



A Community Lenten Meal

Prepare the weekly meatless meals from each featured CRS Rice Bowl country with and for your community. Use this outline to guide your conversations and reflections, as well as help set up and prepare the event.

Preparation:

- Consider inviting someone from your community who has traveled to or is from the [week's featured country](#) to speak. Others who have traveled to developing countries or have served in impoverished areas at home or abroad may be good candidates too.
- Prepare the [week's meatless meal](#). Gather members of the community before the evening's meal to cook together, or invite individuals and families to bring simple food from home.

Set-up:

Consider printing and placing copies of the [2016 CRS Rice Bowl placemat](#) for each attendee. Place a CRS Rice Bowl in the center of each table. Consider decorating the tables with items from CRS Fair Trade—you can stock up on your [fair trade goods here!](#)

Program:

Use the following script as is, or select those components that best meet the needs of your community.

What is Lent? ft. Christopher West

Begin the event by reminding those gathered of the importance of fasting—and feasting—during Lent. Find the [video here](#).

Lenten Prayer

Center your evening in prayer by reciting together the 2016 Lenten Prayer, found on the side panel of the CRS Rice Bowl or on the placemat.

What is CRS Rice Bowl?

It may be appropriate to provide [background](#) on the program.

Story of Hope

Experience solidarity by [reading](#) or watching the Story of Hope from the country from which the meatless meal recipe originated.

Presentation

Invite someone who is from or has been to the featured country to speak about their experience. Individuals who have served abroad may also be appropriate speakers.

Reflections & Conversations

Encourage participants to reflect on what they've seen and heard. Consider using the *Reflections on Sunday's Readings* resource in the Coordinator's Guide, the *Community Reflections* or the *Reflexiones para la Pastoral Juvenil Hispana*.

Intercessions

Pray for communities around the world using intercessions found in the Coordinator's Guide.

Closing Prayer