

# encounter *Lent*



*After the resurrection, when the disciples went forth in all directions, the Lord accompanied them. This is what happens as the result of true encounter. – Pope Francis*

Dear Families,

During Lent our community will participate in CRS Rice Bowl, a faith-in-action program that invites us to encounter the needs of the world with the hope of the Resurrection.

We will reflect on how this encounter can be transformative. We will see how our Lenten prayers, fasting and almsgiving can respond to Pope Francis's invitation to *Share the Journey* by supporting those worldwide who are forced to flee their homes to find safety or better opportunities.

As we prepare for this holy season, it is especially important to come together as a family and reflect on the crosses of hunger, poverty and war that our brothers and sisters forced to flee their homes carry. In so doing, we pledge to stand alongside these members of our human family, supporting them as the Gospel calls us to do.

Please consider these suggestions in your family's Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar daily to guide your prayer, fasting and almsgiving.
- Read the Stories of Hope and daily reflections to inspire your Lenten journey—and guide your Lenten almsgiving.
- Prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our brothers and sisters around the world.
- Visit **[crsricebowl.org](http://crsricebowl.org)** to watch videos of the people and communities you support through your Lenten gifts to CRS Rice Bowl.

We will collect your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

*Frassati Catholic Academy*

*P.S. Did you know that CRS Rice Bowl has a web page specifically for families? Visit **[crsricebowl.org/families](http://crsricebowl.org/families)** for activities that will help your family grow in our Catholic faith this Lenten season.*

CRS Rice Bowl is sponsored by Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist poor and suffering people in more than 100 countries, without regard to race, religion or nationality.

**[crsricebowl.org](http://crsricebowl.org)**  
**[crsplatodearroz.org](http://crsplatodearroz.org)**