



# What is Ramadan?

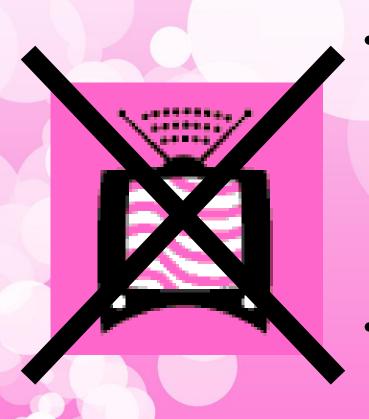
 During the month of Ramadan Muslims fast between dawn and dusk.



- When you fast you cannot eat or drink anything.
- Fasting is one of the 'Five Pillars' or duties of Islam.



## What is Ramadan?



• In the month of Ramadan families get up early to eat before dawn and then have a meal together after the sun has set.

 You are advised not to watch television during Ramadan unless it is a Islamic programme.

- It is during the month of Ramadan that the Qur'an, the holy book, was revealed to the Prophet Mohammed (PBUH) by the Angel Gabriel.
- During Ramadan Angel Gabriel used to descend and recite the Qur'an with the Prophet.





### What is suhoor?

Suhoor is the meal that we have early in the morning before fasting.



## What is iftar?

This is the meal that we have after sunset to break our fast.



### Suhoor And Iftar

### What do we eat at iftar?

- We break our fast with dates which is a light fruit to start our meal.
- This was a tradition acted upon by the Prophet Mohammed (PBUH).
- We also break our fast with water to rehydrate ourselves.





## When does Ramadan start?

Ramadan officially begins when a new moon is sighted.

Unlike the Gregorian Calendar (the Western calendar) the Islamic calendar's months are determined by the moon instead of the sun.



- Ramadan is the 9<sup>th</sup> month in the Islamic calendar.
- The Islamic calendar has 12 months like the Western calendar.
- This year (2016) Ramadan is from 6<sup>th</sup> June to around the 5<sup>th</sup> July.

## RAMADAN

محمور شلبي

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#### Calendar 2016

1437 -1438 Hijri



#### Calendar 2016

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Sat 5 5 12 12 19 19 26 26

Sun 6 6 13 13 20 20 27 27

1437 -1438 Hijri



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The month of Ramadan moves back 11 days every year as the Islamic calendar is shorter than the standard Gregorian calendar.

This means next year (2017) Ramadan will begin around 26th May.



 We fast to give more focus and more impact to our deeds.

 Fasting helps us concentrate on things that matter.

 When we fast we get a small feeling of what it feels like to be without food on a daily basis like poor people.



 By fasting we focus on reading and learning the Qur'an and the needs of the poor.

• It is believed that by fasting the body is given a rest and a chance to cleanse itself.

 We also give more money to charity in this month.





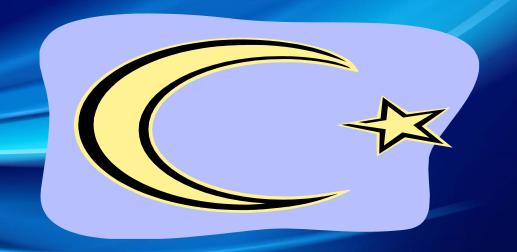


This is the 1<sup>st</sup>
Islamic celebration
of the year

EId-Al-Fitr

# Ramadan ends with a celebration called Eid-al-Fitr (the Festival of Fast Breaking).

The festival begins when the first sight of the new moon is seen in the sky.



Muslims are not only celebrating the end of fasting, but thanking Allah (God) for the help and strength that he gave them throughout the previous month to help them practice self-control.



# On the morning of Eid special Eid prayers are offered.

Men go the mosque and women can pray at home.



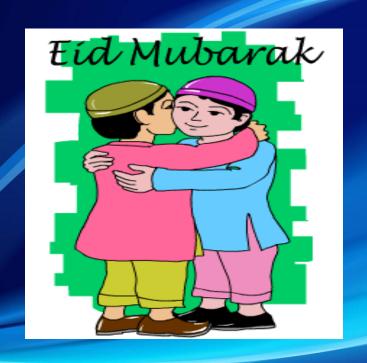


# Everyone dresses up in their best clothes and shoes.

Women and young girls like to decorate their hands with beautiful patterns using mendhi (henna).



# After prayers everyone wishes each other a huge





EID MUBARAK! (Happy Eid)

Eid cards, gifts and money are often exchanged. Everyone looks forward to eating lots of delicious food on Eid day, especially after all that fasting!



## THANK YOU FOR LISTENING!

We hope you learnt about Ramadan and Eid

# ANY QUESTIONS?