



One simple way to enhance your Lenten practice is to participate in the CRS Rice Bowl program. During Lent, Catholics and families across the United States use a Rice Bowl—a small cardboard box—to pray, fast and collect alms in support of their people living in poverty around the world. Each Rice Bowl comes with a calendar that guides families through the 40 days of Lent with activities and reflections connected to our global family. Rice Bowls are available in the gathering area.

### **A Story of Hope from Timor-Leste**

Most teenagers don't start their day by walking down a hill to collect water, feeding pigs or tending vegetable gardens. But for 14-year-old Adriana, who lives in the remote village of Ermera in Timor-Leste, these are daily responsibilities. In a region where malnutrition is common among adolescent girls, Adriana's physically demanding routine shows how important adequate nutrition is for healthy growth. Visiting the local market further highlights the challenges of malnutrition. The distance to the market and the high cost of fresh food are additional barriers. Unemployment and a lack of knowledge about healthy eating in Adriana's community mean people don't consume a variety of foods, which leads to poor nutrition.

That's why Adriana attends monthly sessions put on by CRS and local organizations to learn about how to improve her nutrition and self-care. In these sessions, Adriana learns about how conditions like anemia, often caused by low iron levels, lead to fatigue and weakness.

**I want to be a doctor, to be healthy and help others because in our villages there is no doctor.”**

— Adriana

