



*Then, taking the five loaves and the two fish and looking up to heaven, he said the blessing, broke the loaves, and gave them to [his] disciples to set before the people.*

*—Mark 6:41*

Dear Families,

During Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to reflect on the challenges of global hunger—and our responsibility to respond to the needs of our global human family.

We will be reminded through the Gospel story of Jesus feeding the 5,000 that if we commit to sharing what we have with those in need, trusting in God's abundance, there is more than enough to feed everyone. Through our Lenten prayers, fasting and almsgiving, we can respond to the call to ensure that all our brothers and sisters are fed good, nutritious food that gives them what they need to fulfill their God-given potential.

During this holy season, it is important to come together as a family and reflect on the cross of hunger and lack of proper nutrition, that so many of our brothers and sisters both near and far are forced to carry. In so doing, we pledge to stand alongside these members of our human family, supporting them as the Gospel calls us to do.

Please consider these suggestions in your family's Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar daily to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving.
- Prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our brothers and sisters around the world.
- Visit **[crsricebowl.org](https://crsricebowl.org)** to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

We will collect your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for participating in CRS Rice Bowl with your family.

Sincerely,