A Call to Fast For Peace!

The Tradition of Fasting

- Moses fasted before receiving the Ten Commandments.
- Jesus fasted 40 days in the desert before his public ministry.

Traditionally, fasting deals with the kind and amount of food or liquid allowed, the duration of the fast, the surroundings (personal or communal), and the motivation. In a culture of affluence, there is a reluctance to fast because it is difficult, unpopular and an experience of our limitations.

We have come to understand that we can fast from many things. Fasting becomes more powerful when it is connected to an injustice. For example, Tanzania (as well as most of Africa) has a problem getting clean water. Fast from bottled water and send the money to the Diocesan Water for Life project. Or, human trafficking is about slavery. Give up some of your free choices and take action against human trafficking in the time created.

Fasting:

- stills our inner voice
- allows us to listen to and in the silence
- find order in our lives
- find what is worthwhile and lasting
- way to deepen our relationship with God
- find meaning in a higher source of nourishment
- find an inner freedom

Let us unite our prayer as church. Fast on the Fridays of these forty days for peace. Invite all your friends to join you. Fasting is part of spiritual practice in many traditions.

Fasting can be part of personal preparation for action. It clarifies intent and focuses one's attention, stems from the recognition of the dignity of each person, and is a result of human choice. Fasting is an essential element of the action itself in that it connects personal behavior and political responsibility. **It is about individual commitment that draws attention to the cause. This is a universal practice that is part of spiritual discipline with prayer and almsgiving.**

Questions for reflection about the practice:

- Does it move toward integration of body and soul?
- Does it acknowledge concern for lives and needs of others?
- Does our fasting reach into the spiritual dimension and enhance our awareness of God? Of the plight of others in God's creation?
- How can I fast in order to make a difference?

Commit yourself to fasting during the Fridays from August 25 to October 4 for peace.