



*“Lent is the favorable season for renewing our encounter with Christ, living in his Word, in the sacraments and in our neighbor.” —Pope Francis*

Dear Families,

During Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to encounter our neighbor, as companions on the journey, through prayer, fasting and almsgiving.

We will reflect on how an encounter with our neighbor can be transformative. We will see how our prayers, fasting and alms can support those worldwide who are forced to flee their homes to find safety or better opportunities.

As we prepare for this holy season, it is especially meaningful to come together in prayer as a family. Reflecting on the crosses of hunger, poverty and war carried by our brothers and sisters forced to flee their homes, we have an opportunity to also reflect on our roles in caring for them as members of our human family.

Please consider these suggestions in your family’s Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar daily to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving.
- Prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our brothers and sisters around the world.
- Visit [crsricebowl.org/stories](http://crsricebowl.org/stories) to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

We will collect your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

P.S. Did you know that CRS Rice Bowl has a web page specifically for families? Visit [crsricebowl.org/families](http://crsricebowl.org/families) for activities that will help your family grow in our Catholic faith this Lenten season.