



Lenten Pretzels

The Story

The pretzel has a deep spiritual meaning for Lent. In fact, it was the ancient Christian Lenten bread as far back as the fourth century. In the old Roman Empire, the faithful kept a very strict fast all through Lent: no milk, no butter, no cheese, no eggs, no cream and no meat. They made small breads of water, flour and salt, to remind themselves that Lent was a time of prayer. They shaped these breads in the form of crossed arms for in those days they crossed their arms over the breast while praying. Therefore they called the breads "little arms" (*bracellae*). From this Latin word, the Germanic people later coined the term "pretzel." ([CatholicCulture](#))



The Trio

The three holes in the pretzel have been used as symbols for the teaching of the faith. They can represent:

1. The Holy Trinity: Father, Son and Holy Spirit
2. The Three Theological Virtues: Faith, Hope and Love (Charity)
And during Lent...
3. The Three Disciplines of Lent: Prayer, Fasting and Almsgiving

Lenten Prayers: The Diocese of Syracuse's Lenten theme is "Renewing Faith, Hope and Love. This Lent pray the Acts of Faith, Hope and Love using the reminder symbol of the pretzel.

Act of Faith

O my God, I firmly believe
that you are one God in
three divine Persons,
Father, Son, and Holy Spirit.
I believe that your divine
Son became man
and died for our sins and
that he will come
to judge the living and the dead.
I believe these and all the truths
which the Holy Catholic Church teaches
because you have revealed them
who are eternal truth and wisdom,
who can neither deceive
nor be deceived.
In this faith
I intend to live and die.
Amen.



Act of Hope

O Lord God,
I hope by your grace for the
pardon
of all my sins
and after life here to
gain eternal happiness
because you have promised it
who are infinitely powerful,
faithful, kind,
and merciful.
In this hope
I intend to live and die.
Amen.



Act of Love

O Lord God, I love you
above all things
and I love my
neighbor for your sake
because you are the
highest, infinite and perfect
good, worthy of all my love.
In this love
I intend to live and die.
Amen.



The Recipe

INGREDIENTS

2 Packages active dry yeast
1 cup warm water
3 1/2 cups all purpose flour
2 tablespoons white sugar
1 tablespoon butter, melted
1 teaspoon salt
1 egg yolk
coarse salt, or to taste



First, stir the yeast into 1 cup warm water in a large bowl. Then beat in flour, sugar, butter and salt to make a dough – followed by putting the dough onto a floured surface and kneading for 5 minutes.

Next, place the dough into a greased bowl and let it rise in a warm place until doubled, about 1 hour. When the hour is up, punch the dough down and divide it into 12 equal size pieces. Then, roll each piece into a rope 18-20 inches long.

After you have all your strands of dough, shape them to look like pretzels and put them on a greased baking sheet.

Beat the egg yolk with 1 tablespoon of water in a small bowl and brush the yolk mixture over each pretzel. Finally, sprinkle each one with coarse salt. Ta-Da! The pretzels are now ready to bake until golden brown in the oven at 375° for 15 minutes.

Pretzel Prayer for Family or Youth Group

Heavenly Father, bless these pretzels.
Help them remind us that
Lent is a time of **prayer**.
When we look at the shape of the pretzel,
Let us remember to cross our arms
And lift our thanksgiving and needs to you.

Lord Jesus, use these pretzels.
Help them remind us that
Lent is a time of **fasting**.
When we consider the simple ingredients,
Let us remember the sacrifice
you made for us on the cross,
And offer our own little sacrifices.

Holy Spirit, inspire us through these pretzels.
Help them remind us that
Lent is a time of **almsgiving**.
When we pray and fast,
Let us consider those who have less
And give to them from our hearts.

Amen.

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Share the Love!

Learn to draw this pretzel picture.
Create a card and then share your baked pretzels with neighbors, friends, shut-ins, etc.

Visit [youtube.com](https://www.youtube.com/watch?v=oiSkPSzoSnQ) "How to Draw a Pretzel"
<<https://youtu.be/oiSkPSzoSnQ>>



Matthew 5:13 "You are the **salt** of the earth. But if the salt loses its saltiness, how can it be made salty again? It is no longer good for anything, except to be thrown out and trampled underfoot."

Luke 13:20-21 "Jesus taught this parable of yeast: "What shall I compare the kingdom of God to? It is like **yeast** that a woman took and mixed into a large amount of flour until it worked all through the dough."

Matthew 14:19 "Then he ordered the crowds to sit down on the grass, and taking the five loaves and the two fish, he looked up to heaven and said a blessing. Then he broke the loaves and gave them to the disciples, and the disciples gave them to the crowds."