

FIVE STEPS TO BRING CRS RICE BOWL TO YOUR COMMUNITY

Ready to get started with CRS Rice Bowl? These five simple steps will guarantee a fun and successful Lent.

1. Talk with your pastor or principal.

Getting the support of your pastor or school principal is essential to CRS Rice Bowl success. They can help engage the wider community, recruit volunteers and promote the program from the pulpit or at meetings.

2. Invite volunteers to serve as CRS Rice Bowl coordinators.

Volunteers make all the difference. Having individuals who will champion CRS Rice Bowl within their community inspires others to get involved. Consider reaching out to one or two leaders within your parish or school, or form a small committee to oversee all Lenten activities.

3. Order materials.

Place your order for **FREE** CRS Rice Bowl materials at least 3 weeks before Lent. You can order online at crsricebowl.org/order or by calling 800-222-0025. Each year, CRS Rice Bowl develops new materials, including the CRS Rice Bowl and Lenten Calendar, posters, educational resources, community reflections, videos and more!

4. Hold a kickoff event to distribute CRS Rice Bowls. *(And make sure every family gets one!)*

A CRS Rice Bowl kickoff event is a great way to bring your entire community together before Lent. Simple meals, prayer services and community catechetical events are great opportunities to begin your CRS Rice Bowl Lenten journey!

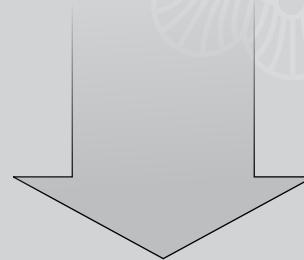
5. Make CRS Rice Bowl materials part of your community's Lenten journey.

There are 40 days between Ash Wednesday and Easter Sunday, and CRS Rice Bowl has resources for each one of them. Our prayer intentions integrate CRS Rice Bowl themes into weekly liturgies, and our Stations of the Cross resource infuses this Friday Lenten devotion with Catholic social teaching. Families, students, youth groups and small-faith sharing communities will love incorporating simple meatless recipes from around the world into weekly Lenten suppers. And don't forget to check in with Catholics from around the country on the CRS Rice Bowl Facebook and Twitter pages!

A little planning will go a long way in bringing Lent to life in your faith community!

The 40 days will fly by, so don't forget to plan a fun way to collect your community's CRS Rice Bowls at the end of Lent. See crsricebowl.org/parish for ideas!

Start here! Send the following letter home with families.



“Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty.”

—Pope Francis

Dear families,

This Lent we will participate in CRS Rice Bowl, a faith-in-action program that will help you experience Lenten spirituality by living in solidarity with people in need around the world.

As we, the global Church, prepare for the World Meeting of Families 2015 in Philadelphia this fall, it is especially appropriate to come together in prayer as a family this Lent. Your cardboard CRS Rice Bowl and Lenten Calendar are great tools to guide your Lenten prayer, fasting and almsgiving.

Read these materials together and consider what you will give up for Lent as a family or as individuals. Be sure to write your goals on the side of your CRS Rice Bowl.

Your Lenten Calendar has brief activities for each day of Lent, Stories of Hope from people around the world and recipes for simple meatless meals. Consider reading the Lenten Calendar as a family each day at dinner. Try one or more of the recipes for a meatless Friday dinner and be sure to watch the CRS Rice Bowl Global Kitchen videos to learn how to prepare each meal.

Be sure to visit crsricebowl.org to view videos of people whose lives are touched by your support of CRS Rice Bowl. You can also find fun activities for your family. And download the CRS Rice Bowl app to receive daily reflections right on your phone—and to track your Lenten sacrifices.

We will be collecting your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for using CRS Rice Bowl with your family this Lent.

Sincerely,