

WEEK 1: INTRODUCTION

SOLIDARITY

We are all God’s children and, as one family, are deeply connected to people in our communities and around the world. When one of our sisters or brothers suffers, we all suffer. When one of our sisters or brothers has hope and joy, we all have hope and joy.

STORY OF HOPE

We are used to going fast. When we move quickly, sometimes we forget about our relationship with God. Sometimes we forget about our planet and the people with whom we share our common home.

During Lent, we have an opportunity to slow down. Using the three Lenten pillars of prayer, fasting and almsgiving, we grow closer to God and gain a better understanding of how our actions impact the lives of our global family. Through this year’s CRS Rice Bowl, we’ll learn how people in Honduras, the Philippines and Kenya are overcoming the causes of hunger and adapting to climate change.

Let’s remember that through prayer, God invites us to slow down and look for him among the people who need us most. While fasting, we feel a small part of what others are living daily. It is in this spirit that our almsgiving is an act of love for God and neighbor.



Photo by Oscar Leiva/Silverlight for CRS

FACTS TO CONSIDER:

- Lent is a 40-day journey, beginning with Ash Wednesday and ending with Holy Week. It is a time for sacrifice and spiritual reflection preparing us for the joyful celebration of Christ’s resurrection on Easter Sunday.
- CRS Rice Bowl donations have provided lifesaving support to more than 190 million people in more than 100 countries.
- Almsgiving is central to how we practice Lent. Almsgiving flows from prayer and fasting. We reflect on the needs of the world and how God is calling us to meet those needs through prayer. Alms are money or goods that are given to—or other acts of charity that are performed for—people in need.



For downloadable photos, visit crsricebowl.org/photos and watch the video from week 1 at crsricebowl.org/stories.

SOLIDARITY

45 MINUTES

OBJECTIVE

Through the summary of the three pillars of Lent, students will explore the Catholic social teaching principle of Solidarity. They'll learn how to live it out more deeply this Lent.

MATERIALS

- Week 1 story and video—available at crsricebowl.org/stories.
- Week 1 Activity Sheet: Grades 1-3.
- A map of the world.
- Crayons, colored pencils or markers.

DISCUSSION (15 MINUTES)

1. Locate Honduras, the Philippines and Kenya on the map.
2. Read the story from week 1. Use the video to supplement the story.
3. Reflect:
 - What is Lent and what are the three pillars of the season?
 - Why do we participate in CRS Rice Bowl?
 - Have you met someone from Honduras, the Philippines or Kenya?
 - Why is it important to get to know more about people and their families in other parts of the world?

ACTIVITY (25 MINUTES)

1. Explain the Catholic social teaching principle of Solidarity. Discuss that we are all God's children and as one human family, we are deeply connected to people around the world—wherever they may be. We are affected by the joy and suffering of all.
2. Have students complete the Week 1 Activity Sheet: Grades 1-3.
3. Have students show their prayers to a partner. Invite them to practice reciting the prayer together.

CLOSING PRAYER (5 MINUTES)

God our Father,

You ask us to love all people as you love us. Help us to embrace everyone as our sisters and brothers. May our prayers, fasting and giving help members of our global family overcome hunger, poverty and other problems that make it difficult for them to live.

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

10

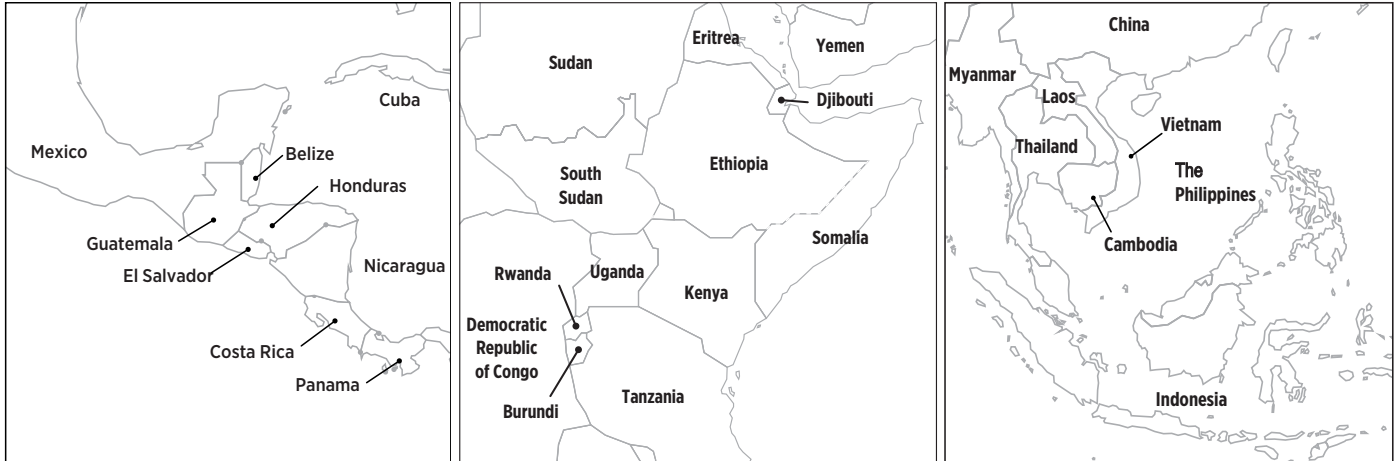
MINUTES

1. Read the week 1 story. Use the video to supplement the story.
2. Lead Discussion step 3.

Name: _____



Color in Honduras, Kenya and the Philippines using three different colors.



Practice reading the prayer below. Then decorate it and cut it out along the dotted lines. When you finish, put it somewhere you can see and pray it every day!

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



Name: _____



Cut along the bolded lines. Fold on the dotted line to create three flashcards. Review flashcards with a partner.

<p>Prayer</p>	<p>Talking to God and growing in our relationship with Him</p>
<p>Fasting</p>	<p>Eating less to grow closer with God</p>
<p>Almsgiving</p>	<p>Giving money or doing good deeds to help people in need</p>

