



Vanhkham, a schoolboy from Laos
Photo by Jim Stipe/CRS

LENTEN PRAYER

God of all creation,

*We welcome you into our lives in a new way this Lent.
We are ready to serve your people, especially our
brothers and sisters who are most in need.
We are ready to live out your call to mercy.*

*Through our prayers, fasting and Lenten gifts,
may we learn to walk as one global human family.
May we learn to listen to each other, and in so doing
hear the merciful words of Christ.*

Amen



CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States.

Make your own CRS Rice Bowl by gluing or taping the wrapper, above, to a can. Then display the this pledge form, below, on your fridge.

**WHAT WE GIVE UP,
we give to
others!**

For Lent, we will give up _____

From our Lenten sacrifice, we pledge to donate \$ _____

Count the money you saved in your CRS Rice Bowl and make an online donation at **crsricebowl.org/give**.

THANK YOU FOR CHANGING LIVES THIS LENT!

MAKE A LENTEN PLAN

pray

set aside a time each week
to pray and reflect

fast

consider what you will give
up for Lent to change the
lives of others

give

set a goal for your
CRS Rice Bowl offering

Colombia: February 14-20



Photo by Oscar Leiva/Silverlight for CRS

HUNGERING FOR OPPORTUNITY

Loving God, help us reach out to our neighbors in need.

Maria and her family were forced to flee their home in Cumbitara, Colombia, because violence from decades-long conflict had made it too dangerous. But building a new life in Nariño—a region 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 at the local university. Coffee is her favorite subject. She hopes to use what she learns to help her neighbors earn a living by growing the best coffee they can.

"Coffee is a part of everyday life—not just for my family, but globally," she says. "It's not just something you drink; it brings people together."

Visit crsricebowl.org to watch a video and learn more about Colombia.

Empanadas de queso con frijoles

Cheese Empanadas With Beans

Recipe from Colombia: Makes 6-8 empanadas



Empanadas

- 2 c flour
- 2 T vegetable shortening
- 1 t baking powder
- 1 c cold water mixed with 1 t salt
- 12 oz queso fresco or farmer's cheese, shredded
- 4 T fair trade olive oil

Beans

- 2 16-oz cans of kidney beans, drained
- 1 onion, diced
- 1 red bell pepper, chopped
- 1 t cumin
- Cilantro (for garnish)

Empanadas: Mix flour, shortening, baking powder and salted water. Knead until combined. On a floured surface, form dough into a roll. Cut into 6 to 8 equal pieces, flattening each to 5 inches in diameter. Place about a tablespoon of cheese on one half of the circle, fold the other half of the dough over the cheese and seal the edge. Repeat with remaining pieces.

Heat oil in a pan. Cook each side of empanada until browned. Remove from pan and place on a paper towel to absorb the extra oil. Repeat with the other pieces of dough.

Beans: In a separate pan, sauté the onion and bell pepper in oil. Add the beans and cumin; heat until warm. Garnish with cilantro.

Laos: February 21-27



Photo by Jim Stape/CRS

HUNGERING TO GIVE BACK

Loving God, help us to do our part in building a better world.

Hongkham lives in Laos with her husband and their five boys. Her husband is a farmer, and the crops he grew fed their family. But 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. Her children's school—where CRS works with students and families—needed a chef. Since she loves to cook, Hongkham decided to volunteer—and everyone has benefited.

Hongkham learns new ways to make healthy meals and receives some food each month to take home to her family. CRS provides lunches to students, which helps keep them in school so they can learn to read and write. And Hongkham's family now has nutritious food, and a new opportunity to grow and thrive.

Visit crsricebowl.org to watch a video and learn more about Laos.

