

30 Hour Famine



for youth in grades 6-12 at East Liberty Presbyterian

Event Schedule:

fast begins Saturday morning at home

Arrive: Saturday, February 29 @ 3:30pm

3:30pm through fasting, service, prayer, and games we will explore our faith and what it means to radically hospitable

11:00pm evening worship

12:00pm lights out

8:00am wake up

8:45am Journey worship, fast ends with communion

9:45am breakfast in the Second Floor Parlor

Event Ends: Sunday, March 1 @ 10:45am

What is the 30 hour Famine?

A time when youth around the country fast from food as a spiritual practice and an act of solidarity with those who hunger for justice. While we will not be eating we will be drinking lots of juice and water.

How do we raise money?

You can help raise money and awareness by asking family, friends and members of ELPC to sponsor your fast. We will be collecting donations before and after worship on Sunday, February 16 and 23. You can also ask family and friends to donate money. No amount is too small and every penny makes a difference. You can bring in cash or checks which should be made out to East Liberty Presbyterian Church.

Where does the money we raise go?

The money raised this year will go to support Hello Neighbor. Hello Neighbor is a Pittsburgh-based nonprofit committed to supporting recently resettled refugee families by matching them with Mentor families. Mentors offer support, guidance and encouragement to refugees as they adjust to their new lives.

What should I bring?

Bring: SIGNED PERMISSION FORM, Sleeping bag, pillow, toothbrush, pajamas and clothes for worship Sunday Morning.

Don't Bring: Snacks. We will have lots of juice and water to drink during the fast and members of the congregation will be making us a full breakfast Sunday morning.

To RSVP or for more information contact Sara Hackett @ 412-673-2926 or SaraH@coh.net

30 Hour Famine Permission Slip

EAST LIBERTY PRESBYTERIAN CHURCH
116 S. Highland Ave, Pittsburgh, PA 15206
www.CathedralOfHope.org

_____ has my permission to participate in:

30 Hour Famine

at East Liberty Presbyterian Church

Youth in Grades 6-12

3:30pm Saturday, February 29 | 10:45am Sunday, March 1

We will meet at the church at 3:30pm Saturday, and we will break our fast on Sunday with Communion at the 8:45am Journey Worship Service followed by a hot breakfast. Youth will be given juice and water to drink through the evening Saturday but no food will be served before breakfast Sunday morning. Youth should be picked up following breakfast at 10:45am.

RSVP to Sara Hackett at SaraH@coh.net or 412-673-2926.

NOTE TO YOUTH AND THEIR PARENTS/GUARDIANS: Please be sure to RSVP when indicated so that we can be sure that there are enough *chaperones* to ensure everyone's safety. *If there are not enough chaperones, those who did not RSVP will not be permitted to participate in the event.* Our hope is to include as many of our youth as possible, so your cooperation is appreciated.

Medical conditions that we should be aware of during the 30 Hour Famine:

Will your child need to take any prescription drugs while at the 30 Hour Famine?

If so, please list the time and dosage for when they should be taken. If any prescriptions should be taken with food please have your child bring appropriate food with them.

In case of an emergency, I understand that every effort will be made to contact me. If I cannot be reached, I hereby give the East Liberty Presbyterian Church youth workers the permission to act on my behalf in seeking emergency treatment for my child in the event that such treatment is deemed necessary by the youth workers. I give permission for those administering emergency treatment to do so, using those measures deemed necessary. I absolve the youth workers and East Liberty Presbyterian Church from liability in acting on my behalf in this regard, so long as the youth workers are not grossly negligent.

If you have any questions, please feel free to call Sara Hackett at 412-673-2926.

Parent/Guardian Signature

Phone No.

Additional Emergency Contact

Phone No.