



LENTEN FAMILY KIT

Lent is a 40-day journey of prayer, fasting and almsgiving. As companions on this journey, we are invited to reach out to our neighbors in need, no matter where they live.

This Lent, CRS Rice Bowl invites you, and your family and community, to journey alongside the Good Samaritan. Reflect on how an encounter with our neighbor can be transformative. Together, our prayers, fasting and almsgiving support migrants, refugees and others around the world who are seeking safety and opportunity.

Visit **crsricebowl.org** to find more resources for education and reflection for your family and community.



Photo by Oscar Leiva/Silverlight for CRS

USE THIS CALENDAR TO HELP GUIDE YOUR LENTEN JOURNEY.

Here's what you can do:

- Make your own CRS Rice Bowl.
- Read the Story of Hope as a family each Sunday.
- Set aside 5 minutes a day with the reflections on Jesus' life and example.
- Prepare—and share—simple meatless meals on Fridays.
- Put your Lenten sacrifices into your CRS Rice Bowl.

Make your own CRS Rice Bowl by attaching the promise below to an empty container. Then display the Lenten plan above on your fridge.

WHO IS MY NEIGHBOR?

This Lent, I will follow the Good Samaritan's example and dedicate my Lenten sacrifices to serve my neighbor in need.

For Lent, I will _____

and donate \$ _____

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

Lenten prayer

God of the journey,

Whenever we stumble on life's roads, you are with us. Your love enables us to get back up and start again.

May our Lenten prayer, fasting and almsgiving be an encounter with your mercy. May our experience of your selfless love inspire us to "go and do likewise," becoming companions for our neighbors most in need, and for every member of our human family.

Amen



FEBRUARY

WED 14

ASH WEDNESDAY

This Lent, we reflect on how we can encounter the Gospel anew to better love our neighbor.

Read "The Parable of the Good Samaritan" (Luke 10:29-37) and write your Lenten promise on your CRS Rice Bowl.

THU 15

WHO IS MY NEIGHBOR?

Throughout the 40 days of Lent, we reflect on Catholic social teaching, which helps us follow the example of the Good Samaritan in caring for our neighbor.

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

FRI 16

CALLED TO FAST

Each Friday of Lent, we are invited to abstain from eating meat. 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.

SAT 17

STATION 1

Jesus Is Condemned to Death

We encounter Jesus on his journey to Calvary. Think about the members of our human family who carry crosses of hunger, poverty and war, and those forced to flee their homes in search of safety for their family. Do we respond as neighbors?

GIVE \$2 to your CRS Rice Bowl.

SUN 18

COMPANIONS ON THE JOURNEY

This week, we pray for **Majd** in Iraq and all those fleeing violence.

Read his story.

Safety and security are essential to living a dignified life—what migrant families are seeking.

MON 19

WHO IS MY NEIGHBOR?

Life and Dignity of the Human Person

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

TUE 20

STATION 2

Jesus Carries the Cross

Majd's mother, Lamya, remembers fleeing violence. Her family had no time even to gather food for the journey. Their cross came in the form of what they could not carry. What things do you treasure—that you would not want to part with?

GIVE 25¢ to your CRS Rice Bowl for each one.

WED 21

THE GOOD SAMARITAN

Luke 10:29

"But because he wished to justify himself, he said to Jesus, 'And who is my neighbor?'"

How would you respond to this question?

GIVE 25¢ to your CRS Rice Bowl for every neighbor you can name.

THU 22

STATION 3

Jesus Falls for the First Time

One way Majd and his mother, a teacher, gathered strength to continue their journey was by returning to the classroom.

GIVE \$1 to your CRS Rice Bowl for each year of school you have completed.

FRI 23

CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Lablabi Soup**, a meatless recipe from Iraq. Don't forget to put the money you save by eating simply into your CRS Rice Bowl!

SAT 24

POPE FRANCIS REFLECTS

"Jesus teaches us a different path. Do not classify others in order to see who is a neighbor and who is not. You can become neighbor to whomever you meet in need, and you will do so if you have compassion in your heart."

