

30 HOUR FAST

A DAY OF SERVICE

DATE: November 14, 8:30 am-6:00 pm

LOCATION: North Church, 3808 N. Meridian St.

CONTACT: Anne Brock, 317-903-8248

Participation in the 30 Hour Fast means you will:

- Collect donations for the Umoja Project School Lunch Program to help students in Western Kenya.
- Miss three main meals by fasting for 30 hours.
- Drink only water and juice during those 30 hours.
- Participate fully in the service projects on Saturday.
- Give your fundraising sheet and collected money to Anne Brock.

If you are not physically capable of fasting for 30 hours, you can still participate in a modified fast.

Please contact me if you would like to discuss this option.

Before I give you a fundraising sheet, I would like your parent's acknowledgment that they support your participation.

I have no objection to my child, _____, participating in North's 30 Hour Fast.

REQUEST FOR PARTICIPATION IN ACTIVITIES AND INFORMED CONSENT OF RISKS

The youth and parents have requested that youth be permitted to participate in the following described activities of North United Methodist Church.

30 Hour Fast: A Day of Service November 24, 2015

There are risks associated with participation in any physical activity, including the risks of bodily injury or harm resulting from the activity described above. Youth and parents acknowledge that they fully understand the nature of these risks and that they have had full opportunity to ask questions of the Minister of Youth about the above-described activities and the risks associated with them. The youth and their parents acknowledge their questions have been answered fully and to their complete satisfaction.

Youth and the parents voluntarily assume all risks associated with youth's participation in such activities and release North United Methodist Church, its agents, employees and volunteers from all liability for damages or loss resulting from such activities, except only for injuries or harm proximately caused by the gross, willful or wanton negligence of North United Methodist Church, its agents, employees or volunteers.

____I understand that photos/video may be taken at this event and give permission for my child to have his/her picture used for publicity in photo or video representations and on the church web site.

Youth Signature

Youth Name (please print)

Parent Signature

Parent Phone

