

Encountering Lent by Helping Our Neighbors A CORPORAL WORK OF MERCY

OUR LOCAL NEIGHBORS



As part of Saint Richard Parish's almsgiving, we will be participating in CRS Rice Bowl and collecting bags of non-perishable food or gift cards to food stores. From individual food packets (tuna or chicken), canned goods, pasta/rice, peanut butter/jelly, cereals and all other food collected will benefit those in our community that do not have the financial means to maintain healthy eating habits.

The food collected will be given to Saint Edmond's Food Cupboard and Mother of Mercy House. Our Saint Vincent de Paul Society also use the collected food for some of our own parishioners who not have enough food. Please drop off at either church or at the Rectory. If you are donating a food card, please drop off in offertory collection or at the Rectory .

**Show our mercy to others
by feeding the hungry!**



Mother of Mercy House

OUR NEIGHBORS THROUGHOUT THE WORLD

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. Philadelphia Archdiocesan Nutritional Services uses the money to assist parishes and community organizations that feed the hungry.

(Information obtained online at www.CRS.org)

Rice Bowls can be found at the entrances in Church.

Lenten Prayer

*God of Hope, you journey with us through the desert.
You challenge us to become more like Christ. During this Lenten season, may our prayers,
fasting and almsgiving give us the courage to go forth from these 40 days in the desert
to share our gifts with the world. May our encounter with you allow us to bring your hope to
all of our human family Amen*



St. Richard of Chichester

18th & Pollock Streets, Philadelphia

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

March 3, 2019

Dear Sisters and Brothers in the Lord,

On March 6, 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 collecting food for the needy and by participating in **Catholic Relief Services Rice Bowl**. Food collected will be given to two local food cupboards— Saint Edmond's and Mother of Mercy House. Additional information can be found on the reverse side.

In Pope Francis' words, *“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 Weber & the Staff of St. Richard Parish

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 **Food Collection** and **Catholic Relief Services Rice Bowl**.