

# Lenten prayer

God of hope,

You journey with us through the desert. You challenge us to become more like Christ. During this Lenten season, may our prayers, fasting and almsgiving give us the courage to go forth from these 40 days in the desert to share our gifts with the world. May our encounter with you allow us to bring your hope to all of our human family.

Amen



MARCH

WED 6

## ENCOUNTER LENT

This Lent, we reflect on how our encounter with Christ in the desert points us to the hope of the Resurrection—and our responsibility to encounter the needs of all.

Write your Lenten promise on your CRS Rice Bowl.

DOWNLOAD THE CRS RICE BOWL APP!

## STAND WITH COURAGE

This Lent, we will learn how the individuals from our stories of hope conquered the difficulties in their lives. May they inspire us to overcome the difficulties in our own lives and stand with courage.

**GIVE 25¢** to your CRS Rice Bowl for each difficulty you have overcome in your life.

GET INSPIRATION AND STAND WITH COURAGE

FRI 8

## CALLED TO FAST

Each Friday of Lent, we are invited to abstain from eating meat. We eat simple meals so that we experience a little of the hunger that many live with daily. We encounter our global family through this act of solidarity.

**GIVE \$1** to your CRS Rice Bowl for each snack you had today.

FIND RECIPES IN THE APP

SAT 9

## SHARE THE JOURNEY

This Lent we continue to journey with refugees and migrants who are fleeing their homes because of violence and instability. How can we use this Lent to #sharejourney with refugees?

WATCH THE SNEAK PEEK VIDEO

SUN 10

## A STORY OF HOPE

This week, we pray for **Norma** in Guatemala and those who cannot provide a healthy lifestyle for their families.

Watch her story in the app. **GIVE \$1** to your CRS Rice Bowl for the first week of Lent.

MEET NORMA

MON 11

## JOURNEY TO GUATEMALA

**Did you know?** An estimated half of the population in Guatemala is indigenous. Spanish is the official language of the country, but 23 indigenous dialects are spoken as well.

VISIT GUATEMALA

TUE 12

## TEACHINGS FROM THE POPES

“Human persons are killed by God; they are imprinted with God’s image. Their dignity comes from the persons they are.”  
—St. John Paul II, *Centesimus Annus*

**GIVE 25¢** for each person you studied or worked with the last week.

LEARN WITH CATHOLIC SOCIAL TEACHING

WED 13

## STAND WITH COURAGE

Despite overwhelming odds, Norma provides for her family and has become a leader in her community, teaching other mothers how to care for their children.

How can you overcome your difficulties to serve others?

STAND WITH NORMA

THU 14

## ENCOUNTER SCRIPTURE

1 John 4:7

“Beloved, let us love one another, because love is of God; everyone who loves is begotten by God and knows God.”

**GIVE 25¢** for each of your acts of kindness this week.

PRAY WITH THE SAINTS

FRI 15

## CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Caldo de Frijol**, a meatless recipe from Guatemala.

**GIVE** Don’t forget to put the money you save by eating simply into your CRS Rice Bowl!

WATCH THE COOKING VIDEO

SAT 16

## SHARE THE JOURNEY

If Norma had not been able to find food to feed her family, they could have been forced to flee their homeland.

What would this have meant for her family?

**MAKE YOUR WEEKLY DONATION IN THE APP**

LISTEN TO NORMA

SUN 17

## A STORY OF HOPE

This week, we pray for **Annet**, her siblings, and all refugee families.

Watch her story in the app. **GIVE \$2** to your CRS Rice Bowl for the second week of Lent.

MEET ANNET

MON 18

## JOURNEY TO UGANDA

**Did you know?** Uganda is a land of plenty. With regular rainfall and good soil, agriculture is a source of life. More than 70 percent of the people work in agriculture, with coffee being one of the largest exports.

VISIT UGANDA

TUE 19

## TEACHINGS FROM THE POPES

“... when there is a question of defending the rights of individuals, the poor and badly off have a claim to special consideration.”  
—Pope Leo XIII, *Rerum Novarum*

**GIVE 25¢** for each member of your family.

LEARN WITH CATHOLIC SOCIAL TEACHING

WED 20

## STAND WITH COURAGE

When Annet fled with her siblings to Uganda, they were stopped on the road by rebels. She bravely stood up to the soldiers, saving her siblings’ lives.

Who can you stand up for in your life?

STAND WITH ANNET

THU 21

## ENCOUNTER SCRIPTURE

1 John 3:17-18

“If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him? Children, let us love not in word or speech but in deed and truth.”

