

Dear Parents and Guardians:

Your child is interested in participating in B1, a 24-hour food fasting event that will be held at our church on _____ (date of fast). B1 stands for “one being, being one”; it is our hope that through our fast, we will learn about issues facing impoverished communities. This fast is not about thinking we can save someone’s life through giving money or going without food for 24 hours; rather, B1 means my life is connected to my poor sisters and brothers. Your child and I make a difference in their lives when we make a difference in *our* lives, and by the ways we choose to make use of our resources and privileges.


As a part of B1, your child is invited to raise money for an Advance project that our group chooses. The Advance office at the General Board of Global Ministries has identified six Advance projects to be offered support through this program. B1 is part of The Advance, so every penny raised will go to the selected program.

The costs for running B1 are borne by The Advance, the designated giving arm of The United Methodist Church. Administrative costs for The Advance office are provided through World Service apportioned funds; because your church pays its apportionments, you’re helping to ensure that 100% of the money our youth raise will reach its intended ministry through The Advance. I have information on the six Advance projects highlighted through B1, or you can check the B1 website at www.fasttodaychangetomorrow.org.

As caretakers, the health and welfare of our children is of the utmost importance. It is a generally accepted principle that a person can go 24 hours without food without suffering any ill effects. Exceptions to this rule might be:

- Children under the age of 12
- The elderly
- Pregnant or nursing women
- People with other specific medical conditions (past or present), including diabetes; reactive hypoglycemia; and eating disorders, such as anorexia and bulimia (this is not intended to be a complete list).

The above-described generally accepted principle should not be construed as medical opinion. If you have any health-related questions about fasting or your child is regularly under a doctor’s care for any medical conditions, you are strongly advised to consult with your child’s doctor before taking part in B1.

Going without food for 24 hours is not necessarily required for those participating in B1. Our youth group will be offering water and juice as part of the program. If for some reason (medical or other) your child cannot go without food for 24 hours, modifications to a food fast are available. Please contact me for alternatives to food fasting in which your child and/or our group might participate. 

Please allow your family time to consider ways you can B1 with your child, your church’s youth, and our global community through this fast. Thank you for nurturing your child into the type of person who holistically loves our global community into existence.

Peace and Justice,

(Youth leader signature here)

(Print Youth leader name here)