

CATHOLIC RELIEF SERVICES

Face the Fast

Parental Consent Form

Dear Parent/Guardian,

Your child has expressed interest in participating in *Food Fast*, Catholic Relief Services' hunger awareness program. This is a 9.5 hour event, which includes mass, fasting, prayer, activities, and discussion on the issues of hunger and poverty in the world in light of the recent crisis in Haiti. Our *Food Fast* will be held on Sunday, February 14th at the Church Office from 9am – 6:30pm (finishing with 5:30pm mass).

During *Food Fast*, your child will:

fast for 9.5 hours and miss two main meals;

- consume only juice and water during the fast; and
- solicit sponsorship pledges to raise money for Catholic Relief Services efforts in Haiti.

In the Bible, the practice of fasting is connected with the ideas of personal and communal growth and conversion. By fasting, praying, and sharing conversation together we gain a connection with the people in the world who suffer from hunger involuntarily. If there are medical reasons that prevent your child from being physically capable to participate in a 9.5-hour fast, your child can still participate in the event in a modified way. Please contact me, if you would like to discuss other options. The purpose of the fast is to create an awareness of the impact of poverty and inequity in a world of plenty and to give your child ideas about how to make positive changes in the world. Please complete the form below and send it with your child on Sunday Feb. 14th. Thank you for supporting your child's participation in Catholic Relief Services' *Food Fast. February 14th, 2010*

Sincerely,

Steven H. Brooksher, Jr.

Director of Youth Ministries

Catholic Relief Services is the official overseas relief and development agency of the Catholic community in the United States. *Food Fast* is a 9.5-hour educational event focusing on issues in the developing world. Students participate in a series of planned activities, and with the supervision of their youth director, fast for a designated amount of time. Anyone fasting must drink water and replace solid food with juices (fruit or vegetable) or other non-caffeinated drinks (such as herbal teas). Anyone with a cold or flu, liver or kidney problems, or a serious illness such as diabetes, heart disease, or ulcers, should not take part in the fast. If you are in doubt of your child's ability to participate, please consult your doctor. For most people, fasting is safe and can be beneficial; however, there are some people who should NEVER fast without professional supervision. (For example, persons who are too thin or emaciated; persons who have experienced anorexia, bulimia, or other eating or behavioral disorders; persons who suffer weakness or anemia; persons who take insulin for diabetes, or suffer from hypoglycemia or any other blood sugar problem.) Fasting should only be done in a limited and controlled environment.

My child, _____ has my permission to participate in the *Food Fast* event.
Name of participant

Signature of parent/guardian

- I am attaching a donation for the following amount \$ _____ to support my child's involvement in this foodfast, and to help Catholic Relief Services with their efforts in Haiti. (Checks payable to Catholic Relief Services – For Haiti Relief)
- I am attaching the following donations in the amount of \$ _____ that my child has raised to help Catholic Relief Services with their efforts in Haiti. (Checks payable to Catholic Relief Services – For Haiti Relief)

Face the Fast **foodfast.org**