SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
PRAY	**READ**	**LEARN**	**ACT**	**REFLECT**	**ABSTAIN**	**SERVE**
LENTEN PRAYER **God of mercy,** Open our eyes to people who hunger for food and stability. Bless our prayers, fasting and almsgiving, and teach us to live with grateful hearts and generous hands. Help us to share what we have, so our gifts uplift people today and create a loving world tomorrow. **Amen**			BEGIN YOUR JOURNEY **FEBRUARY 10** ✝ **Ash Wednesday** Say the Lenten prayer, then write your Lenten pledge on the Fast panel of your Rice Bowl.	**11** Lent "frees us from wanting to be seen at all costs and teaches us instead to see what is being born, what is growing and urges us to serve it. " —Pope Leo XIV	$ _____ **12** On Fridays, we don't eat meat to live in solidarity with our sisters and brothers who face hunger. **GIVE** 50 cents for each Friday in Lent.	**13** Christ's ultimate act of service was giving his life for us. Give of yourself today: Pray with someone, help with chores or offer your time to a neighbor.
WEEK 1						
14 **Lord,** bless the families we encounter this Lent in Ethiopia, Honduras and Lebanon. Be close to all who are hungry and teach us to share what we have with joy. **Amen**	**15** Our faith teaches us that God made the gifts of the earth for everyone to share. **Read this week's story at crsricebowl.org/week-1**	$ _____ **16** God gives us many gifts, including the things we use every day. When we notice what we have, we can grow in gratitude and generosity. **GIVE** 50 cents for every screen in your home.	**17** Visit **crsricebowl.org/join** and enter your prayer intention in the interactive map. Pray for the intentions shared by others this week.	**18** "Do you wish your prayer to fly toward God? Make for it two wings: fasting and almsgiving." —Saint Augustine of Hippo	$ _____ **19** When we give up small comforts, we make more room for God—and for compassion for others. **GIVE** $3 if you gave up digital media or a beverage.	$ _____ **20** Each year, one-fifth of food produced is wasted—equal to 1 billion meals a day. **GIVE** $1 for every day you had leftovers this week.
WEEK 2						
21 **Lord,** thank you for the gift of water. Watch over all who lack clean water. Bless Fatuma Mussa, Ahmed Hassen Godana and their children as clean water helps their family grow in health, hope and opportunity. **Amen**	**22** Safe water is a human right, yet many people can't access it. Thanks to a CRS program in Ethiopia, clean water is helping kids stay healthy and go to school. **Read this week's story at crsricebowl.org/week-2**	$ _____ **23** Ethiopia uses a calendar with 13 months. This Lent, we remember that our global family sometimes marks time in different ways, but we are united in prayer and love. **GIVE** $1.30 for Ethiopia's 13-month calendar.	$ _____ **24** It takes about 20 seconds to wash your hands well—about the time it takes to pray the Hail Mary. **GIVE** 20 cents for every sink in your house.	**25** "Prayer joined to sacrifice constitutes the most powerful force in human history." —Saint John Paul II	**26** Try injera with atkilt wat, a meatless Ethiopian dish. **Recipe: crsricebowl.org/recipes**	$ _____ **27** Over 9 million children can't attend school in Ethiopia due to conflict, violence, natural disasters and displacement. **GIVE** 25 cents for every year you attended school.
WEEK 3						
28 We pray for Willian, Digna and Vivian Cabrera Méndez in Honduras as they build a stable home, grow their business and trust in tomorrow. **Amen**	**MARCH 1** Like many parents, Willian and Digna are working toward a future where their daughter has opportunities they never had. **Read this week's story at crsricebowl.org/week-3**	$ _____ **2** Football, or soccer, is a popular support in Honduras. **GIVE** 50 cents for every sport, instrument or art form you practice.	**3** Plan family acts of service this month, like volunteering at a soup kitchen or cleaning up your neighborhood. Share what you do on social media using **#CRSRiceBowl.**	$ _____ **4** One in 4 children in Honduras struggle to reach milestones like walking or learning because they don't get the nutrients they need. **GIVE** 25 cents for each color of fruit or vegetable in your house.	$ _____ **5** Try baleadas, a traditional meatless recipe from Honduras. **Recipe: crsricebowl.org/recipes** **GIVE** $6-12 or the amount you saved from not eating meat.	**6** Before Mass this weekend, choose someone to pray for. During Communion, ask Jesus to be close to them.

