

WE CAN DO OUR PART CRS RICE BOWL 2021

Welcome to CRS Rice Bowl 2021! We are so happy you're joining us on this Lenten journey to three countries, where we'll learn how to help others through CRS Rice Bowl. When you donate to CRS Rice Bowl, you share your life and your abundance with our global family in need. Your generosity puts nutritious food on their tables and helps them lead healthy lives and reach their God-given potential!

Lord, when did we see you? —Matthew 25:38

Matthew's Gospel invites us to remember that we are responsible for helping all our sisters and brothers, even those who are strangers to us. When we do this, we care for Christ.

The season of Lent gives us a wonderful opportunity to reflect and make room in our hearts to welcome the stranger. Through our **prayer**, we encounter Jesus, who is present in the face of every member of our human family. When we **fast**, we encounter the obstacles that stop us from fully loving God and our neighbor. When we **give alms**, we share what we have with others.

This Lent CRS Rice Bowl takes us to three countries—Madagascar, El Salvador and Timor-Leste. Hunger and malnutrition, which happens when we don't get the right amount of nutrients, are challenges that too many families face each day. One out of every 10 people worldwide don't have enough to eat. Sometimes this is caused by natural disasters like floods and droughts. Other times, families don't have enough money to buy the food they need, or the food they can get doesn't have all the vitamins and minerals they need to stay healthy.

CRS helps communities find solutions to each of these problems. Farming families learn new skills and grow stronger, healthier harvests. Communities train health care workers so children can get regular check-ups and parents can learn new nutritious recipes to make sure their families get a balanced diet. People in vulnerable areas prepare for unpredictable weather that could destroy crops.



Jesus calls us to help those in need. Our Lenten prayers, fasting and sacrificial gifts help us answer this call.

REFLECT

What are the three pillars of Lent and why are they important?

How do you think we can help someone who is suffering from hunger in another country by praying, fasting and giving alms?