

- Dough formed in the shape of hands crossed over the chest, which is how Christians prayed at that time in the early 600s.
- Originally named "little arms" which in Latin is "bracellae." From this word came the German word bretzel, and eventually pretzel.
- Became popular Lenten food throughout the Middle Ages (because no eggs, milk, butter, or lard.)
- Given to help teach the Christian Trinity of "Father, Son and Holy Spirit" (the three holes in the pretzel.)
- Given as a treat to children who memorized their prayers.
- Became typical alms for the hungry as a convenient way to hand food to the poor. Homeless did not line up for soup or a sandwich, but for their daily pretzel (daily bread).
- Those who gave the pretzels away were considered particularly blessed.



**SO, SHARE A PRETZEL AND SHARE YOUR FAITH --  
A LITTLE BIT (or "BITE") AT A TIME.**

- The Pretzel was served on Easter with 2 hard boiled eggs and hidden around the farms, for the kids to find. This very likely was the forerunner of the Easter egg hunt.
- The whimsical Pretzel shape worked its way into the culture not only as a reward but as a symbol of Good Luck and prosperity.
- German children tied pretzels on a string around their necks at the start of a new year for good luck in the coming year.
- It wasn't long before pretzels were introduced into the wedding ceremony: the couple wished upon and broke a pretzel like a wishbone then ate it to signify their unity or oneness. A 17th century woodcut, copied from a cathedral in Bern, Switzerland, depicts the "marriage knot" as being a pretzel!

- Dough formed in the shape of hands crossed over the chest, which is how Christians prayed at that time in the early 600s.
- Originally named "little arms" which in Latin is "bracellae." From this word came the German word bretzel, and eventually pretzel.
- Became popular Lenten food throughout the Middle Ages (because no eggs, milk, butter, or lard.)
- Given to help teach the Christian Trinity of "Father, Son and Holy Spirit" (the three holes in the pretzel.)
- Given as a treat to children who memorized their prayers.
- Became typical alms for the hungry as a convenient way to hand food to the poor. Homeless did not line up for soup or a sandwich, but for their daily pretzel (daily bread).
- Those who gave the pretzels away were considered particularly blessed.



**SO, SHARE A PRETZEL AND SHARE YOUR FAITH --  
A LITTLE BIT (or "BITE") AT A TIME.**

- The Pretzel was served on Easter with 2 hard boiled eggs and hidden around the farms, for the kids to find. This very likely was the forerunner of the Easter egg hunt.
- The whimsical Pretzel shape worked its way into the culture not only as a reward but as a symbol of Good Luck and prosperity.
- German children tied pretzels on a string around their necks at the start of a new year for good luck in the coming year.
- It wasn't long before pretzels were introduced into the wedding ceremony: the couple wished upon and broke a pretzel like a wishbone then ate it to signify their unity or oneness. A 17th century woodcut, copied from a cathedral in Bern, Switzerland, depicts the "marriage knot" as being a pretzel!