







SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	ACT	REFLECT	MEATLESS FRIDAY	CATHOLIC TEACHING
<p>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 alms help people experiencing hunger and poverty in your local community and in more than 120 countries around the world! Visit csrricebowl.org to learn more.</p>		<p><input checked="" type="checkbox"/> Track your Lenten journey. Check the box each day as you complete your reflection!</p> <p> When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.</p>	<p>BEGIN YOUR JOURNEY</p> <p><input type="checkbox"/> FEBRUARY 14</p> <p>This Lent, let us remember our connectedness as one family in Christ and work together to ensure our sisters and brothers worldwide can thrive.</p> <p>Write your Lenten promise on your CRS Rice Bowl.</p> <p> Ash Wednesday</p>	<p><input type="checkbox"/> 15</p> <p>“We Christians are called to confront the poverty of our brothers and sisters, to touch it, to make it our own and to take practical steps to alleviate it.”</p> <p>—Pope Francis</p>	<p><input type="checkbox"/> 16</p> <p>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.</p>	<p><input type="checkbox"/> 17</p> <p>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.</p>
WEEK 1						
<p>18</p> <p>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.</p> <p>Read this week’s story at csrricebowl.org.</p>	<p><input type="checkbox"/> 19</p> <p><i>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.</i></p> <p>Amen</p>	<p><input type="checkbox"/> 20</p> <p>Since 1975, CRS Rice Bowl has raised more than \$320 million, which has supported CRS’ work in more than 120 countries.</p> <p>GIVE \$1 for every year your family has participated in CRS Rice Bowl.</p>	<p><input type="checkbox"/> 21</p> <p>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.</p>	<p><input type="checkbox"/> 22</p> <p><i>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.”</i></p> <p>—John 6:35</p>	<p><input type="checkbox"/> 23</p> <p>Preparing a simple meatless meal helps us live in solidarity with our sisters and brothers experiencing hunger.</p> <p>GIVE \$5 if you helped cook a meal today.</p>	<p><input type="checkbox"/> 24</p> <p>Solidarity</p> <p>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.</p>
WEEK 2						
<p>25</p> <p>In Uganda, Adolf and Florence are planting vegetables that grow quickly so that even when there is little rain, their crops will still succeed.</p> <p>Read this week’s story at csrricebowl.org.</p>	<p><input type="checkbox"/> 26</p> <p><i>We pray for Adolf and Florence, and for all parents working hard to make sure there are nutritious meals on the table each day.</i></p> <p>Amen</p> <p>GIVE \$1 for each vegetable you ate today.</p>	<p><input type="checkbox"/> 27</p> <p>Many people in Uganda work as farmers, growing crops like coffee, tea, beans, peanuts or corn.</p> <p>GIVE \$5 if your family is going to plant a garden this spring.</p>	<p><input type="checkbox"/> 28</p> <p>Every human life is important, and we can show this even through small acts of kindness. Today, write a letter telling someone you appreciate them—or tell them in person!</p>	<p><input type="checkbox"/> 29</p> <p>“Hunger threatens not only people’s lives but also their dignity.”</p> <p>—World Hunger, Pontifical Council Cor Unum</p>	<p><input type="checkbox"/> MARCH 1</p> <p>Cooking a meatless meal might save your family \$3 or more a person. Try making Matoke with Beans from Uganda.</p> <p>GIVE \$3 per family member that you saved by not eating meat.</p>	<p><input type="checkbox"/> 2</p> <p>Life and Dignity of the Human Person</p> <p>God made each of us. Therefore, every life matters and deserves dignity, respect and protection. We can practice this by helping our global family members lead safe and dignified lives.</p>
WEEK 3						
<p>3</p> <p>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.</p> <p>Read this week’s story at csrricebowl.org.</p>	<p><input type="checkbox"/> 4</p> <p><i>We pray for communities around the world and for our own community. May we work together sharing our skills and talents so all people can have what they need to reach their God-given potential.</i></p> <p>Amen</p>	<p><input type="checkbox"/>  5</p> <p>On average, a hen lays between 250 and 300 eggs per year, and it takes about 21 days for an egg to hatch.</p> <p>GIVE 50 cents for each egg you have in your refrigerator.</p>	<p><input type="checkbox"/> 6</p> <p>God calls us to serve others. Ask a friend or a family member one thing you can do to help them this week.</p>	<p><input type="checkbox"/> 7</p> <p>“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.”</p> <p>—Saint John Paul II</p>	<p><input type="checkbox"/>  8</p> <p>Abstaining from meat helps us to practice living more simply. Try Rellenos de Coliflor, a meatless recipe from El Salvador.</p> <p>GIVE \$1 for every day you ate meat this week.</p>	<p><input type="checkbox"/> 9</p> <p>Call to Family, Community and Participation</p> <p>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.</p>

