



**CRS RICE BOWL**  
CATHOLIC RELIEF SERVICES  
2014 LENTEN REFLECTIONS

**SUNDAY, MARCH 9**

**THIS WEEK...**

We visit our brothers and sisters in Kenya. **READ** Michael's Story of Hope and **WATCH** a video about CRS' work in Kenya at [crsricebowl.org/videos](http://crsricebowl.org/videos).

**SUNDAY, MARCH 16**

**THIS WEEK...**

We visit our brothers and sisters in Guatemala. **READ** Yuvi's Story of Hope and **WATCH** a video about education in Guatemala at [crsricebowl.org/videos](http://crsricebowl.org/videos).

**SUNDAY, MARCH 23**

**THIS WEEK...**

We visit our brothers and sisters in the Philippines. **READ** the Leban's Story of Hope and **WATCH** a video about humanitarian relief in the Philippines at [crsricebowl.org/videos](http://crsricebowl.org/videos).

**MONDAY, MARCH 10**

**CATHOLIC SOCIAL TEACHING**

**Sacredness and Dignity of the Human Person**

Created in the image of God, all people possess an inherent dignity that comes directly from our creation and not from any action of our own. Human life is sacred, and the welfare of all people is a priority.

**MONDAY, MARCH 17**

**CATHOLIC SOCIAL TEACHING**

**Rights and Responsibilities**

Every person has basic rights including the right to life, food, water, and shelter. We also have the responsibility to support the rights of others.

**MONDAY, MARCH 24**

**CATHOLIC SOCIAL TEACHING**

**Option for the Poor**

As a community of faith, we have the obligation to reach out to those who are most in need. The Gospel calls us to take action on behalf of the most vulnerable members of our society.

**Lenten Prayer**

**Loving God,** We thank you for the many gifts you have given us. Bless our prayers and sacrifices this Lent.

May these gifts from our table bring hope and life to our sisters and brothers who suffer with hunger each day.

Unite us through Christ with the poor worldwide, and bless our efforts to bring relief to those in need. **Amen.**

**TUESDAY, MARCH 11**

**STATION 2: Jesus Carries the Cross**

Most people in Kariobangi, Kenya live on less than \$1 per day, a heavy cross to carry. Many live in constant fear of not having enough money to buy food for their families. **GIVE \$1** to your Rice Bowl and help feed families in Kenya.

**TUESDAY, MARCH 18**

**STATION 4: Jesus Meets His Mother**

Guatemalan parents struggle to feed their children. Almost 50% of Guatemalan children under age 5 don't have the food and nutrients they need to grow up healthy. How many snacks have you had today? **GIVE 50¢** to your Rice Bowl for each one.

**TUESDAY, MARCH 25**

**STATION 6:**

**Veronica Wipes the Face of Jesus**

CRS Philippines is CRS' oldest country program. CRS has been helping Filipinos in need since 1945. Like Veronica, we're called to stick by those who suffer throughout their joys and challenges. **GIVE 75¢** to your Rice Bowl.

**WEDNESDAY, MARCH 5**

**ASH WEDNESDAY**

**READ** Isaiah 58:1-12

*"... if you offer your food to the hungry and satisfy the needs of the afflicted, then your light shall rise in the darkness and your gloom be like the noonday." How will you help the hungry and afflicted this Lent? Write your commitment on your Rice Bowl.*

**WEDNESDAY, MARCH 12**

**READ** Acts 10:34-43

*"Peter...said, 'In truth, I see that God shows no partiality. Rather, in every nation whoever fears him and acts uprightly is acceptable to him.'" Each person we meet is a special gift from God. **GIVE 25¢** to your Rice Bowl for every new person you met today.*

**WEDNESDAY, MARCH 19**

**READ** Psalm 82

*"Defend the lowly and fatherless; render justice to the afflicted and needy." Education helps fight poverty, but many of the poor stay in school for 3 years or less. How many years have you gone to school? **GIVE 25¢** to your Rice Bowl for each year.*

**WEDNESDAY, MARCH 26**

**READ** Matthew 25:31-46

*"Whatever you did for one of these least brothers of mine, you did for me." By giving the Leban family the first house, their neighbors responded as Jesus would. **GIVE 25¢** to your Rice Bowl for each year you've lived in your house.*

**THURSDAY, MARCH 6**

**CATHOLIC SOCIAL TEACHING**

**The Common Good**

In order for all of us to have an opportunity to grow and develop fully, a certain social fabric must exist within society. This is the common good. We all share responsibility for helping our neighbors achieve their fullest potential.

**THURSDAY, MARCH 13**

**STATION 3: Jesus Falls for the First Time**

Many people in Kariobangi don't have regular jobs. They "fall" every day as they search for work to support their families. How many people do you know who are looking for a job? **GIVE 25¢** to your Rice Bowl for each person.

