

NC to Gaza Solidarity Fast

Senator Tillis: STOP STARVING GAZA

jvptriangle.org/letgazalive

For over 3 months, the Israeli government has blocked almost all food from entering Gaza. *We cannot accept business as usual while the people of Gaza are being intentionally starved to death.*

JVP Triangle invites your organization/congregation to join us in a statewide **solidarity fast, with an aim to pressure NC Senator Thom Tillis to use his power to STOP STARVING GAZA.**

Senator Tillis claims to be a humanitarian advocate, and even helped pass the “Genocide and Atrocities Prevention Act”, yet he is failing to act to prevent the Israeli government from using mass starvation as a weapon of war in Gaza.

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Solidarity Fast Participation

The fast will begin on June 7th and will continue until the food is let in. By participating, each individual is committing to a public-facing fast of between 12 and 48 hours. We recognize that traditional fasts (i.e. caloric restriction) are not possible for many reasons. [See below](#) for other ideas if a traditional fast is not possible for you.

As a participating organization/congregation, you are expected to find people to participate in the fast for a certain length of time. You are also expected to promote the fast in person as well as through other means [\(see below\)](#).

Key Messaging

Individuals and organizations across a wide variety of different political ideologies and identities will be participating. We welcome principled debate and disagreement while also recognizing that the people of Gaza need food urgently to live. Suggested messaging includes "Stop Starving Gaza", "Let Gaza Live", and "Stop Arming Israel". [See talking points below.](#)

Using Media to Amplify

I. Social Media

We will be posting daily testimonials of solidarity fast participants on our Instagram (@trianglencjvp) and would love to feature your members through collaborative posting. DM @trianglencjvp to coordinate. This could take several forms, including short videos, still photographs, artwork, or text.

Stop Starving Gaza Testimonial Guide

We are planning to post daily testimonials of participants on our Instagram (@trianglencjvp) throughout the solidarity fast. We envision these to be approximately 60s of speaking about **WHY** you are choosing to fast (make it personal!) and for each testimonial to include a **call to action**. If you feel more comfortable doing so, you can also submit a written testimonial, or a still photo (see below for guidance).

VIDEO GUIDE:

Before you start: audio/visual tips

- Shoot your video in a quiet, well lit room with lights in front of you to light your face.
- Avoid light from behind you (e.g. bright sunlight from a window), this will cause silhouetting and make it harder to see you.

Testimonial Overview: Think of the below bolded text and following questions as general order of operations and framework for how to hit critical talking points during your testimonial.

START: Who are you?

VALUES: What (Jewish) value do you hold, and why does it matter? How is it connected to who you are?

VIOLATION: How are your values being violated?

SOLUTION: What would resolve the violation of your value system? **STOP STARVING GAZA.**

CALL TO ACTION: SENATOR TILLIS MUST ACT.

Example script: Modify and make this your own!

I am an American Jew, and I believe in the sanctity of all human life, including Jews, Palestinians, and all people who are targeted by fascism and supremacist ideologies. For three months, the Israeli government has blocked almost all aid into Gaza, starving the over two million Palestinians trapped there. We call on NC Senator Thom Tillis to speak out and demand the entry of humanitarian aid into Gaza. STOP STARVING GAZA.

PHOTO GUIDE:

Take a still photo of yourself holding a sign (e.g. "STOP STARVING GAZA" or "Senator Tillis: Stop

Starving Gaza”).

WRITTEN TESTIMONIAL:

Write 2-3 sentences to tell people why you are fasting/taking action to stop starving Gaza.

When you are finished with your video, photo, or written testimonial, upload to Google Drive, [here](#).

II. Letters to the Editor (LTEs)

Submitting weekly letters to the editor is a critical part of our media push. We can support you in writing (200-500 words) about why the solidarity fast is meaningful to you, while highlighting our demand that Senator Thom Tillis take action as co-chair of the Human Rights Caucus. Use our [talking points](#), and the LTE guide below to write and submit your LTE.

Letter to the Editor (LTE) Guide

For LTE Support: trianglenc@jewishvoiceforpeace.org

LTEs are letters of 200-500 words in length responding to important issues, news coverage and existing opinion pieces, submitted to news outlets for publication. LTEs can bring info to new audiences, correct false narratives, increase coverage by publications, and get our message in front of politicians and decision makers.

What makes a strong LTE?

- **Follow the guidelines:** check the paper’s rules for word count and submission method
 - You are most likely to be published if your LTE responds to previous coverage, but you can always creatively link your issue to related coverage
- **Be concise and fact-based:** make 2-3 persuasive points, backed up by sources
- **Root in the personal:** weave in your personal story, your “why” for writing
- **Connect to local issues:** when talking about the genocide in Gaza, consider a local issue you can link it to (ie. our tax dollars should be used to fund our schools, not to drop bombs on Palestinians)
- **Include an ask:** be sure to invite readers to learn more and participate in our solidarity fast at jvptriangle.org/letgazalive

III. Creative & Artful Actions

We also encourage you to publicize the campaign in other ways, such as by publicly fasting outside, putting up signs, posters, and/or banners, sharing in your organization’s newsletter, and telling other people and organizations about it.

