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**MURABIYOON
SPORTS**

Discover Ramadan

A SIMPLE GUIDE TO FASTING IN RAMADAN



MURABIYOON
SPORTS

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللَّهِ وَبَرَكَاتُهُ

Peace be upon you and God's mercy and blessings

WHAT IS RAMADAN ?

4TH PILLAR OF
ISLAM

9TH MONTH OF
THE HIJRI
CALENDAR

RAMADAN
MEANS **SELF-
REFRAINING**

FASTING IN
RAMADAN IS
COMPULSORY*

TAQWA –CLOSER
RELATIONSHIP
WITH GOD
(ALLAH)

ABSTINENCE
FROM EATING &
DRINKING

CONTROL OF
THOUGHT AND
EMOTION

BEST
BEHAVIOUR

STRENGTHEN
TIES

RAMADAN IN THE HOLY QURAN

"The month of Ramadan (is the month) in which the Qur'an has been sent down as guidance for mankind containing clear signs which lead (to the straight road) and distinguishing (the truth from falsehood).. " (2:185)

Fasting is prescribed for you as it was prescribed for those before you, that you may attain *taqwa*." (2:183)

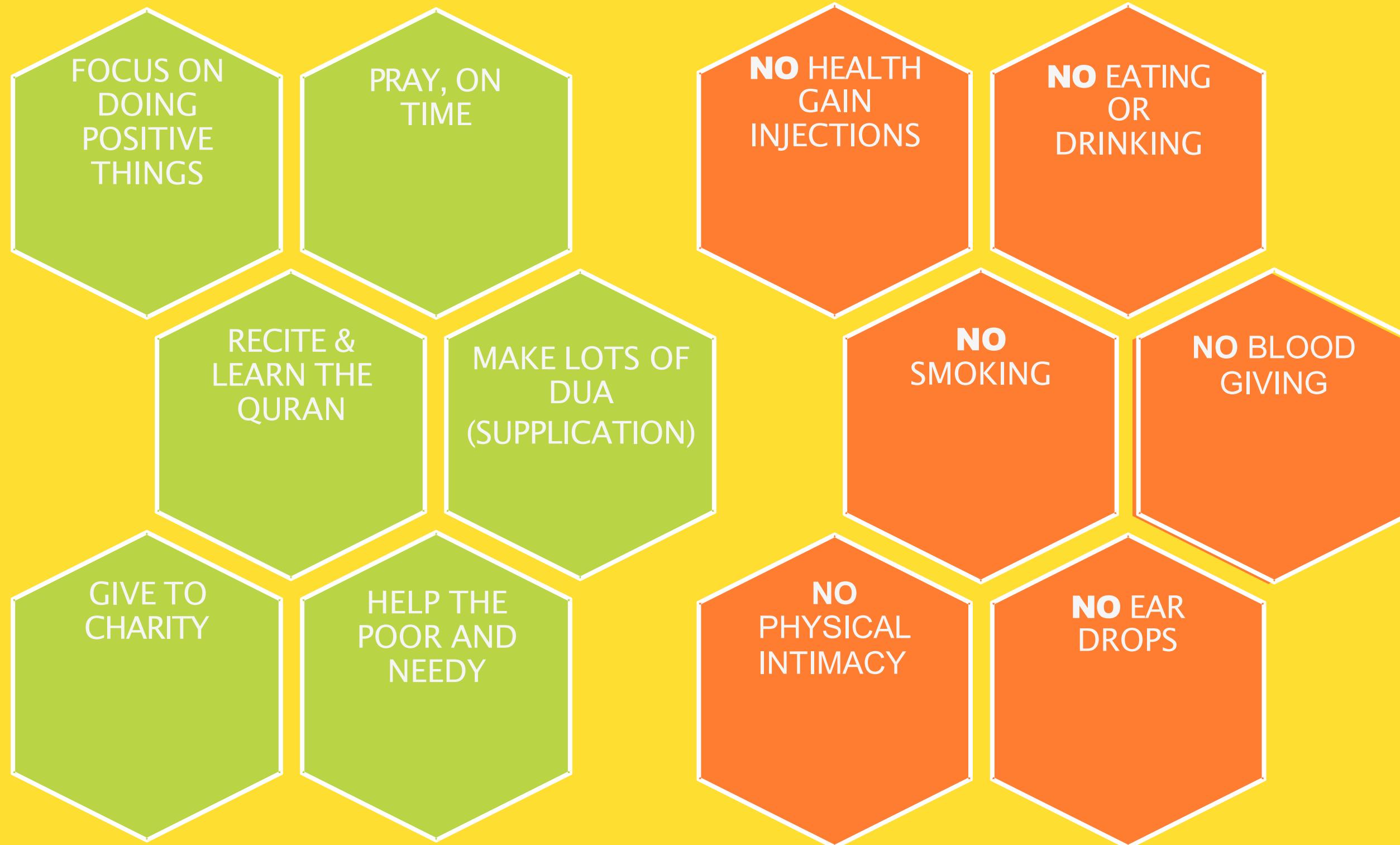
..And it is better for you that you fast, if you only knew." (2:184)

