

## Make a Lenten Plan

### PRAY

Set aside a time each day to pray and reflect.

### FAST

Consider what you will give up for Lent to help our global family.

### GIVE

Set a goal for your CRS Rice Bowl offering.

### LEARN

Meet your global family. Discover stories, recipes and more at [crsricebowl.org](https://crsricebowl.org).

Remember to visit [crsricebowl.org/families](https://crsricebowl.org/families) to download your free Lenten calendar.

Photo by Benny Manser/CRS



CRS RICE BOWL  
50 YEARS

FOR  
LENT  
FOR LIFE

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, BELOW, TO A CONTAINER. THEN DISPLAY YOUR LENTEN PLAN, ABOVE, ON YOUR FRIDGE.

## WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

### My Lenten Pledge

Name \_\_\_\_\_

For Lent, I will \_\_\_\_\_

And donate \$ \_\_\_\_\_

Turn in your gifts at the end of Lent,  
or donate online at:  
[crsricebowl.org/donate](https://crsricebowl.org/donate)

### 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**