

An American Union Is Built on Nonviolence

Mohandas Gandhi was a founding father who led a nonviolent revolution. He used national days of fasting to unite diverse people across his country.



It is our duty to strengthen by our fasting those who hold the same ideals, but are likely to weaken under pressure.

- **Gandhi**

America can use the same technique. The fast for peace is any 24 hours with no food, only water, that is mostly on the 15th of the month. Gandhi recommended a dinner-to-dinner fast.

Our self-sacrifice is a fast of moral pressure, a shared experience to remind Americans of our duties to each other. On social media, it is promoted in simple lowercase letters, #fastforpeace

If you're not sure if just drinking water for 24 hours is safe for you, check with your doctor. Anyone needing a health exemption, Gandhi suggested, could take fruit and/or fruit juice.

Learn more at:
AnAmericanUnion.com/fast-for-peace



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An American Union

Fasts for Peace

America has achieved its greatest triumphs when individuals and communities, with a vision of a better nation, willingly make sacrifices.

Many American presidents have promoted group fasts as a call for peace and justice, including George Washington, Thomas Jefferson, and Abraham Lincoln.



A Day of Fasting... that Parliament may be inspired from above with Wisdom, Moderation, and Justice.

Thomas Jefferson
1774 Fast-Day Resolution

The American Union observes a 24-hour fast each month on the 15th, to remind all Americans (especially Congress) of our Constitutional duties to each other.

- ✓ Establish justice
- ✓ Ensure domestic tranquility
- ✓ Provide for the common defense
- ✓ Promote the general welfare
- ✓ Secure the blessings of liberty, to ourselves and our posterity

October 15, 2022 - Who will fast for peace?

As a union of swing voters, our fast demonstrates our commitment to passage of a crowdsourced legislative package based on these duties. Members of Congress - both Republicans and Democrats - can earn our votes for their reelection if they join the #fastforpeace, and then put our legislation on the President's desk before the November 8th election.