



TOGETHER, WE CAN END POVERTY



FAST DAY FOR SCIAF

Everyone feels hungry on a daily basis, but not everyone can satisfy that hunger. Around the world, we produce more than enough food to feed everyone. But 800 million people go hungry every single day. By participating in a Fast Day your pupils can join in solidarity with all those around the world who do not have enough to eat. You can use the information in the following pages to help plan a fast in your school or parish.

Send us photos of your Fast Day @sciaf using #WEEBOX



THANK YOU FOR PARTICIPATING IN A FAST DAY FOR SCIAF!

Why a fast?

It's part of our Lenten observance to fast, to pray and to give alms. Fasting is a spiritual practice which involves our whole body in prayer. It is a way to join in solidarity with those who do not have enough to eat around the world. In our culture of abundance it is good to fast and remember to be grateful for all our blessings.

It's also a great way to challenge yourself and to fundraise for SCIAF, so that together we can help poor communities around the world to survive and thrive.

What to expect

As you fast, your body will go through different stages and it's important to pay attention to what your body is telling you, and to respond accordingly. For teachers it's important to pay attention to your pupil's energy levels and choose activities most appropriate for their age and stage of the fast. Always encourage pupils to drink fluids during the fast.

**"THE ULTIMATE GOAL OF FASTING
IS TO HELP EACH ONE OF US TO MAKE
A COMPLETE GIFT OF SELF TO GOD."**

— Pope Benedict XVI





GUIDELINES

Anyone over 12 years old, and in good health, can safely go without food for 24 hours. They must drink fluids though. As a general rule, anyone with a cold, flu, liver or kidney problems, or with a serious illness should not take part in the full fast. Remember that you can adapt the length of the fast depending on the age of participants – 6 hours, 12 hours or 24 hours. If in doubt, ask participants to check with their doctor beforehand. We recommend using the letter provided to obtain permission from parents or carers for the young people to take part.

Guidelines to share with organisers and participants:

Feeling tired?

Sit down and rest for a bit. Have some personal reflection time or pray. Drink some water or diluting juice, which will bring your energy levels back. Steer clear of items that are high in refined sugar (ice lollies, sugary drinks etc.) – they'll only make you feel more tired later.

Feeling energetic?

Great, do an activity to harness that energy – but don't forget to drink plenty of water during and after.

Feeling hungry?

This is bound to happen, but drink some water and the feeling will pass. This is a great time to reflect on how fortunate we are not to feel this way for long periods of time.

Feeling distracted?

Towards the end of your fast it's common to have difficulty focusing on tasks. Organise the activities that need more mental energy near to the beginning of the fast when everyone is more alert.

PERMISSION LETTER



Copy and paste the following letter onto your school's headed paper and add your own permission slip.

Dear Parent or Carer,

Our school is organising a 12/24 hour fast in aid of SCIAF on ____ / ____ / ____ starting at ____ am/pm.

Millions of people living in poverty go hungry every day. Many survive on less than 85p a day. We're uniting to end poverty.

We will be encouraging pupils and staff to join us in solidarity with our sisters and brothers as we raise funds for the work of SCIAF. If your child chooses to join us we would like you to complete the permission slip and return it so that we have your blessing for them to take part.

Please encourage your child to bring plenty of water and share the importance of not doing any extreme physical activity while they're fasting.

A sponsor form will be provided and any donations from family and friends will be appreciated.

Kind regards,

< enclose school permission slip >

FAST DAY FUNDRAISING

Organising a Fast Day is a great way to fundraise for SCIAF. It's a challenge that most people can undertake and is easy to organise.



Last year, St Columba's High School in Dunfermline organised a 24 hour fast and sleepover, raising over £1,000. They started with a prayer in the Oratory at 9am and organised activities and events throughout the day, sleeping over in the school. The fast finished at 9am the next day with a hearty breakfast in the school canteen.

Use the enclosed sponsorship forms for your fast.

ACTIVITIES

There are lots of activities you can take part in to learn about SCIAF and to have fun during your fast!

Look in the Videos and PowerPoints and Prayer folders of this DVD for...



