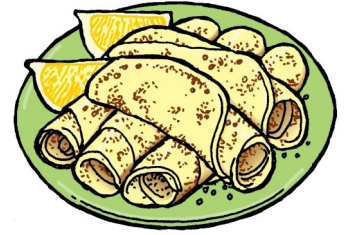


# A message from Revd. David Jones

## Are you ready for pancakes?

Tuesday 4<sup>th</sup> March is Shrove Tuesday, more commonly known as pancake day. A day when we treat ourselves to all the stuff we know is no good for us before a period of fasting. Have we ever stopped to think why?



There is a pagan tradition of feasting and fasting before and after the spring equinox. The Hindus celebrate Holi and various other faiths have festivals of celebration with feasting before a time of fasting and reflection.

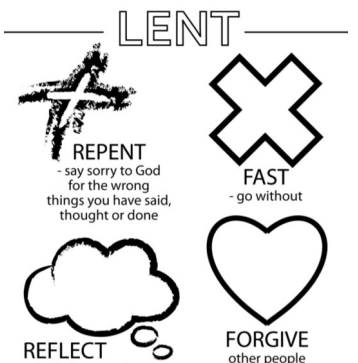
Shrove Tuesday is often seen as the true start to spring, a time when we use up the fatty winter foods we needed for warmth over the coldest months and a time when the spring produce appears for the next season.



Shrove comes from the practice of shriving, an ancient catholic practice of confessing sin and seeking forgiveness from God.

I am sure many of us will be celebrating, perhaps not as enthusiastically as they do in other parts of world. We will no doubt try to consume our weight in fat and sugar before regretting our excess over the next day or so, or maybe that's just me!

How many of us will use this as a period of change, self-reflection, seeking forgiveness, or marking the start of a period of intentional change? Will we reflect on the excess of the one day, or will we see this as the start of living less excessively and a chance to see how our living in excess is damaging both to us and to those around us? Perhaps we did this at new year, decided what we would lay aside and what we would begin. Perhaps we have stuck with those commitments or perhaps, two months in, they have long since been forgotten. Did we make commitments that benefit us? Our families? What about our neighbours? What about those on the far side of the globe? What about those who are yet to come?



The idea of self-reflection and confessing our thoughtlessness and our mistakes is so that we are released from our burdens and that we may turn towards doing good and not harm.



As a follower of Christ, I believe it is about turning away from sin and toward God, as is the belief of most major faiths. But even if you are without a faith, should we not all be seeking the flourishing of all? So, I encourage you to use this spring to consider how you might have a positive impact on the well-being of yourself, your family, your neighbours, on strangers and on those who are yet to be born.

Blessings