



# October 8 Interfaith Fast Day for Peace: Action Guide

## Join Thousands of Faithful Activists!

On October 8, 2007, thousands of people all across the United States and Canada will be fasting in the name of peace and justice. Following the prophetic examples of Dorothy Day, Mahatma Gandhi and Cesar Chavez, we will put our bodies and wills on the line for a non-violent end to conflict.

### How To Prepare:

- Download the fasting guide from [www.uua.org/socialjustice](http://www.uua.org/socialjustice)
- Write letters to the editor of your local newspapers telling them about your fast for peace and justice.
- Reflect on the use of fasting as a spiritual and political practice
- Explain to friends, family and co-workers why you are fasting.
- Find local events at [www.interfaithfast.org](http://www.interfaithfast.org)

### Did You Know:

Fasting is a technique used in prayer or protest? It is performed by refusing your body of food, nutrients or material objects.

### The Day of the Fast

- Awake before dawn and enjoy a light meal in preparation for your fast
- Reflect on your action and the spiritual connection to other fasters.
- Reflect on your daily consumption of resources.
- Attend vigils and demonstrations found at [www.interfaithfast.org](http://www.interfaithfast.org)
- Journal/liveblog your experiences on fasting, noting your physical and spiritual effects.
- Write to your Members of Congress explaining that you are fasting for peace and justice.
- Break your fast at sundown with fellow activists, family and friends.

### Post-Fast

- Write to your local newspapers about your reflections while fasting.
- Send your reflections to the Washington Office for Advocacy.
- Stay connected with your fellow activists you met while fasting.
- Continue to reduce your daily consumption of resources.
- Continue writing to your members of Congress—Your letters count!

### Did You Know:

Nearly every religion on Earth has a story about a spiritual leader fasting?



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