As Masses are being suspended, schools closed, and Lenten prayer services and soup suppers cancelled, the traditional Lenten practices of prayer, fasting and sacrifice offer support on our journey through these challenging times.

CRS Rice Bowl offers a variety of resources in both English and Spanish at crsricebowl.org or crsplatodearroz.org that can be done safely in the home with families accessing resources digitally and virtually.

**Spiritual Resources**

- Our families page contains a daily calendar, simple meatless meal recipes, videos, worksheets and other resources to support families with their Lenten practices in the home.
  - English [https://www.crsricebowl.org/families](https://www.crsricebowl.org/families)
  - Spanish [https://www.crsricebowl.org/es/families](https://www.crsricebowl.org/es/families)

- Catholic schools, Parish Religious Education programs and parents may use the lesson plans, worksheets and videos to supplement remote learning efforts and provide resources for students.
  - English [https://www.crsricebowl.org/schools](https://www.crsricebowl.org/schools)
  - Spanish [https://www.crsricebowl.org/es/schools](https://www.crsricebowl.org/es/schools)

- Our digital Stations of the Cross offer an online option for all people to practice this Lenten devotion at home.
  - English [https://www.crsricebowl.org/stations-of-the-cross](https://www.crsricebowl.org/stations-of-the-cross)
  - Spanish [https://www.crsricebowl.org/es/via-crucis](https://www.crsricebowl.org/es/via-crucis)

- Our Bi-lingual Facebook Group offers a virtual community space where people can share about their Lenten journeys and see examples of how others are maintaining Lenten spirituality during social distancing.
  - Bi-lingual [https://www.facebook.com/groups/129660724343779/](https://www.facebook.com/groups/129660724343779/)
**Collection**
Many have asked us about how to collect Rice Bowls this year as parishes and schools will remain closed through the rest of the Lenten season.

We invite you to encourage families to conclude their Lenten participation by counting the sacrificial gifts they collected in their Rice Bowls and reflecting on their Lenten journey and experience.

Families may send their gifts into CRS directly online, through our toll-free telephone number, or through the mail. Families may save their Rice Bowls for a symbolic conclusion in their communities once we are able to safely gather again.

Invite communities to symbolically conclude the CRS Rice Bowl program using our [Offertory Prayer to End the Lenten Season](https://support.crs.org/donate/change-life-lent-0) or in another way that is appropriate and meaningful for the community.

Families may turn in their Lenten gifts in the following ways:

**Online**
- English [https://support.crs.org/donate/change-life-lent-0](https://support.crs.org/donate/change-life-lent-0)
- Spanish [https://support.crs.org/donate/cambia-una-vida-esta-cuaresma](https://support.crs.org/donate/cambia-una-vida-esta-cuaresma)

**By Phone**
- Call 877-435-7277 from 8 a.m. to 11 p.m. Eastern Time. Be sure to tell the operator that the gift is for CRS Rice Bowl

**By Mail**
- Please write “CRS Rice Bowl” in the memo line of your check and mail it to
  Catholic Relief Services
  CRS Rice Bowl
  P.O. Box 17090
  Baltimore, Maryland 21297-0303
- For those dioceses who received a postage paid Rice Bowl Envelope in their RBs, participants should send their gifts in that envelope.

Remember – CRS Rice Bowl supports hunger and poverty alleviation efforts both around the world through CRS (75% of gifts) and also here in the U.S. (25% for local diocesan efforts). This global/local connection is important as communities in the United States and around the world are both struggling with the economic impacts of COVID-19.