



WHERE WILL YOU THIS YEAR? LENT TAKE

LET CRS RICE BOWL BE YOUR GUIDE ALONG THIS 40-DAY JOURNEY.

WHAT IS CRS RICE BOWL? Celebrating its 40th year, CRS Rice Bowl is Catholic Relief Services' Lenten faith-in-action program for families and faith communities. The program invites Catholics to live in solidarity with our poorest and most vulnerable brothers and sisters through the three Lenten pillars of prayer, fasting and almsgiving. Participants journey through the 40 days of Lent with the daily reflections included in the Lenten Calendar and on the CRS Rice Bowl mobile app. You'll receive ideas for small, sacrificial gifts to fill your Rice Bowls as you read and watch Stories of Hope from individuals and communities whose lives have been changed by CRS Rice Bowl.

Bring your **PARISH COMMUNITY** together for simple meals and prayerful reflection.

Pray the CRS Rice Bowl Stations of the Cross—inspired by Catholic social teaching—each Friday during Lent. Gather for a simple meal using CRS Rice Bowl meatless recipes. Start and end your Lenten celebration with the Blessing of the CRS Rice Bowls and CRS Rice Bowl Offertory Collection resources, and incorporate prayer intentions and bulletin announcements into your weekly Masses.



Live global solidarity in **YOUR FAMILY** with families around the world.

Place your family's CRS Rice Bowl on the center of your table and fill it with your Lenten sacrifices! Start or end each day with a brief reflection from the Lenten Calendar. Read Stories of Hope from around the world to see how you can live out your Gospel call, and reflect on the Lives of the Saints to see how others have lived that same call. Let Father Leo Patalinghug teach your family how to prepare simple meals in CRS Rice Bowl's Global Kitchen video series.

Encourage your **STUDENTS** to explore tenets of their Catholic faith in a global context.

The CRS Rice Bowl Educator's Guide includes complete lesson plans for grades 1 to 8 to bring Catholic social teaching to your classroom. Find out how much your students know with the Catholicism and the World Quiz, and center your Lenten experience with the 10-minute Blessing and End of Lent Prayer Service resources. And new in 2015, animate your high school classes and youth ministry groups with the Youth in Solidarity resource.



Discover what it means to be an **INDIVIDUAL** in a global community.

Download the CRS Rice Bowl mobile app to get daily reflections sent right to your phone—and to track your Lenten sacrifices. Engage with the CRS Rice Bowl community through Facebook and Twitter, and submit your photos to the Lenten Photo Challenge. Bring your faith-sharing group together to reflect on being a global citizen in the Catholic Church with the Community Reflections resource.

Reflect on what it means to be a truly **DIVERSE** church.

CRS Rice Bowl offers its resources in both Spanish and English. Visit crsricebowl.org and crsplatodearroz.org to get materials for your community in the language of your choice. And search for CRS Rice Bowl or CRS Plato de Arroz in the Google Play Store or iTunes to download the bilingual mobile app.



READY TO LEARN MORE?
Visit crsricebowl.org or crsplatodearroz.org

