



Photo by Jennifer Hardy/CRS

LENTEN PRAYER

God of all people,

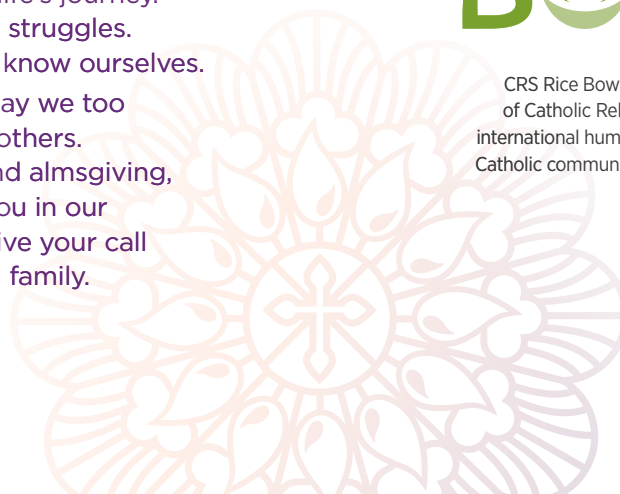
You walk with us on our life's journey.
You know our joys and struggles.
You know us better than we know ourselves.

This Lenten season, may we too
learn to walk with others.
Through prayer, fasting and almsgiving,
may we encounter you in our
neighbors in need and live your call
to serve our human family.

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.

encounter *Lent*

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

Lenten prayer

God of all people,

You walk with us on our life's journey. You know our joys and struggles. You know us better than we know ourselves.

This Lenten season, may we too learn to walk with others. Through prayer, fasting and almsgiving, may we encounter you in our neighbors in need and live your call to serve our human family.

Amen



MARCH

WED 1

ASH WEDNESDAY

We receive ashes on our forehead and hear the words, "Turn away from sin and be faithful to the Gospel." This Lent, how can we encounter the Gospel anew to better love our neighbors?

Write your Lenten promise on your CRS Rice Bowl.

WHO IS MY NEIGHBOR?

Throughout the 40 days of Lent, we reflect on Catholic social teaching. These teachings help us live out Jesus' invitation to know and love our neighbor.

GIVE 25¢ to your CRS Rice Bowl for each neighbor you greeted today.

THU 2

CALLED TO FAST

Each Friday of Lent, we are invited to fast. We eat simple meals so that we experience a little of the hunger that many live with daily. We encounter our global family through this act of solidarity.

GIVE \$1 to your CRS Rice Bowl for each snack you had today.

FRI 3

STATION 1:

Jesus Is Condemned to Death

We encounter Jesus by reflecting on his journey to Calvary. Think about those members of our human family who are condemned to death by hunger, war and poverty. Do we see Jesus in them?

GIVE \$2 to your CRS Rice Bowl.

SAT 4

SUN 5

ONE HUMAN FAMILY

This week, we pray for the **Singh family** in India, and all communities who struggle to grow crops amidst flooding and other natural disasters.

Read their Story of Hope. What does it mean to be a part of God's global family?

MON 6

WHO IS MY NEIGHBOR?

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.

TUE 7

STATION 2:

Jesus Carries the Cross

For the Singhs, a flooded field was their cross to carry—and CRS lightened the burden. Do we turn to God and our neighbors for help with our crosses?

GIVE 25¢ to your CRS Rice Bowl for each time you helped someone carry their cross this week.

WED 8

ENCOUNTER GOD'S WORD

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.

THU 9

STATION 3:

Jesus Falls for the First Time

Sometimes when we fall, we have to look for creative ways to get back up. That's what the Singhs did to overcome the flooding of their fields.

GIVE 50¢ to your CRS Rice Bowl for each type of food you ate today that grew in a field.

FRI 10

CALLED TO FAST

By fasting, we prepare our hearts to encounter our God and our neighbor.

Today, try **Dalma with Spinach**, a meatless recipe from India. Don't forget to put the money you save by eating simply in your CRS Rice Bowl.

SAT 11

ENCOUNTER HOLY PEOPLE

"If we really want to love others, we must first begin to love one another in our own home. Love begins at home, and so from here—from our own home—love will spread to my neighbor, in the street I live, in the town I live, in the whole world."

—St. Teresa of Calcutta

SUN 12

ONE HUMAN FAMILY

This week, we pray for **Evelina** in Zambia, and all women who work to provide nutritious meals so their families can thrive.

Read her Story of Hope. What role can we play in ensuring all of God's family has access to healthy food?

