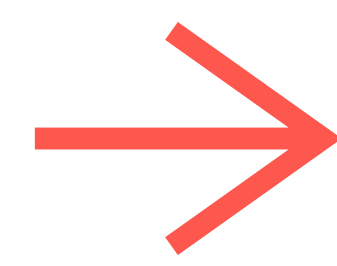


# HOLIDAY HELLOS

Learning about our neighbors one tradition at a time!

Spiritual Life  
at DU



**HELLO**  
my name is

## Ramadan

[Tradition: Islam]

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

### 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?'

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### Mood?

Sacred, Serious, Fasting,  
Prayer, Community

### Some greetings

Ramadan Kareem.  
Have a peaceful Ramadan.

### Some foods (may differ by denomination or region)

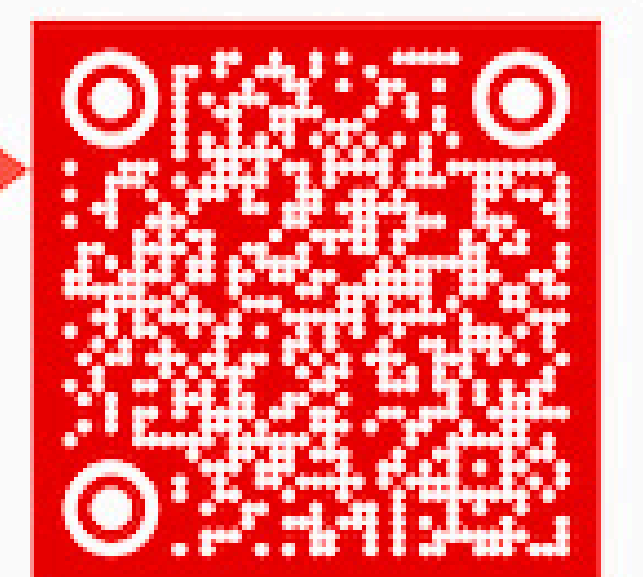
Many Muslims break their fast with **dates**  
**Qatayef** is a cream-filled pancake popular in Egypt  
Palestinians often enjoy **Knafeh**, a delicious cheese dessert

### 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.

### SPIRITUAL STORYTELLING

Share YOUR favorite holiday memories/insights!



See what others shared!

