

[Fast With DC Muslims: Allies Standing Together Against Discrimination](#)

Campaign Description

Thank you for joining our “Fast With DC Muslims”! This project is a one-day campaign on Friday, May 31 in the District of Columbia empowers you to join DC Muslims during Ramadan by pledging to fast from sunrise to sunset on this day in solidarity and against anti-Muslim discrimination and Islamophobia. Originally launched in 2016, OHR along with government and community partners will fast from food and drinks (excluding water) from sunrise to sunset on Friday, May 31 while sharing few short talking points on the diversity of Muslims, and ways to be a strong allies against Islamophobia and interconnected discrimination via social media. We encourage members of the public to join us in solidarity and when asked “why you are fasting”, you too can simply recite one of the talking points or tips. It’s that easy, and together we can reach thousands of people!

Example Talking Points

A complete list of talking points can be found on our [website](#), but here is a snippet:

I am fasting to help make others aware that...

- Anti-Muslim discrimination should not be tolerated in DC or anywhere else. #FastWithDCMuslims
- Not all Muslims are Arab and not all Arabs are Muslim. There is much diversity in the Muslim community. #FastWithDCMuslims
- In the United States, 10 percent of physicians are Muslim Americans, which aligns well with the Islamic obligation of duty towards humanity. #FastWithDCMuslims

Other resources to share include:

- [Resources from Justice for Muslims Collective on how to tackle Islamophobia.](#)
- [Handouts from the Network Against Islamophobia on definitions of Islamophobia, examples of Islamophobic assumptions, misconceptions about Muslims and Arab-Americans, and other materials.](#)

A few more things to know

What is Ramadan? Ramadan is an annual observance where Muslims spend a month observing a fast from sunrise to sunset. During this time, Muslims abstain from all food and drink during the daylight hours. However, Ramadan is about much more than not eating and drinking. Ramadan serves as a time to cleanse the soul, increase charitable giving, and practice self-discipline.

Why are we fasting in DC? Fasting is an experience that crosses religious, cultural and political traditions -- and is often used as a tool to express support or opposition for various issues. We are fasting in DC on Friday, May 31 because the Muslim community has continued to experience discrimination, and we want to show our Muslim neighbors that DC is united against Islamophobia and interconnected forms of discrimination. Most importantly, this serves as an opportunity for us all to evaluate the Islamophobic and xenophobic ideas and biases that are used to oppress certain groups.

How do I prepare to fast? Here are seven easy steps to prepare for a fast:

1. Hydrate plenty the night before.
2. Avoid junk food or greasy food.
3. Eat before sunrise and finish by 4:15am!
4. Hydrate during your early breakfast - protein, carbs, fruits are good options.
5. Avoid sugary food or drinks the day before. They can dehydrate you.
6. Remember that this is more mental than physical. When you feel thirst or hunger, use it as a moment to reflect on those who don't have a choice and suffer in hunger and thirst every day of the year.
7. Look for opportunities to be of service to someone on your day of fasting.

Help us further the messages with social media

As a visual statement that you are standing against anti-Muslim discrimination, participants are encouraged to use their social media to promote the event and spread awareness about our fellow Muslim Americans on May 31 using the hashtag #FastWithDCMuslims.

We appreciate your support in furthering the message of peace and tolerance in society by standing with our Muslim co-workers, neighbors, friends and family. We are all a part of DC and must make each other feel safe in the place we all belong!

This year's "Fast With DC Muslims" project is a collaboration between the District of Columbia government, Justice for Muslims Collective, and allies with the desire to share information about DC Muslims to increase awareness and understanding.

Participating Partners

Mayor's Office of Religious Affairs

DC Office of Unified Communications

DC Department of Forensic Science