

# Almsgiving

*Note: Households can adapt and/or replace this activity with opportunities in your parish or local community.*

- Sort through closets to see what clothing or toys can be brought to organizations like the Salvation Army or Good Will.
- Purchase extra food items each trip to the grocery store to be donated to the parish food pantry or local food bank or hunger center.
- Consider donating to [Catholic Charities of the Diocese of Cleveland](#).
- Consider donations additional local or global organizations like the [Peter Maurin Center](#) in Akron or [Heifer International](#).

## Materials Needed

- Family instructions
- Order free Catholic Relief Services Rice Bowls for each family:  
<http://crsmaterials.crs.org/us-materials/rice-bowl/>
- Download and print family resources from this link: <https://www.crsricebowl.org/families>
- Pencils

## Talking Points

- Review with your family 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

Contact your parish catechetical leader or member of the parish staff if you need help or with questions.

## Family Instructions for Catholic Relief Services Rice Bowls

# Almsgiving

**1**

Using the Lenten Kit on the table, read or listen to 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.