



# How can I help Palestinian People?

# Top Ten Tips

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## Top Ten Tips

**1** Pray whenever and wherever you can and encourage others to do the same. Pray the Sabeel Wave of Prayer, news and prayer response, updated each week - [sabeel.org/category/wave-of-prayers](http://sabeel.org/category/wave-of-prayers). Worldwide, people pray on Thursdays at 12:00 (local time) to create a global wave of prayer. Consider joining *Sabeel Kairos* in the UK and elsewhere.

- [sabeel-kairos.org.uk](http://sabeel-kairos.org.uk)

- [sabeel.org/friends-of-sabeel](http://sabeel.org/friends-of-sabeel)

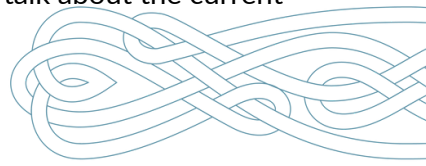
**2** Boycott, Divestment and Sanctions (BDS) is a nonviolent Palestinian led movement promoting boycotts, divestments and economic sanctions against Israel. For more information, see the BDS website - [www.bdsmovement.net](http://www.bdsmovement.net).

Don't buy Israeli products. Ask your supermarket to remove them from its shelves. Let companies know why you are boycotting their goods. Use the *No Thanks* app to scan goods to see if they originate from Israel.

**3** Keep yourself up to date with what is happening in Gaza and the West Bank and learn about the history of Israel/Palestine. Listen to podcasts, read books and articles, watch videos and use resources such as *Jewish Voice for Peace* and *Kumi Now*, and the *Law and the Prophets* videos. Try *B'Tselem* for analysis and *Al Jazeera* as an alternative source of news. Join the mailing lists and visit the websites of organisations such as *Sabeel Kairos*, the *British Palestine Project*, *Stop the JNF* and *Amos Trust*.

**4** If possible, meet with Palestinians in your locality. Enjoy Palestinian culture. Buy Fair Trade Palestinian foods and goods from places such as *Hadeel*. Beautiful Palestinian ceramics from Hadeel make lovely gifts. Try Zaytoun olive oil - it's the best! Find out more at [www.hadeel.org](http://www.hadeel.org)

**5** Wear a badge supporting Palestine or a kufiya scarf. It will encourage questions and the chance to talk about the current situation.



## Top Ten Tips

**6** Write to your political representatives. In the UK, write to your MP, the Foreign Secretary David Lammy and the Prime Minister Keir Starmer, holding them to account. Demand an immediate ceasefire, an end to arms sales to Israel, the release of all hostages in Gaza and detainees in Israel, the imposition of sanctions and the reestablishment of the UN aid flow into Gaza.

**7** Sign and share petitions. These UK-based organisations provide opportunities to make your voice heard:

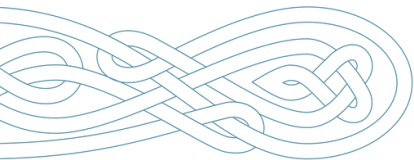
- [www.amnesty.org](http://www.amnesty.org)
- [www.change.org](http://www.change.org)
- [savethechildren.net](http://savethechildren.net)
- [www.oxfam.org.uk](http://www.oxfam.org.uk)
- [petition.parliament.uk](http://petition.parliament.uk)

**8** Donate and fundraise for organisations helping Palestinian people such as Medical Aid for Palestinians, Christian Aid, DSPR.

**9** Protest! Sign up to the *Palestine Solidarity Campaign* for information about national protests and register with your local branch for local protests.

Join *Christians for Palestine* or *Christians for Palestine Scotland* WhatsApp groups or follow them on social media for information about events, and protests.

**10** Join the Common Concern Network for Israel/Palestine if you are a member of staff, a Member or Associate Member of the Iona Community. Email Tracy at [CCNpalestine@iona.org.uk](mailto:CCNpalestine@iona.org.uk)



## More resources

- *Blood Brothers*, Elias Chacour
- *Exile in Israel*, Runa Mackay
- *The Other Side of the Wall – A Palestinian Christian Narrative of Lament and Hope*, Munther Isaac
- *Justice and Only Justice*, Naim Ateek
- *Glory to God in the Lowest*, Don Wagner
- *Faith in the face of Empire: the Bible through Palestinian Eyes*, Mitri Raheb
- *In God's Time*, Advent reflections on experiences in Israel/Palestine, from the Iona Community.
- *A Wall in Jerusalem*, Mark Braverman
- *Wrestling in the Daylight*, Rabbi Brant Rosen
- *Justice for Some: Law and the Question of Palestine*, Noura Erekat
- *Decolonising Palestine: The Land, The People, The Bible*, Mitri Raheb
- *The Hundred Years' War on Palestine: A History of Settler Colonial Conquest and Resistance*, Rashid Khalidi, Profile Books, 2020
- *Sharing the Land of Canaan*, Mazin Qumsiyeh, free and online at <http://qumsiyeh.org/sharingthelandofcanaan/>
- *Christ in the Rubble*, Munther Isaac
- *Reconciling Justice: Concepts of Justice in the Multireligious Context of Palestine/Israel*, Salim Munayer
- *Reclaiming Judaism from Zionism: Stories of personal transformation*, Carolyn Karcher (Ed.)

Iona Community Common Concern Network for Israel-Palestine  
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