



2012 Lenten CALENDAR



Operation Rice Bowl

"For I was hungry and you gave me food, I was thirsty and you gave me drink, a stranger and you welcomed me."

In Matthew's Gospel Jesus teaches us that when we serve our brothers and sisters in need, we also serve Him. This Lent, answer the call to serve the "least of our brothers and sisters" through Catholic Relief Services' Operation Rice Bowl. Your prayers, fasting, and sacrificial contributions support CRS' work with the poorest of the poor in nearly 100 countries.

Use this calendar as a guide for your spiritual journey this Lent.

- Personal stories demonstrate how your prayers and gifts help people overcome hunger and poverty.
- Recipes offer simple, meatless meals enjoyed by our neighbors around the world.
- Daily reflections suggest simple actions you can take to make a difference each day.
- Visit orb.crs.org to find coloring pages, videos, and other activities.

Thank you for making CRS' Operation Rice Bowl a part of your Lenten journey!

orb.crs.org

Lenten Prayer

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.

What do you hope to achieve during your Lenten journey?

This Lent, I will:

Consider prayer, fasting, community service, sacrificial giving, or a combination of these activities. Post this commitment in a prominent place, review it throughout Lent, and celebrate your progress.

Wednesday, February 22

Ash Wednesday

Read Joel 2:12-18
 "Proclaim a fast... gather the people." As we begin our Lenten journey, write your commitment in the box to the left.

Thursday, February 23

CATHOLIC SOCIAL TEACHING:

Global Solidarity
 As God's children, we are all members of one human family. Our responsibility to love our neighbor reaches beyond boundaries and connects us with people in every nation on earth. CRS assists people in need in nearly 100 countries. **GIVE** \$1.00 to your Rice Bowl to support this work.

Friday, February 24

PRAY the Lenten prayer. **FAST** in solidarity with those who don't have enough food.

Saturday, February 25

Station 1:

Jesus is condemned 925 million people in the world are condemned to live in hunger. **PRAY** for our brothers and sisters who struggle with hunger and poverty. **GIVE** to your Rice Bowl to help those in need.

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MADAGASCAR



Photo by Sara A. Paladino/CRS

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 help preserve the land for future generations. These programs reflect the Catholic social teaching principle Care for God's Creation.

My name is Mr. Robin and I'm a farmer in Madagascar. I live in a very dry region where we often have droughts. But thanks to CRS, the farms in our community are thriving. Before CRS came to our village, farmers spent many hours carrying water buckets to the crops. We were only able to grow a few types of lettuce. We had to walk three hours to the market to buy any other vegetables we needed. Most farmers had to work several extra jobs to make ends meet.

CRS gave the farmers in our village a treadle pump, and now we can water three times as much land in half the time it took with a bucket. We also received drought resistant seeds and training on new planting techniques. Now I grow corn, lettuce, sorghum, cucumbers, pumpkins, and orange trees on my farm. CRS also taught us new ways to keep the soil fertile, like placing squash plants in between rows of corn. My farm is so successful that I had to hire two people to work for me. I sell my vegetables right here in the village for half the price that is charged at the market. I'm also the president of our local farmers' association, and I let other farmers use part of my land to test new crops and growing methods. With the help of CRS, we have really improved the quality of life in our village.

Vary amin'anana

- 2 Tbsp vegetable oil
- ½ small onion, minced
- 1 tsp ginger, minced
- 1 tomato, diced
- 3 cups collard greens, thinly sliced
- 1 cup rice
- 2 cups water
- salt, to taste

Makes 4-5 servings

Heat oil in a medium pot. Add onion, ginger, and tomato. Sauté for about 2-3 minutes, until tender. Add greens and stir for 1 minute. Add water and bring to a boil. Add the rice and salt. Cover and cook on medium heat for 30 minutes or until water is absorbed.

Sunday, February 26

This week we visit our brothers and sisters in **Madagascar**.

Read Mr. Robin's story and learn how he improved his farm with CRS' help.

