

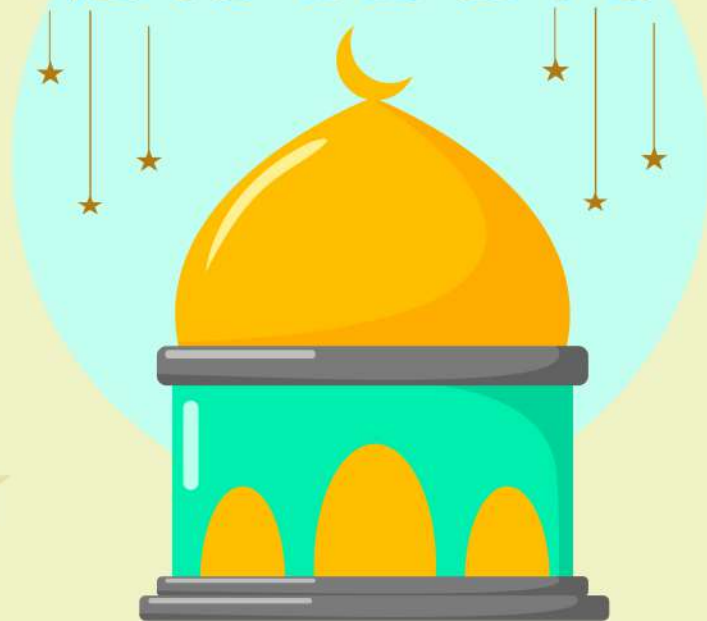
Celebrating Ramadan at Highlands School

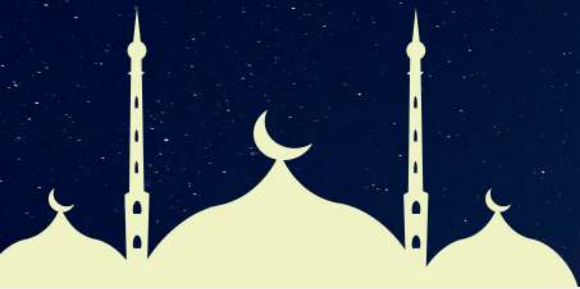
What is Ramadan?

- Ramadan is the ninth month of the Islamic calendar and for Muslims, the most important.
- Muslims believe it was during Ramadan that the Qur'an started to be revealed to Muhammad (S.A.W).
- Many Muslims will recite the whole of the Qur'an, in daily sections, over the 30 days in Ramadan.
- The daily readings from the Qur'an help Muslims to remember its teaching and its importance in their lives.
- During the month of Ramadan, Muslims focus on fasting, charity, and pleasing Allah (God).



RAMADAN
kareem

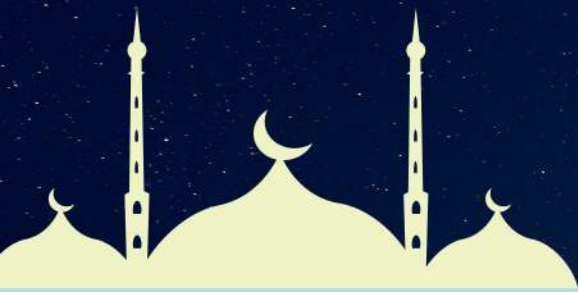




What is fasting?

- Fasting is not eating or drinking for a certain length of time, usually for a religious reason.
- Muslims wake up every day, before sunrise in order to eat and drink enough to keep them going until sunset.
- At sunset, the fast is broken and Muslims are allowed to eat until sunrise the next day.
- The evening meal is often shared with family and friends, which is then followed by extra prayers and readings from the Qur'an.
- Many Muslims break their fast at the end of each day during Ramadan, by drinking water and eating dates.
- There are exceptions to fasting. Not all Muslims have to fast during Ramadan, although those excused from fasting are supposed to make up for it later if they can.
- People can be excused for health reasons. For example, pregnant women, mothers nursing babies, and those who are ill do not have to fast. Some children fast for a shorter length of time to help prepare themselves.





What else is important during Ramadan?

The Night of Power

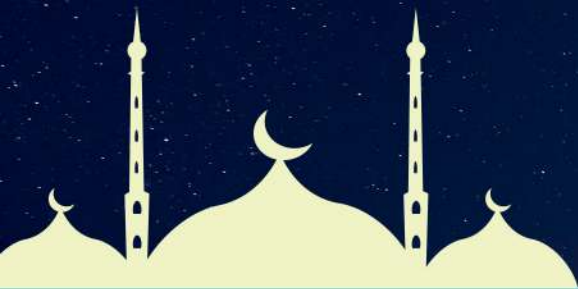
The Night of Power is believed to be one of the odd-numbered dates in the second half of Ramadan. This was the night the first verses of the Qur'an were revealed to Muhammad (S.A.W) by Allah (God).

Charity (Zakah)

Feeling hungry during the day is a reminder that the poor feel that way all the time if they cannot afford to eat properly.

This greater awareness, inspires many Muslims to find ways to help the poor. This may include inviting the poor to share their meal that breaks the fast, and paying Zakah during Ramadan.





Key messages

- Ramadan for Muslims, is an opportunity to be grateful for what they have, and an opportunity to get closer to Allah (God).
- This is the month when the Qur'an was revealed to Prophet Muhammad (S.A.W).
- This is a month where many Muslims give to charity (Zakah) and help those that are less fortunate.
- Although Ramadan is best known for fasting, it is important not to forget it involves other important elements too.
- After Ramadan, Muslims celebrate Eid-ul-Fitr.

