



Ramadan - Praying for Gaza - Jerusalem (2024) by Rawan Anani  
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# SOLIDARITY

# DAY OF FASTING

For Christians and Muslims, this is a period of fasting. Christians are completing their Lenten fasts in preparation for Easter Sunday. For many Muslims, Ramadan is a time to hold a tender heart and to spread love. A time to connect with our humanity and to bring us closer to people who are less fortunate.

We invite Friends to join us in a day of fasting<sup>1</sup> in solidarity with Gaza, **on April 8<sup>th</sup>**. Together we will bear witness to the starvation that is being inflicted on the people of Gaza. We hope the experience will connect us to the Light and Power that take away the occasion of war.

**Please share this activity with your meeting.**

Quakers for Peace in  
Palestine and Israel      Questions, send email to: [Quakersforpeace@gmail.com](mailto:Quakersforpeace@gmail.com)

<sup>1</sup> Medical conditions should be considered when making the decision to fast.  
Consult your health care provider.

**JOIN US IN  
FASTING SUNRISE  
TO SUNSET  
APRIL 8<sup>th</sup> 2024**

**12:00-1PM \***  
**Contact Congress**  
Ask for a Ceasefire and  
access to all  
Humanitarian Aid in  
Gaza

**Sunrise-Sunset \***  
**Reflection on**  
**Queries**  
[Link to Queries](#)

**6PM-7PM EST**  
**Virtual Worship**  
**Sharing**

Request Zoom Link via email:  
[Quakersforpeace@gmail.com](mailto:Quakersforpeace@gmail.com)

**\* Self-led**

**Sacrifice for Peace,  
Witness to the  
Suffering,  
Expression of  
Solidarity**