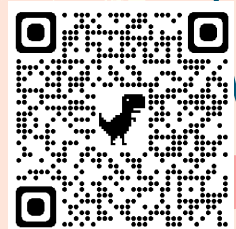


HCCF's 24 HOUR FAST 2023 Toolkit



Our **24 Hour Fast Planning Committee** has prepared this **Resource Toolkit** to assist participating schools/teams with some helpful tips to help each group achieve their personal fundraising goal.



HCCF's 24 HOUR FAST Toolkit

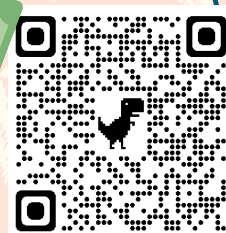
As we approach the beginning of the Liturgical season of Lent, we invite you to consider the Halton Catholic Children's Foundation **24 Hour Fast** event for your **school community's Lenten initiative this year.**

The 24 Hour Fast is an annual event organized by the HCCF which encourages those in HCDSB to come together to support children and families in need in our Halton Catholic community through prayer, fasting, and almsgiving.

Students, staff, and members of the larger community participating in the event can **FAST** from a variety of things including **social media, video games, television, fast food, coffee** – *the options are endless.*

RESOURCES/TOOLS TO ASSIST YOUR TEAM ACHIEVE YOUR GOAL

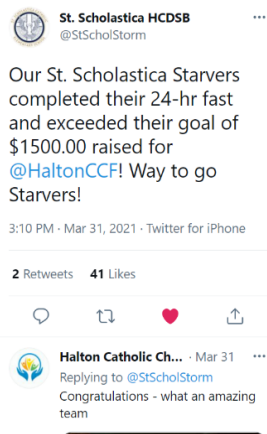
- This 24 Hour Fast Toolkit
- Fundraising Thermometers & Posters are available!
- If you have any questions, contact one of the Co-Chairs (see page 18)



24 HOUR FAST

Staff Initiatives

Create a team on the [CanadaHelps.org](https://www.canadahelps.org) website and fundraise to achieve your GOAL.



There are many ways for your school community to get involved with the 24 HOUR FAST!



Donna Owens (she/her) @owens_owensd · Mar 9, 2021

We're creeping up the leader board!! Come on @saopmilton1 ! I am fasting from Coffee for the 24 Hour Fast. What's your choice. Fasthttps://www.canadahelps.org/s/C6qrY #HCCFFastfor24 #HCDSB



Fundraising Therometers and Posters are available!
Reach out to one of the Co-Chairs for more info.



