

What is Darfur and where is it located?

Darfur is a region along the western part of Sudan, Africa. It's not a country in itself. The region is about the size of France and was once home to 6 million people before the crisis began in 2003.



Who lives in Darfur?

Darfur is home to racially mixed tribes of settled peasants, who identify as African, and nomadic herders, who identify as Arab. There are between 40 and 80 ethnic groups in Darfur. The majority of people in both groups are Muslim. Despite ethnic differences, there is a history of peaceful coexistence.

What is happening in Darfur?

The situation is very complex but here's a brief summary: The conflict in Darfur began in the spring of 2003 when two Darfuri rebel movements - the Sudan Liberation movement (SLM) and Justice and Equality Movement (JEM) - launched an uprising against government military installations as part of a campaign to fight against the historic political and economic marginalization of Darfur. The Government had left the people throughout Sudan poor and voiceless. In response, the Government began implementing their campaign of genocide, enlisting the help of Arab Militia in Darfur called the Janjaweed. The dispute is racial, not religious. Muslim Arab Sudanese are killing Muslim black Sudanese.



have been displaced and are living in IDP camps. More than 350,000 people are deprived of humanitarian support due to the threat of attack faced by aid workers. Thousands starve each month due to the Sudanese government obstructing humanitarian aid efforts. A further 4 million Darfuri residents are dependent on limited international humanitarian assistance.

The civilian casualties are immense. Over 400 villages were completely destroyed and millions of civilians were forced to flee their homes. It is estimated that about 400,000 people have lost their lives as a result of direct attacks and conflict induced malnutrition and disease. The vast majority of these have been women, children and civilian men. More than 3 million people

Why is In His Shoes Fasting?

In His Shoes Ministries began with the simple idea of walking in the shoes of others. Our organization was created in response to acts of Genocide perpetrated against the Armenian nation in 1915. We believe those who have suffered evil have a unique responsibility to take action against injustice to others. Much like the Darfuri's, as Armenians who went through Genocide, we were once voiceless, hungry, and displaced. Our response to rallying against suffering in the world is based on Christ's principles of love, compassion and repaying evil with good. As part of our outreach efforts our ministry has had a tradition of fasting every year for the last 10 years through the annual Famine. Through our past partnerships with World Vision, the Famine has helped us collect well over HALF A MILLION dollars for world hunger. Over the years we've learned that this experience, combined with a greater awareness of the suffering that takes place in many parts of the world, will inspire us to have compassion and a greater desire to make a difference in the lives of others. Learning to rely on God and each other also bonds us and helps us grow spiritually.

Today, there is a Genocide unfolding in Darfur. We have the ability to make a change. Through fasting, we will not only be able to raise monetary funds and bring greater awareness to this tragedy, but we will also exemplify a peaceful method of protest, thereby working towards peace through love.

Participants will collect funds through donors and sponsorships, as well as participation in fundraising events and activities. We will come together the weekend of April 22/23, 2011 and we'll spend 30 hours together partaking in activities, discussions, prayer, fellowship, music, games, art projects, friends, and fun, all while learning on how we can make a difference in the world, particularly Darfur. We will break the fast together by receiving Holy Communion on Easter Eve.

Will I be okay without food for 30 hours?

YES! The average healthy person can go without eating food for 30 hours and not experience any major side effects. Yes, you will feel hungry, and you might miss your chips, soda pop, or mocha latte, but this is our 10th year Fasting and we guarantee that while you may end the 30 hours feeling hungry, your spirit will definitely be filled. That being said, our goal is not to jeopardize anyone's health, so if you have any health conditions, please discuss your concerns with a Fast coordinator and your doctor. Water will be provided for the participants throughout the Fast.

Who can participate?

Fast for Darfur is open to people of all ages 12 and up who possess an open heart and an open mind. Although In His Shoes is an Armenian Christian organization, participation in the event is open to members of all religious backgrounds and persuasions. All participants must agree to take an active role in all activities during the 30 hours. They must also agree to raise a minimum of \$150 for the cause, but we know you'll want to raise more!

Where will the Famine be held?



Fast for Darfur will be held at the Student Center Conference Room at Glendale Community College (GCC). The building is easily accessible from the campus parking lot A and parking permits will be provided to you when you arrive. It is your responsibility to arrange transportation to the Fast on Friday at 12:00 PM and from the GCC campus to St. Peter Armenian Church for Badarak on Saturday evening, Easter Eve.

What do I need to bring?

You will need a sleeping bag, pillow, toothpaste, toothbrush, change of clothes for church, a towel and any toiletries you may need. Also bring your Bible and a notebook and pen to take notes and write down your thoughts. If you have an acoustic musical instrument, you're welcome to bring that as well. Please leave electronic items at home. Phone's permissible only for contacting family members if necessary.

This sounds great! How do I sign up?

In your packet, you will find a contract. Fill this out to commit yourself to participation in the 2011 Fast for Darfur. The sooner you sign up, the sooner you will begin receiving information about fundraising and how to make your fasting journey a successful one! Copies of all forms are also available on the In His Shoes website: <http://inhisshoes.org>