

encounter *Lent*

Encounter ourselves.
Encounter our neighbors.
Encounter our God.



A Simple Supper for Global Hunger

Encounter. Pray. Fast. Give. Reflect. Simple Meals. Penance. CRS Rice Bowls. Ash Wednesday. Global Solidarity. Holy Thursday. Good Friday.

The 40 days of Lent provide so much opportunity for personal and communal reflection that it can feel overwhelming. How can I live Lent while balancing classes, papers, and other campus responsibilities? This "Simple Supper for Global Hunger" How-to Guide provides an easy way to bring Lent to life on campus through one key event. (Of course, this doesn't mean you can't incorporate other CRS Rice Bowl resources into your campus' Lenten experience!) We hope that your Lent is full of encounter—with God, yourself, your campus community and, of course, those around the world with whom we stand in solidarity and support through CRS every single day.

Materials Needed:

- Recipe supplies and cookware
- Table decorations
- Silverware, napkins, etc.
- [CRS Rice Bowls](#) (one for each table)
- World map (find one on campus or Google and print an online version)
- Post-It Notes & Pens
- Laptop with internet connection, or DVD player
- Projector and screen, or TV
- CRS Rice Bowl [Community Reflections](#) booklet (print or digital copy)
- Other materials as needed by selected *Community Reflections* module

Recommended Setup:

Food: CRS Rice Bowl offers simple, meatless meals from various countries where CRS works. Visit crsricebowl.org/recipe to review our available recipes and select one or more to prepare for your event. Consider inviting participants to each prepare one of the recipes beforehand, creating a potluck style dinner of simple meals from around the world.

Tables: Set up enough tables for all participants to have a place. Put a CRS Rice Bowl on each table, or at different places along a single table.

Map: Tape the map to a wall in the communal space.

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Optional – Global Hunger Facts & Solutions:

- Review basic global hunger facts from the World Food Programme at <https://www.wfp.org/hunger/stats>; consider writing some of these facts on big post-it notes and taping them to the wall
- Review ways CRS addresses global hunger at <http://www.crs.org/get-involved/learn/hunger>; consider writing some of these solutions on big post-it notes and taping them to the wall near corresponding facts

Program:

Opening 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

Icebreaker:

[Facilitator's note: please adapt this based on the group you have and the time allotted. For example, in a larger group, you might invite people to share only the name of a person or country. In a smaller group, you might have more time for full stories.]

Invite those gathered to, one at a time, go to the world map and tell a story of solidarity based on a country they've visited or heard or seen a story about. It could simply be the name of someone they'd like to pray for, a particularly profound experience they had, or something else they want to call to mind. Alternatively, if participants brought simple meals potluck-style from the CRS Rice Bowl recipe archive, encourage them to tell a story or share information regarding CRS programming in the country from which their recipe originated. They can then write their name on the post-it and stick it to that country.

PROCESS: Note that we all have stories of global solidarity, touchstones in other countries, cultures and traditions. One goal of the evening's meal will be to provide space to reflect on the intersection of solidarity and faith.

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After the icebreaker, encourage participants to get food and return to their seats.

Reflection:

Select one of the [Community Reflections](#) modules and guide participants through the videos, reflections questions and activities, as appropriate.

Almsgiving:

Invite participants to reflect on the facts of global hunger, either those you've posted to the wall or those you choose to share—and to consider CRS' solutions. Remind those gathered that food security—the availability of sufficient, safe, nutritious food at all times for a healthy and active lifestyle—is fundamental to living a life of dignity, as Catholic social teaching reminds us. Having reflected on shared experiences of solidarity, on encountering Christ in those most in need, now encourage those gathered, if appropriate, to give to support a more food secure world through CRS Rice Bowl using the bowls at each table.

Alternatively, you might ask for a free willing offering to cover costs of the meal.

Send donations to the below address, and don't forget to specify the money goes to CRS Rice Bowl.

***Catholic Relief Services
CRS Rice Bowl
P.O. Box 17090
Baltimore, MD 21297***

Or, give online: crsricebowl.org/give or on the app.

For Further Reflection:

Participants can commit to downloading and reflecting with the CRS Rice Bowl app, available at crsricebowl.org/app.