













SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	REFLECTION	ACT	MEATLESS FRIDAY	LEARN
<p><b>OUR FATHER,</b>  <i>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.</i></p> <p><b>AMEN</b></p>		<p><input checked="" type="checkbox"/> <b>Track your Lenten journey.</b> Check the box each day as you complete your reflection!</p> <p> When you see a bowl, share your pictures and reflections on your social media using #CRSRiceBowl.</p>	<p><b>BEGIN YOUR JOURNEY</b></p> <p><input type="checkbox"/>  <b>FEBRUARY 22</b></p> <p>This Lent, let's stand shoulder to shoulder with our global family in Christ to ensure all people can reach their God-given potential.</p> <p>Write your Lenten promise on your CRS Rice Bowl.</p> <p> <b>Ash Wednesday</b></p>	<p><input type="checkbox"/> <b>23</b></p> <p>Prayer helps us experience God's love and share that love with others. Say a prayer today for each member of your family.</p>	<p><input type="checkbox"/> <b>24</b></p> <p>Each Friday of Lent we abstain from eating meat to remind us of our hunger for God.</p> <p><b>GIVE</b> \$3 if you cooked a meatless meal.</p>	<p><input type="checkbox"/> <b>25</b></p> <p>Eating healthy foods in the first 1,000 days of a baby's life is important to helping that child grow and learn.</p> <p><b>GIVE</b> \$1 if you have a baby brother or sister at home.</p>
<b>WEEK 1</b>						
<p><input type="checkbox"/> <b>26</b></p> <p>This Lent we'll meet families in Honduras, the Philippines and Kenya who are overcoming challenges through hard work, perseverance and sacrifice.</p> <p><b>Read this week's story at <a href="http://crsricebowl.org">crsricebowl.org</a>.</b></p>	<p><input type="checkbox"/> <b>27</b></p> <p><i>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.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> <b>28</b></p> <p>Lenten alms to CRS Rice Bowl support CRS' work in more than 100 countries.</p> <p><b>GIVE</b> 25 cents for every country you can name in Asia.</p>	<p><input type="checkbox"/> <b>MARCH 1</b></p> <p>"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."</p> <p>—Pope Francis, Laudato Si', 14</p>	<p><input type="checkbox"/> <b>2</b></p> <p>Do a few chores today without being asked.</p> <p><b>GIVE</b> 50 cents for each chore you did.</p>	<p><input type="checkbox"/> <b>3</b></p> <p>A typical meatless meal might save your family up to \$15 in groceries.</p> <p><b>GIVE</b> the money you save by abstaining from meat to CRS Rice Bowl!</p>	<p><input type="checkbox"/>  <b>4</b></p> <p>Almost one-third of the world's population lives in dry, hot areas where crops can't grow well. Drink only water today.</p> <p><b>GIVE</b> \$1 for each drink you gave up that wasn't water.</p>
<b>WEEK 2</b>						
<p><input type="checkbox"/> <b>5</b></p> <p>In Honduras, Rony and Reina are learning new ways to farm so they can grow crops even when there is little rain.</p> <p><b>Read this week's story at <a href="http://crsricebowl.org">crsricebowl.org</a>.</b></p>	<p><input type="checkbox"/> <b>6</b></p> <p><i>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.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> <b>7</b></p> <p>The Río Plátano Biosphere Reserve—a protected area of rainforest and mountains in Honduras—is home to many different plants and animals.</p> <p><b>GIVE</b> 50 cents for each plant in your home.</p>	<p><input type="checkbox"/> <b>8</b></p> <p>"I only ask God for the strength to work, to see my children grow up and have a better future."</p> <p>—Reina, Honduras</p>	<p><input type="checkbox"/>  <b>9</b></p> <p>God calls us to care for creation. As a family, talk about what you could do to care for the Earth.</p>	<p><input type="checkbox"/> <b>10</b></p> <p>Cooking a meatless meal as a family is a great way to spend time together. Today try Bean Soup with Chayote Squash and Rice, a meatless dish from Honduras.</p> <p><b>GIVE</b> \$5 if you cooked dinner as a family.</p>	<p><input type="checkbox"/> <b>11</b></p> <p>In areas like Honduras that are experiencing more droughts—times of little rainfall—farmers are learning water-smart practices like planting cover crops to protect and restore soil and water resources.</p>
<b>WEEK 3</b>						
<p><input type="checkbox"/> <b>12</b></p> <p>In the Philippines, people like Raul and Rhodora are expanding their farms by raising fish, pigs and chickens so their children and grandchildren can attend school.</p> <p><b>Read this week's story at <a href="http://crsricebowl.org">crsricebowl.org</a>.</b></p>	<p><input type="checkbox"/> <b>13</b></p> <p><i>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.</i></p> <p><i>Amen</i></p>	<p><input type="checkbox"/> <b>14</b></p> <p>The Philippines is made up of over 7,000 islands and has over 175 languages.</p> <p><b>GIVE</b> \$1 for each language you can speak.</p>	<p><input type="checkbox"/> <b>15</b></p> <p>"Aspire not to have more but to be more."</p> <p>—Saint Oscar Romero</p>	<p><input type="checkbox"/> <b>16</b></p> <p>Thank your teachers today for helping you learn in school.</p> <p><b>GIVE</b> 50 cents for each teacher you thank.</p>	<p><input type="checkbox"/> <b>17</b></p> <p>Abstaining from meat helps us to practice living more simply. Today try Ginataang Gulay, a meatless recipe from the Philippines.</p> <p><b>GIVE</b> the money you save by eating simply to CRS Rice Bowl!</p>	<p><input type="checkbox"/>  <b>18</b></p> <p>A tilapia fish can take over six months to grow from a fingerling—a baby fish—into full size.</p> <p><b>GIVE</b> \$1 if you have a pet fish in your home.</p>

