

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRAY	READ	LEARN	ACT	REFLECT	ABSTAIN	SERVE
LENTEN PRAYER God of mercy, Open our eyes to people who hunger for food and stability. Bless our prayers, fasting and almsgiving, and teach us to live with grateful hearts and generous hands. Help us to share what we have, so our gifts uplift people today and create a loving world tomorrow. Amen			BEGIN YOUR JOURNEY			
			FEBRUARY 10 ✚ Ash Wednesday Say the Lenten prayer, then write your Lenten pledge on the Fast panel of your Rice Bowl.	11 Lent “frees us from wanting to be seen at all costs and teaches us instead to see what is being born, what is growing and urges us to serve it.” —Pope Leo XIV	\$ _____ 12 On Fridays, we don’t eat meat to live in solidarity with our sisters and brothers who face hunger. GIVE 50 cents for each Friday in Lent.	13 Christ’s ultimate act of service was giving his life for us. Give of yourself today: Pray with someone, help with chores or offer your time to a neighbor.
WEEK 1						
14 Lord , bless the families we encounter this Lent in Ethiopia, Honduras and Lebanon. Be close to all who are hungry and teach us to share what we have with joy. Amen	15 Our faith teaches us that God made the gifts of the earth for everyone to share. Read this week’s story at crsricebowl.org/week-1	\$ _____ 16 God gives us many gifts, including the things we use every day. When we notice what we have, we can grow in gratitude and generosity. GIVE 50 cents for every screen in your home.	17 Visit crsricebowl.org/join and enter your prayer intention in the interactive map. Pray for the intentions shared by others this week.	18 “Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving.” —Saint Augustine of Hippo	\$ _____ 19 When we give up small comforts, we make more room for God—and for compassion for others. GIVE \$3 if you gave up digital media or a beverage.	\$ _____ 20 Each year, one-fifth of food produced is wasted—equal to 1 billion meals a day. GIVE \$1 for every day you had leftovers this week.
WEEK 2						
21 Lord , thank you for the gift of water. Watch over all who lack clean water. Bless Fatuma Mussa, Ahmed Hassen Godana and their children as clean water helps their family grow in health, hope and opportunity. Amen	22 Safe water is a human right, yet many people can’t access it. Thanks to a CRS program in Ethiopia, clean water is helping kids stay healthy and go to school. Read this week’s story at crsricebowl.org/week-2	\$ _____ 23 Ethiopia uses a calendar with 13 months. This Lent, we remember that our global family sometimes marks time in different ways, but we are united in prayer and love. GIVE \$1.30 for Ethiopia’s 13-month calendar.	\$ _____ 24 It takes about 20 seconds to wash your hands well—about the time it takes to pray the Hail Mary. GIVE 20 cents for every sink in your house.	25 “Prayer joined to sacrifice constitutes the most powerful force in human history.” —Saint John Paul II	26 Try injera with atkilt wat, a meatless Ethiopian dish. Recipe: crsricebowl.org/recipes	\$ _____ 27 Over 9 million children can’t attend school in Ethiopia due to conflict, violence, natural disasters and displacement. GIVE 25 cents for every year you attended school.
WEEK 3						
28 We pray for Willian, Digna and Vivian Cabrera Méndez in Honduras as they build a stable home, grow their business and trust in tomorrow. Amen	MARCH 1 Like many parents, Willian and Digna are working toward a future where their daughter has opportunities they never had. Read this week’s story at crsricebowl.org/week-3	\$ _____ 2 Football, or soccer, is a popular support in Honduras. GIVE 50 cents for every sport, instrument or art form you practice.	3 Plan family acts of service this month, like volunteering at a soup kitchen or cleaning up your neighborhood. Share what you do on social media using #CRSRiceBowl .	\$ _____ 4 One in 4 children in Honduras struggle to reach milestones like walking or learning because they don’t get the nutrients they need. GIVE 25 cents for each color of fruit or vegetable in your house.	\$ _____ 5 Try baleadas, a traditional meatless recipe from Honduras. Recipe: crsricebowl.org/recipes GIVE \$6-12 or the amount you saved from not eating meat.	6 Before Mass this weekend, choose someone to pray for. During Communion, ask Jesus to be close to them.