WEE BOX
schools video



Prayers to use
during your fast



Stations of the Cross
booklet and PowerPoint



“My school took part in the 24 Hour Fast in aid of SCIAF.

“On the morning of the fast students and staff taking part wore either SCIAF or white t-shirts to show their support. As we all came together in the assembly hall, the feeling of unity between everyone taking part was overwhelming. It

no longer mattered that you were sitting next to someone years apart from you in age that you’d never spoken to in your life before –we were all in this together. Throughout the whole school day this feeling of pulling together for the greater good was prominent.

“All round it was a fantastic experience and it’s also a fun way to raise some money for SCIAF.”

Megan - Our Lady and St. Patrick’s High School, Dumbarton



PRINTABLE T-SHIRT TEMPLATE

Why not make your own t-shirts to wear during your fast
– use this template to print onto t-shirt transfer paper, or to make a stencil.

I'm fasting

**WEE
—
BOX**

for SCIAF

EVENTS

“WE MUST FAST WITH OUR WHOLE HEART, THAT IS TO SAY, WILLING, WHOLEHEARTEDLY, UNIVERSALLY AND ENTIRELY.”

– St Francis de Sales

Organising an event during your fast is a great way to fundraise and keep busy. Remember to drink water and don't organise anything too physical like a sports day or obstacle course!



Organise a bucket collection in your school or local shopping centre.

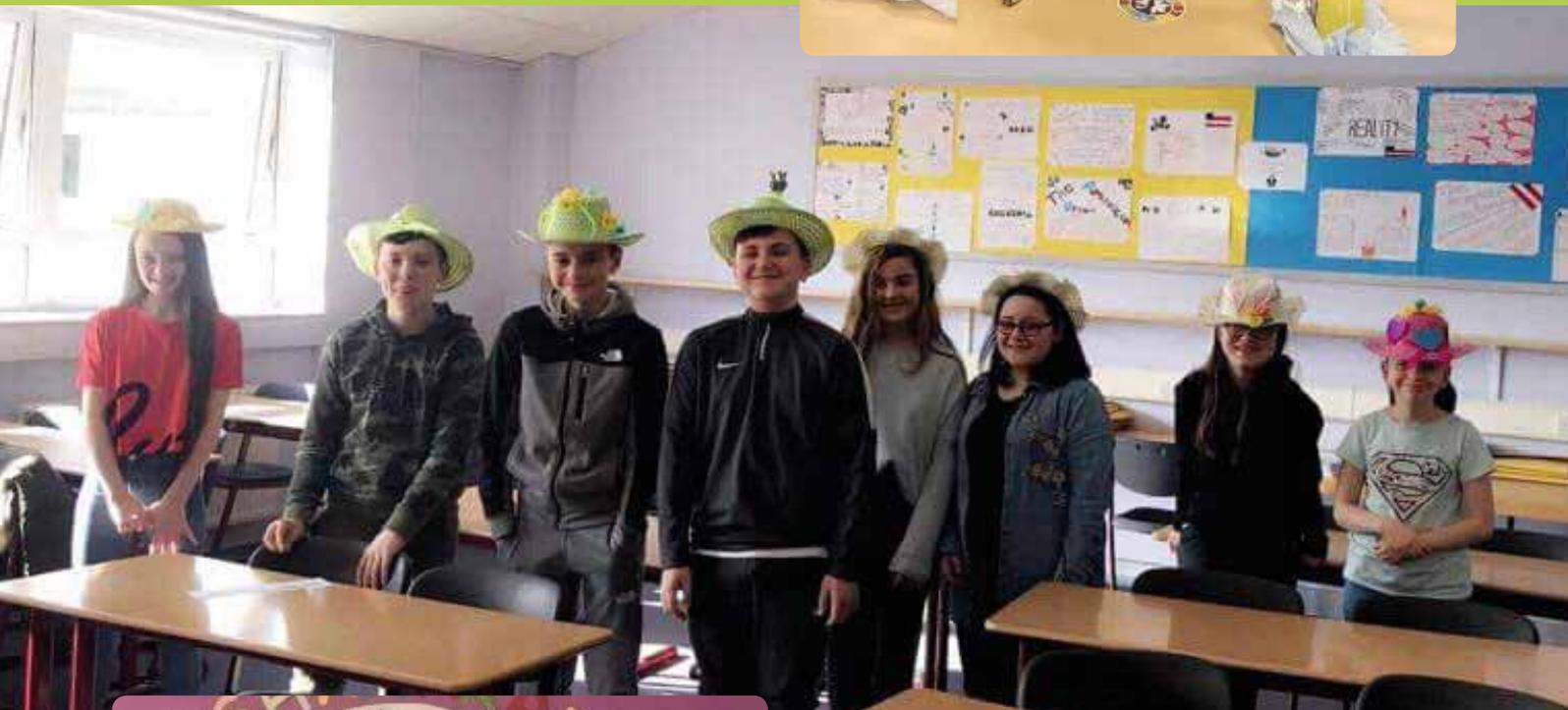
Use your creative talents to make and sell crafts.



