

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	REFLECTION	ACT	MEATLESS FRIDAY	CATHOLIC TEACHING
<p>LORD JESUS, <i>You call us to a conversion of heart during Lent, and you give us the tools to do this through prayer, fasting and almsgiving. When we pray, help us remember the needs of our sisters and brothers. When we fast, help us offer our sacrifice in union with you. When we give, help us recognize our gifts are from you so that we are generous with others.</i></p> <p>AMEN</p>		<p> Track your Lenten journey. Check the box each day as you complete your reflection!</p> <p> When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.</p>	<p>BEGIN YOUR JOURNEY</p> <p><input type="checkbox"/>  MARCH 2</p> <p>This Lent, we reflect on God's call to care for others as one human family. How can we help our family in Christ these 40 days?</p> <p>Write your Lenten promise on your CRS Rice Bowl.</p> <p> Ash Wednesday</p>	<p><input type="checkbox"/> 3</p> <p>Lent is a time of sacrifice. Spend today completely device-free. Take a walk in nature or read a book.</p> <p>GIVE 50 cents for each device you went without today.</p>	<p><input type="checkbox"/> 4</p> <p>Each Friday of Lent we abstain from eating meat as a way to experience a little of the hunger that many experience daily.</p> <p>GIVE 50 cents if you said a prayer before a meal today.</p>	<p><input type="checkbox"/> 5</p> <p>Rights and Responsibilities</p> <p>Each person deserves to be safe, healthy and protected.</p> <p><i>What makes you feel safe or protected?</i></p>
WEEK 1						
<p><input type="checkbox"/> 6</p> <p>Families in Guatemala, Bangladesh and Rwanda are pursuing their dreams, building a brighter future for their children and communities.</p> <p>Read this week's story at crsricebowl.org.</p>	<p><input type="checkbox"/> 7</p> <p><i>For our sisters and brothers experiencing poverty, hunger and malnutrition, that they may access the resources they need to stay healthy and thrive.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> 8</p> <p>Since 1975, people of all ages have participated in CRS Rice Bowl.</p> <p>GIVE 25 cents for each year that you have participated in CRS Rice Bowl.</p>	<p><input type="checkbox"/> 9</p> <p>"Families are the first place where the values of love and fraternity, togetherness and sharing, concern and care for others are lived out and handed on."</p> <p>—Pope Francis, Fratelli Tutti, 114</p>	<p><input type="checkbox"/> 10</p> <p>Call friends and family members to let them know how much you care about them.</p> <p>GIVE 25 cents for each call you make.</p>	<p><input type="checkbox"/> 11</p> <p>Today, make a sacrifice and give up sugary snacks and drinks such as soda, juice, cookies or candy.</p> <p>GIVE the money you save by eating simply to CRS Rice Bowl!</p>	<p><input type="checkbox"/>  12</p> <p>Call to Family, Community and Participation</p> <p>God gave us the gift of family and community so we can help each other.</p> <p><i>What's one way you can help your family or community?</i></p>
WEEK 2						
<p><input type="checkbox"/> 13</p> <p>In Guatemala, Raúl and Lilian Chanchavac are building their farming business, growing nutritious vegetables for their children and their community.</p> <p>Read this week's story at crsricebowl.org.</p>	<p><input type="checkbox"/> 14</p> <p><i>For Raúl and Lilian, and all who are working to support their families, that they have opportunities and resources to create positive change for their communities.</i></p> <p><i>Amen</i></p> <p>GIVE \$1 in thanksgiving for all farmers.</p>	<p><input type="checkbox"/> 15</p> <p>Guatemala is filled with colors, including vibrant festivals and multicolored fruits and vegetables at the market.</p> <p>GIVE 25 cents for a fruit or veggie you ate today from each color of the rainbow.</p>	<p><input type="checkbox"/> 16</p> <p>As their business expanded, Raúl and Lilian began providing jobs for neighbors in their community.</p> <p><i>Why should we help others have work and an income?</i></p>	<p><input type="checkbox"/>  17</p> <p>Visit your local farmers market with your family this week and learn what types of fruits and vegetables are grown in your community.</p>	<p><input type="checkbox"/> 18</p> <p>Abstaining from meat helps us reflect on how we can be of service to others. Try Tostadas, a meatless recipe from Guatemala.</p> <p>GIVE the money you save by eating simply to CRS Rice Bowl!</p>	<p><input type="checkbox"/> 19</p> <p>Dignity of Work and Rights of Workers</p> <p>Work is important and part of God's plan for adults and families. Therefore, jobs and pay should be fair.</p> <p>GIVE 25 cents for each chore you're responsible for.</p>
WEEK 3						
<p><input type="checkbox"/> 20</p> <p>In Bangladesh, people like Noornobi are learning how to prevent their farmland from flooding so they can grow healthy crops year-round.</p> <p>Read this week's story at crsricebowl.org.</p>	<p><input type="checkbox"/> 21</p> <p><i>For Noornobi and his family, and all who experience severe weather, that they can protect their homes and livelihoods and become more resilient to a changing climate.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> 22</p> <p>Bangladesh is home to over 6,000 plant species, including many aquatic plants.</p> <p>GIVE 25 cents for each plant you have in your home.</p>	<p><input type="checkbox"/> 23</p> <p>"During this season of conversion, let us renew our faith, draw from the 'living water' of hope, and receive with open hearts the love of God ..."</p> <p>—Pope Francis, Message for Lent, 2021</p>	<p><input type="checkbox"/> 24</p> <p>Today, make a sacrifice and give up candy and junk food.</p> <p>GIVE 50 cents for each healthy food you ate today.</p>	<p><input type="checkbox"/> 25</p> <p>Abstaining from meat helps us deepen our personal and communal prayer. Try Dahl, a meatless recipe from Bangladesh.</p> <p>GIVE the money you save by eating simply to CRS Rice Bowl!</p>	<p><input type="checkbox"/>  26</p> <p>Care for God's Creation</p> <p>God created our world, and it is our responsibility to take care of it. Go outside today and reflect on the beauty God has made.</p>

