



ANGLOPHONE WEST SCHOOL DISTRICT



Ramadan رمضان

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Feb 23rd, 2023

Muslim Population in Canada

Visible minority (15) ⁶	Total - Visible minority ^{8, 9}	Total visible minority population ¹⁰	South Asian	Chinese	Black	Filipino	Arab	Latin American	Southeast Asian	West Asian	Korean	Japanese	Visible minority, n.i.e. ¹¹	Multiple visible minorities	Not a visible minority ¹²
Religion (168) ⁷															
Muslim	1,775,715	1,583,415	595,085	2,020	183,670	2,750	510,620	2,610	9,185	206,290	150	150	28,625	42,255	192,300

Muslims represent 4.9% of Canada's population

Statistics (3)	Count									
Indigenous identity (9) ⁴	Total - Indigenous identity ⁶	Indigenous identity ⁷	Single Indigenous responses ⁸	First Nations (North American Indian)	Métis	Inuk (Inuit)	Multiple Indigenous responses ⁹	Indigenous responses not included elsewhere ¹⁰	Non-Indigenous identity	
Religion (25) ⁵										
Muslim	1,775,710	1,840	1,750	830	895	25	55	30	1,773,875	

- Indigenous represent 0.1% of Muslim population in Canada



Muslim Population in New Brunswick

Statistics (3)	Count														
Visible minority (15) ⁶	Total - Visible minority ^{8, 9}	Total visible minority population ¹⁰	South Asian	Chinese	Black	Filipino	Arab	Latin American	Southeast Asian	West Asian	Korean	Japanese	Visible minority, n.i.e. ¹¹	Multiple visible minorities	Not a visible minority ¹²
Religion (168) ⁷															
Muslim	9,190	8,265	1,605	10	1,525	0	4,210	0	40	515	0	0	40	315	930

- Muslims represent 1.2% of NB population

Statistics (3)	Count									
Indigenous identity (9) ⁴	Total - Indigenous identity ⁶	Indigenous identity ⁷	Single Indigenous responses ⁸	First Nations (North American Indian)	Métis	Inuk (Inuit)	Multiple Indigenous responses ⁹	Indigenous responses not included elsewhere ¹⁰	Non-Indigenous identity	
Religion (25) ⁵										
Muslim	9,190	35	35	20	15	0	0	0	9,155	

- Indigenous represent 0.38% of Muslim population in NB



Muslim Population in Fredericton

Visible minority (15) ⁶	Total - Visible minority ^{8, 9}	Total visible minority population ¹⁰	South Asian	Chinese	Black	Filipino	Arab	Latin American	Southeast Asian	West Asian	Korean	Japanese	Visible minority, n.i.e. ¹¹	Multiple visible minorities	Not a visible minority ¹²
Religion (168) ⁷															
Muslim	2,395	2,245	525	0	135	0	1,240	0	25	250	0	0	25	35	150

