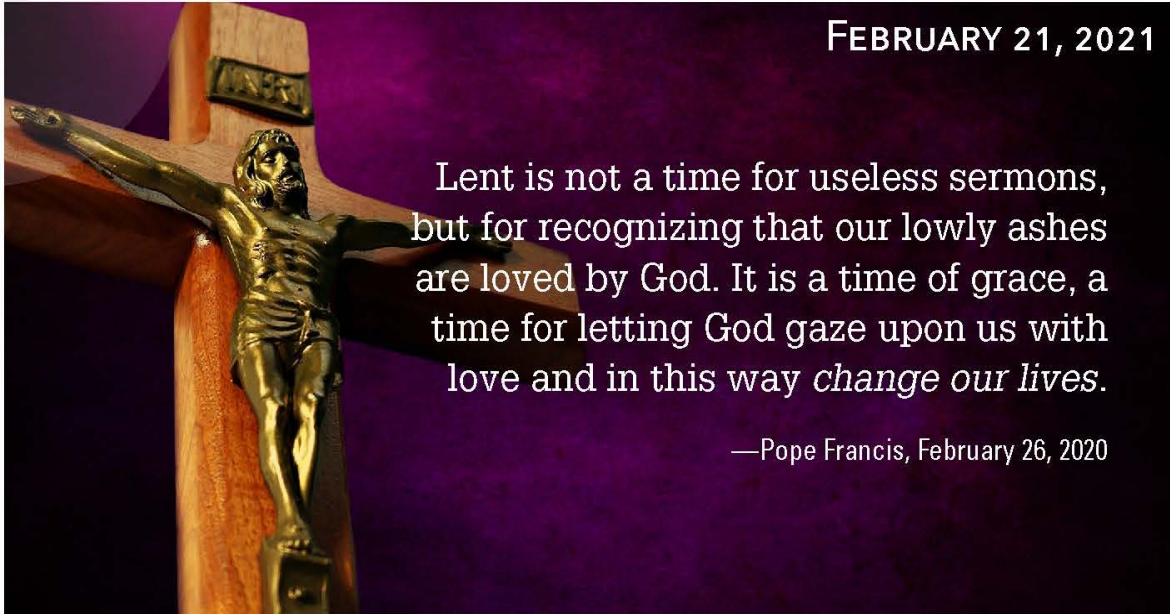


# The First Sunday of Lent

FEBRUARY 21, 2021



Lent is not a time for useless sermons, but for recognizing that our lowly ashes are loved by God. It is a time of grace, a time for letting God gaze upon us with love and in this way *change our lives*.

—Pope Francis, February 26, 2020

On the First Sunday of Lent, begin your journey with self-reflection and allow yourself to experience the mercy of the Lord. How will you renew your commitment to prayer, fasting and almsgiving this season?

## Catholic Relief Services Rice Bowl

Lent looks a little different this year. Catholic Relief Services has resources to keep your family engaged, including reflections, meatless recipes and stories from around the world. Participate in CRS Rice Bowl and learn more at <https://www.crsricebowl.org/families>.

