

Our Lady of Hope's Famine 2015

"I tell you the truth, whatever you did for one of the least of these brothers of mine, you did for me."

Matthew 25:40

March 2015

Hello High School Parents!

We are quickly approaching the FoodFast 2015 – and many of our kids have expressed interest in participating. *This year's famine will be held on Friday and Saturday, March 27th & 28th.*

Each year, we have a great opportunity for our kids to participate in a famine/service overnight here at the parish. This is a chance for our teens to experience (in a small, but real way) what it is to be in need, to be hungry and to go without, even for just a short time, and for them to become more aware of the needs of others through service, and activities. Participants fast from food for 30 hours (they have plenty of fluids available to them throughout), and while fasting, participate in hands-on service in our local area. We are getting very excited about the event, and we're also getting very busy! So, here's a quick rundown of the opportunity:

- Kids will start fasting IN SCHOOL beginning at noon on Friday, March 27th, and then come to the church in the afternoon on Friday at 4pm – the famine will last until 6pm on Saturday, March 28th, after a "break-fast" meal in the church hall after the 4pm Mass (which we attend together as a group).
- \$30 registration fee for participants (and please don't financial issues be a consideration – let us know if help is needed with the registration fee) – **registrations due at the church by Sunday, March 15th.**
- **IF KIDS CAN'T FAST: absolutely kids who cannot fast for any reason (medications, health issues, etc.) are MORE THAN WELCOME TO PARTICIPATE – and they won't be alone. So, please, they are encouraged to join in, no matter what! Remember – the kids will also be fasting from media (Facebook, texting, cell phone, TV, videogames, etc – and sometimes, this is harder for them)!**
- We'll begin here at OLOH, then go by carpool to Boston for LIFT on Friday night at the Cathedral, stay at OLOH overnight, and go by carpool to sites in our local area on Saturday. More details will be forthcoming...
- Service opportunities may include serving at the Open Door in Gloucester, and various service sites around the North Shore (nursing homes, soup kitchens, etc.)

Each year we have kids who participate, and sign up again the following year – it's a powerful, moving, and fun experience for both our teens and leaders alike. This looks to be a wonderful opportunity for our kids, not only to serve, but also to have the chance to experience, in a small way, solidarity with the millions in the world – and in our own country – for whom hunger, illness, poverty, and need are a daily struggle.

If you might like to help in some way, parents are welcome (and needed)!! Please email Elisa for more information. All adults who participate in the famine must be CORI'd and adhere to all child-safety guidelines.

Please return all permission slips and registration fee to church ASAP, no later than March 15th! We plan all our service based on the numbers of participants, so please let me know as soon as possible if your student will be joining in!

God bless you and your kids this Lent, and please keep this endeavor in your prayers! Thanks so much!

Elisa

elisa@ipswichcatholics.org

REGISTRATION FORM



STUDENT INFORMATION

Name: _____ Parish: _____

Address: _____ City: _____ State: _____ Zip: _____

Phone: _____ School: _____ Grade: _____

Parent's Email: _____ T-Shirt Size _____

Medications: _____

Allergies: _____ EpiPen _____ yes _____ no

EMERGENCY CONTACT

Name: _____ Phone: _____

PERMISSION SECTION

Please initial "I GIVE permission" or "I DO NOT give permission" for each item.

"RCAB is Roman Catholic Archdiocese of Boston"

As evidenced by my signature below,

1. RCAB and its agents may use my child's photograph for editorial purposes and office functions, and hereby release RCAB and its agents from any liability resulting from such use.

_____ I GIVE permission

_____ I DO NOT give permission

I, the lawful parent or guardian of _____ ("my child") irrevocably release from all liability, and hereby agree to indemnify and hold harmless the Roman Catholic Archbishop of Boston, both individually and in his capacity as trustee for the benefit of the Roman Catholic Archdiocese of Boston and all parishes within the Archdiocese, including but not limited to **Our Lady of Hope Church** (collectively, "RCAB"), and all the officers, agents, representatives, volunteers, chaperones, clergy, religious and employees of either the Archdiocese of Boston or any parish or youth ministry thereof ("Agents") from any and all liability, actions, claims, judgments, cost or expenses, including but not limited to attorney's fees, known or unknown at this time, arising out of or in any way related to the injury or illness or other damages to person or property incurred by my child while participating in or traveling to or from the **FoodFast 2015**.