- Muslims represent 2.23% of Fredericton population



Ramadan رمضان

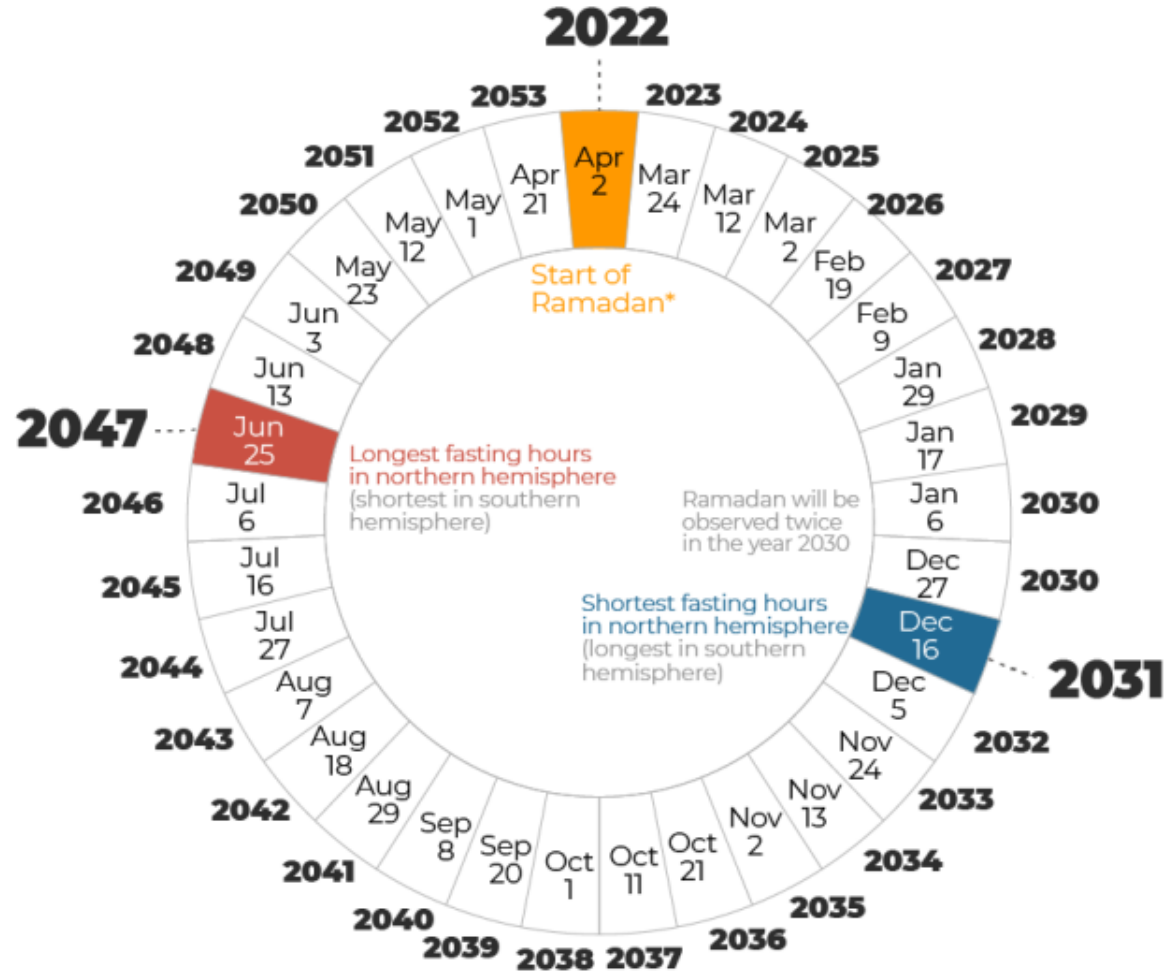
- Ramadan is one of the most important season for Muslim Communities
- Ramadan is the 9th month of *Hijri* Calendar and comes after *Shaaban* شعبان and is followed by *Shawwal* شوال .
- The beginning of Ramadan is determined by visual confirmation of the appearance of the new moon, *Hilal* هلال (Crescent). This happened on the 29th of *Shaaban* at sunset (if it didn't appear then, *Shaaban* would be deemed completed in 30 days)
- The *Hijri* Calendar is based on Moon phases and the month length is 29 or 30 days.



RAMADAN 2022

33-year Ramadan cycle

Ramadan begins **10 to 12 days earlier each year**. This is because the Islamic calendar is based on the lunar Hijri calendar with months that are 29 to 30 days long. **The next time Ramadan will start after April 2 will be about 33 years from now, or the year 2055.**



*Subject to moon sighting
Source: Islamicfinder.org

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Ramadan Importance

- Ramadan is the month that Islam message started in, by the first verses of the *Quran* [Koran] to be revealed to the prophet Mohamed
- First word of Quran is “*Iqraa*” اقرأ which means ‘read’
- “*Ramadan is the month in which was sent down the Quran, as a guide to mankind, also Clear Signs for guidance and judgment between right and wrong*” (Albaqara, 185)
- It is the 4th pillar of Islam (Ramadan Fasting). A Muslim is not a Muslim if he doesn’t Fast Ramadan
- Ramadan is a season for all kinds of worship and good deeds, as it provides up to 70 times the reward compared to other normal days.
- It contains *Laylat AL-Qadr* ليلة القدر (the blessed night); worship in this night is worth better than 1000 months (83 years) it comes on the last 10 nights of Ramadan

