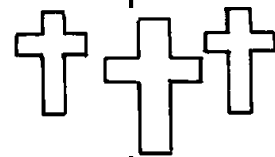


# St. Edmund Religious Education Newsletter

February, 2010



## What is Lent?

by Father Greg Friedman, O.F.M.

These days, a Catholic may be able to tell your age by the way you explain Lent. Hello, I'm Father Greg Friedman. AmericanCatholic.org presents this series of "Sunday Soundbites" for the season of Lent.

Older Catholics, who remember Lent in the 1930s, 40s or 50s— or perhaps even earlier— may first, think of this season as a time of penance. Lent was when you gave up something— like food or going to the movies— in order to do penance for sin.

Since the Church has restored the rite of initiating adults into the Christian faith, Lent has taken on a different meaning—one that goes back to the fourth and fifth centuries. At that time, the 40 days before Easter were the final stage of preparation for those about to be baptized. The rest of the Church prayed and fasted in solidarity with them.

Today, with the presence in most Catholic parishes of a group of adults visibly making ready to receive the sacraments of initiation at the Easter Vigil, Lent has regained that "baptismal" emphasis. We still can decide on a Lenten observance—fasting, prayer, almsgiving—but we do it with the purpose of recalling our Baptism, of deepening our commitment to Christ. And we do it in solidarity with those preparing to be baptized or received into the Church.

The readings for each Sunday in Lent have been chosen by the Church to relate to the journey of faith each of us undertakes, to our basic baptismal call to be part of Christ. Some of the selections, from the Gospel of John, for example, have been used for centuries to recall the meaning of Baptism. For people about to be baptized, these Scripture passages take on a powerful meaning indeed. The meditations you will find on our Web site will call attention to the various "baptismal connections" for each Sunday.

Those who are already baptized, are still on a journey. Our faith must be renewed, our baptismal promises affirmed, each time we gather with the Church for the Eucharist, where we hear God's Word and come to the table to be transformed into the Body of Christ. We bring to that experience our questions, our sinfulness, our hunger and thirst, our need to grow, our longing for God.

*Sunday Soundbites is a weekly, 90-second radio homily based on the Sunday readings by Fr. Greg Friedman, O.F.M. Sunday Soundbites is a regular weekly feature at [www.AmericanCatholic.org](http://www.AmericanCatholic.org) and is heard on Catholic radio stations around the country.*



Religious Educa-  
tion/Parish  
Important Dates

February 7

### RE SESSION 17

First Communion Trunk  
Show

11:00am-1:00pm

In the School Gym

February 14

### NO RE

In Honor of our  
Presidents

February 17

Ash Wednesday

Lent begins

February 21

### RE SESSION 18

February 27

Social Justice/Service Day

Murphy Hall

11:00am-1:00pm

February 28

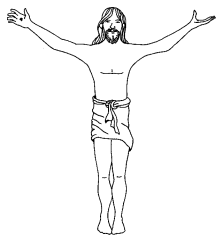
### RE SESSION 19

Family Lenten Program

All children must be ac-  
companied

By an adult

## Sacred Space in the Home



February 17th, Ash Wednesday, begins the season of Lent for the year 2010. During Lent the color of purple is used; purple was a royal color in Jesus time, it was used by Kings. It was a color that was hard to achieve in the dyeing process, hence it was reserved for royalty. The color purple can convey suffering and pain and therefore is used during Lent to remind us of Jesus' suffering and death for our sins.

Decorate the sacred space with purple cloths, a cross and holy water, to remind us during this season of Lent to thank Jesus for redemption. We do this by praying, fasting and helping those in need with monetary offerings.

## The Legend of the Pretzel

The pretzel was first made during the fifth century; it began as Lenten bread made of water, flour and salt. These three ingredients were used because many years ago the faithful kept a very strict fast during Lent and ate no milk, cheese, eggs or meat.

As a reminder to pray the breads were shaped to represent arms crossed over the heart in prayer and the three holes represented the Father, Son and Holy Spirit.

The name pretzel came from the seventh century monks who would present *pretzels-pretzola*, Latin for little reward-to children who had memorized their Bible verses and prayers.

