

Little Flower Catholic Elementary School

Weekly Newsletter – February 15, 2013

Point to Ponder: Many years ago an Italian monk made a simple bread to remind his brother monks that Lent is a time of prayer. He rolled bread dough in strips and shaped them in the form of arms crossed over the heart in a prayerful gesture. These little breads were called *bracellae*, the Latin word for ‘little arms’. From this word came the German word *bretzel* and our word, *pretzel*.

Here is a recipe for Lenten Pretzels: Pour 1 ½ cups warm water in a mixing bowl. Gently stir in 1 pkg. active dry yeast. Mix in 4 ½ - 5 cups flour and form a ball. Knead dough, and then let it rest an hour. Roll pieces of dough into strips about ½ inch thick and 6 inches long. Fold strips into pretzel shapes and place on a lightly greased cookie sheet. Brush lightly with a beaten egg and sprinkle with salt. Bake at 425 degrees for 12 – 15 min. (This recipe makes 2 ½ dozen pretzels.) Information is taken from *Living Faith for Kids, a daily Catholic devotional*, Jan. Feb. Mar 2013, Creative Communications for the Parish, Fenton, Missouri.

Announcements:

1. There will be no school Monday, Feb. 18th, in observance of Presidents Day.
2. Mid-term Progress Reports will be sent home Wednesday, Feb. 20th; be watching for them.
3. Nathan Sather will be speaking Wednesday, Feb. 20th, at 7:00 PM on the subject of Chastity. All parents (and all parishioners) are invited to attend. This is an important topic in today’s society and the talk is highly recommend for all parents regardless of your child(ren)’s ages. See the week-end parish bulletin for more details.

Reminder: 1st Reconciliation Retreat will be held Saturday, Feb. 23, from 9:30 am – 1:30 pm in the parish hall. All families should have received a letter with retreat details. All child workbooks are to be completed and brought to the retreat. Child must be accompanied by at least one parent / adult. Any questions, call Monica at 776-6388.

Reminder: As Catholics, we do not eat meat on Ash Wednesday or on Fridays during Lent. If you decide to let your child bring lunch from home because they don’t like the menu on a Friday, please be sure you do not include meat in the meal.

A note from the Sisters:

Thank you very much for the pantry shower during Catholic Schools Week! There were so many good things that you showered us with; we are very grateful. You know that in return we offer our prayers and sacrifices for you and your families. We pray every day for our many generous benefactors, so tell the Lord all your concerns; we will be talking to Him about you!!! May God bless you richly! Have a blessed Lent!