

Wednesday, February 7, 2024 // Scott Hayes

Why do we eat pancakes on Shrove Tuesday?

The tradition of eating pancakes on the night before Ash Wednesday, also known as Shrove Tuesday or Pancake Day, is all about having a big celebration before the start of Lent. During Lent, Christians traditionally give up rich foods like eggs, dairy, and meat, so Shrove Tuesday became a day to use up all those ingredients in one last hurrah.

In different parts of the world, there are fun customs associated with Shrove Tuesday, like pancake races in the UK where people run down the street flipping pancakes in frying pans. It's a chance to have some fun and indulge before the more serious time of Lent begins.

At All Saints, we've been hosting a pancake dinner on Shrove Tuesday for years, and it's always a great time. We invite you to join us next Tuesday (February 13) at 5:30 or 6:15pm for delicious pancakes and a chance to hang out with the community. Plus, if you're available earlier in the day, we could use a hand prepping some of the food. It's a team effort to make sure everyone has a fantastic time at our annual pancake dinner!

[You can sign up to eat or to help here!](#)