



A Gift for You

RAMADAN KAREEM

As we enter the holy month of Ramadan, we would like to take a moment to share some thoughts about this significant time for over a billion Muslims around the world. Ramadan, the ninth month of the Islamic lunar calendar, is a sacred period dedicated to fasting, prayer, reflection, and community.

During this month, Muslims fast from dawn until sunset, abstaining from food, drink, and other physical needs. Fasting is a way to nurture self-discipline, purify the soul, deepen spiritual awareness, and develop empathy for those facing hardship. It is also worth noting that fasting is not obligatory for everyone—children, the elderly, those who are unwell, pregnant or nursing mothers, and travellers are among those exempt from fasting, highlighting Islam's compassion and flexibility in accommodating individual needs.

However, Ramadan is about more than fasting. It is a time for personal growth, strengthening one's connection with God, and engaging in acts of charity and kindness. Muslims dedicate themselves to extra prayers, reciting the Quran, and embodying generosity, creating a sense of unity and care for others.

In the spirit of neighbourly connection and understanding, please accept this small token of friendship—a basket of fresh fruits. May it serve as a reminder of the values that unite us as neighbours and friends, fostering goodwill and harmony for everyone. We wish you peace, blessings, and a spirit of mutual respect this Ramadan.



Warm regards

UKIM DAWAH AND OUTREACH TEAM





HOW TO KEEP A FAST



1. UNDERSTAND THE PURPOSE

Fasting is an act of worship and a way to strengthen your connection with God Almighty. It's not just about avoiding food—it's about self-control, gratitude, and reflecting on life's blessings. Approach fasting with an open heart and a willingness to grow spiritually. Fasting is a time to remember and thank our Loving Creator.



2. SET YOUR INTENTION

Fasting begins with a sincere intention to worship God Almighty. Decide why you're fasting. It could be to empathise with those who fast during Ramadan (9th month in the Muslim calendar), develop discipline, or draw closer to our Loving God. A clear purpose will keep you motivated and mindful throughout the day.



3. PLAN YOUR DAY

Pre-Fast Meal (Suhoor):

Eat a balanced meal before dawn. Include slow-releasing carbs, protein, fruits, and plenty of water to stay hydrated and energised for the day.

Open the Fast (Iftar): At sunset, break your fast as Prophet Muhammad (peace be upon him) did—with dates and water—followed by a wholesome meal.



4. STAY HYDRATED

Drink plenty of water during non-fasting hours to prevent dehydration. Avoid caffeine as it can increase thirst and cause dehydration.



5. AVOID THESE DURING FASTING

Food and Drink: Abstain from eating and drinking from dawn to sunset as an act of obedience and devotion to God. For Muslim married couples, intimacy is also refrained from during fasting hours.

Negative Behaviours:

Refrain from lying, gossiping, or any actions that contradict the spirit of self-discipline and worship. Do more acts of social good.

