

Information for Participants in the Annual Fast and Vigil In Washington DC

This packet contains the following topics:

- 1. what to expect at the court and the vigil**
- 2. housing options and directions**
- 3. travel info and directions to the court**
- 4. what to bring**
- 5. tips and experiences on fasting**
- 6. getting sponsored to cover your travel costs to DC**

WHAT TO EXPECT AT THE VIGIL

Everyone who has done this before will tell you that there is plenty of time to kick back and relax early in the day and in the evening during the Fast & Vigil. However, we are coming to the court to witness in opposition to the death penalty. That is very difficult to do if we are not reaching out to the people who see us and if we are not doing everything we can to allow them the chance to become active abolitionists. That is a key goal - attracting new abolitionists. Remember, if we are to win this struggle, we must each see our number one job as being to find our replacements.

We are all volunteers, and participants are asked to help in whatever way they are comfortable. There are many roles for participants to play. Some of these are described below. Please read this all the way through. If all this seems unfamiliar to you, never fear - you'll get the hang of it.

BEING PRESENT AT THE COURT

It takes between 20 and 25 vigilers to actively "hold down the fort." This breaks down as follows:

- 5 pairs (10 people) holding the big signs.
- 2 people passing out brochures.
- 2 to 4 people at the table talking to people who stop.
- 2 to 4 people standing by to jump in when needed.
- 1 to 2 people in the room watching our stuff and handling sales and donations.

Even if you are not fasting, it still gets tiring. We all need to watch out for each other. You never know when nature will decide to make an urgent call, or when some other unforeseen circumstance might happen. If you are holding a sign and suddenly you need to "go," it is great to have a relief person standing by ready to replace you. Similarly, when you are fresh on the scene after a break, offer to relieve people, or stand by until needed.

When we have a surplus of vigilers (more than 20 - 25 vigilers present in front of the court), that is when we can send groups (or individuals) to leaflet at other busy traffic areas. That said, it is rare that we have a surplus. More frequently, we're at *just enough* people, or we're slightly stretched. So if you are making plans to see the sights or spend significant time away from the Court, please consider committing to the times when we need the most help - notably set-up time and from 11am to 2pm. Remember, there will always be somebody who needs a break eventually.

VIGILERS WITH UNIQUE (RELATED) EXPERIENCES

Among the participants will be murder victim family members, death row family members, death row survivors, and others with unique experiences or in-depth knowledge about the issue. When someone comes up to challenge us ("You'd feel different if it happened to you,") it's great to be able to say, "Well maybe you are right, but let me introduce you to my friend Bill, and he can tell you why he doesn't want the person who killed his grandmother to be executed." Or something like that. We do our best to make sure such people are around as much as possible, but sometimes they need breaks too.

DO's & DON'T's

- * Please DO NOT engage in any activity that would discourage a person passing by from approaching us. If you want to read something, or are engaged in deep conversation, please either do that away from the table, or stop such activities when you see a person walking by or approaching the table. DO greet them with a warm smile as you look them in the eye and invite them to sign the "Time Out on Executions!" (moratorium) petition.
- * Please DO help us keep the table neat and clear of any garbage.
- * Please DO help us keep the general area and drink table neat looking.
- * There should always be at least one person passing out the F&V flier on the sidewalk in front of the table. When it is very busy, there should be at least two people passing out fliers. Please DO step in to fill a need when you see it.
- * Please DO NOT stand in front of the big signs while holding them or while talking with people who are holding them. We are wasting our time if people cannot read our messages.

There will be busloads of tourists and students to be leafleted and given a little talk whenever possible. People passing by should be invited to come to the table to sign the moratorium petition.

"SALES" & DONATIONS

Those who express interest in helping us with a donation, either straight out or in exchange for the t-shirts, buttons, books, etc., should be escorted across the street to the United Methodist building to make their contribution. We are NOT allowed to accept money on the sidewalk in front of the Court.

Erase that word, "sales" from your lexicon. What we do is provide activist materials that help people take action to stop the death penalty. For more on the theory behind "AbolitionWear, please see <http://www.cuadp.org/gallery.html>. This year we may have some books and music available in addition to the usual t-shirts, etc. A display of some of the items available will be maintained on the table. People who come to the table should be informed that more such items in the full range of sizes is available for a "suggested donation" inside the United Methodist building (UMB), "which is just over there." People who express an interest in making a donation - either outright or in exchange for one of the items we have available - should be escorted into the UMB....

