

I knew you  
BEFORE I Formed  
YOU IN YOUR  
mother's  
womb. BEFORE  
you were born  
I SET YOU  
Apart.  
Jeremiah 1:5

Happy Sunday, Friends,

I'm so happy the springtime temps are back. I am not a fan of winter blasts in March. Welcome back, Spring!

This week we're learning all about Jeremiah, one of the four major prophets. Isaiah was another major prophet that we learned about, Ezekiel and Daniel round out the crew. Jeremiah was a teenager when he was first called by God to be a prophet, and he didn't think he would be able to rise to God's challenge. God didn't give him an easy path - often it was lonely and sad. - "weeping prophet" came from somewhere. Jeremiah had some hard truths to tell and his messages were not well received. But he persevered, strengthened by his faith in God. And in there end there are some words of hope (this is one of my favorite verses). Read on to learn All About Jeremiah:

FOR I KNOW THE PLANS  
I HAVE FOR YOU,  
THE LORD  
DECLARES  
THE LORD,  
"PLANS TO PROSPER YOU  
AND NOT TO HARM YOU,  
\*\*PLANS TO GIVE YOU\*\*  
*Hope And A Future.*  
JEREMIAH 29:11

We're doing something fun for our Lent practice this week! Did you know that the pretzel is a traditional food for lent? In fact, the pretzel was actually invented in order to be a simple Lenten snack! Pretzels for Lent date back to the early Church, perhaps sometime in the 4th century. During that time it was common for Christians to fast during the season, abstaining from meat, dairy, fats, and sweets. These quick breads are made with only a tiny bit of sugar (or honey, if you prefer) to activate the yeast and no fat – they are entirely flour, water and yeast! Pretzels can remind us of prayer, too. This soft dough is formed into a loop with ends crossed, meant to symbolize arms crossed in prayer. The word "pretzel" comes from the German translation of the Latin word for little arms, "bracellae." Another story places the origin of the word in "pretiola" which means little reward, so pretzels might have been given as an award to a child who had learned her prayers!

Attached is our pretzel recipe. I hope you have fun trying it. Send pictures of you making your pretzels and the finished product. I'd love to see! And please remember that Sunday School teachers really love pretzels.



Finally Friends, you have to do challenging things all the time, this year especially dealing with pandemic life. Jeremiah's calling us shows us that God knows of all our special gifts and abilities. God knows we can make it through life's challenges, and will be there with us through them, even when we feel sad and alone.. Just like God knew Jeremiah before Jeremiah knew himself, God knows and loves each and every one of you.

I hope all of you know how much you are loved and missed! We can't wait to be all together at church again soon.

Take Care,  
Gabrielle Heimerling  
Director, Youth and Family Services  
FPC Haddonfield

# Pretzels from Germany

## Ingredients

1 ½ c lukewarm water  
1 package (2 ¼ tsp) yeast  
4 cups + all purpose flour, divided  
1 Tbs sugar  
2 tsp salt

1 egg  
1 Tbs water  
⅓ c coarse salt

## Equipment

Large mixing bowl  
Measuring cups, dry & liquid  
Measuring spoons  
Small mixing bowl  
Wooden board to knead the dough  
2 cookie sheets  
Parchment paper or cooking spray  
Pastry brush  
Small bowl  
Wire racks

## How to Make:

1. In the large mixing bowl, place the lukewarm water and pour in the yeast. Let mixture sit for about 5 minutes until bubbly.
2. In the small mixing bowl combine 3 cups of flour, sugar, and salt. Add to the yeast mixture. Stir until the ingredients are blended and form a ball.
3. Place the dough on a lightly floured board or tabletop.
4. Dust your hands with flour and begin kneading the dough. Slowly knead in the fourth cup of flour. After about 5 minutes the dough should be smooth and not sticky. It is ready when it is no longer sticky!
5. Pull the dough into 20 pieces. Roll each into a long snake about ½-inch thick and 15" long. Shape pretzel into a loop, crossing the ends and fastening the ends to opposite side of the loop - the image of arms at prayer.
6. Preheat the oven to 425
7. Place pretzels on cookie sheets covered with parchment paper (or lightly sprayed with oil), allowing several inches of space between each pretzel.
8. In the small bowl gently beat the egg and combine with 1 Tbsp water. Paint the mixture on each pretzel and sprinkle with coarse salt.
9. Bake the pretzels for 20 minutes. Remove from the oven and cook on wire racks.