



**Question:** What is Ramadan?

Ramadan is the ninth month of the Islamic lunar calendar. Every day during this month, Muslims around the world spend the daylight hours in a complete fast.

**Answer:** During the blessed month of Ramadan, Muslims all over the world abstain from food, drink, and other physical needs during the daylight hours. As a time to purify the soul, refocus attention on God, and practice self-sacrifice, Ramadan is much more than just not eating and drinking.

Muslims are called upon to use this month to re-evaluate their lives in light of Islamic guidance. We are to make peace with those who have wronged us, strengthen ties with family and friends, do away with bad habits -- essentially to clean up our lives, our thoughts, and our feelings. The Arabic word for "fasting" (sawm) literally means "to refrain" - and it means not only refraining from food and drink, but from evil actions, thoughts, and words.

During Ramadan, every part of the body must be restrained. The tongue must be restrained from backbiting and gossip. The eyes must restrain themselves from looking at unlawful things. The hand must not touch or take anything that does not belong to it. The ears must refrain from listening to idle talk or obscene words. The feet must refrain from going to sinful places. In such a way, every part of the body observes the fast.

Therefore, fasting is not merely physical, but is rather the total commitment of the person's body and soul to the spirit of the fast.

Ramadan is a time to practice self-restraint; a time to cleanse the body and soul from impurities and re-focus one's self on the worship of God.

### Background

Ramadan is the ninth month in the Islamic calendar, which consists of 12 months and lasts for about 354 days. The word "Ramadan" is derived from an Arabic word for intense heat, scorched ground and shortness of food and drink. It is considered to be the most holy and blessed month. Fighting is not allowed during this period.

The month of Ramadan traditionally begins with a new moon sighting, marking the start of the ninth month in the Islamic calendar. Many Muslims (except children, the sick and the elderly) abstain from food, drink, and certain other activities during daylight hours in Ramadan. This is considered as the holiest season in the Islamic year and commemorates the time when the Qu'ran (Islamic holy book) is said to have been revealed to the Prophet Muhammad. This occurred on [Laylat Al-Qadr](#), one of the last 10 nights of the month. Ramadan ends when the first crescent of the new moon is sighted again, marking the new lunar month's start. [Eid-al-Fitr](#) is the Islamic holiday that marks the end of Ramadan.

[The Islamic Center of Jersey City](#) is alive and active with every manifestation of good, its' nights are standing in praying and its days are fasting. In it are men whom neither commerce nor selling distracts them from remembering Allah morning and evening. They establish Salat and pay the Zakat and they fear a day in which hearts and eyes will rotate.

قال رسول الله صلى الله عليه وسلم:

**"من فطر صائماً كان له مثل أجره من غير أن ينقص من أجرهم شيئاً"**

صدق رسول الله صلى الله عليه وسلم

*"The Messenger of Allah (Peace be Upon Him) was the most generous of people and he was the most generous in Ramadan, like the wind which bears rain"*

*How great is Charity in this month, while you are feeding a fasting person. And whoever feeds a fasting person gets a like reward. Indeed The Islamic Center of Jersey City, with its' activities has become accustomed to your generosity by your paying the Zakat on your wealth, your charitable contributions, and sharing in covering the expenses of the daily Iftar program. So, by the bounty of Allah, then the bounty of your generosity and your giving the Center will continue with material daily Iftar for families of your brothers. And they are always increasing. Last year, the meals for Iftar in this blessed month were more than 6,000. Those who betook of the daily free Iftar increased from between 150 to 250 people. So, good news for you on account of your generosity and your charity. O ye seekers of good, come forth! This is the month of goodness and giving (O Allah give the one who spends something in its' place, O Allah, Ameen!*

- \$210 provides Iftar for 30 people daily
- \$350 provides Iftar for 50 people daily
- \$700 provides Iftar for 100 people daily
- \$1200 provides Iftar for everyone each day (Monday - Thursday)
- \$1600 provides Iftar for everyone each day on a weekend (Friday - Friday )