

FOR LENT FOR LIFE

Dear Families,

This Lent, our school community will participate in CRS Rice Bowl, a Catholic Relief Services program that invites us to encounter God and our global family through prayer, fasting and almsgiving.

Through CRS Rice Bowl, we will encounter communities in Uganda, El Salvador and Indonesia and learn how issues like hunger and climate change are impacting our sisters and brothers around the world. Together, we will reflect on our participation in the body of Christ and how the Eucharist—the Bread *of* Life—compels us to share bread *for* life with all members of our human family.

Alongside thousands of Catholic faith communities across the United States, our Lenten alms will make a difference in the lives of millions of people worldwide. Together as a Church, we can support people who seek to build a better future for themselves and their communities.

CRS Rice Bowl provides resources for daily reflection throughout the liturgical season. Consider these suggestions in your family's Lenten plan:

- Use your CRS Rice Bowl and Lenten Calendar each day to guide your prayer, fasting and almsgiving.
- Visit crsricebowl.org to read weekly Stories of Hope and watch the accompanying videos.
- Use the CRS Rice Bowl recipes from crsricebowl.org/recipe to prepare simple, meatless meals on the Fridays of Lent to eat in solidarity with our global family.

During this holy season, may your Lenten journey be a transformative and enriching experience as you put your faith into action for our sisters and brothers experiencing the greatest need.

CRS Rice Bowls will be collected at school by March 22 so that we can send the collected monies to CRS before Spring Break. Thank you for participating in CRS Rice Bowl with your family.

Sincerely,

Melissa Hamel

Religion Coordinator for SSCS