

FRIENDS IN SERVICE HELPING



138 E. LONG STREET * CARSON CITY * NEVADA * 89706 * (775) 882-3474 * [www. NVfish.com](http://www.NVfish.com)

Fast for FISH

1st Sunday of Lent- February 26th, 2012

The ancient/biblical practice of fasting and almsgiving are intended to clear the mind, cleanse the body, and prepare the way for us to serve the Lord. They are linked during the season of Lent as a way to remember who we are and whose we are... God's children.

We invite all the congregations in Carson City, Carson Valley, and Dayton Valley to fast and give alms on behalf of FISH on the 1st Sunday in Lent, February 26th. FISH is dedicated to assisting the poor and those in crisis with food, shelter, clothing, and medical care.

As you engage in a simple fast on the 26th; we ask that you do three things with us:

1. Thank our Lord for the gifts you have and for his grace and mercy for those who don't have.
2. As your tummy grumbles, know that there are those who are without food, shelter, warm clothing, etc.
3. Graciously give those dollars saved during your one day fast so FISH and care for those without (the average dollars saved by fasting is \$30).

The church will collect the money and make a donation to FISH on behalf of the congregation. With its size and processes, it costs FISH just over \$2 to provide one meal to a family of 4, so your donation will be multiplied providing even more meals than those your family missed.

Helpful hints while Fasting

- Be smart, if you have a medical condition or medicine that requires you to eat, then eat
- Drink lots of liquids so you do not become dehydrated (we do live in a desert)
- Go to church. Be with others who are also fasting. Connect with the Divine. Stay upbeat and have fun knowing you are helping others and growing your relationship with God.
- Other than church, limit your activities. Have a Sabbath rest. Being overactive is not only risky, by counterproductive.

THE FISH MISSION:

To provide food, clothing, shelter and medical aid to the homeless and hungry within our community, with the objective to provide programs and referrals to families and individuals so they may become self sufficient.