



Golden Agers Rock!

CELEBRATING SENIORS MAKING THE BEST OF THE REST OF THEIR LIVES

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Pancake Day is Upon Us

Pancake Day is the day before Ash Wednesday. In New Orleans it is called “Fat Tuesday” and marks the end of Mardi Gras. Lutherans call this day Shrove Tuesday and we would normally have a pancake supper.

Shrove Tuesday precedes the Lenten calendar by one day and is one last day to engage in worldly pleasures. Beginning the next day Ash Wednesday, we spend 40 days in preparation for Easter. Was this the church’s solution to wild Mardi Gras celebrations that took place around them?

Shrove Tuesday dates back to at least the Anglo-Saxons. These Christians went to confession and were “shriven” (absolved from their sins). A bell would be rung to call people to confession. This came to be called the “Pancake Bell” and is still rung today.

This confession of sins occurred right before people would indulge in a last-ditch effort to eat fats and sweets before Ash Wednesday. ¹

Okay, I get the celebration part, but **why pancakes?** According to legend, each component of the pancake represented something different—the egg (creation), flour (staff of life), salt (wholesomeness, salt of the earth), and milk (purity). Since eggs, sugar & fat were not to be consumed during Lent, this was a great way to get those things out of the home. It’s like going on an eating binge before a long fast.

Is there a Biblical basis for Shrove Tuesday? Well, the Bible does talk a great deal about confessing one’s sins. 1 John 1:9: “If we confess our sins, he is faithful and just to forgive us our sins and to cleanse us from all unrighteousness.” But obviously, nowhere in Scripture does it say, “eat pancakes 47 days before Resurrection Sunday.”

So, should Christians celebrate Pancake Day or Fat Tuesday or Mardi Gras (or whatever you want to call it)? Eating pancakes is not a sin in itself and we can incorporate a confession time to remind us of

Lent. A Pancake Supper is a great time to invite the community to engage in something more wholesome than some of the other Mardi Gras celebrations. Still, we should do it intentionally. This should not be about stuffing our faces with pancakes as a last treat before Lent. But if we focus on the positive aspects such as fellowship, confession, and gratitude for what God has given us, we could provide a good alternative to Fat Tuesday.

So wait, what is this **“Pancake Race”** between the U.S. & England? Well, in Olney, England, the Pancake Race tradition dates back nearly 600 years to 1445. A woman engrossed in using up her cooking fats was making pancakes. Hearing the church bells ring calling all to the confession service, she grabbed her head scarf (required in church) and ran 415 yards to the church, skillet and pancake in hand and still apron-clad. In following years, neighbors got into the act and it became a race to see who could reach the church first and collect a “Kiss of Peace” from the vergger (bell ringer).

How did it get here? In 1950, there was a magazine picture of the Olney women racing to the church. The President of the local Jaycees in Liberal, Kansas, contacted the Vicar

in Olney challenging their women to race against the women in Kansas. Like in Olney, the traditional prize is the “Kiss of Peace” from the bell ringer.

The **friendly little competition** between Liberal, Kansas, and Olney, England, with women running 415 yards down the streets of each town wearing aprons & flipping pancakes, has been going on for more than 70 years now. It is still the only race of its kind on the planet.

For the record, at the end of the 2019 race (the last one held due to Covid-19) the overall score was 39 wins for Liberal and 29 wins for Olney. In 1980, the score didn’t count because a media truck blocked the finish line in Olney. In 2017, the race didn’t count due to a malfunction in the timeclock.

Now on to “important” stuff...

Week of February 15-21 is:

- World Irish Dancing Week
- Jell-O Week
- International Flirting Week
- National Condom Week
- Secondhand Wardrobe Week

Some fun only lasts a day:

- 15th**-Annoy Your Boss Day
- National Gum Drop Day
- National Hippo Day
- Remember the Maine Day

- 16th**-National Almond Day
National Pancake Day
Mardi Gras
- 17th**-My Way Day
Random Acts of Kindness Day
Pancake Day
Annual Pancake Day Race
(U.S. vs. England)
- 18th**-Battery Day
National Drink Wine Day
Eat Ice Cream for Breakfast Day
National Hate Florida Day
- 19th**-Best Friends Day
Chocolate Mint Day
Skate Shop Day
Tartar Sauce Day
- 20th**-Love Your Pet Day
World Whale Day
Hoodie Hoo Day (Gomer Pyle?)
- 21st**-National Grain Free Day
International Mother Language Day

Have a great week & call if you need anything!

Serving Him & Loving it!

Carol

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This week there is a special Valentine treat in your packet. It was handmade by one of our sweet members who wishes to remain anonymous. Put it on your fridge to remember we love you!

WEEKLY GIGGLES



PANCAKE DAY JOKES

- Q: How do you make a pancake smile?
A: Butter him up.
- Q: How do elves eat their pancakes?
A: In short stacks.
- Q: Did you hear about the angry pancake?
A: He just flipped.
- Q: Why couldn't the pancake sleep?
A: He kept tossing and turning.
- Q: What do you call someone who is really bad at making pancakes?
A: A flip flop!

Try not to be like pancakes and get all flipped out. Be like syrup and go with the flow!