

## CATHOLIC RELIEF SERVICES RICE BOWL – LENT 2022

### Bulletin Articles February 27 through Easter Sunday (April 17)



- February 26/27 (weekend before Ash Wednesday)

#### **An Invitation to Journey Through Lent with Catholic Relief Services (CRS) Rice Bowl**

Our faith community will join with more than 14,000 Catholic parishes and schools across the United States to journey through Lent with Catholic Relief Services (CRS) Rice Bowl. CRS Rice Bowl offers us opportunities to engage daily in the three spiritual pillars of Lent: prayer, fasting, almsgiving; and, to reflect as a community on what it means to live our Gospel call to seek out those in distress to offer practical and life-giving help. During the next 40 days, we will encounter the stories of neighbors in *Rwanda, Guatemala, Bangladesh*, where Catholic Relief Services is at work on our behalf. We'll be invited to eat simple meals and learn about Catholic social teaching to help us live our faith during Lent and beyond. We hope you will find the cardboard CRS Rice Bowl and daily Lenten calendar provided a helpful guide for your prayer, fasting, almsgiving. These will be available to take home this weekend. Lent begins on March 2. Happy Lenten journey to you!

- First Week of Lent March 5/6



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##### ***THE PILLARS OF LENT: Prayer, Fasting, Almsgiving***

As we begin our Lenten journey, we reflect on how our prayers, fasting and almsgiving can guide us. Pope Francis explains, these are “**elements which, when lived sincerely, can transform life and provide a sure foundation for dignity and fraternity.**” Our sacrifices during this holy season have the power to change lives - deepening our faith and our connection to our one human family.

- Second Week of Lent March 12/13



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### PERSEVERENCE TO SUCCEED: *Guatemala*

In some villages in Guatemala, malnutrition is high, which is especially dangerous for children, and many communities struggle with water scarcity, poor education, poverty, and a changing climate. Raul and Lilian Chanchavac live in the village of Xequemeya where they grow tomatoes that were often destroyed by plant diseases. **With help from a Catholic Relief Services program** they received agricultural training, learned better ways to manage and care for their crops, and nutrition education. The CRS training helped them expand their crops adding onions, chili peppers and oranges; and, CRS helped them register with the government to begin selling their produce to local schools. This helped the school children and allowed them to provide jobs for their family and others in the community. *Our sacrifices during this holy season have the power to change lives - deepening our faith and our connection to our one human family.*

- Third Week of Lent – March 19/20



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### OVERCOMING DISASTER: *Bangladesh*

In Bangladesh, cyclones and other natural disasters are increasing – destroying farms, homes, flooding roads, breaking dikes, especially in the summer and autumn months. Noornobi lives in Monpura, Bangladesh. His land would flood often, making it difficult for him to grow vegetables year-round. He sometimes found day labor catching fish, but never had enough income for his family to eat well. He and others in his community are always looking for new ways to protect their homes from these natural disasters. **Through a Catholic Relief Services program**, Noornobi learned new techniques to protect his land from flooding, to farm using chemical-free and organic fertilizers; and to raise chickens and ducks to sell. This income helps him support his family and send the children to school. *Our sacrifices during this holy season of Lent have the power to change lives - deepening our faith and our connection to our one human family.*

- Fourth Week of Lent – March 26/27



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#### **DRIVEN BY A DREAM: *Rwanda***

Gloriose Uwamahoro and her husband, Karekezi Jean Pierre, live in Kigali, Rwanda. They are no strangers to hardship and hard work, selling vegetables and water at a kiosk and a market from morning to late at night. Malnutrition is widespread in Rwanda. Their daughter, like many other children in Rwanda, was malnourished. Gloriose joined a US-funded project led by Catholic Relief Services to help the Rwandan government combat malnutrition. She learned about balanced meals, importance of good hygiene, and how to grow a kitchen garden for family food. Through a Catholic Relief Services micro-savings group, she learned how loans could help her grow their vegetable-selling business. Now the parents earn enough to feed their family and can afford to fulfill their dream of sending the children to school. *Our sacrifices during this holy season of Lent have the power to change lives - deepening our faith and our connection to our one human family.*

- Fifth Week of Lent – April 2/3



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#### **MAKING A DIFFERENCE**

Over the past few weeks, we met families from Guatemala, Bangladesh, Rwanda – all overcoming hunger, poverty and other challenges and doing some pretty amazing things to build hope and dignity for themselves and their communities - with our help and through Catholic Relief Services. Although we are into the final days of Lent, there is still plenty of time to continue the three pillars of Lent – prayer, fasting, almsgiving – to grow in God and show love and care for brothers and sisters. *Our sacrifices during this holy season of Lent have the power to change lives*

- PALM SUNDAY - April 9/10

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#### *SHARING GOD'S LOVE*

As we walk with Jesus through Holy week, we call to mind the countless children, women and men who even today carry heavy crosses: crosses of hunger, homelessness, poverty, lack of security. In these brothers and sisters we encounter Jesus as he walks that long road to Calvary. This week is also a time to reflect on Saint Paul's words to the Philippians: *Jesus emptied himself for us*. How might we empty ourselves for others? Our Lenten prayer, fasting, almsgiving have prepared us to continue to wrestle with this question.

- EASTER SUNDAY April 17



#### *ALLELUIA! HAPPY EASTER!*

Our Lenten CRS Rice Bowl journey has ended, but our prayers, fasting, and almsgiving can continue as we seek a closer relationship with God and our global family. Let us hold in our hearts our sisters and brothers in Guatemala, Bangladesh and Rwanda and commit to share our Easter joy with those in our local community and around the world. **Please return your Catholic Relief Services Rice Bowl alms:** (fill in information here for your community).

