



CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official international development and humanitarian relief agency of the United States Conference of Catholic Bishops.

CRS Rice Bowl helps Catholics in the United States live out the Lenten pillars of prayer, fasting and almsgiving in solidarity with our poorest brothers and sisters.

Seventy-five percent of CRS Rice Bowl donations help the poor overseas, and twenty-five percent support local hunger and poverty alleviation projects in our diocese.

You'll find more prayer, educational and family resources online at **crsricebowl.org** on the CRS Rice Bowl app.



Blessing of Catholic Relief Service Rice Bowls

to begin your Lenten journey



St. Michael the Archangel Catholic church
Kailua-Kona, Hawaii

INTRODUCTION

As we look ahead to our Lenten journey, may our fasting be a hunger for justice, our alms a making of peace, and our prayers the change of humble and grateful hearts. We ask for God's help to put our faith into action, to work in love and to persevere in hope through our Lord Jesus Christ, who lives and reigns with the Father and the Holy Spirit, one God forever and ever.

Amen

READING

Let us listen to the words of the Prophet Isaiah (58:5-8)

PRAYER INTENTIONS

For people around the world who are hungry, especially children, that they receive the nutritious food they need to be healthy. We pray to the Lord.

For parents, who struggle to provide food and shelter for the survival of their children. We pray to the Lord.

For those who live in war torn countries and exist constantly in a state of fear. We pray to the Lord.

That our hearts will be open to the cry of the poor during this holy period of Lent. We pray to the Lord.

That our families will come together each day during Lent with hearts open to prayer, fasting, and to offering sacrifices for families around the world who struggle to maintain the very basics of safe living. We pray to the Lord.

BLESSING OF THE CRS RICE BOWLS

Loving God,

You are blessed and the source of every blessing. Be with us now, and as we use these CRS Rice Bowls (*sprinkle with holy water*) in prayer, fasting and almsgiving this Lent. May they be an instrument of your love and a reminder of your great desire for peace and justice. May they serve to unite us with our brothers and sisters around the world, especially those who are hungry, homeless and in need. May they help us deepen our own faith in you and our love for one another as we await with joyful anticipation the great celebration of Easter.

Amen

