

HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Ramadan reflections
& more Ramadan
resources here! →

DU Spiritual Life Page



HELLO
my name is

Ramadan

2024

[Tradition: Islam]

Mood?

Sacred, Serious, Fasting,
Prayer, Community

Some greetings

Ramadan Kareem.
Have a peaceful Ramadan.

Some foods (may differ by denomination or region)

Many Muslims break their fast with **dates**
Qatayef is a cream-filled pancake popular in Egypt
Palestinians often enjoy **Knafeh**, a delicious cheese dessert

Possible accommodations

- Those fasting might be low on energy; please be thoughtful (especially into later afternoon)!
- Students might benefit from more time for tests & assignments.
- People may need to step out @ sunset to pray and eat.

A bit about me!

Ramadan is a holy month of fasting, reflection, and community for Muslims around the world.

Fasting is one of the 5 principles of Islam, and during Ramadan lasts from sunup to sundown.

Each day the pre-fast meal is called "suhur" and the after-fast meal after sundown is called "iftar" and often starts with dates and milk.

Scan QR code at top of page for more info!

Some tips:

Even observant Muslims might not fast for various private reasons; please don't ask 'Are you fasting?'

Muslim students, staff, and faculty:
What does Ramadan mean to you?

Let us know! →

See responses on
Spiritual Life webpage!