- Download & print [educational handout](#)
- Download & print [STOP STARVING GAZA sign](#)

Solidarity Fast Suggestions

There are many ways to participate in the solidarity fast and we encourage each individual to choose the most meaningful option for themselves. Some non-exhaustive suggestions are below.

Food-Based Fasts:

1. Yom Kippur or Ramadan-style, i.e. a traditional fast. Abstain from eating, or from eating and drinking, from sundown to sundown or sunrise to sunset, i.e. 12 to 24 hours.
2. Gaza solidarity fast. Many Gazans are currently subsisting on 300 calories a day, which is far below adequate nutrition levels. Eat a 300-calorie diet for a day and send us a picture of what you ate.

Safety-Based Fasts:

1. Abstain from the indoors. With so many buildings destroyed in Gaza, many people are living in tents or makeshift shelters. Set up a temporary encampment outside your congregation's building and spend 12-48 hours eating, sleeping, etc., there.
2. Abstain from your normal hygiene routines. Soap and running water are scarce in Gaza. Reduce or eliminate showers for a few days to a week. Handwash your clothes instead of using your washing machine.

Consumer Boycott Fast

1. Abstain from BDS (Boycott, Divestment, and Sanctions - see <https://www.bdsmovement.net/>) targets, such as Amazon, Google, Disney, McDonald's, Coca-Cola, Burger King, Domino's, Papa John's, or Pizza Hut for a week to a month.

Actions to Take While Fasting

1. Call Senator Thom Tillis (see below)
2. Ask your pharmacist to avoid Teva Pharmaceuticals when possible: <https://boycottteva.org/>
3. Pledge to boycott Chevron: <https://actionnetwork.org/letters/boycottchevron>
4. Donate to the Middle East Children's Alliance (MECA): <https://www.mecaforpeace.org/donate/>

Whether or not you participate in the solidarity fast, you can still call Senator Tillis to demand he STOP STARVING GAZA and LET GAZA LIVE.

**Use the action tool provided by our sister organization, JVP Action, to call
Senator Tillis and demand food aid enter Gaza:**
<https://act.jewishvoiceforpeace.org/a/call-tillis-gaza-aid-c2c>.

TALKING POINTS & DEMANDS

STOP STARVING GAZA.

- Jewish North Carolinians and people of conscience call on our Senator Thom Tillis—co-chair of the Human Rights Caucus—to speak out and demand the entry of humanitarian aid into Gaza: STOP STARVING GAZA.
- For three months, the Israeli government has blocked almost all aid into Gaza, starving the over two million Palestinians trapped there. Children are starving to death.
- If the situation persists, nearly 71,000 children under the age of five are expected to be acutely malnourished over the next eleven months, according to a UN report, with potential life-long damage to their health and development.

SENATOR TILLIS MUST ACT.

- Senator Tillis is the co-chair of the Senate Human Rights Caucus and actively touts his commitment to “defending human rights across the world” as “one of his top priorities”.
- Tillis even co-sponsored and helped pass the “Genocide and Atrocities Prevention Act”, yet he is failing to act to prevent the Israeli government from using mass starvation as a weapon of war in Gaza.
- Senator Tillis has voted repeatedly to use our tax dollars to send bombs and weapons to Israel, but is not supporting humanitarian aid for Gaza.
- Jewish North Carolinians and people of conscience demand Senator Thom Tillis:
 - Vote to support S.Res.224 and SB898 to deliver urgent aid and refund UNRWA
 - Stop sending weapons to Israel

CALL: (202) 224-6342

Hi, my name is [X] and I am a constituent of Senator Tillis from [X, North Carolina], and [SHARE A PERSONAL DETAIL: I'M JEWISH, A PARENT, A STUDENT, ETC.] I am horrified by the blockade of aid into Gaza, and the spread of starvation we are witnessing every day. If Senator Tillis claims to be an advocate for human rights, why is he not supporting aid for the people of Gaza? This is shameful. As the co-chair of the Human Rights Caucus, he must take action by voting to support S.Res.224 and SB898 to deliver urgent aid and refund UNRWA. Senator Tillis must uphold US and international law by ensuring adequate humanitarian aid enters Gaza and by ending ALL weapons transfers to the Israeli government.

Resources to Learn More

- [UN Report on Access to Food](#)
- B'Tselem: [Information on the Apartheid State](#)
- Human Rights Watch: [Israeli Authorities and the Crimes of Apartheid and Persecution](#)
- B'Tselem: [Devastation, Bombing, and Starvation: Israel is Destroying Life in Gaza](#)
- BBC: [Gaza now worse than hell on earth, humanitarian chief tells BBC](#)
- Amnesty International: [Amnesty International investigation concludes Israel is committing genocide against Palestinians in Gaza](#)
- Al Jazeera: [Gaza 'hungriest place on Earth', all its people at risk of famine, UN warns](#)
- Institute for Middle East Understanding: [Quick Facts: The Palestinian Nakba](#)