

30 Hour Famine

March 16th-17th

6pm-6pm (fast starts after lunch on Friday, join us at church at 6pm)

What is it? Fasting for 30 hours to show our solidarity with those who are hungry around the world. We will learn more about hunger during this time and get the opportunity to help some in our own community. You are also encouraged to raise financial support on your own. This money goes directly to World Vision who feeds starving children around the world.

When does it start? The fast starts right after lunch. Wherever you are, at school, at work, at home, it's up to you to keep yourself accountable and start the fast after lunch on Friday, March 16th.

Can I eat anything? The simple answer is no. You can drink lots of fluids. We encourage you to drink plenty of water and 100% juices, but ask that you abstain from cokes and lattes and other sugary drinks. Not only are these drinks unhealthy, but the money you save from not buying them can be put towards World Vision so that other can have the food they need to live.

One small change that we are trying out this year is that we will offer a few small meals at church of plain rice. They won't be enough to stop your hunger, but they may give you a taste of the options available to those who live with hunger every day. You can choose to fast through those meals if you wish.

Is it healthy? The average person can do a fast like this without any adverse side effects. If you have questions, please consult a physician. The sugars in 100% fruit juice are enough to sustain a person for much longer than 30 hours, because our bodies are not used to going hungry though, it is quite normal to feel extra tired and colder than normal. If anyone starts to feel too faint, we will have some food on hand.

What should I bring?

- **Sleeping bag, pillow, air mattress (optional)**
- **Active clothing (i.e. jeans, hoodie, tennis shoes)**
- **Toothbrush, toothpaste (and other personal items)**
- **Your fundraising packet and the money you've raised**
- **Boards games, cards, etc.**
- **A pot of spaghetti sauce (if you or your parent has volunteered to make some)**
- **An open heart and an open mind**