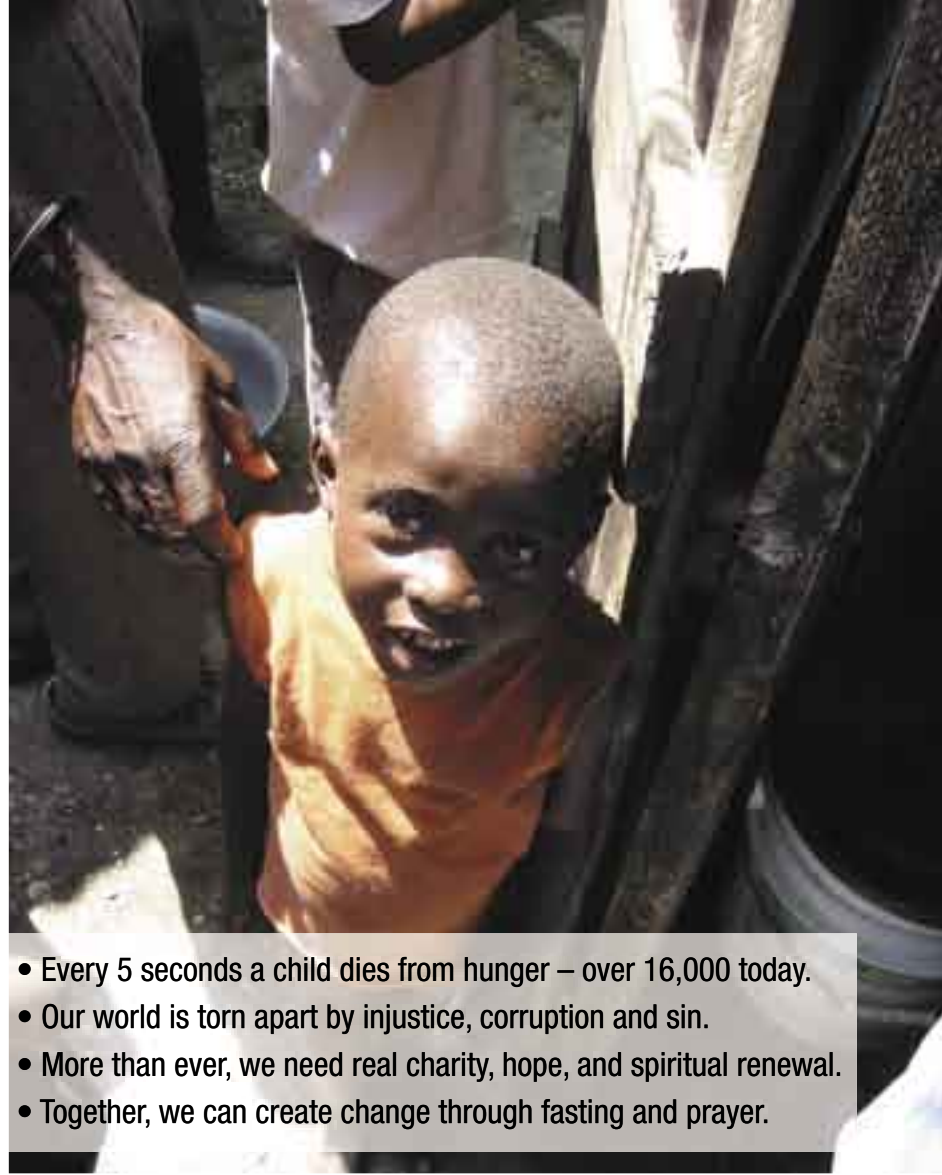


Global Fast: Can One Day Change The World?

By Adrienne Papp



Above Left: Westside visionaries Rich Halvorson (left) and Brandon Trones (right). (photo courtesy of Global Fast)



- Every 5 seconds a child dies from hunger – over 16,000 today.
- Our world is torn apart by injustice, corruption and sin.
- More than ever, we need real charity, hope, and spiritual renewal.
- Together, we can create change through fasting and prayer.

Above Right: In Haiti, Global Fast charity partner Food for the Poor moved this child's family into a village with accessible clean water and a nearby school. (photo by Rich Halvorson)

WHILE WE WATCH HUMANITARIAN SUPERSTARS LIKE ANGELINA JOLIE AND BONO CIRCLE THE GLOBE IN SEARCH OF NEEDY ORPHANS AND IMPOVERISHED NATIONS, THEIR BEST EFFORTS WOULD PALE COMPARED TO THE STRENGTH OF MILLIONS JOINING TOGETHER TO CHANGE THE WORLD.

What will happen when 10 Million of us fast on one day to share food with the hungry and pray for the world? ... By launching a national grassroots campaign in November, that's just what Global Fast will find out on February 21, 2007.

Global Fast may be the single most important humanitarian event for all of us to participate in and benefit together.

Asking participants to spend one day of fasting and prayer to combat world hunger, Global Fast is a real challenge of charity and self-restraint to the wealthiest and heaviest nation in the world.

Global Fast hopes that fasters will donate their daily food expense to feed the hungry - the amount of which will be doubled through matching contributions by well-known international charities such as Food for the Poor.

"We wanted to create a simple thing, something that everyone can do, that would truly create a global impact," says Palisades resident, Rich Halvorson, the youthful and energetic founder of Global Fast. "If we all give up our food together for one day, how many lives can we impact permanently?"

