



On the weekend of February 4 and 5, All Saints Parish Youth Ministry joined seven thousand other youth groups across our nation to fight hunger and poverty in our own back yards by participating in the **The Souper Bowl of Caring**. While our nation was gearing up for the Big Game in Houston, we not only asked for donations at all the Masses to help our local food pantries, but we also decided to participate in a **24 Hour Food Fast**. As a youth group, we wanted to feel what it is like to be hungry as well as pray for those who are truly experiencing

hunger and poverty. We are grateful for the generous donations that we received of \$3,000 which will benefit Corning Community Food Pantry and the Painted Post Food Pantry.

Here are some insights shared by the youth who participated in the Souper Bowl of Caring and the 24 Hour Food Fast:

“It was really cool knowing I was participating in The Souper Bowl of Caring with lots of other youth groups across our nation. To be part of something ‘so big’ was rewarding.” K.O.



“Before I started the 24 Hour Food Fast, I was actually still debating as to whether or not I wanted to even do it... because it would be really challenging for me. And, I was right. It was very challenging, because there were many times I just wanted to go into the kitchen and eat something, but I couldn't. However, it made me think that after my 24 hours of fasting were up, I could just go into my kitchen and eat again, but people who are really starving can't do that.” C.C.

"I felt God's presence during my Food Fast, and I think He even helped me feel less hungry. I felt great at the end of my Fast because I did it. This was a great way for me to experience what it is really like not to have food." R.B.

"Before doing this fast I never noticed how 'snacking' was part of my daily routine!" Anonymous

"This Food Fast really made me think about people who do not know when their next meal will be." A. M.



"I didn't know what to expect when I started the 24 Hour Food Fast, but I felt like I was on top of the world when I accomplished it!" M.B.

"During my fast, every time I was hungry and wanted something to eat, I would remind myself why I was doing this Food Fast. This was an eye opening experience for me." R.R.



"This Food Fast was a worthwhile because it put me in the shoes of the people I was collecting money for." A.F.

"Participating in the 24 Food Fast made me feel like I was part of something bigger. People have been fasting for thousands of years, and now I had the chance to be part of that tradition." G.O.

"When I look back at the start of the Food Fast, I thought: This is going to be really hard. But God was with me, and I feel really good that I did it." E. T.