The Italians called these breads "little arms" or *bracellae*, the Germanized name was *brezel* which became *pretzel*.



### Easy to Make Pretzel Recipe

1 1/2 Cups warm water

1 cake yeast

1 tsp. salt

1 tbsp. sugar

4 cups flour

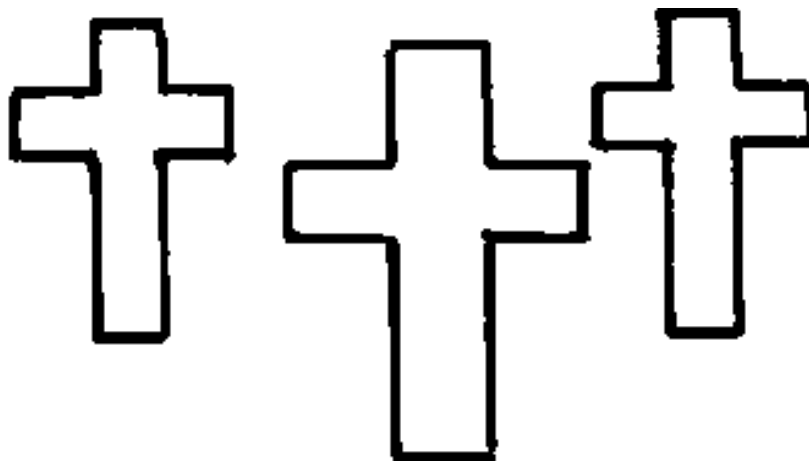
1 egg

coarse salt

Dissolve yeast in warm water. Add salt and sugar. Blend in flour. Knead dough until smooth. Cut into small pieces. Roll the small pieces into ropes and twist into pretzel shape. Place on lightly greased cookie sheet. Brush pretzels with beaten egg. Sprinkle lightly with coarse salt. Allow to rise in a warm place for thirty to forty-five minutes. Bake at 425\* for 12 to 15 minutes, until brown.

### Pretzel Prayer

O Lord, make us ready and worthy to imitate Jesus our brother. Help our family to become more like his family as we open our hearts to each other in love. Grant this through Jesus Christ, your Son, who lives and reigns with You and the Holy Spirit for ever and ever. Amen



February 28th, 2010

10:40 am.

Your Family is cordially invited to attend the  
Lenten Family Gathering

To make this a *family* celebration we would like parents to accompany  
children to religious education on this date.

All children should be accompanied by an adult

The Gathering will take place in the Gym

Because we are in the season of Lent

There will be no refreshments served.

Please bring items for the *I CARE KITS*

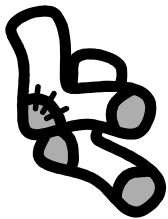
(see pg. 4 of newsletter for more information)

# I CARE KITS

**60 % OF TODAY'S HOMELESS ARE UNDER 30 YEARS OF AGE AND EDUCATION  
30% ARE SINGLE PARENTS WITH CHILDREN  
25% OF HOMLESS ARE CHILDREN AND THIS IS THE FASTEST GROWING  
SEGMENT OF THE HOMELESS POPULATION.**

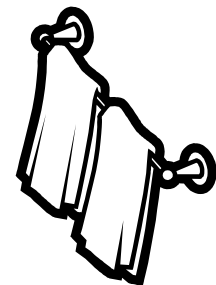
Once again you are asked to share your wealth by filling "I CARE KITS" for the PADS shelter operated with help from St. Edmund volunteers.

The recipients of our Advent offerings were truly grateful. Remember we can't solve the problem of homelessness, but we can help homeless people feel a sense of dignity by collecting and filling the "I CARE KITS."



IDEAS FOR *THIS* COLLECTION

**LOTION & CHAP STICK  
TOWELS**



**WASHCLOTHS**

**WHITE SOCKS FOR MEN & WOMEN**

**MAGAZINES (CURRENT)**

**NEW OR PREVIOUSLY READ**

(please only a few magazines from each family)

***Together we CAN make a difference!***