**THURSDAY, MARCH 20**

**STATION 5: Simon Helps Jesus Carry His Cross**

17% of Guatemalan children work instead of going to school. This is a heavy cross for a young person to carry. Do you know anyone who is carrying a heavy cross? **GIVE 25¢** for people carrying a burden.

**THURSDAY, MARCH 27**

**STATION 7:**

**Jesus Falls the Second Time**

Typhoon Bopha was the strongest cyclone ever to hit the Philippine island of Mindanao. More than 1,000 people died. Storms can be fun, but are also dangerous. How many umbrellas do you have in your home? **GIVE 75¢** to your Rice Bowl for each one.

**FRIDAY, MARCH 7**

**A SIMPLE MEAL**

Today we **FAST** from meat in solidarity with more than 870 million people who live in hunger. **GIVE 25¢** to your Rice Bowl for each time YOU felt hungry today.

**FRIDAY, MARCH 14**

**A SIMPLE MEAL**

Many Kenyan meals are made of affordable and easy to find ingredients. **SHARE** a simple Kenyan meal with your family by trying this week's recipe for Mukimo. **PRAY** together for those in Kenya who are hungry. **GIVE** the money you saved by sharing this meal to your Rice Bowl.

**FRIDAY, MARCH 21**

**A SIMPLE MEAL**

In Guatemala, people enjoy Frijoles Volteados for breakfast and dinner every day. **SHARE** a simple Guatemalan meal with your family by trying this week's recipe for Frijoles Volteados. **PRAY** together for those in Guatemala who are hungry. **GIVE** the money you saved by sharing this meal to your Rice Bowl.

**FRIDAY, MARCH 28**

**A SIMPLE MEAL**

Fish is a common meal in the island nation of the Philippines. **SHARE** a simple meal by trying this week's recipe for Pescado al Horno. **PRAY** together for those who are hungry. **GIVE** the money you saved by sharing this meal to your Rice Bowl.

**SATURDAY, MARCH 8**

**STATION 1:**

**Jesus is Condemned to Death**  
There are more than 10.4 million refugees worldwide, people condemned to leave their homes due to wars, natural disasters and other tragedies. **GIVE 25¢** to your Rice Bowl in thanksgiving for each person who lives in your home.

**SATURDAY, MARCH 15**

**THOUGHTS FROM POPE FRANCIS**

"Let the Church always be a place of mercy and hope, where everyone is welcomed, loved and forgiven." **PRAY** that all people will find communities that welcome them.

**SATURDAY, MARCH 22**

**THOUGHTS FROM POPE FRANCIS**

"The goal of economics and politics is to serve humanity, beginning with the poorest and most vulnerable wherever they may be, even in their mothers' wombs." **PRAY** for the protection of those who are vulnerable and in need.

**SATURDAY, MARCH 29**

**THOUGHTS FROM POPE FRANCIS**

"Consumerism has accustomed us to waste. But throwing food away is like stealing it from the poor and hungry."  
**SUPPORT THE ANNUAL CRS COLLECTION AT MASS THIS WEEKEND AS ANOTHER WAY TO SUPPORT THE CHURCH'S WORK WITH THE POOR AND HUNGRY.**

## SUNDAY, MARCH 30

### THIS WEEK...

We visit our brothers and sisters in Malawi. **READ** Timothy's Story of Hope and **WATCH** a video about CRS' agriculture projects at [csrricebowl.org/videos](http://csrricebowl.org/videos).

## MONDAY, MARCH 31

### CATHOLIC SOCIAL TEACHING

#### Dignity of Work and Rights of Workers

The opportunity to work to earn a living is a right of all people. All workers have the right to a fair wage, to organize themselves and to work in good conditions.

## TUESDAY, APRIL 1

### STATION 8:

#### Jesus Comforts the Women

In Malawi, only 77% of men and 67% of women can read and write—a skill that is important in order to succeed. **GIVE** \$1 to your Rice Bowl and **PRAY** for the people of Malawi.

## WEDNESDAY, APRIL 2

### READ Genesis 2:4-15

*"The Lord God then took the man and settled him in the garden of Eden, to cultivate and care for it."* How many kinds of fruits and vegetables do you have in your house? **GIVE** 25¢ to your Rice Bowl for each type.

## THURSDAY, APRIL 3

### STATION 9:

#### Jesus Falls the Third Time

When a drought occurs in Malawi, farmers and their families may "fall" into hunger when crops dry up and die. How many days has it been since it last rained? **GIVE** 10¢ to your Rice Bowl for every day.

## FRIDAY, APRIL 4

### A SIMPLE MEAL

**SHARE** a simple Malawian meal with your family by trying this week's recipe for Vegetable Ndiwo. **PRAY** together for those in Malawi who are hungry. **GIVE** the money you saved by sharing this meal to your Rice Bowl.

