

Dear Parents,

Your child is invited to participate in the Presbytery of Charlotte's 30 Hour Famine. This event will take place at Myers Park Presbyterian Church *Saturday and Sunday March 24-25*. The youth will participate in a modified fast for 30 of these hours. Some youth will solicit sponsorships from their friends, family and neighbors. The funds they raise can be donated locally, to Loaves and Fishes, or to World Vision, an international relief agency.

FUNDRAISING is an important aspect of the 30 Hour Famine. But the Famine is much more than an opportunity to raise money for charity. It is a time for young people to grow in their relationship with Jesus Christ as they fast and pray on behalf of those who suffer. Over 29,000 children die every day from hunger and hunger-related diseases. Yet the world produces enough food to feed everyone. As followers of Jesus Christ, we are called to begin building the Kingdom of Heaven here on earth by confronting this tragedy and taking small Spirit-driven steps to change it. We can start by raising money to feed those who are in need. You can start small; just ask for a sponsorship of \$10—that will provide 40 meals for a person in Mecklenburg County! Please see Hansen to get a fundraising packet.

FASTING is an important part of this event. Not only is fasting a spiritual practice, it also allows youth to get a glimpse of what true hunger feels like—something the children they are serving through the famine battle every day. The average healthy person is able to go 30 hours without food without a problem. Each famine participant will design his/her own modified fast. Some will choose the **juice fast**, consuming 100% non-acidic fruit juices throughout the 30 hours. Others may decide on a **bread and water** fast; still others may choose to simply drink **water**. All participants will be monitored by their small group leaders and the on-site nurse. *A fast is a personal encounter between individual believers and God. Youth consumption of juice and bread will not be monitored. Participants will have continual access to bread and juice. No one will ever be told that they've had too much. Youth may also choose to consume regular meals in consultation with their advisors.*

The 30 Hour Famine is a time for youth to draw **closer to God**. The time before, during and after the fast has been carefully planned. Several local Presbyterian churches have joined together for the event. Youth will be divided into age specific groups and will participate in several service projects around the city of Charlotte, small group bible studies, 'hands-on' hunger workshops where youth learn more about the root causes of world hunger and tools to fight it, group-building games, contemporary worship services, a prayer vigil, and much more. The first food youth will eat as a group will be at communion on Sunday, March 25.

I hope you and your child will prayerfully consider participating in the 30 Hour Famine. If your child decides to participate, please be involved in decisions about fundraising goals, who and how to ask for sponsorships, and what type of fast to undertake. Several of our youth participated last year and had an incredible experience, so I hope you will be able to join us this year! Please don't hesitate to call me if you have any questions. For more information on the 30 Hour Famine, check-out <http://www.30hourfamine.org>.

Peace,
Hansen