

## First Day Energy Fast

A Message from the Perry City Friends Peace and Social Action Committee:

From the core of Friends' tradition, we seek to live "in virtue of that life and power that takes away the occasion of all wars." We therefore seek to reduce our resource use until it better represents our fair share of that available. Our actions are deeply personal, yet we also seek to act collectively to encourage each other and enjoy magnified effects from our individual actions.

With a deep awareness of the effect our choices have on others, members of the Peace and Social Action Committee feel led to undertake a collective "day of mindfulness" to bring a spiritual dimension to our use of limited energy resources.

Our "day of mindfulness" takes the form of a First Day Energy Fast that is both personal and corporate. We have the shared commitment to limit driving on First Day to travel to and from Meeting only. We share awareness that Friends are making individual personal commitments to reduce consumption of other resources on that day as well.

Members and Attenders of Monthly Meeting are invited to join this spiritual endeavor and we welcome you to let us know your particular actions.

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### **Perry City Friends Monthly Meeting Energy Fast Pledge Form**

\_\_\_\_ I(we) commit to sharing in the First Day Energy Fast by limiting driving to travel to Meeting and reducing consumption of other resources on First Day.

\_\_\_\_ I(we) commit to an Energy Diet that reduces our regular resource consumption.

I(we) commit to reducing overall energy use by \_\_\_\_\_ %.

I (we) are taking the following specific actions as part of our Fast or Diet:

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Name(s) \_\_\_\_\_

Please give your pledge to a member of the Meeting, leave it in the Meeting Donation Box, or  
mail to: Perry City Friends Monthly Meeting  
PO Box 291, Trumansburg, NY 14886