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WEEK 4						
<input type="checkbox"/> 27 In Rwanda, Gloriose Uwamahoro learned how to provide a balanced diet for her children. Read this week's story at crsricebowl.org. GIVE \$1 if you planted vegetables this year.	<input type="checkbox"/> 28 <i>For Gloriose and her family, and all who struggle with malnutrition, that they can overcome the obstacles that prevent them from accessing healthy and nutritious food.</i> Amen	<input type="checkbox"/> 29 Rwanda is known as "Land of a Thousand Hills" and has a varied landscape containing many mountains, hills, lakes and tropical plains called savannas.	<input type="checkbox"/> 30 "Miss no single opportunity ... always doing the smallest right and doing it all for love." —Saint Thérèse of Lisieux GIVE 25 cents for each act of kindness you do today.	<input type="checkbox"/> 31 Make and send cards to family members or friends to brighten their day. GIVE 25 cents for each card you send.	<input type="checkbox"/> APRIL 1 Abstaining from meat helps us be more aware of the needs of others. Try Agatogo, a recipe from Rwanda. GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> 2 Life and Dignity of the Human Person Each person is made by God and therefore each life is sacred and valuable. <i>What is one thing you can do today to treat others with respect?</i>
WEEK 5						
<input type="checkbox"/> 3 People in Guatemala, Bangladesh and Rwanda are increasing their income and raising children who are healthy and thriving. Read this week's story at crsricebowl.org.	<input type="checkbox"/> 4 <i>For those we encountered through CRS Rice Bowl and for our entire global family. May they have opportunities to pursue a brighter future.</i> Amen GIVE \$1 to help families around the world achieve their dreams.	<input type="checkbox"/> 5 Bangladesh is home to the magnificent Bengal tiger, which lives in lush forests. This endangered animal can weigh up to 700 pounds! GIVE 25 cents for each animal in your home.	<input type="checkbox"/> 6 "Love is a gift that gives meaning to our lives. It enables us to view those in need as members of our own family, as friends, brothers or sisters." —Pope Francis, Message for Lent 2021	<input type="checkbox"/> 7 "Prayer will give us a clean heart, and a clean heart will allow us to see God in each other." —Saint Teresa of Calcutta, <i>One Strong Resolution: I Will Love</i> Spend 10 minutes in prayer today.	<input type="checkbox"/> 8 Abstaining from meat allows us to open our hearts and see the face of Christ in others. GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> 9 Solidarity As part of God's family, we are all sisters and brothers, no matter where we live. <i>How can we show love and care for our sisters and brothers around the world?</i>
HOLY WEEK						
<input type="checkbox"/> 10 As we enter Holy Week, reflect on your Lenten journey so far. How will you welcome Jesus into your life this week? Reflect on this sacred week at crsricebowl.org/holy-week. Palm Sunday	<input type="checkbox"/> 11 <i>For our community, that we recognize how we are connected to our global family and take steps to support the well-being of all our sisters and brothers.</i> Amen	<input type="checkbox"/> 12 Guatemala is famed for its Semana Santa. The Holy Week celebrations include colorful festivals and religious processions to remember the Passion of Christ.	<input type="checkbox"/> 13 "The call to experience Lent as a journey of conversion, prayer and sharing of our goods, helps us ... to revive the faith that comes from the living Christ." —Pope Francis, Message for Lent 2021	<input type="checkbox"/> 14 In today's Gospel reading, Jesus washes the feet of his disciples as a model of humility and service. <i>How can you show humility and service toward others, especially people in need?</i> Holy Thursday	<input type="checkbox"/> 15 Today, Catholics from the ages of 18 to 59 are asked to fast and abstain from eating meat. In addition, what is one thing you can give up today to share in Christ's suffering on the cross? Good Friday	<input type="checkbox"/> 16 Option for the Poor and Vulnerable God wants us to pay special attention to assisting people who are poor or vulnerable. Holy Saturday
<input type="checkbox"/> 17 Alleluia, alleluia, Christ is risen! May the Easter season be filled with hope as we work together to build a more just and peaceful world for all. Easter Sunday	Remember to turn in your CRS Rice Bowl to your parish or school, or give online at crsricebowl.org/donate. Thank you for changing lives this Lent!		<p><i>This Easter Season, let us not forget our Lenten journey through the desert. Let us continue to bring the hope of the Resurrection to all those we encounter, showing God's love to all our sisters and brothers in Christ.</i></p> 			
<small>©2021 Catholic Relief Services. All rights reserved. 21US 385614 Calendar photos by (front, in order) Amit Rudro for CRS; Amit Rudro for CRS; Erick Josue Hernandez for CRS; Lauren Carroll/CRS; (back, in order) Erick Josue Hernandez for CRS; Amit Rudro for CRS; Lauren Carroll/CRS; Mussa Uwitonze for CRS; Lauren Carroll/CRS; Mussa Uwitonze for CRS.</small>						