Watch a video about Madagascar at orb.crs.org.

Monday, February 27

CATHOLIC SOCIAL TEACHING:

Care for God's Creation
 God created the Earth and gave us the responsibility to care for it.

80% of the people in Madagascar are farmers, supporting their families from the fruits of the Earth. **GIVE** 80¢ to support CRS' work with farmers.

Tuesday, February 28

Station 2:

Jesus carries the cross

35% of people in Madagascar carry the cross of hunger, struggling each day to get enough food.

How many meals and snacks did you have today? **GIVE** 35¢ to your Rice Bowl for each one.

Wednesday, February 29

Read Psalms 148

"Let them all praise the Lord's name; for the Lord commanded and they were created."

Spend some time today giving thanks for the greatness of God's creation.

Thursday, March 1

Station 3:

Jesus falls the 1st time

Madagascar falls under the cross of many natural disasters each year. Cyclones, droughts, and floods leave people homeless and destroy crops and farms.

PRAY for all those whose lives are disrupted because of weather-related disasters.

Friday, March 2

Rice is a staple food in Madagascar. It is served for breakfast, lunch, and dinner.

Taste the cuisine of Madagascar by trying this week's recipe.

GIVE the money you saved by sharing this simple meal to your Rice Bowl.

Saturday, March 3

We are called to be good stewards of the earth.

Consider taking the St. Francis Pledge to Care for Creation and the Poor.

Learn more at catholicclimatecovenant.org.

VIETNAM



Photo by Tim Stohr for CRS

Catholic Relief Services' education programs in Vietnam and around the world support and promote quality education for all people. The inclusion of Vietnamese with Disabilities (IIVWD) program helps people with physical disabilities achieve higher education and find good jobs. IIVWD helps each person realize his or her potential. This program reflects the Catholic social teaching principle Dignity of the Human Person.

My name is Giap and I live in Hanoi, the capital of Vietnam. When I was 17 I became sick with a fever. My muscles got weak, and soon I couldn't walk anymore. I am now in a wheelchair.

When I finished high school, I didn't know what my future would hold. Then I heard about a school that CRS supports for people with disabilities, and I decided to enroll. My brother stayed for a month on campus with me to help me get settled. My fellow students all have disabilities—some of us are in wheelchairs, some use crutches, and some are blind. The school has special facilities to help each person succeed. We are all learning computer skills and how to work in an office setting. It's encouraging for all of us to see other students graduating and getting jobs. I started a group that designs websites. I'm proud to have overcome my difficulties and look forward to supporting myself with my new skills.

Vegetable Spring Rolls

Makes 6-8 servings

SPRING ROLLS

- 1 cup cooked thin rice noodles
- ½ cup bean sprouts
- ½ head of green cabbage, chopped
- 5 green onions, chopped
- ¼ cup carrots, grated or julienned
- ¼ cup fresh herbs (cilantro, basil or mint)
- 1 package rice paper wrappers

SAUCE

- ¾ cup water
- 1 tsp corn starch
- 2 Tbsp rice wine vinegar
- 2 cloves garlic, minced and crushed
- 2 Tbsp sugar

Combine all sauce ingredients in small saucepan and simmer for 3-5 minutes, stirring until sugar dissolves and mixture begins to thicken. Cool before serving.

Cook rice noodles as described on package. Lightly steam cabbage, green onions, and carrots until slightly tender. Toss noodles, vegetables, and herbs in large bowl. Quickly submerge a rice paper wrapper in warm water and lay on a smooth surface. Place about 2 tablespoons of mix on each wrapper and fold wrapper into shape.

Sunday, March 4

This week we visit our brothers and sisters in **Vietnam.**

Read Giap's story and learn how CRS helped him gain an education.

Watch a photo slideshow about Vietnam at orb.crs.org.

Monday, March 5

CATHOLIC SOCIAL TEACHING:

Dignity and Equality of the Human Person

Created in the image of God, all people have an inherent dignity. We must protect the lives and welfare of all people.

