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WHAT'S ON

Youths to fast 30 hours in solidarity with the poor during Lent

By Daniel Tay

SINGAPORE – On the second weekend of the Lenten season, youths will gather to experience poverty and taste hunger in the 30 Hour F.A.S.T. (For. Asia. Solidarity. Together.) programme to be conducted by acts29, a youth missionary group, at Church of the Holy Spirit from Saturday Mar 7 at 11.30am to Sunday Mar 8 at 6.30pm.

The previous F.A.S.T. organised by acts29 held in August 2007 lasted for 24 hours.

The programme includes talks by spiritual director Father Terence Pereira, and a panel of speakers who will highlight three local areas of marginalisation – foreign workers, elderly destitute, and the homeless.

There will be a time for fun and games based on Catholic social teachings, and a time for prayer and reflection on the Way of the Cross, reception of the Sacrament

of Reconciliation, and Mass.

There will be an intercessory prayer team praying in rotation during these 30 hours, not only for the participants of the programme, but also for those who live in poverty.

Adults are invited to join the intercessory team by emailing 30hourfast@gmail.com or calling 8180 1678. Youths interested in participating in the F.A.S.T. can also register in the same way.

Participants have to download the 'Sponsor My Fast' form from the acts29 website (www.acts29mission.org) and ask family and friends to sponsor their fast, a donation which can be of any amount.

The money collected will be given to Caritas Singapore for Catholic Charities Week.

acts29 was formed in 2004.

The group helps young people enter into a dialogue of life with the poor and elderly in Singapore, and donation programmes. □