

2009 Urban Plunge (w/ 30-Hour Famine)

West TN Presbytery Spring Retreat for Sr. High Youth & Adult Leaders

“Is It In You?”



“What good is it, my brothers and sisters, if you say you have faith but do not have works? Can faith save you? If a brother or sister is naked and lacks daily food, and one of you says to them, “Go in peace; keep warm and eat your fill,” and yet you do not supply their bodily needs, what is the good of that? So faith by itself, if it has no works, is dead.”

James 2:14-17 (NRSV)

February 20-22, 2009

Service Ministries in Mid-town Memphis

Service Over Self
2505 Poplar Avenue
Memphis, TN

Youth Participants: 14-20 years of age

Adult Participants: 21+ years of age

REGISTRATION PACKETS or QUESTIONS

Contact:

Aaron Ferry, YMPC Chairperson
(731) 412-7975
amferry815@gmail.com

***** REGISTRATION DEADLINE** is January 30, 2009 ***
Registration Fee and Forms **MUST BE** turned in by this date
Registration Fee is \$50 – all checks payable to *West TN Presbytery*

West Tennessee Presbytery
2009 Urban Plunge

Dear Youth Worker/Pastor:

In order to prepare in advance for the 2009 Urban Plunge on February 20-22, 2009, for Senior High Youth and the adults who work with the youth. Each church must submit copies of the required forms **FOR EACH YOUNG PERSON AND ADULT PARTICIPANT.**

Each youth leader/pastor will collect the forms for the 2009 Urban Plunge participants from their congregation and send all the completed forms to **Tammy Herrington** by **Friday, January 30, 2009.** It is **EXTREMELY IMPORTANT** that all fees and registration forms are turned in on this date. The YMPC will need this time to finalize service ministry projects and make arrangements for lodging and meals.

Each participant (youth and adult) in the 2008 Urban Plunge, must submit:

- Permission Slip (for youth participants only)
- Liability Release Form (for youth and adults)
- Medical Information and Consent Form (for youth and adults)
- Covenant Agreement (for youth and adults)
- Commitment Form (for youth and adults)
- Registration Fee is \$50 (make checks payable to ***West TN Presbytery***)

* Adults – please provide a copy of your vehicle insurance verification and drivers license if you are willing to be a driver during this event.

PLEASE be sure that properly completed forms for each adult and youth participant are submitted. Also notice that **several of the forms must be notarized.** If there are questions please contact a member of the West TN Youth Ministry Planning Council.

YMPC Members are:

Youth: Ambher Denbow, Mariel Groppe, Eric Turner, Paul Earheart-Brown, Ricky Kirby, Amber Glenn and Morgan Stone

Adults: Aaron Ferry, Benji Akridge, Linda Glenn, John Ramsay, Matt Tyler and Drew Hayes

**PLEASE MAIL ALL FORMS (REGISTRATION, LIABILITY, COMMITMENT)
AND REGISTRATION FEES TO:**

West TN Presbytery Camps & Retreats
Tammy Herrington
P.O. Box 118
Savannah, TN 38372

***** REGISTRATION DEADLINE is January 30, 2009 *****
Registration Fee and Forms MUST BE turned in by this date

West Tennessee Presbytery
2009 Urban Plunge

Dear Urban Plunge Participant,

The West Tennessee Presbytery YMPC is excited about the 2009 Urban Plunge and is working hard toward planning the event. If you have been to the Urban Plunge in the past, welcome back. If this is your first experience, we are glad that you are going to join us in this journey.

As you look through the pack of information you will notice that there are a lot of similarities as in the past Urban Plunges. However, this year we will be exploring and adding a new twist to our mission experience in Memphis, TN. As a part of the 2009 Urban Plunge we will also be adding in an aspect of the 30-Hour Famine. Some of your youth groups and churches may be familiar with the 30-Hour Famine and others may not. So let me take a few short moments to give you some information.

The 30-Hour Famine is exactly what it sounds like – no food for 30 hours. However, let me inform and encourage you that this is not as hard as it sounds. Also, we are well aware that there are those of you participants with health issues that cannot go without food, and we will be flexible and make arrangements accordingly. We will also have a drink bar where we will have water and different juices available throughout the first part of our Urban Plunge. So you will have a little something on your stomach.

The 30-Hour Famine experience is an opportunity for us as a community of faith to commit to fasting for 30 hours in order to see and experience how there are people each and every day who have to go without food. This is a chance to see what it might feel like to go to bed hungry as a teenager.

