



Photo by Melissa Cooperman/CRS



Make a Lenten Plan

Pray

Set aside a time each day to pray and reflect.

Give Alms

Set a goal for your Rice Bowl offering.

Fast

Consider what you will give up for Lent to help our global family.

Learn

Meet your global family. Discover stories, recipes and more at crsricebowl.org.

Suggested gift amounts:

- \$50 Rice for a Family
- \$100 Emergency Food Aid
- \$150 Household Garden



Remember to visit crsricebowl.org/calendar to download your free Lenten calendar.

Make your own Rice Bowl by gluing or taping the wrapper, BELOW, to a container. Then display your lenten plan, ABOVE, on your fridge.

CHANGE LIVES THIS LENT!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts at the end of Lent by scanning the **QR code** or visiting crsricebowl.org/donate.



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