



# Catholic Relief Services Chapters join Together in a WEEK OF ACTION & HOLY WEEK FAST in Solidarity with Our Global Family Suffering from Hunger

WHAT: **WEEK OF ACTION**

**HOLY WEEK FAST**

WHEN: April 7-12

Palm Sunday - Good Friday, April 13-19

**Take the pledge and join the fast & action!**

### Take Action:

Write or Call Your U.S. Elected Officials \* Pray a Litany \* Pray a Rosary \* Pray the Stations of the Cross \* Make a Donation to CRS \* Post on Social Media \* Fast \* Form or Join a CRS Chapter

### Ideas for Fasting:

Eat 1 or 2 small meals each day \*  
Be Still/Silent for 20-30 minutes each day \*  
No TV or Streaming \* Don't go on Social Media \* 24 or 40 hour full fast \* Full Triduum Fast (Holy Thursday-Easter Vigil, bread & water)

### Cuts Cost Lives

*The sudden termination of U.S. government-funded* international humanitarian aid is having immediate life-threatening effects on vulnerable people globally.

Contact your member of Congress and ask them to:

1. Halt and reverse all terminations of lifesaving and life-affirming humanitarian and development assistance.
2. Disperse Congressionally-appropriated funds for programs in a timely manner.

### Email

Use [CRS/USCCB Action Alert link](#) or scan the QR code to send your email.



### Call

Use the [phone call script link](#) or scan the QR code to call your members. Available in English and Spanish.



- Senator #1 - 866-596-7030
- Senator #2 - 844-329-3060
- House Representative - 888-562-8232

**Thank you for making a difference in the lives of our sisters and brothers!**

[crs.org/act](https://crs.org/act)  
[crs.org/actuar](https://crs.org/actuar)

Text ACT to 677-68  
Envía el mensaje de texto  
ACTUAR al 677-68

\_\_\_\_\_  
**Pledge to Take Action** (please print name)

\_\_\_\_\_  
**Pledge to Fast** (please print name)

\_\_\_\_\_  
Stay updated! List email (optional)

\_\_\_\_\_  
State

\_\_\_\_\_  
Zip

Scan QR Code or click the link to pledge online  
[CRS Movement for Prayer, Fasting & Action online](#)

