

## WEEK 1: 50 YEARS

### SOLIDARITY

We are all God’s children and, as one family, are deeply connected to people in our communities and around the world. We must work together to ensure all our sisters and brothers have what they need to thrive.

#### STORIES OF HOPE

It started with a desire to make a difference.

In 1975, Catholics in Allentown, Pennsylvania, prayed, fasted and gave alms to help people suffering from famine in the Sahel region of Africa—marking the beginning of what would become CRS Rice Bowl. Since then, generations of Catholics across the United States have come together each Lent with one common goal: to end global hunger.

In the 50 years since, we’ve been deeply moved by the commitment and impact you’ve had on this shared mission. CRS Rice Bowl has been proud to bring stories about how our sisters and brothers are engaged in activities that break the cycle of hunger and build health and resilience. Today, our world faces a food crisis like never before. Our prayers and almsgiving are as important as ever. Over the next 40 days, we’re going to meet families in Nigeria, Guatemala and Bangladesh who don’t have enough to eat. Whether this is the first time you’re participating in CRS Rice Bowl, or you were one of the founding parishioners from Allentown, Pennsylvania, we must continue to come together to hear their stories and address this urgent need—because everyone deserves plenty to eat. For Lent, for life.



Photo by Benny Manser/CRS

- Food insecurity is when someone doesn’t have regular access to nutritious food to lead a healthy and good life.
- Malnutrition is when the body does not have enough nutrients to grow and develop in a healthy way and can cause sickness or other health issues.

#### FACTS TO CONSIDER

- More than 700 million people around the world don’t have enough to eat.
- The number of people experiencing extreme levels of hunger is rising. This global food crisis is caused by many things, including conflict, climate change and rising food prices.



For downloadable photos, visit [crsricebowl.org/photos](https://crsricebowl.org/photos) and watch the video at [crsricebowl.org/week-1](https://crsricebowl.org/week-1).

## SOLIDARITY

45 MINUTES

### OBJECTIVE

Students will explore the Catholic social teaching principle of Solidarity and learn how we are all connected as a global family, no matter where we live.

### MATERIALS

- Week 1 story and video, available at [crsricebowl.org/week-1](https://crsricebowl.org/week-1).
- A map of the world.
- Week 1 Activity Sheet: Grades 1-3.
- Colored pencils, markers or crayons.
- Scissors.

### DISCUSSION (15 MINUTES)

1. Locate Nigeria, Guatemala and Bangladesh on the map.
2. Read the story from week 1. Use the video to supplement the story.
3. Reflect:
  - Why is it important for all people to have healthy food?
  - What does “family of God” mean? How can we help our sisters and brothers in need around the world?
  - Why is our participation in CRS Rice Bowl important?

### ACTIVITY (25 MINUTES)

1. Explain the principle of Solidarity. We are all part of God’s family wherever we live. We must work together to build a better world so everyone can reach their God-given potential.
2. Provide students with a copy of the week 1 Activity Sheet: Grades 1-3. Have the students decorate their prayer cards with coloring supplies and then cut them out.
3. Ask students to keep one prayer card to pray with throughout Lent. Then invite them to give the remaining prayer cards to family members or friends.

### CLOSING PRAYER (5 MINUTES)

Pray the CRS Rice Bowl prayer together as a class:

*Jesus, Bread of Life,*

*As we encounter you in the Eucharist this Lent,  
nourish us with your love,  
unite us in communion with  
our sisters and brothers,  
showing us how we are connected.*

*Transform our hearts, that we may be moved to  
share bread for life with our global family  
and work for a world where all can thrive.*

*Amen*

### AT HOME

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

### IF YOU ONLY HAVE

**10**

**MINUTES**

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

Name: \_\_\_\_\_



Decorate each prayer card and cut them out along the dotted lines. When you finish, put one of the cards in your home where you can see and pray it every day! Then share the extra cards with your friends and family members.

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*—CRS Rice Bowl Prayer*

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