

What you can do to build a just peace in Palestine/Israel

January 2025

This has been prepared by Mennonite Church Manitoba Palestine/Israel Network. It is subject to revision from time to time.

1. Read accurate resources.
 - Israeli Jewish historian Ilan Pappé (*The Ethnic Cleansing of Palestine*)
 - Palestinian historian Rashid Khalidi (*The Hundred Year's War on Palestine*)
 - Palestinian Christian Theologians – Mitri Raheb, Munther Isaac, Naim Ateek, Lamma Mansour, John Munayer, Sam Munayer, Daniel Bannoura, Shadia Qubti, Yousef Alkhoury, etc
 - Add Al Jazeera to your must-watch news feed.

2. Access reliable reports.
 - Sign up for monthly Mennonite Church Canada PIN Updates.
<https://www.mennonitechurch.ca/pin>
 - Amnesty International – *You Feel Like You are Subhuman; Israel's Genocide Against Palestinians in Gaza* <https://amnesty.ca/gazagenocide/>
 - Doctors Without Borders – *Gaza: Life in a Death Trap*.
<https://www.doctorswithoutborders.ca/gaza-death-trap-msf-report-exposes-israels-campaign-of-total-destruction/>
 - UN Special Rapporteur on Human Rights in the Occupied Palestinian Territories, Francesca Albanese – regular reports.
<https://www.ohchr.org/en/special-procedures/sr-palestine>

3. Read reliable websites.
 - Canadian Friends of Sabeel <https://www.friendsofsabeel.ca/>
 - Sabeel Jerusalem <https://sabeel.org/>
 - Canadians for Justice and Peace in the Middle East (CJPME)
<https://www.cjpme.org/>
 - B'Tselem <https://www.btselem.org/>

4. Advocate.

- Write or phone your Member of Parliament.
 - i. Ask them to ensure Canada supports International Law and Human Rights for Palestinians in Palestine/Israel.
 - ii. Ask for an end to the free trade agreement between Israel and Canada (CIFTA).
 - iii. Ask for Canada to hold Israeli lawmakers and politicians accountable for war crimes in the Gaza genocide.
- Talk with family and friends about what you are learning.

5. Support local. Show up at events.

- Canadian Palestinian Association of Manitoba (CPAM)
- Independent Jewish Voices
- Islamic Relief
- Mennonite Church Canada Palestine-Israel Network

6. Spend money wisely.

- Boycott Israeli products. <https://bdsmovement.net/>
- Eat out at local Palestinian restaurants and shop at Palestinian grocery stores. Support Zatoun <https://zatoun.com/>
- Donate to organizations funding humanitarian aid to Gaza and West Bank.

7. Pray.

- For a permanent ceasefire in Gaza.
- For an end to the Israeli illegal occupation of the West Bank, East Jerusalem and Gaza.
- For the courage to speak for a non-violent solution to ending the settler colonial conquest of Palestine by the State of Israel assisted by western allies.



**Mennonite
Church Manitoba
Palestine-Israel
Network**

**For more information about MCMPIN events and
speakers, please contact
mennonitechurchmpin@gmail.com**