



Ramadan Fact Sheet for Allies to Muslims

Over one billion Muslims throughout the world (and 50,000 Muslims in the Boston area) will begin celebrating Ramadan at sunset Sunday, May 5th.

Here are a few things to know to be an ally to the Muslims in our community:

- **Ramadan is May 5th - June 4th, 2019.** The Muslim community is very diverse and Muslims observe Ramadan in many different ways. On June 4th many Muslims celebrate Eid ul-Fitr (Festival of Breaking the Fast) with prayer, visiting each other's homes, special meals, and gifts for children.
- **During Ramadan, many Muslims fast.** This means they don't eat or drink anything from dawn to dusk. Some young people begin fasting as teenagers. Fasting allows opportunity for self-reflection, spiritual growth, and many blessings. It is not a period of suffering or atonement. Each evening at sunset during Ramadan, Muslims break their fast with the meal known as Iftar. It is often celebrated with family, friends and in the larger community. Muslims and non-Muslims are often invited. Read more here: <http://bit.ly/AttendingIftar>
- You can extend greetings by saying: **"Happy Ramadan" or "Ramadan Mubarak."** It also helps to be thoughtful when planning events that include food.
- **Learning about Ramadan and letting your friends, family, and co-workers know about Ramadan is one way to be an ally.** You can put a notice (use this blurb) in your school newsletter, local library, where you work, or other places in your communities.
- If you work in a school, you can **support Muslim students** by checking in about how they observe Ramadan, being thoughtful about physical activities, gatherings involving food, and not scheduling tests or deadlines for June 4th (Eid ul-Fitr). It also helps to remember that when fasting, breakfast is eaten before sunrise, so students are up very early in the day and may be quite tired by the end of the school day. For more information about supporting Muslim students in school, visit: <http://bit.ly/RamadanSupportStudents>. Keep in mind the article was written two years ago, and Ramadan falls on different days each year.

This resource was put together by the Jewish Muslim Solidarity Committee of the Boston Workmen's Circle