

So what exactly *is* the 30-Hour Famine?

The 30-Hour Famine is a World Vision program that allows a group of individuals to make a significant impact on the problem of world hunger while growing closer to God and to each other. In His Shoes Ministries began with the simple idea of walking in the shoes of others. The Famine has helped us do exactly that over the last several years. Did you know that 24,000 children die every day from hunger and hunger-related causes? 24,000! As tragic as that news is, there is a ray of hope: we will be fasting the weekend of April 24/25, 2010 with thousands of others during World Vision's 30-Hour Famine. In His Shoes has partnered with World Vision for nearly a decade to "Starve for Food". Through the In His Shoes Famine experience, well over HALF A MILLION dollars has been raised for world hunger. Over the years we've learned that this experience, combined with a greater awareness of the suffering that takes place in many parts of the world, will inspire us to have compassion and a greater desire to make a difference in the lives of others. Learning to rely on God and each other also bonds us and helps us grow spiritually.



Participants will collect funds through donors and sponsorships, as well as participation in fundraising events and activities. We will come together the weekend of the Famine and we'll spend 30 hours together partaking in activities, discussions, fellowship, music, games, art projects, friends, and fun, all while learning about how to make a difference in the world. We will break the fast by receiving Holy Communion on Sunday morning followed by a fellowship meal.

Why do we have to fast?

Fasting allows us to center on our thoughts and prayers and brings us closer to God. It's a cleansing of the body and helps focus the mind to cleanse the spirit. Also, one of the philosophies of In His Shoes is to put ourselves in the shoes of others to understand what they feel on a daily basis. Hunger is 100% preventable. Here are some facts about world hunger that you might not know:

- ❖ 24,000 children under the age of 5 die every day because of hunger and preventable causes. That is one child every three seconds.
- ❖ Around the world, more than 850 million people are hungry - including over 300 million children.
- ❖ One in every six people lives on less than \$1 a day.
- ❖ \$30 is what we pay for two movie tickets and popcorn, but it can feed a child for a whole month!

By participating in the Famine, you will go hungry so others can eat.

Will I be okay without food for 30 hours?

YES! The average healthy person can go without eating food for 30 hours and not experience any major side effects. Yes, you will feel hungry, and you might miss your chips, soda pop, or mocha latte, but this is our 9th year doing the Famine and we guarantee that while you may end the 30 hours feeling hungry, your spirit will definitely be filled. That being said, our goal is not to jeopardize anyone's health, so if you have any health conditions, please discuss your concerns with a Famine coordinator. Water will be provided for the participants throughout the Famine.

Who can participate?

The Famine is open to people of all ages 12 and up who possess an open heart and an open mind. Although In His Shoes is an Armenian Christian organization, participation in the event is open to members of all religious backgrounds and persuasions. All participants must agree to take an active role in all activities during the 30 hours. They must also agree to raise a minimum of \$150 for the cause.

Is there a cost?

Participation in the 30 Hour Famine requires that each participant pledges to raise a minimum of \$150. We hope your personal goal is much higher. For example, if you find 12 sponsors to give you \$1 for every hour that you fast, in 30 hours you will raise \$360. This is the amount required to feed 1 child for a year.

Where will the Famine be held?

This year, the 30-Hour Famine will be held at the Student Affairs Conference room at Glendale Community College (GCC). The building is easily accessible from the campus parking lot A and parking permits will be provided to you when you arrive. It is your responsibility to arrange transportation to the Famine Saturday morning at 7:00 AM and from the GCC campus to St. Peter Armenian Church for Badarak on Sunday morning.

What do I need to bring?

You will need a sleeping bag, pillow, toothpaste, toothbrush, a towel and any toiletries you may need. Also bring your Bible and a notebook and pen to take notes and write down your thoughts. If you have an acoustic musical instrument, you're welcome to bring that as well. Please leave electronic items at home. Phone's permissible only for contacting family members if necessary.

This sounds great! How do I sign up?

In your Famine packet, you will find a contract. Fill this out to commit yourself to participation in the 2010 In His Shoe 30-Hour Famine. The sooner you sign up, the sooner you will begin receiving information about fundraising and how to make your famine journey a successful one! Copies of all forms are also available on the In His Shoes website: <http://inhisshoes.org>