

How You Can Be Part of Fast for PA's Vulnerable

Fasting has great spiritual power -- we interrupt our normal life, deprive ourselves of our usual sustenance, and bring our consciousness closer to God. Moses, Jesus, Gandhi, and Martin Luther King, Jr.

Fast for PA's Vulnerable will fast until the moral force that gathers opens the hearts of our elected officials and they approve a 2011-2012 state budget which protects the vulnerable, including women in need, children, the sick, and the homeless. We ask all people of good will to participate in the fast and bear witness to the basic human rights to health care, food, shelter and a just and compassionate safety net.

There are many options for participating in the Fast for PA's Vulnerable:

- Beginning on Monday, May 23, Join us for prayer in the in the East Wing Rotunda of the state Capitol in Harrisburg from noon-1 p.m. each day the General Assembly is in session.
- Fast for a day (or days) **within your own community or city** and



gather at the noon hour in a central location that gives attention to this moral crisis.

- Commit to fasting during one day or a number of days **within your place of worship, home or business setting** and set aside a minimum of 20-30 minutes to make 5 phone calls or send 5 e-mails to our state legislators calling for a budget outcome that houses the homeless, provides health care to adults and children, feeds the hungry and addresses priority needs in our communities.
- **Fast for at least one meal** or give up something in your diet each day.

(Material adapted from a publication of the Church Council of Greater Seattle, Wash.)