

THE HOLY MONTH OF RAMADAN

APRIL 2020

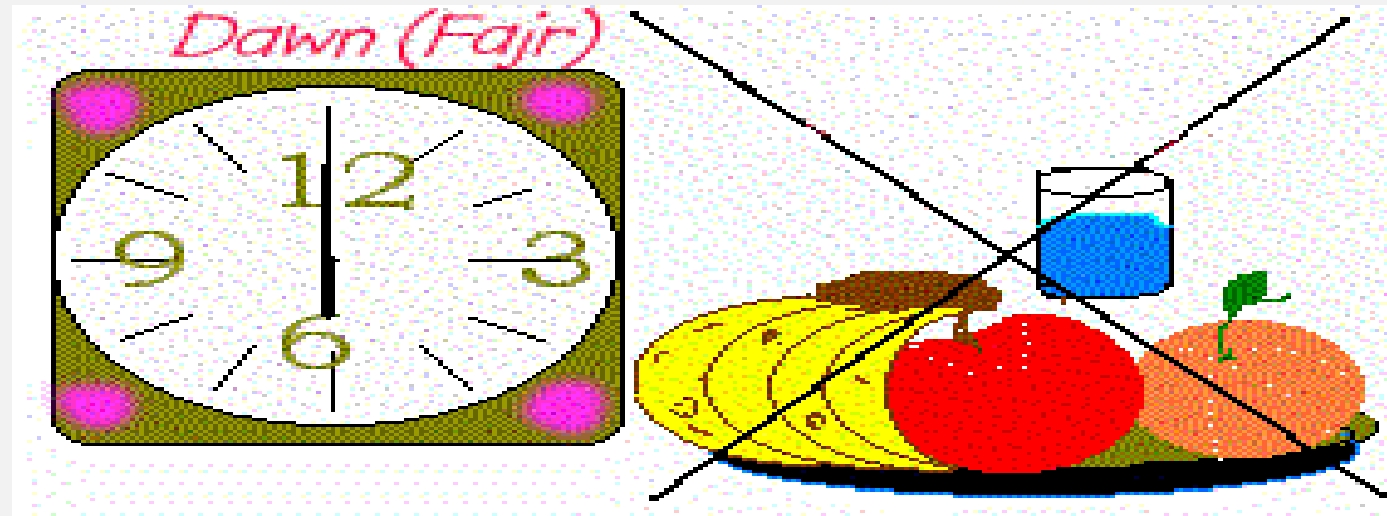


WHAT IS RAMADAN?

Ramadan is the fourth of the 'five pillars' of Islam, the five requirements of being a Muslim. Ramadan is marked by a fast, which lasts for the ninth month of the lunar year. It marks the time when Muslims believe their holy book, the Quran, was revealed to them by the Prophet Muhammad (PBUH).

This year Ramadan is likely to begin on Friday
24.4.20





It is during this month that Muslims fast. They are not allowed to eat or drink during daylight hours.

Muslims are allowed to eat when the sun goes down and often Muslims will break the fast by eating a few dates and drinking water before they have a family meal together.

This Ramadan, due to COVID19, Muslim families will be following the Governments advice and will not be gathering together with other household and friends to have their meal.

This year, the fast will begin at around 4:00am and will finish at around 9:00pm.



It is not easy to fast, so young children, elderly people and people who are sick don't have to, until they are older or are feeling stronger. Everyone else tries to make the effort.



Feeling hungry and thirsty helps Muslims to understand what it is like for people in the world who do not have enough to eat or drink all the time. They set aside money to give to the poor.



Ramadan is an especially spiritual month. Muslims attend the mosque more frequently and read the Quran more often than usual.

During this current pandemic, Muslims will not be attending mosques but will offer their prayers from home.

Muslims make a special effort to act in the way Allah wants them to during this month. They try to create time to reflect on the way they should lead their lives.



