

< KID'S > KORNER

Gospel Today

First Sunday of Lent | Mark 1:12-15

The Spirit sent Jesus to the desert for 40 days where He prayed and fasted and angels took care of Him.

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FIRST SUNDAY OF LENT

Like Jesus, we too will spend 40 days praying and fasting.



Give us New Life, O Lord.

My plan for Lent, one week at a time...

This week I will pray for _____

This week I will give up/do without _____

This week I will do this act of love/good deed _____

(Sundays optional)

LET'S MAKE PRETZELS

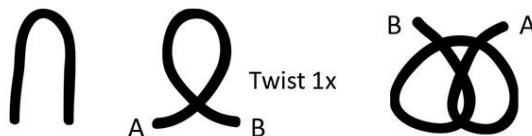
INGREDIENTS

- 1 package dry yeast
- 1 1/2 cups warm water
- 1 tsp. sugar
- 1/2 tsp. salt
- 4 cups flour
- Kosher salt
- Water to hold salt on

Latin - Bracellae "Little arms", the original Lenten bread dating back to the 4th century.

Place yeast, sugar & warm water in a large bowl and let stand. Add flour & salt, mix well and knead to form smooth ball.

Divide into 12 pieces and roll each into a "rope" about 10-12 inches long. Form into a pretzel and place on baking sheet, brush with water and sprinkle with kosher salt. Let rise slightly and bake at 425° about 12-15 minutes.



Flip ends over to resemble arms crossed over chest - praying little arms