—Pope Francis, Meeting of Popular Movements, 2017

SUN 25

COMPANIONS ON THE JOURNEY

This week, we pray for **Cesia** and all young people in Nicaragua.

Read her story.

Access to dignified work at a fair wage allows people to remain with their families and build up their communities.

MON 26

WHO IS MY NEIGHBOR?

The Dignity of Work and the Rights of Workers

Jesus spent years working as a carpenter. Work is important to help people fulfill their potential. And everyone must receive a fair wage to provide for themselves and their families.

TUE 27

STATION 4

Jesus Meets His Mother

Cesia's mother encouraged her to pursue her dream of starting a business. How have your parents or other adults encouraged you?

GIVE \$2 to your CRS Rice Bowl in honor of all mothers, fathers and caregivers.

WED 28

THE GOOD SAMARITAN

Luke 10:30

"A man fell victim to robbers as he went down from Jerusalem to Jericho. They stripped and beat him and went off leaving him half-dead."

Do you care for those in your life who are hurting?

GIVE 25¢ to your CRS Rice Bowl for every time you said "How are you?" today.

MARCH

THU 1

STATION 5

Simon Helps Jesus Carry His Cross

CRS' YouthBuild forms communities of young people that help each other meet challenges and celebrate successes while pursuing their dreams.

GIVE 50¢ to your CRS Rice Bowl for every person in your life that encourages you to follow your dream.

FRI 2

CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Sopa de Queso**, a meatless recipe from Nicaragua. Don't forget to put the money you save by eating simply into your CRS Rice Bowl!

SAT 3

POPE FRANCIS REFLECTS

"The story of the Good Samaritan is the story of today's humanity. People's paths are riddled with suffering, as everything is centered around money, and things, instead of people."

—Pope Francis, TED2017

SUN 4

COMPANIONS ON THE JOURNEY

This week, we pray for **Safiata** and all farmers in Burkina Faso.

Read her story.

A polluted river, poor soil, rising waters—these are some environmental reasons families migrate. They remind us to care for creation.

MON 5

WHO IS MY NEIGHBOR?

Care for God's 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 6

STATION 6

Veronica Wipes the Face of Jesus

Safiata saves money for the future so her children can continue their education. It's a powerful act of love—like Veronica's.

GIVE 50¢ to your CRS Rice Bowl for every year of school you have remaining.

WED 7

THE GOOD SAMARITAN

Luke 10:33

"A Samaritan traveler who came upon him was moved with compassion at the sight."

When have you experienced compassion?

GIVE 25¢ to your CRS Rice Bowl for each person you encounter today.

THU 8

STATION 7

Jesus Falls the Second Time

Safiata relied on rain to water her crops. Without it, her whole family fell into hunger.

It's easy to take water for granted.

GIVE 50¢ to your CRS Rice Bowl for every faucet in your house.

FRI 9

CALLED TO FAST

By fasting, we clear away the things that can distract us from serving our neighbor. Today, try **Bean Cakes**, a meatless recipe from Burkina Faso. Don't forget to put the money you save by eating simply into your CRS Rice Bowl!

SAT 10

POPE FRANCIS REFLECTS

"The compassion shown by the Samaritan is an image of the infinite mercy of God, who always sees our needs and draws near to us in love."

—Pope Francis, General Audience, April 27, 2016

GIVE to the CRS collection this weekend at Mass.