24 HOUR FAST

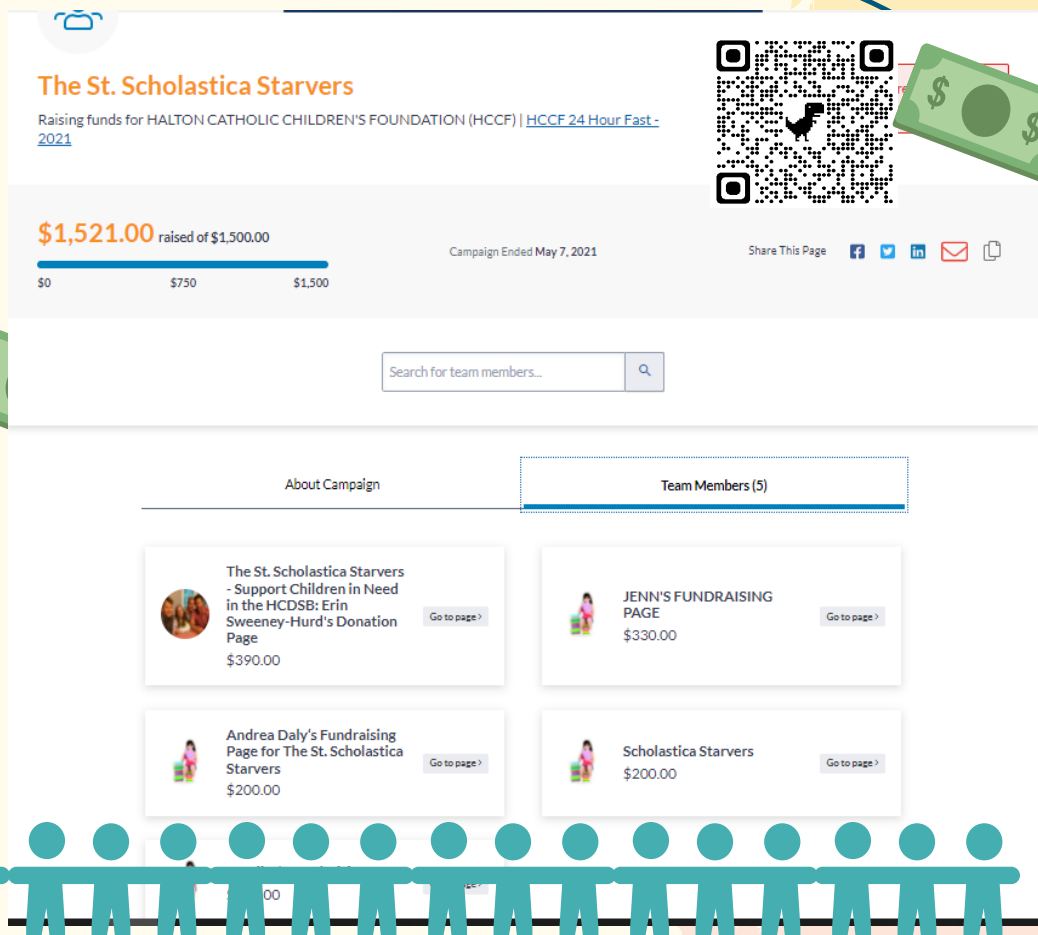
Staff Initiatives

After creating a team on the CanadaHelps.org website, Team Members can invite friends and families to join the cause or to sponsor them, similar to a Walk-a-Thon.

Team members can create their own page, or donate to the team as a whole

Individual classes can create fundraising pages, where Parents/Guardians can donate.

Schools may also opt to use School Cash Online, whatever is easier!



24 HOUR FAST

Staff Initiatives

Once you create your team's fundraising page on CanadaHelps.org, promote the 24 Hour Fast in your weekly announcements and on social media

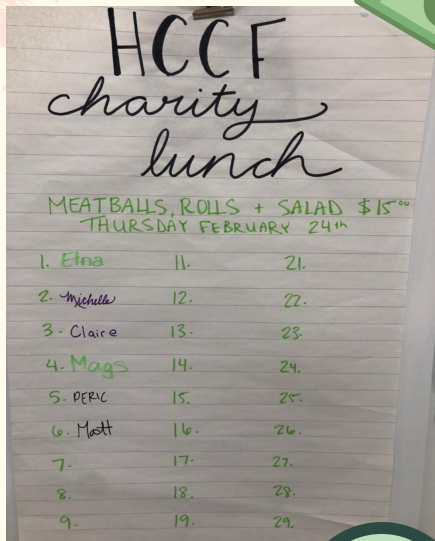


24 HOUR FAST

Staff Initiatives



Organize a potluck luncheon with proceeds going to your 24 Hour Fast campaign!



Here are some other ways to engage your Team:

Breaking Bread



Plan a celebratory 'break-the-fast' meal with your team after a successful fundraising campaign!



24 HOUR FAST

FOCUS ON FAITH

The 24 Hour FAST can certainly provide our students with an opportunity to reflect upon their faith and to practice their Catholic Social Teachings while helping others in their local community.

- Ties to Ontario Catholic Graduate Expectations
- Check out Gillian Federico's Grace Notes publication for additional connections

♪ ♪ Grace Notes from the System Chaplain ♪ ♪

Special Lenten Edition

"Blow the trumpet in Zion; sanctify a fast; call a solemn assembly; gather the people." (Joel 2:15)

With Ash Wednesday a week away, we need to get serious about how we are going to make Lent meaningful for ourselves and those to whom we minister. And rest assured that I consider any work we do for others, directly or indirectly, to be a ministry, so that all of us who work in education are called to minister to others. One cannot give what one does not have so this is the time to fill ourselves up in the best way possible through our relationship with God so that we, in turn, have spiritual, emotional and physical energy to give to others. The first reading for Ash Wednesday, from the book of Joel, reminds us every year that we need to take stock of ourselves, be repentant for the ways we have strayed away from God and practise fasting and prayer.

