

O Merciful Father- we bless your holy name.

You are the Father of the poor, our provider and the Voice of the voiceless.

Lord, may the Rice Grains that we grasp in our hands refresh our minds of the countless blessings that we receive from you every moment of our lives. We pray that your blessings humble us so that we in turn be blessings to others.

May our Rice Bowl in its openness to gather and to give, to offer and to pour reminds us to serve one another just as You have called us to act with justice, to love tenderly and to walk humbly with You, Our God (Micah 6:8).

Renew us Lord in this season of Lent.

We make this prayer in Jesus name.

Amen.



 **RICE BOWL PRAYER**

ARCHDIOCESAN FAMILY LIFE COMMISSION LENTEN JOURNEY

“THE RICE BOWL”

It's called “THE RICE BOWL”

Reflection:

When we think about the Rice Bowl, it goes beyond the notion of food. It holds stories about God and prayer which involves waiting, preparation, reaping, harvesting. It speaks of life and relationships between people, family life, Creation, etc. Day-to-day life happenings.i.e., poverty, employment, fellowship, hard-work, hard labour, dependency, fellowship, our livelihood too encompassed within the humble rice bowl.

All of us eat rice of different qualities and types whether from a bowl, pot of plates but it comes from the same source which is from mother earth, water, light and air.

At the end of the day- The Rice Bowl is everyone's story whether we are rice fans or not. It still involves faith and connection at all levels. And People do starve from hunger and thirst.

Suggestions:

1. With this above reflection in mind- Let us have a day in every parish where people to bring packets of uncooked rice with their families and put in the box. This day will be called the RICE BOWL MOVEMENT SUNDAY OF SOLIDARITY WITH ALL CREATION. People who are able to donate out more than a packet can donate personally to the Family Life Reps or the Church
2. This Bowl of Rice will be then given to soup kitchens or where necessary.
3. The gesture of coming with a packet of rice and placing at the box as a community will carry a significant sense of unity and also fun.
4. A prayer Card is created for this RICE BOWL MOVEMENT SUNDAY and given to all parishioners. The prayer will focus and be themed around THE RICE BOWL.