

FOR LENT FOR LIFE

Dear Friends in Christ,

Peace and all good!

God calls each of us to a loving relationship with him. During Lent, we focus in an intentional way on turning away from sin and toward God to grow in this love. The Lenten pillars of prayer, fasting and almsgiving help us do this. CRS Rice Bowl—Catholic Relief Services' Lenten faith-in-action program—invites us to practice these pillars while reflecting on the needs of our sisters and brothers and how we can respond in love to support them.

This year, journey with CRS to Guatemala, Bangladesh and Rwanda to learn about the root causes of hunger and how families—with the support of faith communities like yours—are making sure they have nutritious food to thrive. Through stories, videos and lesson plans, your community will learn about the global issue of hunger and malnutrition and our Gospel call to help those experiencing these affronts to human dignity.

CRS Rice Bowl provides resources to bring Lenten spirituality to life for families, parishes and school communities, while continuing to connect Catholics in our archdiocese with our global human family. I encourage you to order a CRS Rice Bowl poster to display in your communal space and a CRS Rice Bowl and Lenten Calendar for each family in your community. These **free** materials are available in English and Spanish. You may also visit crsricebowl.org or crsplatodearroz.org to find additional resources, including:

- Lenten devotions and prayers.
- Lesson plans, videos and activity sheets for Catholic school teachers and religious educators.
- Ideas for in-person or virtual community gatherings and simple Lenten meal events.

Thank you for inviting families in your faith community to join us on an enriched Lenten journey through CRS Rice Bowl. Together, we can respond to Christ's call to help those in need and ensure everyone reaches his or her God-given potential.

Yours in Christ,



*Archbishop Gregory J. Hartmayer, OFM Conv.
Archbishop of Atlanta*