

SUNDAY(S) BEFORE ASH WEDNESDAY

Ending Hunger With CRS Rice Bowl

This Lent, our community will participate in CRS Rice Bowl—connecting our prayers, fasting and almsgiving to encounter God through our global family. We'll meet, pray for and learn from families in Ghana, Guatemala and Timor-Leste who are rising above the challenges of hunger and malnutrition. Pick up your rice bowl from [LOCATION] on [DATE]. Then, visit crsricebowl.org/join to share your Lenten prayer intentions.

FIRST WEEK OF LENT

Lent: A Time of Preparation

CRS Rice Bowl brings Catholics across the United States together each Lent to respond to global hunger and poverty through prayer, fasting and almsgiving. During this holy season, let us recommit to sharing bread for life with our global family so that all people can reach their God-given potential. Visit crsricebowl.org/week-1 to read this week's Story of Hope.

SECOND WEEK OF LENT

Empowering Growth in Ghana

By supporting CRS Rice Bowl, you help parents and caregivers in Ghana to receive training in health, nutrition and early childhood development. That means, young children in these communities are better able to thrive and meet critical milestones in their growth. Visit crsricebowl.org/week-2 to read this week's Story of Hope.

THIRD WEEK OF LENT

Nourishing Futures in Guatemala

In Guatemala, nutrition classes and savings programs give mothers and families better opportunities to improve their health, nutrition and financial well-being. Visit crsricebowl.org/week-3 to read how your support of CRS Rice Bowl is helping the Guatemala community thrive.

FOURTH WEEK OF LENT

Feeding Dreams in Timor-Leste

By participating in CRS Rice Bowl, we're helping young people in Timor-Leste find opportunities and support to fulfill their dreams of becoming leaders in their communities. Visit crsricebowl.org/week-4 to read about Adriana's dream of becoming a doctor in this week's Story of Hope.

FIFTH WEEK OF LENT

Embracing God's Love, United in Generosity

God created man and woman in his image, reminding us that every person is sacred and reflects God's love. Each of us has a purpose, woven into God's plan. Our support of CRS Rice Bowl provides hope and opportunity to families around the world. Let's reflect on how our prayers, fasting, and almsgiving can help our sisters and brothers fulfill their potential. Visit crsricebowl.org/week-5 to read this week's Story of Hope.

PALM SUNDAY

Called to Share Bread for Life

Holy Week, the heart of the liturgical year, invites us to journey with Christ through his Passion, Death and Resurrection. As we witness the Last Supper and Jesus' gift of the Eucharist, we are reminded of our call to be bread broken for others. Let us draw strength from the Bread of Life and dedicate ourselves to serving our sisters and brothers who bear heavy crosses, bringing hope and resurrection to the world. Visit crsricebowl.org/holy-week to learn more.

EASTER SUNDAY

Happy Easter!

As our CRS Rice Bowl journey comes to an end, may the Eucharist continue to transform our lives and help us respond to God's call to serve our global family. Let us commit to sharing the joy of the Resurrection with people in our local community and around the world. **Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE]* or donate online at crsricebowl.org/give.**

AFTER-EASTER MESSAGING

Thank You!

Together, we changed lives this Lent through CRS Rice Bowl. **THANK YOU** for being a part of this effort! Don't forget to turn in your CRS Rice Bowl at [LOCATION] on [DATE] or donate online at crsricebowl.org/give.*

**Include a link to your community's CRS Rice Bowl community giving page or information on your preferred method for turning in Lenten gifts.*