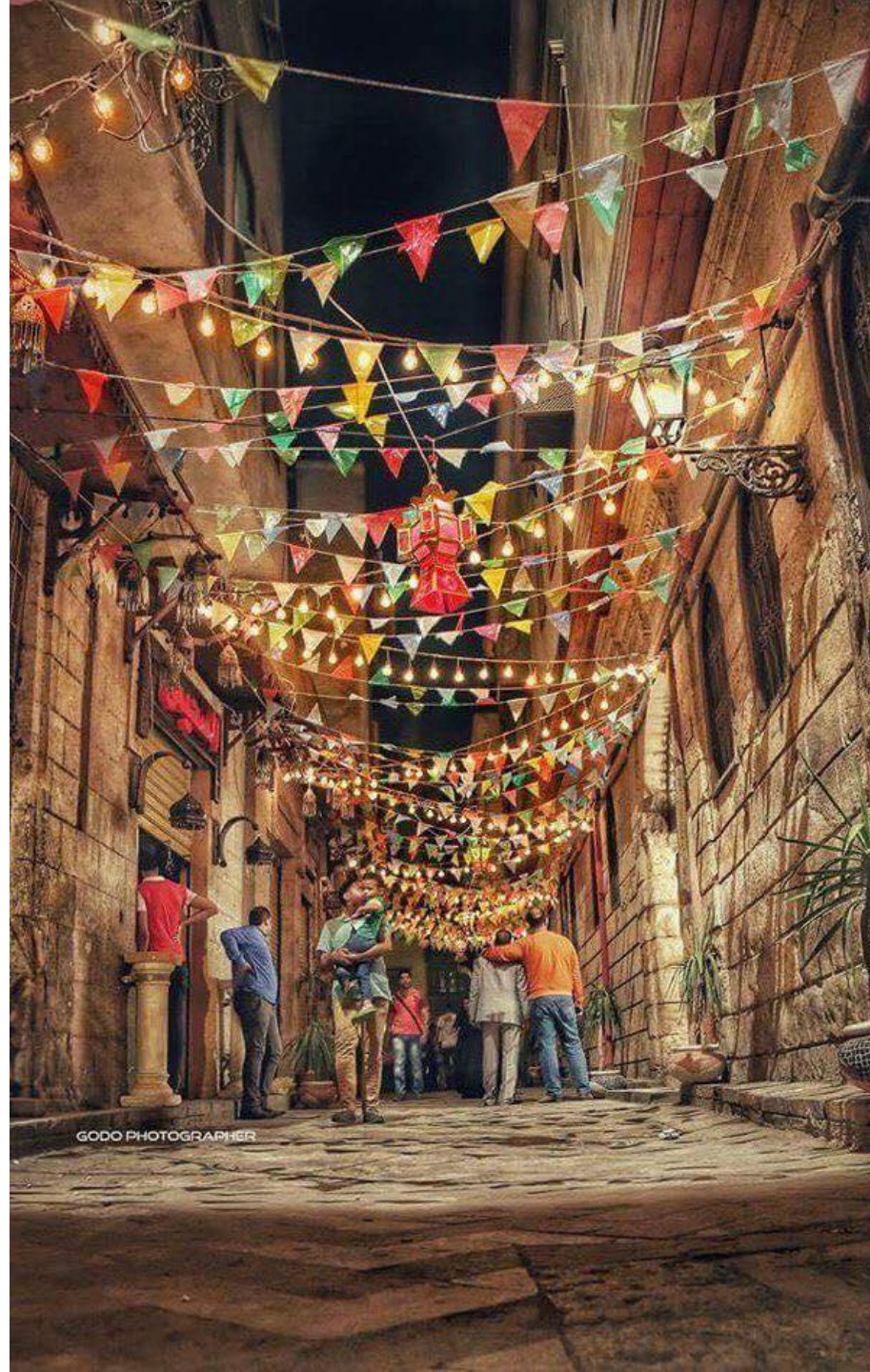


Welcoming Ramadan

- There are many ways to celebrate Ramadan.
- Children (and adults) prepare decorations in many forms in streets and balconies strung from house to house all over the street
- There are many shapes and ways to display these decorations. The most common (and cheap) is made of old paper cut in strips and glued to strings then hung across the street



