


























SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	DID YOU KNOW?	WEEKLY INTENTION	CARE FOR CREATION	CATHOLIC TEACHING	CALLED TO FAST	WORKS OF MERCY
 <p style="text-align: center;">FOR LENT FOR LIFE</p> <p style="text-align: right;">CRS RICE BOWL <small>CATHOLIC RELIEF SERVICES</small></p>		<input checked="" type="checkbox"/> Track your Lenten journey by checking the box each day as you complete your reflection! <input type="checkbox"/> When you see a bowl icon, share your pictures and reflections of the day with us on your social media using #CRSRiceBowl.	BEGIN YOUR JOURNEY <input type="checkbox"/> FEBRUARY 17 This Lent, we reflect on how caring for our neighbor is caring for Christ. Read Matthew 25:31-40 , and write your Lenten promise on your CRS Rice Bowl. † Ash Wednesday	<input type="checkbox"/> 18 The corporal works of mercy are found in Jesus' teachings and give us a model for how to treat others. GIVE \$1 for each work of mercy you can name.	<input type="checkbox"/> 19 Each Friday of Lent, we abstain from eating meat as a way to experience a little of the hunger that many experience daily. GIVE 50¢ if you ate a snack today.	<input type="checkbox"/> 20 Shelter the homeless. CRS recently helped people affected by severe flooding in El Salvador return to their homes. <i>What is one way you can practice this work of mercy?</i>
WEEK 1						
<input type="checkbox"/> 21 People in Madagascar, El Salvador and Timor-Leste work hard to grow nutritious food so their families can have a well-balanced diet. Name some nutritious foods that you enjoy. Read this week's story at crsricebowl.org.	<input type="checkbox"/> 22 Lenten alms to CRS Rice Bowl support CRS' work in more than 100 countries. GIVE 25¢ for every country in Africa that you can name.	<input type="checkbox"/> 23 <i>We pray for our sisters and brothers who experience chronic hunger and malnutrition. May they have access to the resources they need to stay healthy and thrive.</i> Amen 	<input type="checkbox"/> 24 Giving thanks to God for our food "strengthens our feeling of gratitude for the gifts of creation ... and it reaffirms our solidarity with those in greatest need." —Pope Francis, <i>Laudato Si'</i> , 227	<input type="checkbox"/> 25 "Today too, there is a need to appeal to men and women of good will to share, by almsgiving, their goods with those most in need ... Charitable giving makes us more human." —Pope Francis, <i>Message for Lent 2020</i>	<input type="checkbox"/> 26 Today, make a sacrifice and put aside coffee, milk, juices and soda, and drink only water. GIVE the money you save by eating simply! 	<input type="checkbox"/> 27 Visit the prisoners. During the COVID-19 pandemic, many of us had to stay in our homes, isolated from others. <i>What is one way you can practice this work of mercy?</i>
WEEK 2						
<input type="checkbox"/> 28 <i>Rainbow foods</i> like carrots, tomatoes and spinach have many vitamins and minerals needed for good nutrition. Read this week's story at crsricebowl.org. GIVE 50¢ for every rainbow food in your house.	<input type="checkbox"/> MARCH 1 Madagascar is the second largest island country in the world. "Hello" in Malagasy—the national language—is <i>salama</i> . "Food" is <i>sakafo</i> . GIVE 25¢ for each food-related word you can say in another language.	<input type="checkbox"/> 2 <i>We pray for expectant and new mothers here and around the world. May their children grow up healthy and reach their full God-given potential.</i> Amen 	<input type="checkbox"/> 3 "There is a nobility in the duty to care for creation through little daily actions." —Pope Francis, <i>Laudato Si'</i> , 211 Caring for creation is everyone's responsibility. <i>What can you do today to help the environment?</i>	<input type="checkbox"/> 4 "We cannot be indifferent to those suffering from hunger, especially children, when we think of how much food is wasted every day in many parts of the world." —Pope Francis, <i>Address to the Diplomatic Corps</i> , January 2014	<input type="checkbox"/> 5 Fasting and abstinence help us put God first. Today, try Vary Amin'anana , a meatless recipe from Madagascar. GIVE the money you save by eating simply! 	<input type="checkbox"/> 6 Visit the sick. Community health workers in Madagascar teach families about good nutrition and give children regular check-ups to make sure they stay healthy. <i>What is one way you can practice this work of mercy?</i>
WEEK 3						
<input type="checkbox"/> 7 Young farmers in El Salvador are implementing new, environmentally friendly farming techniques to increase harvests while caring for our common home. Read this week's story at crsricebowl.org.	<input type="checkbox"/> 8 El Salvador is a small country in Central America. Salvadorans like to call it <i>El Pulgarcito de América</i> —"The Tom Thumb of the Americas."	<input type="checkbox"/> 9 <i>We pray for young people in El Salvador and the entire world. May they receive good education and find job opportunities to thrive and transform their communities.</i> Amen 	<input type="checkbox"/> 10 We need to develop "sources of renewable energy. Worldwide there is minimal access to clean and renewable energy." —Pope Francis, <i>Laudato Si'</i> , 26 GIVE 25¢ for every source of energy you can name.	<input type="checkbox"/> 11 "God gave the earth to the whole human race for the sustenance of all its members, without excluding or favoring anyone." —Saint John Paul II, <i>Centesimus Annus</i> , 31 	<input type="checkbox"/> 12 Fasting and abstinence help us deepen our personal and communal prayer. Today, try pupusas , a meatless recipe from El Salvador. GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/> 13 Give drink to the thirsty. CRS water programs help communities dig wells for clean water and build hand-washing stations to reduce disease. GIVE to the CRS Collection this weekend at Mass.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