1.2 billion people in the world live on less than \$1.25 per day.

GIVE \$1.25 to your Rice Bowl to support the welfare of those in need.

Tuesday, March 6

Station 4:

Jesus meets His mother

Parents in Vietnam are dedicated to providing a good education for their children.

95% of children in Vietnam are enrolled in school.

How many grades have you completed in school?

GIVE 95¢ to your Rice Bowl for each one.

Wednesday, March 7

Read **Matthew 20:20-28**

"The Son of Man did not come to be served, but to serve..."

PRAY that we may follow Jesus' example of service to others.

GIVE to your Rice Bowl to help CRS serve those in need.

Thursday, March 8

Station 5:

Simon helps

Jesus carry the cross in Vietnam, it can be hard for children with disabilities to get an education. CRS helps schools get resources they need to welcome children with disabilities into the classroom.

GIVE to your Rice Bowl to support this work.

Friday, March 9

Vietnamese cooking is known for its fresh ingredients and use of many herbs and vegetables.

Taste the cuisine of Vietnam by trying this week's recipe.

GIVE the money you saved by sharing this simple meal to your Rice Bowl.

Saturday, March 10

CRS programs touch the lives of more than 100 million people around the world.

Get daily updates on CRS' lifesaving work by becoming our fan on Facebook.

EL SALVADOR

Catholic Relief Services' water and sanitation projects in El Salvador and around the world help bring clean water to families and communities. Clean water means better health, especially for young children. These projects reflect the Catholic social teaching principle Rights and Responsibilities.



Photo by Shireen Khan for CRS

My name is Maria Idalia Serrano and I live with my husband and four children in El Pedregal, El Salvador. For most of my life, my days revolved around collecting water. I went back and forth to the river five times each day to get water for cooking, cleaning, and drinking. I never thought about whether this water was safe to drink. We did not have a choice. Water from the river was all we had.

A few years ago CRS helped build a well in my village. Now 130 families in El Pedregal have faucets that bring clean water right to our homes. Instead of travelling back and forth to the river, I can spend more time with my children, to watch and guide them. CRS also taught us to use water purifying pills to make sure that our water is safe to drink. Now, my husband and I volunteer with CRS in our community. We teach our neighbors that using purified water can help prevent health problems. Everyone has the right to clean, safe drinking water. Water is everything; water is health.

Casamieno

2 Tbsp vegetable oil

- 1 onion, finely chopped
- 1 bell pepper, finely chopped
- 3 cloves garlic, minced
- 1 can black beans, drained, liquid reserved
- Salt and pepper, to taste
- 2 cups cooked rice

Makes 4-5 servings

Heat oil in a large pot. Add the onions, bell pepper, and garlic. Sauté for 2-3 minutes, until tender. Stir in the drained beans, some of the bean liquid, and salt and pepper. Cook at medium-low until heated through. Add rice and stir until cooked through. Adjust seasoning and add a little more bean liquid if necessary. Serve hot.

Sunday, March 11

This week we visit our brothers and sisters in **El Salvador.**

Read Maria Idalia Serrano's story and learn how CRS helped bring clean water to her village.

Watch a video about El Salvador at orb.crs.org.

Monday, March 12

CATHOLIC SOCIAL TEACHING:

Rights and Responsibilities

Every person has basic rights including the right to life, food, water, and shelter. We also have the responsibility to support the rights of others.

PRAY that through our sacrifices this Lent we help others access their basic human rights.

Tuesday, March 13

Station 6:

Veronica wipes the face of Jesus

24% of people in rural El Salvador suffer without access to clean water.

How many water faucets do you have in your home?

GIVE 24¢ to your Rice Bowl for each one.

Wednesday, March 14

Read **John 4:13-14**

"Whoever drinks the water I shall give will never thirst."

PRAY in thanksgiving for Jesus' gift of living water.

GIVE to your Rice Bowl to support CRS' clean water projects.