But, the second reading reminds us that we are ambassadors for Christ, that "now is the acceptable time; see, now is the day of salvation!" (2 Corinthians 5:20-6:2) The words of Jesus in the gospel for that day (Matthew 6:1-6; 16-18) warn us off false piety and just bid us to go about the practice of almsgiving, prayer and fasting in a quiet and unobtrusive way; thus, we live our discipleship with joy and not acting as if we are being deprived. With that in mind – and the admonition to wash our faces and not be like the hypocrites – we need to put our effort into the actions that the Ash Wednesday liturgical action foretells. The ashes are a valuable reminder of what Lent is about but have no significance unless we wear them to promise a change of heart and action.



Shrove Tuesday needs to be more than just a day to eat pancakes before we give up the chocolate; it needs to be the day we all commit ourselves to a deeper and more meaningful journey and conversation with Christ. That includes our commitment to the principles of *Renewing the Promise*, to be communities in which we accompany each other in the discovery of our shared story with Christ and how each of us is loved. We are called to be a part of the "New Evangelisation" which builds deeper and lasting relationships with Christ and with

each other. Our faith calls us to live the gospel values of faith, hope and love (1 Cor 13:13), "to do justice, to love kindness, and to walk humbly with [our] God (Micah 6:8) in a way which transforms us and invites others to join us – to become joyful disciples. For the record, the practice of eating pancakes on Shrove Tuesday is a cultural – rather than a religious – practice; it doesn't even figure in the Ordo or Liturgical Calendar. We see it as an opportunity to celebrate community before beginning our Lenten journey.

Historically, it was a day to empty your kitchen of all rich foods – butter, eggs, sugar



24 HOUR FAST

Student Initiatives

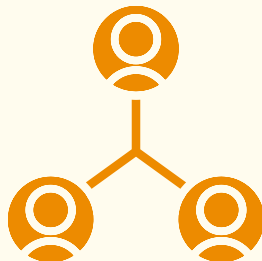
 St. Elizabeth Seton
@SetonSt


Our Seton Ravenous Renegades are doing the 24 fast for HCCEF. Our generous community helped us raise over \$1810 dollars to date! 🙌 Thank you for your support for this great cause. ❤️ @SetonSt #HCCEF24hrFast @HCDSB



Student Leadership

There is a wonderful opportunity for student leadership with this charitable campaign.



 St. Elizabeth Seton
@SetonSt

Our mighty team of 7 @SetonSt raised \$705 for the HCCEF doing the 24 Hour Fast. Thank you to everyone who sponsored us! #FightHunger #Lent #HCCEF #TeamWork



4:34 PM · Mar 8, 2019 · Twitter for iPhone

24 HOUR FAST

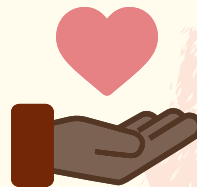
Student Initiatives



Student Leadership

Involve your student leaders (such as your Faith In Action Team) with planning spirit days, writing announcements, and creating advertisements.

Join our team or consider donating to our "HCCEF 24 HR Fast" - our Student Ambassadors thank you!
[@SetonSt](#) [@HCCEF](#) [#TogetherApartHCDB](#) [#HCCEF](#)



