

30 Hour Famine Info Sheet

Welcome! Thanks for signing up to participate in the 30 Hour Famine! This is going to be an amazing event! Please look over the following so that you may be fully prepared for the experience. There will be fun and games – but also some stretching and difficult activities too. And all on an empty stomach! Please know that this event will make a difference in the lives of people in our community and throughout the world. I bet that your life will be made different too!

Schedule The famine begins at Reid Memorial Presbyterian Church in the Alan Fuqua Center at 1:00pm on Saturday, February 27 and will be completed at 8:00pm Sunday, February 28. After 30 hours of fasting and participating in service projects, community awareness, bible study, and fun activities we will break our fast with GAP Ministries at Greene Street Presbyterian Church. We will return to the church by 8:00pm.

To Bring List:

- ✓ Bible
- ✓ Pillow, Sleeping Bag, Blanket
- ✓ Parent Consent Form (from www.reidyouth.org/30hrfamine)
- ✓ Backpack
- ✓ \$5 cash
- ✓ Minimum of \$30 in sponsorships/donations
- ✓ An attitude of humility, flexibility and service

What NOT TO bring:

- ✓ Food / Snacks
- ✓ Tech – Cell Phones, iPods, PSP, Etc.

Expectations You're expected to participate fully during the entire 30 hours. There will be no coming and going. Your complete attention on this experience will help keep you focused on the event and its full meaning – which cannot be broken up into smaller pieces. Also, remember only adults 25 years and older are permitted to drive during church events.

Preparations As you prepare physically for the famine, you should not gorge immediately prior to the beginning of the event – like eating a super-huge lunch on Saturday. That will only make you more hungry sooner. During the 30 hours we will regularly have juice and water. The average, healthy person is able to go without food for 30 hours without any ill effects. If you have any health-related questions about the 30 Hour Famine or are regularly under a doctor's care for any medical conditions, you are strongly advised to consult your physician before participating.

What is fasting? Fasting is the act of abstaining from food. There are various ways to fast, but the most popular is a juice fast, which is what we will do for the 30 Hour Famine.

Why is fasting part of the 30 Hour Famine? It's a way for students to draw nearer to God, allowing them to focus their thoughts, prayers, and efforts. It also allows participants to experience what real hunger feels like – hunger that is felt by many of the children and families who will benefit from the funds raised during the 30 Hour Famine.

What does the Bible say about fasting? There are many scriptures that reference fasting in both the Old and New Testament. The following is not a complete list but is a good place to start: Ezra 8:21-23, Esther 4, Psalm 35:13, Isaiah 58, Daniel 9:3, Matthew 6:16-18, and Acts 14:23.

30 Hour Famine Info Sheet

Page 2

About the Famine & World Vision Local teens and youth groups will participate in World Vision's **30 Hour Famine** – getting a real taste of hunger to help feed and care for children living in extreme poverty around the world. They join approximately half a million teens nationwide aiming to raise more than \$12 million to fight world hunger.

Now in its 19th year, World Vision's 30 Hour Famine raises awareness and money to fight hunger both overseas and in the United States. During the 30 hours, teens will do the Famine "on an empty stomach" – the theme for this year – by going without food (consuming only juice and water) to experience what the poorest children and families face every day. They will also perform hands-on community service projects during the weekend in order to make a difference in their own community.

World Vision is a Christian humanitarian organization dedicated to working with children, families, and their communities worldwide to reach their full potential by tackling the causes of poverty and injustice. World Vision serves all people, regardless of religion, race, ethnicity, or gender. For more information, visit www.worldvision.org.

Our Fundraising Goal We are asking that every student who participates raise a minimum of \$30 in sponsors and donations. These funds will go directly to World Vision in support to feed the hungry. Our student leaders have selected that the funds will be directed to a community in Ethiopia. Please make every effort to help us reach – or even exceed – our goal. However, all students will be welcome to participate with us no matter their level of fundraising. Please see our website (link listed below) for information on the "challenges" issued to raise the most funds and bring the most guests.

For more information please visit www.reidyouth.org/30hrfamine or contact Rev. Matt Henderson

Rev. Matthew D. Henderson

Associate Pastor for Youth and Their Families

Reid Memorial Presbyterian Church

2261 Walton Way

Augusta, GA 30904

706-733-2275 - Office

mhenderson@reidchurch.org

