



A service of the  
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# Youth Supports

A resource to encourage and empower youth  
leaders for the expansion of the Lord's kingdom.

June 2005 - Volume 6, Issue 6

- Check out the *30 Hour Famine!*
- **K-Scope!**

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## Check Out the *30 Hour Famine!*

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'...The Lord our GOD is the one and only Lord. And you must love the Lord your GOD with all your heart, all your soul, all your mind, and all your strength.' The second is equally important: 'love your neighbor as yourself.'

—Mark 12:29-31 *NLT*

I've often said that if I were ever to change careers, one thing I would continue to be a part of with kids is *World Vision's 30 Hour Famine*. Why? Certainly not because I enjoy being hungry! I love the Famine because it gives both youth and adults the opportunity to love GOD and love their neighbor—to put their words and faith into action. As a minister to youth and children I am always looking for opportunities for youth to engage in these principles. I can speak, teach, and model loving GOD and my neighbor, but nothing makes a bigger impression than personal action.

**What is the *30 Hour Famine?*** The Famine is an educational experience, sponsored by *World Vision*, which raises both awareness and funds in the battle against world hunger. Youth agree to give up food for, you guessed it, 30 hours. Water and juice are allowed! They also raise funds through sponsorship and pledges.

### Now here's is why I love the Famine:

- 1. World Vision does all the hard work for you!** They provide you with all the materials: promotional, educational, programming ideas, schedules and a network of other people to glean ideas and advice from.
- 2. It's Educational!** What are the problems of world hunger, both local and globally? The *Famine* gives youth workers a tangible way to actively teach caring for widows and orphans—which Christ commands over and over again in scripture.
- 3. It's Sacrificial!** In a world that models "What can I **get** to help *myself*". . .the *Famine* asks, "What can I **give up** to help *someone else*?"
- 4. Outreach!** As crazy as it sounds. . .youth love to do the Famine! They invite

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[www.30hourfamine.com](http://www.30hourfamine.com)

K-Scope!

more friends to this event than anything else all year. Youth, I've never met, have called to find out how they can participate.

5. **It's Relational!** Get adults involved! The Famine gives parents and youth an opportunity to learn together. It's hard not to build relationships when you suffer and serve together.
6. **Leadership!** Youth are made a part of the planning process as well as taking on leadership roles before, during and after the *Famine*.
7. **Personal Impact!** Kids want to know they can make a difference! I once heard Tony Campolo say, "*you may not be able to change the world, but you can change the world for one person.*" Youth rise to the challenge. When they realize it only takes \$30 to feed a child for a month (in many parts of the world) several of them set a goal to find sponsors for a year or more! Plus there's a bonus incentive for high school youth. Youth who raise \$360 or more are eligible to apply for an international study tour. This year's is to Kenya.

These are all reasons why I love the *Famine* and why I will continue to participate in this ministry event well into the future. If you want more information on the *30 Hour Famine*, check out their web site at [www.30hourfamine.com](http://www.30hourfamine.com). There are 3 national dates for the Famine: in February, April and October, but you can choose any date to hold your event. You can be sure, that come next February, we will be gearing up for the *Famine*, along with about 1 million other participants. Why don't you join us?

—Andrea Gehrke, Director of Christian Education, Pilgrim Lutheran Church, Beaverton, OR <[dceandrea@yahoo.com](mailto:dceandrea@yahoo.com)>

Find past issues of Youth Supports at:

[http://www.nowlcms.org/educational\\_services/YouthSupports.aspx](http://www.nowlcms.org/educational_services/YouthSupports.aspx)

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## Kaleidoscope - "It's Where You Belong!"

This year's K-Scope is scheduled for July 10-15 at the Christ Lutheran Retreat Center on the Olympic Peninsula near Belfair, Washington. This creative adventure in living the Christian community (Romans 12) is a six-day experience in spiritual growth for high school youth of the Northwest District. Contact Rev. John Schmidt at <[KScopeNOW@cs.com](mailto:KScopeNOW@cs.com)> or at Prince of Peace Lutheran Church in Tacoma, Washington, (253)584-2565.

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