MON 13

WHO IS MY NEIGHBOR?

Sacredness and Dignity of the Human Person

We were made in God's image and likeness. That means that every human life 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.

TUE 14

STATION 4:

Jesus Meets His Mother

Evelina was determined to prepare nutritious food for her son, Steven. She wants him to grow up healthy. How have your parents helped you?

GIVE \$1 to your CRS Rice Bowl in honor of all mothers, fathers and caregivers.

WED 15

ENCOUNTER GOD'S WORD

READ 1 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.

THU 16

STATION 5:

Simon Helps Jesus Carry His Cross

Evelina learned how to grow and prepare new food, and she shares that knowledge with others. In this way, she helps her community carry the cross of hunger.

GIVE 25¢ to your CRS Rice Bowl for every fruit or vegetable in your home.

FRI 17

CALLED TO FAST

By fasting, we prepare our hearts to encounter our God and our neighbor. Today, try **Ifisashi**, a meatless recipe from Zambia. Don't forget to put the money you save by eating simply in your CRS Rice Bowl.

SAT 18

ENCOUNTER HOLY PEOPLE

"Christ has no body now but yours. No hands, no feet on Earth but yours. Yours are the eyes through which he looks compassion on this world. ... Christ has no body now on Earth but yours."

—St. Teresa of Avila

SUN 19

ONE HUMAN FAMILY

This week, we pray for **Fernando** in El Salvador, and all young people who struggle to find meaningful work and provide for their families.

Read his Story of Hope. What skills has God given you that you can share with others?

MON 20

WHO IS MY NEIGHBOR?

Dignity of Work and Rights of Workers

Jesus spent years working as a carpenter. Work is important to help people live productive lives, and so people must be paid a fair wage to provide for themselves and their families.

TUE 21

STATION 6:

Veronica Wipes the Face of Jesus

Fernando and his wife support one another; they reach out in love, as Veronica did.

GIVE 25¢ to your CRS Rice Bowl for every person you reached out to comfort today.

WED 22

ENCOUNTER GOD'S WORD

READ John 5:17

"But Jesus answered them, 'My Father is at work until now, so I am at work.'"

Jesus asks us to work for those in need.

GIVE 25¢ to your CRS Rice Bowl for each chore you completed this week.

THU 23

STATION 7:

Jesus Falls the Second Time

It can be hard to recognize God's plan in our lives when we fall. But if we follow Fernando's example, we know that we must keep trying.

GIVE 50¢ to your CRS Rice Bowl for every time you recognized God's plan today.

FRI 24

CALLED TO FAST

By fasting, we prepare our hearts to encounter our God and our neighbor. Today, try **Pupusas de Queso**, a meatless recipe from El Salvador. Don't forget to put the money you save by eating simply in your CRS Rice Bowl.

Feast day of Blessed Oscar Romero, Archbishop of El Salvador, martyred for his faith.

SAT 25

ENCOUNTER HOLY PEOPLE

"When one has turned money, property, work in one's calling into service of others, then the joy of sharing and the feeling that all are one's family does not pass away."

—Blessed Oscar Romero

GIVE to the CRS collection tomorrow at Mass!

