



30 Hour Famine 2018
February 23-24 @
Dreisbach Church

I had a meeting with 3 other churches that will be participating in this years 30 Hour Famine. It's exciting to hear the stories of the results and awareness of this event. Please find the notes in this message. As always, any questions...please contact me via email/text/phone at 570-713-4577 or kksawyer2@gmail.com

- You must be 12 years old to participate – Exceptions are made with parental permission
- Your fast begins following lunch on Friday the 23rd
- We ask that you arrive at Dreisbach at 6:00 PM and get your sleeping area settled and we will start the activities at 7:00 (if you arrive anytime between 6-7...you won't miss anything) – Need a ride? Let Kim know BEFORE the 23rd please
- We will close on Saturday evening with dinner at 6:30 PM
- **This is NOT A LOCK IN**....we realize that teens and young adults have practices, games and jobs! You may come and go as needed for those commitments
- Please inform the leaders of any medications you are taking or any medical conditions that may require you to eat
- Gum and breath mints are allowed. Lollipops/Lifesavers/Jolly Ranchers is pushing it
- Drinks will be provided. Limit your caffeine Friday before the fast and Saturday after the fast. It **will** dehydrate you.

- Eat only a little and slowly when you break the fast. Wait a few hours then eat a little more. Otherwise, you **will** get sick or at least feel very uncomfortable.
- Dress appropriately, **yes** this is a church function, **yes** we may be outside and **yes** it will be February
- I had previously mentioned ordering “Famine” tees for any interested but we decided that the money spent on those would be better spent on our mission and service and we have approximately 100 NEW COLOR Live Generously tees that just arrived so we will have those available and fabric paints for anyone wanting to personalize them
- We will be sharing our experience the following morning after the Famine in church and will discuss who will speak, etc. during our time together Saturday
- Please bring....
 - Sleeping bag
 - Pillow
 - Air mattress if desired
 - Change of clothes – wear comfy clothes throughout the event
 - Toothpaste, toothbrush, deodorant (please!)
 - Bible
 - Games (electronic are ok)
 - Ipods and church appropriate music and headphones are allowed
 - Homework (if you desire to work on it)
 - Book to read (if you desire)
 - Water bottle to fill with the liquids throughout the time together – please make sure your name is on the bottle!

Cell phones are allowed during free time and for your listening pleasure prior to bedtime. If this privilege is abused, we will have you place it in a basket.

Here are the numbers where your parents can reach you in an emergency:

Kim Sawyer’s cell: (570) 713-4577

Nich Hornig cell: (570) 768-7711

Pastor Alice’s cell: (570) 428-5913

Barbara Huggin’s cell: (570) 337-1798

Pastor Nate’s cell: (570) 220-0955

Pastor Brad’s cell: (717) 222-7529

- Our goal is not to raise the most money BUT to raise awareness of those who do not have adequate food....that being said...I will distribute donation envelopes to all of you and ask that you get sponsors and donations and collect the monies and return to me within a week. Checks should be written to WORLD VISION!
- I will need Adult volunteers throughout the event at Dreisbach – please let me know if you are able to help for even a couple of hours!
- We will be doing two Service projects in Mifflinburg on Saturday between 10-2 and I will need drivers!

I am really looking forward to this event and the awareness of those who truly go hungry!

Kim Sawyer

30 Hour Famine Permission Slip



My son/daughter has my permission to participate in the 30 Hour Famine. I am aware that my child will be fasting for approximately 30 hours and that some of the activities involve traveling from site to site by car.

I have informed the youth/young adult leader and/or other chaperones of any allergies, medications and/or restrictions that they need to be aware of.

Signature of Parent or Guardian: _____

Date: _____ Emergency Contact Number: _____

Participant:

I, _____ agree to fully participate in all of the activities of the 30 Hour Famine, abide by the rules and be respectful to the other participants, their property and the property of the church and or places we go.

Participant: _____

Date: _____