 Sample Email to Parishes

*Format this text and send it to parish leaders to invite their communities to participate in CRS Rice Bowl this Lent.*

Lent is a time of repentance and of uniting ourselves to Christ during his 40 days in the desert. During this sacred season, CRS Rice Bowl—Catholic Relief Services’ Lenten faith-in-action program—invites us to reflect on how caring for our neighbor is caring for Christ. *For I was hungry and you gave me food, thirsty and you gave me drink* (Matthew 25:35).

Journey with CRS to Madagascar, El Salvador and Timor-Leste to learn about the root causes of hunger and how communities—with the support of CRS and faith communities like yours—are making sure they have the right nutritious food to thrive. Through stories, videos and lesson plans, your community will learn about the global issue of hunger and malnutrition and our Gospel call to care for the corporal needs of our sisters and brothers.

Join more than 14,000 faith communities in 180 dioceses across the U.S. in prayer, fasting and almsgiving this Lent. Together, we will serve our sisters and brothers most in need around the world while forming families and faith communities to be missionary disciples.

Here are some easy ways to get started:

1. Watch “How to Kick off CRS Rice Bowl” for 5 easy steps to getting CRS Rice Bowl started in your parish at **crsricebowl.org/parishes**.

* Download **the Coordinator’s Guide**which contains resources to help integrate CRS Rice Bowl into your faith community.

1. Order FREE English or Spanish materials online at **crsricebowl.org/order** or by calling **1-800-222-0025**.

* **Order CRS Rice Bowls (one per household)**. These cardboard bowls are used to collect each family’s Lenten alms. Each CRS Rice Bowl comes with a Lenten calendar with daily reflections which families can read together.

1. **Plan a time to distribute CRS Rice Bowls to each member of your parish community.** Your pastor can lead the Prayer to Begin Lent—found in the Coordinator’s Guide—to help your community begin their Lenten journey with CRS Rice Bowl. Consider asking students in your parish to distribute CRS Rice Bowls after Mass.

* **If your parish prefers a virtual option**, designate a date and time for families to pick up their CRS Rice Bowls or direct them to the Resources page on crsricebowl.org to print their own DIY Rice Bowl label. Visit **crsricebowl.org/dioceses** for more virtual engagement tips.

If you have any questions about CRS Rice Bowl, please contact me or [crsricebowl@crs.org](mailto:crsricebowl@crs.org).

Thank you for considering CRS Rice Bowl as a part of your parishioners’ faith journey!

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