

# a blessing

## TO BEGIN YOUR LENTEN JOURNEY

### THIS BLESSING WILL HELP YOUR COMMUNITY

begin its Lenten journey with CRS Rice Bowl. Incorporate it into Mass after the homily, or during other communal gatherings. Make sure you have enough CRS Rice Bowls to pass out after they've been blessed—and recruit volunteers to hand one to each family.

#### INTRODUCTION

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms a making of peace, and our prayers the change of humble and grateful hearts. We ask for God's help to put our faith into action, to work in love and to persevere in hope through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, one God forever and ever.

Amen

#### READING

Let us listen to the words of the Prophet Isaiah (58:5-8).

#### PRAYER INTENTIONS

Pray for those in need around the world and in your own community. (See page 5 or [crsricebowl.org/parish](http://crsricebowl.org/parish).)

#### BLESSING OF THE CRS RICE BOWLS

Loving God,

You are blessed and the source of every blessing. Be with us now, and as we use these CRS Rice Bowls (*sprinkle with holy water*) in prayer, fasting and almsgiving this Lent. May they be an instrument of your love and a reminder of your great desire for peace and justice. May they serve to unite us with our brothers and sisters around the world, especially those who are hungry, homeless and in need. May they help us deepen our own faith in you and our love for one another as we await with joyful anticipation the great celebration of Easter.

Amen



Photo by Oscar Lema/Silverlight for CRS

#### Remind your community that ...

CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official international development and humanitarian relief agency of the United States Conference of Catholic Bishops.

CRS Rice Bowl helps Catholics in the United States live out the Lenten pillars of prayer, fasting and almsgiving in solidarity with our poorest brothers and sisters.

Seventy-five percent of CRS Rice Bowl donations help the poor overseas, and twenty-five percent support local hunger and poverty alleviation projects in our (arch)diocese.

You'll find more prayer, educational and family resources online at [crsricebowl.org](http://crsricebowl.org) and on the CRS Rice Bowl app.