

FOR LENT FOR LIFE



Photo by Karen Kosmauski for CRS

This Lent, be transformed—and transform the world—by practicing:

- ▣ Daily prayer.
- ▣ Weekly fasting.
- ▣ Almsgiving.

Journey with CRS Rice Bowl to encounter God and our global family. What you give up for Lent changes lives!

Find stories, videos and more at crsricebowl.org