

# Show Mercy to People Who Need It Most

The corporal works of mercy are to feed the hungry, give drink to the thirsty, clothe the naked, shelter the homeless, comfort the sick, visit the imprisoned and bury the dead. The jubilee year of mercy offers a special opportunity to show these works of mercy to people around the world. Here are a few ways you can remember our brothers and sisters overseas this year as you pray, learn, act and give.



## PRAY

Make a commitment to pray each day for poor and vulnerable people worldwide. Not sure where to start? Pray with the daily news headlines. Ask God to bless the people you read about in the paper or on social media.

## LEARN

Take time to become more familiar with the challenges facing our brothers and sisters overseas. Choose an issue you feel moved to learn more about—like hunger, climate change or the refugee crisis—and commit to reading and reflecting on it throughout the year. To learn about how the Church is responding to these issues, visit [crs.org](http://crs.org).

## ACT

It's easy to feel like there's not much we can do to support people we may never meet. These resources can help you show mercy to people in need overseas.

- Support struggling artisans and farmers by purchasing fair trade coffee, chocolate and craft items. When you purchase fair trade items, you ensure that the people who produce them earn a living wage and work in safe conditions. Visit [crs.org/fairtrade](http://crs.org/fairtrade) for more information.
- Urge our nation to act on behalf of the poor through legislative advocacy. Ask your lawmakers to enact policies that help “these least ones” (Matthew 25:40). Catholics Confront Global Poverty represents the official voice of the Catholic Church in the United States on policy issues that improve the lives of poor and vulnerable people overseas. Text **CCGP** to **30644** or visit [confrontglobalpoverty.org](http://confrontglobalpoverty.org) to learn more.
- Finally, devote this Lent to an intentional practice of mercy through CRS Rice Bowl, a Lenten faith in action program that invites you to pray, fast and give to people in need worldwide. Visit [crsricebowl.org](http://crsricebowl.org).

## GIVE

Catholic Relief Services lives out the corporal works of mercy on behalf of Catholics in the United States by serving the poor in more than 100 countries. You can help contribute to our efforts to feed the hungry and give drink to the thirsty by visiting [gifts.crs.org](http://gifts.crs.org).

Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We are motivated by the example of Jesus Christ to assist poor and suffering people in more than 100 countries on the basis of need, without regard to race, religion or nationality.