



For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me. —Matthew 25:35

Dear Families,

The season of Lent gives us a wonderful opportunity to reflect and make room in our hearts to welcome the stranger. Through our **prayer**, we encounter Jesus, who is present in the face of every member of our human family. When we **fast**, we encounter the obstacles that prevent us from fully loving God and our neighbor. When we **give** alms, we share what we have with others.

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 Gospel call to care for our global human family.

Matthew's Gospel invites us to remember that we are responsible for helping all of our sisters and brothers, even those who are strangers to us. When we do this, we care for Christ. In Matthew 25:40, Jesus tells us that, "Whatever you did for one of these least brothers of mine, you did for me." Through our Lenten prayers, fasting and almsgiving, we can respond to the needs of our sisters and brothers, including the millions of men, women and children around the world who experience chronic hunger.

CRS Rice Bowl provides many resources for daily reflection throughout Lent. Consider these suggestions in your family's Lenten plan:

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

Your sacrifices during this holy season have the power to change lives by providing enough nutritious food for families to thrive. And by practicing the pillars of Lent through CRS Rice Bowl, I hope both your faith and connection to our one human family deepens.

CRS Rice Bowls will be collected at the end of Lent, so stay tuned to learn more. Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

CRS Rice Bowl is sponsored by Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist poor and suffering people in more than 100 countries, without regard to race, religion or nationality.