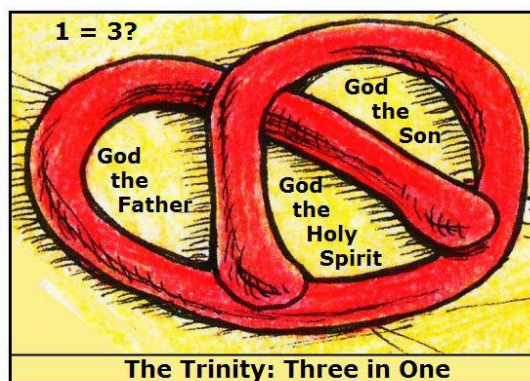


A Pretzel – A Symbol of the Trinity



The Pretzel can be used as a symbol of the trinity. So why not make some pretzels while you chat about the trinity.



You could make:

- Edible pretzels using this [recipe](#) (these take about 2 hrs 30 mins to make, including 1hr 30mins proving time)
 - Playdough or plasticine Pretzels
- Salt Dough Pretzels using this [recipe](#) (these take about 3 hours to cook depending on their size) then you'll be able to keep them and can also enjoy decorating them.



Questions you could chat about while you're baking and crafting:

- What do you remember from the children's liturgy video?
- What do you know about the father, the son and the holy spirit?
- How could you explain the trinity using the pretzel?
- Is the pretzel a helpful symbol of the trinity or are there any problems with it?
- What else would be a good symbol of the trinity?

