

Month of Ramadan

A special month for Muslims



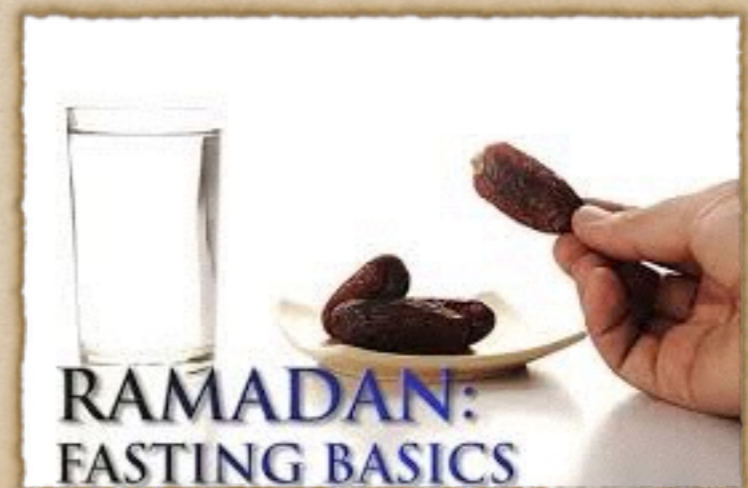
What is Ramadan?

- ◆ Ramadan is the 9th month of the Islamic Calendar
- ◆ Muslims follow the lunar calendar and the month of Ramadan falls at different times of the year.
- ◆ Ramadan is the month in which the Holy Quran was revealed.
- ◆ Ramadan is the month of special mercy and blessings from God. For Muslims it is the month of fasting, of worship, charity . . . etc. They try intensely to seek nearness to God in this month.

Fasting

Fasting is to abstain from food and drink from dawn till after sunset. It also includes staying away from all forms of sins.

Muslims try to increase their worship of God and good deeds during the fast.



Holy Quran on Fasting

O you who believe!

fasting is prescribed for you

as it was prescribed for those before you

so that you may achieve God consciousness.



Sura Baqarah, Chapter 2 of the Holy Quran

Verse 183

Benefits of Fasting

Fasting is primarily done in obedience to the law of God. It has many benefits including:

- ◆ An appreciation for the hunger of the poor
- ◆ Gratitude for God's blessings
- ◆ Health of the body
- ◆ Spiritual upliftment
- ◆ Discipline and self control



Two meals while fasting

Muslims eat two times during the fasting day:

Suhoor - the early morning meal. This is before dawn and a healthy meal at this time helps during the fast.

Iftar - the evening meal after sunset. Usually the fast is broken with a date and some water, followed by dinner.

Exemptions from Fasting

All Muslims who have reached the age of puberty fast during the month of Ramadan except:

- ◆ Those who are sick
- ◆ Travellers traveling for less than 10 days
- ◆ Expecting or breastfeeding mothers
- ◆ The Elderly

Social aspect of Fasting

- ◆ Many Muslims gather at Mosques or private homes in the evenings of the month of Ramadan. Many Mosques are teeming with people each night of the holy month.
- ◆ They pray and break their fast together. It fosters a spirit of community and belonging. Many Mosques hold special programs for children and encourage eco friendly methods for eating and cleaning up.

Eid ul Fitr



- ◆ At the end of the holy month Muslims celebrate and give thanks to God for having guided them in the month.
- ◆ They pray the prayer of Eid in congregation and then enjoy delicacies, visit family and friends, exchange gifts . . . etc. It is a very joyous day for Muslims.