

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	LEARN	ACT	REFLECT	MEATLESS FRIDAY	LENTEN SOLIDARITY
<p>Use the 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 alms help people experiencing hunger and poverty in your local community and in the countries CRS serves.</p> <p><i>Donation amounts are suggestions—please give as you are able.</i></p> <p>Don't forget to turn in your Rice Bowl to your parish or school. Or visit crsricebowl.org/donate to give online.</p> <p>Thank you for changing lives this Lent!</p>			<p>BEGIN YOUR JOURNEY</p> <p><input type="checkbox"/> FEBRUARY 18</p> <p>Today, pray the Lenten prayer. Then, write your Lenten promise on your Rice Bowl.</p> <p>✝ Ash Wednesday</p>	<p><input type="checkbox"/> 19</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.”</p> <p>—Saint John Paul II</p>	<p><input type="checkbox"/> 20</p> <p>Each Friday of Lent we abstain from eating meat to live in solidarity with our sisters and brothers experiencing hunger.</p> <p>GIVE \$5 if you helped cook a meatless meal today.</p>	<p><input type="checkbox"/> 21</p> <p>The spiritual pillars of prayer, fasting and almsgiving guide us in daily reflection on our own lives as we strive to deepen our relationship with God and neighbor.</p> <p>GIVE \$3 for the three spiritual pillars.</p>
WEEK 1						
<p>22</p> <p>The Catholic social teaching principle of <i>solidarity</i> teaches us that because we are connected as one family, the joys and challenges faced by our sisters and brothers affect us too.</p> <p>Read this week's story at crsricebowl.org/week-1</p>	<p><input type="checkbox"/> 23</p> <p><i>We pray for the families in Ghana, Guatemala and Timor-Leste—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><input type="checkbox"/> 24</p> <p>On Tuesdays during Lent, we meditate on the suffering of Christ through the sorrowful mysteries of the Rosary.</p> <p>GIVE 50 cents for each rosary you have in your home or car.</p>	<p><input type="checkbox"/> 25</p> <p>Visit crsricebowl.org/join and enter your prayer intention in the interactive map. Then, pray as a family for all intentions on the map.</p>	<p><input type="checkbox"/> 26</p> <p>“When caring for our neighbor, we must always remember that charity is to be given without qualifications or limits.”</p> <p>—Pope Francis in his letter celebrating CRS Rice Bowl's 50th anniversary.</p>	<p><input type="checkbox"/> 27</p> <p>Eating a simple meal during Lent helps us reflect on the hunger that many people face worldwide.</p> <p>GIVE \$1 for every country you've traveled.</p>	<p><input type="checkbox"/> 28</p> <p>As Catholics, we are called to protect our sisters and brothers living in poverty and uphold their dignity. Almost 700 million people live in extreme poverty—on less than \$2.15 per day.</p> <p>GIVE \$2.15 for every person in your house with a job.</p>
WEEK 2						
<p>MARCH 1</p> <p>In Ghana, parents are learning to make simple, inexpensive toys from household items to help their children grow and learn.</p> <p>Read this week's story at crsricebowl.org/week-2</p>	<p><input type="checkbox"/> 2</p> <p><i>We pray for Georgina and her children, and for all parents who want the best opportunities for their children. May they thrive in loving environments.</i></p>	<p><input type="checkbox"/> 3</p> <p>The first 1,000 days from conception to a child's second birthday are critical for development. Children who don't receive enough nutrients risk stunting, weakened immune systems and poor school performance.</p>	<p><input type="checkbox"/> 4</p> <p>Repurpose household items to make a toy instead of buying a new one.</p>	<p><input type="checkbox"/> 5</p> <p>“<i>One of the meanings of penitential fasting is to help us recover an inferior life. Moderation, recollection and prayer go hand in hand.</i>”</p> <p>—Pope St. John Paul II</p> <p>GIVE \$1 if you gave up chocolate or coffee.</p>	<p><input type="checkbox"/> 6</p> <p>Share a meal by inviting someone over for dinner. Try making red red, a meatless stew from Ghana.</p> <p>GIVE \$8-10 per family, or the amount you saved from not eating meat.</p>	<p><input type="checkbox"/> 7</p> <p>One million children under 5 in Ghana don't get enough healthy food to grow strong.</p> <p>GIVE \$1 for every child in your family.</p>
WEEK 3						
<p>8</p> <p>In Guatemala, mothers learn about the importance of nutrition and vitamins, so their kids grow strong and healthy.</p> <p>Read this week's story at crsricebowl.org/week-3</p>	<p><input type="checkbox"/> 9</p> <p><i>We pray for Maribel and all mothers who work hard to give their children a better life.</i></p>	<p><input type="checkbox"/> 10</p> <p>The national instrument of Guatemala is the marimba.</p> <p>GIVE \$2 if you or someone in your home plays an instrument.</p>	<p><input type="checkbox"/> 11</p> <p>Brainstorm with your family acts of service you can do together this month, such as grocery shopping for religious communities, volunteering at a soup kitchen or cleaning up trash in your neighborhood.</p>	<p><input type="checkbox"/> 12</p> <p>“The crisis we are currently facing is indeed a unique opportunity to engage in authentic, bold and courageous dialogues, addressing the roots of our unjust food system.”</p> <p>—Pope Francis</p> <p>GIVE 50 cents for every snack you had today.</p>	<p><input type="checkbox"/> 13</p> <p>Today, make tostadas, a meatless recipe from Guatemala.</p>	<p><input type="checkbox"/> 14</p> <p>In Guatemala, Indigenous women wear traditional güipiles, or embroidered blouses and dresses.</p> <p>GIVE 50 cents for every different colored fruit and vegetable in your house.</p>

