



40th ANNIVERSARY

TANZANIA

LENTEN PRAYER EGGS

Lenten prayer eggs are a visual reminder of our Lenten commitment to the poor in our world. Use them in your religious education program, Catholic school lesson plans or as part of your family's Lenten observance.

- Display prayer eggs in an Easter basket or on an Easter Jesse Tree. Make several copies of each egg on colored paper and give one to each student.
• Invite families to take a prayer egg home to help guide their prayers. Ask them to remember the people pictured on the prayer eggs throughout Lent.
• Pass out prayer eggs at community simple meals and other Lenten events.

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

For our own community of faith, that we remember the words of Christ: "Whatever you did for one of these least brothers or sisters of mine, you did for me." We pray to the Lord.



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WEEK ONE: TANZANIA

Gertruda Domayo struggled to grow enough food for her three grandchildren and have enough left over to sell. Now, she is part of a Catholic Relief Services project that shows farmers how to use fertilizer and work together to grow better crops for better prices. That means more nutritious food for Gertruda and her grandchildren, plus extra income to build a better life.

Download the CRS Rice Bowl app to learn more about Gertruda and her family.

crsricebowl.org



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NICARAGUA

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For farmers around the world who care for the earth while supporting their families through the fruits of the land. We pray to the Lord.

For our community of faith, that we do our part to preserve our earth and be good stewards of the gifts God has given us.

We pray to the Lord.



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WEEK TWO: NICARAGUA

When a disease killed Melvin's coffee plants, he did not have any coffee to sell and couldn't support his wife and young son. CRS is helping Melvin learn how to protect his coffee plants from disease *and* grow food for his family's meals. A savings group helps Melvin plan for his family's future.

Download the **CRS Rice Bowl** app to learn more about Melvin and his family.

crsricebowl.org



40th ANNIVERSARY

NIGER

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

For our community of faith, that we may each find work that allows us to use the gifts and passions that God has placed in our hearts.
We pray to the Lord.



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WEEK THREE: NIGER

Habibou and his wife struggle to provide meals for their nine children during the "hungry season," the time of year when food runs out and prices rise. But last year, Catholic Relief Services hired Habibou and other farmers to dig reservoirs that provide water for crops and livestock. Habibou is happy to earn an income that helps him feed his family.

Download the CRS Rice Bowl app to learn more about Habibou and his family.

crsricebowl.org



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LEBANON

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For those forced from their homes due to war, natural disaster and other tragedies, that they may be welcomed with love and hospitality in new and foreign lands. We pray to the Lord.

For our own community of faith, that we may welcome the homeless, the lost and the wanderer, recognizing that Jesus himself lived without a permanent place to call home.

We pray to the Lord.



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WEEK FOUR: LEBANON

Five-year-old Tanious Issa's house burned down because of the war in Syria—his family lost everything. The violence forced them to leave Syria to live with relatives in Lebanon. But Tanious' father cannot find a job because he is a refugee. CRS is providing the Issa family with food vouchers to help them buy food during this difficult time.

Download the CRS Rice Bowl app to learn more about the Issa family.

crsricebowl.org



40th ANNIVERSARY

**DEMOCRATIC
REPUBLIC OF CONGO**

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For those communities around the world devastated by natural and man-made disasters, that they may be given the courage and resources they need to rebuild their lives.
We pray to the Lord.

For our community of faith, that we are given the courage and strength to persevere and seek God even in tragedy.
We pray to the Lord.



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**WEEK FIVE: DEMOCRATIC
REPUBLIC OF CONGO**

When a disease devastated Hamuli's banana trees, he had no crops to sell. He struggled to provide his three daughters with even one meal each day. CRS helped Hamuli and other farmers work together to clean the disease off of their trees. Now, Hamuli's trees are healthy. He is able to sell bananas, and his three daughters can eat two or three meals a day.

Download the CRS Rice Bowl app to learn more about Hamuli.

crsricebowl.org



40th ANNIVERSARY

DIOCESE OF ALBANY, NEW YORK

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For people around the world who struggle to feed their families every day, that they may overcome hunger and poverty. We pray to the Lord.

For our community of faith, may we deepen our relationship with Christ by recognizing his face in the faces of our brothers and sisters in need. We pray to the Lord.



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WEEK SIX: DIOCESE OF ALBANY, NEW YORK

The Garden of Feedin' used to be an abandoned lot in a low-income neighborhood in Albany, New York. Today, it grows enough fresh fruits and vegetables for a soup kitchen to feed 130 people three times a week. But it gives more than food. It gathers people around a table that brings them hope to ease their struggle.

Download the CRS Rice Bowl app to learn more about the Garden of Feedin'.

crsricebowl.org