



WHEN?

February 23rd-25th

TIMES?

8 pm Friday Night – 1 pm Sunday Afternoon (Fasting from 7am Saturday to 1 pm Sunday)

WHERE?

Mostly at Pine Ridge, but will be doing service projects off site during this time.

WHAT WILL WE BE DOING?

Experiencing a “taste” of what it means to be hungry, playing games, having tribe competitions to learn about world hunger, sleeping, making a visual to share with the congregation on Sunday, making t-shirts, drinking juice, worshipping and raising funds for World Vision!

WHAT DO I NEED TO BRING?

Your donations (done on line or collected in person), sleeping bag, pillow, toiletries (showers are available in Genesis House if you want), weather appropriate clothes, juice to share, water bottle and Bible.

WHAT IF I CANNOT BE PRESENT THE WHOLE TIME?

I would love for each person to be able to be with us the whole time, however I realize that there are other things going on in your lives. If you need to come and go, we can work around that. The important part is the fasting and raising funds.

THINGS TO KEEP IN MIND WHILE FASTING:

Drink juice (preferably non-acidic) to keep your blood sugar up.

Your energy level will not be what it normally is so just be expecting that.

Drink more water (before and during) than you usually would. Staying hydrated is very important. If you have concerns about fasting for 30 hours but want to participate, please talk to Jennifer to try to work something out.

QUESTIONS? Contact Jennifer Scheneman by email (youthministry@pineridge.org), church phone (816-741-5118 ext. 105), or cell (816-304-6604)