

WEEK 1: INTRODUCTION

SOLIDARITY

We are all God’s children and, as one family, are deeply connected to people in our communities and around the world. When one of our sisters or brothers suffers, we all suffer. When one of our sisters or brothers has hope and joy, we all have hope and joy.

STORIES OF HOPE

“I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” –John 6:35

The Bread of Life—which we receive through the Eucharist—fills us with God’s grace and love. And it is through our communion with the Bread of Life that we are called to share bread *for* life.

When we receive Jesus through the Eucharist, our hearts are filled with his love and the call to share that love with our sisters and brothers in need around the world. During Lent, we’re invited to live out this call through our Catholic tradition of prayer, fasting and almsgiving.

With CRS Rice Bowl, the Lenten pillars will guide us to encounter Christ through our global family members in Uganda, El Salvador and Indonesia, who are finding ways to overcome hunger and adapt to the impacts of climate change.

FACTS TO CONSIDER

- CRS Rice Bowl Lenten alms help alleviate hunger and poverty in communities around the world and in the United States. Seventy five percent of gifts support CRS programs in more than 120 countries, while 25% remain in your community to support local programs through organizations like Catholic Charities and the St. Vincent de Paul Society.
- Lent is a time for us to prepare to remember Jesus’ death on Good Friday and celebrate the hope of his Resurrection on Easter Sunday. For us, it is a time to sow hope in the world through our almsgiving.



Photo by Benjamin Dominguez for Catholic

- We are called to pray for our sisters and brothers as Pope Francis prays for us all during Lent, “May the Holy Spirit lead us on a journey of conversion, so that we can rediscover the gift of God’s word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need.”



For downloadable photos, visit crsricebowl.org/photos and watch the video at crsricebowl.org/stories.

SOLIDARITY

45 MINUTES

OBJECTIVE

Through learning about our participation in the body of Christ through the Eucharist and how we can help our global family by practicing the Lenten pillars of prayer, fasting and almsgiving, students will explore the Catholic social teaching principle of Solidarity.

MATERIALS

- Week 1 story and video, available at crsricebowl.org/stories.
- A map of the world.
- Week 1 Activity Sheet: Grades 1-3.
- Coloring supplies, such as crayons, markers or colored pencils.

DISCUSSION (15 MINUTES)

1. Locate Uganda, El Salvador and Indonesia on the map.
2. Read the story from week 1. Use the video to supplement the story.
3. Reflect:
 - What are the three pillars of Lent and why are they important?
 - How are you going to practice prayer, fasting and almsgiving during Lent?
 - When we get hungry, food feeds our body. But our soul also gets hungry. How can we feed our soul?

ACTIVITY (25 MINUTES)

1. Explain the principle of Solidarity. Every person all around the world is a part of God's one human family. He asks us to share our happiness, but also to help one another when we are suffering.

2. Have students complete the week 1 Activity Sheet: Grades 1-3.
3. Have students show their prayers to a partner. Invite them to practice reciting the prayer together.

CLOSING PRAYER (5 MINUTES)

Pray the CRS Rice Bowl prayer together as a class:

Dear Jesus,

You call us, as members of the body of Christ, to serve one another.

This Lent, may we be your eyes, to see with compassion.

May we be your hands and feet, to serve with love.

By encountering you in the Bread of Life, may we joyfully share bread for life with all members of our global family.

Amen

AT HOME

1. Share your prayer with your family and put it somewhere in your home where you can see and pray it every day.
2. As a family, read and discuss the daily reflection found in your **CRS Rice Bowl Lenten Calendar**.

IF YOU ONLY HAVE



1. Read the week 1 story. Use the video to supplement the story
2. Lead Discussion step 3.

Name: _____



Color in Uganda, El Salvador and Indonesia using three different colors.



Practice reading the prayer below. Then decorate it and cut it out along the dotted lines. When you finish, put it somewhere at home where you can see and pray it every day!

Dear Jesus,

You call us, as members of the body of Christ,
to serve one another.

This Lent, may we be your eyes,
to see with compassion.

May we be your hands and feet,
to serve with love.

By encountering you in the Bread of Life,
may we joyfully share bread *for* life
with all members of our global family.

Amen

