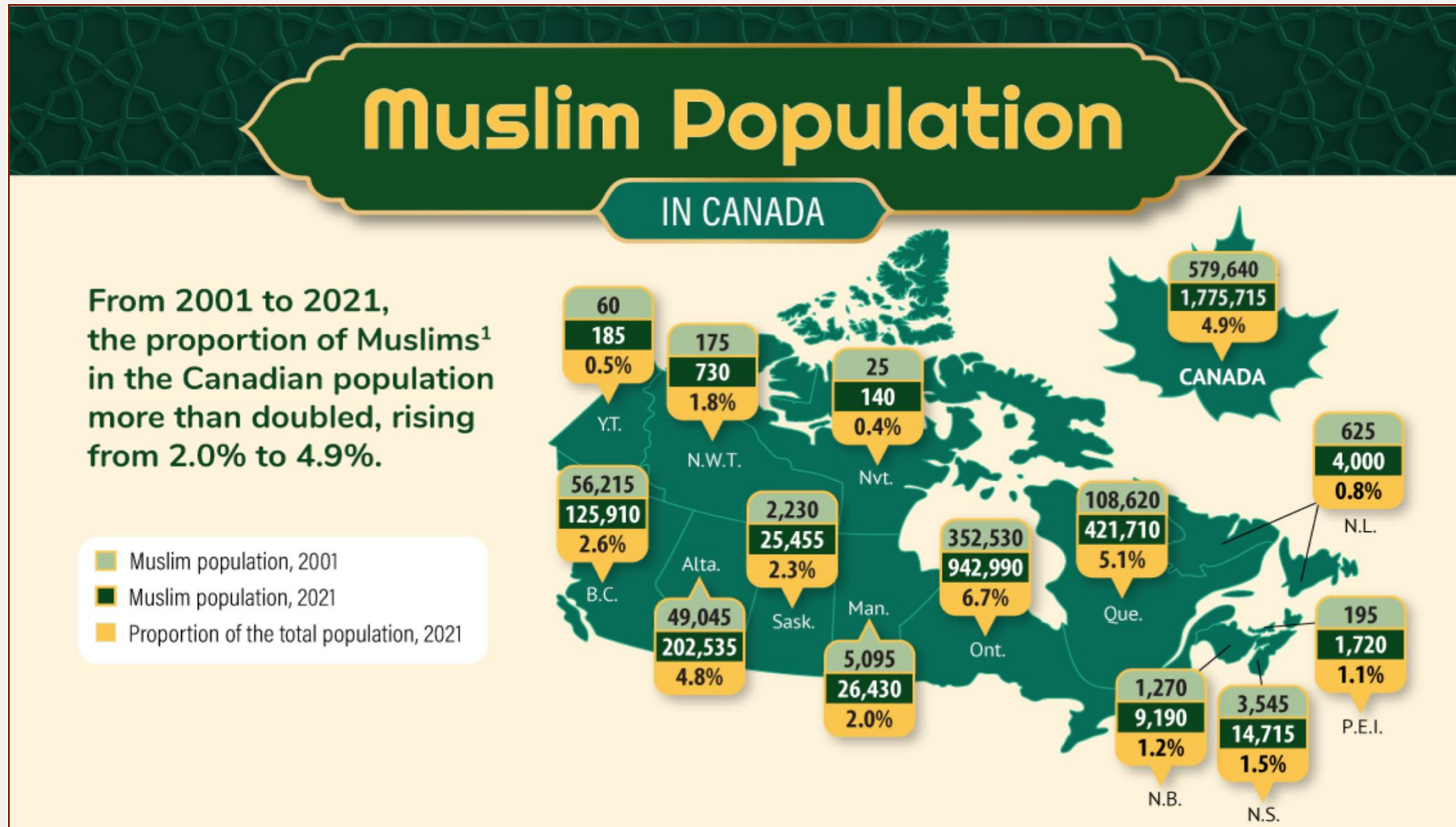


Fasting, Faith, and Community: the essence of Ramadan



2nd March 2025

Canadian Muslims



3,000
anti-Muslim
social media groups
or websites

144 anti-Muslim
hate crimes
in 2021

1,723 crimes
motivated by racial
or ethnic hatred
in 2021

sourced from <https://news.sky.com/story/what-is-ramadan-and-why-do-muslims-fast-13313730>



Awareness for Inclusion

“Canada must remain united behind its values of tolerance and inclusion, so that all Canadians feel safe and secure in their communities, streets and places of worship.”

- The Honourable Kamal Khera, Minister of Diversity, Inclusion and Persons with Disabilities

sourced from <https://www.canada.ca/en/canadian-heritage/campaigns/combating-islamophobia-canada/annual-report-2023-2024.html>

The psychological impact of constant fear and vigilance is a heavy burden.

