

encounter

Lent

COMPANIONS ON
THE JOURNEY



A Community Lenten Meal

Prepare the weekly meatless meals from one of the featured CRS Rice Bowl countries with and for your community. Use this outline to prepare for the event and guide your conversations and reflections.

Preparation:

- Invite someone from your community to share their reflections on the [Story of Hope from Iraq](#).
- Prepare a meatless meal. Consider the meal from Iraq, [Lablabi Soup](#). Gather members of the community before the evening's meal to cook together, or invite individuals and families to bring simple food from home.

Set-up:

Consider printing and placing copies of the CRS Rice Bowl placemat for each attendee. Place a few CRS Rice Bowls in the center of each table.

Program:

Use the following script as is, or select those components that best meet the needs of your community.

- **Welcome and Opening prayer**
 - Center your evening in prayer by reciting together the Lenten prayer, found on the panel of the CRS Rice Bowl.
- **What is CRS Rice Bowl and CRS?**
 - Share about the work and mission of [Catholic Relief Services](#) (CRS) and CRS Rice Bowl, noting that CRS Rice Bowl is the official Lenten faith in action program of the U.S. Catholic community. (Find more information about [CRS Rice Bowl's 2018 theme](#).)
- **Video on Fasting**
 - Begin the reflection portion of the event by reminding those gathered of the importance of fasting during Lent, and how it provides an opportunity to remove obstacles that prevent us from loving our neighbor and loving God. [Find the video here](#).
- **Story of Hope: A moment to encounter**
 - Reflect on what it means to encounter our neighbor by watching the [Story of Hope of Majd](#) from Iraq. Reflect on how we are called to solidarity with Majd, his family, and all families migrating in search of safety and security.
- **Presentation**
 - Invite the predetermined volunteer(s) to share a reflection on Majd's story.
- **Reflections and Conversations**
 - Encourage participants to reflect on what they've seen and heard.
 - What stood out to you in the story?
 - How can you welcome and love your neighbor?
 - How can we, as a community of faith, care and love our neighbors?
- **Intercessions**
 - Pray for communities around the world using [these intercessions](#).
- **Closing Prayer**