

A Pretzel Prayer

One day, a baker monk stood in the monastery kitchen wondering what to do with his leftover pieces of dough. He made the dough pieces thin and long, and shaped them into a circle with a twist. Each one looked like arms crossed over a chest.

"This looks like the way some people pray," the monk said.

The next day, he gave the little breads as prizes to all the children who had learned their prayers by heart. He named his looped bread *pretiola*, a Latin word that means "little reward." We call them pretzels.



Circle the pretzels next to all the prayers you know by heart. Plan to learn a prayer you would like to know by heart.



Sign of the Cross



Act of Contrition



Glory Be



A morning prayer



The Lord's Prayer



An evening prayer



The Hail Mary



A meal prayer