Remember, when doing activist work, people who support that work are participating as activists as well. It is called "checkbook activism." When facilitating a donation in exchange for a tangible good like a t-shirt or a book, there is *never* a set price. Always phrase it as a "minimum suggested donation." When we do that, the person is no longer buying something - they are making a contribution and participating in our work. Thus, a \$12 book provides the opportunity for a person to consciously round up to \$15, \$20, or more. And that's what keeps our world spinning.... (It costs about \$4,500 to pull this event off this year!)

Please make it a point to let people know that "There are more petitions and free information available inside the UMB."

FLIERS & BROCHURES

Last year we distributed more than 4,000 brochures. This year we have 6,000, plus another 2,000 of the flier for the rallies. That is a lot of information to distribute!

We will just have to see what the situation is across the street, where they are still building the new visitors center to the Congress. Expect noise, dust, etc. MORE IMPORTANT, people line up to take the capital tours somewhere, and that may still be in close proximity to the court. In the past we have had success passing our fliers to people in that and similar lines. If such opportunities exist near the court this year, people should make it a point to hit those crowds.

WHAT'S ON THE TABLE?

Our table features information about the death penalty, petitions, t-shirts and buttons, and contact information so that people may get involved at home. You need not worry about bringing any materials. We have a universal flier on the issue, and a single theme petition focusing on the call for a moratorium on executions. In order to keep the information on the table from being overwhelming, and unfocussed, we try to stay away from individual cases and instead focus on the broader theme of the issue.

That said, and to repeat, ANY group may display death penalty and/or human rights oriented information on the info table INSIDE the United Methodist Building, in the same room where our sales area is. We try to keep the table outside at the court very focused, and not too cluttered. With more than 20 organizations co-sponsoring, the table would be very cluttered if every group had to have its fliers there. What we do is list all the sponsoring groups in the one flier that we do use, which is printed specifically for this event and is therefore quite up to date and focused on a) the basic facts of the issue, b) where to get more information, and c) what to do about it.

If you have any questions or concerns, please feel free to raise them with the coordinator at any time.

HOUSING OPTIONS

Other than "The Last Supper," ALL official Fast & Vigil activities take place at the Court or in the United Methodist Church Building immediately adjacent to the Court. Some people who do not live in the area stay with friends, some stay in nearby hotels, and some stay at the Community for Creative Nonviolence (CCNV). We regret that we are unable to accommodate pets.

The Community for Creative Nonviolence (CCNV) is located at 425 2nd St., NW (The block of 2nd St. that CCNV is on is also called "Mitch Snyder Place" in honor of the homeless advocate who founded CCNV and the shelter.)

SYNOPSIS

CCNV is a large homeless shelter that has a specially designated room for volunteer/activist groups such as ours who come to D.C. to do advocacy work. We have stayed at CCNV since the 1997 Fast & Vigil and at several other abolitionist events. We have had good experiences there and enjoy excellent relations with the staff and tenants. The setting is simple and the sleeping arrangements are bunk beds separated in cubicles. Bathrooms are shared with shelter staff and tenants. Participants need to bring their own bedding and towels. This room is usually air conditioned but that is not guaranteed. CCNV is a 15 minute walk from the Supreme Court. CCNV is wheelchair friendly. The AAC requests a minimum donation of \$12 a night to cover security and other CCNV related costs. Registration must be handled through the AAC. Please try to register in advance, but there is usually plenty of room if you decide to come at the last minute.

NOTICE: CCNV is a large homeless shelter, which means there are a lot of homeless people in the area. We have *never* had a problem with any of our participants being threatened or hurt in any way. On the next block is the Hyatt Regency Hotel, and just down the street is the DC Courthouse. The Capitol and the White House are just blocks away. This is one of the most policed areas in the world. That said, if you are easily spooked by people who you are not used to seeing or who may ask you for spare change, then you might want to walk with others, or stay elsewhere. Also, a facility in the building serves meals to homeless people and therefore refuse containers in the back attract varmints. If you can't handle seeing a rat or three, the Hyatt is less than a block away. (Of course, you can see the rats from there, too, and no, we're not talking about Congress!)

ADDITIONAL DETAILS

There is a security person at a desk at the entrance to the room, and the room is off limits at all times to anyone not with our group. We are told that air conditioning IS working this year. If you are stopped when you are entering the building (this is rare), tell them you are with the death penalty group at CCNV.