- Mohammed Hashim, Executive Director, Canadian Race Relations Foundation

sourced from <https://www.cbc.ca/news/politics/senate-report-islamophobia-study-1.7016123>

Board Mandate for Combatting Islamophobia **Theme 2: Public Education and Awareness**

By encouraging and spearheading initiatives related to public education and awareness, the Special Representative is helping to address systemic issues, reframe narratives, and combat stereotypes, by highlighting the vibrancy and diversity of Muslim communities in Canada.

sourced from <https://www.canada.ca/en/canadian-heritage/campaigns/combating-islamophobia-canada/annual-report-2023-2024.html>



What is Ramadan?

- It is the 9th month of Islamic calendar (Hijri Calendar).
- Islamic calendar is lunar and the year is 1446 AH.
- Ramadan starts and ends with the sighting of new moon.
- Ramadan lasts for 29 or 30 days.
- Ramadan moves 10-11 days earlier every year.
- Ramadan starts on 1st March and ends on 29th March 2025.
- Ramadan is a month of fasting, mindfulness, reflection, and slowing down.

image sourced from

<https://news.sky.com/story/what-is-ramadan-and-why-do-muslims-fast-13313730>



Ramadan continued ...

Salman Al-Farsi (RA), a revert-companion of Prophet Mohammad (SAW) narrated,

“Ramadan is a month whose beginning is mercy, its middle is forgiveness and its end is ransom from the fire.”

[Sahih Ibn Khuzaymah, Hadith 1887](#)

- Ashra-e-Rehmat: first ten days
- Ashra-e-Maghfirat: middle ten days
- Ashra-e-Nijat: last nine-ten days
- Greetings on Moon Sighting:
 - Ramzan Mubarak (meaning Blessed Ramadan)
 - Ramadan Kareem (meaning Generous Ramadan)
 - Happy Ramadan
 - Feliz Ramadan
 - Selamat Berpuasa

image sourced from

<https://news.sky.com/story/what-is-ramadan-and-why-do-muslims-fast-13313730>

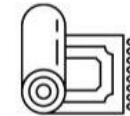


Why is it important?

- Revelation of Quran
- One of the five pillars of Islam
- Layla-tul-Qadr; a night better than a thousand months
- Gates of Paradise opened, gates of Hell are closed
- Negligence leads to hellfire and casting away
- Daily redemption from hellfire
- Forgiveness of sins one Ramadan to another
- Time of attaining piety and righteousness
- Reward of Paradise
- Equates to perpetual fasting
- Qiyam al-Layl behind Imam same as praying entire night
- Umrah in Ramadan equivalent to Hajj
- Rewards multiplied e.g. on giving Iftar
- Excellent chance of being forgiven by Allah
- Fasting and the Quran as intercessors for You to Allah

Ramadan Goals

A Breakdown



Daily Prayers

Offer all prayers, pray at appointed times, pray in congregation, pray with humility and devotion.

Fasting



Remember purpose of building taqwa (consciousness of God), avoid sins of the tongue e.g. backbiting and lying, not wasting food and eating modestly.



Giving in Charity

Fundraise for a particular cause, give small yet regular amounts.

Make Du'a

Create a du'a list, make du'a at the recommended times e.g. Suhur/Iftar, aim to have a conversation with Allah.



Qur'an

Focus on the 3 areas of recitation, memorisation and reflection.

Knowledge

Sign up to a course, listen to a podcast, watch informative videos.



Adhkar

Recite the morning and evening supplications.

Home

Help out at home in preparing and serving the food, share with others including neighbours.



Timetable

Stick to your planner and remain steadfast.

Purification of the Heart

Work on diseases of the heart e.g. jealousy, anger, and conceit, make plenty of dhikr throughout the day, allocate time for muhāsabah (self reflection and introspection).



What does it entail?

- Islamic day starts with the 4th prayer called *Maghrib*
- Special prayer called *Taraweeh* after the 5th prayer called *I'sha*
- Optional prayers and Quran recitation during the middle of last 3rd of the night
- Early (pre-dawn) breakfast called *Sehri* or *Sahoor*
- Follow Ramadan highway code throughout the day
- Breaking fast with *Iftar* on hearing *Maghrib* azan.
- Common to invite family and friends to *Iftar*



Who are exempted from Fasting?