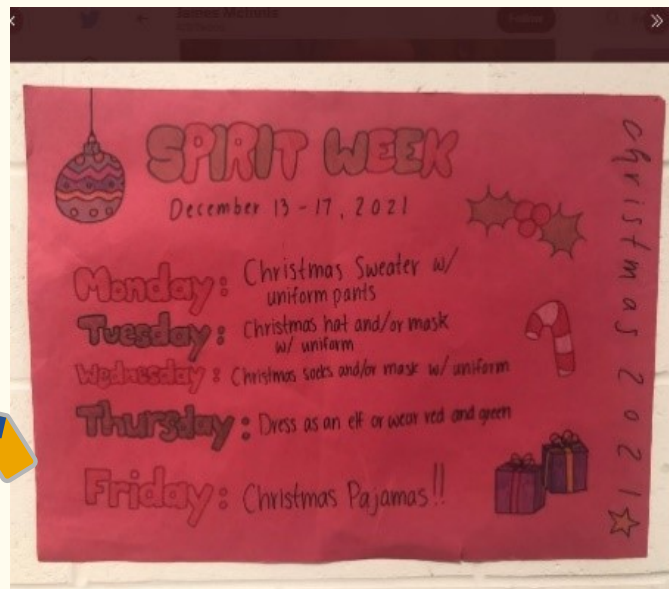
24 HOUR FAST

Student Initiatives



Spirit Days/Spirit Week

You could organize a Spirit Day/Spirit Week for your school community and invite parents to donate through School Cash Online.



24 HOUR FAST

Check out these other creative ways to involve your school community:

School Community Initiatives



Host a bottle drive fundraiser at your school



Create a committee to lead this event and get your Parent Community/Catholic School Council involved

Here's Holy Rosary Burlington hosting a bottle drive fundraiser at their school

24 HOUR FAST

School Community Initiatives

Have classes compete in a walk-a-thon to raise funds



Students involved in promoting this school event



Promote this event during the daily school announcements, have students create posters and post on social media

Walk-A-Thon



Check out St Raphs doing their part in raising funds for HCCF with a Walk-A-Thon

24 HOUR FAST

School Community Initiatives

Community Walk



24 HOUR FAST

School Community Initiatives

Community Walk



St. Benedict HCDSB @StBeneHCDSB · May 31, 2020

Mr. Guerin went over his goal of walking 24 km in 24 hours by completing 35 km today in support of @HCCEF Way to go Mr. Guerin!! 🙌🙌 @HCDSB @josey_guerin



💬 11

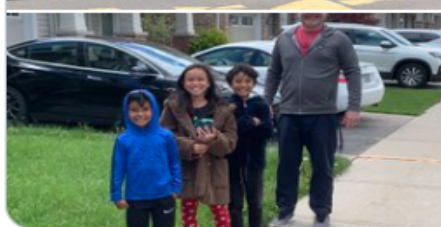
↻ 7

❤️ 155



St. Benedict HCDSB @StBeneHCDSB · May 31, 2020

Mr. Guerin has now reached 24.7km today! The last few km were done in our school community with the support of some staff and students who he saw on his walk! @HCDSB @HCCEF @josey_guerin