When you enter the building, go straight up the steps to the 3rd floor. Our room is immediately on the right side at the top of the stairs. There will always be someone at the security desk (or nearby) starting at 1pm on June 28 and finishing at 11am on July 3. Someone from our group should be there during the day on June 28th.

IF YOU HAVE A PROBLEM WITH STAIRS, ask the person at the security desk on the first floor to show you the elevator.

There is NO SMOKING allowed in this room. Unless there has been a change, smoking is OK in the lounge (see below).

The shelter staff living quarters and administrative offices are down the "staff hallway" which is immediately adjacent to our room. This hallway is generally locked. Please ask the security person sitting in our room to open the door to the staff hallway. This will give you access to the Lounge and the BATHROOMS. Never hesitate to ask the security person to open the door - that is their job, and we are paying them. But, that's their only job -- they are not baggage handlers, maids, or lackeys....

BATHROOMS are on the same floor, but down the staff hallway. The mens room is on the right, just past the lounge. The womens room is THROUGH the lounge and on the left.

There is a LOUNGE area with a TV, tables, a pool table, a soda machine, and a kitchen area that is available for our use. In the past, smoking is allowed in this room and that is probably true this year.

The SLEEPING ACCOMMODATIONS are bunk beds. Some of the bunk beds are separated within cubicles. Most are in an open, dorm-like set-up. The beds are standard military/red cross/homeless shelter beds, meaning metal frames with thin, plastic covered mattresses. But hey, they're better than prison beds! Blankets have always been available in the past, but you need to bring your own linens, or a sleeping bag, pillow, etc. Please refer to the "what to bring" list.

BEDS ARE ASSIGNED ON A FIRST COME FIRST SERVED BASIS. In the past we have had several families (parents with children) come, and they should have the four-bed cubicles. We expect our highest level of participation ever this year, so those who pick cubicles should expect to share the space.

AFTER 10:30 PM AND BEFORE 7:45 AM, PLEASE TAKE ALL CONVERSATIONS OUTSIDE, OR TO THE LOUNGE. PLEASE RESPECT THOSE TRYING TO SLEEP!!!

LIGHTS OUT: 11pm

LIGHTS ON: 8am (The light at the front of the room is always on.)

A WORD ABOUT THEFT: We are aware of only one incidence of theft in the more than eight years that we have been using this facility, but do take precautions. The only people allowed in the room are people who are with our group, but even abolitionists can suffer from kleptomania. It is best to keep valuables with you. The AAC, CUADP, and CCNV cannot be responsible for items lost while participating in the Fast & Vigil.

DIRECTIONS ON FOOT:

CCNV is on 2nd St. (Mitch Snyder Place) between D & E streets, in the NW quadrant.

FROM THE BUS STATION:

For about \$5, you can take a taxi. If you have stuff to carry, we suggest this option.

Or you can walk. Exit the bus station and walk WEST on K street to where New Jersey and 2nd intersect with K. Turn left (South) and walk down 2nd. It will probably take about 25 minutes.

FROM THE TRAIN STATION:

For less than \$5, you can take a taxi. But it is not a difficult walk.

Exit Union Station and bear right, to E street.
Walk WEST on E to 2nd St.,
and turn left.

This is a 5-8 minute walk.

FROM THE WASHINGTON, DC AIRPORT

A taxi will cost less than \$20. This is the easiest way.

Otherwise, take the YELLOW metro line. ([Click Here for a Metro Map](#)) Switch to the RED line going towards Glenmont and away from Shady grove. If you are going to CCNV, get off at the first exit (Judiciary Square) and look at the map displayed outside the turnstiles to find the best way from the Metro station to CCNV, (on 2nd, between D & E, NW). This should be less than four city blocks. If you are going to SCOTUS, get off at Union Station and look at the map displayed outside the turnstiles....

FROM DULLES AIRPORT

A Taxi will cost around \$40 (that's an educated guess). This is the easiest way.

Otherwise, take the shuttle bus to the ORANGE Metro line. ([Click Here for a Metro Map](#)) If you are going to CCNV, Switch to the RED line going towards Glenmont and away from Shady grove. Get off at the second exit (Judiciary Square) and look at the map displayed outside the turnstiles to find the best way from the Metro station to CCNV, (on 2nd, between D & E, NW). This should be less than four city blocks. If you are going to SCOTUS, stay on the Orange line, get off at Capital South and look at the map displayed outside the turnstiles....

