

Ramadan – May 5-June 4

Ramadan is a month-long religious holiday observed by Muslims all over the world on the ninth month of the Islamic calendar. During this month, Muslims are expected to fast every day from dawn to dusk, to refrain from eating or drinking, smoking or sexual activity. The fasting is seen not only as a way for Muslims to cleanse their souls of impure elements, but is also done to empathize with those who may be poor and hungry. This is also a time to practice self-reflection. It is important that participants are charitable, giving more frequently to the poor and needy. Consider how diverse, and yet how familiar to us, are some of these same practices.



Learn more at <https://www.vox.com/2017/5/25/11851766/what-is-ramadan-2019-start-date-muslim-islam-about>