other rich foods such as milk, flour and butter to make pancakes.

Pancake Races

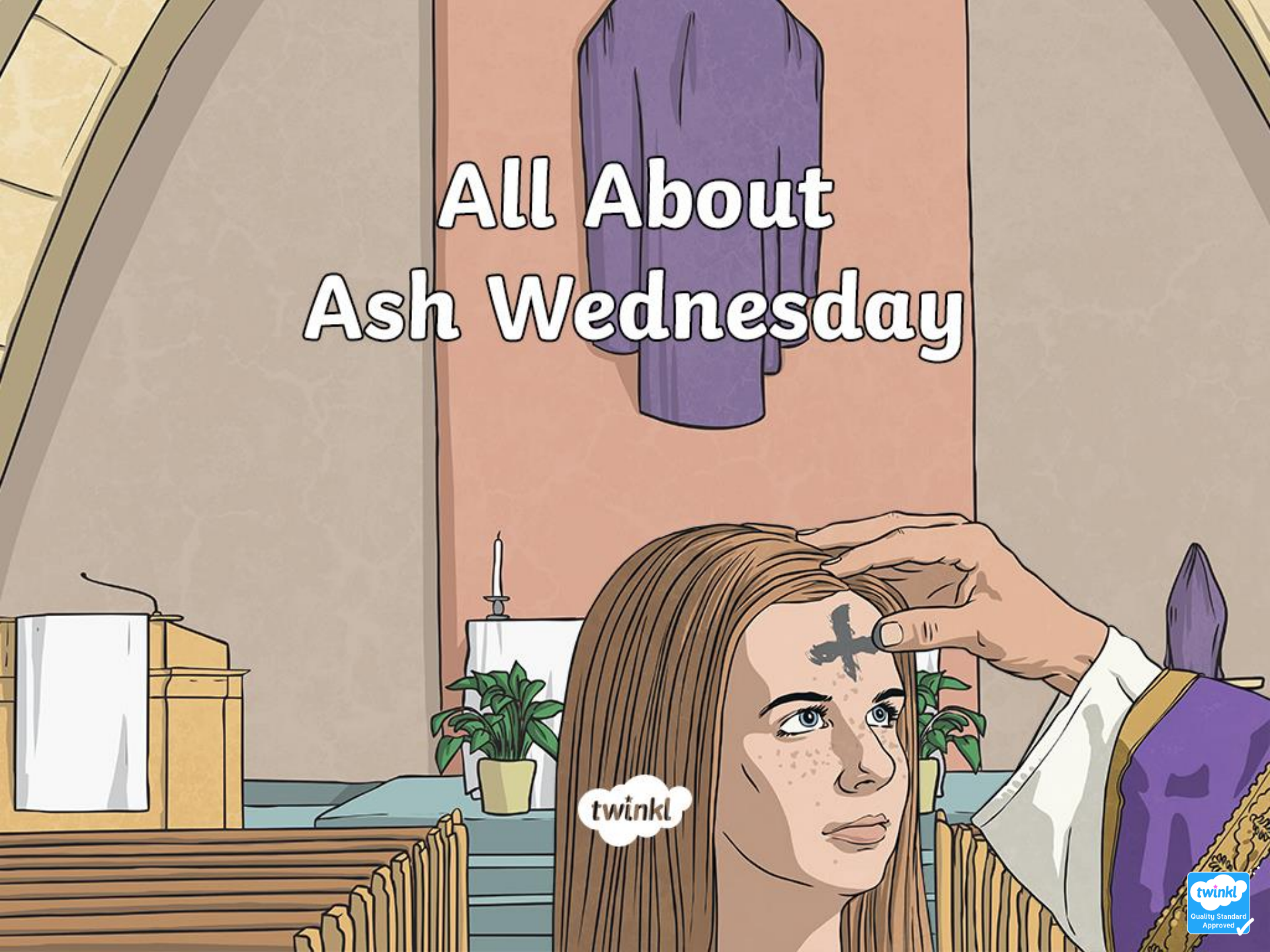
Across the United Kingdom, pancake races have often been part of the celebrations.

People run (often dressed in costumes or fancy dress) whilst tossing a cooked pancake in a frying pan at the same time.

The first person to cross the finish line is the winner.



