



ALL SAINTS
LUTHERAN CHURCH

Hunger isn't just. But your hunger can be.
JUST HUNGER.



Feb. 22 – 23, 2019

30 Hour Famine 2019 is a time for youth and adults to gather, to learn, to serve, to have fun and more while participating in a juice and water fast. New this year will also be a few "famine food activities" where we will make some food that many in need eat daily. This will keep our bodies nourished and allow us to learn and relate more to what millions deal with each day. See below for the 30 hour famine schedule and what to bring. Parent help is needed throughout the weekend. See Kristine or the 30 hour famine sign-up table for opportunities.

**REGISTRATION FORM PLEASE SUBMIT
PERMISSION FORM TO KRISTINE A.S.A.P**

Raise Money! The goal of the 30 Hour Famine is to not only have a fun weekend but to raise money for those who are in need.

- ✓ Ask family members, friends and others to donate to you going 30 hours without food. A great idea is to write a letter and e-mail or mail it out to family members and other adults you know you will be amazed at the response you get!
- ✓ Fundraise online by going to www.30hourfamine.org
 - ✓ Once there click on raise funds
 - ✓ Then click on create your own page
 - ✓ The account number is 031978485
 - ✓ From there you can create your own page and send that link out to families, friends and can even post the link on Facebook!

Tentative Schedule

Friday, February 22

12pm: Fast begins!

- Youth should eat a hearty breakfast and lunch this day. If youth's lunch is after noon, eat lunch when you normally eat lunch. If you eat lunch early, bring a snack to eat at noon.

4pm: We will meet at All Saints and participate in the event together.

Activities at All Saints

8-10pm Serve at Feed My Starving Children

10pm Famine Food Activity includes snack

11:00: Closing Devotion and Worship

11:30: Lights Out and Sleep

Saturday, February 23

8:30am	Wake UP
8:45am	Famine Food Activity
9:30 - 11:45	Serve at Arc Value Village
12 - 2:30	Afternoon service projects
3 - 5	Movie, activities and games
5	Candle Light worship with Communion
6	Fast Ends and Dinner is served

What to Bring

You will be spending the night here at church. No showers will be available for use on Saturday.

- **Sleeping bag/pillow**
- **Air mattress - *optional* (will be sleeping on the floor)**
- **Toiletries**
- **Change of clothes**
- **Reusable Water Bottle**
- **Bible**
- **Donation of Juice or Water**
- **Non-perishable food item for the ICA foodshelf**

Parent Help Needed!

Adults are needed to help with this event in shifts. See Kristine or the Sunday morning table for information on how to volunteer.

All Saints Disclaimer: The 30 Hour Famine is an event meant to teach participants about world hunger and poverty as well as to teach the biblical meaning of fasting. The 30 hour famine is not designed to promote regular food restriction and/or fasting. All Saints is willing to work with individuals and families to provide food if needed throughout the 30 hours together. Please contact Kristine Clemens at 952-934-3550, ext. 17 or kclemens@allsaintsmtka.org with any questions.