▲ Pupils at St Thomas Aquinas Secondary in Glasgow made and sold beautiful handmade hearts to raise money for SCIAF.

Use this time to make Easter bonnets or baskets.

St Margaret Mary's High in Glasgow came up with lots of great activities last year including a dress down day, making Easter bonnets to wear and playing the game Pie Face! ▶ ▼



A quiz is a great way to take your mind off feeling hungry during your fast.

- ◀ Last year St Mark's Primary in Irvine organised a game show which was a massive success to raise money for SCIAF.

USE THE POSTER ON THE NEXT PAGE TO HELP PROMOTE YOUR EVENT.



TOGETHER, WE CAN END POVERTY



WE'RE SUPPORTING SCIAF THIS LENT

Come along to our event:

When:

Where:

**WEE
BOX**

Big change

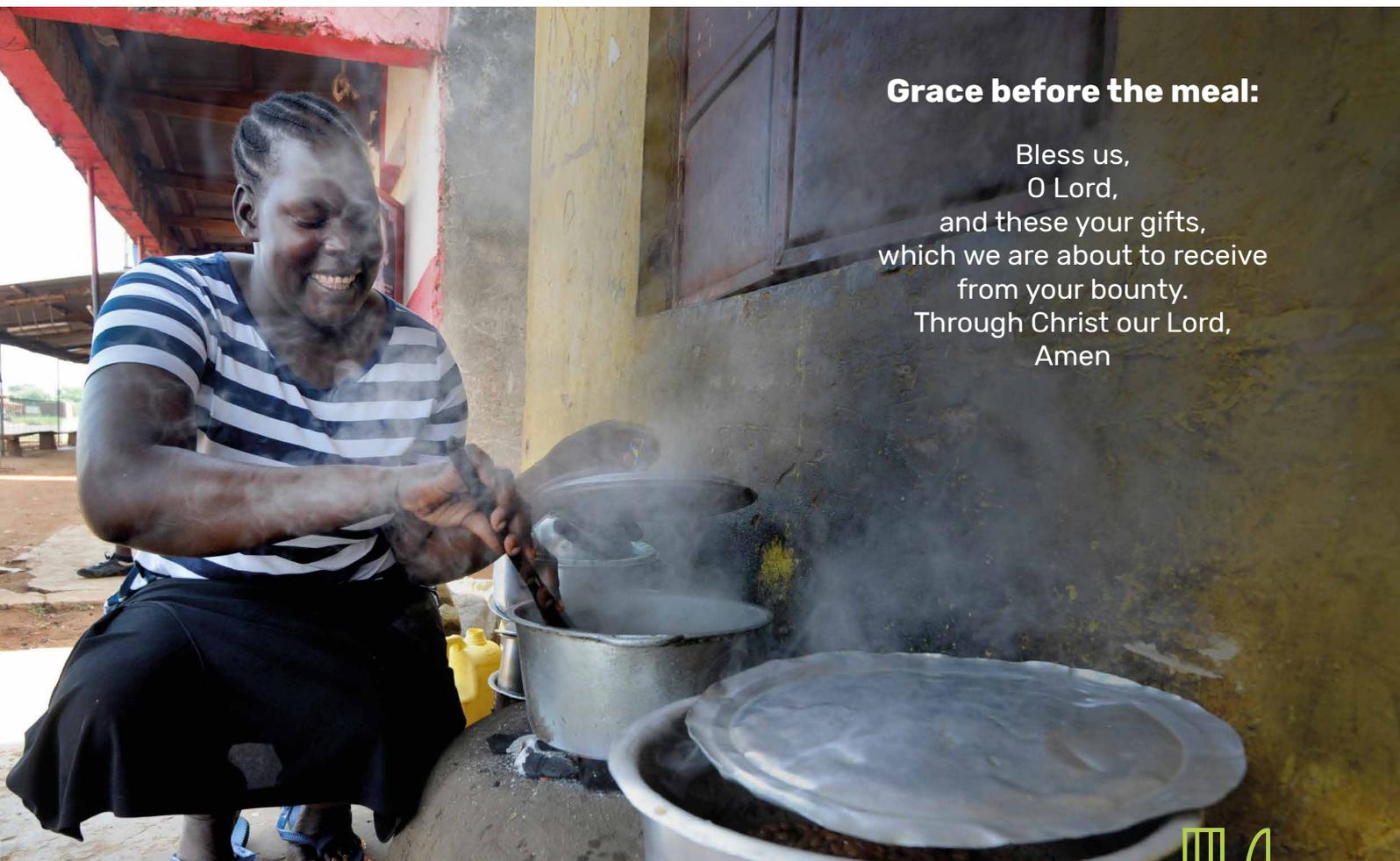
Scottish Catholic International Aid Fund