All About Ash Wednesday

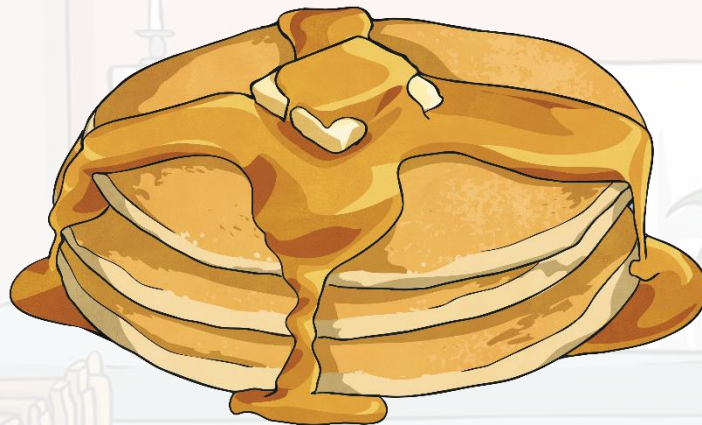


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What Is Ash Wednesday?

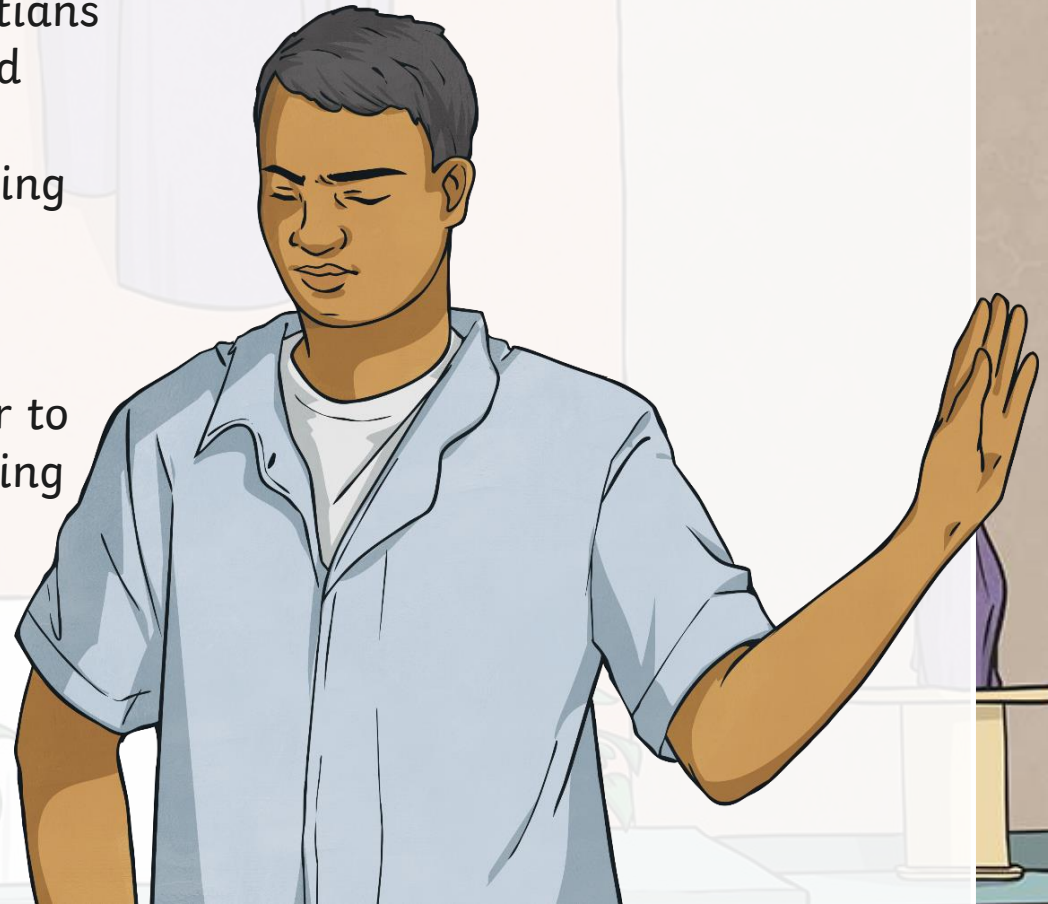
Ash Wednesday takes place the day after Shrove Tuesday (Pancake Day).

For Christians, Ash Wednesday marks the beginning of a time known as Lent. Lent lasts for 40 days, because the Bible tells us that Jesus spent this amount of time in the desert. During this time, he fasted during the day. He was tempted, teased and taunted by the devil; however, no matter how hard he tried, he could not tempt Jesus.



What Do Christians Do During Lent?

Lent is a time when some Christians choose to fast, just like Jesus did when he was in the desert. This means that they might stop eating certain foods. Christians might choose to give up treats like chocolate, sweet foods or meat. However, some Christians prefer to see Lent as a time to do something for the community, such as volunteering at a charity.



