

Dear Rock Parents,

### **The Rock Takes On the 30 Hour Famine!**

I am writing you this letter because the Rock is embarking on an exciting partnership with World Vision and their 30 Hour Famine experience! The 30 Hour famine will happen May 5-6 here at UPC. It will cost \$30, you can sign up your son or daughter online at [www.upc.org/youth](http://www.upc.org/youth). We want students in the Rock to encounter Christ, grow in their faith, and be a part of Christ's mission in our world. 30 Hour Famine is a great way for our students to achieve these goals.



### **Make it Your Fight!**

A few weeks ago students learned that 8,000 kids die from hunger-related causes every day and \$35 will feed a child for a month. Our Rock student leaders decided that we want to raise enough money to help 200 kids for a month, so our goal is \$7,000! For the next few weeks the entire Rock community will learn about hunger scarcity issues and get creative about ways to raise money for World Vision's efforts. Throughout this process we will focus on drawing closer to Jesus and his compassion for others. The 30 hour fast will begin after lunch on Friday and end with a simple dinner at 6:00pm on Saturday evening with juice and water breaks throughout the weekend. An option for small, sustaining snacks throughout the weekend will be available.

### **We are aware of fasting concerns**

Rock leadership will be diligent in communicating that this is not an opportunity to experiment with extreme dieting and will have ongoing conversations with students. We do not recommend the 30 Hour Famine if you believe this practice will have an adverse effect on your student's health or body image. More information on fasting and youth health can be found on World Vision's website, [Info for Parents](#)

### **Parent Meeting**

Please consider attending the parent information meeting after the Rock on Sunday, April 23<sup>rd</sup> where you will learn how to get involved, what will happen during the famine weekend, food-fasting alternatives, and answer any questions you may have. Please do not hesitate to contact me, [biancaq@upc.org](mailto:biancaq@upc.org), or Macie, [maciem@upc.org](mailto:maciem@upc.org), or Matthew, [matthewl@upc.org](mailto:matthewl@upc.org), with any questions or concerns about the upcoming weeks.

We are very excited to embark on this life-altering and world-changing journey with you and your students. Thank you for your support.

### **Bianca Quezada**

Rock Director  
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