



## Make a COMMITMENT to ONE or MORE of the following activities this Lent:

- Pray the Lenten prayer each day \_\_\_\_\_
- Read the daily reflections on the CRS' Operation Rice Bowl Lenten Calendar
- Prepare and share a simple meal using the CRS' Operation Rice Bowl recipes
- Place your Lenten sacrifices into the Rice Bowl
- Join CRS' Operation Rice Bowl at [facebook.com/CRSOperationRiceBowl](https://facebook.com/CRSOperationRiceBowl)
- Be a voice for the poor through *Catholics Confront Global Poverty* ([crs.org/globalpoverty](http://crs.org/globalpoverty))

*God of the poor,  
we long to see Your face.*

*You tell us,  
"whatever you did for one of  
these least you did for me."*

*May we recognize You in each  
of our brothers and sisters.*

*May our prayers and fasting  
unite us with those who hunger.*

*May we share of our blessings  
with those in need.*

*Amen.*

During the season of Lent, we are called to prayer, fasting, and almsgiving. Through CRS' Operation Rice Bowl, we connect with our brothers and sisters in need around the world as we prepare to celebrate Jesus' resurrection at Easter. **Get involved at [orb.crs.org](http://orb.crs.org)!**

**See reverse side to learn how Catholic Relief Services works on your behalf.**

# The Holy Season of Lent

Word Search

S Y G P Y C S W B M X E O P S E F R O R  
R T Q N Z N Z A L V C D P X Q R T A T K  
K I A N I D Y C C N R A E I I M R M Q J  
T C J T U V N T A R F U R E I A Y K I R  
Y I X O I Y I T F Y I G A N X N T W C X  
S L S U P O N G X T D F T T F S W Z K P  
C P U Q F E N K S G D R I F E E F Z C D  
K M F B P I Y S P M O F O C A L O J U V  
M I K E P T H M O S L Q N X E B F V S C  
H S R E X V J N P F M A R L O Z L C I Q  
Y R C O P D P E P F T H I H A K R S G J  
V A I R S J C G S M L H C Z Q R M P B F  
T X R U A T C A K R E D E M P T I O N O  
S Y O P I H M G E U K U B C U P Z F J R  
A P H O A M U U D I R T O T R P N T S T  
F X N R H P Y Z W R Q R W T H O D F L Y  
N O I T A R A P E R P U L G K J S S S D  
O T V X S C M F E X V Z P Q B N T S H A  
Y C T H F Z J S E L B Q V S Y B F O N Y  
I V S K W P I Y N K X I X Q K U F C J S

ALMSGIVING  
CHARITY  
FAST  
FORTY DAYS  
INTROSPECTION  
OPERATION RICE BOWL  
PRAY  
PREPARATION  
REDEMPTION  
REPENTANCE  
SACRIFICE  
SIMPLICITY  
STATIONS OF THE CROSS  
TRIDUUM



Photo by Sara A. Fajardo/CRS

## Suzy's Story

*This story is just one example of how your support of CRS' Operation Rice Bowl makes a tangible difference in the lives of people in need worldwide.*

Catholic Relief Services' agriculture programs in Madagascar and around the world help farmers in the poorest communities improve their harvests using environmentally-sensitive techniques that preserve the land for future generations. These programs reflect the Catholic social teaching principle Care for God's Creation.

My name is Suzy Razafindrafara and I am a farmer in Madagascar. A few years ago, CRS and its partner Caritas Antsirabe came to our village and told us about a new way to plant rice called the System for Rice Intensification.

This new way of planting requires more work. We used to flood our fields to get rid of the weeds, but we learned that this damages the roots of the rice plants. Now we weed by hand, a task that takes four people two whole days to complete. The extra work is worth it. Before CRS came to our village, my family was only able to grow enough rice to feed ourselves for about ten months. Now our rice crop lasts the whole year. We often have extra rice to sell, which helps us pay for our children's school fees. Sometimes we even have enough money to buy little luxuries, like a battery-powered television set.

### What is Catholic Relief Services?

Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We alleviate suffering and provide assistance to people in need in nearly 100 countries, without regard to race, religion or nationality. CRS is efficient and effective. Ninety-five percent of the agency's expenditures go directly to programs that benefit the poor overseas.