**GIVE 25¢** for each of your good deeds this week.

PRAY WITH THE SAINTS

FRI 22

## CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Bamia**, a meatless recipe from Uganda.

**GIVE** Don’t forget to put the money you save by eating simply into your CRS Rice Bowl!

WATCH THE COOKING VIDEO

SAT 23

## SHARE THE JOURNEY

More than 1 million refugees live in settlements in Uganda. Uganda is unique in its hospitality toward refugees, allowing them to move about freely and work.

How can we make refugees feel welcome?

**MAKE YOUR WEEKLY DONATION IN THE APP**

LISTEN TO ANNET

SUN 24

## A STORY OF HOPE

This week, we pray for **Christyan**, and all refugees who have returned home.

Watch his story in the app. **GIVE \$3** to your CRS Rice Bowl for the third week of Lent.

MEET CHRISTYAN

MON 25

## JOURNEY TO SRI LANKA

**Did you know?** All ethnic groups are represented on the Sri Lankan flag. Orange signifies the Tamils, green the Moors and maroon the Sinhalese. Yellow represents the remaining ethnic groups.

VISIT SRI LANKA

TUE 26

## TEACHINGS FROM THE POPES

“For by his innermost nature man is a social being, and unless he relates himself to others he can neither live nor develop his potential.”  
—Second Vatican Council, *Gaudium et Spes*

**GIVE 50¢** for each person you consider a close friend.

LEARN WITH CATHOLIC SOCIAL TEACHING

WED 27

## STAND WITH COURAGE

Though it was still dangerous, Christyan traveled home to reclaim his family’s farmland. Having to hide for some time, he eventually made it back to his family’s village to start again.

What in your life would you be willing to stand up for?

STAND WITH CHRISTYAN

THU 28

## ENCOUNTER SCRIPTURE

Romans 12:4-5

“For as in one body we have many parts, and all the parts do not have the same function, so we, though many, are one body in Christ and individually parts of one another.”

**GIVE 50¢** to your CRS Rice Bowl for every community of which you are a part.

PRAY WITH THE SAINTS

FRI 29

## CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Coconut Dhal**, a meatless recipe from Sri Lanka.

**GIVE** Don’t forget to put the money you save by eating simply into your CRS Rice Bowl!

WATCH THE COOKING VIDEO

SAT 30

## SHARE THE JOURNEY

Many who are forced to flee their homes cannot return. Christyan and his family were fortunate to do so.

How would it impact your life if you were never able to return home?

**GIVE TO THE CRS COLLECTION THIS WEEKEND AT MASS**

LISTEN TO CHRISTYAN

**A STORY OF HOPE**  
 This week, we pray for **Kumba**, and all students in Sierra Leone.  
**Watch her story in the app.**  
**GIVE \$4** to your CRS Rice Bowl for the fourth week of Lent.

MEET KUMBA

**MON 1**  
**JOURNEY TO SIERRA LEONE**  
**Did you know?**  
 Sierra Leone was named by the Portuguese explorer Pedro de Sintra. He named the country *Serra Leoa*, meaning "lion mountains," because of the impressive mountains he saw.

VISIT SIERRA LEONE

**TEACHINGS FROM THE POPES**  
 "Man has the right to live. He has the right to bodily integrity and to the means necessary for the proper development of life"  
 —St. John XXIII, *Pacem in Terris*  
**GIVE 50¢** for every right you have in your life.

LEARN WITH CATHOLIC SOCIAL TEACHING

**STAND WITH COURAGE**  
 Despite most girls not attending school in Sierra Leone, Waisa—Kumba's grandmother—insists all her children and grandchildren go to school.  
 When have you had the courage to do the right thing even when it went against what was normal?

STAND WITH WAISA

**ENCOUNTER SCRIPTURE**  
 Proverbs 31:8-9  
*"Open your mouth on behalf of the mute, and for the rights of the destitute; Open your mouth, judge justly, defend the needy and the poor!"*  
**GIVE 50¢** for every year of your education.

PRAY WITH THE SAINTS

**CALLED TO FAST**  
 By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Ground Nut Stew** from Sierra Leone.  
**GIVE** Don't forget to put the money you save by eating simply into your CRS Rice Bowl.

COOK THE RECIPE

**SHARE THE JOURNEY**  
 When families are forced to flee, children cannot attend school, making their future uncertain.  
 How do you show gratitude for your education?  
**MAKE YOUR WEEKLY DONATION IN THE APP**

LISTEN TO WAISA

**SUN 7**  
**A STORY OF HOPE**  
 This week, we pray for **Ona**, and all those in Gaza who cannot find work.  
**Read her story in the app.**  
**GIVE \$5** to your CRS Rice Bowl for the fifth week of Lent.

