

encounter *Lent*



COMPANIONS ON THE JOURNEY

Lent is the favorable season for renewing our encounter with Christ, living in his word, in the sacraments and in our neighbor. — Pope Francis

We are called to be companions on the journey.

Lent is a time of encounter. It is a season to reflect on our relationships with ourselves, our neighbors, and our God. It is a time of preparation and transformation, not only providing us with an opportunity to deepen and enrich our faith as a family and Catholic Christian community, but also to support our brothers and sisters in most need around the world.

CRS Rice Bowl is our guide, a vehicle through which the stories of communities around the world can be shared, an invitation through which our prayers and Lenten sacrifices can change lives.

You, your family and all the Newman community are invited to journey alongside the Good Samaritan, to reflect on this year's essential question: Who is my neighbor?

So many of our neighbors are on the move: migrants, refugees, internally displaced persons, travelers. The Good Samaritan—a traveler himself, one on the move—shows us what it means to encounter the stranger, to accompany one in need and become a companion on the journey.

Jesus uses this parable to inspire and teach his disciples, to show them how loving and caring for our neighbors—no matter who they are or where they live—contributes to the building of a culture of encounter. This is Jesus' answer to the question: Who is my neighbor?

We listen to Jesus' invitation expressed through the parable of the Good Samaritan, his invitation to "Go and do likewise." With the spiritual pillars of Lent at our disposal, we set out on a 40-day journey.

- Through **PRAYER**, we encounter Christ in our lives and in every member of our human family, so often still walking that long road to Calvary
- Through **FASTING**, we encounter the obstacles, those things about ourselves that prevent us from loving God and neighbor.
- Through **ALMSGIVING**, we encounter God's love, and share it with our brothers and sisters in need.

This Lent, commit to being a companion on the journey to your neighbor—both near and far.

How to do Lent?

CRS Operation Rice Bowl

Each Rice Bowl kit has everything you need to encounter Lent! It includes a daily calendar, Stories of Hope, recipes and more! This is a faith-in-action program that invites us to encounter our neighbor, as companions on the journey, through prayer, fasting, and almsgiving. Visit crsricebowl.org/stories for video stories for each week. We will collect your CRS Rice Bowls at the end of Lent.



Week of Lent	Featured Country	Catholic Social Teaching	Story of Hope
Feb 18-24	Iraq	Sacredness and Dignity of the Human Person	Finding a new home and community through education
Feb 25-Mar 3	Nicaragua	Dignity of Work and the Rights of Workers	Gaining skills to build economic opportunity
Mar 4-10	Burkina Faso	Care of God's Creation	Creating resilience with new farming techniques
Mar 11-17	Haiti	Call to Community, Family & Participation	Bringing new educational practices to the classroom
Mar 18-24	Malawi	Preferential Option for the Poor	Accessing seeds and tools needed to support family
Mar 25-31	United States	Solidarity	Illustrating the local impact of CRS Rice Bowl's Lenten gifts that remain in local dioceses

Daily Lenten Spirituality with *Little Black Book*

Six minutes a day. That's what you're asked to give from now until Easter. Each 24-hour day has 240 "six minute" packages. During Lent, one of those can be dedicated to the God.

How to use the *Little Black Book*? On the left-hand page is like a buffet table from which you can take what you like. There are a variety of quotes, suggestions, information, timely thoughts. If pressed for time, go directly to the right-hand page and spend your time with Scripture. The right-hand page is the centerpiece of each day focusing on the Passion according to Mark a little at a time.

Once you get into it you'll find this practice to be peaceful, even something to look forward to. You'll find that it helps to make your day go a bit better. Prayer does that.

Weekly Stations of the Cross

The Stations of the Cross are a 14-step devotion that commemorates Jesus Christ's last day on earth as a man—his passion and death. The 14 devotions, or stations, are commonly used as a mini pilgrimage as the individual moves from station to station. At each station we use our sense and our imagination to reflect prayerfully upon Jesus' suffering and death.

Every Friday in Lent at 6:30 pm, hosted by different Newman ministries. **OPEN TO EVERYONE!**

- 1) February 16—contemporary style
- 2) February 23—traditional style
- 3) March 2—focus on Pope's call for mercy
- 4) March 9—youth and family emphasis
- 5) March 16—held on UH Manoa campus
- 6) March 23—focus on Pope Francis' message on migrants and refugees