

With Allah's Name, The Merciful Benefactor, The Merciful Redeemer

A silhouette of a man in a prayerful pose, with his hands raised and palms facing forward, set against a warm, orange-hued sunset background. The man is wearing a long-sleeved garment and a head covering. The overall mood is serene and spiritual.

Ramadhan Packet

2015

With Al Inshirah Islamic Center

3664 Troost Ave.,

Kansas City, Mo 64108

816-960-0475

www.alinshirah

ABOUT RAMADAN

1.5 billion Muslims of the world celebrate the month of Ramadan every year. Ramadan is the 9th month in the lunar year. During this month, healthy Muslim adults observe Fasting during the daylight hours. Muslim Fasting is a total abstinence from eating, drinking, and sexual relations from dawn to dusk for 29 or 30 days of the month of Ramadan. Also, avoiding immoral behavior and anger and showing compassion is part of the requirements of the fasting.

The month of Ramadan is that in which was revealed the Quran; a guidance for mankind, and clear proofs of the guidance, and the criterion (of right and wrong). And whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey, a number of other days. Allah desires for you ease; He desires not hardship for you; and that you should complete the period, and that you should magnify Allah for having guided you, and that perhaps you may be thankful.

The Holy Quran 2:185

The purpose of fasting is manifold. Allah (the God Almighty) mentioned in the Holy Book of the Muslims, Quran that the fasting is prescribed for the believers as it was prescribed for the people before them, so that they may acquire self control and God-consciousness. Therefore, the purpose of the fasting is to develop God-consciousness, self-control, improvement of health by reducing or eliminating impurities from the body, and to become aware of the plight of the poor, hungry, and the sick. Ramadan is a month of spiritual consciousness and high sense of social responsibility.

The fasting during Ramadan has been ordained for Muslims as fasting had been ordained for people that preceded them. The fulfillment of one's obligations during the month is rewarded by 70 times. Fasting is one of the 5 pillars of Islam including Announcement of Faith, Salaat (praying 5 times a day), Zakaat (the right of the poor on the wealth of the financially able), Fasting during the month of Ramadan, and Hajj (once a life time pilgrimage to Kaaba). Those who are sick, elderly, or on a journey, and women who are pregnant or nursing are permitted to break the fast and make up an equal number of days later in the year. If they are physically unable to do this, they must feed a needy person for every day missed. Children begin to fast (and to observe the prayer) from puberty, although many start earlier.

It is an obligation on every adult and healthy Muslim to fast during the month of Ramadan. All healthy Muslim adult including homemakers, school-going kids around the age of 13, factory workers, businessmen and others among them will be fasting. The month of Ramadan is also the month in which the Holy Quran was sent down from 7th level of heaven to the 1st level, from where it was revealed to Prophet Muhammad (peace be upon him) in piecemeal basis over a period of 23 years. It is a very joyous occasion for the Muslims of the world. Muslims fast during the day and pray and read Quran during the part of the night.

Fasting during the Islamic month of Ramadan can be good for one's health and personal development. Ramadan fasting is not just about disciplining the body to restrain from eating food and drinking water from pre-dawn until sunset. The eyes, the ears, the tongue, and even the private parts are equally obligated to be restrained if a Muslim wants to gain the total rewards of fasting. Ramadan is also about restraining anger, doing good deeds, exercising personal discipline, and preparing oneself to serve as a good Muslim and a good person during and after Ramadan.

This is why the Messenger of Allah (Peace be upon him, Pbuh) has been attributed, by Hazrat Abu Hurairah in hadith, to say: "He who does not desist from obscene language and acting obscenely (during the period of fasting), Allah has no need that he didn't eat or drink." (Bukhari, Muslim). In another hadith by Hazrat Abu Harairah, the Prophet (Pbuh) said: "Fasting is not only from food and drink, fasting is to refrain from obscene (acts). If someone verbally abuses you or acts ignorantly toward you, say (to them) 'I am fasting; I am fasting.'" (Ibn Khuzainah). Restraint from food, water, and undesirable behavior makes a person more mentally disciplined and less prone to unhealthy behavior. In an investigation in Jordan (1), a significant reduction of Para suicidal cases was noted during the month of Ramadan. In the United Kingdom, the Ramadan model has been used by various health departments and organizations to reduce cigarette smoking among the masses, especially among Africans and Asians (2).

