

# FOR LENT FOR LIFE

During Lent, we are invited to encounter God in a deeper way through prayer, fasting and almsgiving and to answer our Gospel call to see the face of Christ in our sisters and brothers in need. During this liturgical season, through CRS Rice Bowl—Catholic Relief Services' Lenten program—we will journey to Uganda, El Salvador, and Indonesia to learn how issues like hunger and climate change are impacting our global family. Along the way, we will reflect on how the Eucharist—the Bread of Life—compels us to share bread *for* life with all members of our human family.

Through CRS Rice Bowl stories, videos, and lesson plans, we will discover how our faith calls us to serve. We will also see how your Lenten alms provide opportunities for people experiencing hunger, malnutrition, and the effects of climate change to build a prosperous future for themselves and their families.

Join nearly 13,000 faith communities in 180 dioceses across the U.S. in practicing the traditional Lenten pillars of spirituality to help our global family. Together, we will support our sisters and brothers around the world while forming families and faith communities to be missionary disciples.

Here are some easy ways to get started:

1. Order FREE English or Spanish materials online at [crsricebowl.org/order](https://crsricebowl.org/order) or by calling **1-800-222-0025**. Order one CRS Rice Bowl per household. These cardboard bowls are used to collect each family's alms. These include a calendar with daily reflections that families can read together.
2. Visit [crsricebowl.org/parishes](https://crsricebowl.org/parishes) for resources to help integrate CRS Rice Bowl into your faith community:
  - The "How to Kick off CRS Rice Bowl" video.
  - An online giving platform that makes it easy to collect your parish's gifts online.
  - Bulletin and pulpit announcements and other tools to communicate about CRS Rice Bowl.
3. Visit [crsricebowl.org/1-8](https://crsricebowl.org/1-8) to find resources for parish religious educators, including lesson plans and activity sheets. Religious educators can use these resources to go deeper into the pillars of Lent, global solidarity, and Catholic teaching in their classrooms.
4. **Plan a time to distribute Rice Bowls to each member of your parish community.** Your pastor can lead the Prayer to Begin Lent—found at [crsricebowl.org/parishes](https://crsricebowl.org/parishes)—to help your community begin their journey with CRS Rice Bowl.

If you have any questions about CRS Rice Bowl, please contact me at [wmissions@cfgbwi.org](mailto:wmissions@cfgbwi.org).

Thank you for inviting your parishioners to encounter God and our global family this Lent through CRS Rice Bowl!



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