Good morning/afternoon. My name is ______________, and I’m here to invite each of you to participate in CRS Rice Bowl during Lent.

CRS Rice Bowl is Catholic Relief Services’ Lenten faith-in-action program. It offers opportunities for your family to engage daily with the spiritual pillars of Lent: prayer, fasting and almsgiving. And it’s an opportunity for our parish/school to come together as a community and practice the works of mercy with our neighbors and our brothers and sisters around the world.

During the 40 days of Lent, we will encounter the stories of communities in Madagascar, El Salvador and Timor-Leste where CRS is at work. We’ll be invited to eat simple, meatless meals from these countries. Through the stories, we’ll learn about the principles of Catholic social teaching—and ways we can put them into action during Lent and beyond.

We will reflect on how we are called to recognize the suffering Christ in the most vulnerable members of our global human family. We will see how our prayers, fasting and almsgiving can provide for those worldwide who are most in need, especially those who are hungry and lack proper nutrition.

I’m excited to take this journey with our parish/school community, and to connect the prayer and reflections of each of our families to our global community of faith. I hope you will take home a CRS Rice Bowl, located ____________.

If you have any questions, please contact me at __________ or talk to me after Mass. Thank you for your time.