

40th ANNIVERSARY

2015 Lenten calendar



Photo by David Snyder/CRS



Schoolgirl from the village of Tourbey, Niger

what is Lent?

Lent is our time of preparation. We begin a 40-day journey of prayer, fasting and almsgiving on Ash Wednesday to help us deepen our relationship with Christ.

Prayer: Deepens our relationship with God and helps us to reflect on our lives.

Fasting: Removes obstacles between us and God.

Giving: Helps us serve those in need and live Jesus' message of love.

what is CRS rice bowl?

40 years ago, Catholics in the United States wanted to respond to famine in Africa. Could we feed the hungry through Lenten prayers, fasting and almsgiving? The answer was yes—and it came in the form of a small cardboard box. 40 years later, it still does. And now, there's an app for that, too.

Have you downloaded the **CRS Rice Bowl app** yet?



Lent is a
journey
**where will it
take you?**

OPEN THIS CALENDAR AND
BRING YOUR LENT TO LIFE.

"LENT IS A FITTING TIME FOR SELF-DENIAL;
WE WOULD DO WELL TO ASK OURSELVES WHAT WE
CAN GIVE UP IN ORDER TO HELP AND ENRICH OTHERS
BY OUR OWN POVERTY."

—POPE FRANCIS



get involved!

Ready to get involved? Here's what you can do:

Place your CRS Rice Bowl and Lenten calendar in a prominent spot for daily use.

Watch videos at crsricebowl.org.

Download the CRS Rice Bowl mobile app to get Lenten inspiration right on your phone.

Like us on Facebook and follow us on Twitter for 40 days of motivation.



Photo by Sara A. Fairhurst/CRS

february 22–28
TANZANIA

hungering for a better life

Loving God, help us to remember the inherent dignity of all people.

Like many farmers in Tanzania, Gertruda Domayo used to struggle to provide for her three grandchildren. Now she is a member of Soya ni Pesa, a Catholic Relief Services project that means “soybeans are money.” Through the project, Gertruda has learned that a few small changes can make a big difference. Crop spacing and fertilizer have doubled her harvests. Membership in the local farmers’ group gets her good prices at market—which means a six-fold increase in family income. And the soybeans themselves add nutrients to the soil, fueling future harvests.

For Gertruda and her grandchildren, that means more and better food. Best of all, Gertruda knows how to provide her family with a better life.

Visit crsricebowl.org to watch a video and learn more about Tanzania.



Recipe from Nicaragua:
gallo pinto
Makes 4-6 servings

- 1 large onion, diced
- 1 bell pepper, diced
- 3 garlic cloves, minced
- 4 T fair trade olive oil
- 2 c rice
- 4 c water
- 2 16-oz cans red beans, drained
- 1 bay leaf
- Salt and black pepper to taste
- Fried egg or cheese (optional)

In a large pot, sauté onion, bell pepper and garlic in oil. Stir in rice. Cook, stirring often, until onions are soft. Add water and cook, covered, until most of the water has been absorbed. Add beans and bay leaf. Mix well and cook over medium heat for 15 minutes. Serve hot with cheese or fried egg.

march 1–7
NICARAGUA

hungering for a bountiful earth

Loving God, help us to care for all that you have created.

Melvin Sánchez Ramírez makes his living as a coffee farmer in one of the poorest regions of Nicaragua. For him, his wife and son, it has always been a challenge, but they’ve managed to get by. Then came coffee leaf rust. The fungus killed off so many of Melvin’s plants, he had no coffee to sell.

Catholic Relief Services is helping farmers like Melvin learn how to protect their plants from leaf rust. We’re also teaching them to grow other crops, like plantains and sweet potatoes. Not only do these crops add nutritious variety to family meals, they bring vital diversity to plantings so the family isn’t relying on one crop for their livelihood. And, by joining a CRS-supported savings group, Melvin is preparing for the future with others in his community.

By planning ahead and working together, families like Melvin’s are making sure they have bountiful farms and better futures.

