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 us to come together as a community and support our sisters and brothers around the world.

**During the 40 days of Lent,** we will encounter stories of communities in Guatemala, Bangladesh and Rwanda 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 see how our prayers, fasting and almsgiving can support 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 community, and to connect our prayer and reflections to our global community of faith. Please take home a CRS Rice Bowl for your family, located ____________.

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