

# Plymouth Women Adventure Groups

*...adventures for the mind, body and spirit!*

2008-2009 Sign Up:

Name \_\_\_\_\_

Phone \_\_\_\_\_

Email address \_\_\_\_\_

I would like to participate in an Adventure Group capable of:

- A high level of physical activity (e.g. biking, running, climbing)
- A moderate level of physical activity (e.g. walking, hiking)
- A low level of physical activity (e.g. do not prefer physical activity)

I would be interested in participating in a few adventures that might require out of pocket expenses of:

- ~\$50.00
- ~\$20.00
- Free or a nominal cost

## *Covenant Commitment*

*By participating in Plymouth Women Adventure Groups, I am giving my commitment to joyful and enthusiastic participation in my group's adventures throughout the upcoming year in our quest for improvement of mind, body and spirit. I am participating at my own risk, knowing that there is a high probability that I will develop a deeper, more meaningful relationship with God, with other Plymouth women, as well as nurture and enrich myself and my community.*

Signature \_\_\_\_\_ Date \_\_\_\_\_

Please return sheet to the Church Office (Attn: Plymouth Women) or mail it to Laura Higgins, 667 59<sup>th</sup> St. Des Moines IA, 50312 by September 19, 2008.