

SUNDAY(S) BEFORE ASH WEDNESDAY

HUNGERING FOR THE JOURNEY

Join our parish community—and nearly 14,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's rice bowl from [LOCATION] on [DATE], and don't forget to download the CRS Rice Bowl app! Remember, what you give up for Lent changes lives.

FIRST WEEK OF LENT

HUNGERING FOR OPPORTUNITY

Our journey with CRS Rice Bowl begins in Colombia, where coffee beans are changing lives! What actions can we take this Lent to change lives—at home and around the world? Visit crsricebowl.org for more.

SECOND WEEK OF LENT

HUNGERING TO GIVE BACK

This week, CRS Rice Bowl takes us to Laos, where Hongkham is using her love of cooking to provide for her family—and feed an entire school. How do we use our passions and gifts for the betterment of those we meet? Visit crsricebowl.org for more.

THIRD WEEK OF LENT

HUNGERING FOR A HEALTHY START

The next stop on our CRS Rice Bowl journey is the African nation of Rwanda, where we're reminded to care for the unborn. This week we pray for pregnant mothers, that they may have the medical and nutritional support they need to raise healthy, thriving children. Visit crsricebowl.org for more.

FOURTH WEEK OF LENT

HUNGERING TO LEARN

We journey with CRS Rice Bowl to the Central American country of Honduras, where we meet students who are learning that it's better to help your neighbor learn and grow than to leave him or her behind. To whom are we called to extend a hand this week? Visit crsricebowl.org for more.

FIFTH WEEK OF LENT

HUNGERING TO GROW A NEW TOMORROW

This week's CRS Rice Bowl country is the island nation of Madagascar, where we're reminded of the important role farmers play in caring for God's creation. As we prepare our meals throughout the week, let us reflect on where our food comes from—and what role we can play in caring for our environment. Visit crsricebowl.org for more.

PALM SUNDAY

HUNGERING TO BUILD COMMUNITY

We follow Jesus this week on our Lenten journey as he enters Jerusalem, a community he knew well. CRS Rice Bowl asks us to prayerfully enter into our own communities, to find those who are hungry and thirsty, those who need our help. How does our Lenten journey motivate us to serve those we encounter in our daily lives? Visit crsricebowl.org for more.

EASTER SUNDAY

HUNGERING FOR CELEBRATION

We prayed, fasted and gave alms—and now we celebrate! Our Lenten journey with CRS Rice Bowl ends in our own hearts, where Jesus reigns forever. Let us rejoice in our risen Lord—and in the lives we've changed this Lent in Colombia, Laos, Rwanda, Honduras, Madagascar and all over the world! Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE].

AFTER-EASTER MESSAGING

THANK YOU

Our community changed lives this Lent, and CRS Rice Bowl wants to say THANK YOU!! Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE].