



# H U N G E R   S T R I K E

AN ORTHODOX CHRISTIAN FAST FOR CHANGE

STUDENT GUIDE BOOK | STRIKE ZONE: TANZANIA


# the numbers

**13 BILLION U.S. DOLLARS** are spent in the United States and

**2 BILLION** is the estimated number

**1.1 BILLION PEOPLE**

**39.5**

A photograph of a man in a dark shirt carrying a large, shallow metal bowl on his head. He is looking towards the camera with a slight smile. The background shows a dry, dusty path leading into a landscape with green bushes and trees under a blue sky with some clouds. Another person in an orange shirt is visible in the distance on the path.

These numbers are shocking. But guess what? You can make a difference. You can save lives. You can give an education to someone. You can feed the hungry. You can bring the Gospel of Jesus Christ to those who sit in darkness. You can change someone's life. You can bring hope to a community. That's what Hunger Strike is about.

*So...what's stopping you?*





the European Union each year on perfume....that's just to smell nice!

of the world's population that does not know hope in Christ.

in developing countries have inadequate access to water.

**MILLION PEOPLE** are living with HIV/AIDS in the world.

**2.2 MILLION PEOPLE** die each year because they are not immunized.

**500,000** IS THE AVERAGE NUMBER of Christian missionaries in the world... for a population of 6.8 billion people!

**29,000 CHILDREN** under the age of 5 die each day because of hunger, disease, and poverty.

**16,000 (PEOPLE GROUPS)** are unreached by the Gospel of Jesus Christ.

**\$1** U.S. can feed a child in a developing country for 1 day.

Like most teens you probably have it pretty good. You have a good home, a loving family, a good church home, a great school, friends, clean water, and plenty to eat...things you may take for granted. But life's not like that for millions of children around the globe. So **WHAT can you do to change the world? You're just ONE person, right?** You really CAN do something to end suffering. YOU can help end world hunger. YOU can bring hope to a kid in another country halfway around the world.

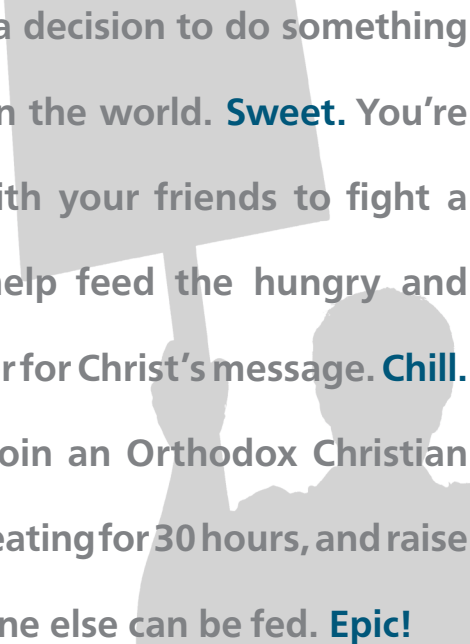
# You can STRI

**HOW?** Easy. Stop your crazy schedule for two days. Join friends, come together, and DO something real. DO something good! You can fight hunger with hunger. And along the way you'll have a blast, learn something about your faith, make some memories, and change the world.



A young man and woman are smiling and posing together against a white background. The man, on the right, has dark curly hair and is wearing a grey t-shirt. He has his arm around the woman's head. The woman, on the left, has long brown hair and is wearing a purple top with a white long-sleeved shirt underneath. A dark teal banner with white text is overlaid across the middle of the image.

**KE for change!**



So you've made a decision to do something about suffering in the world. **Sweet.** You're joining forces with your friends to fight a wrong and to help feed the hungry and those who hunger for Christ's message. **Chill.** You decided to join an Orthodox Christian movement, stop eating for 30 hours, and raise money so someone else can be fed. **Epic!**

**Here's what you've got to do....**



A young boy and girl are shown from the chest up. The boy, on the left, is looking off to the side with a serious expression. The girl, on the right, is also looking off to the side with a serious expression. They are both wearing light-colored shirts. The background is blurred, suggesting an outdoor setting.

## SET YOUR FUND RAISING GOAL

I'd like to help \_\_\_\_\_ people  
for \_\_\_\_\_ months/years.

I hope to raise \$\_\_\_\_\_.

## FIND SPONSORS

Talk to your family, friends, teachers, neighbors, and church families.

Tell everyone you know that you're participating in Hunger Strike. Share with them the need of people around the world. Communicate your goal and ask them to help you reach that goal.



# CAT GOT YOUR TONGUE?

## DON'T SWEAT IT. HERE'S A SAMPLE SCRIPT:

"Hi. I'm \_\_\_\_\_. I'm joining friends to work toward ending hunger and help children around the world. We're participating in Hunger Strike. It's a 30-hour fast to raise money to help children in need.

"Did you know that 29,000 children under the age of 5 die each day because of hunger, disease, and poverty? And, 16,000 will die today from hunger alone.


***That's 1 child every five seconds!***

"I'm hoping to raise \$\_\_\_\_\_ which will feed and care for \_\_\_\_\_ kids for \_\_\_\_\_ month/years. Will you help me reach my goal by sponsoring me?"

## YOU MAY BE ASKED

**Where does the money go?** The money we raise will go to help children in Tanzania and in Sub-Saharan Africa.

**What do you do during Hunger Strike?** You fast. You pray. You work. You worship. You learn.

A young boy with dark skin is sitting on a rocky, grassy bank. He is wearing a red and white checkered shirt and red shorts. He is looking back over his shoulder towards the camera. In the background, a river with white rapids flows through a lush green landscape under a cloudy sky. A semi-transparent white box with text is overlaid on the upper right portion of the image.