BENEFITS OF RAMADAN

Prophet Muhammad, ﷺ addressing his companions on the last day of Shaban, the preceding month, said: "O people! A great month has come over you; a blessed month; a month in which is a night better than a thousand months; month in which Allah has made it compulsory upon you to fast by day, and voluntary to pray by night. Whoever draws nearer (to Allah) by performing any of the (optional) good deeds in (this month) shall receive the same reward as performing an obligatory deed at any other time, and whoever discharges an obligatory deed in (this month) shall receive the reward of performing seventy obligations at any other time. It is the month of patience, and the reward of patience is Heaven. It is the month of charity, and a month in which a believer's sustenance is increased. Whoever gives food to a fasting person to break his fast, shall have his sins forgiven, and he will be saved from the Fire of Hell, and he shall have the same reward as the fasting person, without his reward being diminished at all.

Fasting during Ramadan is a unique opportunity to attain both peace of mind and heart. During Ramadan one concentrates on rendering good and abstaining from the wrong. Such a pursuit creates peaceful serenity in the hearts of men and women. Ramadan fasting cannot be complete and in fact, the fast can be invalidated if one fails to control his or her temper. The fasting persons are advised to refrain from argument and to inform the other party that they cannot continue the troublesome dialogue because they are engaged in the sublime obligation of fasting. Without doubt a full month of such restraint is destined to leave its mark upon our bodies and souls.

The fasting during Ramadan that requires certain restraints from dawn to dusk, the hours when the human interaction is the greatest, is designed to mould the lives of its practitioners. Ramadan fasting offers an opportunity for *Tazkiyah*, - the cleansing of the self - through its disciplinary regimen. And on another level, Ramadan offers a unique opportunity for synthesizing with the less fortunate. The Quran started to be revealed during Ramadan and it is recommended that during this month we concentrate on the reading of the Quran. Why? This is because during this month, we are less involved with physical needs and have a better opportunity of understanding the Message - the Quran.

Although the fast is most beneficial to the health, it is regarded principally as a method of self purification. By cutting oneself off from worldly comforts, even for a short time, a fasting person gains true sympathy with those who go hungry as well as growth in one's spiritual life.

The Quran says: "But those will prosper who purify themselves and glorify of their Guardian-Lord and (lift their hearts) in Prayer." (Quran 87:14-15)

Ramadan is a time of spiritual reflection, improvement and increased devotion and worship. Muslims are expected to put more effort into following the teachings of Islam. The fast (sawm) begins at dawn and ends at sunset. In addition to abstaining from eating and drinking, Muslims also increase restraint, such as abstaining from sexual relations and generally sinful speech and behavior. The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the soul by freeing it from harmful impurities.

Ramadan also teaches Muslims how to better practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate; thus encouraging actions of generosity and compulsory charity (zakat).

It becomes compulsory for Muslims to start fasting when they reach puberty, so long as they are healthy, sane and have no disabilities or illnesses. Exemptions to fasting are travel, menstruation, illness, older age, pregnancy, and breast-feeding. However, many Muslims with medical conditions insist on fasting to satisfy their spiritual needs, and healthcare professionals must work with their patients to reach common ground. Professionals should closely monitor individuals who decide to persist with fasting.

While fasting is not considered compulsory in childhood, many children endeavour to complete as many fasts as possible as practice for later life. Those who are unable to fast are obliged to make up for it. According to the Quran, those ill or traveling (*musaafir*) are exempt from obligation, but still must make up the days missed later on.

VERSES IN THE QURAN ABOUT FASTING:

Al-Baqara (The Cow)

2:183 O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint,-

Al-Baqara (The Cow)

2:184 (Fasting) for a fixed number of days; but if any of you is ill, or on a journey, the prescribed number (Should be made up) from days later. For those who can do it (With hardship), is a ransom, the feeding of one that is indigent. But he that will give more, of his own free will,- it is better for him. And it is better for you that ye fast, if ye only knew.