DIRECTIONS TO CCNV BY CAR (These were good last year - We unaware of any road closings, etc.)

From the NORTH AND EAST

95 South to Rt. 1 (this will turn into Rhode Island Ave.) Stay on Rt. 1 for about 10 miles.
Turn LEFT onto North Capital St.
Go past Union Station and bear right as you enter the roundabout.
Turn RIGHT onto E Street.
Turn LEFT onto 1st St.
Turn RIGHT onto D St.
Turn RIGHT onto 2nd St.

You are there. Park at a meter while you load in. (See parking info below.)

Alternate Route FROM THE NORTH AND EAST

95 South to 495 South
Take the Route 50 WEST exit. Rt. 50 turns into New York Ave. Stay on Rt. 50 for about 10 miles.
Turn LEFT onto North Capital St.
Go past Union Station and bear right as you enter the roundabout.
Turn RIGHT onto E Street.
Turn LEFT onto 1st St.
Turn RIGHT onto D St.
Turn RIGHT onto 2nd St.

You are there. Park at a meter while you load in. (See parking info below.)

FROM THE SOUTH

95 North to 395 North.
Cross the 15th St. Bridge and STAY ON 15th St.
Turn RIGHT onto Constitution Ave. (AKA Rt. 50)
At 4th St, Constitution merges with Pennsylvania. Stay in the left lane to remain on Constitution.
Turn LEFT onto Louisiana Ave.
At the first light, turn LEFT onto 1st. St.
Turn LEFT onto D St.
Turn RIGHT onto 2nd St.

You are there. Park at a meter while you load in. (See parking info below.)

FROM THE WEST

66 East all the way into DC.

Stay in the center lane as you cross the Roosevelt bridge and continue straight on Constitution (AKA Rt. 50).

At 4th St, Constitution merges with Pennsylvania. Stay in the left lane to remain on Constitution.

Turn LEFT onto Louisiana Ave.

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PARKING PARKING PARKING

Parking at CCNV

There is street parking in front of CCNV. You should be able to get a spot there if you arrive in the evening. Unless the regulations have changed, parking is unrestricted there between 6:30 pm and 7 am, Monday - Friday. After 7am there is a 3 hour limit.

NOTE: CCNV's parking lot is small, and we can only park a few cars there overnight. There is no problem parking temporarily for loading and unloading. We are given a limited number of parking passes. See the F&V's CCNV coordinator when you get there to see if there are any parking passes left. If so, you are welcome to one.

Otherwise, for long term parking, we recommend using Colonial Parking Lot, on 1st St., between E & F Streets. The cost (last time we checked) was \$6.50/day Monday - Friday, and free on the weekends. After 6pm, the attendant leaves but the lot is still accessible. This would be a good place to park if you do not plan to drive once you arrive in DC. Otherwise, you pay each time you re-enter the lot. This lot is usually full before 9am on weekdays.

There are also a number of other parking lots and garages within blocks of CCNV. Most are more expensive and some do not allow overnight parking. Another good alternative may be the long term parking at Union Station.

NEARBY HOTELS

You will find that the Supreme Court is easy to get to from all parts of D.C. using public transportation, or simply by walking. If you wish to stay at a hotel, here are a few suggestions. Since only a few people use this option, we are unable to reserve a block of rooms or otherwise negotiate cheaper rates. Try one of the cheap travel websites like [Travelocity](#) or [Orbitz](#).

The closest Hotel to the Court is the [Capitol Hill Suites](#). The phone number there is (202) 543-6000.

[The Hyatt Regency](#) on Capitol Hill block closer to the Court than CCNV.

Also close by is the Best Western Downtown Capitol Hill: 202-842-4466

And the Holiday Inn on The Hill: 202-638-1616

The Washington DC International Hostel. Visit <http://www.hiwashingtondc.org/> for full details. The International Hostel offers dorm style accommodations a short metro ride from the court, or about 30 minutes walking. Rooms are \$32/night, and less if you are a member. We have no special relations with the International Hostel - please contact them directly. As of June 5, they had plenty of room.

TRAVEL OPTIONS & DIRECTIONS

If you are driving and are willing to pick someone up on your way, or if you are looking for a ride, send a message with the details as you know them to aac@abolition.org and we'll team you up with someone if we find a match.

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There are also a number of other parking lots and garages within blocks of CCNV. Most are more expensive and some do not allow overnight parking. Another good alternative may be the long term parking at Union Station.