The 30-Hour Famine will begin on your own time beginning Friday, February 20 at 12:00 noon. We also know and understand that some of the youth will eat lunch at school after 12:00 noon and that is fine, we are not going to be that strict on the guidelines. The 30-Hour Famine will end on Saturday, February 21 at 6:00 p.m. where we will have a worship service, celebrate the Lord's Supper and then eat supper together at S.O.S.

If you have any questions concerning the Urban Plunge or the 30-Hour Famine portion of our event, please do not hesitate to contact one of the YMPC members. We are looking forward to spending this weekend together and the shared experiences we will have in serving the Memphis area.

Peace be with you,

Aaron Ferry, YMPC Chair

West Tennessee Presbytery
2009 Urban Plunge

YOUTH PARTICIPANT PERMISSION SLIP

TO WHOM IT MAY CONCERN:

_____ has my permission to participate in
(Name of Youth Participant)

the West Tennessee 2009 Urban Plunge on February 20-22, 2009 in Memphis, TN. This service experience will involve the participants in urban ministries in the inner city.

Ministry projects may include but not be limited to any of the following sites: child daycare facilities, outdoor settings, ex: parks and playgrounds, church facilities, urban schools, residential housing facilities for children with special needs, and hospitals. Participants in the 2009 Urban Plunge will be housed at the Service Over Self Retreat Center. 2505 Poplar Avenue, Memphis, TN. Transportation in Memphis will be provided by adult leadership authorized by the West Tennessee Board of Christian Education of the Cumberland Presbyterian Church.

(Signature of Parent or Guardian)

(Date)

(Signature of a Witness)

(Date)

West Tennessee Presbytery
2009 Urban Plunge

COVENANT AGREEMENT

Each Participant Must READ and SIGN This Covenant:

“I understand that the West Tennessee Presbytery Urban Plunge will require me to make personal sacrifices which I may not be accustomed. I will work and complete tasks to the best of my ability. I am aware that I will be asked to work hard, but I will try to serve others even though I may be tired and uncomfortable at times.

The West Tennessee Presbytery Urban Plunge is an alcohol-free and tobacco-free environment and experience. All participants will need to decide if they can covenant to refrain from use while at the Urban Plunge. If you use either of these substances, you will be asked to leave the event, as per regulations and guidelines established by the West Tennessee Presbytery Board of Christian Education.

I realize that living and working together as a group will require me to display Christian love and patience toward all members of the workgroup, both youth and adult leaders. I realize the importance of all members of the group following a schedule and the importance of following the guidance and instruction of the leaders. I am willing to comply with the requests of the leadership, and will abide by their instructions.

I further realize that I may be in ministry where the circumstances differ from those I am familiar with. I will treat all people in the community, and those whom we will serve with respect and dignity. I dedicate myself to this experience of Christian service as a representative of my church and presbytery.”

Participant’s Signature _____ Date _____

Name _____ Age _____

Church affiliation _____

Presbytery represented _____

Parent’s/Guardian’s Name _____

West Tennessee Presbytery
2009 Urban Plunge

YOUTH PARTICIPANT LIABILITY RELEASE FORM

On behalf of our daughter/son _____ (who is under 21 years of age) who will be a participant in the West Tennessee 2009 Urban Plunge, I (we) hereby release, forever discharge and agree to hold harmless individuals involved in the 2009 Urban Plunge, the West Tennessee Board of Christian Education of the Cumberland Presbyterian Church, and the Service Over Self organization from any and all liability, claims or demands for personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may be incurred by the undersigned and the child-participant that occur while said child is participating in the 2009 Urban Plunge.

Furthermore, I (we) on behalf of our (my) child-participant, hereby assume ass risk of personal injury, sickness, death, damage and expense as a result of participation in recreation and work activities involved therein. I (we) authorize and give permission to the West Tennessee Board of Christian Education to furnish any necessary transportation, food and lodging for this participant. We (I) are the parent(s) or legal guardian(s) of this participant, and hereby grant our (my) permission for this minor child to participate fully in the 2009 Urban Plunge including operating equipment (supervised by an adult leader), and working in the service sites selected by the participant.

Should it be necessary for the participant to return home due to medical reasons, disciplinary action or otherwise, we (I) hereby assume all transportation costs.