Al-Baqara (The Cow)

2:185 Ramadan is the (month) in which was sent down the Qur'an, as a guide to mankind, also clear (Signs) for guidance and judgment (Between right and wrong). So every one of you who is present (at his home) during that month should spend it in fasting, but if any one is ill, or on a journey, the prescribed period (Should be made up) by days later. Allah intends every facility for you; He does not want to put to difficulties. (He wants you) to complete the prescribed period, and to glorify Him in that He has guided you; and perchance ye shall be grateful.

Al-Baqara (The Cow)

2:187 Permitted to you, on the night of the fasts, is the approach to your wives. They are your garments and ye are their garments. Allah knoweth what ye used to do secretly among yourselves; but He turned to you and forgave you; so now associate with them, and seek what Allah Hath ordained for you, and eat and drink, until the white thread of dawn appear to you distinct from its black thread; then complete your fast Till the night appears; but do not associate with your wives while ye are in retreat in the mosques. Those are Limits (set by) Allah. Approach not nigh thereto. Thus doth Allah make clear His Signs to men: that they may learn self-restraint.

Al-Baqara (The Cow)

2:196 And complete the Hajj or 'umra in the service of Allah. But if ye are prevented (From completing it), send an offering for sacrifice, such as ye may find, and do not shave your heads until the offering reaches the place of sacrifice. And if any of you is ill, or has an ailment in his scalp, (Necessitating shaving), (He should) in compensation either fast, or feed the poor, or offer sacrifice; and when ye are in peaceful conditions (again), if any one wishes to continue the 'umra on to the hajj, He must make an offering, such as he can afford, but if he cannot afford it, He should fast three days during the hajj and seven days on his return, Making ten days in all. This is for those whose household is not in (the precincts of) the Sacred Mosque. And fear Allah, and know that Allah Is strict in punishment.

WHEN DOES THE FAST START

Ramadan begins when the moon has been sighted and confirmed by the brothers that have been designated to do so. If you are unsure you may call Al-Inshirah Islamic Center voice mail for confirmation – (816) 960-0475. First *Tarawīh* Prayer has to start from the evening the Ramadan moon is sighted and will be discontinued in the evening the *Eid* moon is sighted. This year we will begin fasting on June 18th with the moon being sighted the night of the June 17th.

The Messenger of Allah (pbuh) said, *"When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained."* narrated Abu Huraira (ra) (Al-Bukhari Vol. 3: No. 123). Bukhari, Vol 3, Book 31. Fasting. Hadith 133.

Narrated By Abu Huraira: The Prophet or Abu-l-Qasim said, "Start fasting on seeing the crescent (of Ramadan), and give up fasting on seeing the crescent (of Shawwal), and if the sky is overcast (and you cannot see it), COMPLETE THIRTY days of Sha'ban."

This year most probably Ramadan will start from the June 17, 2015 with fasting to begin on June 18th Insha Allah and end on July 17th or 18th, depending on the appearance of moon (Crescent).

The Hadith says ***"Do not fast until you see the crescent-moon, and do not break the fast until you have seen the crescent moon, but if conditions are overcast for you then enumerate for it."*** [Bukhari]

FAMILY PARTICIPATION

We would like to encourage families to observe as many of the events of Ramadan together as well as with the families in the community. I know with our busy schedules, it is sometimes difficult to do things together as a family but we would like to encourage everyone to make an extra effort to do so during the month of Ramadan. Eat the morning meal together, read the Quran (in the mornings preferably) together, study together, and have discussions about the religion together. Have a family meeting and brainstorm on how you can make this happen before Ramadan starts. Put a calendar together showing dates and times.

Get together and decorate your home for Ramadan and the Eid activities. Encourage gift giving/exchange among your family and friends.

May Allah (swt) shower you and your families with abundant blessings in this Holy month of Ramadan.

Our beloved Prophet Muhammad was most generous in giving gifts. At times, he associated giving gifts as an act of Ibadah.

SETTING THE INTENTION:

When Ramadan begins, any person who intends to fast must openly or silently express to Allah the following:

"I intend to fast today for the sake of Allah. O Allah, make it easy for me and accept it from me."

When it is time to break the fast at sunset, the Muslim should say:

"O Allah, For Your Sake I fasted, in You I believe, in You I trust, and with the food You provide I break my fast."

