"Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty."

-- Pope Francis

_____, 2023

Dear families,

This Lent our school is participating in CRS Rice Bowl, a faith-in-action program that helps families experience Lenten spirituality by living in solidarity with people in need around the world.

Each family is receiving a cardboard Rice Bowl and Calendar. The Lenten Calendar contains stories of hope from people overseas who benefit from our support of CRS Rice Bowl, suggestions for weekly family activities, and recipes for simple meatless meals you can prepare at home. We will also be using Rice Bowl prayers and activities here at school.

Here are three simple ways to bring Lent to life in your home.
- Place your CRS Rice Bowl in a prominent place and use it to collect your Lenten sacrifices. (Small sacrifices do add up. In fact, your sacrifices help to feed the hungry, both overseas and right here in our own diocese. One-quarter of the alms collected in our diocese stays here to support hunger alleviation efforts in the diocese, especially in the rural areas, where hunger is rampant. The other three-quarters feeds the poor overseas.)
- Read the Lenten calendar reflections each day as a family.
- Prepare the meals from this year's week's focus countries, and read and discuss the stories from those countries as you share the meal together.
- Visit http://www.crsricebowl.org/ to find videos and family activities, or download the CRS Rice Bowl app on your mobile device.

Suggestions and links for prayer, stories and recipes from the Lenten calendar, as well as other Rice Bowl activities, will be posted on our school website and available to you throughout Lent. We will be collecting Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for using CRS Rice Bowl with your family this Lent.

Sincerely,
[Principal or School Rice Bowl Coordinator]