Thursday, March 15

Station 7:

Jesus falls the 2nd time

We are now halfway through our Lenten journey. Your prayers and sacrifices are helping those who fall from hunger, poverty, and lack of opportunities.

Friday, March 16

The people of El Salvador enjoy beans and rice every day.

Taste the cuisine of El Salvador by trying this week's recipe.

GIVE the money you saved by sharing this simple meal to your Rice Bowl.

Saturday, March 17

Remember that Christ is present in all of our brothers and sisters. At your parish this weekend, support the Catholic Relief Services Collection to aid those in need. www.usccb.org/crscollection



Catholic Relief Services is your agency, helping millions of people around the world on behalf of Catholics in the United States.

Your contributions through Operation Rice Bowl support CRS projects around the world as well as projects in your own diocese. Seventy-five percent of your contributions support CRS development programs that help families and communities overcome the challenges of hunger and poverty. Twenty-five percent remains in your diocese to support local hunger and poverty alleviation efforts.

Put your Lenten contributions to good use as soon as possible! Check with your parish or school about how your community will be collecting donations. If you are participating individually, donate online at orb.crs.org or call 1-866-608-5978 for more information. **Thank you for your support!**

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Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. CRS is motivated by the example of Jesus Christ to assist the poor and suffering in nearly 100 countries on the basis of need, without regard to race, religion or nationality. Ninety-five percent of CRS' expenditures go directly to programs that benefit the poor overseas.

crs.org



Photo by David Gray/CRS

ZAMBIA

Catholic Relief Services' microfinance programs in Zambia and around the world help people in the poorest communities earn more money to support their families and set aside savings for the future. Community groups provide loans that help members start small businesses to earn better incomes. These programs reflect the Catholic social teaching principle the Dignity of Work and Rights of Workers.



Photo by Kim Pannier/CRS

My name is In'tutu Kokola and I live in Mongu, Zambia. My husband and I are farmers, but we aren't able to grow enough food on our land to support our family. I was very happy when CRS came to our village and helped us start a Savings and Internal Lending Community (SILC).

My SILC group meets every two weeks, and the members put the money they have saved into our bank. Group members may also request loans to help them start small businesses. They must explain how much money they will need and how they plan to use it, and the rest of the group votes on whether or not to grant the loan. The loans are paid back with interest, which increases the amount of money in our bank. We keep careful records of how much money each person puts into our savings and how much we loan out. We also have a "social fund," from which members can take loans to pay for doctor's visits for sick family members and other emergencies. With the loan I received, I opened a shop in the market where I sell vegetables and corn meal. I now have money to feed my family, buy medicine, and pay school fees for my grandchildren. Being part of this SILC group is a really great way for me to provide a better life for my family.

Itisashi

- 2-3 cups water
- 1 cup chopped peanuts
- 2 tomatoes, chopped
- 1 onion, chopped fine
- 2 bunches fresh collard greens (or spinach), washed and chopped
- Salt to taste
- 2 cups cooked rice

Makes 4-5 servings

Bring water to a boil in medium pot and add peanuts, tomatoes, and onion. After a few minutes, add chopped greens. Stirring occasionally, continue cooking for about 15-20 minutes, or until peanuts are soft and mixture has become a thick buttery sauce. Serve hot over rice.

Sunday, March 18

This week we visit our brothers and sisters in **Zambia**.

Read In'tutu Kokola's story and learn how CRS helps families improve their livelihoods.

Watch a photo slideshow about Zambia at orb.crs.org.

Tuesday, March 20

CATHOLIC SOCIAL TEACHING

Dignity of Work and Rights of Workers

All workers have the right to fair wages, to organize themselves, and to work in good conditions.

77% of workers in Zambia earn less than \$1 a day.

GIVE 77¢ to your Rice Bowl to help people gain opportunities for productive work.

Wednesday, March 21

Station 3:

Jesus comforts the women.

70% of the world's poor are women.

GIVE 70¢ to your Rice Bowl to provide comfort to women and families.