READING THE QURAN

During Ramadan, each person is required to read the entire Quran. The Quran, which is divided into thirty parts (juz), is read one part (1/30th) each day of Ramadan so by the time Ramadan is over you would have read the Holy Qur'an in its entirety. A copy of the scheduled readings by parts telling the pages where each part begins and ends is included in this packet.

SALAAT/PRAYER DURING RAMADAN

Prayer during Ramadan is consistent with our regular daily prayers-five times a day at the prescribed times. See the Ramadan Prayer Schedule included in the packet.

THE TARAWÎH PRAYER

Tarawih is the pause observed after every four rakâhs of the Night Prayer during Ramadan. The Tarawîh Prayer consists of eight to twenty rakâhs and has the status of Sunnah both for the men and women. Rasulullâh Sallallâhu 'alayhi wasallam observed this Prayer and after him his Companions also kept up the practice. Once Rasulullâh Sallallâhu 'alayhi wasallam addressed his followers on the last day of Sha'bân, on the eve of Ramadan, and said: "There is a night in this month which is greater in excellence than a thousand months; Allâh has enjoined an extra prayer to be offered in the nights of this month. If a person performs a voluntary good act out of his own free choice during this month, he will be entitled to receive the reward of an imperative act performed in the other months..." (Mishkât).

In another tradition, he has regarded the Tarawîh Prayer as a means of the forgiveness of sins. He has said: "The one, who observes the Tarawîh Prayer at night during Ramadan with complete faith and devotion only for the sake of the recompense of the Âkhirat [Hereafter], will have all his previous sins forgiven by Allâh." (Bukhari, Muslim)

TIME OF THE TARAWÎH PRAYER

The time for it starts after the Isha Prayer and lasts till the break of dawn. If a person offers his Tarawîh Prayer before the Isha Prayer, it will not be valid, or if he offers it after the Isha prayer, but then has to repeat his Isha Prayer due to some reason, he will have to repeat his Tarawîh Prayer as well (Durre Mukhtâr). It is, however, commendable that the Tarawîh prayer is offered after one-third of the night has passed and before it is mid-night. Tarawih prayer will start approximately 15 minutes after Isha Prayer has been completed at Al-Inshirah Islamic Center.

TAHAJJUD

The Tahajjud prayer is an optional prayer that is supposed to be performed in the middle of the night. It is required that a person sleep a little before he gets up for the Tahajjud prayer. It can be performed anytime between Isha and Fajr. Shaf Prayer -A supererogatory prayer of two rak'ats performed with the witr

CONGREGATION FOR WITR PRAYER

The Witr Prayer is allowed to be offered collectively only during Ramadan, and not in any other month. The people, who happen to offer the Tarawîh prayer individually, may also join in the Witr congregation, but those who offer the Sunnah prayer of Tarawîh behind an Imâm are under obligation to offer the wâjib Prayer of Witr as well behind the Imâm. It is not proper to go to sleep after the Tarawîh Prayer and defer the Witr Prayer till Tahajjud time and offer it privately then. (Hidâyah, vol. 1, p. 131)

'Odd number'. Witr rakahs are odd number of rakahs such as 1, 3, 5, etc. - usually 1 or 3 - which are said after the last Prayer at night. Witr prayer is prayed immediately after Shaf Prayer. Witr salah is performed after the salah of 'Isha. It may contain any odd number of raka'ah from one to eleven according to the different mad-ha'ib. However, Witr is most commonly offered with three raka'ahs. It is preferable to perform Witr in the latter part of the night, but it is much better to perform it at the beginning of the night than not at all. To End prayers for the night after 'Isha, the odd numbered rak'ah must have the niyaat of "Wajib-ul-Lail", which is mandatory close ones salat for that day.

IFTAR AT THE MASJID

Al-Inshirah Islamic Center will hold Community Iftars Friday and Saturday, in the Weekend School house next door to the Islamic Center. This is a potluck dinner so please bring a dish, and if you cannot bring a dish a case of water would be helpful. Don't forget to include in your schedule to attend the Iftar at other masjids in Kansas and Missouri and in Topeka, Kansas and with the Crescent Peace Society who sponsors and iftar every year that is free to the believers. This year we are looking forward to hosting the 3rd annual Mayor's Iftar with Mayor Sly James of Kansas City, along with the greater Kansas City Masajids on July 19th, Location TBA. Iftars are always an excellent way to promote unity and reap the benefits of being with the Muslims for a whole month. Isn't that exciting!

