

# OCTOBER



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# RECIPE

## GLUTEN FREE SOFT PRETZELS - KING ARTHUR FLOUR RECIPE

### Ingredients

#### Pretzels

3 1/2 cups (553g) King Arthur Gluten-Free All-Purpose Flour

3 tablespoons (39g) brown sugar

2 teaspoons instant yeast

1 1/4 teaspoons (8g) salt

1 teaspoon xanthan gum

1/2 teaspoon baking powder

1 1/4 cups (283g) warm water

1 large egg, room temperature

2 tablespoons (28g) soft butter

#### Water bath

4 quarts (3629g) water

1/4 cup (50g) baking soda

2 tablespoons (25g) granulated sugar

#### Toppings

coarse, kosher, or pretzel salt, optional



### Instructions

- Weigh your flour; or measure it by gently spooning it into a cup, then sweeping off any excess. Combine the flour, sugar, yeast, salt, xanthan gum, and baking powder. Add the water, egg, and butter and stir until a firm dough forms, about 4 minutes in a stand mixer fitted with a paddle attachment. If the dough seems dry, add 1 to 2 tablespoons water.
- Knead the dough until smooth, then transfer it to a lightly greased bowl. Cover and let rise until almost doubled, 45 to 90 minutes.
- Preheat the oven to 425° F. Lightly grease two baking sheets, or line them with parchment. Bring 4 quarts water to a boil in a large pot.
- Turn the dough out onto a lightly floured surface. Gently deflate it, and divide it into 12 equal pieces.
- Cover the pieces and, one at a time, roll them into 12" to 14" ropes. Shape the ropes into pretzels and place them on the prepared pans.
- Add the baking soda and sugar to the boiling water and wait for the foam to subside.
- Drop the pretzels one at a time into the water, and boil them for about 5 seconds; they should initially sink, then float to the surface in that time.
- Return the pretzels to the pans and sprinkle them with the coarse salt of your choice, if desired.
- Bake the pretzels until golden brown and finished to your liking, about 18 to 20 minutes for soft pretzels, 25 minutes for chewier pretzels, and 35 minutes for hard pretzels.
- Allow the pretzels to cool on the pans for 10 minutes before serving.

<https://www.kingarthurbaking.com/recipes/gluten-free-soft-pretzels-recipe>

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# hymn

## A MIGHTY FORTRESS IS OUR GOD

Words: Martin Luther, 1529

Music: Martin Luther, 1529, harm. J.S. Bach

### VERSE 1:

A mighty fortress is our God, a bulwark  
never failing;  
Our helper He, amid the flood of mortal ills  
prevailing:  
For still our ancient foe doth seek to work us  
woe;  
His craft and power are great, and, armed  
with cruel hate,  
On earth is not his equal.

### VERSE 2:

Did we in our own strength confide, our  
striving would be losing;  
Were not the right Man on our side, the Man  
of God's own choosing:  
Dost ask who that may be? Christ Jesus, it  
is He!  
The Lord of Hosts His Name, from age to  
age the same,  
And He must win the battle.

### VERSE 3:

And tho' this world, with devils filled, should  
threaten to undo us,  
We will not fear, for God has willed His  
truth to triumph through us:  
The Prince of Darkness grim, we tremble  
not for him;  
His rage we can endure, for lo, his doom is  
sure,  
One little word shall fell him.

### VERSE 4:

That word above all earthly powers,  
no thanks to them, abideth;  
The Spirit and the gifts are ours  
through Him Who with us sideth:  
Let goods and kindred go, this mortal  
life also;  
The body they may kill: God's truth  
abideth still,  
His kingdom is forever!

## activities

**Beeswax Leaves** - Gather a bunch of colorful autumn leaves. Try to pick ones that are freshly fallen. If they are brittle they will crumble in the heat of the wax.

Melt your wax {we like beeswax} in an old crockpot or pan, something you won't ever eat out of. Once your wax is melted hold your leaves by their stems and dip them into the melted wax, flip so both sides are covered. Lay on wax paper to cure. Use them in bowls, hang them as a garland using needle and thread or scatter them on a table as a festive centerpiece.

**Fabric Pumpkins** - You can find the tutorial on my blog at:

## scripture

### Ephesians 2:8

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God

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## Copy and Memory Work

For by grace you have been saved through faith. And this is not your own doing; it is the gift of God.

Ephesians 2:8

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# character study



## Martin Luther

Born: November 10, 1483

Died: February 18, 1546

Martin Luther was born in Eisleben, Germany to Hans and Margareta Luther. Hans, Martin's father wanted his son to be a lawyer. In 1501 Martin was enrolled at the University of Erfurt. In 1505 Martin was caught in a violent thunderstorm and a bolt of lightning nearly struck him down. Martin thought this incident was a sign from God. He turned his back on his education to be a lawyer and enter an Augustinian monastery.

Martin was a dedicated monk and scholar and received his doctorate and became a professor of biblical studies in 1512.

Martin Luther is most well known for his 95 Theses. Martin believed that salvation could be reached only by divine grace and faith. He passionately rejected the selling of indulgences which was a common and corrupt practice at the time. It is said on October 31, 1517 Martin nailed his 95 Theses to the doors of the Wittenberg Castle Church. These theses would later become the foundation of the Protestant Reformation.

# continued study

Books are such helpful resources to learn more about people and history. Consider reading and researching more about Martin Luther with these resources:

Reformation ABCs: The people, Places, and Things of the Reformation

The Church History ABCs

Martin Luther: Christian Biographies for Young Readers

Martin Luther: A Man Who Changed The World

Luther: In Real Time - Podcast

TorchLighters

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