SUNDAY(S) BEFORE ASH WEDNESDAY
LENT IS COMING!
Join our faith community in a transformative Lenten journey through CRS Rice Bowl to meet people in Uganda, El Salvador and Indonesia who are working hard to overcome the challenges of hunger and the impact of climate change. Pick up your family’s CRS Rice Bowl from [LOCATION] on [DATE]. During the 40 days of Lent, we will reflect on our connectedness as one family in Christ and work together to ensure our sisters and brothers worldwide can thrive. Visit crsricebowl.org to learn more.

FIRST WEEK OF LENT
A SEASON FOR REFLECTION
During this holy time, we are called to pause and pay closer attention to our relationship with God and our neighbors. Reflect on how the Lenten pillars of prayer, fasting and almsgiving can guide your journey and how the Eucharist helps us to live in solidarity with our sisters and brothers around the world. Visit crsricebowl.org to learn more and read this week’s Story of Hope.

SECOND WEEK OF LENT
OVERCOMING HUNGER
In Akwangagwel, Uganda, the climate is very hot and dry. Farmers in this region depend heavily on the rainy season for a successful harvest. But lately—due to the changing climate—the rain has been coming later than it used to and is more inconsistent. Sometimes, when it does rain, it causes flooding and ruins the crops. Learn how Adolf and Florence have taken the matter into their own hands, implementing new farming techniques they learned from a Catholic Relief Services program to improve their farm and fight against hunger in their community. Visit crsricebowl.org to read this week’s Story of Hope.

THIRD WEEK OF LENT
RAISING CHICKENS TO SUPPORT HER FAMILY
Nowadays, in Morazán, El Salvador, it is very difficult to know when the rainy or dry seasons will be. The unpredictable weather puts the livelihood of Sandra’s family in jeopardy. Despite the challenges, Sandra and her husband, Santos, remain dedicated to ensuring their children grow healthy and succeed in school. Learn how their strong family dynamic enabled Sandra to participate in a Catholic Relief Services’ project on raising chickens and how her determination has helped her family and community. Visit crsricebowl.org to read this week’s Story of Hope.

FOURTH WEEK OF LENT
INCREASING DISASTERS, INCREASING RESILIENCE
Located in Southeast Asia between the Pacific and Indian Oceans, Indonesia has beautiful beaches, diverse cultures and the world’s fourth largest population. Many of the country’s more than 17,000 islands are in the Ring of Fire, where volcanic eruptions and earthquakes are common. Climate-related disasters such as cyclones are also becoming more frequent and destructive. Find out how—with the support of Catholic Relief Services and generous communities like yours—Evita and her disaster preparedness group are working to keep their community safe. Visit crsricebowl.org to read this week’s Story of Hope.

FIFTH WEEK OF LENT
EMBODYING THE LOVE OF CHRIST BY CARING FOR ONE ANOTHER
Reflect on your Lenten journey thus far: What have you learned from our global family members in Uganda, El Salvador and Indonesia? How does the Eucharist unite us with our sisters and brothers around the world? Consider how Christ is present in Adolf and Florence, Sandra and Santos, and Evita. Visit crsricebowl.org to read this week’s Story of Hope.
PALM SUNDAY
MODERN DAY SIMON OF CYRENE
Palm Sunday marks the beginning of Holy Week. As we walk with Jesus this week, we remember the countless women, children and men who carry heavy crosses even today: crosses of hunger, of vulnerability to climate change, or of a lack of resources. How—like Simon of Cyrene—can you help to carry the crosses of our sisters and brothers in your local community and around the world? Visit crsricebowl.org/holy-week to learn more.

EASTER SUNDAY
HAPPY EASTER!
As our CRS Rice Bowl journey comes to an end, may the Eucharist continue to transform our lives and help us respond to God’s call to serve our global family. Let us commit to sharing the joy of the Resurrection with people in our local community and around the world. Don’t forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE] or donate online at crsricebowl.org/donate.*

AFTER-EASTER MESSAGING
THANK YOU!
Together, we changed lives this Lent through CRS Rice Bowl. THANK YOU for being a part of this effort! Don’t forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE] or donate online at crsricebowl.org/donate.*

*Include a link to your community’s CRS Rice Bowl community giving page or information on your preferred method for turning in Lenten gifts.