

Pretzels were invented by Catholic monks hundreds of years ago. They were made with flour, water, and a little salt and became a favorite food during the season of Lent.

The traditional shape represents the Triune God - Father, Son and Holy Spirit. Some people say the pretzel's shape represents how people prayed at that time - with their arms crossed over their chests.

The name pretzel comes from the Latin word Pretiola or "little reward." Pretzels were given to children who memorized their prayers.

When you look at this "Prayer Pretzel," remember that you are always in my prayers. God loves you – and I do, too!

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