

WEEK 1: INTRODUCTION

CALL TO FAMILY, COMMUNITY AND PARTICIPATION

Humans are social by nature. We need each other. Like the early disciples, we are called to come together and grow as a community—in our classrooms, church and families.

STORY OF HOPE

During the 40 days of Lent, we're invited to focus on how we can follow Christ's will more faithfully. We do this through the three pillars of prayer, fasting and almsgiving.

Through prayer we seek and connect with the Lord and ask him to intercede for the needs of our global family.

When we fast, we experience a little bit of the hunger that many experience daily. We make room for the needs of others—and room for God's Holy Spirit to work within us.

Finally, through a recognition of the world's needs and a personal commitment to help others, we give alms.

With these pillars as our guide, CRS Rice Bowl will introduce us to our neighbors in Guatemala, Bangladesh and Rwanda. We'll learn how the dreams of our sisters and brothers are inspiring them to overcome challenges that impact their daily life. To dream bigger. To help their families and communities succeed.



Photo by Mussa Uwitonze for CRS

POPE FRANCIS' WORDS TO CONSIDER:

- "Fasting involves being freed from all that weighs us down—like consumerism or an excess of information, whether true or false—in order to open the doors of our hearts to the One who comes to us, poor in all things, yet 'full of grace and truth.'"

Consumerism is when you already have lots of toys or books but think it's important to keep getting new ones. It's when you keep buying the things you want versus what you need because you think those things will make you happy.

- "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. A small amount, if given with love, never ends, but becomes a source of life and happiness."



For downloadable photos, visit crsricebowl.org/photos and watch the video from Week 1 at crsricebowl.org/stories.

CALL TO FAMILY, COMMUNITY AND PARTICIPATION

45 MINUTES

OBJECTIVE

Through the summary of the three pillars of Lent, students will explore the Catholic social teaching principle of Call to Family, Community and Participation. They'll learn how to live it out more deeply this Lent.

MATERIALS

- A map of the world.
- Week 1 story and video—available at crsricebowl.org/stories.
- Week 1 Activity Sheet: Grades 1-3.
- Colored pencils, markers or crayons, and scissors.

DISCUSSION (15 MINUTES)

1. Locate Guatemala, Bangladesh and Rwanda on the map.
2. Read the story from Week 1. Use the video to supplement the story.
3. Reflect:
 - What is Lent and what are the three pillars of the season?
 - Why do we participate in CRS Rice Bowl?
 - Have you met someone from Guatemala, Bangladesh or Rwanda?
 - Why is it important to get to know more about people and their families in other parts of the world?

ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle of Call to Family, Community and Participation. Discuss how humans are social by nature. We need each other. Like the early disciples, we are called to come together and grow as a community—in our classroom, church and family.
2. Have students complete the Week 1 Activity Sheet: Grades 1-3.
3. Have students show their prayers to a partner. Invite them to practice praying the prayer together.

CLOSING PRAYER (5 MINUTES)

God of community,

We thank you for the gift of each person we encounter in our lives. May we always show them the compassion and kindness they deserve.

Amen

AT HOME

1. Share your activity sheet with your family.
2. As a family, read and discuss the daily reflection in your **CRS Rice Bowl Lenten Calendar**.

IF YOU ONLY HAVE



1. Read the Week 1 story. Use the video to supplement the story.
2. Lead Discussion step 3.

Name: _____



Connect the Lenten pillar on the left to the sentence on the right that best describes it.

Prayer

Eating less to grow closer to God.

Fasting

Giving money or doing good deeds to help people in need.

Almsgiving

Talking to God and growing in our relationship with him.

Practice reading the prayer below. Then decorate it and cut it out along the dotted lines. When you finish, put it somewhere you can see and pray it every day!

Lord Jesus,

When we pray, help us remember the needs
of our sisters and brothers.

When we fast, help us offer our sacrifice
to grow closer to you.

When we give, help us to see that our gifts are from you
so that we share more with others.

Amen

