

RAMADAN FACT SHEET

WHAT IS RAMADAN?

Ramadan is the ninth month of the Islamic calendar. Given the Islamic calendar is based on the lunar system, Ramadan begins on a different date each year. One reason why Ramadan is special is because the Qur'an was revealed to Prophet Muhammad in this month.

WHO CELEBRATES RAMADAN?

Muslims all over the world celebrate Ramadan.

WHAT DO MUSLIMS DO DURING RAMADAN?

During this month, Muslims fast. This means they do not eat or drink anything from dawn to dusk. Young children, pregnant women, and those not healthy enough to fast are not required to observe the fast. In addition, Muslims are encouraged to read the Qur'an, self-reflect, spend time with family and be more charitable.

WHY DO MUSLIMS FAST DURING RAMADAN?

There are many reasons Muslims fast during Ramadan, some of these include:

1. To gain God's pleasure
2. To strengthen one's faith
3. To develop self-control
4. To remind oneself that there are many people in the world less fortunate than themselves.

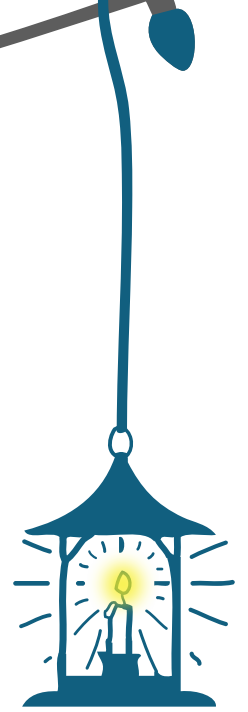
WHAT DO MUSLIMS DO AT THE END OF RAMADAN?

Muslims celebrate Eid al Fitr, which means "The celebration of breaking the fast" or "Eid" for short. On Eid, Muslims give a special charity to the poor, go to mosque for prayers, exchange gifts and spend time with family and friends.

HOW CAN MY FAMILY LEARN MORE ABOUT RAMADAN?

There are many wonderful resources available to learn about Ramadan. Below are just a few suggestions, all of which are available at www.taqwamedia.com

- Ilyas & Duck and the Fantastic Festival of Eid al Fitr, by Omar Khawaja
- It's Ramadan, Curious George, by Hena Khan
- Noor Kids First time Fasting, by Elizabeth Lymer
- Owl & Cat Ramadan Is..., by Emma Apple
- Ramdhan and Eid-ul-Fitr, by Azra Jessa
- Ramadhan Reflections, compiled by Sh. Saleem Bhimji
- Rafiq and Friend's The The Ramadan Date Palm, by Fatemeh Mashouf
- Zaky's Ramadan (DVD)



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