Type (or print) **Name of Youth Participant** _____

Print **Name of Parent(s) and Phone Numbers:** Father _____ Phone #'s _____

Mother _____ Phone #'s _____

Name of Legal Guardian (if not the parent) _____ Phone # _____

We (I) have read the foregoing and understand the rules of conduct for participants, and the responsibilities of parents and guardians and we (I) will abide by them.

Parent's (Legal Guardian's) Signature _____ Date _____

2009 Urban Plunge Participant: I have read the foregoing and understand the rule of conduct for participants and will abide by them as well as the directions of the leadership of the 2009 Urban Plunge.

Participant's Signature _____ Date _____

THIS FORM MUST BE NOTARIZED

State of _____ County of _____

Sworn and subscribed to before me the undersigned in and for the above county and state.

This the _____ day of _____, _____.

Notary Public

My Notary Commission Expires _____

West Tennessee Presbytery
2009 Urban Plunge

ADULT PARTICIPANT LIABILITY RELEASE FORM

I (full name) _____ will be a participant in the West Tennessee Presbytery 2009 Urban Plunge, and I hereby release, forever discharge and agree to hold harmless any individuals involved in the Urban Plunge, the Cumberland Presbyterian West Tennessee Presbytery Board of Christian education, and the "Service Over Self" organization from any and all liability, claims or demands for personal injury, sickness or death, as well as property damage and expenses, of any nature whatsoever which may occur while participating in this event.

Furthermore, I hereby assume all risk of personal injury, sickness, death, damage and expense as a result of participation in recreation and work activities involved therein. I authorize and give permission to the representatives of the West Tennessee Board of Christian Education to furnish any necessary transportation, food, and lodging.

I hereby grant permission to take me to a doctor or hospital and hereby authorize medical treatment, including but not in limitation to emergency surgery or medical treatment, and I will assume the responsibility of all medical bills, if any.

Print your full name: _____ Phone Numbers: _____

Hospital Insurance: _____ Yes _____ No

Insurance Company: _____

Health Insurance Policy Number _____

Primary Physician: _____ Phone Numbers: _____

Emergency Phone Numbers: _____

I have read the foregoing and understand the rules of conduct for participants and will abide by them as well as the directions of the leadership of the trip.

Participant's Signature _____ Date _____

THIS FORM MUST BE NOTARIZED

State of _____ County of _____

Sworn and subscribed to before me the undersigned in and for the above county and state.

This the _____ day of _____, _____.

Notary Public

My Notary Commission Expires _____

West Tennessee Presbytery
2009 Urban Plunge

MEDICAL INFORMATION AND CONSENT FORM

Participant's Name _____ Address _____
City _____ State _____ Zip _____ Telephone #'s _____
Parent's/Legal Guardian's Names _____
Telephone Numbers _____
If unable to reach parents/guardians, please call _____
Emergency Telephone Numbers _____
Participant's Blood Type: _____ Date of most recent tetanus shot or booster _____
Participant's Physician's Name and Phone Number _____
Participant's Date of Birth _____ List any current medical conditions _____

List all allergies or reactions you may have to the following:

Food: _____
Drugs: _____
Insects or natural elements (dust, animal dander, etc.) _____
List all medications this participant is taking during this event: _____

If you authorize leaders to administer over the counter medications (aspirin, ibuprofen, etc.) list them here:

(ALL MEDICATIONS TO BE TAKEN DURING THIS EVENT MUST BE CARRIED IN PRESCRIPTION CONTAINERS AND AN ADULT LEADER MUST BE INFORMED OF THE PLAN FOR DISTRIBUTION.)

Name of Insurance Company: _____
Policy Number _____ Insurance company phone # to call for treatment authorization _____
Name and Address of Physician to authorize insurance _____
Phone number _____

Medical Consent and Authorization:

It is the understanding of this group member and the parents (or guardians) of this youth participant that if a medical emergency should arise requiring medical care to be given immediately, the group member or youth participant's parents/guardians authorize that such medical treatment shall be given and consent is given to such treatment at a hospital or other health care facility, or initially by group leadership, if necessary. I (we) consent to any examinations, x-rays, anesthetic, medical treatment, and hospital care which is deemed advisable by a qualified physician or hospital. I (we) will assume all financial responsibility for fees incurred by such an emergency.

Parents (Guardians) Signatures _____
Telephone Numbers _____
Insurance Group Member _____ Date _____

THIS FORM MUST BE NOTARIZED

State of _____ County of _____

Sworn and subscribed to before me the undersigned in and for the above county and state.

This the _____ day of _____, _____.