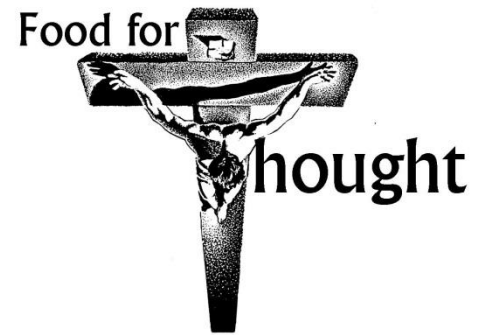
I agree to instruct my child to cooperate with and follow the instructions of RCAB and it's Agents, including but not limited to **Our Lady of Hope Church**, in charge of the activity. In the event my child does not cooperate with or follow the instructions of RCAB or it's Agents, or violates the Archdiocese of Boston Code of Conduct (which I acknowledge that I have reviewed), I agree that I shall, at my sole cost and expense, arrange for the immediate transportation of my child from the **FoodFast 2015** event to my custody, if so requested by RCAB or any of it's Agents.

I appoint RCAB or it's Agents, including but not limited to **Our Lady of Hope Church**, who are acting as leaders of the activity as my attorney in fact to act for me in my name and on my behalf, in any way that I would, in the reasonable and sole judgment of RCAB or it's Agents, be expected to act if I were personally present, with respect to the following matters if any injury, illness or medical emergency occurs during the activity: To give any and all consents and authorizations to any physician, dentist, hospital or other persons or institutions pertaining to any emergency medications, medical or dental treatments, diagnostic or surgical procedures or any other emergency actions as our attorney in fact shall deem necessary or appropriate for the best interest of my child.

I understand that RCAB and it's Agents will make a reasonable attempt to contact me as soon as possible in the event of medical emergency involving my child. The powers and authority granted herein may be revoked by written notice delivered in-hand to RCAB or it's Agents who are then acting or who have previously acted hereunder. Without such written notice, this power of attorney shall not be affected by my disability, incapacity or adjudicated incompetence. This power of attorney shall lapse automatically upon completion of the activity and the return of my child to myself or approved guardian.

Signature of Parent/Guardian: _____ Date: _____

PARENT HELP SHEET



We need your help!!

Each year, our famine is an awesome experience—and we need parent help to make this happen! And we need to know that you can help **ASAP!!** Please consider what you can do!

Here are some options to help—check off what you can do or email elisa@ipswichcatholics.org:

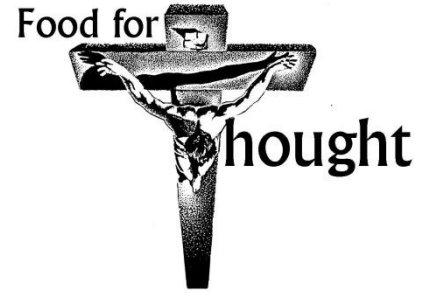
- We need **drivers/chaperones** to our local service sites on **Saturday, the 28th**, in the afternoon, between noon and 4pm. You would be driving kids to local sites, and staying with them for their service. You absolutely won't be put in a group with your own kids (unless you and they want to be!).
- We need **people to join us Saturday morning (the 28th)** as we head to Gloucester to **serve at the Open Door**. We'll be taking the bus in and back, and this will happen between 8am and noon.
- We need "night owls," adults who will come to the church on Friday night at about 11pm, and stay **AWAKE** through the night until about 5am on Saturday, so that the adults on the famine can get some sleep, and there are adults awake in case kids need any assistance.

All of those who volunteer with the kids at any time must be CORI'd (this is the background check that all adults must do to work with children or the elderly in the church). If you can help, we will get you the CORI form ASAP. I will be emailing about parent help this week, since we need to know numbers as soon as possible—this is an awesome chance to participate, for just a few hours, in something really positive with your teen, and to do some good service for others this Lent! Thanks in advance for your help! God bless!

Elisa

elisa@ipswichcatholics.org

CODE OF BEHAVIOR



Welcome to **FoodFast2015!** We are glad that you will be sharing this experience with us. We know that you will represent your parish well during this event. We expect that you will display mature and responsible leadership during the FoodFast2015 program.

We want you to know what our expectations are for you during the event. Please read these items over carefully. They have been crafted in light of our experience with the famine and other service programs. We believe that these rules will ensure that the experience will be enjoyable for all. Please note that all participants attending FoodFast 2015 will be expected to live by these regulations during the trip.

