

# 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.

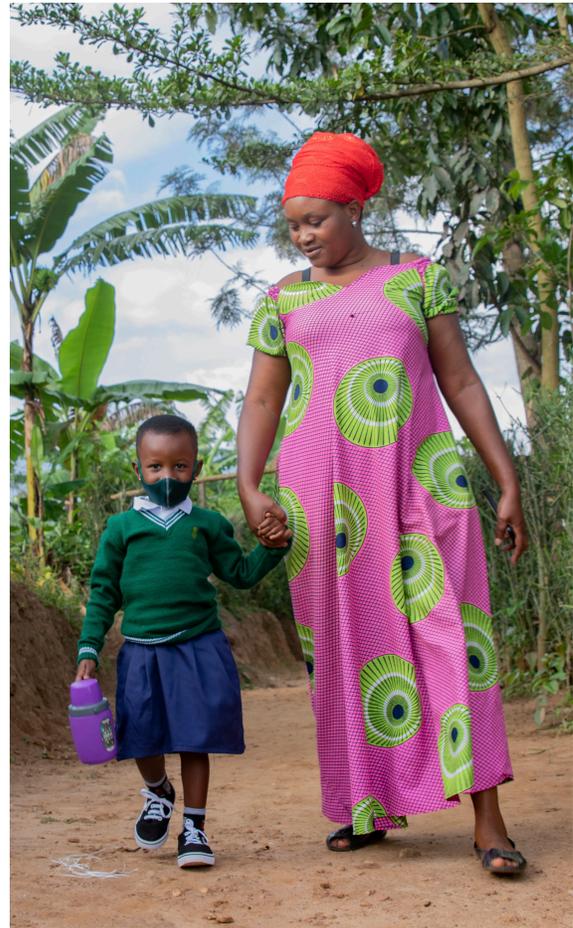


Photo by Mussa Uwizize for CRS

### 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](https://crsricebowl.org/photos) and watch the video from Week 1 at [crsricebowl.org/stories](https://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](https://crsricebowl.org/stories).
- Week 1 Activity Sheet: Grades 4-6.
- Pencils or pens.

### 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:
  - Why is Lent an important season of the year?
  - What are the three pillars of Lent and how do they help us in our journey to Easter?
  - Why is it important to get to know more about people and their families in other parts of the world?
  - Why is it important to support people in our community and around the world?

### ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle of Call to Family, Community and Participation. Discuss how providing families with resources supports that family and the community by engaging community members.
2. Have students complete the Week 1 Activity Sheet: Grades 4-6.
3. If time permits, ask students to share one way they can strengthen relationships with others to ensure their classroom, family or parish is a welcoming and supportive community.

### CLOSING PRAYER (5 MINUTES)

*Loving God,*

*Be with us as we form communities and support them.*

*May we always be open to your presence in every member of our community—those nearby and around the world.*

*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: \_\_\_\_\_



Using each letter in the word **PRAYER**, write a message to God about how you will pray, fast and give to grow closer to him during Lent.

**EXAMPLE**

**P**ray as a family every night.

**R**ead about how families in Guatemala help each other.

**A**nswer the call of people in need.

**Y**ou are our heavenly father. Help me to grow with you.

**E**at less.

**R**emember to thank you for all that you have given me.

**P** \_\_\_\_\_

**R** \_\_\_\_\_

**A** \_\_\_\_\_

**Y** \_\_\_\_\_

**E** \_\_\_\_\_

**R** \_\_\_\_\_