

Lenten Prayer

God of mercy,

You call us to recognize you in our sisters and brothers and to care for those most in need—for *whatever you do for the least of these, you do for me.*

This Lent, ignite your love in us so that through our prayer, fasting and almsgiving we may support all who experience hunger in body, heart and spirit.

AMEN



 CRS RICE BOWL
CATHOLIC RELIEF SERVICES

FOR
LENT
FOR **LIFE**

Photo by Anny Djahova/CRS

MAKE YOUR OWN CRS RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CAN. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

My Lenten Pledge

Name _____

For Lent, I will _____

And donate \$ _____

Turn in your gifts to your parish or school office at the end of Lent, or donate through your parish online giving platform - CRS event.

Make a Lenten Plan

PRAY

Set aside a time each week to pray and reflect.

FAST

Consider what you will give up for Lent to change the lives of others.

GIVE

Set a goal for your CRS Rice Bowl offering.

LEARN

Meet your global family. Discover stories, reflections and more at [csricebowl.org](https://www.csricebowl.org).