



15th May – 14th June 2018

<http://www.bbc.co.uk/newsround/23286976>

<https://www.bbc.co.uk/programmes/p02mwdxj>

- For one month a year, Muslims around the world FAST during daylight hours. They get up everyday before sunrise in order to eat and drink enough to keep them going until sunset. After sunset the fast is broken and they are allowed to eat until sunrise the next day, when they fast again.
- It commemorates the first revelation of the Quran to Muhammad according to Islamic belief. This annual observance is regarded as one of the Five Pillars of Islam.



The evening meal is often shared with family and friends, then followed with extra prayers and readings from the Qur'an.

When is Ramadan?

Muslims use a **lunar** calendar.

In a lunar calendar, a new month starts when there is a new moon.

This happens every 29 or 30 days, so the lunar month is usually 1 or 2 days shorter than a month in our calendar. A lunar year is about 11 days shorter than our year.

Because of this, dates in the Islamic lunar year "move forward" about 11 days every year.

For example, in 2017 Ramadan began on May 26th, and in 2016, it began on June 6th.

Would the time of year make observing Ramadan easier or harder? (think about how many hours of daylight there are in June/July, exam season etc.



- ▶ 1. Muharram
- ▶ 2. Safar
- ▶ 3. Rabi' al-awwal (Rabi' I)
- ▶ 4. Rabi' al-thani (Rabi' II)
- ▶ 5. Jumada al-awwal (Jumada I)
- ▶ 6. Jumada al-thani (Jumada II)
- ▶ 7. Rajab
- ▶ 8. Sha'ban
- ▶ 9. **Ramadan**
- ▶ 10. Shawwal
- ▶ 11. Dhu al-Qi'dah
- ▶ 12. Dhu al-Hijjah

Ramadan is the ninth of the twelve months in the Islamic lunar calendar

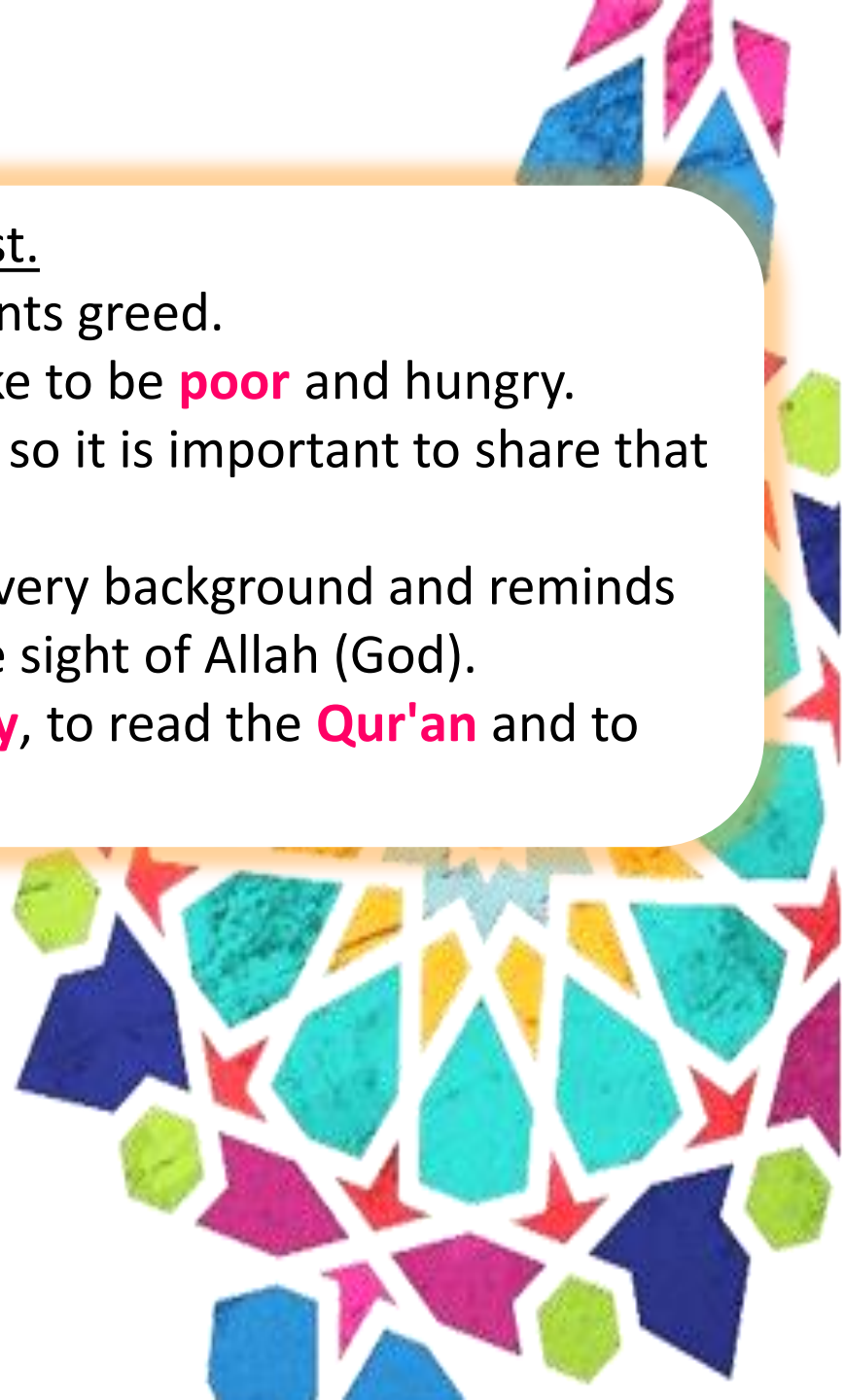
There several reasons why Muslims fast.

1. It builds up **self control** and prevents greed.
2. It reminds Muslims of what it is like to be **poor** and hungry. Hunger is the same for everybody so it is important to share that experience.
3. It brings together Muslims from every background and reminds them that they are all **equal** in the sight of Allah (God).
4. It gives Muslims more time to **pray**, to read the **Qur'an** and to help the poor (**Charity**).

Muslims do not have to fast if they are:

- A child
- Elderly
- Sick
- Pregnant (or recently given birth)
- Travelling

If they are not fasting, they may give money to charity instead.



There will be Muslim students at Beechen Cliff who fast during Ramadan.

What difficulties do you think they might face at school?
How can we support students fasting during Ramadan?



Muslims celebrate the end of Ramadan...

- ▶ ...with a festival called **Eid ul-Fitr**. This is celebrated in different ways all over the world. Have a look at some photos of different celebrations:

<https://www.nationalgeographic.com/travel/lists/seasonal/eid-al-fitr-ramadan-celebrations-around-the-world/>