Notary Public

My Notary Commission Expires _____

2009 URBAN PLUNGE ***Service Ministry Teams - Commitment Form***

Participant's Name: _____

URBAN PLUNGE MINISTRY TEAMS: If you are interested in serving in one of the Ministry Team areas below, please indicate by marking the space beside that team. There are brief descriptions about jobs and responsibilities for each team attached to the registration packet.

Recording Team (Go to each service site to take photos, conduct interviews, write stories, and make a CD to record the PLUNGE)

Coordination Service Team (Prepare all meals/snacks - shop, cook, and clean-up at SOS – and help plan leisure/free-time activities during the PLUNGE)

Transportation Service Team (Prepare for all transportation needs to service sites, coordinate work crew equipment needs, and organize travel to churches for worship during the PLUNGE)

Worship Ministry Team (Prepare for Worship & Bible study during the PLUNGE at SOS. Individuals will be working with Rev. Tiffany McClung in planning and leading these experiences)

Please select ONE (1) A.M. and ONE (1) P.M. service project from the lists below.

SATURDAY A.M. PROJECTS (8 a.m. – 12 noon): Please select one (1) a.m. project from this list below.

Union Mission (Serving meals to the homeless)

Family Shelter (Spend time with children and mothers who have experienced domestic abuse)

Manna House (Spend time with the homeless)

This group will be working with Dr. Pete Gathje serving coffee, playing games, and socializing with the locals who come in to visit. The group will also have time to debrief and discuss their experience there with Dr. Gathje. The Manna House is not normally open on Saturdays.

Memphis Zoo (Group will spend time helping staff clean and work in animals areas)

MIFA (Working with children and delivering meals to the homebound in mid-town Memphis)

SATURDAY P.M. PROJECTS (1 p.m. - 4 p.m.): Please select one (1) P.M. project from this list below.

Humane Society (Service – baths, walks, socializing animals at the Shelby county shelter)

Memphis Theological Seminary Campus & Residential clean-up (Yard work/clean-up projects at MTS – this is the denominational sponsored seminary)

Kings Daughters and Sons (Spend time with residents in a residential care facility)

Meritan (Working to separate and organize items for those families in need that they support)

Food Bank Backpack Program (Working to pack and organize the food backpacks for students)

2009 Urban Plunge

Service Ministry Teams

Detailed Information

As a part of the 2009 West TN Presbytery Urban Plunge, we are asking each participant to sign-up for a Service Ministry Team. These teams will be responsible for helping plan and take care of these areas over the Urban Plunge weekend. These teams will serve in various fashions; some will be more detailed and will actually be your gift of service over the Urban Plunge weekend. Here is a brief description below of the teams that will be at the Urban Plunge:

Worship Team: This team will be responsible for all of the spiritual elements of the Urban Plunge. This can be anything from morning prayers, prayers at meals, evening devotional, worship planning, music and drama in worship and scripture reading during worship.

Notice: The Worship Team will prepare for Bible studies and Worship experiences as their ministry during the PLUNGE at S.O.S.

Recording Team: This team will use pictures, video and words to produce a record of the Urban Plunge. We will plan to have individuals at each work site in order to take pictures of our service projects. Also, pictures will be taken from the beginning to the end of the event. These can be used for a slide show at the end of the event for everyone to see, but also can be used to be displayed at your local churches and even at the next meeting of Presbytery.

Notice: The Recording Team will serve the Urban Plunge by traveling to work sites in order to take pictures, conduct interviews and write stories as a part of their service during the PLUNGE.

Transportation Team: This team will be responsible for coordinating all of the transportation details and plans to and from the service sites on Saturday. They will need to make sure that all forms that are needed are accompanied with the group, make sure they have the maps and phone numbers they need, and make sure they have the proper equipment and tools needed at each site.

Notice: The Transportation Team will serve the Urban Plunge by preparing for all transportation needs to service sites, coordinate work crew equipment needs, and organize travel to churches for worship during the PLUNGE.

Coordination Service Team: This team will be responsible for planning the meal preparation duties, set-up and clean-up responsibilities and responsible for all of the meals and sharing that info with the participants at the Urban Plunge. This team will also help with leisure and free-time activities over the weekend at the Urban Plunge. There is a game room at S.O.S. with ping-pong and pool tables. They may also plan to play card games or have a talent show or maybe a movie and pop corn.

Notice: The Coordination Service Team will serve the Urban Plunge by preparing all meals/snacks - shop, cook, and clean-up at S.O.S. during the PLUNGE.