

Lenten Prayer

Our Father,

As we begin Lent, let our hearts be filled with your Spirit so that we may grow deeper in your love.

May our prayer lead us to a sincere desire to be close to you.

May fasting help us rely on you and transform us into better people.

May our almsgiving be a chance to serve our one human family around the world.

AMEN

 CRS RICE BOWL
CATHOLIC RELIEF SERVICES

FOR
LENT
FOR
LIFE

Photo by Patrick Meinhardt for CRS

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CONTAINER. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts at the end of Lent,
or donate online at:
crsricebowl.org/donate

Make a Lenten Plan

PRAY

Set aside a time each week to pray and reflect.

FAST

Consider what you will give up for Lent to change the lives of others.

GIVE

Set a goal for your CRS Rice Bowl offering.

LEARN

Meet your global family. Discover stories, reflections and more at crsricebowl.org.



FOR
LENT
FOR **LIFE**

Lenten Prayer

Our Father,

As we begin Lent, let our hearts be filled with your Spirit so that we may grow deeper in your love.

May our prayer lead us to a sincere desire to be close to you.

May fasting help us rely on you and transform us into better people.

May our almsgiving be a chance to serve our one human family around the world.

AMEN

MAKE YOUR OWN RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CONTAINER. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts at the end of Lent,
or donate online at:
crsricebowl.org/donate

Make a Lenten Plan

PRAY

Set aside a time each week to pray and reflect.

FAST

Consider what you will give up for Lent to change the lives of others.

GIVE

Set a goal for your CRS Rice Bowl offering.

LEARN

Meet your global family. Discover stories, reflections and more at crsricebowl.org.