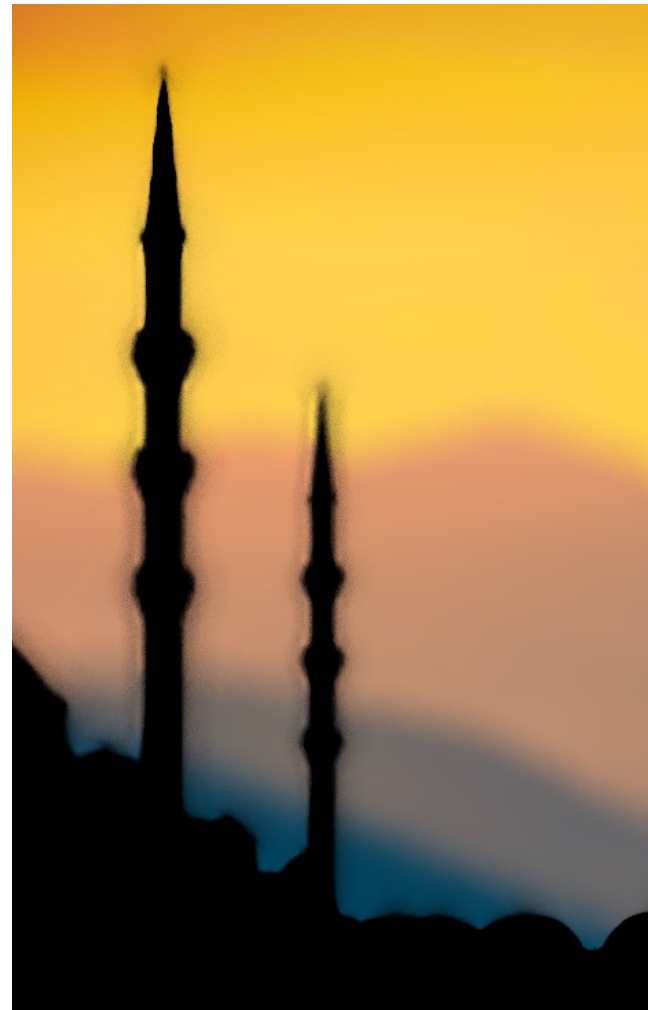


RAMADAN



What you should know about Muslims

Written By

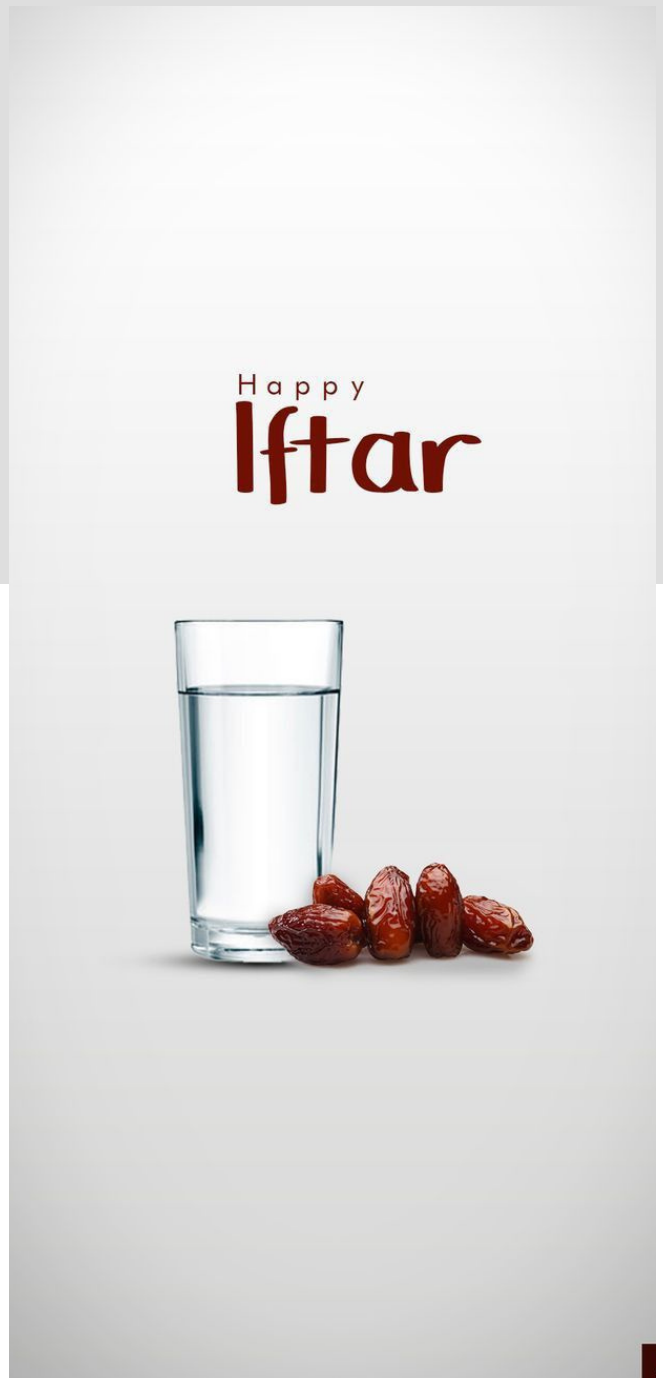
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WHAT IS RAMADAN?

