

# 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](https://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

# 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



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