DIET DURING RAMADAN

To be healthy, one must consume food from the major food groups: bread and cereal, milk and dairy product, meat and bean, vegetable and fruit. During the month long fast of Ramadan the metabolic rate of a fasting person slows down and other regulatory mechanisms start functioning. Body and dietary fat is efficiently utilized. Consuming total food intake that is less than the total food intake during normal days is sufficient to maintain a person's health. Intake of fruits after a meal is strongly suggested. A balanced diet improves blood cholesterol profile, reduces gastric acidity, prevents constipation and other digestive problems, and contributes to an active and healthy life style.



Dates

Ramadan fasting has spiritual, physical, psychological, and social benefits; however, manmade problems may occur, if fasting is not properly practiced. First of all, there is no need to consume excess food at iftar (the food eaten immediately after sunset to break fast), dinner or sahur (the light meal generally eaten about half an hour to one hour before dawn). The body has regulatory mechanisms that activate during fasting. There is efficient utilization of body fat and basal metabolism slows down during Ramadan fasting. A diet that is less than a normal amount of food intake but balanced is sufficient enough to keep a person healthy and active during the month of Ramadan.

Health problems can emerge as a result of excess food intake, foods that make the diet unbalanced, and insufficient sleep. Ultimately also, such a lifestyle contradicts the essential requirements and spirit of Ramadan.

An example of a dietary plan is given:

Pre-dawn Meal (sahur) breakfast:

Muslims get up very early to take their sahoor/sahur, a pre-dawn meal before starting their fast. Consume a light sahoor. Eat whole wheat or oat cereal or whole wheat bread, 1-2 serving with a cup of milk. Add 2-3 teaspoons of olive oil or any other monounsaturated or polyunsaturated fats in a salad or the cereal. Eat 1-2 servings of fruits, as a last item.

Breaking fast, iftar:

Three dates, glass of juice, Vegetable soup with some pasta or graham crackers. The body's immediate need at the time of iftar is to get an easily available energy source in the form of glucose for every living cell, particularly the brain and nerve cells. Dates and juices are good sources of sugars. Dates and juice in the above quantity are sufficient to bring low blood glucose levels to normal levels. Juice and soup help maintain water and mineral balance in the body. An unbalanced diet and too many servings of sherbets and sweets with added sugar have been found to be unhealthy.

DINNER:

Consume foods from all the following food groups:

Meat/Bean Group: Chicken, beef, lamb, goat, fish, 1-2 servings (serving size = a slice =1 oz); green pea, chickpea (garbanzo, chana, humus), green gram, black gram, lentil, lima bean and other beans, 1 serving (half cup). Meat and beans are a good source of protein, minerals, and certain vitamins. Beans are a good source of dietary fiber, as well.

Bread/Cereal Group: Whole wheat bread, 2 servings (serving size = 1 oz) or cooked rice, one cup or combination. This group is a good source of complex carbohydrates, which are a good source of energy and provide some protein, minerals, and dietary fiber.

Milk Group: milk or butter-milk (lassi without sugar), yogurt or cottage cheese (one cup). Those who can not tolerate whole milk must try fermented products such as butter-milk and yogurt. Milk and dairy products are good sources of protein and calcium, which are essential for body tissue maintenance and several physiological functions.

Vegetable Group: Mixed vegetable salad, 1 serving (one cup), (lettuce, carrot, parsley, cucumber, broccoli, coriander leaves, cauliflower or other vegetables as desired.) Add 2 teaspoons of olive oil or any polyunsaturated oil and 2 spoons of vinegar. Polyunsaturated fat provides the body with essential fatty acids and keto acids. Cooked vegetables such as guar beans, French beans, okra (bhindi), eggplant (baigan), bottle gourd (loki), cabbage, spinach, 1 serving (4 oz). Vegetables are a good source of dietary fiber, vitamin A, carotene, lyco-penes, and other phytochemicals, which are antioxidants. These are helpful in the prevention of cancer, cardiovascular diseases, and many other health problems.

