



OVERVIEW OF CRS RICE BOWL

CRS Rice Bowl is Catholic Relief Services' Lenten faith-in-action program for parishes, schools and families. The program invites Catholics to live in solidarity with our poorest and most vulnerable brothers and sisters through the three Lenten pillars of praying, fasting, and almsgiving.

Participants journey throughout the forty days of Lent with the daily reflections included in the Lenten Calendar, offering small, suggested sacrificial gifts to fill their Rice Bowls as they read and watch Stories of Hope from individuals and communities whose lives have been changed by CRS Rice Bowl contributions.

Since 1975, Catholics have been using CRS Rice Bowl to meditate on the love Jesus Christ demonstrates in His Passion and Resurrection and to imitate Jesus' love for the world through concrete, sacrificial giving to our brothers and sisters in need.

CRS Rice Bowl asks us to:

Pray to deepen our relationship with God and reflect on what type of person He calls us to be.

Fast to remove the things that get between us and God and to live in solidarity with those in need.

Give alms to our brothers and sisters in need, honoring Jesus' call to serve our neighbors.

75 percent of your donations support CRS' humanitarian relief programs in nearly 100 countries worldwide.

25 percent of your donations go to hunger alleviation efforts in your own Metuchen diocesan community.

CATHOLIC RELIEF SERVICES: FAITH, ACTION, RESULTS



FIVE-YEAR-OLD TANIOUS ISSA AND HIS PARENTS ARE THREE OF THE 2 MILLION PEOPLE THAT HAVE FLED THEIR HOMES IN SYRIA DUE TO VIOLENCE CAUSED BY THE CIVIL WAR. THEY NOW LIVE IN LEBANON, BUT TANIOUS' FATHER CANNOT FIND WORK TO SUPPORT HIS FAMILY. PHOTO BY SAM TARLING FOR CRS

Seventy-five percent of funds raised through CRS Rice Bowl benefit CRS development projects overseas. The boy pictured above is being helped by CRS in Lebanon.

Twenty-five percent of CRS Rice Bowl funds remain in the individual diocese. In the Diocese of Metuchen, we have an active CRS Rice Bowl Grant program. Food security grants are awarded each year to parish food pantries, St. Vincent de Paul Society food assistance programs and other activities that help alleviate hunger in the Diocese of Metuchen. In 2014, more than \$60,000 was awarded.





NEW, IMPROVED APP FOR RICE BOWL 2015!

CRS RICE BOWL MOBILE APP for Android and iPhone. Go to <http://www.crs.org/ricebowl-app/> to install.

TOP 10 RICE BOWL CONTRIBUTORS 2014



40th ANNIVERSARY

1. St. Augustine of Canterbury \$29,278
2. Nativity of Our Lord \$23,437
3. St. Helena \$12,367
4. Immaculate Conception (Clinton) \$6,252
5. Catholic Charities DOM \$5,004
6. St. Matthias \$4,539
7. Our Lady of Fatima \$4,073
8. Holy Family \$4,025
9. Queenship of Mary \$3,885
10. Corpus Christi \$3,779

All together, 34 Catholic groups participate in CRS Rice Bowl in the Diocese of Metuchen, and, in 2014, more than \$118,000 was raised.

Would you like to participate? To learn more about CRS Rice Bowl, visit crsricebowl.org.

To order your FREE CRS Rice Bowl materials, call 1-800-222-0025.

CRS has also developed a short video series, "What is Lent?" to enhance your Lenten experience. Go to: <http://www.crsricebowl.org/what-is-lent/> to watch.



CATHOLIC CHARITIES SOLIDARITY TEAM

The Catholic Charities Solidarity Team (CCST) is a volunteer program of Catholic Charities, Diocese of Metuchen. CCST oversees programming of Catholic Relief Services in the Diocese of Metuchen. We have initiatives in the Philippines, Guatemala and Kenya, we lead prayer events in the diocese and coordinate other CRS and CCHD activity.

<http://ccsolidarity.org>

Alexi Motta is the parish promoter for CCST.

She can be reached at amotta@ccdom.org

Deacon Mike Martini administers the CRS Rice Bowl Grant program. Our annual deadline to apply for funds is Sept 15. Contact Deacon Martini at mmartini@iccannandale.org.

We thank our 34 contributing institutions from last year: St.

Augustine, Nativity of Our Lord, St. Helena, Immaculate Conception (Clinton), Catholic Charities, St. Matthias, Our Lady of Fatima, Holy Family, Queenship of Mary, Corpus Christi, St. Mary (Alpha), St. James (Basking Ridge), St. Patrick, St. Jude, St. Joseph (Bound Brook), St. John Neumann, St. Bartholomew, St. Elizabeth, Assumption, Holy Trinity, Mary, Mother of God, St. John Vianney, Our Lady of Mt. Virgin, St. Peter's, St. Joseph (North Plainfield), Good Shepherd, Holy Name of Jesus, St. Anthony, St. Charles Borromeo, Our Lady of Lourdes (Whitehouse Station), Diocesan Pastoral Center, Mt. St. Mary Academy, Transfiguration of the Lord, The Catholic Center at Rutgers.



Makes 4-6 servings recipe from **LEBANON** **fattet laban**

- 32 oz plain whole milk yogurt
- Cheesecloth
- 1 bunch fresh mint, minced
- 1 lb dry mint
- 2 garlic cloves, crushed
- 2 16-oz cans chickpeas with liquid
- Pita bread
- ½ c almonds, chopped and toasted (optional)
- 2 T fair trade olive oil

Place a colander into a bowl, line it with cheesecloth and place yogurt in it. Cover and place in refrigerator. Allow yogurt to drain a few hours or overnight.

Combine drained yogurt, fresh and dry mint, and crushed garlic in a bowl. In a pan, toast chickpeas in their liquid until warm, then drain and pat aside. Toast pita bread in oven until golden in color. Break some of the pita bread and place pieces in a large bowl w/ chickpeas. Add yogurt mixture. Top with fresh mint and toasted almonds. Drizzle olive oil over top. Serve with remaining pita bread.

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Share your simple meal! #4Lent4Life crsricebowl.org

