

BLACK AUGUST FAST

What We Will Do Together in August

Join together to reflect on what safety and liberation mean for our people (All month).

Fast from sunrise to sunset-- traditional or alternative Black August Fast (see below).

Join together for a national movie viewing of XXXXXX (August 14, 2017, 7:30 pm est).

Join together to read and discuss the book of the month, Kelly Brown Douglas's Stand Your Ground (August, 24, 2017, 7:30 pm est).

Join together for a weeklong workshop to develop Pan African spiritual resources to support communities who are fighting for the safety and liberation of our people (August 20-27, Time tbd).

Traditional Black August Fast

Eat only before sunrise and after sunset. Drink only water during the day. Eat only one meal a day after sunset; on days called flea days, (1st, 7th, 13th and 21st), fast 24 hours until next sunset. Work out an exercise routine for each day either individually or in groups. Do not use any drugs, mind altering herbs or alcoholic beverages during the entire month. Do not go to any corporate store for anything other than medical or health related items. Do not patronize fast food establishments or vendors. Eat healthy, natural and nutritious foods and meals.

Alternative Black August Fast Options

Fast from a particular food item or habit of which you are particularly fond.

Commit to pick up a new and positive habit such as (not limited to):

Journaling

Meditation

Eating a healthier diet

Speaking words of affirmation to others

Performing acts to support others

As with any fast, the goal isn't necessarily strict adherence to fast, but rather we are all working as individuals and as a community to be more mindful of our collective struggle and liberation; to become more disciplined; and to strengthen our bonds between us as we work toward the safety and liberation of our people.

Anyone with special medical conditions should consult with your Doctor prior to engaging in this fast. Again, feel free to modify your fast to accommodate any special medical conditions or prescriptions.