

MOM TO MOM GROUP

March 2015

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Fasting...



After the festivities of Valentines Day, Mardi Gras and Shrove Tuesday, we are entering Lent.

This year Lent is early in the year and after Christmas time, Septuagesima seems short.

Through the ages many cultures made specific foods that reminded one of keeping the fasting time as special. Amongst them are the famous Pretzels, Maultaschen, and Hot Cross Buns, which mark the end of Lent on Good Friday.

The pretzels have always been a

Christian food, they were invented by monks around the 5th century. The three holes represent the Holy Trinity, and the twists of the dough represent the arms of a person praying. The Latin name "bracellae," meaning "little arms".

Enjoy your fasting, Easter is on its way.

UPCOMING HOLIDAYS:

- 4th Sunday of Lent (March 15)
- St. Patricks Day (Mar. 17)
- Feast of St. Joseph (March 19)
- Annunciation (March 25)
- Palm Sunday (March 29)

INSIDE THIS ISSUE:

<i>Fasting</i>	1
<i>Retreat Days</i>	1
<i>Soft Pretzels</i>	2
<i>Lenten Prayer</i>	2
<i>Next Months Topic</i>	2

Retreat Days

Our retreat days are coming up again this spring! Last year we enjoyed a beautiful day in prayer and reflection at the Campion Renewal Center in Massachusetts and I hope you will be able to join us again this year.

The date for this years retreat is the 18th of April 2015.

With a reflection on:

“LET US SEE YOUR KINDNESS”

Director: Kathryn Cleary

In Psalm 85 we pray, “O God, let us see your kindness.” During our day of prayer we will reflect upon the theme of kindness, which the Talmud calls the highest form of wisdom. (Cost:\$40 per program • Deposit: \$10 per program)

Please contact me if you would like to participate, we can arrange a carpool system.

Soft Pretzels

Ingredients:

- 1 (.25 ounces) package active dry yeast
- 1 Tablespoons brown sugar
- 1 1/8 teaspoons salt
- 1 1/2 cups warm milk
- 4 cups all-purpose flour
- 1 Tablespoons baking soda dissolved in 6 qt. water in large pot
- egg + water for eggwash
- some coarse salt

Lenten Prayer

A good prayer for this season is that of St. Ephram

For more information contact the Cathedral Office or Maggie at Mom2Mom@kaska.net

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In a large mixing bowl, dissolve the yeast, brown sugar and salt in 1 1/2 cups of warm milk. Stir in flour, and knead dough on a floured surface until smooth and elastic, about 8 minutes. Place in a greased bowl, and turn to coat the surface. Cover, and let it rise for one hour.

Meanwhile, place parchment on cookie sheets and oil the paper.

After the dough has risen, cut it into 12 pieces. Roll each piece into a 2 to 3 foot, finger-thick rope. With the rope, make a U, cross the ends, twist, and attach to the center of the bottom of the U. Place on the parchment-lined sheets and let rise, uncovered, for another 15 to 20 minutes.

While they are rising, bring the baking soda + water in the pot to a boil. When the pretzels are

risen, boil the pretzels in the water for about 30 seconds, turning once, until puffed a bit. Place on sheets and brush with an eggwash.

Bake at 450 degrees F for 8 to 10 minutes, or until golden brown. Brush with melted butter, and sprinkle them with coarse salt.

O Lord and Master of my life, take from me the spirit of sloth, despondency, lust of power, and idle talk;

But grant rather the spirit of chastity, humility, patience, and love to thy servant.

Yea, O Lord and King, grant me to see my own transgressions, and not to judge my brother; for blessed art Thou unto the ages of ages.



Next Months Topic

Our topic for the month of April will be:

“Apologetics – Discovering Catholicism” - guest speaker

Karen Dill