

St. Mary's Parish Youth Ministry, Glens Falls, New York  
792-0989 x 121/mpolidore@nycap.rr.com/www.stmarysglensfalls.org

**PARENTAL CONSENT FORM/FoodFAST Retreat-March 30-March 31, 2018**

Dear Parent/Guardian,

Your son/daughter has expressed an interest in participating in the FoodFast Retreat, a hunger awareness program for youth developed by Catholic Relief Services. **For high school and college students, this event will be 24-hours beginning on Friday, March 30 at 10am and concluding on Saturday, March 31 at 10am.**

We invite 7<sup>th</sup> & 8<sup>th</sup> graders to join the FoodFast for 8 hours beginning at 10am Friday, March 30, and concluding at 6pm.

During the FoodFast, your son/daughter will fast for 24 or 8 hours and miss meals. Participants will consume water and fruit juices during the fast. Participants will ask for sponsorship to raise money to aid victims of Hurricane Maria in Puerto Rico through Catholic Charities. The Retreat will be held at St. Mary's/St. Alphonsus Regional Catholic School building, 10-12 Church Street, Glens Falls.

The Lenten practices of fasting, prayer and almsgiving all come together in this event. We hope to raise awareness of the poor living conditions in other parts of the world. The students will gain solidarity with the suffering as well as an understanding that their sacrifices can directly benefit others. [see reverse for what to bring, etc.]

\*We understand that some have medical conditions (**see reverse**) that may make fasting unsafe for them. Please speak with me if there are health concerns. There are alternate activities planned to raise money for this project.

Please complete and return the form below to me by Friday, March 23rd. (Sponsorship forms & donations can be brought on the day of the Retreat) Forms are also available on our website. Thank you for supporting your child's participation in the 2018 FoodFAST Retreat.  
Sincerely,

Maria Polidore, Pastoral Associate for Youth Ministry

**Tear here-----** -----

I give permission for my child, \_\_\_\_\_, to participate in the FoodFAST.

\*If 18 or over- I, \_\_\_\_\_ agree to participate in the Food Fast Retreat (circle one) 24 hours /8 hours on March 30/March 31, 2018.

In case of emergency, please contact \_\_\_\_\_ tel. no \_\_\_\_\_.

\_\_\_\_ I give permission for photos to be taken of my child (myself) during the retreat and used for parish bulletin board, website, social media and/or diocesan newspaper.

Signature of parent/guardian \_\_\_\_\_ date \_\_\_\_\_

\*18 or over signature \_\_\_\_\_ date \_\_\_\_\_

During the FoodFAST students participate in a variety of planned activities, guest speakers, games, prayer and presentations while fasting. The retreat is supervised by the Youth Minister, Maria Polidore and adult leaders.

A schedule of the retreat activities will be available to parents and participants.

**\*\*\*\*Note to parents:**

We will attend the 3pm Celebration of the Lords Passion in Church. All families are welcome.

SPECIAL NOTE: We have a break-the-fast Pancake Breakfast gathering at 9:30am in the SMSA Cafeteria. Parents & family are welcome as you will get to hear about the teens' experiences during the FAST. .\*\*\*\*\* If you can join us for the breakfast please RSVP by Monday, March 26<sup>th</sup>- rsvp 792-0989x121 or [mpolidore@nycap.rr.com](mailto:mpolidore@nycap.rr.com), Mrs. Polidore.

**High School/college students who will be participating for 24 hours:**

Please bring a sleeping bag, pillow, change of clothes (if desired) toiletries, towel. We will be sleeping on carpeted floor. NO showers are available. We will be 'roughing it' in solidarity with the poor. Do not bring any valuables or electronic items. The building can be cold in the evening. There will be some free time if you wish to bring homework.

**For 7<sup>th</sup> & 8<sup>th</sup> graders:** please dress comfortably. Do not bring any valuables or electronic items. We will be going outside at least once during the day, please bring/wear a jacket.

**PLEASE READ NOTE ON FASTING:**

\*Anyone fasting must drink water and replace solid food with juices (fruit and vegetable) or other non-caffeinated drinks (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.