

THERE IS AN AGE-OLD PROVERB ABOUT POVERTY WHICH TELLS US:

*“...Give a man a fish,
and you feed him
for a day.
Teach a man to fish
and you feed him
for a lifetime.”*

**BUT SHOULDN'T WE ASK WHY
THE MAN HAS NO FISH?**

**ARE YOU READY
TO MAKE A
DIFFERENCE?**

THINK *fast*

**TAKE 25
HOURS AND
CHANGE THE
WORLD**

 facebook.com/devpeace

 twitter.com/devpeace

 youtube.com/devpeacetv

Got questions?

Contact our Youth Programs Officer:
youth@devp.org

 CANADIAN CATHOLIC ORGANIZATION FOR
**Development
and Peace**

devp.org/thinkfast

What is THINKfast?

THINKfast is an interactive learning experience designed for youth. You can choose from a collection of activities and reflections 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 stand in solidarity with those in the Global South who need our support, both through financial support to projects they are leading, and through a greater understanding of the structures that perpetuate poverty and injustice. In one day, you take a stand against oppression and directly support programs in Asia, Africa, Latin America and the Middle East that bring about peace, justice, and development.

THINKfast has become an integral tool for many faith leaders, educators, youth ministers and university groups for hands-on learning about the root causes of poverty.

A THINKfast can happen anywhere - your school, your parish, your home, or in any chosen location with a group of friends! Some organizers tackle a THINKfast by themselves, but organizing the event is a great chance for youth to get involved and share the responsibility and the fun of planning while building community! Mobilize the masses and make the most of your THINKfast!

Local action, global impact

People in the North and South are increasingly interconnected, so 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.

Working in solidarity with our brothers and sisters of the Global South, we help to build long-term, sustainable projects that 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 1967, 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 under-development 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 their lives and see the world. That's the impact that leads to global change and builds a world of justice.

The money you raise goes straight to work, supporting our education programs and helping our partners around the world create greater justice by putting in place projects in the following areas:

- EQUALITY BETWEEN MEN AND WOMEN
- CITIZEN PARTICIPATION AND DEMOCRATIC DEVELOPMENT
- MANAGEMENT AND CONTROL OF NATURAL RESOURCES
- ECOLOGICAL JUSTICE
- PEACE-BUILDING AND RECONCILIATION
- RECONSTRUCTION
- HUMANITARIAN AID

Ready to THINKfast?

Reasons why YOU should participate in a THINKfast:

- 1 LEARN ABOUT THE REAL CAUSES OF POVERTY.** You can make the world a better place, and that starts with a greater understanding of what makes inequality happen.
- 2 HAVE FUN WITH YOUR FRIENDS.** With hands-on games and activities, THINKfast is geared for groups, large or small.
- 3 DEVELOP LEADERSHIP SKILLS.** We make it easy to plan so that you can take the initiative to lead! Everything you will need is on our website, from planning to wrap-up.
- 4 SUPPORT THOSE WHO WORK FOR JUSTICE!** You can feel good knowing that your fundraising efforts are going toward long-term development programs where whole communities feel the impact.

Registration takes five minutes and gives you access to our online fundraising platform - a quick and easy way to collect donations individually or as a team and provide your friends and family with instant tax receipts for their generous contributions!

Register four weeks prior to your fast and receive two free THINKfast t-shirts to promote your fast, or to wear on the day of your event.



Everything you need is on our website

Go to www.dev.org/thinkfast to find:

- An Organizer's Toolkit, complete with pledge forms, sample schedules and tips and tricks for planning your event.
- The Activities Database, which provides icebreakers, awareness activities and reflections that are searchable by theme and can be downloaded.
- The online registration and fundraising platform.
- A THINKfast poster you can download, or that can be ordered when you register.



By gathering your friends, your community or your parish together to participate in a THINKfast, you are increasing awareness about important issues that affect us all. The funds you raise will make a difference not just to the life of one person, but to an entire global community.

DEVELOPMENT AND PEACE is a movement of committed people who are part of a worldwide movement seeking justice and fairness for all. Our impact is huge - and it all starts with you!


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.

TIMELINE

1 CE

 **JESUS**

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

1800'S



MAHATMA GANDHI

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

1900'S

NELSON MANDELA



Sentenced to life imprisonment with hard labour at Robben Island in 1962 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, inviting fellow Christians and followers of other religions to also participate in the initiative as an act of spiritual reflection and solidarity.

1980'S

2000'S

PRESENT DAY

YOU!



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.



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.