What is THINKfast?
THINKfast is an interactive learning experience designed for you and can be found on our website, https://www.devp.org/thinkfast. You can choose from a collection of articles and readings that will help you and your group experience the challenges of poverty and injustice in concrete ways. By participating in this 25-hour educational and fundraising fast, you will not only bring awareness to the reality of poverty and injustice but also take action to help end it. THINKfast is a movement of committed people who are part of a worldwide movement seeking justice and fairness for all, for the sake of our common home.

Local action, global impact
People in the North and South are increasingly interconnected so we encourage our members and supporters to live out what they believe in and bring about social change where they are. THINKfast is an opportunity to create change and make a difference in both the North and South. We support you in organizing the event and building community! Mobilize the masses and make the most of your THINKfast!

THINKfast has become an integral tool for many faith leaders, educators, youth ministers and university groups for hands-on learning and to focus on overcoming the problems faced by those who are most affected.

When you support Development and Peace, you are participating in the response of the Catholic Church in Canada to the needs of those living in poverty in the Global South. Created by Canada’s Catholic bishops in 1969, Development and Peace is a lay organization that fulfills its mission of solidarity in two ways: by educating Canadians about the causes of poverty and underdevelopment in countries of the Global South, and by supporting the initiatives of local partner organizations to bring about peace and justice – for the long term.

With every action we take, from refusing to purchase bottled water to talking about important issues with our local Member of Parliament, we are actively changing the way Canadians live and consume. We encourage our members and supporters to live out their values and their faith, not just through charitable giving, but also through a genuine partnership with the oppressed.

By participating in this 25-hour educational and fundraising fast, you can make a difference! People in the North and South are increasingly interconnected, so we encourage our members and supporters to live out what they believe in and bring about social change where they are.

THINKfast was created to help you clearly see your role as a global citizen and understand that we are all connected and that the challenges we face are global challenges.

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**Why a Fast?**

A fast is when you abstain from food for a short amount of time. A powerful spiritual practice used by many world religions, fasting calls us to make small sacrifices which help us reflect on the riches that surround us in our culture of abundance. It can also remind us to be grateful for the many blessings in our lives that often go unnoticed.

Fasting is not a new concept! Some of the greatest social activists throughout history have fasted to raise awareness about issues of injustice and to demonstrate their commitment to a cause. Fasting is a way to join in solidarity with those who are hungry, poor, or oppressed.

**JESUS**

For forty days and nights, Jesus fasted in the Judean desert as a test of his faith.

**MAHATMA GANDHI**

Gandhi fasted on numerous occasions as a political device to protest British Colonial rule of India through non-violent means.

**NELSON MANDELA**

Sentenced to life imprisonment for his anti-Apartheid activism in South Africa, Mandela took part in hunger strikes alongside fellow prisoners to protest against and improve prison life conditions.

**POPE FRANCIS**

The Pope called for a global day of fasting and prayer for peace in Syria, the entire Middle East region, and the world. Among other religious and non-religious leaders from many faiths, Pope Francis called for a day of fasting and prayer for peace in Syria.

**THINKFast**

The very first THINKfast was held, starting a tradition of young people across Canada learning about social justice and raising funds for Development and peace.

**CHIEF THERESA SPENCE**

Attawapiskat First Nation Chief Theresa Spence committed to a six-week hunger strike to bring public attention to the issues faced by First Nations peoples in Canada, to support the Idle No More indigenous rights movement, and to highlight concerns about Bill C-45.

**YOU!**

But shouldn’t we ask why the man has no fish?

Are you ready to make a difference?