Hunger Strike raises awareness about the plight of the millions of people who are hungry and malnourished all over the world. It also brings to light the harsh living conditions in developing countries and the excesses of developed countries like the U.S.

Hunger Strike has a faith-based focus that brings the lessons learned full circle.

***It's a weekend that lasts a lifetime.***

## COLLECT AND TRACK YOUR DONATIONS

### **Collect your donations as soon as possible.**

You never know when you'll see that person next. IOUs are cool but follow up with them.... they might just need a little reminder.

### **Don't forget the receipt.**

In fact, take the receipt book with you wherever you go so that you can raise awareness as you fund raise. If you need more receipts just ask your youth advisor.

### **If someone wants to give you a check...**

No problem. Please have them make it out to:

**St. Paul's Greek Orthodox Church** and ask them to please write "Hunger Strike" on the memo line.

### **Keep track of your donations...**

On the outside of the envelope and keep your donations in the envelope...but you knew that!

**And, don't worry about how much someone gives.** Remember most people in Third World countries can live on about \$1 a day! So, be thankful for whatever you receive.

*And don't forget to say  
"Thank you!"*







**GIVE THE DONATION  
ENVELOPE TO YOUR  
YOUTH ADVISOR  
WHEN YOU'RE DONE  
FUND RAISING!**

Once you've collected your donations, add them up, put all donations in the envelope, make sure the outside of your envelope represents what's on the inside, and...SMILE! You've done something pretty AMAZING...you're helping those that hunger for Christ's love.

**NOW  
GET READY  
TO FAST!**

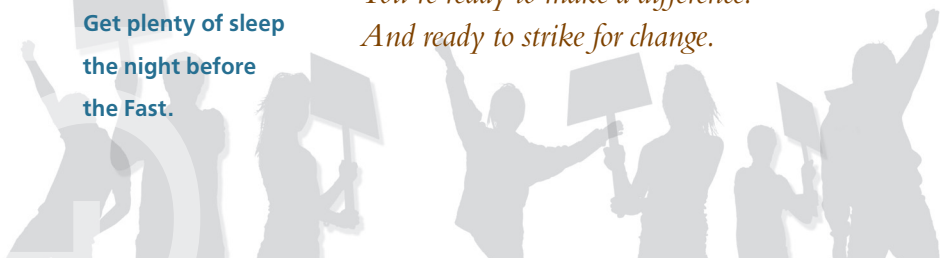
If you're 12 years old or older...and in good health, you should be able to go 30 hours without food. But don't worry there'll be plenty of water and juice to drink! If your parents have ANY concerns, check with your doctor before fasting. Any questions? Call your youth advisor.

**Eat well and drink plenty of water the day before the Fast. Get plenty of sleep the night before the Fast.**

## FASTING

Fasting isn't anything new to Orthodox Christians around the world. We do it nearly every week, and for much longer periods several times throughout the year. Fasting helps us remember Jesus Christ. Helps us remember His suffering and His love for us. Helps us remember that He fasted. Is a sign of repentance and humility. Turns us toward Paradise by practicing a non-violent lifestyle. Disciplines us. Helps us engage in a counter-cultural lifestyle in which we identify with the hungry and the poor.

*You're ready to make a difference.  
And ready to strike for change.*



A young child with dark skin and short, curly hair is looking through a dense thicket of green leaves. The child's face is partially visible on the right side of the frame, with their eyes looking directly at the camera. The leaves are vibrant green and create a natural, textured background.

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FOR HELPING US STRIKE FOR CHANGE.

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# HUNGER STRIKE DONATION RECEIPT

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**DONATION** received from \_\_\_\_\_

Received by \_\_\_\_\_

Donation Amount \$ \_\_\_\_\_

☐ Cash    ☐ Check (make checks payable to St. Paul's Greek Orthodox Church)

Your donation is tax-deductible. Save this receipt for your records. The following is in accordance with IRS guidelines: The full amount of your gift is tax-deductible unless otherwise noted. No goods or services were provided to you from St. Paul's Greek Orthodox Church in exchange for your contribution.

**St. Paul's Greek Orthodox Church 4949 Alton Parkway Irvine, CA 92604**

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A young child with dark skin and short hair is the central figure, wearing a white dress with a ruffled collar and floral embroidery. The child is holding a large, dark brown, textured object (possibly a piece of bread or a fruit) in front of their face, partially obscuring it. The background is a dense field of green plants, likely corn. The text "THANK YOU" is overlaid in large white letters at the top, with "FOR HELPING US STRIKE FOR CHANGE." in smaller white letters below it. The same text is repeated twice more down the image.

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A photograph of three young children standing in front of a brick wall. The child on the left is smiling and waving. The child in the middle is looking towards the camera. The child on the right is also looking towards the camera. The text 'THANK YOU' is overlaid in large white letters at the top of the image.

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# **STRIKE ZONE: TANZANIA**

**STUDENT GUIDE BOOK | STRIKE ZONE: TANZANIA**

A young child with dark skin and short, curly hair is the central figure. They are looking directly at the camera with a calm, steady gaze. The child is wearing a light-colored, long-sleeved shirt that appears slightly worn or stained. They are holding a denim jacket or skirt in front of them with both hands. The background is filled with tall, green corn stalks, some of which are in sharp focus while others are blurred, creating a sense of depth. The lighting is natural, suggesting an outdoor setting during the day.

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