



LENTEN PRAYER

God of all people,

You walk with us on our life's journey.
You know our joys and struggles.
You know us better than we know ourselves.

This Lenten season, may we too
learn to walk with others.
Through prayer, fasting and almsgiving,
may we encounter you in our
neighbors in need and live your call
to serve our human family.

Amen



CRS Rice Bowl is the Lenten program of Catholic Relief Services, the official international humanitarian agency of the Catholic community in the United States.

ENCOUNTER LENT

Join our faith community—and nearly 14,000 Catholic communities across the U.S., including every parish in this archdiocese—in a life-changing Lenten journey of encounter with **Rice Bowl**. Pick up your home's Rice Bowl and don't forget to download the [Rice Bowl app](#)! May these 40 days better prepare us to encounter ourselves, our neighbors and our God.

During Lent, you and your family can build a culture of encounter through **daily prayer, weekly fasting, and almsgiving that saves lives**. Visit www.csricebowl.org to watch videos of the people and communities your Lenten gifts are changing through CRS Rice Bowl. We will be collecting your CRS Rice Bowls at the end of Lent, so stay tuned to learn more.

Thank you for including Rice Bowl as a part of your faith life!

The easiest way to make your contribution is through Online Giving.
Just visit our parish website.
Or donate through the [Archdiocese of Seattle website](#).

Local Contact: Missions Office

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Seattle, WA 98104
www.seattlearchdiocese.org/ricebowl, 206-382-4580

Catholic Relief Services

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Scan this QR code to donate.