



# Fast for Haiti

What if thousands of people decided to fast 1 to 3 meals and then donated \$5, \$10, or \$15 to relief efforts to help the victims of the earthquake in Haiti?

We could literally send thousands of dollars in aid to help those in need and we could do it in the matter of a few days. Join the effort and spread the word, get your entire youth group, your church choir, your parish, your co-workers, your young adult group, your campus ministry group, whoever you can to join this effort. Pick one day in the next week and fast for 1 to 3 meals that day - then donate \$5, \$10, or \$15.



Use this photo to help promote FastforHaiti. You can post on your facebook profile, on twitter, make fliers with it, you name it... spread the word.

Thanks to Nick Heller of [www.missinglinkdesignservices.com](http://www.missinglinkdesignservices.com) for this logo.

## **Tell us how you're fasting**

Take a minute to share what you and/or your group is going to do to fast and support this mission. You can also give your ideas on what others can do.

<http://www.fastforhaiti.com/submit>

# Spread the Word

You can help not only by fasting and donating to help the relief effort in Haiti - but you can help by spreading the fire and making this campaign spread to thousands Here's how:

If you have a twitter account then post this message as many times as you'd like:

Help the victims of the #haiti tragedy by joining @fastforhaiti and #fastforhaiti campaign2 fast&donate <http://ow.ly/WhNL>

If you are on Facebook you can post this message as your status:

Help the people affected by the Earthquake in Haiti and join @Fast for Haiti as they organize people to fast at least one meal or a whole day and donate a minimum of \$5 per meal to the relief effort. You can donate to our cause on FB or find another organization: <http://apps.facebook.com/causes/431822> POST THIS MESSAGE AS YOUR PROFILE AND SPREAD THE WORD.

You also can email about this, get your friends involved, invite your coworkers, classmates, youth groups, bible study groups, college clubs, and more to join you. What if we got thousands to do this - think of how much money could go to help those in need.

## Will You FastforHaiti?

Pick a day between tomorrow January 14th and next Thursday January 21st and fast 1 to 3 meals on that day. Then donate \$5 per meal you fast to Catholic Relief Services. [You can donate here.](#)

Get your youth group involved!

# Donate to this cause

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