SUN 11 COMPANIONS ON THE JOURNEY This week, we pray for Andrise and all teachers in Haiti. Read her story. A good education doesn't just benefit the student—it benefits the community, making home a safer, more inclusive place.	MON 12 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—in our classroom, church and family.	TUE 13 STATION 8 Jesus Comforts the Women Andrise found comfort in her own schooling—so much so that she returned to teach others. GIVE 50¢ to your CRS Rice Bowl for every friend you have who wants to be a teacher.	WED 14 THE GOOD SAMARITAN Luke 10:35 <i>"Take care of him. If you spend more than what I have given you, I shall repay you on my way back."</i> Do you give without counting the cost? GIVE what you think the Good Samaritan would give today to your CRS Rice Bowl.	THU 15 STATION 9 Jesus Falls the Third Time Andrise believes that education is the foundation of everything, that even if you fall, what you've learned can help you get back up. GIVE 50¢ to your CRS Rice Bowl for every teacher who has helped you.	FRI 16 CALLED TO FAST By fasting, we clear away the things that can distract us from serving our neighbor. Today, try Haitian Vegetable Stew . Don't forget to put the money you save by eating simply into your CRS Rice Bowl!	SAT 17 POPE FRANCIS REFLECTS "Compassion, love, is not a vague sentiment, but rather means taking care of the other to the point of personally paying for him ... identifying with him." —Pope Francis, <i>Meeting of Popular Movements</i> , 2017
SUN 18 COMPANIONS ON THE JOURNEY This week, we pray for Alefa , her family, and all those in Malawi. Read her story. Nutritious food is vital to a dignified life. If none is available, families may be forced to migrate.	MON 19 WHO IS MY NEIGHBOR? Option for the Poor and Vulnerable Jesus tells us to give special care to 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 20 STATION 10 Jesus Is Stripped of His Garments Farmers like Alefa rely on the weather. Bad weather interferes with planting the crops they need to survive. GIVE 50¢ to your CRS Rice Bowl for every time you went to the grocery store this month.	WED 21 THE GOOD SAMARITAN Luke 10:36 <i>"Which ... was neighbor to the robbers' victim?" He answered, 'The one who treated him with mercy.'"</i> We receive mercy without limit from God. Are we merciful toward others in the same way? GIVE 25¢ to your CRS Rice Bowl for every month since your last confession.	THU 22 STATION 11 Jesus Is Nailed to the Cross Pope Francis reminds us that we are called to hear the cries of the Earth and of the poor, and that not caring for creation means families like Alefa's carry the heaviest crosses. GIVE 25¢ to your CRS Rice Bowl for every recyclable item in your trash can.	FRI 23 CALLED TO FAST By fasting, we clear away the things that can distract us from serving our neighbor. Today, try Ujeni Ndiwo , a meatless recipe from Malawi. Don't forget to put the money you save by eating simply into your CRS Rice Bowl!	SAT 24 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 25 PALM SUNDAY COMPANIONS ON THE JOURNEY This week, we reflect on our journey with Christ to Calvary. Walk the Stations of the Cross using the CRS Rice Bowl videos at crsricebowl.org/holy-week .	MON 26 STATION 13 Jesus Is Taken Down From the Cross 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 cross in your life and the lives of your family members.	TUE 27 THE GOOD SAMARITAN Luke 10:37 <i>"Jesus said to him, 'Go and do likewise.'"</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 28 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 29 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 yourself for others. Don't forget to turn in your CRS Rice Bowl.	FRI 30 GOOD FRIDAY "[Jesus] himself is the model of the Good Samaritan; by imitating his love and compassion, we show ourselves truly to be his followers." —Pope Francis, <i>General Audience</i> , April 27, 2016	SAT 31 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, by encountering Jesus and others on our journey, will grow during the Easter season.

APRIL

SUN 1 EASTER SUNDAY May the risen Christ inspire our good works this Easter season, as we continue working for the Reign of God in our encounter with all members of our one human family!
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JESUS IS RISEN, ALLELUIA!

WE FASTED FOR 40 DAYS. We put aside something we enjoy to encounter God and our neighbors. We emptied ourselves of old habits to make helping people in need a part of our daily routine. Our sacrifice became a source of hope and change for members of our global human family—and inspired us in our own faith.

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

Don't forget to turn in your CRS Rice Bowl to your parish or school, or give online at crsricebowl.org/give.



