

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-April 19, 10am-April 20, 10am

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, April 19th at 10am and concluding on Saturday, April 20th at 10am.**

We invite 7th & 8th graders to join the FoodFast for 8 hours beginning at 10am Friday, April 19th, 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 donations to support our bed building project through SLEEP IN HEAVENLY PEACE(SHPBEDS.ORG). The Retreat will be held at SMSA 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 poor living conditions for people in need. The students will gain solidarity with the suffering as well as an understanding that their sacrifices can directly benefit others.

*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 read the reverse, complete and return the form below to me by Friday, April 12th.
(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 2019 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 April 19/20th, 2019.

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:**

SPECIAL NOTE: We have a break-the-fast gathering at 9:00am 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, April 15th- rsvp 792-0989x121 or 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 7th & 8th 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.