

LENT 2020

RESOURCES FOR COORDINATORS



Photo by Philip Laubner/CRS

SHARE YOUR COMMUNITY'S JOURNEY THROUGH LENT!

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GET STARTED IN FIVE EASY STEPS

Ready to bring Lent to life 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 order online at crsricebowl.org/order or call 800-222-0025. Order a CRS Rice Bowl and Lenten Calendar for every family, and use the posters, educational resources, online tools 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.
- Download an ad from our website.
- Spread the word from the pulpit or in your morning announcements: CRS Rice Bowl is coming, and our community is participating!



Photo by Philip Laubner/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.**

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 (crsricebowl.org/stations-of-the-cross) infuse this Friday 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.

TIPS FOR COLLECTING CRS RICE BOWLS

STEP 1

Decide which collection method works best for your community.

- **OPTION 1**

Participants bring their CRS Rice Bowls with contributions to the designated collection area. Collecting the CRS Rice Bowls makes your community's Lenten efforts concrete and visible.

TO CONSIDER: Be prepared to empty the Rice Bowls, count coins and handle checks. Recruit youth group members or Confirmation candidates to help!

- **OPTION 2**

Ask participants to convert their CRS Rice Bowl gifts to checks made out to your parish or school for easier counting.

Combine gifts into one check, write "CRS Rice Bowl" on the memo line, and send to your local diocesan director (visit crs.org/contact to find your diocesan director) or to:

**Catholic Relief Services
CRS Rice Bowl
P.O. Box 17090
Baltimore, Maryland 21297-0303**

- **OPTION 3**

Participants donate directly to CRS. Donate online at crsricebowl.org/give or by sending a check to the address above.

STEP 2

Plan a meaningful ritual to collect CRS Rice Bowls.

CRS Rice Bowl offers an **Offertory Prayer to End the Lenten Journey** to help your community conclude this holy season. Visit crsricebowl.org/parish for more ideas.

STEP 3

Publicize when and where CRS Rice Bowls will be collected.

Announce details in a variety of ways, including in your bulletin or newsletter, on your community's social media pages, in announcements at Mass or in school, and by hanging up the collection poster you will receive midway through Lent.

STEP 4

Collect and count Lenten gifts.

Recruit volunteers from your parish ministries, religious education program, youth ministry or parish school to help you count coins. Send one check to your diocese or directly to CRS at the address in Step 1.

STEP 5

Thank your community, and let them know the impact their gifts will have.

Display the **Thank You Poster** you receive from CRS at the end of Lent. See crsricebowl.org for other creative ways to thank your community.

BLESSING TO BEGIN THE LENTEN SEASON

This blessing will help your community begin your Lenten journey with CRS Rice Bowl. You can incorporate it into Mass after the homily, or during prayer services or other gatherings. Make sure you have enough CRS Rice Bowls to pass out after they've been blessed—and recruit volunteers to hand one to each family.

Introduction

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms an offering of peace, and our prayers a reflection of humble and grateful hearts. We ask the Holy Spirit to accompany us as we spend these 40 days reflecting on our responsibility to share what we have with our global human family. How may our Lenten reflection inspire us to reach out to those most in need? How may our prayers, fasting and almsgiving support people worldwide, especially those who are hungry and lack proper nutrition? We ask this through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, one God forever and ever.

Amen

Reading

Let us listen to the Gospel of Mark (6:34-44).

Weekly Prayer Intentions

Pray for those in need around the world and in your own community. See page 5 or crsricebowl.org/parish.

Blessing of the CRS Rice Bowls

God of abundance,

You are the source of every blessing. May we be mindful of your presence now and as we use these CRS Rice Bowls in prayer, fasting and almsgiving. May they be instruments of encounter, bringing us closer to you, our God, and to our neighbors both near and far. May our Lenten journey inspire us to bring hope to the most vulnerable—particularly those experiencing hunger, and a lack of economic opportunity. Through these 40 days, may we deepen our faith in you and our love for one another, as we prepare for the great celebration of Easter.