## SATURDAY, APRIL 5

### THOUGHTS FROM POPE FRANCIS

"If you break a computer it is a tragedy, but poverty, the needs, the dramas of so many people end up becoming the norm...If in so many parts of the world there are children who have nothing to eat, that's not news, it seems normal. It cannot be this way!"

## SUNDAY, APRIL 6

### THIS WEEK...

We visit our brothers and sisters in Haiti. **READ** Louisma's Story of Hope and **WATCH** a video about health projects in Haiti at [csrricebowl.org/videos](http://csrricebowl.org/videos).

## MONDAY, APRIL 7

### CATHOLIC SOCIAL TEACHING

#### Call to Family, Community and Participation

All of us are social by nature and are called to live in community with others. People have a right and a duty to participate in society, seeking the well-being of all, especially the poor and vulnerable.

## TUESDAY, APRIL 8

### STATION 10:

#### Jesus is Stripped of His Garments

In 2010, difficult conditions in Haiti were made worse by a 7.0 magnitude earthquake. Thousands of people were stripped of access to clean water. How many water faucets are in your house? **GIVE** 25¢ to your Rice Bowl for each.

## WEDNESDAY, APRIL 9

### READ Acts 2:42-47

*"All who believed were together and had all things in common..."* In Haiti, CRS' healthcare programs have helped decrease malnutrition from 14% to 8% in Louisma's village. How many times have you seen a doctor this year? **GIVE** 50¢ to your Rice Bowl for each visit.

## THURSDAY, APRIL 10

### STATION 11:

#### Jesus is Nailed to the Cross

Haiti is the poorest country in the Western hemisphere. 80% of Haitians live on less than \$2 a day. **GIVE** \$2 to your Rice Bowl in solidarity with those Haitians who are "nailed" to the cross of poverty.

## FRIDAY, APRIL 11

### A SIMPLE MEAL

Riz National is a popular rice and bean meal in Haiti. **SHARE** a simple Haitian meal with your family by trying this week's recipe for Riz National. **PRAY** together for those in Haiti who are hungry. **GIVE** the money you saved by sharing this meal to your Rice Bowl.

## SATURDAY, APRIL 12

### STATION 12:

#### Jesus Dies on the Cross

The cross of hunger is the biggest health risk in the world. More people die from hunger than from any disease. How much will you **GIVE** to your Rice Bowl to help fight world hunger?

## SUNDAY, APRIL 13

### PALM SUNDAY

### THIS WEEK...

Today, we receive palm branches at church to celebrate Jesus' joyous entry into Jerusalem. **READ** about a community in Santa Fe, New Mexico that works to bring this kind of joy to those in need.

## MONDAY, APRIL 14

### CATHOLIC SOCIAL TEACHING

#### Global Solidarity

We are all part of one human family—whatever our national, racial, religious, economic or ideological differences—and in an increasingly interconnected world, loving our neighbor means helping people all over the world.

## TUESDAY, APRIL 15

### STATION 13:

#### Jesus is Taken Down from the Cross

In the United States, more than 16.4 million children live in poverty. How can we work together to take these children down from this cross? **GIVE** 50¢ to your Rice Bowl for each child in your family.

## WEDNESDAY, APRIL 16

### READ 1 John 3:11-18

*"The way we came to know love was that he laid down his life for us; so we ought to lay down our lives for our brothers."* **PRAY** for all those who love you, and for all those who have no one else to **PRAY** for them.

## THURSDAY, APRIL 17

### HOLY THURSDAY STATION 14:

#### Jesus is Buried

Join millions of Catholics across the United States to confront global poverty and contribute to the Church's work helping people who are buried by hunger and poverty every day. **VISIT** [confrontglobalpoverty.org](http://confrontglobalpoverty.org) today.

## FRIDAY, APRIL 18

### A SIMPLE MEAL GOOD FRIDAY

What is a simple meal that your family likes to prepare? **SHARE** your recipe with a friend and together **PRAY** for all who go hungry every day. **GIVE** the money you save to your Rice Bowl.

## SATURDAY, APRIL 19

### THOUGHTS FROM POPE FRANCIS

#### HOLY SATURDAY

*"We must not be afraid of solidarity; rather let us make all we have and are available to God."* **PRAY** for all of our families and communities, that we might be the light of the Risen Christ in the world.

## SUNDAY, APRIL 20

### EASTER SUNDAY

Jesus is risen, Alleluia! May the spirit of the living Christ continue to inspire and guide us as we continue our commitment to those who are most in need in our world.

**THANK YOU** for making CRS RICE BOWL a part of your Lenten journey.

**Don't forget to EMPTY YOUR RICE BOWL!**

- Ask your parish or school when and where CRS Rice Bowls will be collected, or give online at [csrricebowl.org/give](http://csrricebowl.org/give).
- Connect with CRS throughout the year at [confrontglobalpoverty.org](http://confrontglobalpoverty.org) and [csrfairtrade.org](http://csrfairtrade.org).

