



Face the Fast

1st Annual District 12 Middle School LOCK-IN

When: Friday, March 2nd at 7:00PM
to
Saturday, March 3rd at 7:00PM

Where: St. Therese Parish, 95th and Bluemound Rd.

Who: Middle school teens in the 6th—8th grades from
St. Therese, St. Bernard, St. Pius and
St. Vincent Pallotti parishes

What to Bring: A good attitude!
Personal stuff for the 24 hours
Sleeping bag/inflatable mattress and pillow
Change of clothes, soap and towel
You can bring CDs—personal stereos to be used
at break times

What NOT to Bring: Homework
Alcohol, drugs, cigarettes

This LOCK-IN will be 24 hours that will provide you
with an experience of ...

- ◆ **faith** that celebrates our Roman Catholic tradition
- ◆ **solidarity** with our sisters and brothers around the world who live
in hunger and poverty
- ◆ **community** that challenges you to create change in the world
- ◆ **inspiration** to a life of faith and service
- ◆ **fun!**

Our registration deadline for this is Friday, February 16th. To find out
more, contact your DRE or Call Marian Lamoureux from St. Therese at
(414) 771-2500 ext. 18.

Parental Consent Form

Dear Parent/Guardian,

Your child has expressed interest in participating in *Food Fast*, Catholic Relief Services' hunger awareness program. This is a 24 hour event, which includes fasting, prayer, activities, and discussion to teach youth about issues in the developing world. *Food Fast* will be held on **Friday, March 2, 2007 at 7:00 PM until Saturday, March 3, 2007 at 7:00 PM at St. Therese Parish.**

During *Food Fast*, your child will:

- fast for 24 hours and miss three main meals
- consume only juice and water during the fast
- solicit sponsorship pledges to raise money for Catholic Relief Services

In the Bible, the practice of fasting is connected with the ideas of personal and communal growth and conversion. By fasting, praying, and sharing conversation together we gain a connection with the people in the world who suffer from hunger involuntarily.

If there are medical reasons that prevent your child from being physically capable to participate in a 24 hour fast, your child can still participate in the event in a modified way. Please contact me if you would like to discuss other options. The purpose of the fast is to create an awareness of the impact of poverty and inequity in a world of plenty and to give your child ideas about how to make positive changes in the world.

Please complete the form below and return it to me by Friday, February 16, 2007. Thank you for supporting your child's participation in Catholic Relief Services' *Food Fast*.

Sincerely,

Marian Lamoureux
Director of Religious Education

Catholic Relief Services is the official overseas relief and development agency of the Catholic community in the United States.

Food Fast is a 24-hour educational event focusing on issues in the developing world. Students participate in a series of planned activities, and with the supervision of their youth director or teacher, fast for 24 hours. Anyone fasting must drink water and replace solid food with juices (fruit or vegetable) or other non-caffeinated drinks (such as herbal teas). Anyone with a cold or flu, liver or kidney problems, or a serious illness such as diabetes, heart disease, or ulcers, should not take part in the fast. If you are in doubt of your child's ability to participate, please consult your doctor. For most people, fasting is safe and can be beneficial; however, there are some people who should NEVER fast without professional supervision. (For example, persons who are too thin or emaciated; persons who have experienced anorexia, bulimia, or other eating or behavioral disorders; persons who suffer weakness or anemia; persons who take insulin for diabetes, or suffer from hypoglycemia or any other blood sugar problem.) Fasting should only be done in a limited and controlled environment.

I consent to the participation of my CHILD/WARD in the above named ACTIVITY. In consideration for my CHILD/WARD's participation, I agree to reimburse and indemnify the PARISH/SCHOOL (understood to include the Archdiocese of Milwaukee) for all reasonable legal and court fees incurred by PARISH/SCHOOL in defending a lawsuit that I or my CHILD/WARD may bring against the PARISH/SCHOOL which relates to the above named ACTIVITY if the PARISH/SCHOOL is found not legally liable by the courts and prevails in the lawsuit. If the PARISH/SCHOOL is found legally liable for injuries sustained by CHILD/WARD, this paragraph will not apply.

I certify that I have an understanding of this agreement and any risks and hazards associated with the ACTIVITY described above that my CHILD/WARD will be participating in. I further understand that I had the opportunity to fully discuss this agreement with a representative of the PARISH/SCHOOL to clarify any concerns or questions about the ACTIVITY or this agreement that I may have had.

My child, _____ has my permission to participate in the *Food Fast* event.
name of participant

_____ I give permission for photos to be taken of my child during this event, and for those photos to be published in parish newsletters, parish web site and on the Catholic Relief Services/Food Fast web site.

Signature of parent/guardian