Visit crsricebowl.org to watch a video and learn about Nicaragua.



Recipe from Tanzania:
**ugali with
bean soup**
Makes 4-6 servings

- 4 T fair trade olive oil
- 1 t curry powder
- 1 t salt
- ¼ t black pepper
- 1 tomato, chopped
- 2 16-oz cans kidney beans, drained
- 3 c unsweetened coconut milk

Ugali

- 4 c water
- 2½ c cornmeal

Bean Soup

- 1 small onion, diced
- 1 green pepper, diced

Ugali: Boil water in saucepan, then stir in cornmeal. Simmer until mixture is thick and water is absorbed. Stir often to prevent burning. Shape the mixture into round balls, one for each person.

Bean Soup: In a large pot, sauté onion and green pepper in oil until soft. Add curry powder, salt, black pepper and tomato. Simmer for 2 minutes, add beans and stir. Add coconut milk and simmer for 10 minutes on low heat. Serve with Ugali.

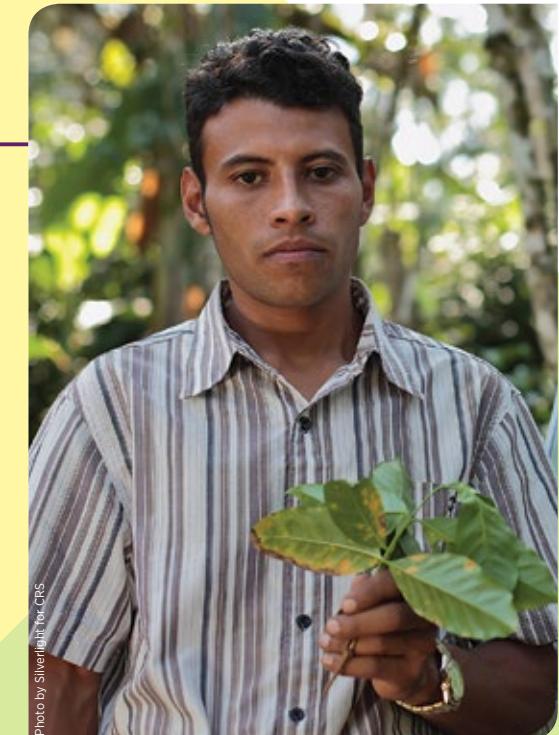


Photo by Silverlight for CRS



Photo by Fransois Thienon for CRS

march 8–14
NIGER

hungering for a season of hope

Loving God, we pray that all people gain opportunities to express their dignity through meaningful work.

Life in Niger is ruled by the seasons. There's the dry season, the hot season, the rainy season—and the hungry season. The hungry season comes every year, when food supplies run out and prices rise. Poor families face the difficult choice between feeding their children and meeting other basic needs. Habibou Alassane, his wife and nine children are farmers in Tourbey, a remote village in Niger. During the last hungry season, a Catholic Relief Services project called Bonbatu hired Habibou and other farmers to dig reservoirs. The work provides farmers with income and the reservoir will provide water for crops and livestock.

"Bonbatu" means "I become stronger." Habibou's family is stronger. His children are well-fed. And his fields are ready for the planting season.

Visit crsricebowl.org to watch a video and learn more about Niger.



Recipe from Lebanon:
fattet laban
Makes 4-6 servings

- 32-oz plain whole milk yogurt
- Cheesecloth
- 1 bunch fresh mint, minced
- 1 t dry mint
- 2 garlic cloves, crushed
- 2 16-oz cans chickpeas with liquid
- Pita bread
- 1/4 c almonds, chopped and toasted (optional)
- 2 T fair trade olive oil

Place a colander into a bowl, line it with cheesecloth and place yogurt in it. Cover and place in refrigerator. Allow yogurt to drain for a few hours or overnight.

