

# 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

### 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 ...