

Fast for Gaza

Our collective Fast for Gaza ended on Monday 14th when fasters and supporters marched from Parliament to the Foreign Office to deliver a letter of protest with a specific demand that UNRWA is allowed to resume aid delivery and the Gaza Humanitarian Foundation is dismantled.

We have received overwhelmingly positive feedback about the public fast from those participating, from supporters and from interaction with members of the public.

Fasters emphasised how important the Fast was in renewing their energy, their commitment and their feeling of solidarity with others.

Comments included:-

- We were a group comprising Jewish, Muslim, Hindu and secular Christian members with compassion as the common thread.
- It has strengthened my will to continue to protest, instead of caving in to despair.
- Good to do something, however small, and spend the day with such interesting people.
- A moment amongst the horror to feel the warmth and comradeship of our group. And it was truly an honour and privilege to spend the day with you
- Let us fight for Gaza as we have never fought before

Feedback from the public was ninety percent positive with the majority of the ten percent making hostile comments but walking quickly on and just a few stopping and being confrontational. Jane Hughes had provided a scroll with names of Gazans killed in a single day and most people commented on how useful it had been in engaging passers by. Many people asked questions, expressed outrage and asked for our handouts

- “It was really good to have the scroll of names of all the people killed in Gaza on July 2nd. A number of people noticed it independently and we were also able to point it out to others.
- “Many many people were struck by Jane's brilliant scroll, rolled out along the pavement. Eyes were caught, pace slowed, a chance to offer a leaflet, a description, a discussion”
- A very large number of people stopped to thank us for our action, saying how much they appreciated what we were doing
- The other pleasing feedback came from the frequent ‘crocodiles’ of schoolchildren who would invariably, on seeing us, start shouting en masse: “Free Palestine! “

We had twelve MP's visit – mainly Labour or Independent with one Lib Dem – and two members of the House of Lords

We can never tell what impact an action such as this actually has when we are up against such entrenched power but it really did become significant through the experience of doing of it.

Our twin aims were to enhance solidarity and raise public awareness and also to show the people of Gaza just how much solidarity there is with them here and that we will keep on fighting for them. A ten hour fast is mainly symbolic and does not even bring us close to experiencing the hunger that all in Gaza are enduring, let alone the fact that we were drinking clean water which is in desperately short supply in Gaza. We have recently heard about the atrocities committed against those queuing for drinking water. But our colleagues and friends in Gaza constantly tell us how much actions such as this mean to them. We will make sure they receive the many messages address to them from the Fast

One outcome of our London action is that a similar but shorter fast will take place in Glasgow between 4th and 8th August. If you live in Scotland and would like to participate, please contact Amanda at adlerka7@gmail.com

This model lends itself well to more local actions and if you would like to organise one, we'd be happy to support you. Please keep looking at our website which is still being updated with photos and videos.

And please do write to your MP drawing attention to the fast to and the letter to David Lammy

THANK YOU!