Kao phiak sai tua leuang

Rice and Lentil Mash

Recipe from Laos: Serves 4-6



- 1½ c rice
- 1½ c lentils
- 5 c water
- 1 bunch spring onions, chopped
- 6 cloves garlic, minced
- 4 eggs, whisked
- Salt and pepper to taste
- 2 T fair trade olive oil
- Parsley (to garnish)

In a large pot, cover lentils and rice in water and soak for 10-15 minutes. Next, bring water to a boil, reduce heat to medium and cook until water is absorbed, about 20 minutes.

In a separate pan, sauté garlic and onions in oil until translucent, then add to the rice-and-lentil mixture. Season to taste. While stirring, slowly pour whisked eggs into the rice-and-lentil mixture; the egg should spread out in "ribbons." Add parsley to mixture or as garnish to each plate. Serve hot.

Rwanda: February 28–March 5



HUNGERING FOR A HEALTHY START

Loving God, remind us of our common dignity.

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. Studies have shown that the nutrition children receive in their first 1,000 days—from the womb until their second birthday—can mean the difference between a promising future and a life of poor health and limited opportunities.

Catholic Relief Services is working with communities in Rwanda to end child malnutrition. 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.

Visit crsricebowl.org to watch a video and learn more about Rwanda.

Kawunga

Cornmeal With Beans

Recipe from Rwanda: Serves 4–6



- 3 ½ c cornmeal
- 4 c water
- ½ t salt
- 1 16-oz can of beans
- 1 onion, diced
- 1 tomato, chopped

Cornmeal: Boil water in a saucepan, and then stir in cornmeal and salt. Mix for 5–7 minutes or until the water is absorbed. Add more water as necessary to reach desired consistency. Stir often to prevent burning.

Beans: Sauté the onion and tomato, and add the beans to the vegetables, including some of the bean broth.

Honduras: March 6–12



HUNGERING TO LEARN

Loving God, strengthen all families and communities throughout the world.

Mayra is 11 years old. She didn't always like school. She was shy and didn't always understand her math and reading lessons—or do her homework.

Her teacher noticed, and invited Mayra to join a CRS-sponsored tutoring program. There, she could work with her classmate, Fabricio, to get a little extra help. Together, they practiced reading by writing stories. They made up games to practice math. And when they were done, they jumped rope and played in the neighborhood. Fabricio and Mayra became good friends.

Now, Mayra is proud of her reading and math skills. She does her homework, comes to class on time and has new friends. One day, she wants to be a teacher. But first she will be a tutor so she can help her classmates—like Fabricio helped her.

Visit crsricebowl.org to watch a video and learn more about Honduras.

Sopa de frijoles con chayote y arroz

Bean Soup With Chayote Squash and Rice

Recipe from Honduras: Serves 4–6



- 1 onion, diced
- 1 red bell pepper, diced
- 2 garlic cloves, minced
- 2 T fair trade olive oil
- 3 15-oz cans red beans, drained
- 2 c water
- 1 vegetable bouillon cube
- 1 yellow chili, seeded and minced
- 1 jalapeño, seeded and minced
- 1 15-oz can diced tomatoes with liquid
- Juice of 1 lime

- 2 chayote squash, peeled, seeded and cut into cubes (may substitute yellow squash or zucchini)
- Fresh cilantro
- 4 c cooked white rice

Sauté onion, bell pepper and garlic in oil until translucent. Add beans, water and bouillon, and heat thoroughly. Add yellow chili, jalapeño, tomatoes, lime juice and chayote, and simmer on low for about an hour. Add cilantro and serve over rice.

Madagascar: March 13–19



Photo by Heidi Yonida for CRS

HUNGERING TO GROW A NEW TOMORROW

Loving God, help us to care for all that you have created.

Vaviana is a smart, hardworking woman with four children. She fed her family from her farm's harvest and even made money selling their extra vegetables in nearby villages. Her family was well fed, and her farm helped keep the local environment healthy.

Then, in 2013, Cyclone Haruna hit, destroying most of northern Tulear, Madagascar, where Vaviana and her children live. Her fields flooded, and her crops died. Vaviana needed help.