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	WEEKLY INTENTION	DID YOU KNOW?	REFLECTION	ACT	MEATLESS FRIDAY	CATHOLIC TEACHING
<b>WEEK 4</b>						
<input type="checkbox"/> <b>19</b> 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. <b>Read this week's story at <a href="https://crsricebowl.org">crsricebowl.org</a>.</b>	<input type="checkbox"/> <b>20</b> <i>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.</i> Amen	<input type="checkbox"/> <b>21</b> Kenya is filled with exciting wildlife. On a safari, you might spot lions, elephants, zebras or giraffes. <b>GIVE</b> 50 cents for each animal in your house.	<input type="checkbox"/> <b>22</b> "The natural environment is a collective good, the [property] of all humanity and the responsibility of everyone." —Pope Francis, Laudato Si', 95	<input type="checkbox"/> <b>23</b> Fresh water is a valuable resource that everyone needs to live. Take a shorter shower today to help conserve water. <b>GIVE</b> 50 cents for each minute of your shower.	<input type="checkbox"/> <b>24</b> Abstaining from meat helps us trust in God for the things we need. Today try Mukimo, a meatless recipe from Kenya. <b>GIVE</b> the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/>  <b>25</b> 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.
<b>WEEK 5</b>						
<input type="checkbox"/> <b>26</b> 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. <b>Read this week's story at <a href="https://crsricebowl.org">crsricebowl.org</a>.</b>	<input type="checkbox"/> <b>27</b> <i>We pray for the families we met in Honduras, the Philippines and Kenya, and for our global family. May all people live with dignity as children of God.</i> Amen	<input type="checkbox"/> <b>28</b> Kenya is famous for the massive flocks of pink flamingos that gather on the shores of Lake Nakuru. <b>GIVE</b> \$1 in thanksgiving for the wonder and beauty of all God's creatures.	<input type="checkbox"/> <b>29</b> "As a community, we have an obligation to ensure that every person lives with dignity and has sufficient opportunities for his or her integral development." —Pope Francis, Fratelli Tutti, 118	<input type="checkbox"/> <b>30</b> Begin your day with a spirit of gratitude. Write a list of all the things you are grateful for. <b>GIVE</b> 25 cents for each item on your list.	<input type="checkbox"/> <b>31</b> Abstaining from meat helps us be more aware of the needs of others. <b>GIVE</b> the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> <b>APRIL 1</b> Eating colorful fruits and vegetables keeps us healthy and gives our brains a boost so that we can do well in school. <b>GIVE</b> 50 cents for each vegetable or fruit you ate today.
<b>HOLY WEEK</b>						
<input type="checkbox"/> <b>2</b> 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? <b>Reflect on this sacred week at <a href="https://crsricebowl.org/holy-week">crsricebowl.org/holy-week</a>.</b>  <b>Palm Sunday</b>	<input type="checkbox"/> <b>3</b> <i>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.</i> Amen	<input type="checkbox"/> <b>4</b> During Holy Week, one tradition in Honduras is to fill the street with carpets of colored sand that are made into pictures of Jesus.	<input type="checkbox"/> <b>5</b> 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.	<input type="checkbox"/> <b>6</b> 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.  <b>Holy Thursday</b>	<input type="checkbox"/> <b>7</b> 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?  <b>Good Friday</b>	<input type="checkbox"/> <b>8</b> 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.  <b>Holy Saturday</b>
<input type="checkbox"/> <b>9</b> 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.  <b>Easter Sunday</b>	<b>Don't forget to turn in your CRS Rice Bowl to your parish or school—or give online at <a href="https://crsricebowl.org/donate">crsricebowl.org/donate</a>.</b> <b>Thank you for changing lives this Lent!</b>		<p><i>As we rejoice during this Easter season, let us continue to follow in the footsteps of Jesus. May our Lenten prayers, fasting and almsgiving enable us to love more deeply and serve others as one family in Christ.</i></p> 			
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