Combine drained yogurt, fresh and dry mint, and crushed garlic in a bowl. In a pan, heat chickpeas in their liquid until warm, then drain and set aside. Toast pita bread in oven until golden in color. Break some of the pita bread and place pieces in a large bowl with chickpeas. Add yogurt mixture. Top with fresh mint and toasted almonds. Drizzle olive oil over top. Serve with remaining pita bread.

march 15–21
LEBANON

hungering for peace

Loving God, help us reach out to our neighbors in need.

Before civil war broke out, 5-year-old Tanious Issa and his parents lived a good life in Syria. But in 2011, because of the civil war, they made the difficult choice to move to Lebanon. Tanious loves living in Lebanon—all he remembers about Syria is the sound of constant gunfire. But refugee life is tough. Tanious' father can't find a job, and the family struggles to pay for food and rent. We are working hard to help children like Tanious enjoy childhood. That means supporting schools where they can learn and play—and where there are counselors who help them work through their trauma. Most importantly, refugee children find friends to grow and share with.

This is a difficult time for the Issa family—and many others like them. Catholic Relief Services is providing food vouchers to help the family meet their immediate needs. They are grateful for the food, but are still praying for lasting peace.

Visit crsricebowl.org to learn more about Lebanon.



Recipe from Niger:
west African peanut stew
Makes 4-6 servings

(Allergen alert: contains nuts)

- 1 medium onion, diced
- 3 cloves garlic, minced
- 2 T fresh ginger, minced
- 4 T fair trade olive oil
- 6 c water
- 1/2 t crushed red pepper
- 1/2 t salt
- 1/2 t black pepper
- 3 small sweet potatoes, cubed
- 2 medium tomatoes, diced
- 3 c chopped kale or spinach
- 1 c crunchy peanut butter

In a large pot, sauté onion, garlic and ginger in oil until tender. Add 5 cups water and season with crushed red pepper, salt and black pepper. Stir in sweet potatoes and bring to a boil. Reduce heat to medium-low and simmer for 15 minutes. Stir in 1 cup water, tomatoes, greens and peanut butter. Cook over medium heat for 20 minutes, stirring occasionally. Serve over rice.

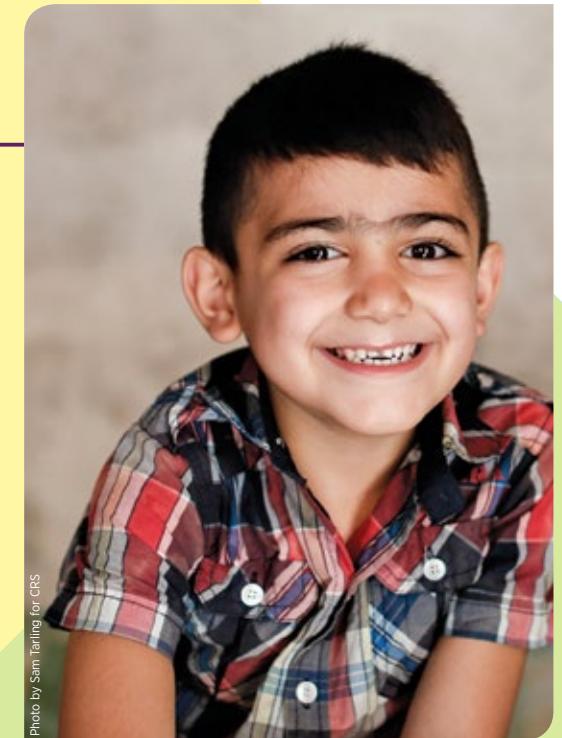


Photo by Sam Tatting for CRS



Photo by Sean Paolucci/CRS

march 22–28
DEMOCRATIC
REPUBLIC OF
CONGO

hungering for a healthy harvest

Loving God, strengthen all families and communities throughout the world.

When banana trees die, Hamuli Kahati has nothing to sell. And his family has nothing to eat. When banana wilt disease devastated the trees on Hamuli's farm in the Democratic Republic of Congo, his income dropped from \$150 a month to only \$7. He struggled to give his three daughters even one meal per day. Catholic Relief Services helped start a field school where farmers like Hamuli could try different ways of treating banana wilt disease. After training at the school, members visited each other's fields and worked together to clean the disease off the trees.

