

ONE DAY 2020

Can Change Everything!

February 28th-29th

F.A.Q.'s & What to Bring - for Participants & Parents

❖ **WHEN DO I START MY FAST?**

Begin at **Noon** on Friday – **PLEASE DON'T SKIP YOUR LUNCH** (even if you eat after Noon)!

❖ **WHEN DO I COME TO THE CHURCH?**

Arrive at **7:00pm** on Friday. Come prepared to spend the night and Saturday morning.

❖ **WHAT IF I NEED TO LEAVE EARLY?**

We strongly urge you to be there for the entire time, but if extenuating circumstances require you to leave at any time during the event, please provide those arrangements (pick-up & return times) in writing to Marlene Passarelli before Sunday, Feb. 23rd. (You can notify by e-mail at marlene@lynnhaven.church.)

❖ **WHEN IS IT OVER?**

We will break our 24-hour fast on Saturday at Noon with lunch at a local eatery. We plan to be back at the church by 1:00 or 1:30pm. Students will call parents for pick-up.

❖ **WHEN DO I NEED TO TURN IN MY PLEDGES?**

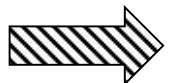
We will accept **completed** pledge packets on Friday night, February 28th. If you don't turn yours in then, please let us know your tentative pledge total at check-in for our fundraising report to the congregation Sunday morning. **March 8th** is the deadline to collect all your pledges and turn in your packet. **Please do not turn in your packet until you have collected ALL pledges**

❖ **WHAT DO I NEED TO BRING WITH ME?**

- Juice* for yourself – **individual size bottles or boxes** labeled with your name - *100% juice or a Gatorade-type drink is best for nutrition purposes. No citrus – too much acid for empty stomachs. **NO SODA, COFFEE OR TEA.**
- **Signed “Code of Conduct”** if you haven't already turned it in (available on the website – www.lumcvb.org)
- Bible
- Flashlight
- Sleeping bag, air mattress with sheets/blanket (or sleeping mat) & pillow (It can get cool at night so plan accordingly.)
- Toiletries (especially deodorant and toothpaste!)
- Pajamas (think “modest”) – Again, it can get cool at night.
- Change of clothes for Saturday
- Your favorite “vintage” famine event t-shirt from the past (or you can pick from the ones available in the Youth Room)
- **A GREAT ATTITUDE & THE EXPECTATION OF A GOOD TIME!**

Please mark all personal items with your name and be responsible for them!

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❖ **WHAT SHOULD I LEAVE HOME?**

DO NOT BRING:

- Chewing Gum or Mints
- Cell Phones
- Video Games or Players
- Kindle or other types of “readers” (Books are okay!)
- Any type of electronics not covered above

NOTE TO PARENTS:

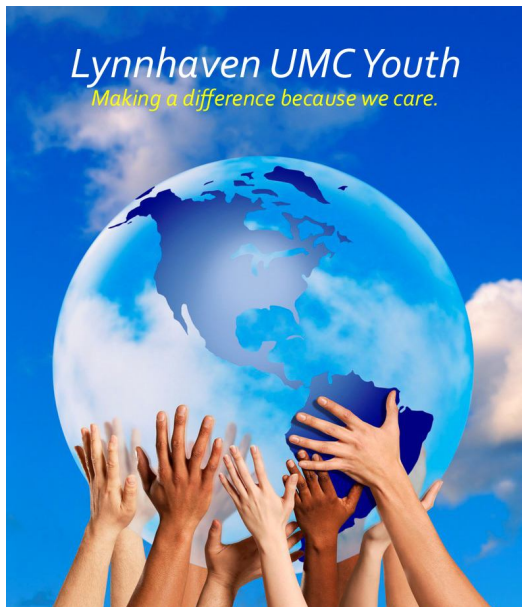
Please be sure your child understands that if he/she begins to feel ill, an adult needs to be informed and we will provide a light snack. We do not want anyone to become sick from the fast! If there are any medical issues of which we need to be aware, please send that information to us IN ADVANCE in writing.

We will make sure everyone gets plenty to drink during the fast, but sometimes headaches are a consequence of fasting. **Your signed Parental Consent, Medical Emergency & Liability Release Form gives us permission to dispense adult strength Tylenol, Advil or Motrin, as needed.** Please let us know, in writing in advance, if any other treatment may be necessary and please provide any necessary medicines, other than adult strength Tylenol, Advil or Motrin which we will have on hand.

If you need to reach us during the event, please call the church office (340-5682) or the cell phone numbers provided in your final email.

IF YOU HAVE ANY QUESTIONS, PLEASE DON'T HESITATE TO CONTACT ME!

Marlene Passarelli (marlene@lynnhaven.church)



Thank you for
participating.
See you on
February 28th!