

## Leader Instructions

# Almsgiving

*Note: You can adapt and/or replace this learning center with information about local service opportunities in your parish.*

## Materials Needed

- Handout: Family instructions
- Order free Rice Bowls for each family: <http://crsmaterials.crs.org/us-materials/rice-bowl/>
- Print these Lenten Family Kits for each family: [http://www.csricebowl.org/wp-content/uploads/2015/12/Online-Calendar\\_WEB\\_US15133-A\\_FINAL-PRODUCT.pdf](http://www.csricebowl.org/wp-content/uploads/2015/12/Online-Calendar_WEB_US15133-A_FINAL-PRODUCT.pdf)
- Optionally, you can print out other resources from the first Rice Bowl link above.
- Pencils

## Talking Points

*It would be helpful for a leader to introduce the activity with these points:*

- Review with the families that Lent is a time of encounter.
  - Through prayer we *encounter* Christ, present in every member of the human family.
  - Through fasting we *encounter* the obstacles that prevent us from loving God and others.
  - Through almsgiving, we *encounter* our brothers and sisters around the world as we share what we have with them.
- As we talked about before, fasting can include many things. Often during Lent, we fast from meat, large meals, candy, snacks, etc. In our tradition, fasting and almsgiving have always been closely linked. We fast/give something up in order to have more money to share with others who are needy.
- During Lent throughout the United States, Catholics use the CRS (Catholic Relief Services) Rice Bowl to collect Lenten alms for our sisters and brothers who suffer in poverty.
- During this activity, you have:
  - time to assemble your Rice Bowl
  - time to talk together about what you enjoy that you might put aside to make more room for Jesus and others in your life
  - time to make specific plans for fasting and almsgiving as a family

Help the group along if they have any questions or get stuck.

## Family Instructions

# Almsgiving

1

Using the Lenten Kit on the table, read one of the stories of someone who has been helped by money collected through Catholic Relief Services Rice Bowls. Do you have stories of others who have been helped because of your almsgiving?

2

Talk together as a family about things you enjoy that you could give up during these 40 days of Lent so that you will then have more money to share with others. Everyone in the family might decide to give up the same thing, or each of you might decide upon something individually.

3

On the first page of your kit, write what you will give up, and an estimate of how much you will donate to others at the end of the Lenten season via the Rice Bowl.

4

Spend a few minutes looking at the calendar at the end of the kit, which gives ideas for other donations you can make to the Rice Bowl. Which three or four can you commit to right now? Draw a circle around them.

5

Take time to assemble your Rice Bowl so that it will be ready to use as soon as you get home.

6

You may wish to add the CRS Rice Bowl app to your phones (<http://www.csricebowl.org> and scroll to bottom). This will give you daily reflections, meatless meal recipes, a way to track your Lenten sacrifices, and more.