



A Catholic Campaign Against Global Poverty



Ideas for Action during Lent

Here are some ways to get involved in the fight against global poverty during this Lenten season ...

- Learn more about the **Catholic Campaign Against Global Poverty**'s three core issues: trade, aid and debt. To start, read background information and campaign updates on the web at www.usccb.org/globalpoverty.
- Pick an issue that interests you the most from the Catholic Campaign Against Global Poverty Web site (www.usccb.org/ccagp) and **contact elected officials** from your city, district or state. Phone numbers and e-mail and mailing addresses for your representatives in Washington are available at www.senate.gov and www.house.gov.
- Participate in Catholic Relief Services' **Operation Rice Bowl**, an annual Lenten project that raises awareness of CRS' work against global poverty and encourages Catholics to put their faith into action. Donations collected during Operation Rice Bowl go toward development programs in countries around the world and poverty alleviation efforts in the United States. Visit the Operation Rice Bowl web site (<http://orb.crs.org/>) to learn more.
- **Fast.** Use the season of Lent to stand in solidarity with the poor around the world. Sacrifice a meal a week, or try to cut down on excessive spending. In addition to giving things up, make positive additions to your life during Lent, perhaps promising to recite the [pledge against poverty](#) each day during the season.
- **Work** to change the hearts and minds of the people you know. Talk about poverty and our Christian call to act against it. (See resources about Catholic Social Teaching on Global Poverty at <http://www.usccb.org/sdwp/globalpoverty/resources.shtml>)
- **Volunteer** at a soup kitchen, homeless shelter or any other group devoted to service of those most in need. Reflect on why such places have to exist, and what your faith has to do with your service.
- **Support fair trade.** When you buy products like coffee or chocolate, just where are they coming from? Are the people growing and producing what you buy being treated and paid justly? Look for the "Fair Trade Certified" label on coffee and other products, and then find out if your parish, school or place of work is using fair trade products. For a more information and a complete list of fair trade products including chocolate **Easter eggs**, go to www.crsfairtrade.org.
- **Buy fair trade palms.** Jesus' entrance into Jerusalem, accented by the jubilant waving of palm fronds, is re-enacted each [Palm Sunday](#). More than 300 million palm fronds are harvested each year for the U.S. consumption, most of them for Palm Sunday. Unfortunately, for the communities where these palms are

harvested, palm fronds do not always represent jubilation but instead low wages and environmental destruction. CRS Fair Trade, Lutheran World Relief and Presbyterian Church/USA's "Enough is Enough" program are joining together to promote eco-palms with hopes of distributing more than one million fronds nationwide. You can order [on-line](#) or call 612-624-0734 to place your order.

- **Be creative.** Think of new ways to spread the word about the fight against poverty. Make posters or fliers, or set up an information table at your parish. Organize a fair trade fundraiser with chocolate (www.raise_money_right.org) or handcrafts (http://www.crsfairtrade.org/work_of_human_hands/organize.htm). Whatever you do, get acting!