



Fast for Peace

One Day Each Week for the Duration of the War

Why?

- ✓ **To Remember:** With the war going on half way around the world, it is easy to go about our lives as usual. However, life is anything **but** usual for the Iraqi people, our troops and their families. Fasting from food and other consumer products, including the media one day a week can help us resist the tendency to forget. It can help us get in touch with the struggles we all face.
- ✓ **Solidarity:** Fasting one day each week helps us connect with the Iraqi people, our troops and their families. War has interrupted food supplies to our Iraqi brothers and sisters. Now more of them face illness and starvation. Our troops are risking their lives despite opposition from the international community and many U.S. citizens. They have left behind loved ones in the U.S., who are deeply concerned for their safety.
- ✓ **Uproot the Roots of War:** Sadaam Hussein might not have become such a cruel dictator, and the U.S. might not have become so concerned about him if he did not control one of the largest and most coveted oil reserves on earth. Do your part to reduce our collective need for oil. Fast from shopping and driving. Walk or bicycle instead. Fast from TV, radio and other media. They ignite our desire to consume. Reducing our consumption one day each week can show us how little we truly need, and can awaken us to a new kind of security based on sharing, simplicity and care for others' needs.
- ✓ **Many Other Reasons:** Set your own intention. Write it down or tell a friend.

How?

- ✓ **Fasting From Food:** Choose a time when you are not at work and do not have to engage in physical or mental effort. This is a time to relax. Fasting brings on a physical, mental and spiritual cleansing. Drink plenty of fluids. However, if you drink only water, you may cleanse too fast and fall ill. This is not the point of the fast. Buffer the cleansing process by drinking fruit or vegetable juice, vegetable broth or herbal tea a few times a day.
- ✓ **Returning To Eating:** It is important to take as much time as you spent fasting to return to regular eating. You could fall ill otherwise. Start with a light meal of fruit. Add vegetables, grains and beans to the next meal. Finally add dairy, eggs and meat to the third meal.
- ✓ **Who Can Fast From Food:** Only healthy adults should fast. Interested children can skip a meal to see how fasting feels. Pregnant or breast-feeding women should not fast. Anyone with a medical condition should discuss fasting with his or her health practitioner before proceeding.
- ✓ **Fasting From Consumer Products, Including the Media:** Plan ahead and shop for anything you need the day before the fast. Place a pretty cloth over the TV, radio or computer as a reminder of the fast. Ask for support from friends and family.
- ✓ **Share the Experience:** Fasting can be a profound experience. Share your experience with family and friends. Encourage them to try it themselves.

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