Why Is It Called Ash Wednesday?



It is called Ash Wednesday because ashes are used in church as part of a special service.

Traditionally, the ashes come from burnt palm leaves. Often, these palm leaves would have been used in the Palm Sunday celebrations held the year before.

The ashes are blessed with holy water.

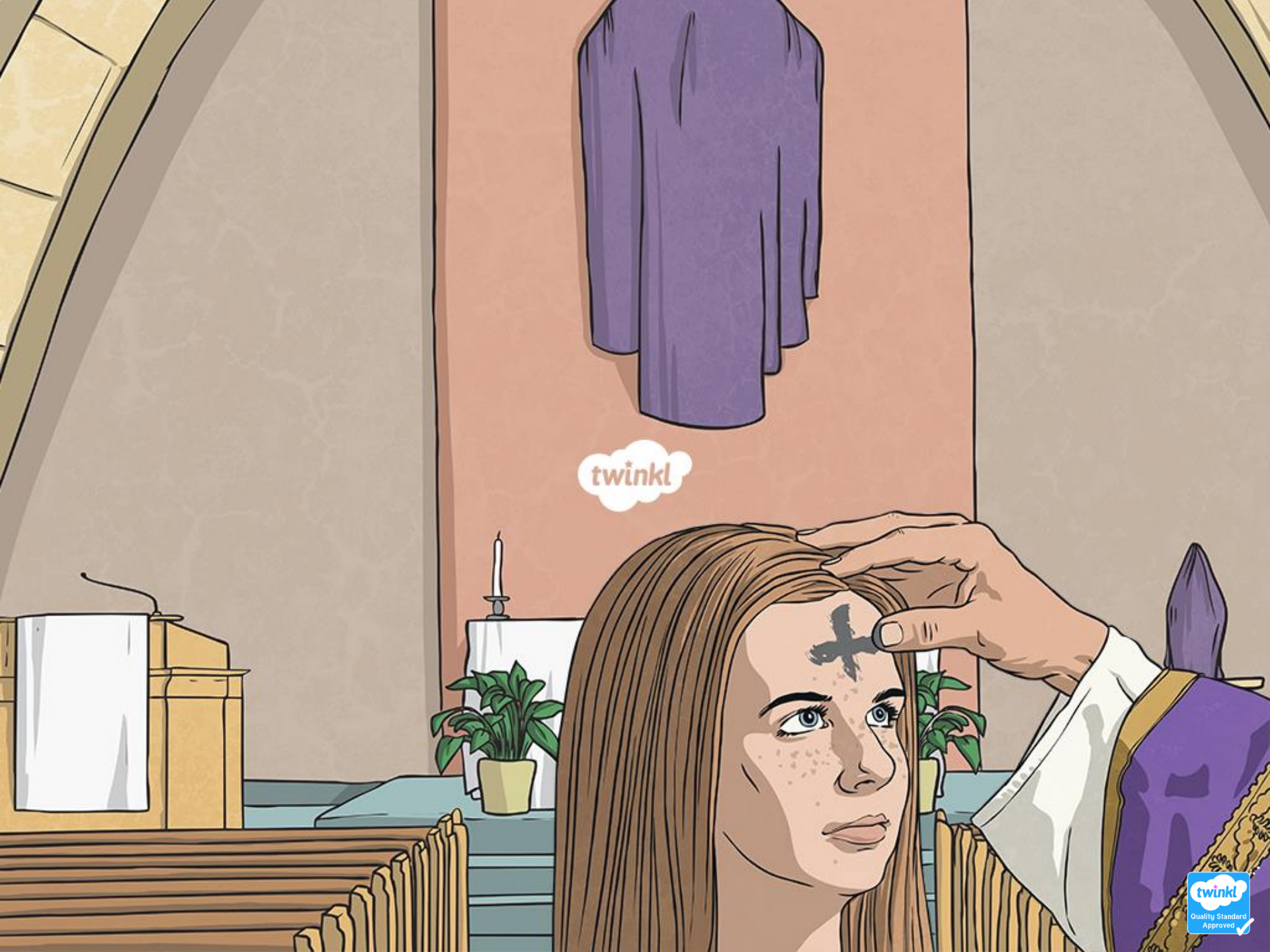
What Happens on Ash Wednesday?

Many Christians go to a special church service on Ash Wednesday.

On this day, people are invited to the front of the church. The priest or minister uses the palm ashes to make the sign of the cross on everyone's forehead.

The cross helps Christians to think about Jesus. It is a symbol that reminds them of Jesus' death and how He died for them.





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