

## ***Lenten project "Bag of Rice" at the Parish of St. Archangel Michael in Bridgeport***

According to the report by the World Health Organization (WHO), 1/3 of the world's population is malnourished, and another 1/3 of the population is starving.

A portion of 100g of rice is for many the only meal during the day. The Ain Karim community is inviting you to take part in the "Rice Bag". During the Lent season try once a week to experience a whole day on just a portion of rice and feel on your own skin what many people have to go through every day. Do not treat it as a weight loss diet but dedicate an intention, which will accompany you throughout the period which is preparing you for the Lord's Resurrection.

Our project has three purposes:

1. **Fasting** - on a given day, each week in the Lenten period, a bag of rice becomes for us the only meal
2. **Alms** - the money that we would normally allocate towards meals on this day we offer as a donation
3. **Prayer** - we remember in the prayer about the poor, hungry and suffering

The collections will be going towards monthly expenses the "Sandwiches for the Poor" project, which is led by the Youth and the Ain Karim Groups. Everyone who is not indifferent to another person is invited to participate. Every last Tuesday of the month, the parish will prepare in the room under the church about 200 sandwiches and deliver to Thomas Merton Center in Bridgeport.

At every Marian Evening, during the Jubilee Year of our Parish, the Ain Karim Community organizes coffee, tea, donuts and cake. All **donations** that will be collected during these evenings and for "**St. Antoni bread**", which can be obtained every Tuesday at Holy Mass. at 7.00am and 8.00am, will be going towards "Sandwiches for the Poor" project. Additionally, **the Lenten of St. Antoni Alms**, which is mentioned in his Fr. Norbert's letter, will support it as well.

Our children are also invited to participate. If we make them aware of how many children around us are starving, it will be easier for them to give up sweets and the money they save could be donated as well by them to "Sandwiches for the poor".

***Starting from Ash Wednesday and every Wednesday and Sunday of Lent, after each Mass you will be able to take a bag of rice with you and give alms.***

***We are grateful for you joining us in the "Bag of Rice" campaign. Please keep the words of Christ close to your heart: "Amen, I say to you, whatever you did for one of these least brothers of mine, you did for me" (Mt 25:40).***