Fasting & Prayer Timetable for Vancouver & Vicinity

Holy Ramadan 1437 AH

(June - July 2016)

O you who have believed! Fasting has been prescribed for you as it was prescribed for those before you, so that you may become God-conscious (Quran 2:183)

DU'A WHEN OPENING THE FAST

بِسْمِ اللهِ اللّٰهُمَّ لَكَ صُمْنا ، وَعَلَى رِزْقِكَ
أَفْطَرْنا ، فَتَقَبَّلْ مِنَّا ، إِنَّكَ أَنْتَ
السَّمِيعُ العَلِيمُ

In the name of Allah; O Allah! We fasted for You, and with Your provision we have opened the fast. So accept (it) from us. Surely, You are All-hearing and All-knowing.

ISTIGHFAR AT THE TIME OF IFTAR:

اَللّٰهُمَّ اِنِّي اَسْئَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ
كُلَّ شَيْءٍ اَنْ تَغْفِرَ لِي ذُنُوْبِي

O Allah! I ask You, for the sake of Your mercy which encompasses everything, to forgive for me my sins.

STRENGTHEN YOURSELF DURING FASTS

Holy Prophet (s): Four things strengthen a person' s fasting:
1)Breaking the fast with [lukewarm] water
2)Not missing out on doing suhūr
3)Not skipping taking a short nap during the day
4)Smelling a good fragrance (*Al-Firdaws, H. 1496*)

RECITE SURATUL QADR

A believer who is fasting and recites Sūratul Qadr during the suhūr (when eating/drinking prior to beginning fast) and the iftār (opening of the fast) has a reward similar to one who gives his life in the way of Allah (*Iqbāl al-A 'māl, v. 1, p. 185*)

Disclaimer: A.L.I. has not calculated nor observed following timings. Data taken from www.az-zahraa.org/salaat_timings.asp Sunrise and sunset timings from www.timeanddate.com/sun/canada/vancouver

Day	Jun	Ramadān	Imsāk	Fajr*	Sunrise	Zuhr	Sunset	Maghrib
Tue	07	1	3:06	3:16	5:08	1:12	9:15	9:30
Wed	08	2	3:06	3:16	5:08	1:12	9:16	9:31
Thu	09	3	3:06	3:16	5:07	1:12	9:17	9:32
Fri	10	4	3:06	3:16	5:07	1:12	9:17	9:32
Sat	11	5	3:06	3:16	5:07	1:12	9:18	9:33
Sun	12	6	3:06	3:16	5:07	1:13	9:19	9:34
Mon	13	7	3:06	3:16	5:06	1:13	9:19	9:34
Tue	14	8	3:06	3:16	5:06	1:13	9:20	9:35
Wed	15	9	3:06	3:16	5:06	1:13	9:20	9:35
Thu	16	10	3:06	3:16	5:06	1:13	9:21	9:36
Fri	17	11	3:06	3:17	5:06	1:14	9:21	9:36
Sat	18	12	3:07	3:17	5:06	1:14	9:21	9:36
Sun	19	13	3:07	3:17	5:07	1:14	9:22	9:37
Mon	20	14	3:07	3:17	5:07	1:14	9:22	9:37
Tue	21	15	3:07	3:17	5:07	1:14	9:22	9:37

Dates subject to sighting of Ramadan crescent

RECOMMENDATIONS AT THE TIME OF SUHUR

1) Do not miss eating or drinking. The Holy Prophet (s): Have suhūr even if it is a sip of water, for surely the blessings of Allah are on those who do suhūr (*Tahdhīb al-Ahkām, H. 566*).
2) Recite Sūratul Qadr (See Hadith on the left column)
3) Include dates and water in suhūr

RECOMMENDATIONS AT THE TIME OF IFTAR

1) Do not delay having your Iftār
2) Where possible, do your salāt before Iftār
3) Share your meal with others or Offer charity before you eat
4) Recite Sūratul Qadr (See Hadith on the left column)
5) Recite the Du 'ā for Iftār (see left column)
6) Open your fast with dates, and warm water.