Since Vaviana was already a great farmer, she just needed support to get back on her feet. A CRS seed fair provided seeds so she could 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. Vaviana is proud of the important work she does.

Visit crsricebowl.org to learn more about Madagascar.

Vary amin'anana

Greens With Rice

Recipe from Madagascar: Serves 4–5



- 2 T fair trade olive oil
- 1 small onion, diced
- 1 medium tomato, diced
- 1 clove garlic
- 1 t fresh ginger, minced
- 3 c packed collard greens or kale
- 1 c rice
- 2 c water
- Salt and pepper to taste

Heat oil in medium-sized pot. Add onion, tomato, garlic and ginger, and sauté until just tender. Add collard greens or kale, and stir 1 minute. Add rice, water, salt and pepper. Bring to a boil. Cover and cook on medium heat for 25 minutes or until water is absorbed.

United States: March 20–26
ARCHDIOCESE OF LOUISVILLE

HUNGERING TO BUILD COMMUNITY

Loving God, bless those who serve our community.

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.

"We need each other," says Ursuline Sister Lee Kirchner, who volunteers at Centro's monthly women's meetings. "That's what we're trying to do: build a community among ourselves."

Katalina has attended the meetings for 3 years. The community has supported her in learning English and inspired her to give back. She and other women volunteer at Centro Latino's food distribution center, assist in their local parishes and, of course, work with their peers in the women's meetings.

"When I first started leading these reflections, many women hardly said anything," Sister Lee recalls. "Now, so many have opened up with their desires to improve—not just themselves, but their community." For Centro Latino, this is the kind of work that has the most lasting impact.

25% of your gifts
to CRS Rice Bowl
help organizations
in your local
community.

That means supporting
the important work of
organizations like
Centro Latino.



Photo by Sister Pat Reno, OP for CRS



LENTEN PRAYER

God of all creation,

We welcome you into our lives in a new way this Lent. We are ready to serve your people, especially our brothers and sisters who are most in need.

We are ready to live out your call to mercy. Through our prayers, fasting and Lenten gifts, may we learn to walk as one global human family. May we learn to listen to each other, and in so doing hear the merciful words of Christ.

Amen

WEDNESDAY, FEBRUARY 10

ASH WEDNESDAY

READ Isaiah 58:1-12

"If you lavish your food on the hungry and satisfy the afflicted; Then your light shall rise in the darkness, and your gloom shall become like midday."

How will you help the hungry and afflicted this Lent? Download the CRS Rice Bowl app and make a commitment today.

THURSDAY, FEBRUARY 11

CATHOLIC SOCIAL TEACHING

The Common Good

As God's family, we are all called to look out for one another. It's not just about "me," but about "us." How can we be sure that the decisions we make in our own community this Lent help build up and protect God's global family?

FRIDAY, FEBRUARY 12

#MEATLESSFRIDAY

Today we **FAST** from meat in solidarity with more than 795 million people who live in hunger. **GIVE** 25¢ to your CRS Rice Bowl for each time you felt hungry today.

SATURDAY, FEBRUARY 13

STATION 1:

Jesus Is Condemned to Death

Around the globe, 1.2 billion people live on less than \$1.25 a day. What if you only had \$1 to pay for the food you ate today? **GIVE** \$1 to your CRS Rice Bowl for each meal you ate today.

SUNDAY, FEBRUARY 14

FAMILY REFLECTION

Reflect: If you had to flee your home and could take only one thing, what would it be?

This week, read the Story of Hope from Colombia on the CRS Rice Bowl app and consider buying fair trade coffee to support farmers like Maria.

MONDAY, FEBRUARY 15

CATHOLIC SOCIAL TEACHING

Option for the Poor

Jesus tells us to care for those who are most in need. He reminds us of our Christian duty to give a voice to those who are unheard and to help those who are most vulnerable.

