

## Lenten Prayer

**God of mercy,**

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.

**AMEN**

 CRS RICE BOWL  
CATHOLIC RELIEF SERVICES

FOR  
**LENT**  
FOR **LIFE**



Photo by Anny Djahova/CRS

MAKE YOUR OWN CRS RICE BOWL BY GLUING OR TAPING THE WRAPPER, ABOVE, TO A CAN. THEN DISPLAY THE FORM, BELOW, ON YOUR FRIDGE.

## WHAT YOU GIVE UP FOR LENT CHANGES LIVES!

### My Lenten Pledge

Name \_\_\_\_\_

For Lent, I will \_\_\_\_\_

And donate \$ \_\_\_\_\_

Turn in your gifts at the end of Lent,  
or donate online at  
[crsricebowl.org/give](https://crsricebowl.org/give)

### Make a Lenten Plan

#### PRAY

Set aside a time each week to pray and reflect.

#### FAST

Consider what you will give up for Lent to change the lives of others.

#### GIVE

Set a goal for your CRS Rice Bowl offering.

#### LEARN

Meet your global family. Discover stories, reflections and more at [crsricebowl.org](https://crsricebowl.org).