

Georgia-Cumberland Pathfinders 30-hour Famine Fund Raising Procedures

- 1. Present the concept of the 30-hour Famine to the teen members of your club.
Explain that the 30-hour Famine is a program which affords them an opportunity to really make a difference to by raising funds to help feed hungry children around the world. They are to raise their funds by getting people to sponsor them for going without food for 30 hours.**
- 2. Give each parent a “Parent Information Sheet” and have parent sign “Consent Form”.**
- 3. Create an account sheet for each participating person (Use form provided). This will aid you in keeping track of the funds collected.**
- 4. Challenge each participant to raise a minimum of \$30.00. This amount will take care of one child for 30 days. \$360.00 will take care of one child for a full year. (12 sponsors x \$30.00 = \$360.00).**
- 5. Have your teens to set personal goals and keep encouraging them as they work toward achieving their goals.**
- 6. If sponsors chose to pay by check please have checks made out to “World Vision”. Do not have any checks made out to your local church or to the conference.**
- 7. Please convert all cash donations received to a check made out to “World Vision”. DO NOT list “Georgia-Cumberland Conference” as payee on any donation check.**
- 8. Please plan to turn in all funds (checks) at the time of Registration when you arrive for the Famine Weekend. We will need only the Total Amount your club has raised and the number of participants which have raised a minimum of \$30.00 (no names required). Each person raising a minimum of \$30.00 will receive special lapel pin.**
- 9. All staff are encouraged to participate by securing sponsors for themselves.**

FACTS ON FASTING

WORLD VISION'S 30-HOUR FAMINE - 2010

The average, healthy person is able to go without food for 30 hours without any ill effects. Exceptions are the following:

- children under the age of 12
- the elderly
- pregnant or nursing women
- people with other specific medical conditions (past or present) including diabetes, reactive hypoglycemia, other medical conditions that are associated with or could precipitate hypoglycemia; eating disorders (anorexia, bulimia).

If you have any health-related questions about the 30-Hour Famine or are regularly under a doctor's care for any of the above medical conditions, you are strongly advised to consult your family doctor before taking part.

What is fasting? Fasting is the act of abstaining from food. There are various types of ways to fast, but the most popular and the one that is part of the 30-Hour Famine is a *juice fast*.

Why is fasting part of the 30-Hour Famine? It's an opportunity for participants to focus their thoughts, prayers and efforts on things most important to God. It's a way to draw near to God. It also allows participants to feel what real hunger feels like -- a hunger that is felt by many of the boys, girls, men and women who are being helped by the funds raised during the 30-Hour Famine.

What does the Bible say about fasting? There are many scriptural references to fasting, in both the Old and New Testament. The following is not a complete list but is a good place to start.

Matthew 6:16-18
Daniel 9:3, 20
Judges 20:26-28

Matthew 9:16-17
Ezra 8:21-23
Psalms 35:13

Matthew 17:20-21
Isaiah 58
Mark 9:29

For further study, please consult a pastor, Bible scholar or Christian bookstore. Another excellent source of information about fasting is found in the April 5, 1999 edition of Christianity Today. Copies of their special report can be found on line at www.christianitytoday.com and searching on the word "fasting."

What are some alternatives to fasting? A 30 hour fast is not required for those participating in the 30 Hour Famine, but it is a recognized component of the 30-Hour Famine. Again, most people can go without food for 30 hours with no ill effects, but it should be a personal choice. If, for any reason (medical or otherwise), someone cannot participate in a 30 hour fast, modifying the Famine is accepted. Some suggested ways to modify a fast include:

- skipping a meal (or two)
- abstaining from something (i.e. chocolate, soda pop, etc.) for a period of time
- fasting from talking for a period of time
- fasting from media (no TV, movies, videos, radio, music, etc.) for a period of time.

How should we break the fast? Breaking your fast can be a meaningful time for the group, but it also should be done gradually and sensibly. A big pizza feed might sound like a great idea, but something a little easier to digest, like pasta or rice (lots of carbohydrates) might go down a little easier.

This document was prepared by World Vision's 30-Hour Famine staff. It is not designed to replace a physician's guidance but is provided to answer common questions regarding fasting.

Information for Parents

What is the 30 Hour Famine?

It's students around the world loving God and fighting hunger. Every year, thousands of students unite to do the Famine. They learn about hunger, raise funds to help hungry kids, and experience hunger for themselves.

Why Fast?

In the Bible, people fasted for a variety of reasons. Some did so as an act of worship (Acts 13:2), some to get right with God (Nehemiah 9:1). Jesus fasted in preparation for his public ministry (Matthew 4:2).

Whatever the goal, fasting helps you break free from the clutter of our world and focus on what matters to God. As a part of the 30 Hour Famine, fasting helps you identify in a real way with the hungry children you're working to help.

Why should my child do the Famine?

Hunger kills a child in the developing world every 10 seconds, but your son or daughter - and their friends - can do something about it. The funds that students raise by doing the Famine help provide critical food and care for hungry kids around the world.

Is fasting for 30 hours safe?

For most people, going without food for 30 hours is perfectly safe. There are a few exceptions - like kids under 12, the elderly, pregnant or nursing women, and people with certain medical conditions or eating disorders. The Famine is a juice fast, meaning students are provided with plenty of water and juice throughout the 30 hours.

If you have any questions or concerns about fasting, check with a doctor before your child participates.

How will my child be fundraising?

There are lots of ways students can fundraise. Some choose to talk directly to friends, family, and neighbors. Others make phone calls. Your child may also be invited to participate in a variety of group fundraisers hosted by their group leader.

What will my child be doing during Famine Weekend?

Plenty. They'll be learning about hunger, serving their community, and having a blast playing educational games like TRIBE, World Vision's interactive survival challenge.

Will my child have anything at all to eat during Famine Weekend?

They'll be participating in what is known as a "juice fast". There be several breaks when they will have juice to drink and possibly a cracker. Plenty of water will be provided throughout the famine. At the end of the fast everyone will participate in a special "Break-Fast".

Georgia-Cumberland Pathfinders

30-Hour Famine Consent Form

Dear Parent/Legal Guardian,

Your son/daughter has shown an interest in participating in World Vision's 30 Hour Famine. The teen Pathfinders of Georgia-Cumberland will be experiencing their famine November 3-5, 2006. Participation means that your son/daughter will:

- Sign up 30 Hour Famine sponsors and collect money to help those around the world who suffer from hunger, poverty, and a lack of hope.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Turn in his or her Famine Survival Guide and money raised to his or her Famine leader during the Famine event.

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. Before I establish an account for your child to keep track of the money he/she will raising, I would like your acknowledgment that you support his/her participation.

Thank you,

Pathfinder Club Leader (please print)

Name of Pathfinder Club (please print)

I have no objection to my child, _____, participating in World Vision's 30 Hour Famine.

Signature of Parent/Legal Guardian

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 are 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. Please do not send this consent form to World Vision.

Individual Account Sheet

Participant _____

Donor		Address	Phone	Check	Cash	Amount
1						
2						
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30						
Total Funds Collected						

Note: If more than 30 donors please use a second copy of this sheet.