

Encounter ourselves.  
Encounter our neighbors.  
Encounter our God.

## ENCOUNTER LENT.



### Lent is a time of encounter.

**THROUGH PRAYER**, we encounter Christ, present in the face of every member of our human family.

**THROUGH FASTING**, we encounter the obstacles that prevent us from loving God and neighbor.

**THROUGH ALMSGIVING**, we encounter our brothers and sisters around the world, sharing God’s gifts with others.

Weeks of Lent	Featured Country or U.S. Diocese	Catholic Social Teaching	Development Sector
Mar 5 - 11	India	Option for the Poor	Providing kitchen gardens and better seeds for planting
Mar 12 - 18	Zambia	Sacredness and Dignity of the Human Person	Teaching mothers good nutrition for their children
Mar 19 - 25	El Salvador	Dignity of Work and Rights of Workers	Training young people for business development
Mar 26 - Apr 1	Mexico	Call to Community, Family and Participation	Supporting greenhouses for economic development
Apr 2 - 8	Ethiopia	Care for Creation	Providing business training for farming families
Apr 9 - 15	Diocese of Honolulu	Solidarity	Illustrating the local impact of CRS Rice Bowl’s 25%

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*The Good News is no mere matter of words: it is about leaving ourselves behind and encountering others.*

—Pope Francis