### WEEKLY INTENTION

**MONDAY**

**TUESDAY**

**WEDNESDAY**

**THURSDAY**

**FRIDAY**

**SATURDAY**

**SUNDAY**

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**DID YOU KNOW?**

**BEGIN YOUR JOURNEY**

**REFLECTION**

**ACT**

**MEATLESS FRIDAY**

**LEARN**

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**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**

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### WEEK 1

- **MONDAY**
  - 26
  - This Lent we’ll meet families in Honduras, the Philippines and Kenya who are overcoming challenges through hard work, perseverance and sacrifice.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

- **TUESDAY**
  - 27
  - We pray for our planet, our family. May we recognize how our actions affect the environment and people who depend on the land for growing food and earning a living.
  - Amen

- **WEDNESDAY**
  - 28
  - Lenten aims to CRS Rice Bowl support CRS’ work in more than 100 countries.
  - Give 25 cents for every country you can name in Asia.

- **THURSDAY**
  - 29
  - “All of us can cooperate as instruments of God for the care of creation, each according to his or her own culture, experience, involvements and talents.”
  - —Pope Francis, Laudato Si’, 14

- **FRIDAY**
  - 30
  - God calls us to care for creation. As a family, talk about what you could do to care for the Earth.

- **SATURDAY**
  - 31
  - In the Philippines, people like Raul and Rhodora are learning new ways to farm so they can grow crops even when there is little rain.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

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### WEEK 2

- **MONDAY**
  - 1
  - We pray for Rony and Reina and for all farmers who grow crops in areas with severe weather changes. May they receive the training and resources needed to become more resilient to a changing climate.
  - Amen

- **TUESDAY**
  - 2
  - The Río Plátano Biosphere Reserve—a protected area of rainforest and mountains in Honduras—is home to many different plants and animals.
  - Give 50 cents for each plant in your home.

- **WEDNESDAY**
  - 3
  - “I only ask God for the strength to work, to see my children grow up and have a better future.”
  - —Reina, Honduras

- **THURSDAY**
  - 4
  - Cooking a meatless meal as a family is a great way to spend time together.
  - Give $5 if you cooked dinner as a family.

- **FRIDAY**
  - 5
  - In Honduras, Rony and Reina are learning new ways to farm so they can grow crops even when there is little rain.
  - Read this week’s story at [crsricebowl.org](http://crsricebowl.org).

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### WEEK 3

- **MONDAY**
  - 6
  - We pray for Raul and Rhodora and for all families. May they have nutritious food on the table each day so that their children and grandchildren can grow, learn and study hard.
  - Amen

- **TUESDAY**
  - 7
  - The Philippines is made up of over 7,000 islands and has over 175 languages.
  - Give $1 for each language you can speak.

- **WEDNESDAY**
  - 8
  - “Aspire not to have more but to be more.”
  - —Saint Oscar Romero

- **THURSDAY**
  - 9
  - Thank your teachers today for helping you learn in school.
  - Give 50 cents for each teacher you thank.

- **FRIDAY**
  - 10
  - Abstaining from meat helps us to practice living more simply. Today try Ginataang Gulay, a meatless recipe from the Philippines.
  - Give the money you save by eating simply to CRS Rice Bowl!

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### DID YOU KNOW?

- **MONDAY**
  - 11
  - A tilapia fish can take over six months to grow from a fingerling—a baby fish—into full size.
  - Give $1 if you have a pet fish in your home.
### WEEKLY INTENTION
- **Week 4**
  - **19**
    - In Kenya, people like Rebecca and Lotiang are benefiting from new water wells to care for their livestock and water their crops, ensuring their children can have healthy food to eat.
    - **Read this week’s story at crsricebowl.org.**
- **Week 5**
  - **26**
    - Families in Honduras, the Philippines and Kenya are building a hopeful future for themselves and giving their children an opportunity to reach their full potential.
    - **Read this week’s story at crsricebowl.org.**

### STORY OF HOPE
- **Week 4**
  - **19**
    - We pray for Rebecca and Lotiang and for all communities who live in hot, dry areas, that they can have easier access to clean water for drinking and for growing crops.
    - **GIVE** 50 cents for each animal in your house.
    - **Amen**

### DID YOU KNOW?
- **Week 4**
  - **20**
    - Kenya is filled with exciting wildlife. On a safari, you might spot lions, elephants, zebras or giraffes.
    - **GIVE** 50 cents for each animal in your house.
    - **Amen**

### REFLECTION
- **Week 4**
  - **21**
    - “The natural environment is a collective good, the [property] of all humanity and the responsibility of everyone.”
    - —Pope Francis, Laudato Si’, 95

### MEATLESS FRIDAY
- **Week 4**
  - **23**
    - Abstaining from meat helps us trust in God for the things we need.
    - **GIVE** the money you save by eating simply to CRS Rice Bowl!

### FRIDAY
- **Week 4**
  - **24**
    - Producing bottled water sends 2.5 million tons of carbon dioxide into the air each year and uses valuable natural resources. Make a plan with your family to use refillable water bottles instead of bottled water.

### HOLY WEEK
- **Week 4**
  - **2**
    - Palm Sunday marks the beginning of Holy Week. What have you learned on your Lenten journey so far? How will you walk with Jesus this week?
    - **Reflect on this sacred week at crsricebowl.org/holy-week.**
    - **Palm Sunday**

### APRIL 1
- **Week 5**
  - **31**
    - Eating colorful fruits and vegetables keeps us healthy and gives our brains a boost so that we can do well in school.
    - **GIVE** 50 cents for each vegetable or fruit you ate today.

### FRIDAY
- **Week 5**
  - **30**
    - Abstaining from meat helps us be more aware of the needs of others.
    - **GIVE** the money you save by eating simply to CRS Rice Bowl!

### CATHOLIC TEACHING
- **Week 4**
  - **25**
    - In Kenya, people like Rebecca and Lotiang are benefiting from new water wells to care for their livestock and water their crops, ensuring their children can have healthy food to eat.
    - **Read this week’s story at crsricebowl.org.**

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**HOLY WEEK**

**Week 4**

- **2**
  - We pray for our sisters and brothers around the world, especially for people who are most vulnerable. May we be moved to put our faith into action and build a more just world for all.
  - **Amen**

- **7**
  - During Holy Week, one tradition in Honduras is to fill the street with carpets of colored sand that are made into pictures of Jesus.
  - **Amen**

- **10**
  - The word passion means suffering. Reflect on the Passion of Jesus to remember how much God loves us and how we can show that love to others in our community and around the world.
  - **Amen**

- **14**
  - In the Philippines, Holy Week is a reflective time to remember the suffering of Jesus through prayerful processions and plays. Spend five minutes in prayer today meditating on Jesus’ love and sacrifice.

- **15**
  - Today, Catholics from the ages of 18 to 59 are asked to fast and abstain from eating meat to remember Jesus’ sacrifice on the cross. What other sacrifices can you make today?

### EASTER SUNDAY

- **Week 4**
  - **2**
    - Jesus Christ is risen today! Alleluia! May this joyful day inspire us to put our faith into action and transform our world so that all people can live with dignity.

- **Week 5**
  - **8**
    - Growing a garden refreshes our spirit and brings a sense of peace. As you patiently await the resurrection of Jesus, try planting something inside or outside today.

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**DON’T FORGET TO TURN IN YOUR CRS RICE BOWL TO YOUR PARISH OR SCHOOL—OR GIVE ONLINE AT CRSRICEBOWL.ORG/DONATE.**

Thank you for changing lives this Lent!

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