



FAST EXEMPTIONS

EXCEPTION CLAUSE FOR ANNUAL CHURCH FAST

IN RECOGNITION OF THE DIVERSE HEALTH NEEDS OF OUR CONGREGATION, THE FOLLOWING EXCEPTIONS ARE MADE TO OUR ANNUAL FAST:

INDIVIDUALS UNDER DOCTOR'S CARE: ANY INDIVIDUAL CURRENTLY UNDER THE CARE OF A PHYSICIAN FOR ANY MEDICAL CONDITION IS EXEMPT FROM THE FAST. THIS INCLUDES BUT IS NOT LIMITED TO, CHRONIC ILLNESSES, PREGNANCY, POST-OPERATIVE RECOVERY, AND ANY CONDITION REQUIRING REGULAR MEDICATION OR MEDICAL ATTENTION.

INDIVIDUALS WITH NUTRITIONAL OR DIETARY RESTRICTIONS: THOSE WITH SPECIFIC NUTRITIONAL NEEDS, INCLUDING FOOD ALLERGIES (SUCH AS NUT ALLERGIES), DIETARY RESTRICTIONS DUE TO MEDICAL CONDITIONS (LIKE DIABETES OR CELIAC DISEASE), OR ANY OTHER MEDICALLY NECESSARY DIETARY REQUIREMENTS ARE EXEMPT FROM THE FAST.

CONSULTATION WITH HEALTH PROFESSIONALS: IT IS HIGHLY ENCOURAGED THAT ANYONE WITH HEALTH CONCERNS CONSULT THEIR DOCTOR OR A HEALTHCARE PROFESSIONAL BEFORE PARTICIPATING IN THE FAST. THE WELL-BEING OF OUR CONGREGATION MEMBERS IS OF UTMOST IMPORTANCE.

ALTERNATIVE OBSERVANCES: WE ENCOURAGE THOSE WHO ARE EXEMPT FROM FASTING TO CONSIDER ALTERNATIVE FORMS OF SPIRITUAL OBSERVANCE. THIS MAY INCLUDE INCREASED PRAYER, MEDITATION, SCRIPTURE STUDY, OR ACTS OF SERVICE, IN ALIGNMENT WITH THEIR HEALTH AND CAPABILITIES.