Amen



Photo by Phillip Laubner/CRS

WEEKLY PRAYER INTENTIONS

Integrate CRS Rice Bowl into your liturgical celebrations with these prayer intentions.

Introduction

Trusting in the mercy and love of our Lord, Jesus Christ, who calls us to recognize the needs of our global human family, we voice our own petitions, asking for what we need and for the needs of our brothers and sisters all over the world, saying, *“Lord, may we love as one human family.”*

First Sunday of Lent

For our brothers and sisters who struggle to put food on the table, that they may find the resources to care and provide for their families. We pray to the Lord ...

For our community, that we may be thankful for the gifts we have and realize that by sharing them they are multiplied to feed the needs of our global family. We pray to the Lord ...

Second Sunday of Lent

May we follow Jesus' example in the feeding of the 5,000 and gather all around the table to share in the bounty of the Lord. We pray to the Lord ...

May we never forget that an empty seat at our table is a missed opportunity to make someone feel at home, where food is shared and community is had. We pray to the Lord ...

Third Sunday of Lent

For Yvone and her family, whom we meet through CRS Rice Bowl, and all families who struggle to provide for their children, that they are able to offer a healthy lifestyle for those they care for. We pray to the Lord...

For our communities, that we promote good health and well-being for all members of our human family. We pray to the Lord ...

Fourth Sunday of Lent

For Trinh and her family, whom we meet through CRS Rice Bowl, and all farmers affected by climate change, that they be blessed with plentiful harvests to provide for the needs of their families. We pray to the Lord ...

For our community, that we are not blind to the effects that our actions have on the environment, and how they affect those who cultivate the land for their nourishment and living. We pray to the Lord ...

Fifth Sunday of Lent

For Maria Ana, whom we meet through CRS Rice Bowl, and all those attending school to achieve their dreams, may they receive the proper nutrition needed to focus on their studies and have a brighter future. We pray to the Lord ...

That as a community we may recognize the importance of supporting students and their dreams, so that their communities can thrive. We pray to the Lord ...

Palm Sunday

For our communities, that we do not deny the reality of our most vulnerable brothers and sisters, but that we see in their suffering the suffering of Christ that redeems us. We pray to the Lord ...

Easter Sunday

For those we encountered through CRS Rice Bowl, and all members of our one human family, that they do not go hungry, and always have the proper nutrition giving them the opportunity to build their dreams and a brighter future. We pray to the Lord ...

OFFERTORY PRAYER TO END THE LENTEN JOURNEY

Use this offertory prayer at a CRS Rice Bowl closing ceremony or as a part of the Mass. Encourage children and families to process forward with their CRS Rice Bowls, and place them in a basket or collection area in the sanctuary or other church location.

God of abundance,

You generously provide for our every need.

As we end our Lenten journey, may we continue to remember our brothers and sisters around the world who are hungry, who don't have the opportunity to dream, and all who need our support.

We pray that these, our Lenten sacrifices, may be an offering of solidarity and a promise of ongoing commitment to our one human family.

As good stewards of your many gifts, may we always answer Jesus' call to reach out beyond ourselves and to share your abundance.

We ask this through Christ our Lord.

Amen



Photo by Sean Warren/Getty Images

PULPIT ANNOUNCEMENT: INTRODUCTION TO CRS RICE BOWL

Good morning/afternoon. My name is _____, and I'm here to invite each of you to participate in CRS Rice Bowl during Lent.

CRS Rice Bowl is Catholic Relief Services' Lenten faith-in-action program. It offers opportunities for your family to engage daily with the spiritual pillars of Lent: prayer, fasting and almsgiving. And it's an opportunity for our parish/school to come together as a community and reflect on what it means to live our Gospel call to seek those in distress and help those in need.

During the next 40 days, we will encounter the stories of people in Kenya, Vietnam, and Honduras where CRS is at work. We'll be invited to eat simple, meatless meals from these countries. And, through the stories, we'll learn about the principles of Catholic social teaching—and ways we can put them into action during Lent and beyond.

We will reflect on how we are called to recognize the needs of our global human family. We will see how our prayers, fasting and almsgiving can provide for those worldwide who are most in need, especially those who are hungry and lack proper nutrition.

