Dear 30-Hour Famine Participants and Parents,

I’m so excited to lead you in this year’s 30-Hour Famine event at Community Church on **Friday and Saturday, April 26-27**, as we learn, grow, and devote ourselves to a cause that we all take for granted on a daily basis—food! Many people each day go hungry, and it’s not for a youth event—sadly, it’s their daily existence. At this event, we raise two questions: “what would it be like to go hungry for a prolonged amount of time?” and “what if we all hunger for justice?”

Micah 6:8 (RSV) says, “What does the Lord require of you but to do **justice**, and to love kindness, and to walk humbly with your God?” At this year’s event, we will walk through the daily life of those growing up in the Democratic Republic of Congo (DRC), and have activities, challenges, reflections, and events to show justice, love kindness, and to walk humbly with God.

For 2019, we are encouraging students to fast from food, solely. With this being a fasting event, I encourage all participants to **start their “fasting” at 8:00am, Friday morning**. This will go on until the end of the 30-Hour Famine event, **Saturday around 3pm**. In addition, students are encouraged to also fast from technology, however, it is not required.

With this being a fundraising event for World Vision, we would like to encourage each participant to raise a minimum of $100. However, we would encourage going for more! Oh, and hint: There may be prizes, rewards, and swag involved, as well as other small surprises thrown in. ☺

Please note, while we encourage you come to this event, we would like to ask you to bring the following items for the 30-Hour Famine:

* Completed current medical and liability forms   
  (Parents, if you need to fill one out or check to see if you filled one out, please email me at [dustin@ccohonline.org](mailto:dustin@ccohonline.org) and I will be able to assist you in this process.)
* Your fundraising packets given to you, as well as $5 to cover “break-fast” meal and 30-Hour Famine program. **(Note: The $5 fee is waived if you raise $100 or more!)**
* Juice and/or Gatorade (if fasting from food), to give you energy to keep going
* Bible, notebook, pen/pencil
* Sleeping bag, pillow, PJs
* Toiletries: Toothbrush, toothpaste, washcloth, etc.
* Hunger for fellowship, fun, and spiritual growth!

Until then, if you have any questions, comments, or concerns, please contact me in the church office at (319)-988-4510, or by email at [dustin@ccohonline.org](mailto:dustin@ccohonline.org).

I look forward to seeing you at the 30-Hour Famine, as we go hungry not just for a great cause, but to show justice, love kindness, and walk humbly with our God!

****In Him,

Dustin Paulsen