



- WHO'S IT FOR?
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- WHY IT'LL WORK



Everyday People are the people, who — on their own — don't have much power. They don't have a lot of money. They're often the ones left out or directly harmed by white supremacist systems of power and capital.

What do Everyday People have?

- **Imagination**
- **Each other**
- **The ability to organize**
- **Numbers (there's a lot more of us than them)**
- **Willpower**
- **Hope**
- **Little left to lose**

Who's it for?



What's it mean?

Most people understand a fast as a religious practice that involves a denial of food and/or water (or some luxury like chocolate during Lent) to achieve spiritual enlightenment, self-discipline, or connection to the divine or another's experience.

To that, we say, "Yes," but there's more to it.



What's it mean?

People with limited power have also used fasts as a way to fight back against and draw attention to oppressive systems. Examples of this include:

- Incarcerated people going on hunger strikes to protest conditions and/or treatment
- Suffragettes hunger striking for the right to vote
- Kidnapped and enslaved Africans refusing food and/or water during the Middle Passage.
- ICE detainees refusing food to protest forced labor



What's it mean?

For us, the Friday Fasts flow from all this and more by also functioning as an economic boycott. Rather than boycotting a specific company or country, however, we are boycotting/fasting from the entire capitalistic system that leverages white supremacy against non-white and poor people and the earth to maintain itself.

We recognize that this economic system has harmed us and that through it we harm others. On Fridays, we will fast from participating in that harm.



A Friday Fast from economic participation looks like:

Not buying/paying for anything.

- **not groceries**
- **not restaurant food (in person or take out)**
- **not earrings**
- **not fuel for your vehicle**
- **not a tattoo**
- **not leggings**
- **not a ticket to a concert**
- **not a coffee**
- **not entrance to the pool**
- **not a library fine**
- **not a bus ticket**
- **etc.**

What's it look like?



What's it look like?

But Fasting Fridays isn't just about what we won't do. It's about what we will do, too.

We'll help each other. During the Montgomery Bus Boycott, people gave rides to one another, shared meals, loaned one another money for taxis, and otherwise pitched in to ease the burden of the boycott.

We can do the same. Do you usually Uber to work on Fridays? Ask a friend for a ride or buy a bus pass the day before. Out of toilet paper? Holler. When someone else has a need, help out. Instead of relying on money to meet our needs on Fridays, we'll lean on each other.



Many things, things we can't imagine yet, but also:

1. It will put those in power on notice. Notice of what?

That we are getting our act together.

2. It will get us in shape. We don't know how long this will take, but this effort will build muscle and stamina for whatever lies ahead.

3. It will deepen our interdependence. We have lost track of who and what we actually need, of who and what actually sustains us. It will remind us: We can't eat money.

What'll it do?



What's the goal?



No more white supremacists in power anywhere on this land.

We'll know we're making progress when we see movement from the federal government on these ten benchmarks (and others like them):

What's the goal?

- **Bring Back DEI**
- **End Attacks on Education and Learners**
- **Enact Economic Justice**
- **Hands off Immigrants**
- **Guaranteed Trans Health & Safety**
- **Guaranteed Palestinian Safety, Right to Return, & Aid**
- **Hands off Disabled People**
- **Guaranteed Reproductive Rights**
- **Dramatically Reduced Policing and Incarceration**
- **Protect the Planet**



Research shows that governments either submit to demands or fail when 3.5% of a population is engaged in a sustained, organized, and non-violent action. In other words, this fast will work—if enough Everyday People join us.

Why it'll work

