

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	LEARN	ACT	REFLECT	MEATLESS FRIDAY	HUNGER
<p>Use the CRS Rice Bowl Lenten calendar daily to pray, fast and give—and encounter our global family. Each week includes creative ways to give alms, which you can donate at the end of Lent to CRS Rice Bowl. Your Lenten giving helps people experiencing hunger and poverty in your local community and in more than 120 countries around the world. <i>Donation amounts throughout the calendar are suggestions—please feel free to give as you are able.</i></p> <p>Visit csrricebowl.org/donate to give your Lenten alms.</p>			<p>BEGIN YOUR JOURNEY</p> <p><input type="checkbox"/> MARCH 5</p> <p>Today, pray the CRS Rice Bowl prayer. How will you share bread for life with our global family this Lent?</p> <p>Write your Lenten promise on your rice bowl.</p> <p> Ash Wednesday</p>	<p><input type="checkbox"/> 6</p> <p>“In the humble signs of bread and wine, changed into his body and blood, Christ walks beside us as our strength and our food for the journey, and he enables us to become, for everyone, witnesses of hope.”</p> <p>—Saint John Paul II, <i>Ecclesia de Eucharistia</i></p>	<p><input type="checkbox"/> 7</p> <p>Each Friday of Lent we abstain from eating meat, but we are permitted to eat eggs.</p> <p>GIVE 25 cents for every egg you have in your refrigerator.</p>	<p><input type="checkbox"/> 8</p> <p>After a decade of decline, world hunger has been increasing since 2015. The world has not had this many people hungry since 2010.</p>
			<p>WEEK 1</p>			
<p>9</p> <p>CRS Rice Bowl is celebrating its 50th anniversary! Learn how Catholics have been coming together every Lent since 1975 to respond to world hunger.</p> <p>Read this week’s story at csrricebowl.org/week-1</p>	<p><input type="checkbox"/> 10</p> <p><i>We pray for the families in Nigeria, Guatemala and Bangladesh—whom we’ll encounter this Lent in CRS Rice Bowl—and for all families working hard to lead healthy and dignified lives.</i></p> <p>GIVE 50 cents for each child in your family.</p>	<p><input type="checkbox"/> 11</p> <p>Catholic communities in the United States have been making a local and global impact for 50 years! Thank you!</p> <p>GIVE 50 cents for each year you’ve participated in CRS Rice Bowl.</p>	<p><input type="checkbox"/> 12</p> <p>Invite a few friends or family members to participate in CRS Rice Bowl with you this Lent.</p> <p>GIVE 50 cents for each person who joins the journey!</p>	<p><input type="checkbox"/> 13</p> <p>“We cannot properly receive the Bread of Life without sharing bread for life with those in want.”</p> <p>—Pedro Arrupe, <i>Eucharist and Hunger</i></p>	<p><input type="checkbox"/> 14</p> <p>Eating a simple meal during Lent helps us reflect on the hunger that many people face worldwide.</p> <p>GIVE \$1 if you’ve traveled to another country.</p>	<p><input type="checkbox"/> 15</p> <p>CRS Rice Bowl began because Catholics wanted to respond to famine in the Sahel region of Africa.</p> <p>Do you know of any countries impacted today by extreme hunger?</p>
<p>WEEK 2</p>						
<p>16</p> <p>After violence forced her to start life over in a new town, Amina is helping others by providing nutrition and health support for mothers in her village.</p> <p>Read this week’s story at csrricebowl.org/week-2</p>	<p><input type="checkbox"/> 17</p> <p><i>We pray for Amina, and for all parents striving to feed their children with nutritious food. May their families have healthy and hunger-free futures.</i></p> <p>GIVE 50 cents for each child in your family.</p>	<p><input type="checkbox"/> 18</p> <p>About 70% of people in Nigeria work in agriculture. Many farmers grow crops like palm oil, beans and cocoa.</p> <p>GIVE \$1 if you gave up chocolate for Lent.</p>	<p><input type="checkbox"/> 19</p> <p>Through her actions, Amina demonstrated the Catholic social teaching principle: Call to Family, Community and Participation. Plan out three things you can do to help your community this month.</p>	<p><input type="checkbox"/> 20</p> <p>“Now you are Christ’s body, and individually parts of it.”</p> <p>—1 Corinthians 12:27</p> <p>Reflect today on what it means to be Christ’s hands and feet in the world.</p>	<p><input type="checkbox"/> 21</p> <p>Share a meal by inviting someone over for dinner. Try making egg sauce with boiled yams, a meatless recipe from Nigeria.</p> <p>GIVE \$8-\$10 or the amount you family saved from not eating meat.</p>	<p><input type="checkbox"/> 22</p> <p>Conflict and climate change are driving hunger in Nigeria. Food aid programs provide emergency meals and supplies as well as job training for families to earn an income.</p>
<p>WEEK 3</p>						
<p>23</p> <p>In Guatemala, Ana Belén joined a CRS project that provides food to students’ families. Now she can prepare nutritious meals for her family and saves money for other necessities.</p> <p>Read this week’s story at csrricebowl.org/week-3</p>	<p><input type="checkbox"/> 24</p> <p><i>We pray for Ana Belén and all mothers who struggle to put food on the table, that they may provide a healthy lifestyle for those they care for.</i></p>	<p><input type="checkbox"/> 25</p> <p>The native language of Ana Belén is Quiché. She also speaks Spanish, the official language of Guatemala.</p> <p>GIVE \$2 if you or someone in your family speaks more than one language.</p>	<p><input type="checkbox"/> 26</p> <p>The long droughts in Guatemala make it difficult for rural communities to have clean water for drinking, cooking and farming. Plan with your family to donate water jugs or water filters to a school or community organization.</p>	<p><input type="checkbox"/> 27</p> <p>“The scandal of the millions of people who suffer from hunger should not paralyze us, but rather move us to act—everyone, individuals, families, communities, institutions, governments—to eliminate this injustice.”</p> <p>—Pope Francis</p>	<p><input type="checkbox"/> 28</p> <p>Today, make black bean soup, a meatless recipe from Guatemala.</p> <p>GIVE 50 cents for each family member who eats dinner with you.</p>	<p><input type="checkbox"/> 29</p> <p>In rural areas of Guatemala, almost 70% of people depend on farming to make a living and get their food.</p> <p>GIVE 50 cents for each type of fruit or vegetable you have at home.</p>

