Lenten Prayer

God of mercy,
You call us to recognize you in our sisters and brothers and to care for those most in need—for whatever you do for the least of these, you do for me.

This Lent, ignite your love in us so that through our prayer, fasting and almsgiving we may support all who experience hunger in body, heart and spirit.

AMEN

My Lenten Pledge

Name____________________________________

For Lent, I will __________________________

And donate $ __________________________

Turn in your gifts at the end of Lent, or donate online at crsricebowl.org/give

Make a Lenten Plan

PRAY
Set aside a time each week to pray and reflect.

FAST
Consider what you will give up for Lent to change the lives of others.

GIVE
Set a goal for your CRS Rice Bowl offering.

LEARN
Meet your global family. Discover stories, reflections and more at crsricebowl.org.

MAKE YOUR OWN CRS RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CAN. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!