

“Jesus taught us that the diabolical senselessness of violence is answered with God's weapons, with prayer and fasting.” -Pope Francis

A Prayer, A Plea: PEACE NOW

From Pope Francis, who [visited](#) the Russian embassy in Rome to plead for peace, to the Russian hip-hop artist who [cancelled](#) six concerts in Moscow to protest the invasion of Ukraine, people are peacefully standing up against war. What are we as followers of the non-violent Christ called to do in this present moment?

As much as our rage at injustice may lead us to long for a military solution using weapons that kill, we are called to higher vision. We are called to recognize every single human being as a child of God and deserving of compassion, even those who oppress others. As Rev. Dr. Martin Luther King, Jr. reminded us, hate will never drive out this darkness; only love can do that.

The Holy Father has asked people of good will to fast and pray “in order to be near to the suffering Ukrainian people, to be aware that we are all brothers and sisters, and to implore God for an end to the war.”

We can also give alms to assuage the suffering of displaced and terrorized Ukrainians. Caritas Internationalis is the international network of Catholic humanitarian aid organizations whose members include our U.S.-based Catholic Relief Services and Caritas Ukraine.

Donations raised through CRS will support Caritas Ukraine in providing necessities like food, water, hygiene items, transportation and evacuation. **See www.crs.org to learn more and click [here](#) to make a donation.**

Hear an inspiring message from the executive director of [Caritas Ukraine](#) at this [link](#): “We all courageously continue to help people... We will not leave anyone behind.”

And [here](#) you'll find messages of solidarity from Pope Francis and from Archbishop Shevchuk of Ukraine.

For news of how Ukrainians are non-violently resisting occupation see this [link](#) (warning, contains some obscenities).



Photos from Caritas Ukraine



Urge members of Congress to advance an Afghan Adjustment Act

Tens of thousands of Afghans and their families have arrived in the U.S. to be resettled and are now in need of a pathway to real and lasting safety.

Most Afghans are arriving with a type of immigration status which only temporarily allows people fleeing danger to remain in the U.S. These Afghans will need to find another pathway to remain in the country permanently once their “parole” expires. Contact your members of Congress at this [link](#) to advocate for these refugees.



CRS SERVING THROUGHOUT THE WORLD

Catholic Relief Services is not just involved in supporting Caritas in Ukraine; it is assisting our sisters and brothers in over 100 countries around the world.

As part of your Lenten prayer, fasting and almsgiving, please take part in the **CRS Rice Bowl's** activities. By giving up treats and adding the money to the Rice Bowl, or by raising funds in other ways, we are part of this work. We are giving of ourselves to walk with people from the Global South as they build better lives.

But we don't just "give money." We also get to know our neighbors through the Stories of Hope found at crsricebowl.org. Spend some time this Lent reflecting on our solidarity with people from around the world.

Meet Raúl and Lilian from Guatemala, Gloriose and Karekezi from Rwanda, and Noornobi and his family from Bangladesh. Learn how, through CRS training in agricultural techniques and nutrition, and access to credit and markets, they are now able to better feed and educate their children.

Photos from Catholic Relief Services



crsricebowl.org | crsplatodearroz.org

Join our Diocesan CRS Chapter

Catholics from around our diocese have formed a **CRS Chapter!** Activities include educating our parishes on the good work of CRS and advocating with our members of Congress for humanitarian aid.

Contact our Diocesan CRS liaison at Kathy.Dubel@dor.org or 607-734-9784 ext. 2135 for more information.

Find delicious meatless recipes for Lent— and all year— from around the Global South at www.crsricebowl.org/recipe

But honestly, these look so good you probably shouldn't count eating them as penance.



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