SUNDAY

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FRIDAY

SATURDAY

STORY OF HOPE

WEEKLY INTENTION

LEARN

ACT

REFLECT

MEATLESS FRIDAY

HUNGER

WEEK 4

30
In Bangladesh, Shahadat learned new ways to farm so that his family's vegetable crops can grow despite flooding and other climate challenges.
Read this week's story at csrcebowl.org/week-4

31
We pray for Shahadat and for all people affected by natural disasters like flooding. May they have access to resources to adapt to a changing climate.

APRIL 1
Bangladesh is home to over 700 rivers that make the country lush and full of wildlife.
GIVE \$2 if you live near a body of water.

2
Shahadat helped his family by learning new farming skills. Do an extra chore today that will be a big help to your family.
GIVE 50 cents for each chore completed.

3
"The effects of climate change are borne by the most vulnerable people, whether at home or around the world."
—USCCB, Global Climate Change Background

4
Eating vegetables gives us nutrients to help our bodies feel good. Try making Dahl, a meatless meal from Bangladesh.
GIVE \$3 if you ate veggies today.

5
Most of Bangladesh sits at sea level. Flooding is common and ruins farmers' crops, making it difficult to grow enough food.

WEEK 5

6
The 1976 Eucharistic Congress explored the Eucharist and hunger in our world. Today, the Eucharist continues to make visible our communion and our shared responsibility.
Read this week's story at csrcebowl.org/week-5

7
As we celebrate CRS Rice Bowl's 50th anniversary, may we renew our commitment to the Gospel call to serve our sisters and brothers who are hungry.
GIVE \$1 for every meal you had yesterday.

8
Seventy-five percent of CRS Rice Bowl donations help families around the world. The rest goes to reduce hunger and poverty in your diocese.
GIVE 10 cents for every U.S. state you can name.

9
Jesus tells us to care for our sisters and brothers who are struggling. This week, check on three friends or relatives to see how they are doing.

10
"Pray ... that we may be a sign of the love of Christ for our people, that our presence among them will fortify them to endure these sufferings."
—Blessed Stanley Rother

11
Not eating meat reminds us of the needs of others. Electronic devices can also distract us from serving people in need.
GIVE 50 cents for every TV, computer, tablet or phone in your home.

12
Droughts in Central America have become more frequent and severe. This makes it harder for farmers to grow crops, resulting in more people not having enough food to eat.

HOLY WEEK

13
Palm Sunday marks the beginning of Holy Week, a very sacred time of the year in our faith.
Reflect on this sacred week at csrcebowl.org/holy-week

14
May Jesus, the Bread of Life, transform our hearts, that we may be moved to share bread for life with our global family and work for a world where all can thrive.

15
Many families around the world have fallen into poverty because of low paying jobs and limited work opportunities.
GIVE 50 cents for each member of your family who has a job.

16
Make a card for a priest in your parish, thanking him for his ministry and dedication. Give it to him tomorrow, when we'll remember Jesus' Last Supper and the institution of the Eucharist.

17
"Since Christ himself has said, 'This is my Body,' who shall dare to doubt that it is his Body?"
—Saint Cyril of Jerusalem
Ask an adult in your family or parish to tell you about their First Holy Communion.

18
Today, besides abstaining from meat, Catholics from the ages of 18 to 59 fast.
What else can you give up today as a way to join in the suffering of our Lord?

19
Extreme hunger makes life very difficult and challenging for millions of people. As we await the hope of the Resurrection, let's continue our efforts for a better world.

✠ Palm Sunday

✠ Holy Thursday

✠ Good Friday

✠ Holy Saturday

20
Christ is risen, Alleluia!
May the Bread of Life nourish and strengthen us as we continue our commitment to serve our global family in need.

Don't forget to turn in your rice bowl to your parish or school. Scan the QR code or visit csrcebowl.org/donate to give online.

Thank you for changing lives this Lent!



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✠ Easter Sunday

Lenten Prayer

*Jesus, Bread of Life,
As we encounter you in the Eucharist this Lent,
nourish us with your love,
unite us in communion with our sisters and brothers,
showing us how we are connected.
Transform our hearts, that we may be moved to
share bread for life with our global family
and work for a world where all can thrive. Amen*



Photo by Amiri Ruidro for CRS