SUN 26 ONE HUMAN FAMILY This week, we pray for Maria de la Luz in Mexico, and all people who work to build up their communities. Read her Story of Hope. Who in your community supports you and how do you support them?	MON 27 WHO IS MY NEIGHBOR? Call to Family, Community and Participation Humans are social by nature. We need each other. Like the early disciples, we are called to come together and grow as a community—whether that community is in our classroom, workplace or family.	TUE 28 STATION 8: Jesus Comforts the Women Where do you find comfort? How do you give comfort to those you meet? For Maria and her neighbors, comfort is found through cultivating cactuses as a community. GIVE 25¢ to your CRS Rice Bowl for every plant in your house.	WED 29 ENCOUNTER GOD'S WORD READ Hebrews 10:19–25 <i>"We must consider how to rouse one another to love and good works."</i> How can we, like Maria, encourage our neighbors, friends and colleagues to pursue their dreams? GIVE 25¢ to your CRS Rice Bowl for each hour you worked with someone else today.	THU 30 STATION 9: Jesus Falls the Third Time Sometimes, it feels as though we've fallen too many times—we can see no hope of a better life. But for Maria and her neighbors, hard times help them come together as a community. GIVE 50¢ to your CRS Rice Bowl for each friend you saw today.	FRI 31 APRIL CALLED TO FAST By fasting, we prepare our hearts to encounter our God and our neighbor. Today, try Arroz Rojo , a meatless recipe from Mexico. Don't forget to put the money you save by eating simply in your CRS Rice Bowl.	SAT 1 ENCOUNTER HOLY PEOPLE <i>"The Good News is no mere matter of words ... It is about leaving ourselves behind and encountering others."</i> <i>—Pope Francis</i>
SUN 2 ONE HUMAN FAMILY This week, we pray for Dita in Ethiopia, and all families affected by drought. Read her Story of Hope. How do you care for God's creation?	MON 3 WHO IS MY NEIGHBOR? 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, for ourselves and for our entire human family.	TUE 4 STATION 10: Jesus Is Stripped of His Garments Have you given thanks to God for clean water? Do you conserve water? Dita, her family and so many others, from Ethiopia to the U.S., are stripped of this essential resource. GIVE 50¢ to your CRS Rice Bowl for every faucet in your house.	WED 5 ENCOUNTER GOD'S WORD READ Psalm 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.	THU 6 STATION 11: Jesus Is Nailed to the Cross We encounter God through creation. Pope Francis reminds us that not caring for creation means communities like Dita's are forced to carry the heaviest crosses. GIVE 25¢ to your CRS Rice Bowl for every recyclable item in your trash can.	FRI 7 CALLED TO FAST By fasting, we prepare our hearts to encounter our God and our neighbor. Today, try Injera with Atkilt Wat , a meatless recipe from Ethiopia. Don't forget to put the money you save by eating simply in your CRS Rice Bowl.	SAT 8 STATION 12: Jesus Dies on the Cross More people die on the cross of hunger than from any disease. Pope Francis calls on us to address this global tragedy. GIVE 50¢ to your CRS Rice Bowl for each time you threw food away this week.
SUN 9 PALM SUNDAY ONE HUMAN FAMILY This week, we give thanks for Micaela and all volunteers throughout the United States who are working to end hunger. Read her Story of Hope. What special intentions will you keep in prayer during Holy Week?	MON 10 STATION 13: Jesus Is Taken Down From the Cross This week, we reflect on how we can take our neighbors down from their crosses—and the role we played in putting them there. GIVE 50¢ to your CRS Rice Bowl for each community to which you belong.	TUE 11 ENCOUNTER GOD'S WORD READ 1 Corinthians 12:12–26 <i>"If [one] part suffers, all the parts suffer with it; if one part is honored, all the parts share its joy."</i> Within God's family, we are all responsible for each other. GIVE 25¢ to your CRS Rice Bowl for each time you helped a stranger this Lenten season.	WED 12 STATION 14: Jesus Is Buried In this final Station, it looks as though God's plan has failed. But we know how the story ends! GIVE 25¢ to your CRS Rice Bowl for each time God surprised you this week.	THU 13 HOLY THURSDAY Today we remind ourselves that we encounter Christ in the Eucharist, the bread of life. The Eucharist calls us to follow Jesus' example: to give of self for others. Don't forget to turn in your CRS Rice Bowl.	FRI 14 GOOD FRIDAY Today we remember Christ's Passion. We journey with him to the cross. We reflect on the people we encounter each day who struggle with their own crosses, and we commit ourselves to help alleviate hunger and homelessness.	SAT 15 HOLY SATURDAY Today is a day of waiting. We wait for the joy of Easter. And we wait to see how the seeds we planted in our own hearts this Lent—through our encounters with our God and with our neighbors—will grow during the Easter season.
SUN 16 EASTER SUNDAY JESUS IS RISEN, ALLELUIA! May the risen Christ inspire our good works this Easter season as we continue working for the Reign of God by encountering our one human family!	<div>  </div>					<div> <p>WE FASTED FOR 40 DAYS. We put aside something we enjoy to better encounter our God and our neighbors. We emptied ourselves of old habits to make helping people in need a part of our daily routines. Our sacrifice this Lent became a source of hope and change for members of our global human family—and inspired us in our own faith.</p> <p>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.</p> </div> <div>  </div>

MARCH 5-11

INDIA

Dalma with Spinach VEGETABLE STEW

Makes 4-6 servings

- 1 c water
- 1½ c pigeon peas or black eyed peas, cooked
- 1 c pumpkin or butternut squash, cubed
- ½ c potatoes, cubed
- ¼ t salt
- ½ t turmeric
- 1 t fair trade olive oil
- 3 dry red chilis, broken into bits
- 1 t cumin seeds
- ½ c tomatoes, chopped
- 3 c spinach, chopped
- ½ t cumin
- ¼ t chili powder



Mix pigeon or black eyed peas, pumpkin or squash, potatoes, salt and turmeric in a pan with water. Cook until vegetables are soft—about 15 minutes—and set aside.

