



Pope Francis' Prayer Intention for March

Support for Persecuted Christians

That persecuted Christians may be supported by the prayers and material help of the whole Church.



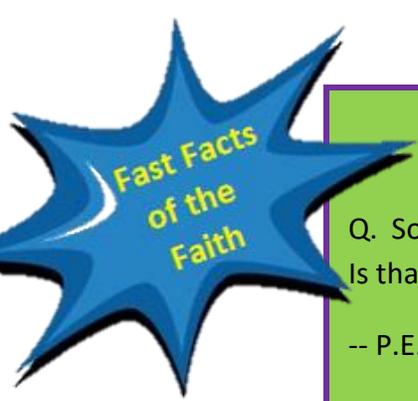
During Lent, Holy Trinity School will take part in many special activities. Students will collect food for the needy, focus on Communion, learn about a Marian apparition, pray for peace, attend Stations of the Cross, and hear a vocations panel.

Our prayer is that each of us will grow in holiness during Lent, thinking of others before ourselves and keeping Christ first in our lives. We pray especially for the students in 2nd and 3rd grades from our parish who are making their first Confession or preparing to receive their first Holy Communion.

My First Confession! by Father Eckert

Things were different 65 years ago when I made my first Confession. I don't remember much except that our second grade sister, Sister Mary Rita, went over the things we 7-year-olds could do wrong, such as disobeying, being angry, being selfish, being uncharitable, and things like that! All 100 second graders marched over to church on a Friday afternoon and we made our first Confession without any kind of a prayer service or music. We just went! The next morning was our First Holy Communion Mass and that same afternoon was our May Procession. What a weekend! I'll never forget it! And even after 65 years of going to Confession I still need to go as I'm not a saint yet...but...I'm still working on it!
Father Eckert





In Lent, say your prayers and eat pretzels!

Q. Someone recently told me that pretzels have their origin in medieval Lenten practices. Is that true?

-- P.E., via email to Our Sunday Visitor



A. Yes, according to tradition, that's correct. In earlier times, Lenten abstinence laws were much stricter than they are now. Throughout the forty days — not just on Fridays (but not on Sundays) — Catholics abstained from eating not just meat, but also eggs and dairy products. Only one meal was taken a day, usually toward evening, though eventually the meal was moved up to 3:00 p.m. or even noon.



After the meal became established at the earlier time of day, a collation (small snack) came to be allowed in the evening. People needed some kind of light food that fit the abstinence rules, and pretzels filled the bill.

Traditions vary about the exact origins of the snack. One popular story says that a young monk in the early seventh century in Italy was preparing a special Lenten bread of water, flour and salt. (No eggs, milk or lard could be used as ingredients). To remind the other monks that Lent was a time of prayer, he rolled the dough in strips and twisted each strip in the distinctive pretzel shape we know today. This design reflected what was then a popular prayer posture of crossing the arms upon the chest.

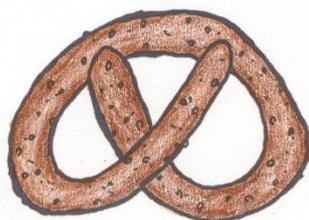


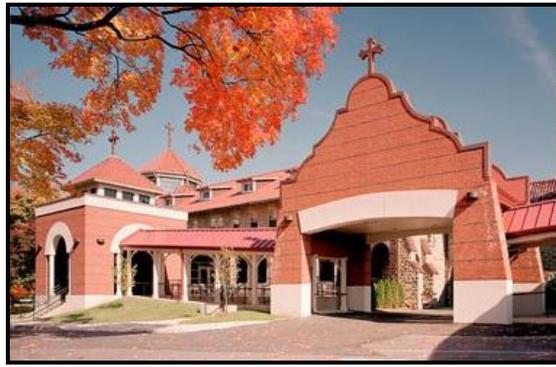
The dough was baked to become a soft bread like the large soft pretzels we sometimes enjoy today. In time, the smaller, hard-baked variety was developed as well (not to mention pretzel sticks).

What's the origin of the name? One tradition says it comes from the Latin word *bracellae*, meaning "little arms" (at prayer). From this word, the Germans derived the word *bretzel*, which came into English as *pretzel*. Another story insists that the term comes from the Latin *pretiola*, which means "little reward," because the legendary originator of the treat gave the breads to children as rewards for reciting their prayers.

Whatever their precise origin may be, let's all enjoy some pretzels this Lenten season — and let them remind us to pray!

<https://www.osv.com/Article/TabId/493/ArtMID/13569/ArticleID/11463/Lent-and-Easter-Questions--Answers.aspx>





Saint of the Month – Katharine Drexel (1858-1955)



Katherine Drexel, age 7.

This local saint is a tremendous blessing! Katharine was born to a wealthy family in Philadelphia who taught her to care deeply for the poor. The family often opened their home to the poor and taught visiting children about God. When Katharine grew up, she opened a trade school for orphans. She began serving the African American and Native American people, using the family's wealth to establish schools and find priests to serve the needy. Katharine became a nun in 1891 and began a new religious community—the Sisters of the Blessed Sacrament—that started many schools, convents, and missionary churches. Katharine found Jesus to be present in the Eucharist as well as in the poor whom she lovingly served. Mother Katharine died on March 3, 1955, at the age of ninety-seven. Take the time to visit her shrine in Bensalem. We are so lucky to have this saint close to home—we don't have to travel far for an amazing experience!



Soft Pretzel Recipe

<http://www.catholicicing.com/pretzels-for-lent/>

What you need:

- 1 package yeast
- 1 1/2 cups warm water
- 1 tablespoon sugar
- 1 tablespoon salt
- 4 cups flour
- 1 egg

Mix yeast, water, sugar, and salt in a large bowl. Stir in the flour, and knead until the dough is smooth. Shape into the form of arms crossed in prayer and place it on a baking sheet. Brush the dough with a beaten egg to give it a shiny finish (I skipped the egg on mine). Sprinkle the top with salt, and bake in an oven preheated to 425 degrees for 15 minutes.

