

Here are some of the ways that you can show solidarity with your Muslim neighbors and commit to the Interfaith Ramadan Challenge:

1 **FAST.** Just once. Once a week. The entire month.

2 **PRAY** or meditate (in your own tradition) **FIVE** times per day. Include a prayer for peace and mutual understanding.

3 **BREAK THE FAST** with your Muslim neighbors and attend an Interfaith IFTAR.

4 **SHARE** your experience of Embodied Solidarity at Ramadan on Social Media with family, friends, and networks.