

**LIFE PROMISE**

**In the name of the One God, ever living and life giving, faithful and true, the Father, the Son and the Holy Spirit. Amen.**

**I accept God's gift of life to me in the circumstances of my conception and birth, of my parents, of my family, of all whosoever care for me or did me harm in all the years that began the journey of my life.**

**God who calls my name works all together for my good.**

**I choose life.**

**I accept God's gift of life around me, the sacred treasure of each human life whether sister, brother, friend or stranger; however whole or broken, small or great, saint or sinner, rich or poor, ill or well, ally or enemy, or indifferent.**

**Each is crafted in God's image, to each is offered Christ's redemption, in each moves the spirit's blessing.**

**I choose life.**

**I accept God's gift of life in my times, in infant's cry, in childhood's wonder in trials of teen years and embrace of youth, in maturity's accomplishments and failures, in waning day's and night's negotiations.**

**Among the creatures with the breath of life within them, God has placed the timeless in the human heart, but not the reach to grasp or measure it.**

**I choose life.**

**I accept God's gift of life in my dying, in God's hands the shaping of the manner by God's clock the counting of the hour.**

**May God who lays me down uphold me.  
May Christ along the way companion me.  
May spirit lift, and light billow me into the Resurrection.**

**God is life, and this I choose.**

**In the name of the One God, ever living and life giving,  
Amen.**

“During the season of Lent, we are called to prayer, fasting, and almsgiving. Catholic Relief Services’ Operation Rice Bowl invites us to **pray** with our families and faith community, **fast** in solidarity with those who are hungry, **learn** about our brothers and sisters around the world, and **give** sacrificial contribution to those in need.

Through CRS’ Operation Rice Bowl, we connect with our brothers and sisters in need around the world as we prepare to celebrate Jesus’ resurrection at Easter.”

Source: *orb.crs.org*

*A Lenten Prayer*

*God of the poor, we long to see Your face.*

*You tell us, “whatever you did for one of these least you did for me.”*







*May we recognize You in each of our brothers and sisters.*

*May our prayers and fasting unite us with those who hunger.*

*May we share of our blessings with those in need.*

*Amen*

Consider:

-  Praying the Lenten prayer each day
-  Reading the daily reflections on the CRS’ Operation Rice Bowl Lenten Calendar
-  Preparing and sharing a simple meal using the CRS’ Operation Rice Bowl recipes
-  Placing your Lenten sacrifices into the Rice Bowl
-  Joining CRS’ Operation Rice Bowl at [facebook.com/CRSOperationRiceBowl](https://www.facebook.com/CRSOperationRiceBowl)
-  Being a voice for the poor through *Catholics Confront Global Poverty* ([crs.org/globalpoverty](http://crs.org/globalpoverty))

By Fr. Richard Meredith  
Diocese of Owensboro



## Announcement

### **What is Catholic Relief Services?**

Catholic Relief Services is the official international humanitarian agency of the Catholic community in the United States. We alleviate suffering and provide assistance to people in need in nearly 100 countries, without regard to race, religion or nationality. CRS is efficient and effective. Ninety-five percent of the agency's expenditures go directly to programs that benefit the poor overseas. *Source: orb.crs.org*

Please support Operation Rice Bowl.

### **Advocacy**

#### **Our Challenge to Action**

Please contact your elected officials, asking them to pay close attention to legislation regarding the issues related to people who are poor and the dignity of life for all.

**Message to your representatives: The Catholic Church stands for the dignity and respect for life. We ask you to support legislation that embraces the dignity of life from conception to natural death.**

**Preserve poverty-focused international assistance for the poorest countries, especially those in crisis, for effective aid.**

Please contact the Catholic Conference of Kentucky to become a citizen advocate.

<http://capwiz.com/ccky/mlm/> [www.ccky.org](http://www.ccky.org)  
502 875-4345

**To find out who your Kentucky State Senator and Representative are:**

Call your local Board of Election, County Clerk's Office or League of Women Voters: give your home address and your zip code.

Computer Buffs log on to [www.vote-smart.org](http://www.vote-smart.org) and enter your home address.

**To Contact Legislators in Frankfort:**

To leave a message for a State Legislator:  
Call 1-800-372-7181

**To Ask for a State Legislator Directly:**

**Call 1-502-564-8100  
(LRC Switchboard)**

### **Federal Legislators:**

**Senator Mitch McConnell 502-582-6304  
202-224-2541**

**Senator Rand Paul 502-582-5341  
202-224-4343**

**Representative John Yarmuth 502-582-5129  
202-225-5401**

**Representative Geoff Davis 502-222-2233  
(Henry, Oldham, Trimble Counties)  
202-225-3465**

**Representative Ed Whitfield 270-487-9509  
(Adair, Casey, Clinton,  
Cumberland, Metcalfe, Monroe,  
Russell Counties)**

**Representative Brett Guthrie 270-842-9896  
(Barren, Bullitt, Green, Hardin,  
Jefferson, LaRue, Marion, Meade,  
Nelson, Shelby, Spencer, Taylor,  
Washington Counties)**

OPEN PRAYER DAY is sponsored by:  
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