Now Hamuli's trees are thriving. His family is eating two to three meals a day. And farmers in the Democratic Republic of Congo know how to keep their harvests healthy.

Visit crsricebowl.org to learn more about the Democratic Republic of Congo.



Recipe from the Democratic Republic of Congo:
fried plantains with beans
Makes 4-6 servings

Fried Plantains

- 4 ripe green plantains
- Salt to taste
- 6 T fair trade olive oil

Beans

- 1 large onion, diced
- 2 T fair trade olive oil

Fried Plantains: Peel plantains and cut into thin slices. Lightly salt both sides. Pour oil into pan and heat. Carefully place each plantain slice into oil and fry each side until golden. Drain on rack or paper towel.

Beans: In a large pan, sauté onion in oil, then add beans, tomato, paprika and chili pepper. Cook over low heat until hot. Serve with plantains.

Driven by our faith, we are committed to help those in need no matter where they may live. In that spirit, 75 percent of all money raised through CRS Rice Bowl provides lifesaving aid to those in need overseas, and 25 percent stays in the diocese for local programs to ease hunger and homelessness.

To learn more about how the local 25 percent of CRS Rice Bowl funds is used in your diocese visit crsricebowl.org/about.

march 29–april 4
UNITED STATES
DIOCESE OF ALBANY

hungering for seeds of home

Loving God, bless those who serve the poor in our own community.



Photo courtesy of Paul McAvoy/Catholic Charities of the Diocese of Albany



The *Garden of Feedin'* used to be an abandoned lot in a low-income neighborhood in Albany, New York. Today, it provides fresh fruits and vegetables for a soup kitchen at the Sister Maureen Joyce Center.

Three times a week, about 130 people gather for a delicious lunch prepared from scratch. Volunteer Lois Keefrider certainly appreciates the fresh produce that the community garden makes possible, but she says that for guests at the center, it's about more than food. "It's a whole-community aspect of being around the table," Lois says. "Many of these people are homeless and this is their home, this is their family." The Sister Maureen Joyce Center receives funding from CRS Rice Bowl donations—from the 25 percent designated for local use by the Diocese of Albany's CRS Rice Bowl collection.

This abandoned-lot-turned-fruitful-garden is a symbol of the center's mission: To bring hope—and a home—to struggling neighbors.

CRS RICE BOWL

40th ANNIVERSARY!

Spend 5 minutes a day reflecting on these calendar entries, and use the GIVE suggestions to guide your Lenten almsgiving. Don't forget: your Lenten journey continues when you download our app!

SUNDAY, FEBRUARY 22

1ST WEEK OF LENT

As we travel to Tanzania, join Catholics across the United States in **FASTING** from all desserts. How much will this week's **FAST** raise for those in need?

READ THIS WEEK'S STORY OF HOPE AND START YOUR JOURNEY TO TANZANIA!

MONDAY, FEBRUARY 23

CATHOLIC SOCIAL TEACHING

Sacredness and Dignity of the Human Person

When God created us, he made us in his image and likeness. That means that every human being has a special value and purpose. We need to care for each other so that we can be the people God calls us to be.

SUNDAY, MARCH 1

2ND WEEK OF LENT

As we travel to Nicaragua, join Catholics across the United States in **FASTING** from all beverages except water. How much will this week's **FAST** raise for those in need?

READ THIS WEEK'S STORY OF HOPE AND START YOUR JOURNEY TO NICARAGUA!

MONDAY, MARCH 2

CATHOLIC SOCIAL TEACHING

Care for Creation

God created every plant, every mountaintop, every animal—everything. And God said that these things are good. We find God in these good things he made, and so we must take care of creation—both for ourselves and for all of our human family.

TUESDAY, FEBRUARY 24

STATION 2:

Jesus Carries the Cross

Nearly 75% of Tanzanians live in remote areas, without cars or public transportation to hospitals or other services. Why do you think living without transportation would be a heavy cross? **GIVE** 25¢ to your CRS Rice Bowl for each car your family owns.

