



## 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, meatless meals and other Lenten events.

For those who are forced from their homes by war, natural disasters 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.**

**Download the CRS Rice Bowl app to learn more about Maria and her country, Colombia.**



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US15153 Photo by Oscar Levia/Silverlight for CRS



Maria and her family were forced to flee their home because violence had made it too dangerous. But building a new life in Nariño—a region of Colombia known for its coffee—was no easy task. Maria had few friends, and her father couldn't find work. All that changed when Maria's family bought a small piece of land as part of CRS' Borderlands project. Now they grow gourmet coffee that is sold in the United States, and Maria is enrolled in a special farming program. She hopes to use what she learns to help her neighbors earn a living by growing the best coffee they can. "Coffee [isn't] just something you drink, it brings people together."

**faith. action. results.**



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For people around the world who are hungry, 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.**

**Download the CRS Rice Bowl app to learn more about Hongkham and her country, Laos.**



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When Hongkham's husband got sick, the family had to sell their land to pay for medicine and didn't have enough to eat. Hongkham needed a way to help her family—and her children's school needed a chef. She loves to cook, so Hongkham decided to volunteer. She learns new ways to make nutritious food and receives some food each month to take home to her family. And the students receive healthy lunches. Now Hongkham's family has good food, and a new opportunity to grow and thrive.

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For pregnant women, mothers, grandmothers and all women around the world entrusted with caring for and nurturing others, that they receive the support and resources they need.

**We pray to the Lord.**

For our own community of faith, that we protect and uphold the rights of young people to learn and grow in safe, supportive environments.

**We pray to the Lord.**

**Download the CRS Rice Bowl app to learn more about Odette and her country, Rwanda.**



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Odette's daughter Olga could have easily become one of the many children in Rwanda who don't receive all the nutrients their bodies need to develop and grow. But Odette started working with Catholic Relief Services before she gave birth. Every week, Odette participates in classes on farming and preparing nutritious meals from her crops. She takes Olga to regular exams to measure her weight and growth. This year, Olga will celebrate her second birthday. She is growing up strong and healthy.

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For students,  
young and old,  
that they be given  
the opportunities and  
support they need to pursue  
their passions, and use their  
knowledge and skills for the  
betterment of their community.

**We pray to the Lord.**

For our community of faith, that  
we value and uphold the important  
work of teachers, educators, tutors  
and mentors.

**We pray to the Lord.**

**Download the CRS Rice Bowl  
app to learn more about Mayra  
and her country, Honduras.**



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Mayra is 11 years old. She didn't always like school. She was shy and didn't always understand her lessons. Her teacher noticed, and paired her with a classmate, Fabricio, to get some extra help. Together, they practiced reading by writing stories and made up games to practice math. And when they were done, they played in the neighborhood. Fabricio and Mayra became good friends. Now, Mayra is proud of what she's learned and wants to be a teacher. But first she will be a tutor so she, too, can help her classmates.

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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.**

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

**We pray to the Lord.**

**Download the CRS Rice Bowl app to learn more about Vaviroa and her country, Madagascar.**



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US15153 Photo by Heidi Yanulis for CRS



Vaviroa is a smart, hardworking farmer with four children. But in 2015, Cyclone Haruna hit, destroying most of northern Tulear, Madagascar, where Vaviroa and her children live. Her fields flooded, and her crops died. Vaviroa needed help. With some supplies from a CRS seed fair, she got what she needed to replant her fields. As a farmer, she can continue to care for the land. And as a mother, she is happy her children are receiving the nutrients they need to grow and learn. Vaviroa is proud of the important work she does.

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For people around the world who struggle to provide enough food to meet their families' daily needs, that they may overcome the challenges of hunger and poverty.

**We pray to the Lord.**

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

**We pray to the Lord.**

**Download the CRS Rice Bowl app to learn more about Centro Latino and how your Lenten alms help those in your own diocese.**



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US15153 Photo by Sister Pat Reno, OP for CRS



Centro Latino, a Catholic Charities-supported nonprofit, works with the Latino community in the Archdiocese of Louisville, Kentucky. Centro Latino distributes food and clothing, and provides educational opportunities.

But Centro Latino also recognizes the importance of community and stability. "We need each other," says Ursuline Sister Lee Kirchner, who volunteers at the center's monthly women's meetings, offering reflections for gatherings of more than 100 women.

"That's what we're trying to do: build a community among ourselves."

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