

## Encountering Lent by Helping Our Neighbors

CRS Rice Bowl is Catholic Relief Services' Lenten program for families and faith communities in the United States who want to put their faith into action. Through CRS Rice Bowl, participants are invited to hear stories about their brothers and sisters in need around the world, and devote their Lenten prayers, fasting and alms to change the lives of those who suffer in poverty.

Participants journey through the 40 days of Lent with a collection of daily reflections and activities included in the CRS Rice Bowl calendar and on the mobile app.

In its first 40 years, more than \$250 million has been given through CRS Rice Bowl to support programs that prevent hunger and poverty around the world. Of that, \$62.5 million went to programs in the U.S. through local dioceses and \$187.5 million went to CRS programs overseas.

### How are donations used?

Driven by our faith, we are committed to help those in need (Children, women and men) no matter where they may live. In that spirit:

**75 percent of your gift supports CRS' programs around the world.**

**Some examples include:**

- Agriculture projects help farmers improve harvests
- Water and sanitation projects bring clean water to communities
- Microfinance projects support small businesses
- Mother and child health projects offer health and nutrition services
- Education projects provide resources and training



**25 percent of your donations go to hunger and poverty alleviation efforts in your own community.** Archdiocesan Nutritional Services uses the money to assist parishes and community organizations that feed the hungry.

*(Information obtained online at [www.CRS.org](http://www.CRS.org))*

**Rice Bowls can be found at the entrances in Church.**



Bethesda Project began in 1979 when Reverend Domenic Rossi, a Norbertine Priest, and members of his prayer group from Daylesford Abbey in Paoli, Pennsylvania, reached out to a group of women experiencing homelessness in Center City, Philadelphia. Committed to caring for the women as they would members of their own families, the group rented an apartment at 12th and Sansom Streets. The women had a new home there, and the prayer group provided companionship to help them cope with mental illness.

Now, more than 30 years later, Bethesda Project remains committed to their initial calling — to find and care for the abandoned poor and to be family with those who have none. Bethesda Project serves 2,000 homeless and formerly homeless men and women each year.

Bethesda Project operates 13 sites throughout Center City Philadelphia for individual adults experiencing homelessness. These sites range from emergency shelter to safe haven provisions to supportive housing to independent living spaces.

*"Seeking God's guidance and believing that we are all members of one family, the mission of Bethesda Project is to find and care for the abandoned poor and to **be family** with those who have none."*

*- Father Domenic Rossi, O. Praem*

*(Information obtained online at [www.bethesdaproject.org](http://www.bethesdaproject.org))*



# St. Richard of Chichester

18<sup>th</sup> & Pollock Streets, Philadelphia

“TURN AWAY FROM SIN  
AND BE FAITHFUL TO THE GOSPEL.”

February 11, 2018

Dear Sisters and Brothers in the Lord,

On February 14, we celebrate Ash Wednesday and begin the season of Lent. This is a special time for us to strengthen our resolve to be authentic disciples of Jesus Christ. This journey of forty days leads to the celebration of Jesus' last days on earth and his Resurrection from the dead.

As we receive the Sign of the Cross on our foreheads in ashes, we recall that we were first signed with the Cross at our baptism. **By prayer, fasting and almsgiving**, we strive throughout these forty days to be renewed and to be more faithful to our baptismal promises. We also pray in a special way with those preparing to receive the sacraments at the Easter Vigil.

We are offering numerous opportunities to PRAY, FAST and GIVE TO THE POOR. This year we are reaching out to those in our community, by supporting **Bethesda Projects**, and throughout the world, by participating in **Catholic Relief Services Rice Bowl**. Additional information can be found on the reverse side.

Pope Francis, in his Lenten letter to the faithful, stated *“May the Holy Spirit lead us on a true journey of conversion, so that we can rediscover the gift of God’s word, be purified of the sin that blinds us, and serve Christ present in our brothers and sisters in need.”*

May God continue to bless you and yours, as together we prepare to celebrate the feast of the Resurrection.

God bless you – Father Reilly & the Staff of St. Richard Parish

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## PRAYING

Praying allows us to deepen our relationship with Jesus Christ. Whether individual prayer, small group interaction or Holy Mass, we need to listen to God’s Word and apply the message to our daily lives. In addition to the opportunity for prayer we offer every week, during Lent we will celebrate the life of Jesus Christ in many ways. Please check the calendar of events for a full schedule.



## FASTING

All Catholics fourteen years of age and older are obliged to abstain from eating meat on Ash Wednesday and on all the Fridays of Lent. Catholics between the ages of eighteen and fifty-nine are obliged to fast on Ash Wednesday and Good Friday. The fast means taking only one full meal and, if necessary, two light meals that together would not make a full meal. Nothing is taken to eat between meals except water.

The laws for fast and abstinence do not apply to people who are sick, or those who need to eat at certain times for health reasons (to take medicine, while expecting, etc.). Those who cannot fast are encouraged to do some other act of penance on those days.

## ALMSGIVING

Almsgiving means using our time, talent, and treasure to create a more just and peaceful home, community and world. It includes not only donations of money to charity, but also a commitment to help our neighbors both near and far through works of service. Running errands for homebound neighbors, visiting a friend in the hospital, and offering prayers for the dead are all forms of almsgiving. Please participate in the **Bethesda Project** (a Norbertine initiative) and **Catholic Relief Services Rice Bowl**.