Thursday, March 22

Station 9:

Jesus falls the 3rd time

World Water Day

Without clean water, people fall ill more frequently. In Zambia 54% of people don't have access to clean water.

How many glasses of water did you drink today?

GIVE to 54¢ your Rice Bowl for each one.

Friday, March 23

Many Zambians live without electricity, so much of the cooking is done over fires using wood or charcoal for fuel.

Taste the cuisine of Zambia by trying this week's recipe.

GIVE the money you saved by sharing this simple meal to your Rice Bowl.

Saturday, March 24

CRS' Fair Trade program builds right relationships between buyers and sellers.

This movement is rooted in the principle of the Dignity of Work and the Rights of Workers.

Learn more at crsfairtrade.org.

INDIA

Catholic Relief Services' mother and child health programs in India and around the world train health workers to care for families with young children. The health workers encourage expectant mothers to eat extra food and take vitamin supplements, and they measure the growth and weight of babies after they are born. This program reflects the Catholic social teaching principle Option for the Poor.



My name is Gulsana and I am 13 years old. I live with my parents, four brothers, and two sisters in the village of Bahadurnagar in India. My parents work hard but don't earn much and can't afford enough food for our family. The littlest person in our family is my two-year old sister Shabnam, who has always been small for her age. Mrs. Seini, a health worker who works with CRS in our village, visited our house with a special chart about nutrition and healthy growth for babies. She weighed Shabnam and told us that she needed more food.

Mrs. Seini offered to give us a nutritious powdered food from the government every week, but my father didn't want to try it. He thought it was strange food for a baby. Worried about my sister, I talked to Mrs. Seini again. She told me to fry the food and add sugar to make a kind of pudding. My father tasted the pudding and said it was good, so we gave some to Shabnam. Now that Shabnam is getting more food, she looks healthier and moves around and plays more. Mrs. Seini says she has improved a lot. I am so happy that I was able to help my little sister.

Yohri

- 2 Tbsp oil
- 1 tsp cumin seeds
- 2 green chili peppers, diced
- 1 onion, diced
- ½ tsp turmeric
- 4 cups various vegetables of choice, chopped (peas, carrots, green beans, cauliflower, broccoli, cabbage, potatoes)
- 2 cups rice
- 4 cups water
- Salt to taste

Makes 4-5 servings

Heat oil in a pot, add cumin seeds and cook for 2 minutes. Add green chilis, onion and turmeric and sauté for 2 minutes. Add chopped vegetables and sauté until slightly fried. Add rice, salt, and water. Cook until rice and vegetables are cooked and water is completely absorbed (about 20 minutes).

Sunday, March 25

This week we visit our brothers and sisters in **India**. Read Gulsana's story and learn how children are healthier with CRS' help. Watch a video about India at orb.crs.org.

CATHOLIC SOCIAL TEACHING:

Option for the Poor
The Gospel calls us to emulate Jesus by putting the needs of the poor and vulnerable first. 42% of people in India live in poverty. **GIVE** 42¢ to your Rice Bowl to support CRS' work with the poor worldwide.

Monday, March 26

Station 10:

Jesus is stripped of His garments. Children are stripped of opportunity when they are not able to go to school. 46% of children in India don't make it past elementary school. **GIVE** 46¢ to your Rice Bowl for each child in your family.

Tuesday, March 27

Read Deuteronomy 24:19-21

"Let what remains be for the alien, the orphan, and the widow"
PRAY that our sacrifices this Lent help us remember the needs of vulnerable children. **GIVE** to your Rice Bowl to support CRS' work with the most vulnerable worldwide.

Wednesday, March 28

Station 11:

Jesus is nailed to the cross. Poor nutrition is a cross that causes life-long health problems for many children around the world. 28% of babies born in India are underweight. **GIVE** 28¢ to support mother and child health programs.

Thursday, March 29

Indian cooking is strongly influenced by the religion, traditions, and culture of its people. Taste the cuisine of India by trying this week's recipe. **GIVE** the money you saved by sharing this simple meal to your Rice Bowl.