The most honoured by Allah amongst you are those best in *taqwa*." (49:13)

PURPOSE OF FASTING IN RAMADAN



THE DO'S AND DON'TS



THE NUMBERS

The start of Ramadan **changes** (earlier by 10–11 days each year), based on the **Lunar calendar (355 days)** which is the premise of the Islamic calendar

Currently, between 13-16 hours of fasting each day depending on which part of the UK you reside. (Pre-Dawn to Sunset – London Example below).

It lasts **29/30 days**, where the end date is based on the **visual sightings** of the moon (for the next Lunar calendar month)

| | 2022 | 2023 | 2024 |
|-------------------|--|--|--|
| Fast Start | 02 April 2022 05:02 hrs – 19:36 hrs | 22 March 2023 04:22 hrs – 18:20 hrs | 10 March 2024 04:42 hrs – 17:56 hrs |
| Fast End | 01 May 2022 04:16 hrs – 20:24 hrs | 22 April 2023 04:14 hrs – 20:12 hrs | 09 April 2024 04:49 hrs – 19:48 hrs |

Note: times based on London, England.

A TYPICAL DAY DURING RAMADAN

4.00am Wake up | Wash | Eat meal before dawn | Night prayer

4.45am Fast Starts (Pre-Dawn) | Morning prayer (*Fajr*), c.15min

6.00am Prepare for **work** [during days off – sleep, rest, pray or read]

1.00pm Early afternoon prayer (*Dhuhr*)

3.00pm Finish work | Rest | Read the **Qur'an**

4.30pm Late afternoon prayer (*Asr*) | Exercise | Help prepare the Iftar dinner meal

6.15pm Break the Fast (Sunset) with **Iftar** meal with family | Sunset prayer (*Maghrib*)

8.00pm Go to the **Masjid** for night prayer (*Isha*) and supplementary prayers (*Taraweeh*)

10.00pm Return home | Go to sleep

Note: This schedule will differ for different people, whether it be office workers, shift workers, on call etc.

EXEMPTIONS



Ways to make up missed fasts:

- **Fast later** after the month of Ramadan, as soon as the cause of delay is gone
- **Give charity** for each missed day of fasting

MARKING THE END OF RAMADAN



Eid-ul-Fitr, marking the end of Ramadan



Eid begins with morning prayers in congregation



Celebrations. Eid is a very important event in the Muslim calendar.



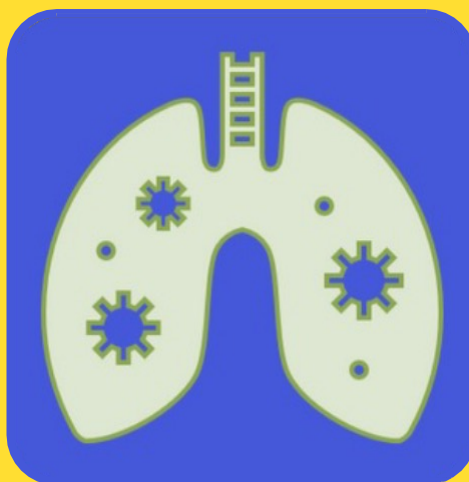
Family Gatherings & Feasts



Gifts, Sweets, and lots of it plus eating in the day (moderately).