JOURNEY TO IRAQ FEBRUARY 18-24

GOD OF THE JOURNEY, WE ENCOUNTER YOU IN THE MIGRANT.

Eight-year-old Majd thought his family was going on a picnic. His mother, Lamya, said they would be back in a week. But when ISIS attacked their home in northern Iraq, the family fled for good.

"What worried me the most were the kids," Lamya says. "Our life was stable and we were doing well; we had a very big house. But when we fled, I was not able to bring anything for them, not even food."

Fortunately, the family found an apartment to rent with other displaced families. It is much smaller than the home they fled, but it's safer. The children now attend a CRS-sponsored school, and the routine provides hope, stability and a sense of belonging. "Education is very important," says Lamya, who teaches at Majd's school—especially in Iraqi culture.

"Majd is so motivated to go to school. He just wants it to be morning so he can go," she says. "He is relaxed, having fun and more confident." For Majd, school means a normal life—now and for the future.

SHARE THE JOURNEY: Safety and security are essential to living a dignified life—what migrant families are seeking.

Visit csrricebowl.org to watch a video and learn more about Iraq.



Photo by Philip Laubner/CRS



LABLABI SOUP

CHICKPEA SOUP

Makes 4 servings

Advanced prep needed:
Soak chickpeas overnight
before cooking.

- 2 c dried chickpeas
- 8 c water
- ½ onion, whole
- 2 t salt
- 2 t turmeric
- Juice from two lemons

Cover chickpeas in water and soak overnight. Drain and discard soaking water. Place chickpeas in a large pot and cover with water. Bring to a boil. Add onion, salt and turmeric. Cover and simmer for 10 minutes, adding water if needed. Add lemon juice. Serve with bread.



SOPA DE QUESO

CHEESE SOUP

Makes 6 servings

- Water
- 1 bunch mint
- 1 large onion, sliced
- 4 c whole milk
- 2 green peppers, sliced
- 2 ½ c Maseca
- 2 red tomatoes, sliced
- Pinch of salt
- 3 cloves garlic, smashed
- 3 c queso fresco or farmer's cheese, grated
- 1 ½ T achiote paste
- 1 T fair trade olive oil
- 1 c vegetable oil

In a large pot, boil 4 cups water. Add onion, pepper, tomatoes, garlic and mint. Simmer until cooked. Meanwhile, combine Maseca and 2 cups water in a mixing bowl. Knead to form a dough. Mix 1 T olive oil into achiote paste. Mix cheese, salt and achiote paste into dough. Take 1 cup of dough and place in separate bowl; stir in ½ cup water. Set aside the rest of the dough to make fritters. In a separate pot, bring milk to a boil. Remove mint and discard half of the vegetables from the first pot. Then, add the dough-and-water mixture and boiled milk to the pot, and salt to taste. Stir and turn off heat.

To make the fritters, form the remaining dough into palm-sized circles. Fry in oil until crispy and brown. Garnish the soup with mint, and serve with rice and fritters.

JOURNEY TO NICARAGUA FEBRUARY 25-MARCH 3

GOD OF THE JOURNEY, WE ENCOUNTER YOU IN YOUNG PEOPLE.

Like many young people in the farming communities of Nicaragua—especially women—Cesia had a hard time finding a job. Many leave their communities to find work, but Cesia wanted to stay home with her parents and youngest sibling.

So, with her mother's support, she joined YouthBuild, a CRS program that teaches business and life skills. YouthBuild's core values—family, service, opportunity and leadership—guide what participants learn, and the kinds of relationships they build with one another.

Once very shy, Cesia is now a leader who has built a thriving business making and selling cattle feed. She dreams of expanding her business, and leads workshops to help other young people in her community.

SHARE THE JOURNEY: Access to dignified work at a fair wage allows people to remain with their families and build up their communities.

Visit csrricebowl.org to watch a video and learn more about Nicaragua.



