



Integrate CRS' Operation Rice Bowl into the life of Catholic high schools during Lent

CRS' Operation Rice Bowl can help your school community bring to life the rich Lenten spiritual practices of prayer, fasting, and almsgiving as we prepare to celebrate Christ's resurrection. By praying with our communities; fasting in solidarity with those who hunger; learning more about the challenges of global hunger and poverty; and giving sacrificial contributions to support our brothers and sisters in need, we can make a difference in our world.

Organize a faculty or student planning team through the school campus ministry or religion department to explore creative ways of bringing CRS' Operation Rice Bowl to life in your school community. Consider some of the best practices below:

- On Ash Wednesday, invite classes to participate in the CRS' Operation Rice Bowl Prayer Service, or hold a school-wide prayer service using CRS' Operation Rice Bowl materials.
- Provide a Rice Bowl and Lenten Calendar for each student to take home and use with his or her family during Lent. Encourage them to cook one of the simple meatless meals and share it as a family on at least one Friday during Lent.
- Provide a Rice Bowl or other collection container to each homeroom class, and invite classes to compete for a prize to raise the most money through their sacrificial donations. Encourage homeroom teachers to collect the day's suggested donation amount in their class Rice Bowl.
- Invite a student to read the Lenten prayer and daily reflection over the intercom during morning announcements, or at the beginning of all religion classes each day.
 - Select one day to invite students to give up lunch or eat a smaller meal, and donate the cost of their lunch to CRS' Operation Rice Bowl. Or, consider designating one day during Lent to make a small donation for each slice of pizza or other popular item sold in the school cafeteria during lunch.
- Designate a "dress down day," when students may donate \$5 to CRS' Operation Rice Bowl and gain permission to wear regular clothes instead of school uniforms.
- Review the Educator's Guide and incorporate the activities and lesson plans into classroom activities. Each lesson plan contains a special "*If you only have 10 minutes*" section, to make it easier to integrate CRS' Operation Rice Bowl into busy classroom schedules.
- Invite theology or religion classes to use the Stations of the Cross reflections.
- Invite students and staff to join CRS' Operation Rice Bowl on facebook at [Facebook.com/CRSOperationRiceBowl](https://www.facebook.com/CRSOperationRiceBowl).
- 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 with Operation Rice Bowl by emailing educationprograms@crs.org.