

# PARENTAL CONSENT FORM

(Please turn in at the beginning of the Famine Event on Fri. April 25th)

Dear Parent/Legal Guardian,

Your son/daughter has shown interest in participating in World Vision's 30-Hour Famine. Participation means that your son/daughter will:

- Miss 3 main meals by fasting for 30 Hours; ***They will begin fasting after lunch on Friday. So they will miss Friday dinner, Saturday breakfast and lunch.***
- Try to raise sponsorship money from family and friends to help those around the world that suffer from hunger, poverty, and a lack of hope. **A reasonable goal: to get 12 people to donate \$35 = \$425; that will feed one child for an entire year!** But any amount will help these children. \$35 will feed a child for ONE MONTH. (\*Please note that fundraising is *optional*. It is not required to fundraise in order to participate in this event. We encourage the youth to try to raise some funds which truly WILL make a difference. But if there are extenuating circumstances in which the youth cannot fundraise, that is ok) A link was emailed to you to set up your own personal page for fundraising on-line; plus your child was also given a STUDENT GUIDE with a collection envelope and tax deductible receipts. Please read the information carefully.
- Drink only water and juice during those 30 hours. Provided by Youth Funds.
- Turn in any money raised to Michelle Lynch at the beginning of the Famine Event.
- Spend time together with others who are fasting through various activities, prayer, bible studies/devotional time, and community service projects. (7:00pm Friday April 25th – 6:00pm Saturday April 26th)

Thank You,

Michelle Lynch, Youth Minister  
First Lutheran Church

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

\_\_\_\_\_ Signature of Parent/Legal Guardian

## Modified Fast Option

\_\_\_\_\_ My son/daughter, \_\_\_\_\_ will need to participate in a MODIFIED FAST selected below:

\_\_\_\_\_ Signature of Parent/Legal Guardian

**If your son/daughter is not physically capable of fasting for 30 hours, he or she can still participate in a MODIFIED FAST. Please check below which form of the fast you prefer for**

**your child. (Please be aware that if you are modifying the fast, you will be responsible for sending any food needed for your child. The only meal we will be providing will be the Saturday “Break-the-Fast” meal before we head home.)**

\_\_\_\_\_ Skip only meals on Saturday. This means they will eat dinner on their own before arriving Friday evening. ***This is highly recommended for those students who have an athletic practice that day after school.***

\_\_\_\_\_ Abstain from something (e.g. chocolate or pop) for 30 Hours  
What will you abstain from? \_\_\_\_\_

\_\_\_\_\_ Fasting from talking for a period of time. (designate number of hours: \_\_\_\_\_ )

\_\_\_\_\_ Fasting from Media (no TV, movies, radio, music, ipods, Internet, cell phones etc..) for 30 Hours. ***This will exclude the opening orientation video that will be shown to all participants.***

\_\_\_\_\_ My son/daughter has a medical condition which will require that they maintain their diet throughout the 30 Hours. He/She will choose one of the above fasting modifications. ***\*\*Please be sure to consult with your personal physician before you participate if needed.\*\****

### **“ON MY HONOR”**

By signing below, I \_\_\_\_\_, **(to be signed by the youth participant)** will honor my participation in the 30-Famine. I will stay true to my commitment to abstain from food beginning after I eat lunch on Friday until I break the fast with the Saturday evening meal at 6:00pm on Saturday. There will be no one but myself and God who will know if I am true to this commitment.

I will make this commitment in order to help focus my thoughts, prayers, and efforts on those things most important to God. It will bring me closer to God and my fellow Christians. And it will allow me to feel what real hunger feels like – a hunger felt by many of the children who will be helped by the funds raised during the 30-Hour Famine.

\_\_\_\_\_ Signature of Youth