

## Dear Families:

Today, we continued our discussion on the season of Lent. We have been talking about how Lent is a season of returning to God, trying to change ourselves for the better, and strengthening our Christian faith.

This week we focused on prayer, since Pastor Bruce has been discussing the Lord's Prayer with the congregation during worship service. Prayer is so important! God wants a relationship with us, and you can't have a relationship with someone you don't talk to! During Lent, try to talk to God each day. It doesn't have to be a formal, scripted prayer. God wants to hear what's on your heart.

To remind us about the importance of prayer, we made a special snack-homemade pretzels! According to tradition, they were created by an Italian monk over 1,000 years ago. To remind his Brothers about the importance of prayer, he twisted dough into a praying posture popular at the time (arms crossed over your chest). As they are not a sweet treat, they became popular during Lent...and other times of the year!

Thanks for joining us today!  
Carol McClellan  
CE Director