

**FREE Evangelization Inserts for Bulletins,
Newsletters & Websites
1st Sunday of Lent
March 4-5, 2017**

Note that these reflections can be found in Word and pdf at www.catholichawaii.org/inserts

Questions, Comments Suggestions?
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***Living Catholic in the 808:
Getting into the Rice Bowl Habit***

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First, if you haven't already, download the app by searching "CRS Rice Bowl." (There is no better way to get into the habit than this resource, provided to us by our very own conference of U.S. Catholic Bishops.)

Next, allow notifications so you are reminded daily to read and reflect on the short daily prayer available in the "**Pray**" section. Start or end your day by praying these short daily prayers!

Set a time on Sundays (or Mondays) to watch the Story of Hope. It's right there on your app in the "**Videos**" section!

If you decide to give something up for Lent, like malasadas, enter that sacrifice into the app. Go to "**Give**" from the Main Menu and then select "Today's Sacrifice." From there you can add the cost of whatever you are giving up. If you want, you can then pledge that money to Rice Bowl. You can even "Donate Now" to give a little each day – each time you sacrifice!

Like to cook? The "**Recipes**" section of the app provides you with a meatless meal you can make each week, inspired by the family from the Story of Hope.

Finally, go 'old school' by placing the cardboard rice bowl where your ohana eats (or in your car if you have a long commute) and PRAY, FAST, and GIVE together!