SUNDAY

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

SATURDAY

STORY OF HOPE

WEEKLY INTENTION

LEARN

ACT

REFLECT

MEATLESS FRIDAY

LENTEN SOLIDARITY

WEEK 4

15

In Timor-Leste, Adriana attends sessions to improve her nutrition and self-care so she can fulfill her dream of being a doctor.

Read this week's story at crsricebowl.org/week-4

16

We pray for Adriana, and all children, that their dreams are not held back by hunger and poverty, and that our acts of charity may support them as they achieve their highest potential.

17

Coffee is Timor-Leste's leading agriculture export. It provides livelihoods and helps stabilize the economy.

GIVE \$3 to reflect the average cost of a cup of coffee in the U.S.

18

Look up two new facts about nutrition and discuss them with your family.

19

"Hunger threatens not only people's lives but also their dignity."

—World Hunger, Pontifical Council Cor Unum

20

Batar Da'An is a satisfying stew made of squash, beans and corn, and is beloved in Timor-Leste. Its simple ingredients pack a big nutritional punch. Try it today.

21

Living in a rural community, Adriana's family has to walk long distances to reach the market and to collect water.

GIVE 50 cents for every faucet you have

WEEK 5

22

As we journey through Lent, let us think about how we saw Christ in the lives of Georgina, Maribel and Adriana.

Read this week's story at crsricebowl.org/week-5

23

Let us renew our commitment to the Gospel call to serve our sisters and brothers facing hunger and poverty.

GIVE \$1 for every meal you had yesterday.

24

75% 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.

25

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.

26

"Christ has no hands, he has only our hands to change the world today. Christ has no feet, he has only our feet to lead this world to himself."

—Saint John Paul II

27

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.

28

Prayerfully consider how you can commit to ending global poverty.

Visit crs.org/act to explore different actions you can take to respond to the immediate and long-term needs of our global family.

HOLY WEEK

29

Palm Sunday marks the beginning of Holy Week, a very sacred time of the year in our faith.

Reflect on this sacred week at crsricebowl.org/holy-week

✠ **Palm Sunday**

30

May Jesus transform our hearts, that we may be moved to serve our global family and work for a world where all can thrive.

31

In Guatemala, communities create beautiful alfombras, or street carpets, made of colorful flowers, colored sawdust and other materials for Holy Week processions.

APRIL 1

Holy Wednesday is also called *Spy Wednesday*. This is the day Judas betrays Jesus.

Is there someone you have wronged? Apologize to them. Or forgive someone who has wronged you.

2

May the Eucharist, which gives us strength to face our daily challenges, help us to achieve a better life for all and to share one day, as children of God, eternal life.

✠ **Holy Thursday**

3

Today, besides abstaining from meat, Catholics from the ages of 18 to 59 fast.

What can you give up today as a way to join in the suffering of our Lord?

✠ **Good Friday**

4

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.

✠ **Holy Saturday**

5

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.

✠ **Easter Sunday**

Don't forget to turn in your Rice Bowl to your parish or school. Scan the QR code or visit crsricebowl.org/donate to give online.

Thank you for changing lives this Lent!



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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 and share our gifts with the world. May our encounter with you allow us to bring hope to our global family. Amen.



Photo by Beatty Manner/CRS