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Fast time @ Friendship Baptist

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BY GILLAN LUDLOW

As I sat in class, I watched the seconds go by on the clock.

At noon, I swallowed my last bite of lunch, knowing that it was the last piece of food that my stomach would see for 30 hours.

All I could think was, "I won't make 30 hours without food." I had no confidence in myself whatsoever, considering how much I love food. But all of this was for a good cause.

I would be fasting with a group at Friendship Baptist Church as part of World Vision's 30-Hour Famine, in an effort to raise money and awareness for hungry children around the world. The idea was to give up our food for 30 hours so someone else could eat (see sidebar).

In order to keep our minds off the food, we would participate in community service, a scavenger hunt and other activities throughout the Friday and Saturday fasting period.

Members of the church's youth group also asked our neighbors and family members for pledges. Every \$30 paid for a month of food for a child. My family and I donated \$60, so we have ensured a child two months of food.

FAMISHED FRIDAY

After my it! meeting that afternoon (where everyone was eating pizza and I was sipping on a Capri Sun), I went to the church, where my friend, Kenny Smith, greeted me at the door. I had an odd feeling in my stomach. Maybe I was hungry, but I wasn't sure. He assured me that I would do fine and that I would have a lot of fun.

The night dragged on, consisting of Bible studies, watching movie clips about African poverty and making T-shirts for our scavenger hunt. During the movie clips, I was lying lazily on a couch, nodding off here and there. But something caught my attention:

Did you know that Uganda has been in a civil war for almost 18 years, and children are being stolen to serve in the rebels' armies? I didn't know that.



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Did you know that in Angola, there is one doctor per 300,000 or more people?

I was growing restless and trying not to cry. But imprinted in my mind were the children that I saw in those clips who were so sick they could barely move. You could see every bone in their bodies and barely any muscle at all. Children who were actually 6 years old looked like they were 3 years old. Toddlers' bodies were smaller than a newborn child's.

The youth pastor, Steve Khan, finally turned off the clips and sent us out on our way to the scavenger hunt. It was 10:30 p.m., and we were running around, out of breath. We had to do some wacky and crazy stuff that got us some weird looks. I didn't mind, though--all this fun was taking my mind off of food.

After an exciting night of scavenger hunts and a trip to Wawa at 1 a.m., we girls were tired, and we hit the sack.

STARVING SATURDAY

On Saturday, we gathered our rakes, shovels and whatever else we could find. We would be cleaning up a couple local yards as community service.

The first family's yard wasn't bad, and it didn't take too long to clean up. The next required more work. We spent a good two hours cleaning up their yard. We picked up sticks, raked leaves and cleaned out their small pond.

By the time we got done, it was close to 3 p.m., and my stomach was having some serious hunger cramps. We packed up our tools and headed back to the church.

My stomach was in a lot of pain, but I had two more hours to go. My friends and I sat down on the couch, ready for more movie clips and Bible studies. After that, it was free time, so I watched "Pirates of The Caribbean: Dead Man's Chest."

At 5 p.m. I was ready to go home to see my mom. I said my goodbyes and stepped out into the sunshine.

I remembered, as I walked to my car, how happy I actually was to know that I made someone else's day. Now someone else gets to eat for 30 days because I donated my time, hunger and some money.

Gillan Ludlow is a junior at Stafford High School.

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[Members of Friendship Baptist Church's youth ministry do community service, make T-shirts and dress as firemen during their 30-Hour Famine in February.](#)
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