

WEEK 5: REVIEW

OPTION FOR THE POOR AND VULNERABLE

Jesus tells us to give special care to those who are most in need. He reminds us of our Christian duty to lift the voice of people who are unheard and to help people who are most vulnerable.

STORIES OF HOPE

Lent can feel like a long time. Sometimes we'd like to skip right to Easter! But prayers and sacrifices enable us to share in Christ's suffering and prepare us for the joy of his resurrection.

This Lent, we've learned how people in Honduras, the Philippines and Kenya made sacrifices so their families and communities can thrive.

In Honduras, Rony fixed his reservoir to get water for his fields—allowing him to feed his family and support his son's soccer dream.

In the Philippines, Raul and Rhodora learned how to raise fish to earn more money, ensuring their granddaughters are healthy and can finish school.

In Kenya, Rebecca learned how to use a new water well and new farming techniques. And she taught others how to use these techniques, benefiting her family and community.

Reflect on your Lenten journey. How are prayer, fasting and almsgiving preparing you for Easter?



Photo by Patrick Meinhardt 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 and read the story from week 5 at crsricebowl.org/stories.

OPTION FOR THE POOR AND VULNERABLE

45 MINUTES

OBJECTIVE

Through a summary of the Lenten journey, students will reflect on what they've learned throughout the holy season in preparation for Easter.

MATERIALS

- Week 5 story—available at [csricebowl.org/stories](https://www.csricebowl.org/stories).
- Week 5 Activity Sheet: Grades 4-6.
- Scissors.
- Crayons, colored pencils or markers.

DISCUSSION (15 MINUTES)

1. Read the story from week 5.
2. Reflect:
 - What have you learned from the families in Honduras, the Philippines and Kenya?
 - What sacrifices have you made this Lent? How have they challenged or helped you? How do they help others?
 - Why do you think we have a special responsibility to help people who are poor and vulnerable?

ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle of Option for the Poor and Vulnerable. Share that Jesus tells us to care for people who are most in need in the world. He reminds us of our Christian call to help people who are most vulnerable, like people living without enough food or a home.
2. Have students complete the Week 5 Activity Sheet: Grades 4-6. Students may have a copy of the folding directions, or these directions can be projected for reference.
3. If time permits, have students share their foldable book with a partner and discuss what they have learned this Lent.

CLOSING PRAYER (5 MINUTES)

Invite students to share prayer intentions for someone they have helped or who has helped them.

Gracious God,

May we always be willing to see your work in our midst. We thank you for generous friends, neighbors and family who remind us to put the needs of others before our own wants and desires.

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 5 story.
2. Lead Discussion step 2.

Name: _____



WEEK 5
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AND VULNERABLE

<p>Lenten Journey</p> <p><i>Pray</i></p> <p><i>Fast</i></p> <p><i>Give</i></p>	<p>_____</p> <p>Name: _____</p>  <p>Lenten Journey</p>
<p>Illustrate an act of kindness</p> <p>One act of kindness I did was:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>Why is Lent important?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Illustrate something you fasted from</p> <p>Something I gave up for Lent was:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>What have you learned during Lent?</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>
<p>Illustrate something you pray for</p> <p>It is important to pray for:</p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>	<p>What has been your favorite CRS Rice Bowl Story of Hope?</p> <p><i>Honduras, Philippines, or Kenya</i></p> <p>_____</p> <p>_____</p> <p>_____</p> <p>_____</p>

Directions for folding booklet.