SUNDAY, MARCH 8

3RD WEEK OF LENT

Meat is a luxury denied to many around the world. As we travel to Niger, join Catholics across the United States in **FASTING** from meat all week long. How much will this week's **FAST** raise for those in need?

READ THIS WEEK'S STORY OF HOPE AND START YOUR JOURNEY TO NIGER!

WEDNESDAY, FEBRUARY 18

ASH WEDNESDAY

READ Isaiah 58:1-12

"If you lavish your food on the hungry and satisfy the afflicted; Then your light shall rise in the darkness, and your gloom shall become like midday."

How will you help the hungry and afflicted this Lent? Write your commitment on your CRS Rice Bowl and download our app to get more prayers and reflections.

Amen.

WEDNESDAY, FEBRUARY 25

THE WORD OF GOD

READ 1 John 3:11-18

"If someone who has worldly means sees a brother in need and refuses him compassion, how can the love of God remain in him?"

Each person we meet is a special gift from God. **GIVE** 25¢ to your CRS Rice Bowl for every new person you met today.

TUESDAY, FEBRUARY 24

STATION 2:

Jesus Meets His Mother

In Nicaragua, 80% of farming families' money comes from coffee. When coffee plants die, it's hard for parents to feed their children. **GIVE** \$1 to your CRS Rice Bowl for each chair around your dinner table.

MONDAY, MARCH 9

CATHOLIC SOCIAL TEACHING

Dignity of Work and Rights of Workers

Jesus spent years working as a carpenter. Work is important and helps people achieve their potential. People must be paid a fair wage to provide for themselves and their families.

TUESDAY, MARCH 10

STATION 6:

Veronica Wipes the Face of Jesus

Weather in Niger makes farming difficult. Flooding followed by drought destroys crops and leaves many people hungry. Rain can be life-giving or destructive. **GIVE** 25¢ to your CRS Rice Bowl for each day that has passed since it last rained.

WEDNESDAY, FEBRUARY 26

THE WORD OF GOD

READ Psalm 104

"How varied are your works, Lord! In wisdom you have made them all; the earth is full of your creatures."
God has entrusted the wonders of the earth to humanity. **GIVE** 25¢ to your CRS Rice Bowl for each living thing in your home.

THURSDAY, FEBRUARY 26

STATION 3:

Jesus Falls for the First Time

As more opportunities come to the people of Tanzania, some families are better off, though many still fall into poverty. This is true in many countries. **GIVE** 25¢ to your CRS Rice Bowl for each time you've reached out to help others this week.

WEDNESDAY, MARCH 4

THE WORD OF GOD

READ Psalm 104

"How varied are your works, Lord! In wisdom you have made them all; the earth is full of your creatures."
God has entrusted the wonders of the earth to humanity. **GIVE** 25¢ to your CRS Rice Bowl for each living thing in your home.

THURSDAY, MARCH 5

STATION 5:

Simon Helps Jesus Carry His Cross

Though the cost of coffee and other crops are increasing, farmers still struggle to provide for their families' needs. Help farmers carry their cross. **GIVE** 50¢ to your CRS Rice Bowl for each type of food you ate today that came from a farm.

FRIDAY, FEBRUARY 27

A SIMPLE MEAL

Ugali is a common dish in East Africa. **SHARE** a simple Tanzanian meal with your family by trying this week's recipe for **Ugali With Bean Soup**. **PRAY** together for those in Tanzania who are hungry. **GIVE** the money you saved by sharing this meal to your CRS Rice Bowl.
Use the CRS Rice Bowl app to calculate your meal savings!

SATURDAY, FEBRUARY 28

THOUGHTS FROM THE POPES

SATURDAY, FEBRUARY 21

STATION 1:

Jesus Is Condemned to Death

Around the globe, 1.2 billion people live on less than \$1.25 a day. What if you only had \$1.25 to pay for the food you ate today? **GIVE** \$1.25 to your CRS Rice Bowl for each meal you had today.

