

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.

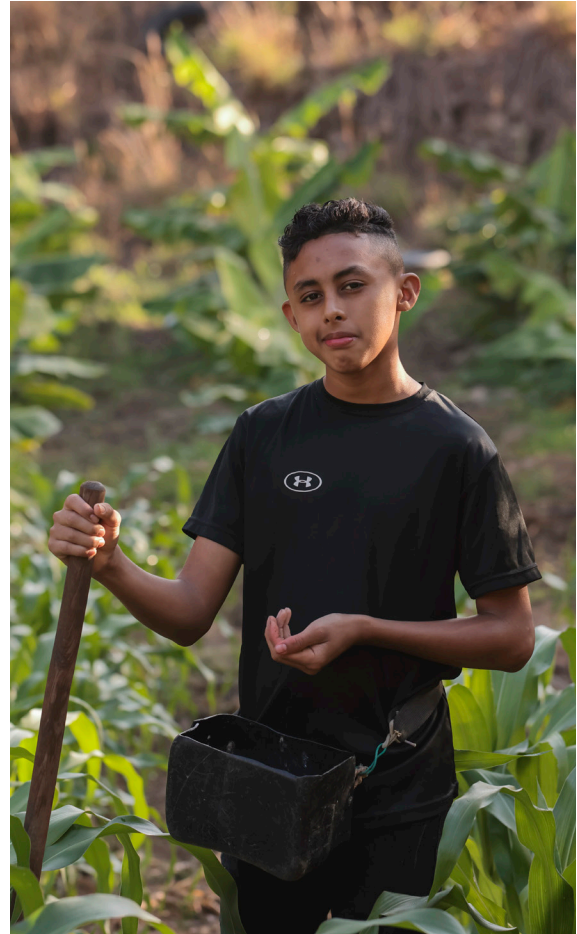


Photo by Oscar Leiva/Silverlight for CRS

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](https://www.crsricebowl.org/stories).
- Week 1 Activity Sheet: Grades 4-6.
- A map of the world.
- Colored pencils, markers or crayons and scissors.

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:
 - Why is Lent an important season of the year?
 - What are the three pillars of Lent and how do they help us in our journey to Easter?
 - Why is it important to get to know more about people and their families in other parts of the world?
 - Why is it important to support people in our community and around 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 4-6.
3. If time permits, ask students to share their Lenten resolution with a partner.

CLOSING PRAYER (5 MINUTES)

God of All Peoples,

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms an offering of peace and our prayers a reflection of humble and grateful hearts.

We ask the Holy Spirit to accompany us as we spend these 40 days reflecting on what it means to be one human family. May we learn how to better support our sisters and brothers who suffer because of hunger, poverty and other affronts to their human dignity.

We ask this through our Lord Jesus Christ, 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

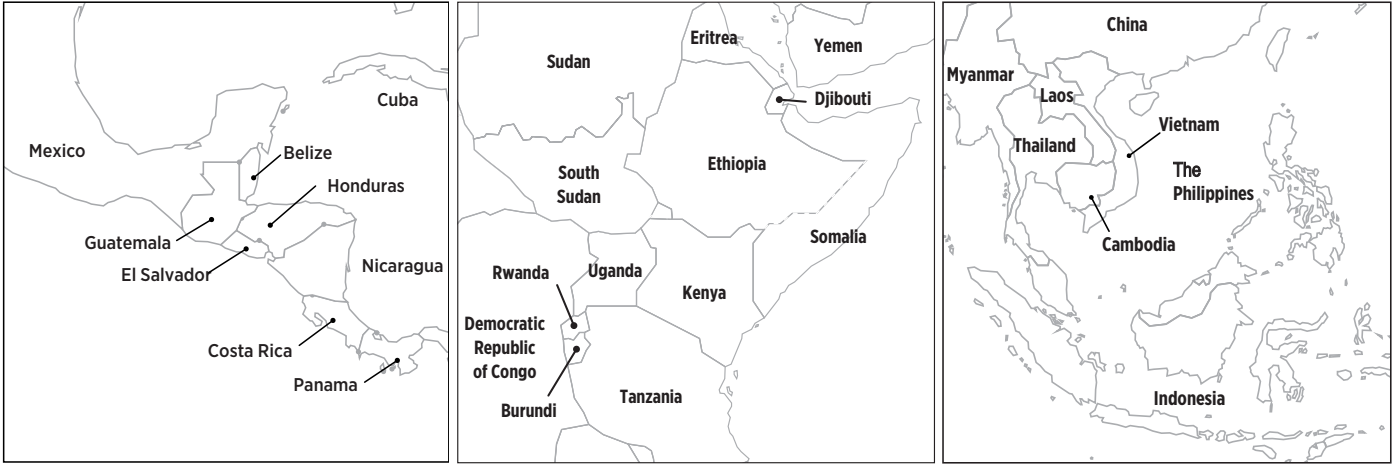
MINUTES

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.



Discuss with a partner a resolution for Lent. Suggestions may be to give up chocolate or say an extra prayer at night. Choose two colors: one to represent meeting your goal and one to represent not meeting your goal. Each day, color in a scale of the fish and see how successful you were at the end of Lent at fulfilling your resolution!

This Lent, I will _____

= I met my goal today

= I did not meet my goal today

