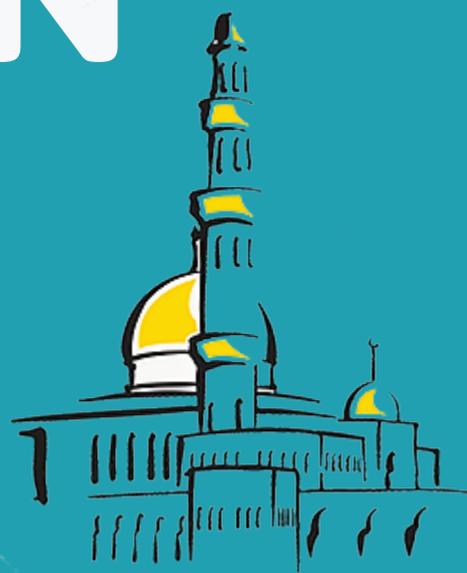


# RAMADAN

## Everything you need to know about Ramadan



### Sight the Moon

Ramadan is the 9th Lunar month and begins with the sighting of the new moon. Muslims follow a lunar calendar with each Islamic month lasting 29 or 30 days according to the moon cycle. One Lunar year is 10 -12 days less than the Gregorian or seasonal calendar.

### Ramadan

Ramadan comes from the Arabic word Ramad which means dry. For Muslims, Ramadan is a holy month of fasting from the break of dawn until sunset. To fast one must abstain from food and drink and anything that distracts you from doing good. This means we watch what we see, hear and speak, and stay away from any bad behavior. Ramadan is a time to self-reflect and teaches us to perfect our behavior, be patience and disciplined, and increase our good deeds.

### Extra Prayers

Every night, Muslims pray extra prayers called Taraweh. In the last 10 nights there is a special night called the **Night of Power**. It is said on this night that the Quran was first revealed to the Prophet Mohammed. Tradition holds that it falls on an odd numbered night, but exact night is not known. The Quran says that this night is "better than a thousand months" (97:3), and worship extend into the early hours of the morning.

### Zakat al Fitr

After the fast of Ramadan, every Muslim head of household must feed the poor equal to the number of members in his family. This should be given before Eid prayer and is called Zakat al Fitr.

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### Suhoor & Iftar

Suhoor is the meal before dawn and Iftar is the meal at sunset. Muslims start the day with a healthy meal and break their fast with dates and water as was the tradition of the Prophet Mohammed peace be upon him.



In some countries the canon is used to signal sunset and the start of Iftar

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### Eid al Fitr

The sighting of the new moon once again marks the end of Ramandan. The following morning Eid Al Fitr, the Festival of breaking the fast begins with a special prayer after the dawn prayer, and is held Eid Musallahs throughout the world. Worshippers share Eid Greetings of "Eid Mubarak" and children are given gifts and "Eidiya" money. Everyone dresses in something new or their best clothes for celebrations which lasts three days. Muslims visit family and friends and rejoice in the completion of Ramadan, a month of striving to better one's character.

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