

Charleston Vicariate Youth Ministry Network

Food Fast 2012

Participant:

Congratulations on your decision to participate in FOOD FAST 2012! The Food Fast will be held on March 23-24, 2012 at John XXIII Pastoral Center, Charleston. The fast will begin at 8:00pm on March 23rd and end at 8:00pm on March 24th. Please register between 7:00pm-7:45pm.

To prepare for the Fast, we suggest that you spend some time every day in prayer and reading Scripture, such as Matthew 6:6-18, or Isaiah 58:6-9. You can also read about the poor in the US at www.povertyusa.org and around the world at www.crs.org.

For the Food Fast, you will need to bring with you:

- ❑ Sleeping bag/blanket, Pillow
- ❑ Personal toiletries (hairbrush, toothbrush, toothpaste, deodorant, etc.) There are no bathing facilities. Please shower/bathe before you arrive.
- ❑ Cards, board games, etc. for free time.
- ❑ NO FOOD, DRINK, GUM, MINTS, ETC. Remember, this is a hunger-awareness retreat.
- ❑ Wear comfortable clothing and shoes. Be sure to wear socks! Bring a sweatshirt/jacket depending on the weather – some activities may be outside.
- ❑ Feel free to bring any musical instruments that you can play to share during prayer services and free time.
- ❑ Bring sponsorship form and money collected for Catholic Charities of WV and Catholic Relief Services.
- ❑ LEAVE YOUR CELL PHONE AT HOME!

Participants are asked to bring one can of concentrated juice upon arrival on Friday: 6th & 7th graders – apple juice; 8th & 9th graders – grape juice, 10th & 11th graders – orange juice; 12th graders – berry or fruit juice. Several Knights of Columbus councils will be providing and serving the Break the Fast meal. Parents are welcome to help serve & clean up with this meal.

If you have any questions, find us on facebook – “Charleston Vicariate Youth Ministry Network”. You can also contact your youth minister or Cathy Savilla at CatholicLYF@aol.com or 304-755-0791 ext 17.

See you at Food Fast 2012!