

1. Begins at Sunset on Sunday, July 10, 2016.
2. Currently, we are economically fasting for 20 days. We have twenty people who have promised to fast. As more people pledge, we will add a day to the fast for every person who joins the cause.
3. If you can no longer fast, we only ask that you let us know. No judgment. We will take a day off the cumulative fast as people drop off.
4. We ask that you abstain from the following purchases:
  - No eating out.
  - No movies.
  - No new clothes purchased.
  - No vacations.
  - No fast food.
  - No new gadgets.
  - No clubbing.
5. Only essential items like groceries, necessities for employment, church and school.
6. Unless your child volunteers willingly for the movement, their school clothes this fall and their supplies should not be included in the fast. This should be your personal sacrifice not punishment for your teenager.
7. Your financial commitments to your Mosque, Synagogue, and Church, has a higher priority than this movement.
8. Any verbal or written commitments that you made before this fast do not count as a breach of faith. We should not make any new commitments though until the fast ends.

**9. Participants should make some type of public proclamation on their social media or to their email contact list. You should let people know what you are doing and have them hold you accountable.**

**10. The small business owner exception.**

**A). If you personally know the small business owner.**

**B). If this owner is not financially positioned to impact or influence lawmakers.**

**C). If the small business owner is at least verbally supportive of positive change regarding this issue.**