

**Schedule for the 2018 30 Hour Famine**  
**Tusculum Cumberland Presbyterian Church**

**Friday, February 23<sup>rd</sup>**

- 1:00 pm – Start the Famine wherever you are (that means don't eat any more).
- 6:00 pm – Arrival, Discussion of schedule, Report on pledges and other activities at TCPC.
- 10:00 pm – Go home and sleep. DON'T EAT!!!

**Saturday, February 24<sup>th</sup>**

- 8:45am – Meet in the youth room at TCPC.
- 9:00am – Full group project with Sacred Sparks Ministry.
- 1:15pm – Leave for smaller group service projects.
- 4:00pm – Meet back in youth room at TCPC.
- 4:30pm – Photo Op Game.
- 6:30pm – Communion in Sanctuary at TCPC.
- 7:00pm – Break the Fast!!! We will share a meal in the fellowship hall with supporters of the Famine.
- 8:00pm – Go home and sleep well for worship tomorrow morning.

\*This is a tentative schedule and may change slightly if necessary. If someone needs to reach Tyler during the Famine my cell phone number is: (615) 417-6967.

## Important Notes on the 30 Hour Famine:

- Students will need to ride in vehicles with responsible adult drivers during activities on Saturday.
- We will have a full group project working with Rev. Lisa Cook of Sacred Sparks ministry on Saturday morning. We will be helping a family who is currently homeless with their campsite. Please wear clothes and shoes that you don't mind getting dirty. Bring a change of clothes and we will have an opportunity to change after we're finished.
- Our smaller group service projects will be at Bethany Nursing Home, visiting Contributor vendors, hospital visits, and the Zoo.
- Students who are working at the Zoo will need parents to sign a volunteer release form. You will be outside, so please dress accordingly. You might want to bring a pair of gloves and a change of clothes in case you get dirty or stinky from working at the Zoo.
- This fast is a "juice and water" fast, meaning juice and water is all you should consume. Other beverages are fine, but juice and water are the best options. We will have a large supply available.
- The average healthy person is able to go without food for 30 hours without a problem. However, people with specific medical conditions such as diabetes, hypoglycemia, and eating disorders (anorexia, bulimia) should consult their physician before taking part. If you want to participate, but can't fast for 30 hours because of medical reasons please see Tyler.