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Ramadan Lantern (*Fanoos Ramadan* فانوس رمضان)

- It's a tradition started with the Fatimi State in Egypt that all houses put a lantern through the night to make all streets Enlightened.
- Now they have evolved to be a gift for kids to remind them of Ramadan, but still used in houses as a decoration.
- Traditionally Lanterns were hand made of tinplate and have a candle inside to light but now there are many types and materials like plastic, wood and have batteries or powered by electricity.





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Ramadan Cannon (*Madfaa Ramadan* مدفع رمضان)

- It is common in most Islamic countries that a cannon is fired at the sunset time to declare *Iftar* (breakfast time) and *Imsak* (abstain time) 20 minutes before dawn as a warning of dawn's approach
- There is a funny story about how this tradition started. In the Mamluki age they were trying a new cannon and by chance it was fired at sunset the first day of Ramadan. The next day people thanked the governor for this idea which makes it easier to know the *Iftar* time, so he continued it.



Mesaharati المسحراتي

- "*Mesaharati*" is a seasonal job which occurs only in Ramadan, a job which requires the "mesaharati" to roam the streets banging on his little drum to wake the people up to eat their "*suhoor*"
- Usually this is a voluntary job, but some people - especially kids – like to give him some simple things, like yogurt, apple, or some dates, just to call them by name.
- After Ramadan, in the *Eid Al Fitr* (breakfast Feast) he passes in the afternoon with his drum, and people give him some of their *Eid* cookies and biscuits.





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Islamic Fasting

- In the Quran, Allah has said, “O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) *taqwa* (self-restraint/piety)” (Al-Quran: Surat Al-Baqarah 2:183)
- Fasting is a unique moral and spiritual characteristic of Islam. Literally defined, fasting means to abstain "completely" from foods, drinks, intimate intercourse and smoking, before the break of the dawn till sunset. But if we restrict the meaning of the Islamic Fasting to this literal sense, we would be sadly mistaken.
- Abu Huraira: The Prophet (*PBUH*) said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)" (Sahih Bukhari, Volume 3, Book 31, Number 127)
- There are some exceptions of fasting for
 - old people who can't fast
 - Sick
 - Travelers for more than 85 km
 - Pregnant women based on doctor advice
 - Breast feeding mother based on doctor advice
 - Women in period