In a separate pan, heat oil. To the oil, add chilis, cumin seeds and tomatoes. Fry until tomatoes are soft. Add spinach and stir until soft. Combine both mixtures, adding cumin and chili powder (if a spicy dish is desired) and simmer for 2 minutes. Serve hot over rice.

encounter THE SINGH FAMILY

Loving God, inspire us to go to the margins.

When the Malaguni River in East India floods, Megha and Raj Singh, their two children and their extended family cannot get to the nearest market to buy and sell food. If the waters do not recede quickly, their rice fields fail, placing the family in financial danger.

That's why CRS is helping the Singh family prepare for flooding with new farming tools and techniques. Megha grows vegetables in a kitchen garden, so her family has healthy meals even when she cannot visit the market. By planting vegetables in special sacks, she is able to raise the plants above flood lines, ensuring they have reliable access to nutritious food.

Now, the whole Singh family is healthier, and with these new ways of farming, they can continue to thrive, even during floods.

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



Photo by Jennifer Hardy/CRS

ZAMBIA

MARCH 12-18

encounter EVELINA

Loving God, help us protect the most vulnerable.

Evelina, like generations of Zambians before her, used to survive on meals made from corn flour, usually a porridge called "nshima." "Growing up, I'd eat porridge in the morning, at lunchtime and again in the evening," she says. After all, it was cheap and easy to make.

Unfortunately, nshima has very little nutritional value—and relying too heavily on it has led to high rates of malnutrition. So, CRS is teaching women like Evelina how to prepare healthier meals and grow new, vitamin-rich crops like peanuts, pumpkins and sugar cane. What the women learn, they share with their community.

"We sing and dance during the cooking lessons because we are happy to learn how to cook different types of food," says Evelina. Evelina is healthier, and so is her son, Steven. "He's full of energy," she says, with a smile.

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

Photo by Michael Stulman/CRS



Ifisashi PEANUT STEW OVER POLENTA

Makes 4-6 servings

- 2 c water
- 1 c peanuts, chopped
- 1 onion, sliced
- 2 medium tomatoes, sliced
- 2 bunches spinach or collard greens, washed and chopped
- Salt to taste

Bring water to a boil in a medium pot. Add the peanuts, tomatoes and onion. After a few minutes, add the chopped greens. Stir occasionally and continue cooking until peanuts are soft and mixture has become a thick, buttery sauce—about 15 minutes.

Serve hot over polenta or rice.



EL SALVADOR

MARCH 19-25

encounter FERNANDO

Loving God, awaken in us a passion for justice.

Fernando dreams of becoming a businessman. He also dreams of a better future for his family, and this motivates him to sell cookbooks on San Salvador's buses. It's dangerous work for \$10 a day, as gangs frequently stop and harass drivers and passengers.

Fernando is a graduate of YouthBuild*, a CRS-sponsored program that trains young people in business. There, he found a positive community to help him pursue his passion, despite the challenges of life El Salvador. "When I tell my classmates that I want to do something, they tell me to try it and to not hold back."

Training for 6 months with YouthBuild wasn't easy on Fernando or his family. Without his wife's support and care for their two young daughters, the early mornings and long days might have been impossible. "YouthBuild is a family because families help you realize your dreams," Fernando says.

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

*YouthBuild is a member of the YouthBuild International network.

Photo by Oscar Leiva/Silverlight for CRS



Pupusas de Queso

CHEESE-STUFFED TORTILLAS

Makes 8 pupusas

- 2 c masa
- 1 pinch of salt
- 1½ c water
- 1 c queso fresco or farmer's cheese, grated
- 1 T fair trade olive oil

Combine the masa, salt and water in a mixing bowl. Knead to form a dough like playdough. If the mixture is too dry, add more water. If it is too sticky, add more masa.

Using wet hands, form the dough into 8 balls about 2 inches in diameter. Using your thumb, make an indentation into one of the balls, forming a small cup, and fill with cheese. Wrap the dough to seal the cheese. Pat the dough to form a round disk about a quarter inch thick. Repeat with the remaining dough and cook each side in a lightly oiled skillet.

Pupusas are served with curtido, a cabbage salad, and salsa roja. Find the full recipe at crsricebowl.org/recipes.

