

Find out more about Ramadan

The Conservative Muslim Forum have kindly put together some information about Ramadan and some suggestions about how councillors can celebrate and mark Ramadan. We would like to thank CMF and particularly Cllr Omar Bush and Cllr Dr Nawaz for their contributions.

Ramadan... the month where Muslims don't eat or drink for 30 days? Well, sort of, but not continuously. We eat before sunrise and after sunset; and nope, not even water!

Ramadan is a month of intense spiritual journey. The individual seeks to please God through worship, absolute obsequiousness, self sacrifice, giving and forgiving, and repentance. It is not confined only to abstinence from food, drink and smoking but also imposes and reinforces many social and moral obligations on the individual such as charity, and feeding the hungry and the homeless.

Ramadan will start on Saturday 2nd April 2022 and is often welcomed by the phrase Ramadan Mubarak or Happy Ramadan. It is observed by Muslims worldwide as a month of fasting to commemorate the revelation of the Qur'an to the



Prophet Muhammad. The month lasts 29 to 30 days and is based on the sightings of the crescent moon.

During Ramadan individuals aim to increase acts of charity, self-control and worship. Ramadan is an integral part of the Islamic faith and one of the five pillars of Islam. The Qur'an mentions it briefly in a succinct verse: "Oh you who believe, fasting has been prescribed for you as it has to people before you in the hope that you become conscious of God." Ultimately, Muslims fast because each pang of hunger is a reminder of the one who we make the sacrifice for.

The end of Ramadan is celebrated with Eid embraced with the phrase "Eid Mubarak" or "Happy Eid". Muslims spend the day eating and sharing presents.

Ways you can mark Ramadan in your community

- Reach out to local Muslim communities and mosques, in particular the Imam who will lead the prayers, to understand what the month entails.
- Consider fasting during Ramadan. Cllr Omar Bush has kindly offered that members can contact him for guidance [here](#).
- You can break your fast on your own, with Muslim friends or with the local mosque. All mosques during Ramadan provide food to those breaking their fasts, therefore you could ask the Imam whether you can join them in breaking their fast along with other members of the community. Please note it is not necessary to fast, but we would recommend following mosque etiquette.
- Consider sending cards to local mosques and Muslim communities. Templates of Eid Community cards are available on [Campaign Toolkit](#).
- Post a Ramadan Mubarak (meaning Happy Ramadan) message on social media.
- Group Leaders should reach out to Muslim councillors in their Group in the run-up to Ramadan to find out how they can support them, particularly in relation to council meetings in the evening.

Conservative Muslim Forum

The CMF aims to engage with Muslims of all persuasions and encourages them to participate in political life from the grassroots to Parliament. This includes holding government to account, campaigning, building bridges between Muslims and the government, affecting policy change and being the voice for British Muslims for the Conservative Party.

The CMF is open to all. If you would like to get involved or to hear more about future events please email Shaheen.Thantrey@conservatives.com. For anyone interested in hosting an iftar (the breaking of the fast) or fasting themselves, please do reach out to Shaheen.