

COP 29 Climate Fast

Join with people of faith around the world to **pray and fast** during this year's global climate summit from November 11-22.

The Conference of the Parties (COP) to the United Nations Framework Convention on Climate Change (UNFCCC) is an international climate summit, held annually, and attended by global leaders, lobbyists, climate experts, and activists. Policymakers set global climate actions for the years ahead.

Those of us who cannot be present in Baku, Azerbaijan, for the COP 29 meetings can play a powerful role by praying and fasting along with others.

By **praying and fasting**, we will:

- Let policymakers know our eyes are on them
- Find strength and hope in collective action
- Transform despair into a constructive and powerful force!

Actions: Invite others to create a COP 29 climate fast plan. [Share your plans \(forms.office.com/r/YRSdJjyyVn\)](https://forms.office.com/r/YRSdJjyyVn) and receive updates on how others are planning to fast. Post your plans on social media using #COP29climatefast and [send a message to President Biden \(whitehouse.gov/contact/\)](#). [Sign the COP29 petition \(mcc.org/campaign/urge-bold-action-cop-29\)](#)

Fasting can take many different forms:

- Pray or meditate while holding the COP 29 meetings and policymakers in your heart
- Abstain from a meal a day
- Gather with others to sing and pray
- Spend time in nature
- Clean up local polluted areas

Is not this the fast that I choose:

to loose the bonds of injustice,
to undo the thongs of the yoke,
to let the oppressed go free,
and to break every yoke?

Is it not to share your bread with the hungry
and bring the homeless poor into your house;
when you see the naked, to cover them
and not to hide yourself from your own kin?

Then your light shall break forth like the dawn,
and your healing shall spring up quickly;

your vindicator shall go before you;

the glory of the Lord shall be your rear guard.

Then you shall call, and the Lord will answer;

you shall cry for help, and he will say, "Here I am."

Isaiah 59: 6-9 (NRSV)

- Learn about the local impacts of climate change
- Commit to one new way of green living that challenges you
- Let go of a behavior that you know harms the planet
- Talk about the climate crisis with others
- Donate to a local organization taking climate action
- Call your legislators to urge support of planet-saving policies
- Join or start a nonviolent direct-action movement on climate and encourage others to take part

