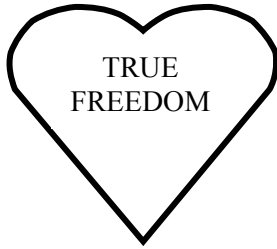


**March 28, 2004**  
**Fifth Sunday of Lent**



Isaiah 43:16-21  
Psalm 126  
Philippians 3:8-14  
John 8:1-11

*“Remember not the events of the past;  
see I am doing something new!”*

A reading from the holy Gospel according to John

Jesus went to the Mount of Olives. But early in the morning he arrived again in the temple area, and all the people started coming to him, and he sat down and taught them.

Then the Scribes and the Pharisees brought a woman who had been caught in adultery and made her stand in the middle. They said to him, “Teacher, this woman was caught in the very act of committing adultery. Now in the law, Moses commanded us to stone such women. So what do you say?” They said this to test him, so that they could have some charge to bring against him.

Jesus bent down and began to write on the ground with his finger. But when they continued asking him, he straightened up and said to them, “Let the one among you who is without sin be the first to throw a stone at her.” Again he bent down and wrote on the ground.

And in response, they went away one by one, beginning with the elders. So he was left alone with the woman before him.

Then Jesus straightened up and said to her, “Woman where are they? Has no one condemned you?” She replied, “No one sir.” Then Jesus said, “Neither do I condemn you. Go, and from now on do not sin any more.”

## Reflection

Discuss at supper who has the most freedom – parents or children. How are freedom and responsibility connected?

Pray the Prayer of St. Francis.

***Prayer of St. Francis***  
*Lord, make me an instrument of your peace;  
Where there is hatred, let me sow love;  
Where there is injury, pardon;  
Where there is error, truth;  
Where there is doubt, faith;  
Where there is despair, hope;  
Where there is darkness, light; and  
Where there is sadness, joy.*  
*O, Divine Master,  
Grant that I may not so much seek  
To be consoled, as to console;  
To be understood as to understand;  
To be loved as to love;  
For it is in giving that we receive;  
It is in pardoning that we are pardoned;  
And it is in dying that we are born to  
eternal life.*  
*Amen.*

## Activity

### TAKE A BITE OUT OF LENT!

The pretzel has an important spiritual meaning during Lent. In the old Roman Empire Christians observed Lent by fasting very strictly. They ate no milk, butter, eggs, cheese or meat. As a reminder that Lent was a time for prayer, they shaped dough into small pieces in the form of arms crossed in prayer. The Romans called these "little arms" or *bracellae*; later in German the word became "pretzel".

#### Lenten Pretzels

<b>2 packages yeast</b>	<b>7-8 cups flour</b>
<b>1 cup lukewarm water</b>	<b>1 egg, slightly beaten</b>
<b>2 cups scalded milk</b>	<b>coarse kosher salt</b>
<b>2 tablespoons sugar</b>	<b>1 tablespoon baking soda</b>
<b>2 teaspoons salt</b>	

First add the yeast to the water in a cup, stir well, and let sit. Add sugar and salt to the scalded milk while it is still warm, then cool to lukewarm. When the milk mixture has cooled, put it in the large mixing bowl, then add the yeast mixture and enough of the flour to make soft dough (about 6-7 cups). Knead the dough for about 10 minutes.

Let the dough rise in a greased covered container until doubled in bulk (about one and a half hours), then punch down, divide into two equal parts and let rest for about 10 minutes.

With a rolling pin, roll out one of the halves of the dough into a rectangle approximately 10 by 12 inches. With a sharp knife cut the rectangle into ten 12 inch strips. Roll each strip into a "rope" about 20 inches long. Prepare a lightly floured surface and shape each rope into a pretzel. Let rise, uncovered, for about 30 minutes. Repeat with the second half of the dough.

Meanwhile prepare a six-quart pot of boiling water. Add the baking soda, and boil the pretzels, two at a time, for one minute each. Remove with a slotted spoon and let drain.

Place on a greased cookie sheet, brush with a mixture of beaten egg and 1 teaspoon of water, then sprinkle with coarse salt. Bake at 400 degrees until golden (about 20 minutes). Should make 20 good sized pretzels.

*God Bless Those in Need*

*O God,  
we find it difficult  
to understand and act upon  
your Gospel message  
to feed the hungry  
and work for peace,  
in this our divided world,  
where every side lays claim to the truth  
and nothing but the truth.  
So help us God to hear, to interpret,  
to understand, to be moved,  
changed, converted, to act.*

*Help us to live more simply  
so that more may simply live.*

*Create in us a listening heart,  
a disarmed heart,  
that may hear your word, who is Christ,  
and keep it actively moved by your Spirit.*

*Amen*

Fold this paper in thirds so it can sit on your table as a prayer card. Then the prayer can be easily read from many different directions. Inside this table-tent you will find a variety of family ideas and activities that you and your family can do together

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