When Ramadan ends it is celebrated for three days in a holiday called Eid-Ul-Fitr (the Feast of Fast Breaking) which is likely to fall around 23rd or 24th May 2020.

Money is donated to the poor, this is called Zakat which is the third pillar of Islam.

Friends and family will gather and pray together, have large meals with friends and family and exchange gifts. This year, this will be slightly different as Muslim communities follow guidance set by the Government on social gatherings and social distancing.

IMPACT OF COVID-19 - #RAMADANATHOME

Ramadan 2020 will be a very different experience for all Muslims this year as they adapt to changing circumstances during the COVID-19 pandemic, adjusting not only the holy month but also their daily lives in accordance with public health guidelines.

This Ramadan, it is unlikely that social distancing measures will be lifted, enabling return to our normal routines. Thus, it is unlikely that there will be congregational acts of worship for Muslims outside of the home - no taraweeh prayers at the mosque or anywhere outside of our homes, no spiritual talks in the community or iftars with friends and family to attend.

Muslims will be seeking to adapt to these changes while still enjoying the spiritual lift and community spirit that Ramadan provides.





Ramadan Mubarak

May this Ramadan bring everyone health, wealth & peace!

RAMADAN RESOURCES FOR CHILDREN

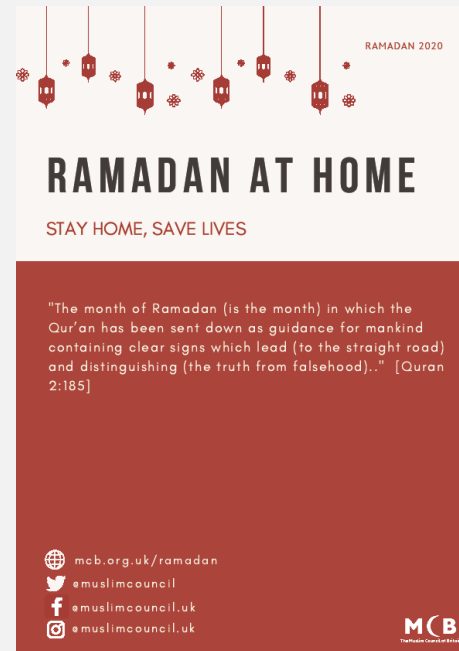
- *Ramadhan Workbook Updated for 2020 (56 pages)*
<https://an-nasihah.com/project/ramadan-workbook-2020/>
- *Ramadhan Workbook (48 pages)*
<https://an-nasihah.com/project/ramadan-workbook/>
- *Ramadan & Fasting PPT*
<https://an-nasihah.com/project/ramadan-fasting-ppt/>
- *Ramadhan Colouring Activities*
<https://an-nasihah.com/project/ramadan-activity-book/>
- *Ramadhan Tracker*
<https://an-nasihah.com/project/ramadan-tracker/>
- *Ramadhan Activities*
<https://an-nasihah.com/project/ramadhan-activity-book/>
- *Ramadhan Mind Map*
<https://an-nasihah.com/project/ramadan-mind-map/>
- **Ramadhan Mind Map*
<https://an-nasihah.com/project/ramadan-mind-map/>
- *Class 1 Lesson Plan - Sawm*
<https://an-nasihah.com/project/lesson-plan-sawm-c1/>
- *Fasting Wordsearch*
<https://an-nasihah.com/project/fasting-wordsearch/>
- *Actions that break the Fast - Worksheet*
<https://an-nasihah.com/project/actions-that-break-the-fast/>
- *Breaking the Fast - Worksheet*
<https://an-nasihah.com/project/breaking-the-fast/>



All Ramadhan Resources
<https://an-nasihah.com/project/ramadan-resources/>

RAMADAN AT HOME STAY HOME, SAVE LIVES

Ramadan at Home
Guidance produced by
Muslim Council of
Britain.



https://mcb.org.uk/general/ramadan2020_guidance/