### WEEKLY INTENTION

**SUNDAY**
Use the CRS Rice Bowl Lenten calendar daily to pray, fast, give and encounter our global family. Each week includes creative ways to practice almsgiving, which you can donate at the end of Lent to CRS Rice Bowl. Your Lenten aims help people experiencing hunger and poverty in your local community and in more than 120 countries around the world! Visit crsricebowl.org to learn more.

**MONDAY**

We pray for our sisters and brothers in Uganda, El Salvador, Indonesia and around the world. May we—filled by Jesus, the Bread of Life—share bread for life so our global family can thrive.

**TUESDAY**

Did you know that 25% of CRS Rice Bowl funds stays in your diocese to combat hunger locally? Pray today for people experiencing hunger in your community and around the world.

**WEDNESDAY**

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” —John 6:35

**THURSDAY**

"Hunger threatens not only people’s lives but also their dignity.”

—World Hunger, Pontifical Council Cor Unum

**FRIDAY**

Abstaining from meat helps us to practice living more simply. Try Rellenos de Coliflor, a meatless recipe from El Salvador.

**SATURDAY**

This Lent we’ll explore themes of Catholic social teaching—which come from Catholic tradition and scripture—to learn how to build a more just world where each person can live with dignity.

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### BEGIN YOUR JOURNEY

- **February 14**
  - Track your Lenten journey. Check the box each day as you complete your reflection!
  - When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.

**March 1**

- **Easter Sunday**

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### ACT

**WEEK 1**

**18**

The Eucharist nourishes and connects us as one family in Christ. Through prayer, fasting and almsgiving, we can help care for all members of our human family.

**Read this week’s story at crsricebowl.org.**

**19**

We pray for our sisters and brothers in Uganda, El Salvador, Indonesia and around the world. May we—filled by Jesus, the Bread of Life—share bread for life so our global family can thrive.

**Amen**

**20**

Since 1975, CRS Rice Bowl has raised more than $320 million, which has supported CRS’ work in more than 120 countries.

**Give** $1 for every year your family has participated in CRS Rice Bowl.

**WEEK 2**

**25**

In Uganda, Adolf and Florence are planting vegetables that grow quickly so that even when there is little rain, their crops will still succeed.

**Read this week’s story at crsricebowl.org.**

**26**

We pray for Adolf and Florence, and for all parents working hard to make sure there are nutritious meals on the table each day.

**Amen**

**Give** $1 for each vegetable you eat today.

**WEEK 3**

**3**

In El Salvador, Sandra learned how to care for hens that provide her family with protein-rich eggs. Now she shares her knowledge with other mothers in her community.

**Read this week’s story at crsricebowl.org.**

**4**

On average, a hen lays between 250 and 300 eggs per year, and it takes about 21 days for an egg to hatch.

**Give** 50 cents for each egg you have in your refrigerator.

**5**

God calls us to serve others. Ask a friend or a family member one thing you can do to help them this week.

**Give** $1 for every day you ate meat this week.

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### REFLECT

**WEEK 1**

**15**

This Lent, let us remember our connectedness as one family in Christ and work together to ensure our sisters and brothers worldwide can thrive. Write your Lenten promise on your CRS Rice Bowl.

**Amen**

**22**

Jesus said to them, "I am the bread of life; whoever comes to me will never hunger, and whoever believes in me will never thirst.” —John 6:35

**WEEK 2**

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"In the humble signs of bread and wine, changed into his body and blood, Christ walks beside us as our strength and our food for the journey.”

—Saint John Paul II

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### MEATLESS FRIDAY

**WEEK 1**

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Each Friday of Lent we abstain from eating meat to remind us of our spiritual hunger that can only be filled by the Bread of Life.

**WEEK 2**

**23**

Preparing a simple meatless meal helps us live in solidarity with our sisters and brothers experiencing hunger.

