



### GET STARTED IN FIVE EASY STEPS

Ready to encounter Lent with CRS Rice Bowl? Follow these **five** simple steps to a fruitful Lent.

#### **1** Talk with your pastor or principal.

Getting the support of your pastor or school principal is essential to CRS Rice Bowl success. He or she can help engage the wider community, recruit volunteers, and promote the program from the pulpit or at meetings.

#### **2** Order materials.

Place your order for FREE CRS Rice Bowl materials at least 3 weeks before Lent. You can call 800-222-0025 or order online at [crsricebowl.org/order](http://crsricebowl.org/order). Order a CRS Rice Bowl and Lenten Calendar for every family, and use the posters, educational resources, community reflections and videos to enhance your Lenten journey.

#### **3** Spread the word—CRS Rice Bowl is coming!

Hang this year's CRS Rice Bowl poster in a prominent place. Include our ready-made announcements in your weekly bulletin or newsletter. Request an ad from our website. And spread the word from the pulpit or in your morning announcements: CRS Rice Bowl is coming, and our community is participating!



Photo by Lauren Carroll/CRS

#### **4** Distribute CRS Rice Bowls at Mass. (Make sure every family gets one!)

Integrate your community's CRS Rice Bowl kickoff into the liturgy. Pass out CRS Rice Bowls to each family in your parish or school on the Sunday before Lent or on Ash Wednesday. The **Blessing to Begin the Lenten Season** on page 4 can help you get started.

#### **5** Make CRS Rice Bowl materials part of your community's Lenten journey—visit [crsricebowl.org](http://crsricebowl.org).

There are 40 days between Ash Wednesday and Easter Sunday, and CRS Rice Bowl has resources for each one. Our prayer intentions integrate CRS Rice Bowl themes into weekly liturgies, and our Stations of the Cross digital retreats infuse this Lenten devotion with Catholic social teaching. Families, students, youth groups and small faith-sharing communities will love incorporating simple meatless recipes from around the world into weekly Lenten suppers.