

Pelham News

APR
07

Local youth go hungry to raise awareness

Sarah Murrell April 07, 2010 08:55

What's it like to go hungry?

A group of local youth experienced hunger on a minor scale recently, taking part in a 25-hour fast.

Joseph Brown, Youth Ministry Coordinator for St. Alexander Church, explained the fast was part of THINKfast, a Catholic Church program that raises funds and awareness of Development and Peace, the official international development organization of the Catholic Church in Canada.

From 5:30 p.m. on Friday, March 26 to 6:30 p.m. on Saturday, March 27, 22 young people and seven team members fasted - having only juice and water in the 25-hour period.

The group spent the fast at St. Alexander Church and took part in games and activities designed to break the ice between the youth, keep their minds off their hunger, and raise awareness of this year's THINKfast theme - the fight for food sovereignty.

Brown explained the fight for food sovereignty is a fight for third world countries to be able to keep the food grown in their countries to feed their people, rather than be exported and used for bio-fuel.

"The food is used to put in our cars rather than feed hungry people," said Brown.

As part of the local THINKfast event, youth watched the video, Who Killed the Electric Car, explaining the downfall of the GM prototype that would run completely on electricity, and leave no emissions.

Most of the kids who take part in THINKfast, in Grades 7 through 12, are driving or will be soon, said Brown, so the movie makes them realize they could be driving a car with no emissions.

Adam Saint-Ivany, 16, said the movie was really "eye-opening", explaining he'd heard about the electric car, but had no idea what happened to it and why it wasn't in production.

A big part of the day, he added, is being hungry and thinking about people around the world who have nothing to eat.

"I feel like I could do more," he says. "This is just a little thing, compared to what we could be doing."

Saint-Ivany, who has taken part in THINKfast all three years it has been held at St. Alexander, said the group has done a good job of raising money, and what they are doing is important to raise money and awareness, it simply makes him feel the need to get involved in a bigger way.

Micaela Browne, taking part in her first fast, said it is good to know she's done something for others, and said she learned a lot about food issues around the world.

"I want to do more," she said, noting she is already planning on taking part next year, and hoping to raise more money.

Saint-Ivany said the first year it was tough to get through an entire day without food, but he wanted to take part and help others, so he has continued to be involved.

Now, he says, the hunger isn't so bad. Although, he admitted to looking forward to the pasta dinner planned for participants after Mass.

Brown said students raised more than \$1,200 through the event.



A GROUP of local young people spent 25 hours fasting and learning about food issues around the world during St. Alexander Church's Thinkfast 2010 event. Sarah Murrell/Voice Photo

Posted in: [Local Pelham News](#)