TUESDAY, FEBRUARY 16

STATION 2:

Jesus Carries the Cross

Conflict forces many Colombians to leave their homes. They are treated as strangers—a heavy cross.

GIVE 25¢ to your CRS Rice Bowl for every house you can see from your front door that belongs to a person you don't know.

WEDNESDAY, FEBRUARY 17

THE WORD OF GOD

READ Matthew 25:31-46

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."

Jesus helps all who are in need. **GIVE** 25¢ to your CRS Rice Bowl for every time you received help today.

THURSDAY, FEBRUARY 18

STATION 3:

Jesus Falls for the First Time

Harming nature causes farmers around the world to "fall." Because crops are so dependent on specific climate conditions, farmers are often affected first and worst by changes to the environment. **GIVE** 50¢ to your CRS Rice Bowl for each type of food you ate today that came from a farm.

FRIDAY, FEBRUARY 19

#MEATLESSFRIDAY

Get a taste of Colombia by preparing "Empanadas de queso con frijoles." Share your experience on social media! Post photos and videos of your meal using **#4Lent4Life**. And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.

SATURDAY, FEBRUARY 20

THOUGHTS FROM POPE FRANCIS

"A true ecological approach always becomes a social approach; it must integrate questions of justice in debates on the environment, so as to hear both the cry of the earth and the cry of the poor."

—Pope Francis

SUNDAY, FEBRUARY 21

FAMILY REFLECTION

Reflect: Name one talent you have and a way you can use it to give back to your community.

This week, read the Story of Hope from Laos on the CRS Rice Bowl app and consider eating all your meals at home. Put the money you save from not eating out in your CRS Rice Bowl.

MONDAY, FEBRUARY 22

CATHOLIC SOCIAL TEACHING

Rights and Responsibilities

As human beings, we have the right to live and grow in peace. Because we have that right, we have the responsibility to make sure others, too, enjoy the same opportunity.

TUESDAY, FEBRUARY 23

STATION 4:

Jesus Meets His Mother

This week, we meet Hongkham—a mother who works hard so her family can survive. What do your parents do to help your family? **GIVE** \$1 to your CRS Rice Bowl in honor of mothers and fathers around the world.

WEDNESDAY, FEBRUARY 24

THE WORD OF GOD

READ Proverbs 31:8-9

"Open your mouth, judge justly, defend the needy and the poor!"

We must speak up when we see others in need. **GIVE** 50¢ to your CRS Rice Bowl for every time you saw someone speak up on behalf of someone else today.

THURSDAY, FEBRUARY 25

STATION 5:

Simon Helps Jesus Carry His Cross

In Laos, CRS is helping children stay focused in school by providing healthy meals. Good food is important for growth. **GIVE** 25¢ to your CRS Rice Bowl for every fruit or vegetable in your home.

FRIDAY, FEBRUARY 26

#MEATLESSFRIDAY

Get a taste of Laos by preparing "Kao phiak sai tua leuang." Share your experience on social media! Post photos and videos of your meal using **#4Lent4Life**. And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.

SATURDAY, FEBRUARY 27

THOUGHTS FROM POPE FRANCIS

"[Pope] Benedict urged us to realize that creation is harmed 'where we ourselves have the final word, where everything is simply our property and we use it for ourselves alone.'"

—Pope Francis

SUNDAY, FEBRUARY 28

FAMILY REFLECTION

Reflect: How were you cared for as a child? How do you think your childhood is different from and similar to those in Rwanda?

This week, read the Story of Hope from Rwanda on the CRS Rice Bowl app and consider fasting from all drinks but water. Give what you save to your CRS Rice Bowl.

MONDAY, FEBRUARY 29

CATHOLIC SOCIAL TEACHING

Sacredness and Dignity of the Human Person

When God created us, he made us in his image and likeness. That means that every human being has a special value and purpose. We need to care for each other so that we can be the people God calls us to be.

