**“I CAN DO ALL THINGS THROUGH CHRIST”   
YOUTH ESSAY CONTEST - 2023**

Rules & Requirements - Mormon Heritage Association Inc (MHA)

Essay contest prize is **one seat** on MHA’s **MISSOURI to NAUVOO to WINTER QUARTERS tour M109** **traveling July 8, 2023 through July 14, 2023!** The rules and requirements for this contest are outlined below. Read the content thoroughly then sign and date where indicated at the end of this form. Contestants must be **age 14 thru 19** **years** as of July 8, 2023 and a resident of the United States.

ENTRY DATES, DEADLINES, WINNER NOTIFICATION, PRIZE ACCEPTANCE: Contest **opens February 10, 2023 and closes at 11:59pm, Mountain Daylight Time, March 10, 2023**. Entries must be submitted via email or mail; mail must be postmarked by 11:59pm, Mountain Daylight Time, March 10, 2023. MHA cannot be responsible for lost or misdirected entries. Each winner’s first and last names will be **announced on or before March 31, 2023** via MHA’s website blog and Facebook page. Each winner will receive, by mail, an official prize acceptance form and must **return the fully completed**, signed and notarized prize acceptance form to MHA either in person or by mail on or before **April 20, 2023 or forfeit** prize.

ESSAY INSTRUCTIONS: Prepare and submit an essay on the subject:

**Ponder the 2023 Youth Theme, Philippians 4:13 “I can do all things through Christ which strengtheneth me” – Giving examples of noble & courageous Saints from Church History (1830-1857 timeframe), describe how you can draw strength to valiantly endure today’s trials.**

Essay content must be the contestant’s own work and may include short quotations (quotations not to exceed 20% of total word count); the essay body must be a **minimum** **of** **1200 words and not exceed 2500 words**. Essay must include **footnotes or citations** of quotations and materials used (these are not to be included in total word count). **Winners will be determined based on** the quality of the essay submission (content, originality, grammar, spelling, punctuation, etc) and how well the essay addresses the essay subject. The essay must be the work of the contestant; however, proofreading by and seeking advice from others is allowed (and highly encouraged).

PRIZE SELECTION: A committee of judges will be made up of MHA staff and long-time supporters, as selected by MHA president. All decisions of the judging committee are final.

PRIZES: MHA expects to award 4 prizes. Each prize is **one seat** on MHA’s **MISSOURI to NAUVOO to WINTER QUARTERS tour M109** **traveling July 8, 2023 through July 14, 2023!** Prize winner will fly with the group from SLC and back to SLC using airline tickets provided by MHA – or (if more logical) may fly from winner’s own city (within the United States) with airline tickets to be provided by MHA. Arrival airport is Kansas City (MCI) and returning airport is Omaha (OMA). Group will travel with knowledgeable MHA tour guides and responsible adult chaperones, by bus, visiting and learning about LDS historical sites in Missouri (Independence, Richmond, Liberty, Far West, Adam-ondi-Ahman (+Hannibal), Illinois (Quincy, Warsaw, Nauvoo, Carthage), and the Mormon Trail in Iowa (Garden Grove, Mt Pisgah, Kanesville, Winter Quarters). **Included in tour prize package:** all meals during the tour (except any at airports), lodging (contestant must be willing to be assigned to share hotel rooms with another contest winner or other compatible tour member of the same gender – separate beds provided), airfare with the main group from Salt Lake City OR from other city in the United States (booked by MHA), written tour materials, and expert MHA hosting/chaperone/guide services. **Not included:** any transportation expenses required to join the tour at the Salt Lake City airport (or other airport), any checked baggage fees, any airport meals, souvenirs, personal items, and bus driver tip ($30 driver tip to be given to chaperone at commencement of tour).

ADDITIONAL TRAVELERS: Prize winners may invite others to join them on the tour at current tour prices; prize winners may opt to room with such person(s) if space remains available.

PRIZE VALUE: Prize value is determined by actual rooming occupancy during the tour. It is expected that each prize winner will share a room with another prize winner or tour member of the same gender. As outlined above, rooming may be assigned by MHA or winner may choose to room with another person or persons whom the winner knows. For tax purposes: If winner shares hotel rooms with one other person, prize is valued at $1825. If sharing hotel rooms with 2 other people, prize is valued at $1735. If sharing hotel rooms with 3 other people, prize is valued at $1675. If winner rooms alone, prize is valued at $2195.

ELIGIBILITY & RESTRICTIONS: Contestants must be **age 14 thru 19** **years** by tour departure (**by July 8, 2023**) and a resident of the United States. No purchase necessary to enter contest. Only one prize per contestant will be awarded. Family members of employees and MHA tour guides are eligible to participate and contest entries will be under the same scrutiny.

**ENTRY SUBMISSION: All contestants must submit -**

1. “I Can Do All Things Through Christ” Youth Essay Contest – 2023 form (**this form**), signed & completed, **and**
2. Essay, per instructions, herein.

Form and essay to be submitted as a **pdf or Word** **attachment** to [info@mormonheritage.com](mailto:info@mormonheritage.com) or by mail or hand delivery to: Mormon Heritage Association, 2367 W Goldenpointe Way, West Jordan, Utah 84088.

TRANSFERABILITY OF PRIZE: Prize of a seat on the designated tour, as outlined herein, is non-transferable. If winner is unable to attend this tour, winner forfeits the prize. No prize substitutions, assignments, transfers, or cash equivalents will be awarded. MHA reserves the right to change tour prize date, if absolutely necessary.

RIGHTS OF USE: By entering the contest, you give MHA permission to use your name and essay (or any portions thereof) in any promotional or marketing materials. Prize winners who accept the prize give consent to MHA to use their name and likeness in any promotional or marketing materials.

ODDS OF WINNING, NUMBER OF PARTICIPANTS: MHA estimates the number of participants to be 30 contestants. If such is the case, odds of winning: 4/30.

PARTICIPATION: By participating, all entrants acknowledge and agree that they have entered the contest of their own free will, that the full rules and details of the contest have been made available to them in writing and they therefore understand and agree that MHA, its agents, affiliates, representatives, or employees do not have any liability with respect to any loss or damages arising out of acceptance and use of a prize. By entering this contest, participants agree to be bound by these rules. To enter, participant must have the signed consent of **at least one parent or legal guardian** (see below).

**I confirm that I have read and thoroughly understand the Rules and Requirements of this contest and agree to abide by them as stated, herein.**

**Contestant Signature** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_\_\_\_\_

Name of contestant   
(print clearly)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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City: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ State: \_\_\_\_\_\_\_\_\_ Zip Code: \_\_\_\_\_\_\_\_\_

Phone: (Home)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (Cell)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Email: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Birth date: (alpha month)\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ (date) \_\_\_\_\_ (year) \_\_\_\_\_

**Parental/Guardian Permission to Enter Contest:**

I hereby consent to my son/daughter/ward entering the MHA Essay Contest as outlined herein and agree to the terms. *At least ONE parent or legal guardian MUST sign.*

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Parent #1 Signature Parent/Guardian #2 Signature