



## Integrate CRS' Operation Rice Bowl into the life of Universities during Lent

Identify a committee of students and a staff advisor (faculty member, campus minister, social justice staff member, etc.) who can help you plan, organize and implement CRS' Operation Rice Bowl on your campus. Consider using some of the following best practices:

- Identify a target audience to determine how many Rice Bowls you will be distributing.
- At least one month before Lent, make sure to order your CRS' Operation Rice Bowl materials at [orb.crs.org](http://orb.crs.org) or by calling 1-800-222-0025.
- Consider holding a kick-off event for CRS' Operation Rice Bowl on your campus. Use the [Prayer Service](#) and/or host a simple meal using one of the CRS' Operation Rice Bowl [recipes](#) as part of your event.
- On Ash Wednesday, distribute Rice Bowls throughout your campus (during Mass, through your Campus Ministry office, or at another prominent location). Consider capturing email addresses from participants in order to stay in touch with your *Rice Bowl Community* throughout Lent.
- Consider asking the presider at Mass to make an announcement about your community's participation in CRS' Operation Rice Bowl.
- Use the [Bulletin Announcements](#), [Prayer Intentions](#) and [Bulletin Insert](#) throughout Lent as a reminder of your community's participation.
- The four key components of CRS' Operation Rice Bowl are **prayer, fasting, learning, and giving**. Consider using the following CRS' Operation Rice Bowl resources to develop a unique Lenten experience for your university campus:
  - **Pray**
    - [Prayer Service](#) – Use this prayer service as part of your CRS' Operation Rice Bowl kick-off event or weekly simple meal.
    - [Daily Lenten Reflections](#) – Follow these daily reflections as a part of your own Lenten journey. Consider emailing the reflections to your *Rice Bowl Community* or posting them on your Facebook page.
    - [Prayer Intentions](#) – Include an intention each week in the General Intentions during the celebration of Mass as a reminder of your community's participation in CRS' Operation Rice Bowl.
    - [Weekly Reflections](#) – Sign up to receive the Weekly Email Reflections and encourage your *Rice Bowl Community* to do the same.
    - [Stations of the Cross](#) – Use the Stations of the Cross and bring an international dimension to this traditional Lenten practice.

- **Fast**

- [Recipes](#) – By tasting authentic flavors from around the world, your *Rice Bowl Community* can begin to connect with and better understand our brothers and sisters in Africa, Asia and Latin America. Consider hosting a weekly simple meal, where you share fellowship and prayer, offer a reflection, and have a guest speaker or professor facilitate a discussion about global hunger and poverty.

- **Learn**

- [Stories from five featured countries and one diocese in the United States](#) – Consider emailing a story each week to your *Rice Bowl Community* with a reflection question at the end.
- [Videos](#) – Each week, share one of the *Videos* or *Slideshows* from a CRS' Operation Rice Bowl featured country with your *Rice Bowl Community*.
- [Media](#) – As university students, education is critical to your CRS' Operation Rice Bowl experience. Write an article about your campus's dedication to addressing global hunger and poverty issues and your participation in CRS' Operation Rice Bowl as one way to demonstrate this commitment. Contact CRS if you would like assistance in reaching out to local media outlets.
- [Technical Resources](#) – Access a wide variety of technical resources featuring Catholic Relief Services' development work around the world.
- [Advocate](#) – Be one in a million. Advocate with Catholic Relief Services to end hunger, disease, conflict, and other issues that affect the lives of our brothers and sisters worldwide.
- Go Purple** – Get your whole campus involved in CRS' Operation Rice Bowl. Choose one day during Lent to wear purple and educate your campus about the long-term impact that CRS' Operation Rice Bowl has on families and communities throughout the world.
- Expand your networks** – Consider reaching out to those students who have participated in fall, winter or spring break service trips. CRS' Operation Rice Bowl is a great way to continue to pray, learn and take action to build a better world after you return from your service experience.

- **Give**

- [Put your Lenten sacrifices to good use](#) and make a difference in the lives of millions of people around the world.
  - Consider donating meal points** from your meal plan during Lent, and put the money towards CRS' Operation Rice Bowl.
- At the end of Lent, designate at least one day to collect all CRS' Operation Rice Bowl contributions. Inform your *Rice Bowl Community* about the designated collection day(s).
  - Plan a wrap-up meeting with your CRS' Operation Rice Bowl Committee. Discuss and evaluate the challenges and successes you experienced.
  - Thank students for participating in CRS' Operation Rice Bowl, and for offering their prayers, fasting, and almsgiving as an act of love and sharing to assist our brothers and sisters in need! Tell Catholic Relief Services about your Lenten activities and best practices by emailing [educationprograms@crs.org](mailto:educationprograms@crs.org).