

AUTHORIZATION FORM FOR THE "FUN WITHOUT FOOD EVENT", FEB. 19-20, 2017

I, _____, the parent/legal guardian of _____ (my Ward or Child), consent to Ward's/Child's participation in "Fun Without Food", a youth-fasting – hunger awareness event hosted by the Calvary United Methodist Church, Dumont, NJ. I also authorize the event leadership to seek assistance from first responders in the case of a medical emergency affecting my Ward/Child. I authorize my Ward/Child to be transported in a car with safety devices by a licensed driver. I verify the information provided below regarding any allergies to food, medicine or other products affecting my Ward/Child.

I, individually and on behalf of my Ward/Child, release the United Methodist Church; its divisions and units, including The Advance; the Greater New Jersey Annual Conference, and its youth group and leader from any liability for loss or illness, injury, or death occasioned by my Ward's/Child's participation in this event. I understand this release means that I cannot hold these parties responsible if my Ward/Child suffers harm related to his or her participation in this event.

Print Parent's/Guardian's Name: _____

Parent's/Legal Guardian's Signature _____

OR Participant's Signature, if 18 or older _____

Parent's Contact Information:

Home Phone: _____ Cell: _____

Email: _____

Parent's/Youth Leader's Availability During the Event: I am available to volunteer for a minimum of two hours during the 24 hour event. My preferred day and time is:

Sunday: _____

Monday: _____

Print Participant's Name: _____ **Age:** ____ **Gender:** ____ **Grade:** ____

Describe any allergies or medical condition of participant:

MAIL OR SEND THIS COMPLETED FORM NO LATER THAN MONDAY, FEB. 13 TO 'CalvarySundaySchool185@yahoo.com or Calvary UMC, 185 W. Madison Ave, Dumont NJ 07628. The fee of \$12 and 4 bottles of Gatorade (or similar) type drink must be brought to the event on Feb. 19. If paying by check, please make the check payable to "Calvary UMC" and put "Fun Without Food" on the memo line.

WHAT TO BRING TO THE “FUN WITHOUT FOOD” EVENT ON FEB. 19-20, ‘17

Sleeping bag & pillow (you are welcome to bring a cot or air mattress if you wish)
Jacket and clothes for sleeping and next day (please wear tennis shoes)
Toiletries – brushes, toothbrush, toothpaste
Flashlight and Bible (there are extras available if you need to borrow a Bible)
Water will be provided but you may wish to bring your own refillable bottle
4 bottles of Gatorade or a similar drink (we will have more available at the event)
(IPHONES will be boxed up at bedtime and use limited if needed during the event)

IN CASE OF EMERGENCY YOU CAN CONTACT

Calvary UMC Pastor Elaine Wing – cell: 201 317 5718
Youth Pastor Jiye Seo – cell: 201 208 0743

PREPARING FOR A 24 HOUR FAST

It is best to begin eating less “heavy” food and to increase your water intake the night before or the morning of the fast. Overeating before a fast is NOT helpful! In our experience, the most common reaction to fasting is a mild headache about five hours after beginning the fast. It is like a headache from a caffeine or sugar withdrawal. From that point forward, 95% of the participants don’t notice that they aren’t eating. We stay physically active and we drink a lot of fluid to maintain the fast without any side effects such as a headache.

HOW WE WILL END OUR FAST

We will end our fast together on Monday with a “World Hunger Meal” that illustrates the disproportionate amount of nutritious and protein-based foods versus less nutritious food often consumed by persons who are food insecure. (Eg, rice or pasta w/ little protein / veggies)

PARENTAL OR YOUTH LEADERSHIP INVOLVEMENT

We will need other adults to help in transportation to and from CUMAC and perhaps bowling. We would appreciate a couple of parents to help with the “World Hunger Meal”. And, we always want at least one other adult present throughout the 24 hours of the event. We suggest a 2 hour min. shift although 1-2 adults will need to sleepover!

Please!! Let Youth Pastor Jiye Seo know what day and window of time works best for you. We will confirm the schedule of additional volunteers by Feb. 13 at the very latest. Jiye’s email is: Calvary185SundaySchool@yahoo.com ☺ ☺ ☺

