Fast For A World Harvest

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November 20th is the biggest day of the year for Oxfam America with people all over America fasting and or contributing for Oxfam's beautiful work all over the world.
If you haven't contributed to Oxfam in a while, please do so on this day. You can send checks to Oxfam America 115 Broadway Boston Ma 02116 Please let us know of the amount you send whenever you contribute so we can see whether this newsletter(monthly) is worth it.(You do not have to send your name if you so wish.)

We thank you who have been giving to Oxfam and you who have been helping with the monthly costs of putting out this newsletter. October's total amount of donations came to $115.

Why fast?

Oxfam America's Fast for a World Harvest provides a symbolic way to participate in the struggles of the poor and hungry in many parts of the world. A fast involves taking little or no food or drink or giving up certain foods over a period of time. You can fast for a meal or a day, eat a simple meal of rice and water, or not eat junk foods or meat. However you define it, fasting can often bring an acute awareness of those millions of people in the world who live with so little. You can use the experience to learn more about the lives of people in the Third World, and we will use the money you raise to support self-help projects which are making a real difference in thousands of those lives.

A Short History of Fasting
Fasting has deep roots in spiritual practice and political action. Saints in many religious traditions such as the Christian Desert Fathers, Buddhist monks, Hindu yogis, and the early Quakers practiced fasting. In ancient Greece, the priestess at the Delphic oracle received inspiration through fasting. In Islam, Mohammed ordained the 30-day fast period of Ramadan, when no food or drink may be taken until sundown. For the Jews, Yom Kippur marks a solemn day of fasting from sundown to sundown. Native Americans such as the Cherokees and Choctaws fasted before their harvest festivals. Fasting has also been a powerful political tool to focus on injustice. Political hunger strikes were used by Mahatma Gandhi in India, suffragettes in Great Britain, Cesar Chavez in the United States, and peasant leader Danilo Dolci in Sicily.

Thanksgiving
The Fast for a World Harvest is held on the Thursday before Thanksgiving, a time when Americans traditionally share their abundance with their families, friends, or communities. Anyone from the United States who has visited a developing country is struck by the contrast between the relative wealth of many Americans and the tremendous obstacles facing Third World people in their struggles to meet basic needs for water, food, shelter, clothing, or health. By sharing your contributions of money, time, or talent for the Fast, we think you will grow in self-esteem as someone actively working toward a decent life for all people. As

N O V E M B E R 2 0

Charles Haynes of the Hunger Task Force of Randolph-Macon College, Ashland, VA, writes: "The Fast has brought about a greater awareness of those who suffer daily, and it is a symbol of the hope that our efforts can make a difference."

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WHEN TO FAST

Mohandas Karamchand Gandhi

With apologies to my medical friends, but out of the fullness of my own experience and that of fellow-cranks, I say without hesitation:

1. if you are constipated
2. if you are anemic
3. if you are feverish
4. if you have indigestion
5. if you have a headache
6. if you are rheumatic
7. if you are gouty
8. if you are fretting and foaming
9. if you are depressed
10. if you are overjoyed

and you will avoid medical prescriptions and patent medicines.

Eat only when your are hungry and when you have labored for your food.

Artists for Oxfam
c/o Sharada Mahoney
75 Orchard Ave.
Providence, RI 02906

Dear Ms. Mahoney & Friends:

A special note of thanks to you for being among our most faithful donors—

We are indeed grateful for your genuine interest in Oxfam America, and for your continued generous support.

It is through such interest and support that we can continue to provide our partners overseas true developmental aid, in hopes of bettering the world for so many in need of livelihoods with peace and dignity.

That is our vision, and we're so glad that you share it.

Yours sincerely,

John C. Hammock
Executive Director

P. S. Oxfam America has just committed $15,000 for emergency medical supplies for the earthquake victims in El Salvador. More funds are urgently needed to aid the more than 40,000 people affected. Any assistance that you or others in your community can give is vitally important.