Parking near SCOTUS

If you are very lucky, you'll find an open spot on Maryland right next to the Court. Chances are more likely that you'll find a parking meter in the area. There are also several small parking lots with attendants. Your best bet may be the parking garage at Union Station. Remember, this is Capitol Hill post 911.

WHAT TO BRING

We **STRONGLY** suggest you bring the following items with you to the Fast and Vigil:

- * Light clothes. The weather will be sunny, hot and humid. Thunderstorms are common at this time of year - we almost always have at least one very strong downpour. At night, the weather will be dark, with wildly spreading light in the morning. On occasion, the all-night vigil has been damp and chilly.
- * Comfortable shoes - two pairs if possible, in case one pair gets wet.
- * Sunscreen AND sunglasses AND hat.
- * Rain gear
- * Water bottle
- * Low denomination bills for Metro fare cards (if you plan to use public transportation)
- * Money for AbolitionWear, and YES, there will be an official Fast & Vigil t-shirt!
- * Your list of the local media where you live

IF YOU ARE STAYING WITH US AT CCNV....

Remember, if you plan to stay at CCNV, you may arrive there any time after 1pm on June 28. Check-out time is no later than 11am on July 3.

BRING....

- * Anything you think you'll need (toiletries, etc.)
- * a sleeping bag OR bed linen
- * a pillow
- * a towel
- * shower shoes
- * a flashlight
- * EARPLUGS and an EYESHADE if you are a light sleeper.

NOTE: Blankets will be available, and sometimes there are pillows available. Last year they also had sheets. You just never know.

OPTIONAL : Camera, musical instruments

A WORD ABOUT FASTING

The Abolitionist Action Committee urges you to prepare for this experience in advance. Below is some basic information about fasting. There are numerous resources available in bookstores and on the internet, so consider additional research...

Please remember that FASTING IS OPTIONAL. Many of those among us will NOT be fasting. Those who are not fasting are asked to refrain from eating and from talking about food in the presence of those fasting. There will be a small fine imposed upon violators of this rule! Drinks (water, juices, Gatoraid) will be provided for everyone. A meal will also be provided for everyone when we break the fast at Midnight on July 2, although those who have fasted will be invited to eat first.

Participants who cannot fast because they take medication or for whatever reason might choose to symbolically fast by giving up a standard but unnecessary part of their diet during the fast, like meat, or coffee. (But please don't give up coffee if it will make you a grouch!)

WHY FAST?

The idea of fasting is not about torturing ourselves. Fasting is practiced worldwide for a variety of reasons - spiritual, religious, political, and for health reasons. Some people fast regularly for short periods of time, and some for protracted periods. Cesar Chavez once fasted for 36 days to protest working conditions for farm workers, drawing national attention to his issue of concern. Each of us has our own reasons for fasting, but a common theme in fasting while taking part in a political action is that by foregoing food, we adjust our schedule by not stopping to eat every few hours, instead focusing all of our energy and time on our issue of concern.

HEALTH CONCERNS

The body uses a tremendous amount of energy digesting and assimilating foods. Giving your body a rest from this process allows it to cleanse and balance itself. A modified fast is considered by many experts to be an excellent way to give the body a chance to regroup or fight minor illnesses like colds.

When done carefully and with deliberation, fasting is not really a health risk at all. Of course, this is only true for people who are generally in good health. Diabetics, and those on anti-inflammatory drugs or steroids should not fast. Always check with your doctor before any significant alteration of your diet, but particularly if you are over 50, on any medication, or if you have other specific health concerns.

It is important to stay conscious of your own health status during your fast. If you feel ill or woozy, tell someone, and get help. We usually have health professionals among us, but Emergency Medical Technicians are just a phone call away, should it come to that. We have never had a fasting-related medical emergency since the beginning of this event.

HOW EXTREME IS YOUR FAST?

Technically, a true fast means not ingesting anything - not even liquids! If you are Jewish and have ever fasted for Yom Kippur, then you know what that is like, and you know that 26 hours is plenty of time to go without food or water! But such a fast would be dangerous in the heat of DC, and is not recommended.