Eid-ul-Fitr will be celebrated on the **9th or 10th April 2024**, depending on the sighting of the new Moon.

HEALTH BENEFITS OF FASTING



Heart Health & Diabetes Prevention

Lower risk of contracting coronary disease
Lowers “bad” cholesterol levels,
Reduce the chance of heart disease
Decrease in blood sugar levels among people who fast.



Weight Loss

Weight loss is reported by most people who fast. Once the body has used up its reserves of glucose, it burns fat for energy, which can result in some weight loss.



Detoxification and Cleansing

Allows the body to cleanse itself of toxins absorbed from processed and fast foods.



Mental Health

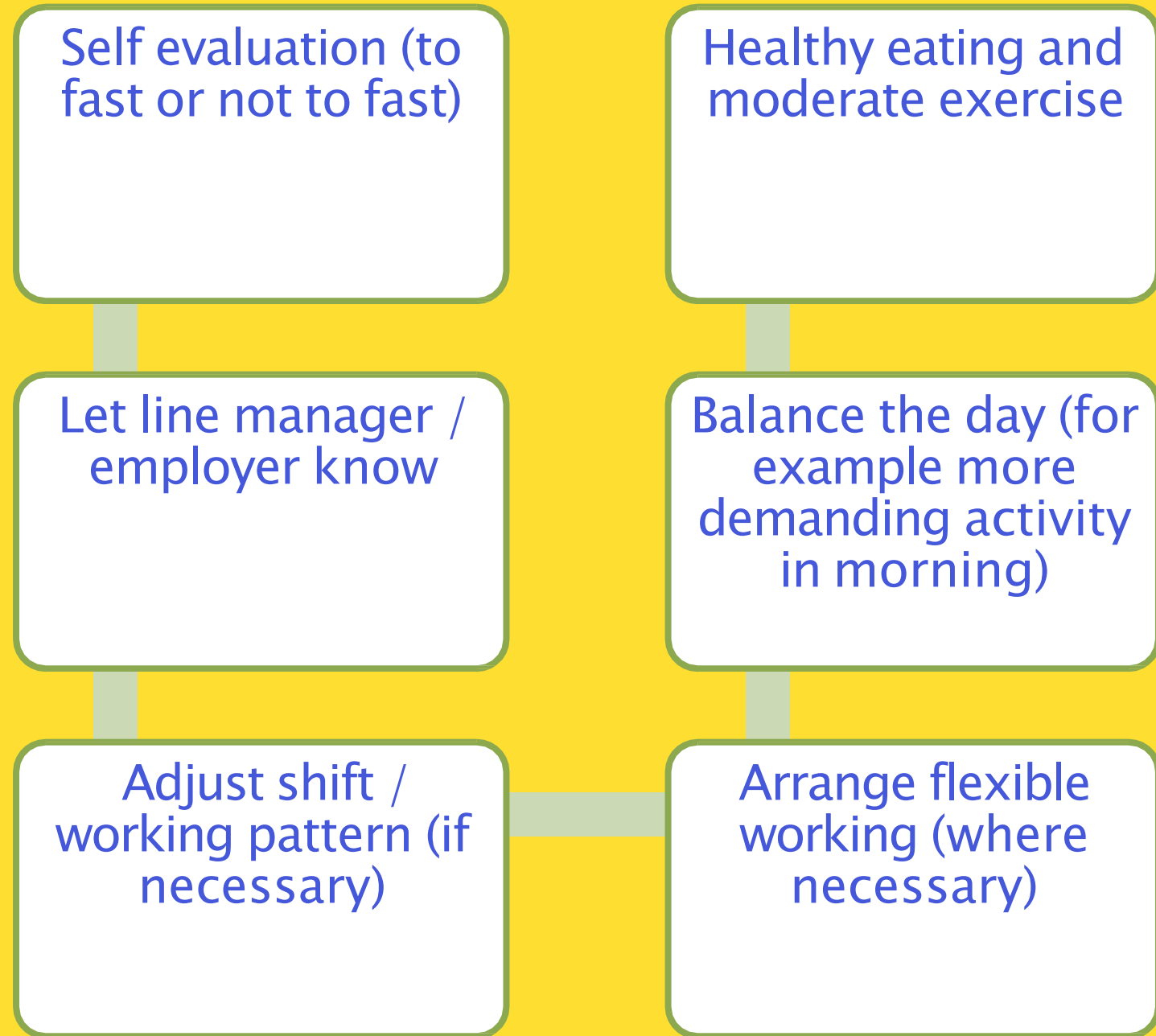
Fasting may be religiously-mandated, but the social and communal traditions that accompany the practice carry just as much benefit.