💬 3

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24 HOUR FAST

TIME TO HAVE SOME FUN

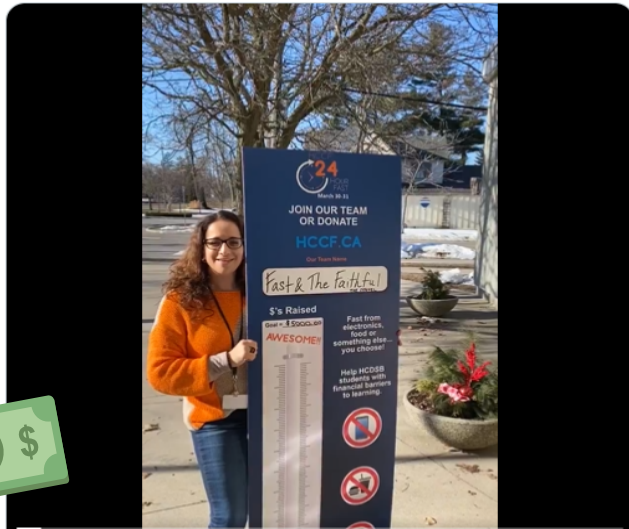


Lina Giammarco @LinaGiam · Mar 5, 2021

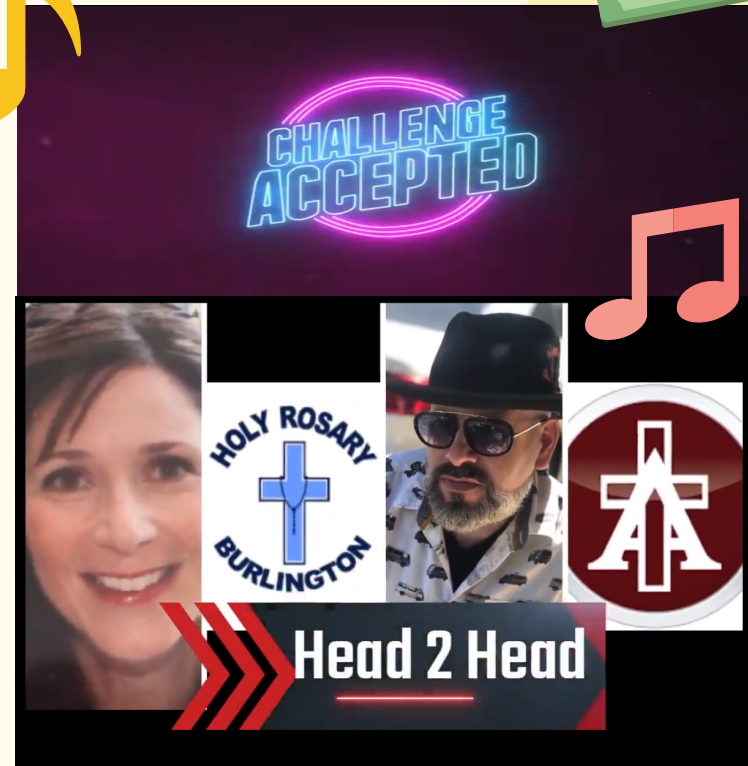
Thank you Marc Clare @HaltonCCF for the invitation. We accept the challenge & are excited to participate in the 24 hr fast again this year! @AscensionHcdsb @CMartyrsHCDSB @SetonSt we invite you to participate..game on! #hccffastfor24 @schmidtteach @mrs_saraphanian @HRBurlington



Make a friendly wager with a fellow team (within your building or perhaps another school community/ department)



Friendly Competition!



24 HOUR FAST

TIME TO HAVE SOME FUN

Friendly Competition!

Make a friendly wager with a fellow team (within your building or perhaps another school community / department).



Holy Rosary
@HRBurlington

@AscensionHcdsb's Mr. Caporicci serving up some pie in the face today in support of @HaltonCCF 24 Hour Fast. Amazing fundraising efforts by both teams that will reach so many families....a sweet end to this Lenten initiative! 🍰 #hccffastfor24

11:53 AM · Apr 1, 2021 · Twitter for iPhone

7 Retweets 1 Quote Tweet 38 Likes

Reply Retweet Like Share

J Tweet your reply Reply

Holy Rosary @... · Apr 1, 2021
Replying to @HRBurlington
@mrs_saraphanian
@connorparkin02 @LinaGiam

Colleen Pittam · Apr 1, 2021
Replying to @HRBurlington
@AscensionHcdsb and
@HaltonCCF

HCCF's 24 HOUR FAST Toolkit

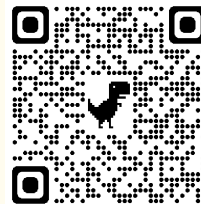
HCCF's 24 Hour Fast 2023 Planning Committee:

Meghan Araujo
Marc Clare
Jacqueline Davis
Nancy Dinolfo
Gillian Federico
Lina Giammarco
Josey Guerin
James McInnis
Marie Murad
Connor Parkin
Norm Roberts



We would like to recognize the following 24 Hour Fast teams showcased in this resource:

Ascension
HCDSB CYCs
Holy Rosary, Burlington
Holy Rosary, Milton
Guardian Angels
Lumen Christi
Our Lady of Victory
Special Education Services
St. Anthony
St. Benedict
St. Elizabeth Seton
St. Mary
St. Raphael
St. Scholastica



HCCF's 24 Hour Fast Toolkit resource created by:
Genni Butt, Lina Giammarco, Mel Goulet, & James McInnis

HCCF's 24 HOUR FAST Toolkit

Please visit [HCCF.CA](https://hccf.ca) for more information or CanadaHelps.org if you are ready to register or donate.

Please let us know if you have any questions. We would be more than happy to connect with you to assist you and your team.

HCCF 24-Hour Fast Committee Co-Chairs:

Marc Clare
Executive Director, HCCF
clarema@hccf.ca

James McInnis
Chair, HCCF Board of Directors
mcinnisja@hcdsb.org

Connor Parkin
HCCF Board Member
parkinc@hcdsb.org