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PRAY	**READ**	**LEARN**	**ACT**	**REFLECT**	**ABSTAIN**	**SERVE**
WEEK 4						
7 **Loving God,** help us care for one another like Zeina's community, sharing food, kindness and hope in difficult times. **Amen**	**8** When challenges arise, family, community and shared traditions help Zeina's community in Lebanon hold on to hope. **Read this week's story at crsricebowl.org/week-4**	**9** In Beirut, many meals have Mediterranean flavors, using fresh fruits and vegetables, olive oil, lemon juice, garlic and herbs.	**$ _____ 10** In the Gospels, Jesus traveled to and ministered in the region of modern-day Lebanon, specifically the cities of Tyre and Sidon. **GIVE** $1 for each Gospel: Matthew, Mark, Luke and John.	**11** "Hunger threatens not only people's lives but also their dignity." —World Hunger, Pontifical Council Cor Unum	**$ _____ 12** Today, try red lentil stew, a meatless recipe from Lebanon. **Recipe: crsricebowl.org/recipes** **GIVE** 50 cents for every ingredient in your meatless meal.	**13** Before Easter, Catholics who have made their First Reconciliation can go to Confession. God forgives our sins and prepares our hearts to serve others with love.
WEEK 5						
14 We pray for all who are participating in CRS Rice Bowl this Lent. Open their hearts to prayer, fasting and almsgiving with love, and help them walk with our global family. **Amen**	**15** CRS Rice Bowl gifts can become signs of God's love and hope around the world. **Read this week's story at crsricebowl.org/week-5**	**$ _____ 16** Seventy-five percent of CRS Rice Bowl donations help families globally. The rest goes to reduce hunger in your diocese. **GIVE** 10 cents for every U.S. state you can name.	**$ _____ 17** More than 800 million people live on less than $3 a day. **GIVE** $3 after your family looks up how CRS helps people build a better future.	**18** "Christ has no hands, he has only our hands to change the world today. Christ has no feet, he has only our feet to lead this world to himself." —Saint John Paul II	**$ _____ 19** One in 11 people are hungry. Consider giving up an extra treat or snack today in solidarity with our global family. **GIVE** $1.11 for every family member who gave up a snack.	**20** Jesus tells us to care for our sisters and brothers who are struggling. This week, check on two friends or relatives to see how they are doing.
HOLY WEEK						
✝ **Palm Sunday 21** Reflect on Jesus' cry: *"My God, my God, why have you abandoned me?"* Have there been times when you turned away from our most vulnerable sisters and brothers?	**22** Holy Week is the most sacred time in our faith—the final days of Jesus' life. **Read about Holy Week at crsricebowl.org/holy-week**	**$ _____ 23** On Palm Sunday, we received palms to commemorate Jesus' entry into Jerusalem. **GIVE** $1 for every way you can welcome Jesus this Holy Week: through prayer, fasting and giving.	**24** Holy Wednesday is also called *Spy Wednesday.* This is the day Judas betrays Jesus. Is there someone you have wronged? Apologize to them. Or forgive someone who has wronged you.	✝ **Holy Thursday 25** On Holy Thursday, Jesus humbly washed the feet of his disciples. This act revealed his selfless love and taught us to serve one another with compassion.	✝ **Good Friday 26** On this solemn day, Catholics fast and abstain as we mourn the death of Jesus on the Cross. How can you unite your prayer and sacrifice with Christ today?	✝ **Holy Saturday 27** Today, the Church waits in silence at Jesus' tomb. As we wait for Easter, serve with love by helping someone who is sad, lonely or in need.

✝ **Easter Sunday 28**

Christ is risen, Alleluia!

May the Bread of Life nourish and strengthen us as we continue serving our global family in need.

Scan the QR code or visit **crsricebowl.org/donate** to turn in your Lenten alms online. Or turn in your Rice Bowl to your parish or school. Thank you for changing lives this Lent.



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