For purposes of the AAC's annual Fast & Vigil, each individual defines their own fast. Most people who fast do a "liquids only" fast, meaning that if its liquid, it's fair. This is not to say that you should bring a blender and liquify a hamburger! Most AAC fasters drink whatever they choose. Since 2000, when one faster (Ron Kaz) resolved to drink only water, a growing group of us have taken the "water only" route. Some folks alternate with whatever we have on-hand: water, Gatoraid, soda, juices and coffee. We will provide plenty of water and an electrolyte/carbohydrate enhanced sports beverage like Poweraid or Gatoraid. We will also provide soda and V-8 vegetable and fruit juices. Coffee drinks are available at nearby shops. If there is something specific that you like, tell us and we will try to get some, or just bring your own.

BREAKING THE FAST

It is very important not to "pig out" upon ending your fast. This is bad for the body and can make you ill. If you have enjoyed a spiritual experience with your fast, it is particularly important to re-enter the world of food slowly and deliberately. We will break our fast with a wonderful and nutritious vegetarian meal lovingly prepared by our friends at the Dorothy Day Catholic Worker House.

A FEW USEFUL TIPS

- * Most people find it useful to start eating less, and lighter foods, in the 2-3 days prior to the fast.
- * Drink continuously.
- * Alcohol has additional risks while fasting. The kick will be stronger on both ends. If you grab a beer in the evening at a local bar, take it easy. Remember your pledge not to drink or do illegal drugs while involved with the Fast & Vigil.
- * One of the most difficult things about fasting is giving up food - not in our body, but in our head. Some folks find themselves fantasizing about food. If you deny the fantasy, it can get stronger. You might find it useful to enjoy the fantasy, and then turn again to the reason that you are fasting.
- * Some folks experience hunger pangs for the first day or two. This will pass, and by the third day your body will typically adjust. When experiencing hunger pangs, you may find it helpful to acknowledge that you are hungry, and then turn your thoughts to the reason that you are fasting.
- * Another difficulty with fasting is texture deprivation. After a day or two, you may get a touch of diarrhea. Rest assured that bathrooms will always be within 100 yards while you are at the vigil site, but be sure to use them before taking a walk....
- * By the time you get to the third day, you may begin to feel a little "high" from the lack of food. This is natural. It is important to be a little more aware of yourself while walking or doing anything potentially dangerous, like carrying stuff, or driving. Some people use this "high" as a special place in which to meditate, and enter into solidarity with all suffering people.
- * If at any time in your life you used an excessive amount of hallucinogenic drugs or other powerful medication, be aware that there may be a residual effect (flashback) when your body begins to use body fat to replace the food you are not eating. If you start tripping, enjoy!
- * Caffeine deprivation can produce a serious headache. Take your favorite headache medicine and a nap. Abe Bonowitz relates his experience: "In 2003 I started doing water only. No coffee, no soda, no gatoraid - nothing but water. Every year is different, but in 2004 by the end of the first day I had a massive headache, to the point that I actually thought I was going to vomit. At about 10pm I took some Excedrin (which contains caffeine) and went to bed. When I woke up I felt great, and the rest of the fast was a breeze. I find that doing a water-only fast takes away all the decisions and keeps me that much more focused. I save a lot of money on coffee, too!"

Written/Edited by Abe Bonowitz.

Source materials include Vegetarian Times Magazine (March '95), and "Some Helpful Hints On Fasting," by November Balford West.

PARTICIPANT FUND RAISING OPPORTUNITY

The Abolitionist Action Committee recognizes that not all activists have deep pockets. No activist will be turned away because they can't afford the registration or lodging "suggested minimum donations," and yet, it does cost money to produce this event.

Also, it costs money for activists to travel to this event. SO, for those who need to raise money to help cover their transportation and registration fees, or for those who simply want to help us raise the money needed to pay for the Fast & Vigil, we offer the "Sponsor a FASTER" sign-up sheet. You can print this out, as well as some of the publicity fliers so you can show people what its all about, and ask your friends, family, teachers/professors, local abolitionist groups, clergy, bar manager, or really, anyone you know, to help sponsor your efforts.

Just tell them what you are doing and ask if they would like to help by being a sponsor. Set a goal - say \$500. That's only ten people giving \$50. Or 50 people giving \$10. But by setting a goal you can give potential sponsors an idea of what you need, and let them decide how much they can afford. No amount is too small.

Just be sure to keep careful track of the money so you can write thank you notes. Please make checks to the Abolitionist Action Committee (AAC), and then the AAC can reimburse you for your expenses. If you have any questions about doing this, just call Abe at 800-973-6548.

- [For a "Sponsor a faster" form](http://www.abolition.org/fastandvigil/pledgeform.pdf) - **www.abolition.org/fastandvigil/pledgeform.pdf**