

# 30 Hour Techno-Fast 2010



# Giving up technology...



Friday evening we wrote our own 10 commandments . . . rules of engagement for how we wanted to live together for the 30 hours. Then we surrendered our technology with a walk on the labyrinth, leaving our gadgets in the center.



Why give up technology? What difference does it make?

- Spend more time interacting with others in person.
- Spend more time being active instead of sitting at a computer.
- Use your imagination and creativity more.
- Play fun games with others.
- Respect technology more.
- Conserve electricity.
- Enjoy the darkness.
- Raise money for a good cause. In this case, the Mission and Service Fund of the United Church of Canada.



**Campfire  
on  
the  
labyrinth**

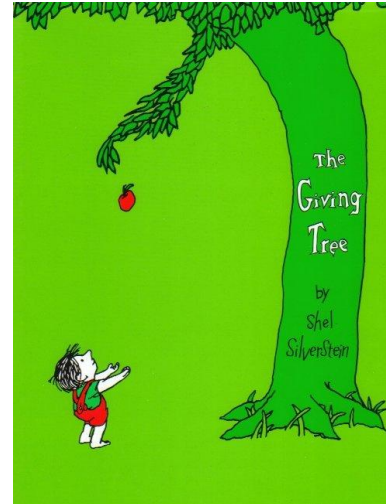


**... and smores : )**



**... and feasts**

On Saturday morning we planted seeds as part of our morning devotional, remembering our connection with the earth. After breakfast we listened to Shel Silverstein's *The Giving Tree* and talked about the way we take from the earth so much and give so little back and how our aboriginal brothers and sisters practice a deeper level of respect for creation. We then ventured out to hunt for found objects . . . leaves, bark, branches, stones . . . pieces of nature to adorn our earth hour altar.



Sue then sent teams out to gather lunch at Valu Mart. Teams were given clues to what they were supposed to buy and in the end we ended up with yummy wraps prepared by the teams.

After lunch we walked to North Beach Volleyball on Railside and played . . .



volleyball . . .

go figure.



Disney artist Donna Rutz joined us and taught the group some simple animation using flip books.



Paul Slovenski, a.k.a. "Coach" came by for an hour of floor hockey and tired everyone out . . .

But it was so much fun!



# Earth Hour Altar



**7 candles**  
**7 days of creation**

EARTH  
HOUR

Celebrating the Earth

60

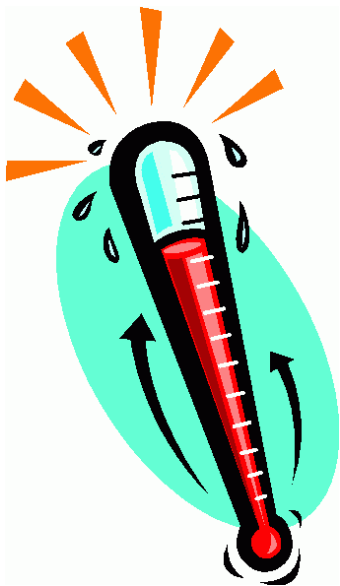
EARTH HOUR



What exactly does the Mission and Service Fund support? First, it supports our worship life—our resources for congregations large and small, our ethnic ministries, our theological schools, and our intern ministers. M&S also gives us a united voice. As Canada's largest Protestant denomination, we can play a significant role in Canada. Our united voice, 600,000 strong, is heard on social issues, through peace and justice advocacy, and in our appeals for care of creation. Our presence around the world is felt through the work of our partners. Ask the children at Los Quinchos in Nicaragua. Ask Joyce Riungu and the women she serves through the National Council of Churches of Kenya. Ask the UCW women who travelled to Zambia to see M&S supported work.



The life and existence of The United Church of Canada depend on the Mission and Service Fund. It's who we are and what we do. Without M&S our church would not be. It's as simple as that.



Our 30 Hour Techno Fast  
raised . . .

**\$500.00**

For the United Church

M & S Fund