TUESDAY, MARCH 1

STATION 6:

Veronica Wipes the Face of Jesus

Building peace among neighbors is important in Rwanda. Sometimes that means reaching out to another person—even when it's uncomfortable—like Veronica did. **GIVE** 25¢ to your CRS Rice Bowl for every person you reached out to comfort today.

WEDNESDAY, MARCH 2

THE WORD OF GOD

READ John 3:11-18

"If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him?"

Each person we meet is a special gift from God. **GIVE** 25¢ to your CRS Rice Bowl for every new person you met today.

THURSDAY, MARCH 3

STATION 7:

Jesus Falls the Second Time

For infants like Olga, a lack of medicine and good nutrition means childhood sickness and death. **GIVE** 25¢ to your CRS Rice Bowl for every type of medicine in your house.

FRIDAY, MARCH 4

#MEATLESSFRIDAY

Get a taste of Rwanda by preparing "Kawunga." Share your experience on social media! Post photos and videos of your meal using **#4Lent4Life**. And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.

SATURDAY, MARCH 5

THOUGHTS FROM POPE FRANCIS

"Even the weakest and most vulnerable, the sick, the old, the unborn and the poor, are masterpieces of God's creation, made in his own image[...] and deserving of the utmost reverence and respect."

—Pope Francis

SUPPORT THE ANNUAL CRS COLLECTION AT MASS THIS WEEKEND.

SUNDAY, MARCH 6	MONDAY, MARCH 7	TUESDAY, MARCH 8	WEDNESDAY, MARCH 9	THURSDAY, MARCH 10	FRIDAY, MARCH 11	SATURDAY, MARCH 12
FAMILY REFLECTION Reflect: Who has played a role in your growth and education? How have they inspired you to help others? This week, read the Story of Hope from Honduras on the CRS Rice Bowl app and, instead of going to the movies, consider giving the money you would have spent to your CRS Rice Bowl.	CATHOLIC SOCIAL TEACHING Call to Family, Community and Participation Human beings are social by nature—we need each other. We, like the early disciples, are called to come together and grow as a community—whether that community is in our classroom, workplace or family.	STATION 8: Jesus Comforts the Women By serving free daily meals at school to Honduran students who might otherwise go hungry, CRS is providing comfort—and a reason to stay in school. GIVE 50¢ to your CRS Rice Bowl for every year of school you've completed.	THE WORD OF GOD READ Hebrews 10:19–25 <i>"We must consider how to rouse one another to love and good works."</i> We can encourage each other with kind words. GIVE 25¢ to your CRS Rice Bowl for every kind word you heard today.	STATION 9: Jesus Falls the Third Time Nearly 65% of Hondurans live on less than \$2 a day. That's more than 5 million people. GIVE \$2 to your CRS Rice Bowl in solidarity with our Honduran brothers and sisters.	#MEATLESSFRIDAY Get a taste of Honduras by preparing "Sopa de frijoles con chayote y arroz." Share your experience on social media! Post photos and videos of your meal using #4Lent4Life . And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.	THOUGHTS FROM POPE FRANCIS <i>"What is God's plan? It is to make of us all a single family of his children, in which each person feels that God is close and feels loved by him ..."</i> —Pope Francis