MARCH 26-APRIL 1

MEXICO

Arroz Rojo

RED RICE

Makes 4-6 servings

- 2 c rice
- 1 T fair trade olive oil
- 1 garlic clove, diced
- 3 tomatoes, chopped
- ½ onion, chopped
- 4 c vegetable broth
- 1 c peas
- 2 carrots, chopped
- 1 chili pepper, chopped
- Salt to taste



Add oil to a large pan on low heat. Add rice and toast until golden. Add garlic, tomatoes and onion; cook until mixture is soft. Add the broth, peas, carrots, chili pepper and salt. When it begins to boil, reduce to a simmer and cover until rice is fully cooked.

encounter MARIA

Loving God, may we never forget that we are one family.

Maria de la Luz remembers what it was like growing up in Ejido Hidalgo, Mexico. "We said we were rich because we had a lot of corn, beans and animals." But now, with few jobs and even less rain, young people—including Maria's children—are leaving the community in search of a better life.

To help families like Maria's, CRS launched a greenhouse project empowering women with meaningful work and creating community. Women visit their community greenhouses to grow cactuses to sell—but they also go for so much more. "At the greenhouses, we laugh, we talk, we spend time together. Sometimes we leave our homes angry or sad. But then we start working with the plants, and we forget our problems for a while," says Maria.

As the cactuses grow, so do the economic opportunities. "We didn't believe we were going to get that far. It's a lot of joy, a lot of excitement to see so many plants flowering."

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

Photo by Karen Kasmauski for CRS



ETHIOPIA

APRIL 2-8

encounter DITA

Loving God, teach us to care for all of creation.

Dita, her husband and their seven children depended on the money they earned selling crops from their small farm in Ethiopia. When frequent droughts meant they had no crops to sell, their family went hungry. But thanks to a CRS program that prepares families for droughts, Dita was able to open a small store. Instead of relying solely on her farm, she now earns an income selling items like pasta, shampoo and bananas.

Many families across Ethiopia struggle to find enough to eat, but Dita says her children eat three times a day. And what's more, all her children are attending school. "When I was a child, there were no education opportunities," she says. Then, with a shy but proud smile, she adds, "That's a big difference."

Visit crsricebowl.org to learn more about Ethiopia.

Photo by Petterik Wiggers for CRS



Injera with
Atkilt Wat
CABBAGE AND CREPES
Makes 4-6 servings

- 1½ c all-purpose flour
- ½ c whole wheat flour
- 1 T baking powder
- 1 t salt
- 2 c club soda
- ½ c fair trade olive oil
- 4 carrots, thinly sliced
- 1 onion, thinly sliced
- 1 t sea salt
- 1 t black pepper
- 1 t cumin
- 1 t turmeric
- ½ head cabbage, shredded
- 5 potatoes, peeled and cut into 1-inch cubes

Mix all-purpose flour, whole wheat flour, baking powder and salt together. Stir in club soda until batter is smooth. Preheat and wipe skillet with small amount of oil. Ladle half a cup of batter onto skillet; spread to make large crepe. Cook until all bubbles on top burst—about 2 minutes. Flip crepe and cook another minute. Wipe skillet with oiled paper after each crepe.

In a medium pot, heat olive oil over medium heat. Cook carrots and onion about 5 minutes. Stir in salt, pepper, cumin, turmeric and cabbage; cook 10 minutes. Add potatoes. Cover and reduce heat to medium-low; cook until potatoes are soft.

UNITED STATES

APRIL 9-15

Diocese of Honolulu

encounter OUR NEIGHBORS



Loving God, give us vision to see the needs of our neighbors.

You are born with breadfruit, you grow up with breadfruit and you die with breadfruit. This popular saying from the Micronesian island of Chuuk, thousands of miles off the coast of Hawaii, captures the importance of this starchy fruit. It's a staple both for the Chuukese living in Micronesia, and for people like Micaela, who were forced to migrate to Hawaii due to a changing climate and rising seas.

Though Micaela moved to Hawaii seeking a better life, she instead found a community of Chuukese struggling with hunger. Through the One 'Ohana: Food and

Housing for All program, Micaela organizes groups of women to learn farming techniques. Together, they gain the knowledge to plant breadfruit trees and feed their communities.

For Micaela, the project is a way to look to the future while remembering the past. "It's been many years since I dug my hands in the ground. We are reconnecting back to our home, even though it's not the soil from where we came from," she says.

Visit crsricebowl.org to watch a video and learn more about the Diocese of Honolulu.

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

That means supporting important projects like One 'Ohana: Food and Housing for All.