

# Ramadan (13 April-12 May)

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Greetings students of OLC (◡ ◡ ◡) ♪ ,

Whether this enhances your understanding in the concept of how Muslims live their life or whether you get to know us a little bit better, I would like to share with you an important time in the life of a Muslim and I hope that by the end of this (bear with me it's gonna take a while (◡ \_ ◡) . . . ) you learn something new.

Ramadan is the most sacred month of the year for Muslims (and the best month in my personal opinion everybody say ayyy!!) - The Prophet Muhammad (PBUH) said, "When the month of Ramadan starts, the gates of heaven are opened and the gates of hell are closed and the devils are chained." (Be gone you evil demons (◡ ◡ ◡))

During the month of Ramadan-for which the dates go back every year because Muslims follow the lunar calendar- Muslims refrain from eating any food, drinking any liquids (even water?! Yes, even water ◡ (◡ \_ ◡) ♪ . What can I say there's a strange satisfaction even in this kind of... sacrifice if you must hehe), smoking cigarettes, and engaging in any sexual activity. Oh and that includes taking medication.

Fasting starts where you eat a meal-called Sehri- before dawn/the Morning Prayer and ends when you eat at sunset/4<sup>th</sup> prayer of the day-called Iftari- (WHAT?! THAT'S INSANE I COULD NEVER DO THAT. I assure you, there's a certain excitement about waiting to eat all those drool worthy foods my mom makes at sunset of course with the help of yours truly- keeps me going for the day honestly).



However...wait for it (◡ ◡ ◡) ~ there's an exception! (Especially for women hehe. wahhhhh~ How lucky am i~. Anyways ahem back to the topic) This exception goes for people with illnesses including mental illnesses, those who are travelling, children who haven't yet gone through puberty, pregnant women, breastfeeding women and women who are menstruating, the reason I mentioned this last is because there's a bit of misinformation out there- even among Muslims! that I have taken upon myself to clear up. Growing up, even I was misinformed but worry not folks I am now an educated woman. Many people believe the reason for not fasting while menstruating is because you're impure and therefore God will not accept you. (Gimme the name of whoever said this I just wanna talk I promise (◡ ◡ ◡)). However! That couldn't be further from the truth ladies. Allow me to clarify; you do not abstain from prayer and fasting because you're impure! While menstruating, it's the blood

not you, that becomes impure. In fact, according to Islam, a believer is always spiritually pure. So when we have these impurities on our bodies we have to keep away from the things that Allah ordered us to keep away from – such as praying and fasting – till we are free from these impurities. It's like when you don't eat till you wash the dirt on your hands. This does not mean any humiliation that you have turned into "dirt" yourself (but that low key would be funny). So, don't be getting your knickers in a knot ladies! I like to think of it as mercy (more like a blessing cause I be on my deathbed during my period [± \_ ±]) of Allah because many women have a difficult time during menstruation.

Muslims are also trying to avoid negative thoughts and emotions like jealousy and anger, and even lesser things like swearing, complaining, and gossiping, during the month. Some people may also choose to give up or limit activities like listening to music and watching television, often in favor of listening to recitations of the Quran. It



is meant to be a time of devoting themselves to their faith and come closer to Allah, through extra prayer, increased charity and generosity, and intense study of the Quran. The practice of fasting serves a significant purpose- to remind you of your dependence on God for sustenance, to show you what it feels like to be hungry and thirsty so you feel compassion for (and a duty to help) the poor and

needy, and to reduce the distractions in life so you can more clearly focus on your relationship with God.

It's also a time of celebration and joy, to be spent with loved ones. At the end of Ramadan there's a big three-day celebration called Eid al-Fitr, or the Festival of the Breaking of the Fast. It's version of Christmas, in the religious holiday where everyone comes together for big meals with exchanges presents (money for meh. [Eid al-Fitr]), and different (٧٠٠٠), and



kind of like the Muslim sense that it's a family and friends, (money for meh. [Eid al-Fitr]) getting rich on Eid hits generally has a blast.

And now I believe I have taken up enough of everyone's time, I sincerely hope reading this was worth it (even if a little bit) and lastly Happy Ramadan! to my fellow Muslims. Stay strong everybody <3

Signing off,

Hafsa