Global Fast separates itself from other recent efforts such as Bono's ONE campaign because it invites individuals to participate directly in creating change. The ONE campaign is a lobbying effort to persuade Washington. Global Fast bypasses politics to put the vision for change in the hands of the people.

The first major Global Fast project is building a sustainable village in Haiti that would provide homes, clean water and renewable food sources for more than 250 families. The project is a joint effort with Food for the Poor, known as one of the world's largest and most effective charities-giving over 96% of donations directly to aid projects.

"Haiti is one of the three poorest, worst-nourished nations in the world," says Halvorson. "And we're not just throwing money at the problem-what we're creating is a sustainable

solution that would provide decent homes, clean water and food for hundreds of families." If Global Fast achieves its goal of 10 million participants who 'share their food' for one day, their contributions could build more than fifty such villages in nations around the world.

Much as fasting seems like a strange solution to hunger, Global Fast is not alone in its belief that voluntary personal starvation can be a good thing. Halvorson says that the movement's inspiration stems from *40 Day Fast*, a powerful documentary feature film set in the conflict-torn Holy Lands of the Middle East.

Brandon Trones, the creator of *40 Day Fast*, is a relentless adventurer and archaeologist who combines intense fasting with a personal quest to discover and document rarely seen ancient Biblical sites.

In *40 Day Fast*, Trones chases down artifacts and unfiled sites – many of which have been long lost, hidden, or locked-up – while subjecting himself to four ten-day fasts totaling 40 days, losing over 25 pounds on camera.

"Fasting is the ultimate declaration of the power of the spirit over the body," says Trones. "When you deny your body its physical sustenance, you

learn to rely more on spiritual food."

With a shared vision, Global Fast and *40 Day Fast* have teamed up to create a day for us all to join together in creating positive change.

Through November, Global Fast begins a major national grassroots campaign seeking 10 million fasters to offer their food and prayers to the poor. Trones and Halvorson hope to prescribe fasting as just the medicine our world needs.

"While filming, and during my forty-day fast, I felt very much in tune to the world, to God and my faith," says Trones. "But even a one or two day fast can be a real spiritual boost."

But until recently, Trones was no fasting expert, "Before my trip to the Middle East, I had only fasted once in my life - just for a day."

"I'm living proof -- you don't have to be a monk, a rabbi or a pastor - fasting is spiritually and physically healthy for everyone."

Trones, who grew up on the Westside, warns, "it can't be about losing weight or vanity - it should be a very personal and spiritual decision. The key is to supplement your fast with plenty of prayer."

In the wake of Fox's recent announcement of FOX Faith - a division of spiritually-themed

films - the faith-based causes of *40 Day Fast* and Global Fast seem to address a growing national awareness of acute spiritual hunger.

"These faith-based efforts shouldn't be divisive. Really, they should bring us together," says Halvorson. "Whether you pray every day or haven't talked to God in years, what a better day to join in than with ten million praying together for peace and justice?"

Similarly, Trones balances his faith with raw honesty and openness, "Most of my colleagues working on the *40 Day Fast* movie are not particularly spiritual - they just found the project inspiring and unique. I'm honestly seeking truth, as we all are. I hope the movie conveys that same broad appeal in theaters."

Excited to see millions join together, Halvorson says, "At their core, these efforts are about fasting to increase our faith and charity. Both faith and charity are deeply important for people around the world. And fasting can be a great way to achieve them."

Usually, it seems that making a difference, giving-back, or being part of something much bigger than ourselves is reserved for the super-wealthy. But with Global Fast, each of us can do our part in changing the world.

How to Get Involved:

JOIN—Join Global Fast by signing up at www.GF07.com

PLAN—Plan a Global Fast sign-up event at your school, church, office, synagogue, or community group.

TELL—Tell friends via email or myspace (www.myspace.com/globalfast)

PRAY—Sign up for a weekly 'global notes' alert for quick news notes, and how to pray for global peace and justice each week.

For more information, visit *Global Fast 2007* at www.GF07.com.

View the *40 Day Fast* trailer or request advance tickets at www.40dayfast.com



Above: Visiting an orphanage in Cite Soleil, Haiti, Global Fast founder Rich Halvorson. (photo by Angel Aloma)

Right: While shooting *40 Day Fast*, young archaeologist Brandon Trones (left) blazes new trails to film previously unseen sites with his guide "Miracle Mike." (photo courtesy of *40 Day Fast*)



WE'D LOVE TO SEE YOUR SMILE...
AND HELP YOU MAKE IT LAST A LIFETIME.



"I ADORE my dentist...
been going to him since 1997!"
-Carrie Richard

"Dr. Harrison and his staff are unfailingly professional, friendly and courteous."
-Carl V. McKinzie, Riordan & McKinzie

Let us help you achieve optimum dental health.

Born and raised in Brentwood, Dr. William Harrison is dedicated to establishing lifetime relationships with his patients. From long term dental care to the latest in cosmetic dentistry, Dr. Harrison and Associates is your neighborhood dental office.



- CLEANINGS AND PREVENTION
- PERIODONTAL DISEASE
- COSMETIC DENTISTRY
- RESTORATIONS

www.WilliamHarrisonDDS.com

Tel. 310.826.6535

WILLIAM D. HARRISON, DDS & ASSOCIATES
11980 San Vicente Blvd., Suite 918
Los Angeles, CA 90049