I'm excited to take this journey with our parish/school community, and to connect the prayer and reflections of each of our families to our global community of faith. I hope you will take home a CRS Rice Bowl, located _____.

If you have any questions, please contact me at _____ or talk to me after Mass. Thank you for your time.



Then, taking the five loaves and the two fish and looking up to heaven, he said the blessing, broke the loaves, and gave them to [his] disciples to set before the people.

—Mark 6:41

Dear Families,

During Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to reflect on the challenges of global hunger—and our responsibility to respond to the needs of our global human family.

We will be reminded through the Gospel story of Jesus feeding the 5,000 that if we commit to sharing what we have with those in need, trusting in God's abundance, there is more than enough to feed everyone. Through our Lenten prayers, fasting and almsgiving, we can respond to the call to ensure that all our brothers and sisters are fed good, nutritious food that gives them what they need to fulfill their God-given potential.

During this holy season, it is important to come together as a family and reflect on the cross of hunger and lack of proper nutrition, that so many of our brothers and sisters both near and far are forced to carry. In so doing, we pledge to stand alongside these members of our human family, supporting them as the Gospel calls us to do.

Please consider these suggestions in your family's Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar daily to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving.
- Prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our brothers and sisters around the world.
- Visit crsricebowl.org to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

We will collect your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

FOR LENT FOR LIFE



Photo by Philip Laubner/CRS

This Lent, commit to our global human family through

- Daily prayer
- Weekly fasting
- Almsgiving that changes lives

Jesus asks that we share what we have with those in need. With CRS Rice Bowl as our guide, we can respond to that Gospel call.

BULLETIN & NEWSLETTER ANNOUNCEMENTS

SUNDAY(S) BEFORE ASH WEDNESDAY

We are called

Join our faith community—and more than 14,000 Catholic communities across the United States—in a life-changing Lenten journey with CRS Rice Bowl. Pick up your family's CRS Rice Bowl from [LOCATION] on [DATE]. During the 40 days of Lent, we will reflect on the challenge of global hunger and how it affects our human family.

FIRST WEEK OF LENT

Hunger in Our World

When Jesus fed the 5,000, he said, "Give them some food yourselves." Reflect on the challenge of global hunger. How can you contribute to support the hungry in your community? Visit crsricebowl.org for more.

SECOND WEEK OF LENT

Meet Trinh

Trinh's family are farmers in Vietnam who have been affected by climate change. What would you do if your source of nutrition was threatened? How can we support those whose livelihoods are vulnerable to weather? Visit crsricebowl.org for more.

THIRD WEEK OF LENT

Meet Yvone

Meet Yvone from Kenya. She learned proper nutrition and hygiene practices to help keep her healthy and in school. Yvone now has a chance to dream and the strength to follow those dreams. How can you ensure that young people in your community receive proper nutrition? Visit crsricebowl.org for more.

FOURTH WEEK OF LENT

Meet Maria Ana

Maria Ana and her brothers receive one meal a day at school, so that they can focus on achieving their dreams. How was education important for your future? How can you ensure that all young people have a chance to be educated? Visit crsricebowl.org for more.

FIFTH WEEK OF LENT

Opportunity to Dream

Young people must be provided good nutrition to be able to pursue their dreams. Did you have the opportunity to dream? What can you do to give young people the opportunity to dream? Visit crsricebowl.org for more.

PALM SUNDAY

Do This in Memory of Me

As we enter Holy Week, we celebrate the gift of the Eucharist as our heavenly food. We continue to reflect on the challenge of global hunger. How does our faith inspire us to share the gifts that God has bestowed on us? Visit crsricebowl.org for more.

EASTER SUNDAY

Happy Easter!

We prayed, fasted and gave alms—and now we celebrate the Risen Lord! Our Lenten journey with CRS Rice Bowl challenges us as we begin the Easter season to share what we have with our global family. Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE].*

AFTER-EASTER MESSAGING

Thank You

Our community changed lives this Lent, and CRS Rice Bowl wants to say THANK YOU! Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE].*

*It may be helpful to include your community's preferred method for turning in Lenten gifts.