Fruits Group: 1-2 servings of citrus and/or other fruits. Eat fruits as the last item of the dinner or soon after dinner, to facilitate digestion and prevent many gastrointestinal problems. Citrus fruits provide vitamin C. Fruits are a good source of dietary fiber.

Fruits and mixed nuts may be eaten as a snack after dinner or tarawih or before sleep.

Further suggestions:

Drink sufficient water between Iftar and sleep to avoid dehydration.

Consume sufficient vegetables at meal s. Eat fruits at the end of the meal.

Avoid intake of high sugar (table sugar, sucrose) foods through sweets or other forms.

Avoid spicy foods.

Avoid caffeine drinks such as coke, coffee or tea. Caffeine is a diuretic. Three days to five days before Ramadan gradually reduce the intake of these drinks. A sudden decrease in caffeine prompts headaches, mood swings and irritability.

Of course, the best is not to smoke at all. Smoking is a health risk factor so avoid smoking cigarettes during Ramadan. Do not forget to brush or Miswak (tender neem tree branch, *Azhardicta indica* or other appropriate plant in a country, about 1/4-1/2 inch diameter and 6-8 inches length, tip partially chewed and made brush like). Brush your teeth before sleep and after sahur. Brush more than two times or as many times as practicable.

It is recommended that everyone engage in some kind of light exercise, such as stretching or walking. It's important to follow good time management practices for Ibada (prayer and other religious activities), sleep, studies, job, and physical activities or exercise.

In summary, intake of a balanced diet is critical to maintain good health, sustain an active lifestyle and attain the full benefits of Ramadan.

THE NIGHT OF POWER

There is a special night called the Night of Power, which is mentioned in the Quran, as a night of mercy and light and worshiping during this night is better than 1,000 months. During this night Quran was sent to the 1st level of heaven. Allah (the God Almighty) sends down special angels during this night to pray for the mercy of Allah (the God Almighty) and salvation for the believers.

We have indeed revealed this (Message) in the Night of Power: And what will explain to you what the night of power is? The Night of Power is better than a thousand months. Therein come down the angels and the Spirit by Allah's permission, on every errand: Peace!...This until the rise of morn! (97:1-5)

The Night of Power in His infinite wisdom is encouraged to be searched during the odd nights of the last ten days of Ramadan. Since over fourteen centuries Muslims are striving diligently to benefit greatly from it. A rare trade indeed - pure profit and thousand times more!

ZAKAT DURING RAMADAN

Zakat-UL-FITR is part of the fast of Ramadan and is characterized by the following elements:

It must be given on the day of Eid, which is known as Eid ul-Fitr and signifies the end of the month-long fast of Ramadan. **Zakatul-Fitr is due before Eid Prayer.** Zakatul Fitr can also be paid one or two days before Eid ul-Fitr. At the completion of month of Fasting, Muslims all over the world celebrate their holiday of Eidul-Fitr. It is a true thanksgiving for a Muslim believer for having the opportunity to obey Allah (the God Almighty) by observing Fasting. It is celebrated on the 1st day of 10th lunar month, Shawwaal. The holiday begins with Muslims putting on their best preferably new clothes and going to the Eid congregation. Eid congregations are very large gathering of Muslim men, women and children across the world. Afterwards, people greet each other with hugs and handshakes. The children receive gifts. After the congregation, Muslims visit each other at their homes and hold lunches or dinners for family and friends. See the announcements during Ramadan to get the exact amount for this year.

EID-UL-FITR, Depending on the moon sighting Eid will be August 7th or 8th Inshallah.

Eid ul Fitr is celebrated on the first day of Shaw'waal, at the completion of Ramadan. Shaw'waal is the 10th month of the Islamic calendar. Eid is celebrated after moon is sighted.

The Eid-al-Fitr is a very joyous day; it is a true Thanksgiving Day for the believing men and women. On this day Muslims show their real joy for the health, strength and the opportunities of life, which Allah has given to them to fulfill their obligation of fasting and other good deeds during the blessed month of Ramadan. Ramadan is the ninth month of Islamic Calendar.