Some Rules:

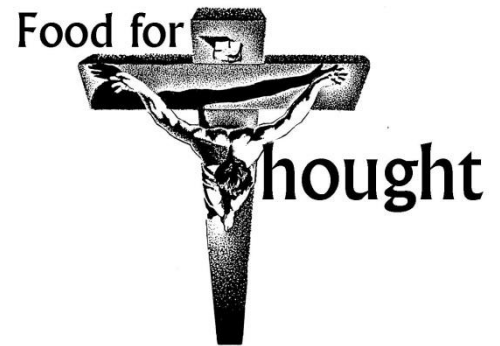
1. We look to the adult leaders in our group to help implement this code of behavior. Please respect these adults as they fulfill this role.
2. Participants are expected to attend all of the designated FoodFast 2015 activities.
3. No visiting allowed in sleeping areas by members of the opposite sex. The Purple Rule will be in effect (girls=pink and boys=blue; together purple. Boys will be sleeping on the stage, girls in the lower rectory).
4. All participants must stay in their respective areas during the hours assigned for sleep.
5. The purchase, possession, or consumption of any alcoholic beverage and the possession or use of any illegal drugs by any individual will not be tolerated. Any infraction of these rules will mean immediate dismissal from the event at the parents'/guardians' expense.
6. Whenever the schedule calls for small group activities, each participant must be with the leader(s) and members of his or her group.
7. All participants will be expected to observe the rules of all the various facilities that relate to the use of that facility.
8. In the unlikely event that a behavior problem, based on the above, requires extreme action, it is likely that immediate dismissal from the program will result.
9. Smoking will not be allowed for anyone on program.

As a member of my school or parish, I understand and agree to abide by the **FoodFast 2015 Code of Behavior**. I also understand and agree that I will notify my parent(s) or guardian(s) at the time of any infractions requiring my dismissal from the program. In that circumstance, I understand and agree that I will be sent home at my own or my parents' or my guardians' expense.

Signature of Youth Participant: _____ Date: _____

Signature of Parent/Guardian: _____ Date: _____

PARENT INFO SHEET



TIMES, DATES AND LOCATIONS

Drop off:

4pm, Friday, March 27th, Our Lady of Hope, Ipswich– Kids start their fast in school at noon that day.

Pick Up:

Parents come for pickup at 6pm Saturday, March 28th, after 4pm Mass and break-fast meal.

FASTING

The fasting aspect of the retreat is more of a mental and spiritual challenge than a physical one. The adults planning the retreat are well aware of the high-schoolers' sacrifices and limitations and so plan activities that they are capable of doing. Sacrifice is an important part of our faith, especially during the season of Lent. Other than some hunger pains, the biggest challenge the candidates will have to face will be to not think about their favorite foods!

Part of the retreat is to partake in the "homeless experience" as well as have the incredible experience of fasting. One way that the students do this is to go without food during the retreat; **HOWEVER STUDENTS MAY STILL PARTICIPATE** and do a modified fast – ie you **CAN EAT!!** Since safety is of the highest concerns, the high-schoolers **DO** consume a lot of water to stay hydrated and juice for the calories. The fast does not apply to anyone who cannot fast for medical reasons or who needs to take medicine with food. Kids will also be on a "media-fast," without their cell phones and other electronics.

SLEEPING

The boys and girls will be separated and sleeping in different places at Our Lady of Hope. There are adults that stay awake throughout the night in order to ensure that the youth are safe and get some sleep.

TRANSPORTATION

We will be carpooling the teens into Boston, and then, on Saturday, carpooling to their local service projects around the North Shore. Adult volunteers will be with the teens at all times. Any adults staying for any part of the Famine will need to fill out a CORI background check.

WHAT TO BRING

Sleeping bag, pillow, clothes to sleep in, comfortable clothes to wear during the day, **warm clothes or rain gear** for when we go outside (including sneakers, gloves, hats, as needed etc), tooth brush, tooth paste, face cloth, flash-light. If your child requires medication, please bring them in the original container. Dress for comfort, and warmth—not appearance. Really, I can't say this enough—bring sweatshirts, jackets, etc. We do some events early in the day, before it gets warmer, and the kids will be glad that they have extra layers.

WHAT NOT TO BRING

Students are asked **not** to bring cell phones, ipods or other electronics. Adult leaders will have cell phones and a list of contact numbers will be provided to you at drop-off.

MORE QUESTIONS? Please contact: **Elisa St. Clair**, elisa@ipswichcatholics.org.