

Dear Families,

This Lent, our community will participate in CRS Rice Bowl, a program that invites us to reflect on the challenges of global hunger—and our Gospel call to care for our global human family.

CRS Rice Bowl gives us a wonderful opportunity to encounter different people from around the world, know more about their lives and recognize them as our sisters and brothers. We will see how, through our **prayer**, we encounter Jesus, who is present in the face of every member of our human family. When we **fast**, we encounter the obstacles that prevent us from fully loving God and our neighbor. And when we **give alms**, we share in solidarity with those who need our support.

By joining our prayers, fasts and alms this Lent with those of other parishes and Catholic schools in the United States, we will help millions of women, men and children around the world whose economic challenges have been exacerbated by the pandemic. Together as a Church, through CRS Rice Bowl, we can contribute to the efforts of those who seek to build a better world for themselves and their communities.

CRS Rice Bowl provides many resources for daily reflection throughout the liturgical season. Consider these suggestions in your family's Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar each day to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey.
- Use the CRS Rice Bowl recipes to prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our sisters and brothers around the world.
- Visit [crsricebowl.org](https://crsricebowl.org) to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

Your sacrifices during this holy season have the power to change lives by providing enough nutritious food for families to thrive. And by practicing the pillars of Lent through CRS Rice Bowl, I hope both your faith and connection to our one human family deepens.

CRS Rice Bowls will be collected at the end of Lent, so stay tuned to learn more. Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