Photo by Oscar Leiva/Silverlight for CRS

JOURNEY TO BURKINA FASO MARCH 4-10



Photo by Michael Stulman/CRS

GOD OF THE JOURNEY, WE ENCOUNTER YOU IN CREATION.

The dry and dusty climate of Burkina Faso means farming can be difficult and water can be hard to come by. And it means Safiata and her family often face hunger. Even with two plots of land to farm, months without rain made feeding her 9 children and 16 grandchildren difficult.

That's why CRS is providing farmers like Safiata with more land to grow crops that thrive in dry climates, like onions. And, thanks to a CRS-sponsored irrigation system, she knows she'll have access to water year-round. Her crops will grow, and she'll be able to sell some at the market. "I pay school fees thanks to selling the vegetables. The vegetables help solve the problems my family faces," Safiata says.

SHARE THE JOURNEY: A polluted river, poor soil, rising waters—these are some environmental reasons families migrate. They remind us to care for creation.

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



BEAN CAKES

Makes 6-8 Bean Cakes

- 1 can black-eyed peas, drained
- 1 small onion, chopped
- 2 carrots, peeled and chopped
- 1 egg, whisked
- ½ t salt
- ½ t black pepper
- 1 c flour
- ¼ c vegetable oil

Place black-eyed peas in a blender with the onion, carrots and egg. Blend to a smooth paste, and add salt and pepper. If bean mixture has too much liquid to form cakes, add flour, ¼ cup at a time to thicken until you can form into cakes. Divide into 6 to 8 portions and place in hot vegetable oil. Flatten each one into a disc using a spatula. Fry until browned (about 5 to 7 minutes), turning occasionally. Serve with rice.



HAITIAN VEGETABLE STEW

Makes 6 servings

Seasoning:

- 4 scallions, chopped
- 6 sprigs parsley
- 4 sprigs fresh thyme, stems removed
- 3 garlic cloves, minced
- 1 jalapeno pepper, seeded and chopped
- 1 t salt

Vegetable Stew:

- 1 T fair trade olive oil
- 1 small onion, chopped
- 2 carrots, sliced
- 1 chayote squash, peeled and chopped
- 1 small eggplant, peeled and chopped
- 3 c cabbage, chopped
- 1 15-oz can of coconut milk
- 4 c water or vegetable broth (or more, as needed)
- 1 large tomato, chopped
- Salt to taste

For the seasoning, mix first 6 ingredients in a food processor and set aside. Sauté onions, carrots, squash, eggplant and cabbage in oil in large pan for 3 to 4 minutes. Add coconut milk and 3 cups broth. Bring to a boil, reduce heat and simmer 10 minutes, or until soft. Add tomatoes and continue to simmer. Add more broth if the mixture appears too dry. Add seasoning to simmering vegetables and cook one minute. Mash vegetables with a large fork. Season with salt, to taste.

JOURNEY TO HAITI MARCH 11-17

GOD OF THE JOURNEY, WE ENCOUNTER YOU IN TEACHERS.

"Education is the foundation of everything," says Andrise, who's been teaching at the same elementary school she graduated from in northern Haiti for 11 years.

A lot has changed since she was a student. So, CRS has partnered with the Catholic Education Commission to provide new teaching techniques and resources for students. "We use poems, dances, songs—all sorts of activities to help the students improve their literacy," Andrise says. And unlike before, every student has books of their own.

The students love it—and Andrise. She was named Teacher of the Year at her school. "They call me 'my mother,' and I call them 'my son, my daughter,'" she says. "They've already promised that next year, when they're in second grade, they'll take time out of their recess to come and visit me."

SHARE THE JOURNEY: A good education doesn't just benefit the student—it benefits the community, making home a safer, more inclusive place.

