



Dear Brothers and Sisters in Christ,,

Lent is a time of repentance and of uniting ourselves to Christ during his 40 days in the desert. During this sacred season, we invite you to reflect on how caring for our neighbor is caring for Christ. ***For I was hungry and you gave me food, thirsty and you gave me drink (Matthew 25:35).***

CRS Rice Bowl provides resources to bring Lenten spirituality to life for families, parishes and school communities, while continuing to connect Catholics in our diocese with our global human family.

Through stories, videos and lesson plans, our community will learn about the global issues of hunger and malnutrition and our Gospel call to feed the hungry. With prayer, fasting and almsgiving, we can continue Jesus' mission to care for all in need.

- I encourage you to download a virtual Rice Bowl, Lenten Calendar, a World Mission Projects booklet or other **free** materials available in English and Spanish. Please visit [crsricebowl.org](http://crsricebowl.org) [crsplatodearroz.org](http://crsplatodearroz.org) or [www.catholicfoundationgb.org/projects](http://www.catholicfoundationgb.org/projects) to find these and more resources, including:
- Lenten devotions, reflections and prayers.
- Lesson plans, videos and activity sheets for Catholic school teachers, religious educators and families.
- Ideas for in-person or **virtual** community gatherings and simple meatless recipes and events.
- Support a mission project of your choosing, be the hands of Christ by devoting your Lenten prayers, fasting and alms to change the lives of those who suffer in poverty.

As always, 75% of your contribution to Rice Bowl supports programs to help families and communities overcome the challenges of hunger and poverty. 25% remains in our Diocese to support local hunger and poverty efforts through Rice bowl grants. 100% of Project book contributions go directly to your designated project, there are no administrative fees, and since we personally know them, it is a safe way to give.

However you prepare for Easter during your 40-day Lenten journey, may you see the light of hope and be the light of hope to others. Thank you for your participation.

Respectfully,

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