Breaking Addiction

Fasting gives the body time to pause and reset. It can help to break food habits like sugar or caffeine addictions. Perfect time to quit smoking.

EMPLOYEE BEST PRACTICE



EMPLOYER BEST PRACTICE

Establish when
Ramadan is
approaching

Provide **access** to
relevant **health and
wellbeing** guidance to
employees

Communicate early
and **openly** with your
staff, stakeholders and
partners on any **work
schedule implications**

Provide a dedicated and
convenient **space for
prayers** (to minimise
travelling)

Accommodate **flexible
working** and **home
working** preferences.
Also reasonable **Annual
Leave** requests

Make **allowances** for
Muslims to take a **break
at sunset** to break their
fast and pray



HOW YOU CAN GET INVOLVED

HAVE YOU TRIED FASTING?

1. My mind is stronger than I thought it was
2. I'm way more focused and productive
3. I can deal with my emotions in healthier ways
4. Fasting can cure chronic pain
5. Food and water is a luxury
6. The random act of kindness from strangers
7. Deep respect and understanding for a religion and way of life other than my own

MS National Fast Day Wednesday 26th March 24

7 Things I've Learnt as a Non-Muslim Fasting During Ramadan

 Victoria Marie Goulding  Jun 18, 2018 · 6 min read ★



Each year I learn a lot, not only about Islam, but also about myself and others.



HAVE YOU TRIED FASTING?

**MS National Fast Day
Wednesday 26th March 2024**



[Waner Williamson](#)