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The Holy Prophet (s): Ask Allah to give you success (tawfīq) to fast in Ramadan and do tilāwah His book. Whosoever recites one verse of the Quran in it is like reciting the entire Quran in other months. [So let's strive to listen, recite, reflect, understand and follow the Quran]

DU' A AT IFTAR, WHEN OPENING THE FAST

اَللهُمَّ لَكَ صُمْتُ وَعَلَى رِزْقِكَ
أَفْطَرْتُ وَعَلَيْكَ تَوَكَّلْتُ

O Allah! I fasted for You, and with Your provision I opened my fast, and to You I rely upon.

ISTIGHFAR WHEN TAKING FOOD

بِسْمِ اللهِ الرَّحمنِ الرَّحِيْمِ. يَا وَاسِعَ المَغْفِرَةِ اِغْفِرْلِيْ

[I begin] in Allah' s name the Beneficent, the Merciful. O All Encompassing in Forgiving! Forgive me.

SEEK FORGIVENESS CONSTANTLY AND SUPPLICATE A LOT

Amīrul Mu' minīn Ali b. Abi Talib (a): In the month of Ramadan seek forgiveness constantly and supplicate, for supplication will avert calamities from you and seeking forgiveness will erase your sins (*Al-Kāfī, v. 4, p. 88, H. 7*)

ENSURE YOU PREPARE FOR LAYLATUL QADR

Holy Prophet (s): Indeed the month of Ramadan has come to you, a blessed month . . . in it is the Night of Qadr (which is) better than one thousand months. One who is deprived of it, has indeed been robbed (*Tahdhīb al-Ahkām, H. 266*).

RAMADAN IS UNIQUE

Holy Prophet (s): Let not the month of Ramadan be like other months with you, for it is sacred and has significance with Allah over other months. And let not the day of fasting in the month of Ramadan be like other days when you are not fasting (*Bihar al-Anwār, v. 96, p. 340, H. 5*)

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Day	Jun/ July	Ramadān	Imsāk	Fajr*	Sunrise	Zuhr	Sunset	Maghrib
Wed	22	16	3:07	3:17	5:07	1:15	9:22	9:37
Thu	23	17	3:07	3:17	5:08	1:15	9:22	9:37
Fri	24	18	3:08	3:18	5:08	1:15	9:22	9:37
Sat	25	19	3:08	3:18	5:08	1:15	9:22	9:37
Sun	26	20	3:08	3:18	5:09	1:16	9:22	9:37
Mon	27	21	3:09	3:19	5:09	1:16	9:22	9:37
Tue	28	22	3:09	3:19	5:10	1:16	9:22	9:37
Wed	29	23	3:09	3:19	5:10	1:16	9:22	9:37
Thu	30	24	3:10	3:20	5:11	1:16	9:21	9:36
Fri	Jul 1	25	3:10	3:20	5:11	1:17	9:21	9:36
Sat	2	26	3:11	3:21	5:12	1:17	9:21	9:36
Sun	3	27	3:11	3:21	5:13	1:17	9:20	9:35
Mon	4	28	3:12	3:22	5:14	1:17	9:20	9:35
Tue	5	29	3:12	3:22	5:14	1:17	9:20	9:35
Wed	6	30	3:12	3:22	5:15	1:18	9:19	9:34

Dates subject to sighting of Ramadan crescent

RECOMMENDATIONS AT THE TIME OF IFTAR

1) Do not delay having your Iftār
2) Where possible, say maghribayn salāt before Iftār
3) Share your meal with others or Offer charity before you eat
4) Recite Sūratul Qadr (See Hadith in the left column)
5) Recite the Du 'ā for Iftār (see left front side)
6) Open your fast with dates, and warm water.

RECOMMENDATIONS AT THE TIME OF SUHUR

1) Do not miss your Suhūr. The Holy Prophet (s): Have suhūr even if it is a sip of water, for surely the blessings of Allah are on those who do suhūr (*Tahdhīb al-Ahkām, H. 566*).
2) Recite Sūratul Qadr (See Hadith on the front side)
3) Include dates and water in suhūr

QUALITIES THAT ATTRACT DIVINE FORGIVENESS

Whoever holds on to six qualities during the month of Ramadan, Allah will forgive his sins: Protecting faith, safeguarding of soul, maintaining relations with kith, not troubling neighbors, taking care of brethren and guarding the tongue (*Mustadrak al-Wasā' il, v. 7, p. 370, H. 8443*)

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