SUNDAY, MARCH 12

STATION 7:

Jesus Falls the Second Time

To avoid falling into starvation, many families in Niger are forced to spend nearly 75% of their money on food, leaving little to use on other things. How many things cost you money today besides food? **GIVE** 75¢ to your CRS Rice Bowl for each thing.

FRIDAY, MARCH 13

A SIMPLE MEAL

Peanut stew is common in most West African nations. **SHARE** a simple meal by trying this week's recipe for **West African Peanut Soup**. **PRAY** together for those who are hungry in Niger. **GIVE** the money you saved by sharing this meal to your CRS Rice Bowl.
Use the CRS Rice Bowl app to calculate your meal savings!

SATURDAY, MARCH 14

THOUGHTS FROM THE POPES

"There exists a certain reciprocity: As we care for creation, we realize that God, through creation, cares for us."
—Pope Emeritus Benedict XVI

"Work is fundamental to the dignity of a person. Work... annots us with dignity, fills us with dignity, makes us similar to God, who has worked and still works."
—Pope Francis
SUPPORT THE ANNUAL CRS COLLECTION AT MASS THIS WEEKEND.

SUNDAY, MARCH 15

4TH WEEK OF LENT

As we travel to Lebanon, join Catholics across the United States in **FASTING** from all snacks this week. How much will this week's **FAST** raise for those in need?

READ THIS WEEK'S STORY OF HOPE AND START YOUR JOURNEY TO LEBANON!

MONDAY, MARCH 16

CATHOLIC SOCIAL TEACHING

Option for the Poor

Jesus tells us to care for those who are most in need in the world. He reminds us of our Christian duty to give a voice to those who go unheard and to help those who are most vulnerable.

TUESDAY, MARCH 17

STATION 8:

Jesus Comforts the Women

More than 1 million Syrian refugees are seeking comfort in Lebanon. Most of these refugees are women and children. **GIVE** 25¢ to your CRS Rice Bowl for each person who has comforted you this week.

WEDNESDAY, MARCH 18

THE WORD OF GOD

READ Matthew 25:31-46

"Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me."

Jesus helps all who are in need. **GIVE** 25¢ to your CRS Rice Bowl for every time you received help today.

THURSDAY, MARCH 19

STATION 9:

Jesus Falls the Third Time

Refugees have to leave almost everything they own when they flee their homes, bringing only what they can carry. How much can you carry using only your hands? **GIVE** 25¢ to your CRS Rice Bowl for each thing you can carry.

FRIDAY, MARCH 20

A SIMPLE MEAL

Chickpeas are a staple ingredient in Mediterranean recipes. **SHARE** a simple Lebanese meal with your family by trying this week's recipe for **Fattet Laban**. **PRAY** together for those in Lebanon who are hungry. **GIVE** the money you saved by sharing this meal to your CRS Rice Bowl. **Use the CRS Rice Bowl app to calculate your meal savings!**

SATURDAY, MARCH 21

THOUGHTS FROM THE POPES

"The nations of the world are becoming more and more dependent on one another and it will not be possible to preserve a lasting peace so long as glaring economic and social imbalances persist."

—St. John XXIII

SUNDAY, MARCH 22

5TH WEEK OF LENT

As we travel to the Democratic Republic of the Congo, join Catholics across the United States in **FASTING** from eating out this week. How much will this week's **FAST** raise for those in need?

READ THIS WEEK'S STORY OF HOPE AND BEGIN YOUR JOURNEY TO THE CONGO!

MONDAY, MARCH 23

CATHOLIC SOCIAL TEACHING

Call to Family, Community and Participation

Human beings are social by nature. We, like the early disciples, are called to come together as a community, whether that community is in our classroom, workplace or family.

TUESDAY, MARCH 24

STATION 10:

Jesus Is Stripped of His Garments

Even though the Democratic Republic of Congo is full of natural resources, it is one of the poorest countries in the world because violence strips the people of opportunity to work and thrive. **GIVE** \$2 to your CRS Rice Bowl in thanksgiving for peace.