RAMADAN FOR SPORTS STARS



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RAMADAN - ORGANISATIONS

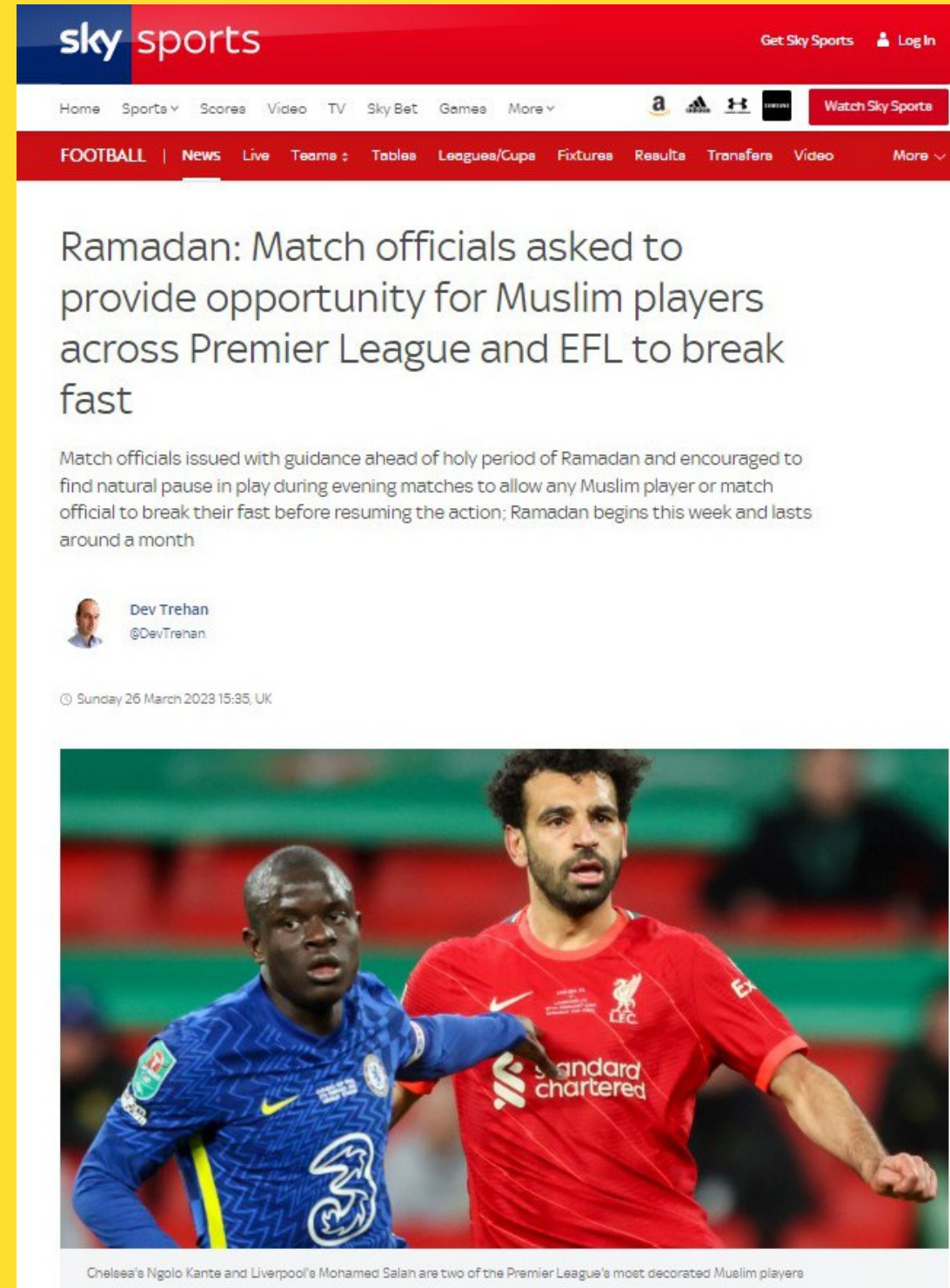
 **LAWESTT** ✓
@Wesley_Fofanaa · Follow

Just wanted to thank the @premierleague as well as @CPFC , @vguaita13 all the Foxes for allowing me to break my fast tonight in the middle of the game. That's what makes football wonderful 🙏👊

#WF3 #PourEux







RAMADAN - ORGANISATIONS



The screenshot shows a Sky Sports website article. The header includes the Sky Sports logo, navigation links (Home, Sports, Scores, Video, TV, Sky Bet, Games, More), and a 'Watch Sky Sports' button. The article title is 'Ramadan: Match officials asked to provide opportunity for Muslim players across Premier League and EFL to break fast'. The author is Dev Trehan (@DevTrehan), and the date is Sunday 26 March 2023 15:35, UK. The main image shows Chelsea's N'Golo Kanté and Liverpool's Mohamed Salah on the pitch. A caption below the image reads: 'Chelsea's N'Golo Kanté and Liverpool's Mohamed Salah are two of the Premier League's most decorated Muslim players'.


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Ramadan: Match officials asked to provide opportunity for Muslim players across Premier League and EFL to break fast

Match officials issued with guidance ahead of holy period of Ramadan and encouraged to find natural pause in play during evening matches to allow any Muslim player or match official to break their fast before resuming the action; Ramadan begins this week and lasts around a month

 Dev Trehan
@DevTrehan

© Sunday 26 March 2023 15:35, UK



Chelsea's N'Golo Kanté and Liverpool's Mohamed Salah are two of the Premier League's most decorated Muslim players

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GREEN LANE MASJID

TUESDAY 26TH MARCH 2024 AT 5:30PM

GREEN LANE, SMALL HEATH, B9 5DB

RSVP VIA EMAIL BY 8TH MARCH

HK@MURABIYOON.COM

THANK YOU!

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RAMADAN 1445 – March 2024