SUNNAH OF EID

- **Wake up early.**
- Prepare for personal cleanliness; take care of details of clothing, etc.
- Take a Ghusl (bath) after Fajr.
- Brush your teeth.
- Dress up, putting on best clothes available
- Use perfume (men only).
- Have breakfast on Eid-al-Fitr before leaving for prayer ground. On Eid-al-Adha, eat breakfast after Salaat or after sacrifice if you are doing a sacrifice.
- Pay Zakaat-al-Fitr before Salaat-al-Eid (on Eid-al-Fitr).
- Go to prayer ground early.
- Offer Salaat-al-Eid in congregation in an open place Use two separate routes to and from the prayer ground.

Recite the following Takbir on the way to Salaat and until the beginning of Salaat-al-Eid:

**Allahu-Akbar, Allahu-Akbar. La ila-ha ill-lal-lah. Allahu-Akbar, Allahu-Akbar.
Wa-lilahillhamd.**

(Allah is great, Allah is great. There is no god but Allah. Allah is great, Allah is great. And all praises are for Allah).

EID PRAYER

How to offer Eid prayer:

Ibn Abbass (ra) reported: "I participated in the Eid-ul-Fitr prayer with the Messenger of Allah (saw), Abu Bakr (ra), Umar (ra) and Uthman (ra), and all of them held Eid prayer before Khutbah, and then the Prophet Muhammad (saw) delivered the Khutbah (sermon)." (Muslim)

Who should go to the prayer ground & offer Eid Prayer:

On the Eid day, every believing man, woman and child must go to the prayer ground and participate in this joyous occasion.

STRUCTURE OF EID PRAYER:

Eid prayer is wajib (strongly recommended, just short of obligatory). It consists of two Rakaat (units) with six or thirteen additional Takbirs. It must be offered in congregation. The prayer is followed by the Khutbah.

The Khutbah is part of the worship and listening to it is Sunnah. During the Khutbah, the Imam must remind the community about its responsibilities and obligations towards Allah, fellow Muslims and the fellow human beings. The Imam must encourage the Muslims to do good and ward off

evil. The Muslim community must also be directed to the state of the community and the Ummah at large and the feelings of sacrifice and Jihaad should be aroused in the community. At the conclusion of the prayer the Muslims should convey greetings to each other, give reasonable gifts to the youngsters and visit each other at their homes. Muslims should also take this opportunity to invite their non-Muslims neighbors, co-workers, classmates and business acquaintances to Eid festivities to expose them to Islam and Muslim culture.

- It cannot be given after the Eid prayer, unless one has a valid reason for such a delay.
- It should be given on behalf of every Muslim, whether male or female, adult or minor.

SPECIAL NOTE:

Join us after Eid prayer at the Weekend School House, the league of Muslim Women, Kansas City Chapter host an annual Eid breakfast gathering directly following the prayer. For a minimal fee you can partake in a delicious wholesome Halal breakfast with the community.

EVENTS

July 17th or 18th will be the community potluck picnic and Eid Dinner combined. For more information please see Shaheer Ahktab.

Children activities/outings call 816-607-1163 for more information about the childrens' programs

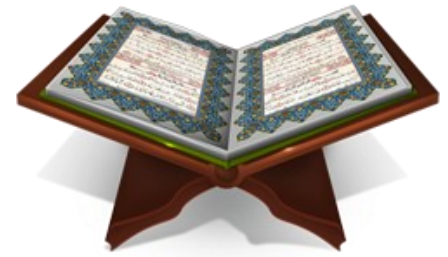


Qur'an Reading Schedule

The first verses of the Quran were revealed during the month of Ramadan, and the very first word was: "Read!" During the month of Ramadan, as well as other times during the year, Muslims are encouraged to read and reflect on God's guidance.

The words of the Qur'an are primarily divided by chapter (*surah*) and verse (*ayat*). The chapters vary in length, and generally are ordered from longest to shortest.

To ease the reading process, the Qur'an is additionally divided into 30 equal sections, called a *juz'* (plural: *ajiza*). The divisions of *juz'* do not fall evenly along chapter lines, and often break from one section to another in the middle of a chapter. These divisions are done to make it easier for one to pace the reading over a month's period, reading a fairly equal amount each day. This is particularly important during the month of Ramadan, when it is recommended to complete at least one full reading of the Qur'an from cover to cover.



