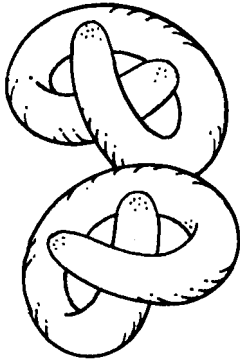
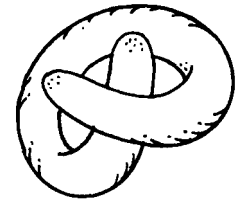


A Prayer Treat

Did you know that pretzels became a treat more than 1400 years ago? Around 610 A.D. a monk was baking bread in a monastery in Europe. While baking, the monk was thinking about prayer. At this time people held their arms over their hearts while praying. The monk decided that he would twist leftover dough into a shape of someone praying.

When the new treat was finished baking, the monk showed the other monks. They decided to give the twisted treats to children as rewards for learning their prayers. The monks called the treats *pretiola*, a Latin word meaning “little reward.”



Sharing Prayer

With a partner write a short prayer. Pray the words together, holding your arms as shown. When you are finished praying, share a pretzel treat.

