

## pray

Pray for families around the world affected by chronic poverty, violence, hunger and natural disasters.

## learn

Learn how the Church is responding to the needs of our poorest brothers and sisters around the world.

## act

Participate in CRS Rice Bowl during Lent. Buy fair trade items to ensure people are paid a living wage. Encourage lawmakers to enact policies consistent with our faith through legislative advocacy. Volunteer through our meal packaging event, Helping Hands\*, which allows us to send food to people in need overseas.

*\* Helping Hands not available in all dioceses*

## give

Give to make a difference. Ninety-three percent of our expenditures go directly to programs that benefit the poor overseas. To donate and support a CRS project, please visit our website.

### FOLLOW US ON SOCIAL MEDIA



Like us on Facebook, and follow us on Twitter and YouTube to receive up-to-the minute information about CRS' efforts on your behalf.

CRS Regional Offices help you explore ways to put your faith in action.

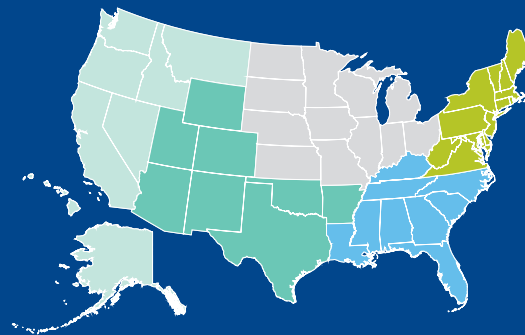
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**SOUTHWEST REGION**  
San Antonio, TX • Phone: 210-366-3884

**WEST REGION**  
San Diego, CA • Phone: 619-618-2363



Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We ease suffering and provide assistance to people in need in more than 100 countries, without regard to race, religion or nationality.

**CATHOLIC RELIEF SERVICES - HQ**  
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## Together We Can Help Millions Around the World

CRS is your agency. We have resources and programs based on Catholic social teaching to help you live out your faith.

**Start making a difference today!**





## INDIVIDUALS AND FAMILIES

[crs.org/get-involved](https://crs.org/get-involved)

- Pray daily for those less fortunate
- Deepen your Lenten journey with CRS Rice Bowl prayers, activities and recipes.  
*Spanish resources also available*
- Enrich your Advent with our resources, and purchase fair trade gifts throughout the year.  
*Spanish resources also available*
- Join Catholics Confront Global Poverty to learn how to contact your members of Congress about issues that impact people in need overseas.

## DIOCESES AND PARISHES

[crs.org/get-involved/parish-and-diocesan-leaders](https://crs.org/get-involved/parish-and-diocesan-leaders)

- Partner with CRS to help you organize a training for directors of religious education, youth ministers, clergy or social justice ministries.
- Organize a Helping Hands\* meal-packaging event to help feed hungry people in the west African country of Burkina Faso.  
*\* Helping Hands not available in all dioceses*
- Host a CRS Fair Trade sale and help your parishioners use their economic power to contribute to the common good.

## FOR ALL COMMUNITIES: CRS RICE BOWL

[crsricebowl.org](https://crsricebowl.org)

CRS Rice Bowl is Catholic Relief Services' Lenten program for families and faith communities in the United States. Participants journey through the 40 days of Lent equipped with daily reflections and activities. CRS Rice Bowl supports programs that prevent hunger and poverty around the world as well as hunger relief programs in local U.S. dioceses.

*Spanish resources also available*

- Invite a CRS Global Fellow to be the celebrant and/or homilist for your weekend Masses or as a speaker for diocesan events. Global Fellows have witnessed the work of CRS in other countries and can share their experiences.  
*Spanish speakers also available*
- Find catechetical and sacramental resources throughout the liturgical year for lifelong faith formation at the CRS Ministry Resource Center.  
*Spanish resources also available*

For additional information, contact one of our five U.S. regional offices that work in partnership with dioceses to help Catholics live out Christ's message to serve the poor.

*See back cover for contact information*

## ELEMENTARY AND HIGH SCHOOLS

[education.crs.org](https://education.crs.org)

- The CRS Global High School program helps Catholic secondary schools partner with CRS to educate young people about Catholic social teaching and advocate for solidarity.
- Through CRS Food Fast, students reflect through art, multimedia, games and prayer and confront the reality that hunger affects almost 1 billion people worldwide.

*Spanish resources also available*

## COLLEGES AND UNIVERSITIES

[university.crs.org](https://university.crs.org)

- CRS Student Ambassador chapters form a national community of students committed to advancing global justice, peace and human dignity.
- The CRS Faculty Learning Commons is an online learning community and curricular resource that highlights the latest global relief and development strategies—with a special emphasis on applying CRS' justice lens—and opportunities for building global solidarity.

## HISPANIC OUTREACH

[crsespanol.org](https://crsespanol.org)

CRS Español is our official Spanish-language website that offers stories geared toward the interests and needs of Hispanic Catholics in the U.S.

- **BOLETÍN ELECTRÓNICO:**  
Our Spanish-language quarterly e-newsletter, provides current information about CRS' projects and stories.
- **CRS EN EL MUNDO:**  
Our monthly Spanish-language podcast, distributed to 30+ Spanish-language Catholic and secular radio stations in the United States.

We encourage you to explore our full list of resources at [resources.crs.org](https://resources.crs.org).