STORY OF HOPE	DID YOU KNOW?	WEEKLY INTENTION	CARE FOR CREATION	CATHOLIC TEACHING	CALLED TO FAST	WORKS OF MERCY
WEEK 4						
<input type="checkbox"/> 14 In Timor-Leste, families grow different foods like carrots, spinach and watermelon. They sometimes have cooking competitions to see who can make the best dish! Read this week's story at crsricebowl.org.	<input type="checkbox"/> 15 Nearly 98% of the Timorese population are Catholic. A beautiful 88-foot statue of Christ stands on a globe in Dili, Timor-Leste's capital. GIVE 25¢ for each religious item in your house. 	<input type="checkbox"/> 16 <i>We pray for farmers near and far. May we recognize how our actions affect the environment and those who cultivate the land for nourishment and livelihoods.</i> Amen GIVE \$2 in honor of God's creation.	<input type="checkbox"/> 17 The Bible tells us "to 'till and keep' the garden of the world. 'Tilling' refers to cultivating, ploughing or working, while 'keeping' means caring, protecting, overseeing and preserving." —Pope Francis, <i>Laudato Si'</i> , 67	<input type="checkbox"/> 18 "Let us be renewed by God's mercy ... and let us become agents of this mercy, channels through which God can water the earth, protect all creation and make justice and peace flourish." —Pope Francis, <i>Urbi et Orbi</i> , Easter 2013	<input type="checkbox"/>  19 Fasting and abstinence help us appreciate the good things in our lives. Today, try Batar Da'an , a meatless recipe from Timor-Leste. GIVE the money you save by eating simply! 	<input type="checkbox"/>  20 Feed the hungry. Families in Timor-Leste grow foods rich in vitamins and minerals and practice cooking healthy meals through community nutrition groups. <i>What is one way you can practice this work of mercy?</i>
WEEK 5						
<input type="checkbox"/> 21 Families in Madagascar are building household gardens that maintain nutrient-rich soil and stay productive during winter months. What recipes does your family like to make? Read this week's story at crsricebowl.org.	<input type="checkbox"/>  22 Over 70% of the 250,000 wildlife species found in Madagascar—including lemurs—are found nowhere else in the world. GIVE 50¢ for each plant and animal in your home. 	<input type="checkbox"/> 23 <i>We pray for our sisters and brothers who experience drought, floods and other natural disasters. May they receive the help they need to recover and become more resilient to a changing climate.</i> Amen 	<input type="checkbox"/>  24 We can help our community and world by living more sustainably. Make a list of sustainable actions your family can take to fight climate change. GIVE 25¢ for each action you identify.	<input type="checkbox"/> 25 "Climate change, the loss of biodiversity [and] deforestation are showing their devastating effects ... from which the humble suffer most." —Pope Francis, <i>Address to the World Meeting of Popular Movements</i> , October 2014	<input type="checkbox"/> 26 Fasting and abstinence allow us to remember our sisters and brothers in need and support them with our sacrifices. GIVE the money you save by eating simply to CRS Rice Bowl!	<input type="checkbox"/>  27 Clothe the naked. In the arid lands of Madagascar, you can find people making hats out of plant fibers. Wearing a hat protects the body from the sun and keeps it cool. <i>What is one way you can practice this work of mercy?</i>
HOLY WEEK						
<input type="checkbox"/> 28 As we enter Holy Week, reflect on whether we are in the crowd that welcomes Jesus into Jerusalem or among those that want him to be crucified. Read this week's story at crsricebowl.org.  Palm Sunday	<input type="checkbox"/> 29 In El Salvador, on Good Friday, people carry a life-size statue of the crucified Christ in a procession that recalls the burial of Jesus, followed by a statue of Our Lady of Sorrows.	<input type="checkbox"/> 30 <i>We pray for our communities. May we offer spiritual and corporal works of mercy for our most vulnerable sisters and brothers, recognizing that whatever we do for them, we do for Christ who redeems us.</i> Amen	<input type="checkbox"/> 31 During Holy Week there is a full moon. "Praised be you, my Lord, through Sister Moon and the stars, in heaven you formed them clear and precious and beautiful." —Saint Francis of Assisi, <i>Canticle of the Sun</i> 	<input type="checkbox"/> APRIL 1 2 "For the Christian, 'to reign is to serve him,' particularly when serving 'the poor and the suffering,' in whom the Church recognizes the image of her poor and suffering founder." — <i>Catechism of the Catholic Church</i> , 786  Holy Thursday	<input type="checkbox"/>  3 Today, besides abstaining from meat, Catholics between the ages of 18 and 64 fast. <i>What can you give up as a way to join in the suffering of our Lord?</i>  Good Friday	<input type="checkbox"/>  3 Bury the dead. There are many ways we can remember and care for those who have passed away. Joseph of Arimathea offered to bury Jesus in a brand-new tomb. <i>What is one way you can practice this work of mercy?</i>  Holy Saturday
<input type="checkbox"/> 4 May the love of the Risen Christ inspire us this Easter season to continue attending to the needs of our human family and caring for our common home.  Easter Sunday	Don't forget to turn in your CRS Rice Bowl to your parish or school, or give online at crsricebowl.org/give. Thank you for changing lives this Lent!		GOD OF MERCY, <i>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.</i> AMEN 			

Calendar photos by (front, in order) Anny Djahova/CRS; Anny Djahova/CRS; Michael Stulman/CRS; Dooshima Tsee/CRS; Philip Laubner/CRS; Oscar Leiva/Silverlight for CRS; Jim Stipe/CRS; (back, in order) courtesy of Getty Images; Paul O'Donnell/CRS; courtesy of Getty Images; Dooshima Tsee/CRS; Philip Laubner/CRS; Oscar Leiva/Silverlight for CRS