Day	Iyat (Sections)	Day	Iyat (Sections)	Day	Iyat (Sections)
1	(1:1) - (2:141)	11	(9:93) - (11:5)	21	(29:46) - (33:30)
2	(2:142) - (2:252)	12	(11:6) - (12:52)	22	(33:31) - (36:27)
3	(2:253) - (3:92)	13	(12:53) - (14:52)	23	(36:28) - (39:31)
4	(3:93) - (4:23)	14	(15:1) - (16:128)	24	(39:32) - (41:46)
5	(4:24) - (4:147)	15	(17:1) - (18:74)	25	(41:47) - (45:37)
6	(4:148) - (5:81)	16	(18:75) - (20:135)	26	(46:1) - (51:30)
7	(5:82) - (6:110)	17	(21:1) - (22:78)	27	(51:31) - (57:29)
8	(6:111) - (7:87)	18	(23:1) - (25:20)	28	(58:1) - (66:12)
9	(7:88) - (8:40)	19	(25:21) - (27:55)	29	(67:1) - (77:50)
10	(8:41) - (9:92)	20	(27:56) - (29:45)	30	(78:1) - (114:6)

Prayer Schedule during Ramadan

Greater Kansas City, Missouri 2015

Ramdn	Jun Jul	Day	Fajr (Dawn)	Shorook (Sunrise)	Zuhr (Noon)	Asr (Afternoon)	Maghrib (Sunset)	Isha (Night)
1	6/18	Thu	3:53	5:52	1:19	5:16	8:46	10:45
2	6/19	Fri	3:53	5:53	1:20	5:16	8:47	10:46
3	6/20	Sat	3:54	5:53	1:20	5:16	8:47	10:46
4	6/21	Sun	3:54	5:53	1:20	5:16	8:47	10:46
5	6/22	Mon	3:54	5:53	1:20	5:17	8:47	10:46
6	6/23	Tue	3:54	5:53	1:20	5:17	8:47	10:47
7	6/24	Wed	3:55	5:54	1:21	5:17	8:48	10:47
8	6/25	Thu	3:55	5:54	1:21	5:17	8:48	10:47
9	6/26	Fri	3:55	5:54	1:21	5:17	8:48	10:47
10	6/27	Sat	3:56	5:55	1:21	5:18	8:48	10:46
11	6/28	Sun	3:56	5:55	1:21	5:18	8:48	10:46
12	6/29	Mon	3:57	5:55	1:22	5:18	8:48	10:46
13	6/30	Tue	3:57	5:56	1:22	5:18	8:48	10:46
14	7/1	Wed	3:58	5:56	1:22	5:18	8:48	10:46
15	7/2	Thu	3:59	5:57	1:22	5:18	8:47	10:45
16	7/3	Fri	4:00	5:57	1:22	5:19	8:47	10:45
17	7/4	Sat	4:00	5:58	1:23	5:19	8:47	10:44
18	7/5	Sun	4:01	5:58	1:23	5:19	8:47	10:44
19	7/6	Mon	4:02	5:59	1:23	5:19	8:47	10:43
20	7/7	Tue	4:03	6:00	1:23	5:19	8:46	10:43
21	7/8	Wed	4:04	6:00	1:23	5:19	8:46	10:42
22	7/9	Thu	4:05	6:01	1:23	5:19	8:46	10:41
23	7/10	Fri	4:06	6:01	1:24	5:19	8:45	10:41
24	7/11	Sat	4:07	6:02	1:24	5:19	8:45	10:40
25	7/12	Sun	4:08	6:03	1:24	5:19	8:45	10:39
26	7/13	Mon	4:09	6:04	1:24	5:19	8:44	10:38
27	7/14	Tue	4:10	6:04	1:24	5:19	8:44	10:37
28	7/15	Wed	4:11	6:05	1:24	5:19	8:43	10:36
29	7/16	Thu	4:12	6:06	1:24	5:19	8:42	10:35
30	7/17	Fri	4:13	6:06	1:24	5:19	8:42	10:34



AS SALAAMU ALAIKUM

We wish you a very spiritual and joyous Ramadan. May Allah (swt) bless you and your families with abundant blessings in this blessed month of Ramadan.

3664 Troost Ave., Kansas City, Mo 64109||| Phone 816-960-0475
www.ALINSHIRAH.com