

30 HOUR FAMINE

Feb. 26-27, 2016 • Fri., 7AM – Sat., 2PM

Help Save Kid's Lives! Students (grades 6th-12th) go 30 Hours without eating in order to raise money for children malnourished and/or dying of hunger in Third World Countries. **Students must raise at least \$35 to participate in the 30 Hour Famine.** That is just over \$1 per hour of the fast and is the amount of money that will feed a child for a month. Students start the Famine on their own by stopping eating anything but juice and water on Friday, Feb. 26 at 7AM. They then meet at the church for a Lock-in at 7pm on Friday. We will go without food until 1PM, Saturday, when we will break the fast with a Pot-Luck meal provided by the parents. During our time together, we will talk about hunger, worship, play games, juice breaks, and have fun being hungry together! For more information, call Howie at the church @ (630) 968-7120, ext. 203.

If your son/daughter is not physically capable of fasting for 30 hours, he or she can still participate in a modified fast. Please contact me if you would like to discuss this option.

World Vision is a Christian relief and development organization dedicated to helping children and their communities worldwide reach their full potential by tackling the causes of poverty. Motivated by our faith in Jesus, we serve the poor as a demonstration of God's unconditional love for all people – regardless of a person's religion, race, ethnicity, or gender.

Fasting is a physical benefit for most people. Exceptions may be children under 12 years of age, the elderly, diabetics, those pregnant or nursing, and others who have had recent surgeries or have other specific medical problems. Most youth will have no problems completing the 30 Hour Famine; however, modifications can be made as necessary. If you have any health-related questions about your child's participation in the Famine, please consult your doctor.

For more information on fasting, you can request a "Facts on Fasting" sheet from your Famine group leader. You can also obtain this sheet by calling 1-800-7-FAMINE or finding it at www.30hourfamine.org. Please do not send this consent form to World Vision.



RETURN FORM BY February 7th (in order to get a shirt)

STUDENT'S NAME: _____ AGE: _____ T-Shirt Size: _____

I give permission for my young person to participate fully in the 30 Hour Famine Event at Downers Grove FUMC, which entails going 30 hours without food in order to help save kids' lives (youth will be provided periodic juice breaks). Please consult your child's physician on the safety of going 30 hours without food if there are any health concerns or if you child is under age 12.

(Parent/Guardian signature): _____

For the Potluck on Saturday @ 1PM, I can bring: _____ (drinks provided)
(main dish, salad, or dessert – indicate one)

Number joining us for the Potluck from your family: _____

(Families are invited to join us for the Potluck meal)

Fee (for T-Shirt) \$5 – Paid: _____ (checks can be made out to DGFUMC)