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WEEK 4



<p><input type="checkbox"/> 10</p> <p>In Indonesia, Evita participates in a disaster preparedness group to help her community overcome the impacts of climate change.</p> <p>Read this week's story at csrce.org.</p>	<p><input type="checkbox"/> 11</p> <p><i>We pray for Evita and all people affected by natural disasters like cyclones, drought and earthquakes. May they stay safe and have resources to rebuild and thrive.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> 12</p> <p>Indonesia is in Southeast Asia and is very diverse, with more than 300 ethnic groups and 700 languages and dialects.</p> <p>GIVE 25 cents for every word you know in a different language.</p>	<p><input type="checkbox"/>  13</p> <p>We are called to care for creation, which is a gift from God. Spend time outside today picking up trash where you live.</p> <p>GIVE 50 cents for each piece of trash you collect.</p>	<p><input type="checkbox"/> 14</p> <p>"The Eucharist is the sacrament of love: It signifies love, it produces love."</p> <p>—St. Thomas Aquinas</p>	<p><input type="checkbox"/>  15</p> <p>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.</p> <p>GIVE \$5 if you've visited a farmers market.</p>	<p><input type="checkbox"/> 16</p> <p>Care for Creation</p> <p>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.</p>
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WEEK 5

<p><input type="checkbox"/> 17</p> <p>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.</p> <p>Read this week's story at csrce.org.</p>	<p><input type="checkbox"/> 18</p> <p><i>We pray that each one of us recognizes the suffering Christ in people most in need. May we take bold actions to be with and care for them.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> 19</p> <p>Uganda has one of the youngest populations in the world: in 2021, 45% were under 14.</p> <p>GIVE \$1 for every person in your home under 18.</p>	<p><input type="checkbox"/> 20</p> <p>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.</p>	<p><input type="checkbox"/> 21</p> <p>"A person who is to receive the Eucharist is to abstain for at least one hour before Holy Communion from any food and drink, except for only water and medicine."</p> <p>—Code of Canon Law, 919</p>	<p><input type="checkbox"/> 22</p> <p>Today, besides abstaining from eating meat, put aside coffee, milk, juices and soda, and drink only water.</p> <p>GIVE \$1 for every glass of water you drank today.</p>	<p><input type="checkbox"/> 23</p> <p>Option for the Poor and Vulnerable</p> <p>As Jesus demonstrates for us in the Gospels, God invites us to care in a special way for our sisters and brothers who are most in need.</p>
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HOLY WEEK

<p><input type="checkbox"/> 24</p> <p>Palm Sunday marks the beginning of Holy Week, the most sacred time of year in our faith.</p> <p>Reflect on this sacred week at csrce.org/holy-week.</p> <p> Palm Sunday</p>	<p><input type="checkbox"/> 25</p> <p><i>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.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> 26</p> <p>In El Salvador, communities create beautiful alfombras, or street carpets, made of colorful flowers, colored sawdust and other materials for Holy Week processions.</p>	<p><input type="checkbox"/>  27</p> <p>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?</p>	<p><input type="checkbox"/> 28</p> <p>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.</p> <p> Holy Thursday</p>	<p><input type="checkbox"/> 29</p> <p>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?</p> <p> Good Friday</p>	<p><input type="checkbox"/> 30</p> <p>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.</p> <p> Holy Saturday</p>
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<p><input type="checkbox"/> 31</p> <p>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.</p> <p> Easter Sunday</p>	<p>Don't forget to turn in your CRS Rice Bowl to your parish or school—or give online at csrce.org/donate.</p> <p>Thank you for changing lives this Lent!</p> <p><small>©2023 Catholic Relief Services. All rights reserved. 23US-990950 Cover photo by Oscar Leiva/Silverlight for CRS.</small></p>	<p><i>Dear Jesus,</i></p> <p><i>You call us, as members of the body of Christ, to serve one another.</i></p> <p><i>This Lent, may we be your eyes, to see with compassion.</i></p> <p><i>May we be your hands and feet, to serve with love.</i></p> <p><i>By encountering you in the Bread of Life, may we joyfully share bread for life with all members of our global family.</i></p> <p>Amen</p> <p><small>Photo by Stuart Tibaweswa for CRS</small></p> 
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