

Sacred Togetherness

A call for interfaith solidarity fasts and
donations during Ramadan and Holy Week



THE RIVERSIDE CHURCH
IN THE CITY OF NEW YORK



Food Insecurity in NYC

Recent research indicates that approximately **14.6%** of NYC is food insecure, meaning at some point during the year they had difficulty providing enough food for all household members due to a lack of resources or insufficient money for food.

Since August 2022, nearly **180,000 migrants** have entered our city. Nonprofits and houses of worship are on the frontlines providing shelter, food, legal support, among other social services. With this, the rate of food insecurity is likely larger than 14.6%.

With the observance of Ramadan, the need among Muslim migrants has grown substantially. However, food insecurity goes beyond Ramadan and remains a major **social justice issues** for our city. Mosques are on the front lines of fighting food insecurity for West African Muslims far beyond this month.

Holy Week, which comes at the end of Lent, marks the most sacred week of the Christian liturgical calendar. Christians believe that Christ was crucified, died, and was resurrected on Easter Day.

Fasting, or abstaining from certain foods or meals, has long been a part of Lenten tradition. Committing to a season of fasting forces one to slow down, focus inward, and become self-aware.

Holy Week also allows us to become more outwardly aware and conscious of people suffering from injustice.



What is Holy Week?



Ramadan marks the 9th and holiest month of the Islamic calendar. For 30 days, Muslims abstain from food and water during daylight hours. They are also encouraged to refrain and reform bad habits, all while increasing their generosity towards those in need.

The practice of fasting is not only a physical exercise but a spiritual one. The month challenges hyper-consumerism and materialism; instead, Muslims pursue God's blessings and forgiveness.

What is Ramadan?



Almsgiving + Fasting Across Faiths

Like many traditions, Christianity and Islam, practice Almsgiving and Fasting.

Almsgiving strengthens our bonds with one another and allows us to participate in social change, transformation, and new life.

Fasting opens our hearts to God's heart and desire for all to be made right in the world, so no one will hunger or thirst anymore.

Both Almsgiving and Fasting are opportunities to increase our awareness around food insecurity and injustice, particularly how it impacts low and no-income families and individuals, the unhoused, and asylum seekers in our city.

Calls to Action

Fast in Solidarity

Fast in solidarity with our Muslim siblings!
Break your fast in “sacred togetherness.”

Donate!

If you are unable to fast, donate what you typically spend on lunch/dinner to a local mosque.

The great services of hospitality provided by NYC mosques come with an equally large burden – especially financial – on the faith communities themselves, and there is a substantial need to fund Ramadan meals.

Where to Donate

1

The **Interfaith Center**'s Welcome NYC program aims to alleviate some of this logistical and financial burden on mosque's by providing Iftar and Suhoor meals to mosques throughout NYC.

See our donation link in bio

2

The **Gambian Youth Organization** supports the work of Mosques and asylum seekers throughout the Bronx and NYC through food and other donations (<https://linktr.ee/THEGYO>)

3

Sponsor an **ICNYU** Iftar at www.givecampus.com/campaigns/25895/donations/new

4

Donate time as a volunteer to **Muslim Community Network** and **NYC Comptroller**'s Iftar on the Go Program

Make an Intention

Though Lent and Ramadan will end in just a few weeks, food insecurity is major and persistent issue. One donation is only a starting point, so join us in advocating for sufficient, healthy, and culturally appropriate food for all New Yorkers year- round.

Follow and join our work by visiting ICNY's Advocacy Blog ([link in bio](#)).