### STORY OF HOPE

**STORY OF HOPE WEEKLY INTENTION**

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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**WEEK 1**

- **Families in Guatemala, Bangladesh and Rwanda**
  - are pursuing their dreams, building a brighter future for their children and communities.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

**WEEK 2**

- **In Guatemala, Raúl and Lilian Chanchavac**
  - are building their farming business, growing nutritious vegetables for their children and their community.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

**WEEK 3**

- **In Bangladesh, people**
  - like Noornobi are learning how to prevent their farmland from flooding so they can grow healthy crops year-round.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

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**BEGIN YOUR JOURNEY**

**Track your Lenten journey.** Check the box each day as you complete your reflection!

When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.

**Ash Wednesday**

**Lent**

- **March 2**
  - 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?
  - Write your Lenten promise on your CRS Rice Bowl.
  - Give 50 cents for each device you went without today.

**Monday**

- **March 7**
  - Since 1975, people of all ages have participated in CRS Rice Bowl.
  - Give 25 cents for each year that you have participated in CRS Rice Bowl.

**Tuesday**

- **March 8**
  - “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.”
  - —Pope Francis, Fratelli Tutti, 114

**Wednesday**

- **March 9**
  - Call friends and family members to let them know how much you care about them.
  - Give 25 cents for each call you make.

**Thursday**

- **March 10**
  - Today, make a sacrifice and give up sugary snacks and drinks such as soda, juice, cookies or candy.
  - Give the money you save by eating simply to CRS Rice Bowl!

**Friday**

- **March 11**
  - Today, make a sacrifice and give up candy and junk food.
  - Give 50 cents for each healthy food you ate today.

**Saturday**

- **March 12**
  - Abstaining from meat helps us reflect on how we can be of service to others. Try Tostadas, a meatless recipe from Guatemala.
  - Give the money you save by eating simply to CRS Rice Bowl!

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**INTENTION DID YOU KNOW?**

**Reflection**

- **Ash Wednesday**
  - When we give, help us recognize our gifts are from you so that we are generous with others.
  - 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.
  - Help us offer our sacrifice in union with you.

**ACT**

- **Monday**
  - Visit your local farmers market with your family this week and learn what types of fruits and vegetables are grown in your community.
  - Expand your family’s colors, including vibrant aquatic plants.

**MEATLESS FRIDAY**

- **March 25**
  - Abstaining from meat helps us deepen our personal and communal prayer. Try Dahl, a meatless recipe from Bangladesh.
  - Give the money you save by eating simply to CRS Rice Bowl!

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**CATHOLIC TEACHING**

**Sunday**

- **March 28**
  - Rights and Responsibilities
  - Each person deserves to be safe, healthy and protected.
  - What makes you feel safe or protected?

**Monday**

- **March 29**
  - Dignity of Work and Rights of Workers
  - Work is important and part of God’s plan for adults and families. Therefore, jobs and pay should be fair.
  - Give 25 cents for each chore you’re responsible for.

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**Read this week’s story at crsricebowl.org.**
### WEEK 4

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<td>In Rwanda, Glorioso Uwamahoro learned how to provide a balanced diet for her children.</td>
<td>For Glorioso and her family, and all who struggle with malnutrition, that they could overcome the obstacles that prevent them from accessing healthy and nutritious food. Amen</td>
<td>Rwanda is known as “Land of a Thousand Hills” and has a varied landscape containing many mountains, hills, lakes and tropical plains called savannas.</td>
<td>“Miss no single opportunity ... always doing the smallest right and doing it all for love.” —Saint Thérèse of Lisieux</td>
<td>Make and send cards to family members or friends to brighten their day. <strong>GIVE</strong> 25 cents for each act of kindness you do today.</td>
<td>Abstaining from meat helps us be more aware of the needs of others. Try Agatogo, a recipe from Rwanda. <strong>GIVE</strong> the money you save by eating simply to CRS Rice Bowl!</td>
<td><strong>APRIL 1</strong> Life and Dignity of the Human Person</td>
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<td>People in Guatemala, Bangladesh and Rwanda are increasing their income and raising children who are healthy and thriving.</td>
<td>For those we encountered through CRS Rice Bowl and for our entire global family. May they have opportunities to pursue a brighter future. Amen</td>
<td>Bangladesh is home to the magnificent Bengal tiger, which lives in lush forests. This endangered animal can weigh up to 700 pounds! <strong>GIVE</strong> 25 cents for each animal in your home.</td>
<td>“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</td>
<td>“Prayer will give us a clean heart, and a clean heart will allow us to see God in each other.” —Saint Teresa of Calcutta, One Strong Resolution: I Will Love Spend 10 minutes in prayer today.</td>
<td>Abstaining from meat allows us to open our hearts and see the face of Christ in others. <strong>GIVE</strong> the money you save by eating simply to CRS Rice Bowl!</td>
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<td>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.</td>
<td>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. Amen</td>
<td>Guatemala is famed for its Semana Santa. The Holy Week celebrations include colorful festivals and religious processions to remember the Passion of Christ.</td>
<td>“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</td>
<td>In today’s Gospel reading, Jesus washes the feet of his disciples as a model of humility and service. How can you show humility and service toward others, especially people in need?</td>
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