WEDNESDAY, MARCH 25

THE WORD OF GOD

READ Hebrews 10:19-25

"We must consider how to rouse one another to love and good works."

We can encourage each other with kind words. **GIVE** 25¢ to your CRS Rice Bowl for every kind word you heard today.

THURSDAY, MARCH 26

STATION 11:

Jesus Is Nailed to the Cross

Poor nutrition is a big problem in the Democratic Republic of Congo. Many children get sick because they don't get the healthy food they need. **GIVE** 25¢ to your CRS Rice Bowl for each type of fruit and vegetable in your home.

FRIDAY, MARCH 27

A SIMPLE MEAL

Hamuli, whose story we read this week, shared his daughter's favorite recipe. **SHARE** Hamuli's simple meal with your family by trying **Fried Plantains With Beans**. **PRAY** together for those who are hungry. **GIVE** the money you saved to your CRS Rice Bowl. **Use the CRS Rice Bowl app to calculate your meal savings!**

SATURDAY, MARCH 28

STATION 12:

Jesus Dies on the Cross

Hunger is the biggest health risk in the world. More people die on the cross of hunger than from any disease. How much will you **GIVE** to your CRS Rice Bowl to help fight world hunger?

SUNDAY, MARCH 29

PALM SUNDAY

6TH WEEK OF LENT

Today, Jesus travels to Jerusalem, a place he knew well. There are many places we know well in our lives, but do we recognize the poor and vulnerable in those places?

READ this week's Story of Hope about a community in our own country, the Diocese of Albany, New York, and **PRAY** for those who serve the hungry each day.

MONDAY, MARCH 30

CATHOLIC SOCIAL TEACHING

The Common Good

As God's family, we are all called to look out for one another. It's not just about "me," but about "us." How can we be sure that the decisions we make in our own community and in the world help build up and protect God's entire family?

TUESDAY, MARCH 31

STATION 13:

Jesus Is Taken Down From the Cross

In the United States, nearly 1 out of 4 children lives in poverty. How can we work to take these children off this cross? **GIVE** 25¢ to your CRS Rice Bowl for each child in your family.

WEDNESDAY, APRIL 1

THE WORD OF GOD

READ Acts 2:42-47

"All who believed were together and had all things in common."

It is important to share with those who are in need. **GIVE** 25¢ to your CRS Rice Bowl for each time someone shared with you today.

THURSDAY, APRIL 2

HOLY THURSDAY

Jesus Is Buried

Children who are buried by poverty are also buried by hunger. One causes the other. As Lent comes to an end, how can you make a difference?

FRIDAY, APRIL 3

GOOD FRIDAY

A SIMPLE MEAL

What simple meal does your family like to prepare? **SHARE** your recipe with a friend and **PRAY** together for all who go hungry every day. **GIVE** the money you save to your CRS Rice Bowl.

SATURDAY, APRIL 4

HOLY SATURDAY

THOUGHTS FROM THE POPES

"[Solidarity] then is not a feeling of vague compassion or shallow distress ... [but] the firm and persevering determination to commit oneself to the common good."

—St. John Paul II

SUNDAY, APRIL 5

EASTER SUNDAY

JESUS IS RISEN, ALLELUIA!

May the Risen Christ inspire our good works this Easter season as we continue building the Kingdom of God each and every day.

this Easter season

We fasted for 40 days. We put aside things that we enjoy to make room for Christ in our lives. We emptied ourselves of old habits to make helping people in need part of our daily routines. What we denied ourselves this Lent became the source of hope and change for some of our poorest brothers and sisters around the world.

This Easter season, let us be mindful to continue to put aside those things that distract us so that we can better serve those who need our time, prayers and energy each and every day. And as we begin this season of joy, don't forget to bring joy to those around the world by turning in your Lenten sacrifices to your parish or school community or online at crsricebowl.org.