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 19 Park Circus, Glasgow, G3 6BE Tel: 0141 354 5555. Scottish Charity No: SC012302 Company No: SC197327. Photo: Colin Hattersley.

SOLIDARITY MEAL

A communal meal is a great way to mark the end of your fast. After fasting it's best to ease back into eating to give your system time to adjust – savour each bite and take time to be thankful for the food on the table.

Why not make this delicious Ugandan dish to break your fast...



Grace before the meal:

Bless us,
O Lord,
and these your gifts,
which we are about to receive
from your bounty.
Through Christ our Lord,
Amen

UGANDAN BEEF & COCONUT STEW



300g of beef, cut into thin strips
A small handful of fresh coriander, chopped
1 tbsp of curry powder
1 tin of coconut milk
1 red chilli, finely chopped
1 onion, chopped
4 garlic cloves, crushed and chopped
2 tbsp of vegetable oil
Salt and freshly ground black pepper

Make a marinade for the beef by mixing the oil with the coriander, curry powder, garlic and chilli in a blender or using a pestle and mortar.

Add the marinade to your beef with a little salt and pepper, then cover and leave in the fridge for at least an hour.

Put the onion, beef and the marinade in a large pan and fry on a very low heat for 10 minutes. Add the coconut milk and simmer for 30-40 minutes, or until the meat is tender. Stir occasionally and add water if necessary. Serve with rice.



FOOD FOR ALL PRAYER

O God, You entrusted to us the fruits of all creation so that we might care for the earth and be nourished with its bounty.

You sent us your Son to share our very flesh and blood and to teach us your Law of Love. Through His death and resurrection we have been formed into one human family.

Jesus showed great concern for those who had no food – even transforming five loaves and two fish into a banquet that served five thousand.

We come before You, O God, conscious of our faults and failures, but full of hope, to share food with all members in this global family.

Through your wisdom, inspire leaders of government and business, as well as all the world's citizens, to find just and charitable solutions to end hunger by ensuring that all people enjoy the right to food.

Thus we pray, O God, that when we present ourselves for Divine Judgment, we can proclaim ourselves as one human family with food for all.

AMEN

Scottish Catholic International Aid Fund

SCIAF is the official overseas aid and development charity of the Catholic Church in Scotland and a proud member of the Caritas family. 19 Park Circus, Glasgow, G3 6BE Tel: 0141 354 5555. Scottish Charity No: SC012302 Company No: SC197327. Uganda photos: Colin Hattersley.