



Encounter Lent in 6 Easy Steps

Ready to get started with CRS Rice Bowl? These **six** simple steps will help you plan a meaningful Lent for your students and high school community.

1 Order materials and review lesson plans, prayers and activities.

Place your order for **free** CRS Rice Bowl materials at least 3 weeks before Lent. You can order CRS Rice Bowls, posters and more online at crsricebowl.org/order or by calling 800-222-0025.

Find prayers, activities and a lesson plan template designed specifically for high schools to integrate CRS Rice Bowl and Catholic social teaching into your classes at crsricebowl.org/youth.

2 Spread the word—CRS Rice Bowl will be a part of your school's Lenten journey of encounter!

Hang this year's CRS Rice Bowl poster in prominent places around campus and spread the word by including our ready-made announcements in your communications to students and their families. Visit crsricebowl.org/media-kit to find web banners for your website, ads for your newsletters and more!

3 Distribute CRS Rice Bowls to each student on Ash Wednesday during a prayer service or at Mass.

Integrate your community's CRS Rice Bowl kickoff into the liturgy. The "Encounter Lent: Blessing the Community" resource at crsricebowl.org/youth can help you get started.

4 Make CRS Rice Bowl materials part of your community's Lenten journey. Visit crsricebowl.org/youth.

Use our videos, daily reflections and prayers from our website to add richness to your high school community's Lenten journey. Materials can be used in morning prayer, daily announcements and in homeroom or religion classes. Thinking about a simple, meatless meal for the cafeteria? We have meatless recipes for making Fridays a time for solidarity.

5 Plan a meaningful ritual and collect CRS Rice Bowls at the end of Lent.

CRS Rice Bowl offers "An Offertory Prayer to End the Lenten Journey" to help your community conclude this holy season, available at crsricebowl.org/youth.

Announce details in a variety of ways, including in newsletters, on your community's social media pages, in announcements and by hanging the CRS Rice Bowl thank you poster you will receive midway through Lent.

Send your community's Lenten sacrifices—be sure to specify CRS Rice Bowl on the memo line of your check—to your diocese, or directly to CRS at crsricebowl.org/give or:

**Catholic Relief Services
CRS Rice Bowl
P.O. Box 17090
Baltimore, Maryland 21297-0303**

6 Thank your high school community and let them know the impact of their gift.

At the end of Lent, hang the thank you poster you receive from CRS. See crsricebowl.org/almsgiving for other creative ways to thank your community.