It is the 9th month of the islamic calendar. In Ramadan, Muslims are obliged to fast from dawn to dusk for 29-30 days. They only have a light meal before dawn and break their fast with dates and water at sunset. Muslims fast up to 15 hours or more depending on their location or the season.



Picture1 Water and dates

O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous (Quran 2: 183)



Picture1.2 Muslim women

PURPOSE OF RAMADAN

Ramadan is a religious obligation every Muslim who is mature, of sound mind and in good health must observe. It is a very important month for all Muslims. It unites Muslims in every part of the world and builds a sense of community. Ramadan is meant to cleanse the body of the Muslim both physically and spiritually.

WHAT MUSLIMS DO

- Muslims stay away from food and water during the day.
- Muslims engage in acts of worship such as revising the Quran and learning its meaning. This is to honor the month in which the Quran was first revealed .
- Muslims are encouraged to do extra good deeds and devote most of their time to the remembrance of Allah (God)
- The last ten days of Ramadan is spent in doing more worship and going to the mosque late at night to pray in congregation.
- Muslims go to the mosque every evening to say a prayer called taraweeh in congregation throughout Ramadan.
- Muslims share meals with friends , loved ones and the less privileged.



Picture1.3 Muslim women



Picture1.4 Muslim men

HOW CAN YOU SUPPORT MUSLIMS

- Muslims may have a slight change in routine as they try to maximise their time to fulfill both their religious and work obligations, so please check with them
- Meetings could be scheduled at times that would not clash with their religious obligations (prayers).
- Many Muslims enjoy hosting iftar (breaking the fast) dinners and talk about Ramadan. You can consider going if invited.
- Allow flexible work options for Muslims. This helps them maximise their time to work and enjoy Ramadan.
- Some Muslim women may begin to cover their hair with hijab. Please do not ask them about it.
- Muslims may be low on energy on some days, this will require some understanding in assigning many tasks.
- Many Muslims do not mind having food around them. Do not be worried about eating around them
- Many Muslims are aware of their change in breathe due to staying away from food and water, please be understanding.
- Due to health or other reasons, some Muslims may not fast or only fast some days. Please do not ask them about it.

The month of Ramadhan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; (Quran 2: 185)



Picture1.5 Greeting card

You can extend warm wishes to Muslims by simply saying "Ramadan Mubarak". This can make a Muslim feel seen and cared for.

Muslims cannot have even water during the day in Ramadan!

Eid Mubarak!

Muslims celebrate Eid-ul Fitr with a three day feast to mark the end of Ramadan. Muslims make merry with friends and loved ones . They thank Allah for a successful Ramadan and hope to witness the next Ramadan.



Picture1.6 Eid decoration

You can extend warm wishes to Muslims by simply saying "Eid Mubarak".