SUNDAY, MARCH 13	MONDAY, MARCH 14	TUESDAY, MARCH 15	WEDNESDAY, MARCH 16	THURSDAY, MARCH 17	FRIDAY, MARCH 18	SATURDAY, MARCH 19
FAMILY REFLECTION Reflect: What do you find beautiful about nature? How do you care for creation to ensure that it lasts? This week, read the Story of Hope from Madagascar on the CRS Rice Bowl app and consider using less bottled water. Put the money you save in your CRS Rice Bowl.	CATHOLIC SOCIAL TEACHING Care for Creation God created every plant, every mountaintop, every animal—everything. And God said that these things are good. We find God in these good things, and so we must take care of creation—both for ourselves and for all of our human family.	STATION 10: Jesus Is Stripped of His Garments When natural or man-made disasters strip the environment, CRS training means farmers like Vaviara have the skills and knowledge to rebuild. GIVE 50¢ to your CRS Rice Bowl for every tree you can see from the highest window in your house.	THE WORD OF GOD READ Psalms 104 <i>"How varied are your works, Lord! In wisdom you have made them all; the earth is full of your creatures."</i> God has entrusted the wonders of the earth to humanity. GIVE 25¢ to your CRS Rice Bowl for each living thing in your home.	STATION 11: Jesus Is Nailed to the Cross Pope Francis reminds us that not caring for our common home—the earth—often means the poorest and most vulnerable are forced to carry the heaviest crosses. GIVE 25¢ to your CRS Rice Bowl for every recyclable item in your trash can.	#MEATLESSFRIDAY Get a taste of Madagascar by preparing "Vary amin'anana." Share your experience on social media! Post photos and videos of your meal using #4Lent4Life . And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.	STATION 12: Jesus Dies on the Cross Hunger is the biggest health risk in the world. More people die on the cross of hunger than from any disease. GIVE 50¢ to your CRS Rice Bowl for each time you threw food away this week.

SUNDAY, MARCH 20	MONDAY, MARCH 21	TUESDAY, MARCH 22	WEDNESDAY, MARCH 23	THURSDAY, MARCH 24	FRIDAY, MARCH 25	SATURDAY, MARCH 26
PALM SUNDAY FAMILY REFLECTION Reflect: It's easy to see the suffering of Jesus in this week's Gospel readings, but do we see the suffering Christ in our neighbors? Where might we encounter Christ in our everyday lives? This week, read the Story of Hope from the Archdiocese of Louisville.	CATHOLIC SOCIAL TEACHING Global Solidarity Jesus tells us to love our neighbors, even though they may be different from us. That means the neighbors who live next door and also those who live on the other side of the planet. Jesus reminds us that we are all part of God's great family.	STATION 13: Jesus Is Taken Down From the Cross Today is World Water Day —a day to reflect on the importance of water in our daily lives. Even parts of our own country experience drought, which means water is in limited supply. GIVE 50¢ to your CRS Rice Bowl for each faucet in your home.	THE WORD OF GOD READ Corinthians 12:12–26 <i>"If [one] part [of Christ's body] suffers, all the parts suffer with it; if one part is honored, all the parts share its joy."</i> As God's family, we are all responsible for all. GIVE 25¢ to your CRS Rice Bowl for each state and country you've visited.	HOLY THURSDAY STATION 14: Jesus Is Buried 20% of children in the United States live in poverty. That's 14.7 million people. As Lent comes to an end, how will you make a difference? GIVE 50¢ to your CRS Rice Bowl for every child in your house.	GOOD FRIDAY #MEATLESSFRIDAY What simple meal does your family enjoy? Share your experience on social media! Post photos and videos of your meal using #4Lent4Life . And don't forget to put the money you saved by eating simply in your CRS Rice Bowl.	THOUGHTS FROM POPE FRANCIS <i>"Intergenerational solidarity is not optional, but rather a basic question of justice, since the world we have received also belongs to those who will follow us."</i> —Pope Francis

SUNDAY, MARCH 27

EASTER SUNDAY

JESUS IS RISEN, ALLELUIA!

May the risen Christ inspire our good works this Easter season as we continue building the Kingdom of God each and every day.

this
**Easter
season**

We fasted for 40 days. We put aside something that we enjoy to make room for Christ in our lives. We emptied ourselves of old habits to make helping people in need part of our daily routines. **What we sacrificed this Lent became the source of hope and change for some of our poorest brothers and sisters around the world.**

This Easter season, let us be mindful to continue to put aside those things that distract us so we can better serve those who need our time, prayers and energy each and every day.



faith. action. results.