



Ramadan 101



When is Ramadan?



This year, Ramadan will run approximately from *March 10th* to *April 10th*. The Islamic calendar is based on the lunar calendar, so the dates of each month are based on when the crescent moon is sighted.

Why do we fast?

- Fasting is one of the 5 pillars of Islam
- The Qur'an states that fasting in this month is prescribed so that believers may be more conscious of God, not just to simply abstain from food and drink
- Other ways Muslims do this is by giving to charity, self-reflecting, & participating in optional night prayers (Taraweeh)



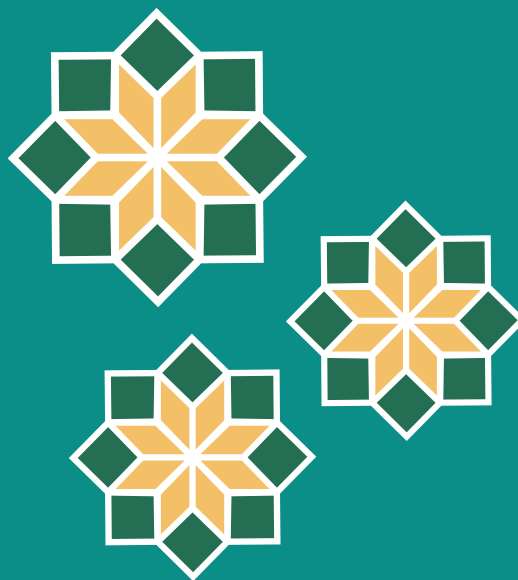
How does it work?

- Wake up for Suhoor - this is the first meal of the day eaten before dawn & the morning prayer
- We abstain from eating or drinking.
- Not even water!
- Open your fast at sunset, when the evening call to prayer is made, at Iftar



Who is exempt from fasting?

- People who are sick or have a chronic illness
- Children
- The elderly
- Pregnant mothers, or mothers who breastfeed
- People who are menstruating
- Travelers





Terms to Know

- **Ramadan:** Name of the Islamic month, like February, March etc
- **Ramadan Mubarak:** Well wishes, “Have a blessed Ramadan”
- **Suhoor or Sehri:** Morning meal before the start of the fast
- **Iftar:** Meal to break the fast at sunset, traditionally starting with a date or water
- **Taraweeh:** Optional nightly prayers
- **Eid-ul-Fitr:** Holiday that marks the end of Ramadan, and is a day to celebrate with friends & family