MEET ONA

**MON 8**  
**JOURNEY TO GAZA**  
**Did you know?**  
 Gaza is only 25 miles long and at most 6 miles wide, but has a population of almost 2 million people. It is a small strip of land at the southeast end of the Mediterranean Sea that is surrounded by Israel to the north and east, and Egypt to the south.

VISIT GAZA

**TEACHINGS FROM THE POPES**  
 "Work is a necessity, part of the meaning of life on this earth, a path to growth, human development and personal fulfillment."  
 —Pope Francis, *Laudato Si'*  
**GIVE 50¢** for every chore you do, or job you have had.

LEARN WITH CATHOLIC SOCIAL TEACHING

**STAND WITH COURAGE**  
 Ona took advantage of the opportunity she was given to create her own business. Because of her courage, she now provides for her family.  
 How has your courage benefited those in your life?

STAND WITH ONA

**ENCOUNTER SCRIPTURE**  
 Psalm 34:19-20  
*"The Lord is close to the brokenhearted, saves those whose spirit is crushed. Many are the troubles of the righteous, but the Lord delivers him from them all."*  
**GIVE 25¢** to your CRS Rice Bowl for each time you have turned to God for help.

PRAY WITH THE SAINTS

**CALLED TO FAST**  
 By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Shakshouka**, a meatless recipe from Gaza.  
**GIVE** Don't forget to put the money you save by eating simply into your CRS Rice Bowl.

COOK THE RECIPE

**SHARE THE JOURNEY**  
 The unemployment rate is high in Gaza. Gazans struggle to find opportunity to support themselves and their families.  
 What opportunities helped you to be where you are today?  
**MAKE YOUR WEEKLY DONATION IN THE APP**

LISTEN TO CRS GAZA STAFF

**SUN 14**  
**PALM SUNDAY**  
 As Lent comes to a close, let us reflect on our journey through the desert. What have you sacrificed this Lent? What have you offered up? What good things have you done?  
**GIVE \$6** to your CRS Rice Bowl for the final week of Lent.

WATCH WHAT IS LENT? WITH THOMAS AWIAPO

**MON 15**  
**HOLY WEEK**  
 This week, we prepare to journey with Christ through his Passion to the Resurrection.  
**GIVE 50¢** for each cross in your life and the lives of your family members.

LISTEN TO A LENTEN SONG FROM GUATEMALA

**TUE 16**  
**HOLY WEEK**  
*"Lord Jesus, we adore your cross which frees us from sin ... we await your coming in glory, which will bring to fulfillment your kingdom of justice, joy and peace."*  
 —Pope Francis, *Prayer for Peace*

MAKE A LENTEN RETREAT

**WED 17**  
**HOLY WEEK**  
 We reflect on the courage of Jesus: the courage he had throughout his ministry to speak against injustice; the courage he had to face the crowds as they turned against him; the courage he had to carry his cross to Calvary.  
 How are we inspired by the courage of Jesus?

REFLECT ON THE STATIONS OF THE CROSS

**THU 18**  
**HOLY THURSDAY**  
 John 13:14-15  
*"If I, therefore, the master and teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."*  
**GIVE 25¢** for each of the Apostles' feet that Jesus washed.

LISTEN TO A REFLECTION

**FRI 19**  
**GOOD FRIDAY**  
 On this, one of the holiest days of the year, we commemorate the great sacrifice Jesus made to save us. We honor Jesus' suffering on the cross. May we give of ourselves as Jesus did.  
**DON'T FORGET TO TURN IN YOUR CRS RICE BOWL!**

REFLECT ON THE STATIONS OF THE CROSS

**SAT 20**  
**HOLY SATURDAY**  
 Today, we anticipate our final steps out of the desert to encounter the hope of the Resurrection.  
**MAKE YOUR WEEKLY DONATION IN THE APP**

WATCH GOOD SAMARITAN RESURRECTION VIDEO

**SUN 21**  
**EASTER SUNDAY**  
**JESUS IS RISEN, ALLELUIA!**  
 May the risen Christ, who brought us forth from the desert, reside with us during the Easter season, inspiring us to reach out to all those we encounter!

WE GIVE THANKS



Photo by Eric Clayton/CRS

**THIS EASTER SEASON,** let us not forget our journey through the desert. Let us continue to bring the hope of the Resurrection to all those we encounter, reminding them of God's love.  
 Don't forget to turn in your CRS Rice Bowl to your parish or school, or give online at [crsricebowl.org/give](http://crsricebowl.org/give).

