**School Newsletter Blurbs**

*Have a class or school newsletter? Let families know about CRS Rice Bowl with these blurbs.*

*Simply copy, paste and customize!*

**Week of February 18, 2015 (Ash Wednesday)**

**Lent begins this week!** We use this season of preparation to grow closer to God through prayer, fasting and almsgiving.  This year, our school will use CRS Rice Bowl, a faith-in-action program that helps families experience Lenten spirituality by living in solidarity with people in need around the world. Your child will receive a cardboard CRS Rice Bowl and a Lenten calendar, which contains a prayer or reflection for you to say as a family each day throughout Lent, recipes for meatless Fridays and Stories of Hope from people around the world. We hope that this is a valuable tool for your family’s Lenten journey! You can also [download the CRS Rice Bowl app](http://www.crsricebowl.org/app) for daily Lenten reflections, a way to track your Lenten fast and more.

**Prayer of the Week:** *Join us in saying the Lenten prayer (located on your CRS Rice Bowl) as we begin our 40-day journey.*

**Activity:** Place your child’s CRS Rice Bowl on your dinner table or somewhere visible in your home. Hang the Lenten calendar on the refrigerator and read today’s reflection together as a family.

**Week of February 23, 2015 (First Week of Lent)**

This first week of Lent, CRS Rice Bowl introduces us to Gertruda, a farmer in Tanzania. Watch [this week’s Story of Hope video](http://www.crsricebowl.org/stories-of-hope/week-1/) to learn how CRS helped Gertruda improve her soybean farm and increase her profits six-fold. Will your family join Catholics across the US in this week’s fast from all desserts?! Remember to put your savings into your CRS Rice Bowl to change the lives of farmers like Gertruda. Have you downloaded the [CRS Rice Bowl app](http://www.crsricebowl.org/app)?

**Prayer:** *For all those who are hungry around the world, especially those who are children, that they receive the nutritious food they need to live healthy, productive lives. We pray to the Lord.*

**Activity:** Take a photo of your CRS Rice Bowl and post it on Facebook, Twitter or Instagram with #4Lent4Life.

**Week of March 2, 2015 (Second Week of Lent)**

This second week of Lent, CRS Rice Bowl introduces us to Melvin, a coffee farmer from Nicaragua whose coffee plants were affected by a disease. Watch the [Story of Hope video](http://www.crsricebowl.org/stories-of-hope/week-2/) to see how CRS helped Melvin and his family recover their plants and diversify their crops to strengthen their farm for the future. Will your family join Catholics across the US in this week’s fast from all beverages except water? Remember to put your savings into your CRS Rice Bowl to change the lives of farmers like Melvin.

**Prayer:** *For farmers around the world who work to improve their harvests while preserving natural resources, that they may support their families through the fruits of the land. We pray to the Lord.*

**Activity:** [Lenten prayer eggs](http://resources.crs.org/wp-content/uploads/2014/10/lenten-prayer-eggs-crs-rice-bowl-2015.pdf) are a fun way to pray this Lent.

**Week of March 9, 2015 (Third Week of Lent)**

This third week of Lent, CRS Rice Bowl introduces us to Habibou from a village in rural Niger. During the “hungry season,” the time when food supplies run out and prices rise, Habibou has to leave his family in search of work far away from his village and his family. Watch this week’s [Story of Hope video](http://www.crsricebowl.org/stories-of-hope/week-3/) to learn how Habibou’s involvement with a CRS project allowed him to stay in his village, close to his family during this year’s hungry season. Will your family join Catholics across the US in this week’s fast from meat all week long? Remember to put your savings into your CRS Rice Bowl to change the lives of families like Habibou’s.

**Prayer:** *For workers around the world, that they may find productive employment and earn fair wages for their labor. We pray to the Lord*.

**Activity:** [Make a meatless meal with your family](http://www.crsricebowl.org/recipe-archive/) and share a photo (and your recipe!) on Facebook, Twitter or Instagram with #4Lent4Life.

**School Newsletter Blurbs (Page 2)**

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**Week of March 16, 2015 (Fourth Week of Lent)**

This fourth week of Lent, CRS Rice Bowl introduces us to Tanious, whose family left their home in Syria for a safer life in Lebanon. Families like Tanious’ are working hard to create a new life in Lebanon, and CRS is helping. [Read the Story of Hope to see how.](http://www.crsricebowl.org/stories-of-hope/week-4/) Will your family join Catholics across the US in this week’s fast from snacks? Remember to put your savings into your CRS Rice Bowl to change the lives of families like Tanious’.

**Prayer:** *For those who are forced from their homes due to war, natural disasters and other tragedies, that they may be welcomed with love and Christian hospitality in new and foreign lands. We pray to the Lord.*

**Activity:** As a family, reflect on the [Lives of the Saints](http://resources.crs.org/wp-content/uploads/2014/10/our-catholic-identity-lives-of-the-saints.pdf)–powerful witnesses of how God’s grace can work through us.

**Week of March 23, 2015 (Fifth Week of Lent)**

This fifth week of Lent, CRS Rice Bowl introduces us to Hamuli, a banana farmer in the Democratic Republic of Congo whose banana plants were infected with a disease. [Read this week’s Story of Hope](http://www.crsricebowl.org/stories-of-hope/week-5/) to learn how CRS helped train Hamuli and other farmers to help one another clean the disease off their plants.Will your family join Catholics across the US in this week’s fast from eating out this week? Remember to put your savings into your CRS Rice Bowl to change the lives of families like Hamuli’s.

**Prayer:** *For those communities around the world that are devastated by natural and human-wrought disasters, that they may be given the courage and resources they need to rebuild their lives. We pray to the Lord.*

**Activity:** Take a look at the panel on your cardboard CRS Rice Bowl that says “my Lenten gifts change lives.” You’ll see what $40 can do to help others. Count the money you already have in your CRS Rice Bowl and see how many months of food you’ve provided for a family, years of seeds you’ve bought for a farmer or months of clean water you’ve provided for a family.

**Week of March 30, 2015 (Holy Week)**

As we enter Holy Week , we recall Jesus’ infinite love for us and how he calls us to offer this mercy to others. We will be offering our Lenten intentions and any donations your family has offered through CRS Rice Bowl in a prayer service this week. 25 Percent of donations to CRS Rice Bowl stay in our diocese to combat hunger and poverty in our own community and 75 percent supports CRS’ work to help the poor overseas.

**[Choose a collection option]:**

1. Please send your child to school with his or her cardboard CRS Rice Bowl and your family’s donation on **[insert date].**
2. Please count up the change in your CRS Rice Bowl and write one check made out to the school with CRS Rice Bowl on the memo line. Please send your check in with your child on **[insert date].**
3. Please count up the change in your CRS Rice Bowl and donate online at [crsricebowl.org/give](http://www.crsricebowl.org/give) or by mailing a check to:

**Catholic Relief Services
CRS Rice Bowl
P.O. Box 17090
Baltimore, Maryland 21297-0303**

Thank you for helping our school community live in solidarity with the poor worldwide!

**Weeks after Easter**

Our school has raised **[insert amount]** with CRS Rice Bowl. Thank you for helping us support the work of the Catholic Church throughout the world and in our own community! We hope that this served as a valuable spiritual tool for your family and continues to bring you closer to God and the world’s poor.