

Ramadan



ing.org

What is Ramadan?

Ramadan is the holy month of fasting, introspection and prayer for Muslims, followers of Islam.

Celebrated during the ninth month of the Islamic moon-based calendar, Ramadan is a holy month for Muslims. Ramadan is celebrated as the month during which Muhammad received the revelations which became the Quran, the holy book for Muslims.

Throughout the month of Ramadan, people fast during the daytime hours, eating only after sunset. A pre-dawn meal, known as suhoor, is eaten and the day's fast is broken with a meal known as iftar at sunset.

1

DID YOU KNOW?

Daily fasting is broken by sharing meals with friends and family. Traditionally a date is eaten to break the fast.

2

CRESCENT MOON

The first sighting of the crescent moon over the city of Mecca, in Saudi Arabia, marks the beginning of Ramadan.

3

TODAY

About 3.45 million Muslims live in the US. New York State has the 3rd highest Muslim population in the US.



thehansindia.com

ISLAM

The second largest religion in the world, after Christianity.

More than a billion people in the world are practicing Muslims.

FIVE PILLARS OF ISLAM

- **Shahada** (Profession of Faith)
- **Salat** (Prayer)
- **Zakat** (Giving)
- **Sawm** (Fasting)
- **Hajj** (Pilgrimage)

WORLDWIDE

The countries with the largest Muslim populations are:

- Indonesia
- Pakistan
- Bangladesh
- Nigeria
- Egypt
- Turkey
- Iran

Fasting

Fasting is one of the 5 principles of Islamic, called Sawm. No food or drink is consumed during Ramadan in the sunlit hours. A Ramadan fast lasts between 11-16 hours a day, for a period of 29-30 days.

Fasting is believed to be a way to increase a person's spirituality. It is also seen as a way to improve your self control and increase your gratitude and compassion for those who are less fortunate.

All Muslims who have reached puberty and are in good health are obligated to fast. Children, as well as people who are pregnant, nursing, sick or elderly are exempt from fasting and many perform charitable work instead.

Besides fasting, false words and bad intentions are also seen as breaking the fast. Muslims refrain from having any impure or unkind thoughts during Ramadan.

Ramadan is a very social holiday, and many Muslims break their fasts together with friends and family. Some mosques provide an iftār for people to gather at at the end of the day.



bbc.co.uk

Eid al-Fitr

The Feast of Fast-Breaking which marks the end of Ramadan.

Eid al-Fitr is a 3 day festival and is a time for special prayers, family visits, gift giving and charity.

In 1996, Hillary Clinton hosted the first ever Eid al-Fitr dinner at the White House. This tradition continued throughout the Clinton Presidency.

Iftārs have been hosted by George W. Bush, Barack Obama and Donald Trump at the White House.

As of 2015, Eid al-Fitr is a public holiday in New York City. Public schools and government offices are closed in honor of this holiday.

DIG DEEPER



Read: 33 Children's Books about Ramadan and Eid



Watch: Nadia's Ramadan: A short film about Muslim Holidays



Watch: Eid al-Fitr: All About the Holidays PBS Kids



In 2020 Muslims applauded Spongebob SquarePants' Ramadan message on social media. The simple message made American Muslims feel seen, heard and included in American Media.

www.arabamericannews.com