**Give** $5 if you helped cook a meal today.

**WEEK 3**

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Abstaining from meat helps us to practice living more simply. Try Rellenos de Coliflor, a meatless recipe from El Salvador.

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### CATHOLIC TEACHING

**WEEK 1**

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This Lent we’ll explore themes of Catholic social teaching—which come from Catholic tradition and scripture—to learn how to build a more just world where each person can live with dignity.

**WEEK 2**

**24**

Solidarity

As one human family, we are called to live in solidarity with all people. Together, we can ensure that all God’s children live out their full potential and achieve their dreams.

**WEEK 3**

**9**

Call to Family, Community and Participation

Like the early disciples, we are called to grow together in community. People have a right and responsibility to participate in society and seek the common good of all.

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**INTENTION DID YOU KNOW? ACT REFLECT MEATLESS FRIDAY CATHOLIC**

**BEGIN YOUR JOURNEY**

**February 14**

- TRACK YOUR LENTEN JOURNEY.
  - CHECK THE BOX EACH DAY AS YOU COMPLETE YOUR REFLECTION!

**March 1**

- **Easter Sunday**

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### WEEK 4

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<td>In Indonesia, Evita participates in a disaster preparedness group to help her community overcome the impacts of climate change.</td>
<td>Indonesia is in Southeast Asia and is very diverse, with more than 300 ethnic groups and 700 languages and dialects.</td>
<td>We are called to care for creation, which is a gift from God. Spend time outside today picking up trash where you live.</td>
<td>“The Eucharist is the sacrament of love: It signifies love, it produces love.” — St. Thomas Aquinas</td>
<td>Eating vegetables can help the environment. Plants grown in a special way keep the soil healthy and prevent erosion. Try Sayur Asem, a meatless recipe from Indonesia.</td>
<td>Care for Creation God made us stewards of his beautiful creation. This means we must take care of our planet, the plants and animals, and each other to the best of our ability.</td>
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<td><strong>WEEK 5</strong></td>
<td>With two weeks left of Lent, look back on what you have learned and the families we have encountered, and recommit to your Lenten promises.</td>
<td>Uganda has one of the youngest populations in the world: in 2021, 45% were under 14.</td>
<td>When we receive Jesus in the Eucharist, he feeds us for our journey. We are prepared to walk boldly, sharing his love with others. Today, show someone in a special way that Jesus loves them.</td>
<td>“A person who is to receive Holy Communion from any food and drink, except for only water and medicine.” — Code of Canon Law, 919</td>
<td>Today, besides abstaining from eating meat, put aside coffee, milk, juices and soda, and drink only water.</td>
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<td>In El Salvador, communities create beautiful alfombras, or street carpets, made of colorful flowers, colored sawdust and other materials for Holy Week processions.</td>
<td>Imitate Jesus’ selfless and sacrificial love. Let someone go in front of you in line or take the last serving of food. How else can you practice selflessness today?</td>
<td>Jesus instituted the Eucharist on this day at the Last Supper, giving his Body and Blood to his Apostles—and all of us—to eat and drink so that he would always be with us.</td>
<td>Today, Catholics from the ages of 18-59 are asked to fast and abstain from eating meat to remember Jesus’ sacrifice on the Cross. What other sacrifices can you make today?</td>
<td>On Holy Saturday, we wait in quiet mourning and anticipation. Keep watch over the tomb with Mary, the Mother of Jesus, and share in her sorrow by praying the Rosary as a family.</td>
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**HOLY WEEK**

- **Palm Sunday**
  - We pray for our global family members carrying heavy crosses caused by hunger, climate change and poverty. May our prayers and actions help alleviate these burdens. Amen.
  - **Palm Sunday marks the beginning of Holy Week, the most sacred time of year in our faith. Reflect on this sacred week at crsricebowl.org/holy-week.**

- **Easter Sunday**
  - Jesus is risen, Alleluia! Say a special prayer of thanksgiving and joy to celebrate Christ’s victory over death and the promise of eternal life.

**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**

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