

Dear Parent/Legal Guardian,

Your son/daughter would like to participate in LUMC's "ONE DAY" event.

Participation means that your son/daughter will:

- Enlist **ONE DAY** sponsors and collect money to support the ministries of **Empowering Haitians** (Haiti) and **The Ark** (Ukraine), two organizations that we partner with at Lynnhaven UMC.
- Agree to participate with our youth group in ONE DAY activities at the church and in the community beginning at 7pm on Friday until 7pm on Saturday.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Turn in his/her ONE DAY Participant Pledge Envelope and money raised no later than March 8th. (Please be sure all pledges are collected before turning in the envelope.)

If your son/daughter is not physically capable of fasting for 30 hours, he or she can still participate in a modified fast. Please contact me if you would like to discuss this option.

Because of the nature of our program and the team-based activities involved, it is requested that participants make a commitment to be present for the **entire** event. Additionally, we commit in advance to serve our community partners and plan transportation to and from service sites based on 100% participation. With advance notice, many coaches and teachers are willing to excuse students from participation in other activities for this one 24-hour period so clear your schedule first before committing to the event. If extenuating circumstances will prevent your child's attendance for any portion of the time, please discuss this with me prior to registering your child for the event to determine if this is feasible.

If you have questions or need additional information, please feel free to contact me. If you give permission for your child to participate, please complete the online registration form on the Youth website (www.lumcvb.org). The link to that and all the other information you'll need can be found using the drop-down menu on the homepage ("Programs" / "ONE DAY 2020"). Once the registration form is submitted, a Pledge Packet will be issued to your child that will be available for pick-up in the church Welcome Center.

Thank you.

Marlene Passarelli (marlene@lynnhaven.church or 340-5682)

Director of Youth Ministries

Lynnhaven United Methodist Church

Fasting is a physical benefit for most people. Exceptions are children under 12 years of age, the elderly, diabetics, those pregnant or nursing, and others who have had recent surgeries or have other specific medical problems. Most youth will have no problems completing the *30-Hour ONE DAY fast*, however, modifications can be made as necessary. If you have any health-related questions about your child's participation in the fast, please consult your doctor.

For more information on ONE DAY, please visit www.lumcvb.org.