**Hello**

**My name is Ramadan**

2024

[Tradition: Islam]

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**Week of March 10 - April 9**

*Exact date is determined on day of based on observing moon*

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**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.

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**Some tips:**

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

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**Mood?**

Sacred, Serious, Fasting, Prayer, Community

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**Some greetings**

Ramadan Kareem.

Have a peaceful Ramadan.

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**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

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**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.

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**What does Ramadan mean to you?**

Let us know!

See responses on Spiritual Life webpage!

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A Spiritual Life + MSA Collab

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