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

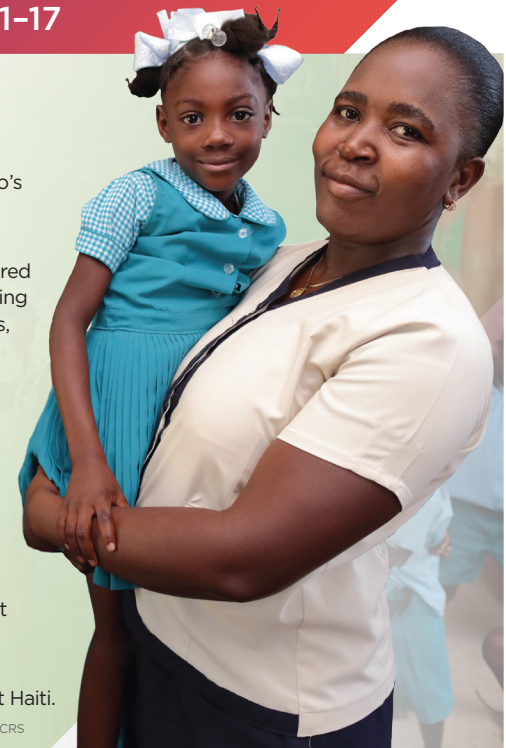


Photo by Oscar Leiva/Silverlight for CRS

JOURNEY TO MALAWI MARCH 18-24



GOD OF THE JOURNEY, WE ENCOUNTER YOU IN FARMERS.

Alefa is a mother, grandmother and farmer. She provides for her three children, three grandchildren and husband by selling what she grows. If her crops fail during one of Malawi's rainy seasons—or in a drought—her family goes hungry.

Knowing she had to start planting crops that could withstand Malawi's changing climate, she attended a CRS-sponsored seed fair, where farmers gather to learn the best crops to plant for the upcoming year. Besides rice, Alefa bought corn, cabbage and tomato seeds. Now she can continue earning money as one of the few rice farmers in her village, but also feel confident that, even if her rice fails, she will have other crops to sell.

"This harvest will provide food, shelter and education for my family," she says. In a few short months, Alefa will be growing corn and harvesting hope.

SHARE THE JOURNEY: Nutritious food is vital to a dignified life. If none is available, families may be forced to migrate.

Visit crsricebowl.org to learn more about Malawi.

Photo by Georgina Goodwin for CRS



UJENI NDIWO

VEGETABLES WITH RICE

Makes 4-5 servings

- 2 T fair trade olive oil
- 1 onion, chopped
- 2 t curry powder
- 1 ½ T fresh ginger, grated
- 3 medium tomatoes, chopped
- 1 T powdered milk
- 5 cups of kale or spinach, thinly cut
- Salt, to taste

In large pan, sauté onion in oil. Add curry powder and ginger; cook for 2 minutes. Add tomatoes. Simmer for 2 minutes, then add powdered milk. Stir in the greens, cover and simmer for 5 minutes. Serve with rice.

JOURNEY TO THE UNITED STATES MARCH 25-31

GOD OF THE JOURNEY, WE ENCOUNTER YOU IN OUR NEIGHBOR.

Speaking on the parable of the Good Samaritan, Pope Francis reminds us, "By the end of the parable, we see that the 'neighbor' is not so much the man in need, but rather the one who responded to that need with compassion."

Realizing that we are called to be "neighbor" to those near and far can be overwhelming. Where do we start? The prayer, fasting and almsgiving we commit to during Lent allows us to start everywhere.

CRS Rice Bowl serves people in Iraq, Nicaragua, Burkina Faso, Haiti, Malawi and many other countries around the world. And Lenten sacrifices placed in your CRS Rice Bowl also help communities in the United States. From gang intervention in Chicago, to centers for migrants in Louisville, to community gardens in Honolulu, 25 percent of your CRS Rice Bowl gifts support projects in your local community.

SHARE THE JOURNEY: How can you welcome the stranger in your own community?

Visit crsricebowl.org to learn more, or contact your local diocese to find out about projects CRS Rice Bowl supports in your community.

25% of every gift to your CRS Rice Bowl supports projects in your community.



Photo by Philip Laubner/CRS