- Following people are exempted
 - People with serious, acute, chronic illnesses or with mental disabilities which impact judgement
 - Elderly folks
 - Expectant and nursing mothers
 - Women in the state of impurity
 - Young children
- Breaking fast early when seriously ill or in danger
- Making up for fasts
 - By fasting when become able
 - By feeding the poor (*Fidya*)
- Sixty days of expiation fasting called *Kaffarah*

وَرَحْمَتِي وَسِعَتْ كُلَّ شَيْءٍ

BUT MY **MERCY**
ENCOMPASSES ALL THINGS

SURAH AL A'RAF | AYAH 156



Observing Ramadan across the globe



Ramadan in British Columbia, Canada



ramadan fest BC

PRESENTED BY **Salaam events**

Shopping
120+ Vendors

Live Cooking
Iftar and Suhoor

Dedicated Masjid
Maghrib, Isha & Taraweeh

MARCH 05-09, 2025
4PM-3AM
📍 Cloverdale Fairgrounds, Surrey BC



IDRF | المراكز الإسلامية
In Partnership with Palestinian Jordanian Cultural Society (PJCS)

Community Iftar Ramadan 2025
Vancouver

Sunday March 9
Doors open at 4pm

Riverside Grand Ballroom
1231 Burdette St, Richmond, BC V6V 2Z2

Ticket
\$35 general ticket
\$20 children 9 and under
\$500 VIP table

SH. MUSLEH KHAN
Instructor and Shaykh with The Islamic Institute of Toronto

MAHMOOD QASIM
Chief Executive Officer, IDRF

DR. MAZHAR QAWASMEH
Guest Speaker, PJCS

Join us this Ramadan for our Community Iftar in Vancouver

*100% of the funds raised will directly support orphans and vulnerable children in Gaza



CCMS Community Iftar

Thursday, March 6 | 5:30 pm
Address Available by RSVP; on SFU's Burnaby Campus
RSVP here: tinyurl.com/CCMS-iftar-2025



... and then there are Ramadan ads



sourced from <https://youtu.be/kqkEoqo1ZIU?si=zx8VN1FPXJ6mcSgN>



... just as there are John Lewis ads











sourced from <https://youtu.be/6lTmFk1TTro?si=CYU1qmmSiMHJB6Vf>



How to accommodate fasting students?

- Young students are not required to fast but they might emulate their elders to build habit.
- Fasting and late night prayers might affect fast students' energy level.

How to support Muslim students who are fasting

			
Offer a safe place (library, classroom etc) for students to rest during breaks	Rearrange high stake exams to be done during the morning while students are alert	If teaching PE, consider the intensity of your lesson	If teaching outdoors, avoid the middle of the day when it is the warmest
			
Be mindful of fatigue. Offer short breaks during lessons	Avoid negative language like, "How do you do it?" or "You don't have to fast"	Don't question a student if they aren't fasting. It's personal	If sunset is during school hours, give students an opportunity to break their fast



How to accommodate fasting employees?

- Fasting employees may
 - Request for flexible hours or hybrid option
 - Invite colleagues to *Iftar* dinners
 - Request for taking *ashra-e-nijat* off.
- Some ways to consider and support colleagues
 - Understand Ramadan
 - Be mindful of mealtimes
 - Be flexible with scheduling
 - Provide quiet space for praying
 - Be mindful of conversation topics
 - Showing interest and understanding
 - Offer simple greetings
 - Celebrate together!

"Whoever **alleviates the hardship** of someone in distress, Allah will alleviate his **hardship in the worldly life and the Hereafter.**"

The Prophet (ﷺ) | Sahih Muslim



f drbilalphilips drbilalphilips bilalphilipsofficial



Humorous Look at Challenges of Fasting in the Workplace



sourced from https://youtu.be/RmGg1sd4708?si=iZy_6UHuvttYDAkb



What comes after? Eid-ul-Fitr :)



References

- Inspiration for this deck:
 - <https://ing.org/resources/for-all-groups/slideshows/an-overview-of-ramadan-and-fasting-presentation/>
- Combatting Islamophobia in Canada:
 - <https://www.canada.ca/en/canadian-heritage/campaigns/combating-islamophobia-canada.html>
 - <https://www.canada.ca/en/canadian-heritage/campaigns/combating-islamophobia-canada/annual-report-2023-2024.html>
- Islamophobia at Workplace:
 - <https://www.turnerconsultinggroup.ca/thaminas-blog/islamophobia-a-critical-issues-in-canadian-society>
 - https://issuu.com/islamicreliefcanada/docs/islamophobia_report
- Supporting Students and Employees during Ramadan:
 - <https://openup.com/business/blog/ramadan-work/>
 - <https://www.linkedin.com/pulse/supporting-colleagues-during-ramadan-guide-non-muslim-aslam-zaabe/>
 - <https://kingedwardvifoundation.co.uk/news/supporting-muslim-students-and-colleagues-who-are-fasting-during-ramadan/>
- Virtues of Ramadan:
 - <https://lifewithallah.com/featured/the-virtues-of-ramadan/>
 - <https://gtaf.org/blog/ramadan-importance/>
- Ramadan in other countries:
 - https://factsanddetails.com/indonesia/History_and_Religion/sub6_1e/entry-3981.html
 - <https://www.memphistours.co.uk/Egypt/Egypt-Travel-Guide/Egypt-information/wiki/Ramadan-in-Egypt>
- Community Iftars 2025:
 - <https://www.islamicreliefcanada.org/event/feel-the-strength-of-community-vancouver-122/register>
 - <https://www.cbc.ca/lite/story/1.7471668>

