

LOVE LIFE LIVE LENT

Be generous to yourself, your neighbours & the world

Did you know?

The word 'Lent' appears to have its beginnings in Anglo-Saxon, where the word means to lengthen, indicating that days are getting longer and spring is coming

Lent is thought to last for 40 days, although it is actually 46, as the Sundays are not counted.

In French-speaking nations Shrove Tuesday is called Mardi Gras, which roughly means Tuesday of Fat!

The church often uses colours for seasons. The colour for Lent is purple, which means both sorrow because we do wrong, and royalty.

Some churches decorate their church with grey banners and cloths for the whole season of Lent as a reminder of the grey ashes of Ash Wednesday.

In the Middle Ages many Christians had the Ash Wednesday ashes sprinkled on their heads, and some wore rough sackcloth clothes to show they were sorry for what they had done wrong.

In the past the King or Queen would wash the feet of poor people on Maundy Thursday to remind them of Jesus washing the feet of his friends, the disciples.

'Lenting' means sticking to fasting during Lent.

The word 'Carnival' is derived from a Latin phrase meaning 'no meat;', and originally was

connected with the three days of feasting and celebration before Ash Wednesday.

Simnel cake, made with fruit and spices, is often eaten on Mothering Sunday.

Traditionally it was made by children and given to their mother. Simnel cakes are eaten at Easter too. The cake sometimes comes decorated with 11 marzipan balls, one for each of the disciples. The 12th, Judas, who betrayed Jesus, is not included.

On Maundy Thursday in England the Queen gives money to the poor at a special service. The money is now very special, and given in small decorated purses.

Hot Cross Buns are eaten at Easter, with the cross shape as a reminder of Jesus' cruel death on a cross of wood. Buns were traditionally eaten by Greeks and Romans to honour their gods. Christians do the same to remember Jesus.

Many places hold pancake races on Shrove Tuesday, one of the biggest takes place in Olney, Buckinghamshire.

In Ashbourne, Derbyshire there is a Shrove Tuesday football match which takes place in the town centre, and involves teams running through the streets!

On Shrove Tuesday at Ludlow in Shropshire they have an annual tug-of-war in the town centre, while in Scarborough people head for the beach to do some skipping.