Sample Email to Parishes

*Format this text and send it to parish leaders to invite their communities to participate in CRS Rice Bowl this Lent.*

40 years ago, Catholics in the United States wanted to respond to famine in Africa. Could we feed the hungry through Lenten prayers, fasting and almsgiving? The answer was yes—and it came in the form of a small cardboard box. 40 years later, it still does. But now, CRS Rice Bowl’s reach goes beyond a cardboard box—and into parishes, religious education programs, youth ministries and small faith-formation groups across the country.

CRS Rice Bowl makes it easy for faith communities to talk about Lenten spirituality— and provides resources that you can use from the pulpit, in the bulletin, during Friday meatless meal suppers or as a part of your Lenten devotions. Most importantly, it remains a tool for Catholics families in your parish to bring Lenten spirituality into their home—where the foundation for a lifetime of faith begins.

Will your parish join the more than 13,000 faith communities that participated in CRS Rice Bowl last year? We hope so!

Here are some easy ways to get started:

1. Watch “How to Kick off CRS Rice Bowl” for 5 easy steps to getting CRS Rice Bowl started in your parish. (Check it out at **crsricebowl.org**!)
2. Order FREE English or Spanish materials online at **crsricebowl.org/order** or by calling 1-800-222-0025. **(And download our new app in English and Spanish for iOS and Android devices!)**

* **Order CRS Rice Bowls (one per household)**. These cardboard bowls are used to collect each family’s Lenten alms. Each CRS Rice Bowl comes with a Lenten calendar with a reflection for each day of Lent. Families should read the short reflection together each night before dinner and turn their Lenten sacrifices in at the end of Lent.
* **The Coordinator’s Guide** comes with each order and contains resources to help integrate CRS Rice Bowl into your faith community.

1. **Plan a time to distribute CRS Rice Bowls to each member of your parish community.** Your pastor can bless the CRS Rice Bowls during Mass (find a sample blessing in the Coordinator’s Guide). Consider asking students in your parish to distribute CRS Rice Bowls after Mass.

If you have any questions about CRS Rice Bowl, please contact me or [CRSRiceBowl@crs.org](mailto:CRSRiceBowl@crs.org).

Thank you for considering CRS Rice Bowl as a part of your parishioners’ faith journey!

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