

A BLESSING TO BEGIN YOUR LENTEN JOURNEY

These blessings will help your community begin its Lenten journey with CRS Rice Bowl. You can incorporate them into Mass after the homily, or during prayer services or other communal gatherings. Make sure you have enough CRS Rice Bowls to pass out after they've been blessed—and encourage volunteers to help distribute them.

Introduction

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms a making of peace, and our prayers the change of humble and grateful hearts. We ask for God's help to put our faith into action, to work in love, to persevere in hope, through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, one God forever and ever. Amen

Reading

Let us listen to the words of the Prophet Isaiah (58:5–8).

Prayer Intentions

Pray for those in need around the world and in your own community. (See crsricebowl.org/parish.)

Blessing of the CRS Rice Bowls

Loving God, you are blessed and the source of every blessing. Be with us now and as we use these CRS Rice Bowls (*sprinkle with holy water*) in prayer, fasting and almsgiving this Lent. May they be an instrument of your love and a reminder of your great desire for peace and justice. May they serve to unite us with our brothers and sisters around the world, especially those who are hungry, homeless and in need. May they help us deepen our own faith in you and our love for one another as we await with joyful anticipation the great celebration of Easter. Amen



Photo by Karen Kasmauski for CRS

Remind your community that ...

CRS Rice Bowl is the faith-in-action Lenten program of Catholic Relief Services, the official international development and humanitarian relief agency of the United States Conference of Catholic Bishops.

CRS Rice Bowl is celebrating 40 years of helping communities live out Lent in solidarity with our poorest brothers and sisters around the world.

Seventy-five percent of every donation goes to help the poor overseas, and twenty-five percent stays in your diocese to support local hunger and homelessness alleviation projects.

You'll find more prayer, educational and family resources available online at crsricebowl.org and on the **CRS Rice Bowl app**.