



## March 18<sup>th</sup> - Development and Peace ThinkFast

As indicated in our email of January 24th, the Confirmation group will get together on Sunday, March 18th for a *Development and Peace* "mini" **ThinkFast**. A **ThinkFast** is an event that would normally cover 24 hours, usually beginning after supper with various activities, participants "camping" overnight in the church or church hall, and ending the following evening with a celebration and a meal to "break the fast". But as this is our first attempt at such an event at OLV, we have decided to hold a "mini" **ThinkFast**.

Development and Peace is a lay organization with two main goals: 1) To educate Canadians about the causes of poverty and under-development in poor countries of the South; and 2) To mobilize Canadians to advocate for and support the initiatives of our partners to bring about peace and justice - for the long term. **ThinkFast** events across Canada are held during Lent so that youth can collect pledges for their fast. The **ThinkFast** donations are part of our Share Lent campaign and are used to support the work of our partners in the South and our educational work in Canada.

Fundraising can be done in two ways: 1) On-line. We have already registered our group on-line and a separate email will be sent to you with the User name and password. This is the easiest method because donors can make their pledges on-line, receive their receipts by email from Development and Peace, and everyone will be able to see how much has been collected; or 2) Using pledge forms. Attached are two pledge forms, one for cheque donations and one for cash donations.

Choose the method with which you will be the most comfortable and don't forget to bring the amounts collected to the **ThinkFast** on March 18th. We have set the team goal at \$250.00 but all the better if we surpass that goal. The amount collected will be added to the Share Lent collection from our two parishes.

### WHY A FAST?

Throughout history, leaders like Mahatma Gandhi, Martin Luther King Jr. and Blessed Mother Teresa have fasted to raise awareness and issues of injustice in the world. It's part of our tradition; it challenges us, and teaches us to be thankful for all that we have. Fasting is a spiritual practice and is a way to choose to join in solidarity with those who are hungry, poor, or oppressed and to involve our whole bodies in prayer. In our busyness and our culture of abundance, it is great to fast and remember to be grateful for all our blessings.

### WHAT TO EXPECT

As you fast, your body will go through different stages. It is important to pay attention to what your body is telling you and to respond accordingly. You are encouraged to drink fluids often and keep hydrated. During the afternoon, there will be several juice breaks. Anyone with a cold or flu, liver or kidney problems, diabetes or any illness should adapt the fast accordingly.

### AGENDA FOR MARCH 18TH

Your fast will begin at 5:00 am and end at 5:00 pm.

12:45 pm - Arrive at the church hall

1:00 pm - to 4:00 pm - Development and Peace activities with special guests and presentations

4:00 pm - Closing Liturgy - FAMILIES OF CONFIRMATION CANDIDATES ARE INVITED TO ATTEND THE LITURGY

5:00 pm - Solidarity Meal - FAMILIES OF CONFIRMATION CANDIDATES ARE INVITED TO SHARE THE MEAL

As the Transformation Committee is responsible for providing the meal, would you please advise Ellen Butler how many family members will attend, and also if there are any food allergies.

If you have questions, please contact Ellen as I will be away for the month of March. Looking forward to seeing everyone in April.

Linda