



hertz (right).

overseas anti-poverty programs; the remaining 25 percent goes toward similar projects within each diocese.

Jennifer said that during Lent, she "brown-bags" her lunch and donates her lunch money to Operation Rice Bowl.

"You're giving something up because you know other people don't have it. You give it up so they will have it," Jennifer explained.

Amy said that she, also, concentrates on outreach during Lent.

"I'm not as much into giving things up anymore as I am into helping others," said Amy, 17, from St. Mark's Church in Greece.

The youth group at St. Ann's Church in Hornell is helping others by staging its second annual 30-hour famine. It will take place from noon on Holy Thursday, March 27, until 6 p.m. on Good Friday, March 28.

Youths will spend much of the 30 hours in prayer and reflection, both within their group and at parish Holy Week services. The teens will also connect with the Hornell community during a Good Friday ecumenical cross walk, in which St. Ann's will join other area churches for an outdoor Stations of the Cross. In addition, the youths plan to go door-to-door to collect canned goods.

Food and cash donations from the 30-hour famine will help support World Vision, an organization that fights hunger in 101 countries.

Cara Marino recalls a stirring moment during last year's 30-hour famine when the St. Ann's group viewed a World Hunger video that contained scenes of starving people.

"After seeing that, you didn't even want to eat," Cara, 17, remarked.

Cara added that Holy Week is an appropriate period for raising awareness of world hunger.

"Just seeing how Jesus suffered on the cross, and how the people suffer from hunger, it was the perfect time to do this," Cara said.

Fellow youth-group member Matt Einhorn, 15, agreed that Lent is a good season for "helping people that are less fortunate."

This intent was carried out by youth-group members at St. Cecilia's Church in Irondequoit, who performed a 30-hour famine for World Vision Feb. 21-22. The teens decided to stage the fast after one of their members, Siobhan Moffitt, described for them the hunger and poverty she witnessed on a trip to Peru.

Mark Potter, 16, said the St. Cecilia's famine inspired him to make Lenten offerings that less fortunate people can't give.

"The Peruvians didn't have a lot to sacrifice themselves, so we sacrificed more than we usually would to help them during their hard time," Mark remarked. "You should at least try to sacrifice some stuff (during Lent), keeping in mind that other people don't have as much to give."

Katie Contino, 16, recently helped stage a "soup and sandwich" service project at St. Patrick's Church in Macedon. Parishioners paid \$5.50 each for this meal, with the \$131 in proceeds going to an orphanage in Honduras.

"Any time of the year is a good time to do these things, but it seems that people need a reason," Katie stated. "Lent is a good time because that's when Jesus gave himself for us."

Cara compared her Lenten commitments to her New Year's resolutions, and concluded that she does a better follow-up job during Lent.

"There's a good cause behind it, thinking of what Jesus did for us," Cara remarked.

Despite the many creative approaches toward Lent, Amy still expects to uphold her traditional practices even after she's gone away to college.

"I've grown up with it my whole life. Obviously, that's what you become accustomed to," Amy remarked.

Meanwhile, Workmaster stated that a focus on outreach, combined with fasting and abstinence, challenges young Catholics to carry out the full meaning of Lenten sacrifice.

"In times past, we talked about what were the rules. Now we talk about the disposition of our hearts," Workmaster said. "When we're told to do what our conscience calls us to do, then we have to take more responsibility."

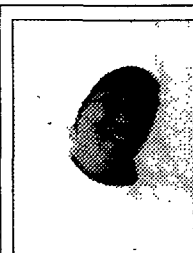
These guidelines suit Katie just fine. "Personally, I feel it should be more strict. On Fridays you can go out and buy seafood, but it's more expensive and more like a treat," she explained.

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