Friday, March 30

Station 12: Jesus dies on the cross. The cross of hunger is the biggest health risk in the world. More people die from hunger than from any disease. **GIVE** to your Rice Bowl to help people overcome the cross of hunger.

Saturday, March 31

UNITED STATES: DIOCESE OF ARLINGTON



Photo by Jennifer Sawyer/CRS

While 75 percent of Operation Rice Bowl contributions support CRS' programs around the world, 25 percent remains in the United States to fund local diocesan hunger and poverty alleviation efforts. In the Diocese of Arlington, VA, a portion of local Operation Rice Bowl funds supports Feed My Sheep. Feed My Sheep provides emergency food assistance to families in rural Virginia. This program is grounded in the Catholic social teaching principle Community and Participation.

Patricia moved to Virginia six years ago to be closer to her family and to attend college. Soon after moving, she found herself struggling to put food on the table. That's when she met volunteers from *Feed My Sheep*, a local emergency food assistance program in Gordonsville, VA.

Volunteers from several area churches manage *Feed My Sheep*. The program gives food to families in need. Volunteers help people who are unemployed write resumes and find jobs. They also help families obtain household supplies, such as kitchen appliances. In addition, *Feed My Sheep* volunteers often connect people with other local service agencies.

Today, Patricia is actively searching for a job, and with guidance from *Feed My Sheep* volunteers, she plans to buy a car so she can drive to work. She also hopes to fulfill her dream of returning to college and finishing her degree.

Sunday, April 1

This week we learn about people in need here in the **United States**. Read Patricia's story and learn how *Feed My Sheep* helps people in the Diocese of Arlington, VA.

Monday, April 2

CATHOLIC SOCIAL TEACHING:

Community and Participation
Human beings are social by nature and live in community. We must all contribute to the good of society. As a blessed country, the United States helps fight disease, hunger, and poverty through our international assistance programs. Visit crs.org/globalpoverty to learn more.

Tuesday, April 3

Station 13:

Jesus is taken down from the cross. 44 million people in the United States struggle beneath the cross of poverty. **PRAY** for those in our nation who struggle with hunger and poverty each day. **GIVE** to your Rice Bowl to help people off of the cross of poverty.

Wednesday, April 4

Read 1 Timothy 6:17-19

"Tell them to do good, to be rich in good works, to be generous, ready to share"
What blessings are you thankful for? **GIVE** to your Rice Bowl as one way to share your blessings with others.

Thursday, April 5

Station 14:

Jesus is buried. Join Catholics Confront Global Poverty and contribute to the Church's work helping people who are buried by hunger and poverty. www.crs.org/ccgp

Friday, April 6

Good Friday

49 million people in the United States do not have enough food. How many chairs do you have around your dining room table? **GIVE** 49¢ to your Rice Bowl for each one.

Saturday, April 7

Holy Saturday

On this final day of Lent, we remember Jesus' presence in all of our brothers and sisters. **PRAY** for all those who hunger. **GIVE** to your Rice Bowl to share with those in need.

Sunday, April 8

Easter Sunday
Jesus is risen, Alleluia!

May the spirit of the living Christ inspire us as we continue our commitment to serve those who are hungry and in need.

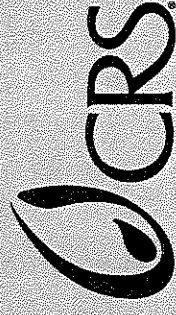
CONGRATULATIONS
on completing your
Lenten Journey with
Catholic Relief Services'
Operation Rice Bowl!

Count the money you saved in your Rice Bowl and write your success in the space below!

My Lenten gift:

Look for instructions from your parish or school on how to turn in your Rice Bowl contributions; if you are participating as an individual, visit orb.crs.org for information on where to send your gift.

Thank you for sharing your prayers, fasting, and gifts with us this Lent! Your contributions make a positive difference in the lives of our brothers and sisters in need.



CATHOLIC RELIEF SERVICES