

14 Friends of Palestine, Marin cordially invites you to donate a few of your pounds to

# Palestine

by taking part in our

## 2019 Sponsored Diet

in aid of

Christian Peacemaker Teams in Palestine <http://cptpalestine.com/>

and

Khitam, our sponsored child [www.14friendsofpalestine.org/children.html](http://www.14friendsofpalestine.org/children.html)

Israel restricts the amount of food going in to Gaza, a ruthless and deliberate policy whereby the dietary needs of the Gazan people are chillingly calculated to keep the population alive at a near starvation level. An Israeli minister joked that they were 'putting the Palestinians on a diet'. Members of the international community are invited to join in a diet voluntarily to raise funds for Palestine and thereby show solidarity.

### The Rules

1. Weigh in on **Saturday Jan 5th 2019** at home or with fellow dieters.
2. Dieters send a pledge to raise at least \$100.
3. Dieters will be added to the 2019 Sponsored Diet google group for mutual support and fun once pledge is received.
4. Get sponsors (*suggest \$2 or more per pound*) *But there is no upper limit!*
5. Eat less or differently.
6. Exercise more, on your own, or with your local group.
7. Weigh-out **Saturday April 13th**, after 14 weeks.
8. Ask for money from sponsors. **Two special web pages will be set up for donations to each beneficiary.** Details to follow.
9. Alternatively, checks may be sent to 14FP PO BOX. Details to follow.
10. **The money will be sent off to the two beneficiaries in the third week of May.**
11. Dieters and their sponsors may choose which organization to support. Therefore, the totals raised will not necessary be equal.
12. Please note that your actual weight will remain confidential at all times

*Those of you who do not need/wish to lose weight are invited to sponsor those of us that do.*

*Automatic disqualification for:*

1. Rocks in pockets at weigh-in
2. Use of helium balloons at weigh-out
3. Limb amputation
4. Child birth

If you want to join, please email [14friendsofpalestine@gmail.com](mailto:14friendsofpalestine@gmail.com)

*Please note that this is a fundraiser for Palestine, not just a diet club. Dieters pledge to raise at least \$100. Current record raised from a single dieter is \$3,000.*

**Go Palestine! – The weight of the world is behind you.**