Fasting manners

The Book of Virtues - Chapter: Safeguarding The Fast

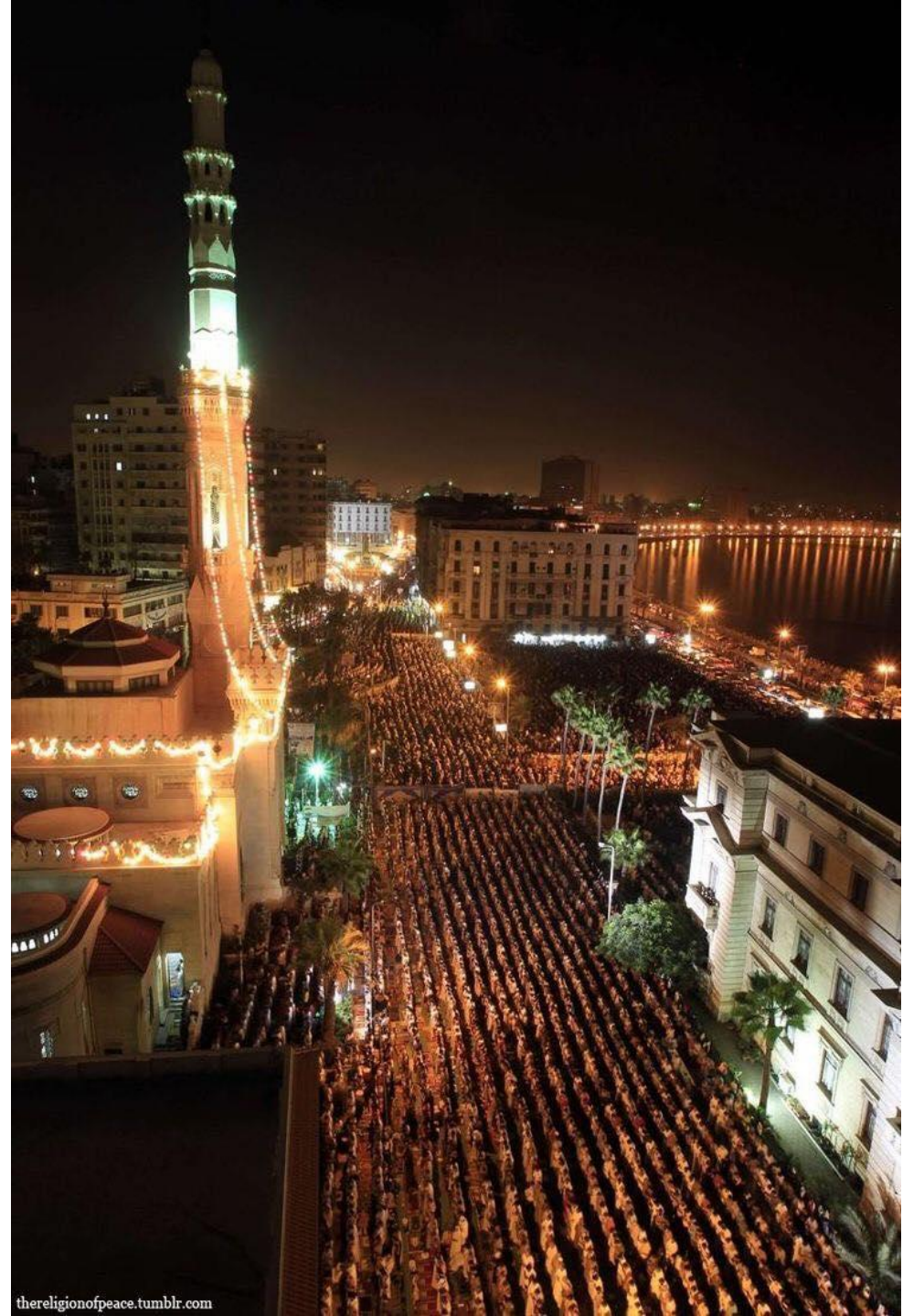
Abu Hurairah reported: The Messenger of Allah (ﷺ) said,

When any one of you is observing Sawm (fasting) on a day, he should neither indulge in obscene language nor should he raise the voice; and if anyone reviles him or tries to quarrel with him he should say: I am observing fast.



Ramadan Day

- Ramadan Day is a very busy day, and starts early. It starts before dawn by almost 1-2 hours (4:00 am) with *Sahoor* (the meal that a Muslim eats before starting his fast)
- This meal is a light meal like the breakfast on normal days (bread, cheese, yogurt, beans, milk, and plenty of water)
- At *Fajr* (Dawn), 6:00-5:00 a.m., we have the *Fajr* Prayer
- (optional) Read the Quran till sunrise at 6:30-7:30 am or sleep till the work time
- Normal day - *Zuhr* (noon) prayer 1:30 p.m., *Asr* (afternoon) prayer 5:30 p.m.
- *Iftar* (Breakfast) at sunset 7:40 -8:20 p.m. and *Maghrib* (sunset prayer)
- *Ishaa* prayer 9:30-10:00 p.m. and *Taraweeh* prayer afterwards for around 1 hour
- Last 10 Days of Ramadan: *Tahajud* prayer 1:00-3:00 am



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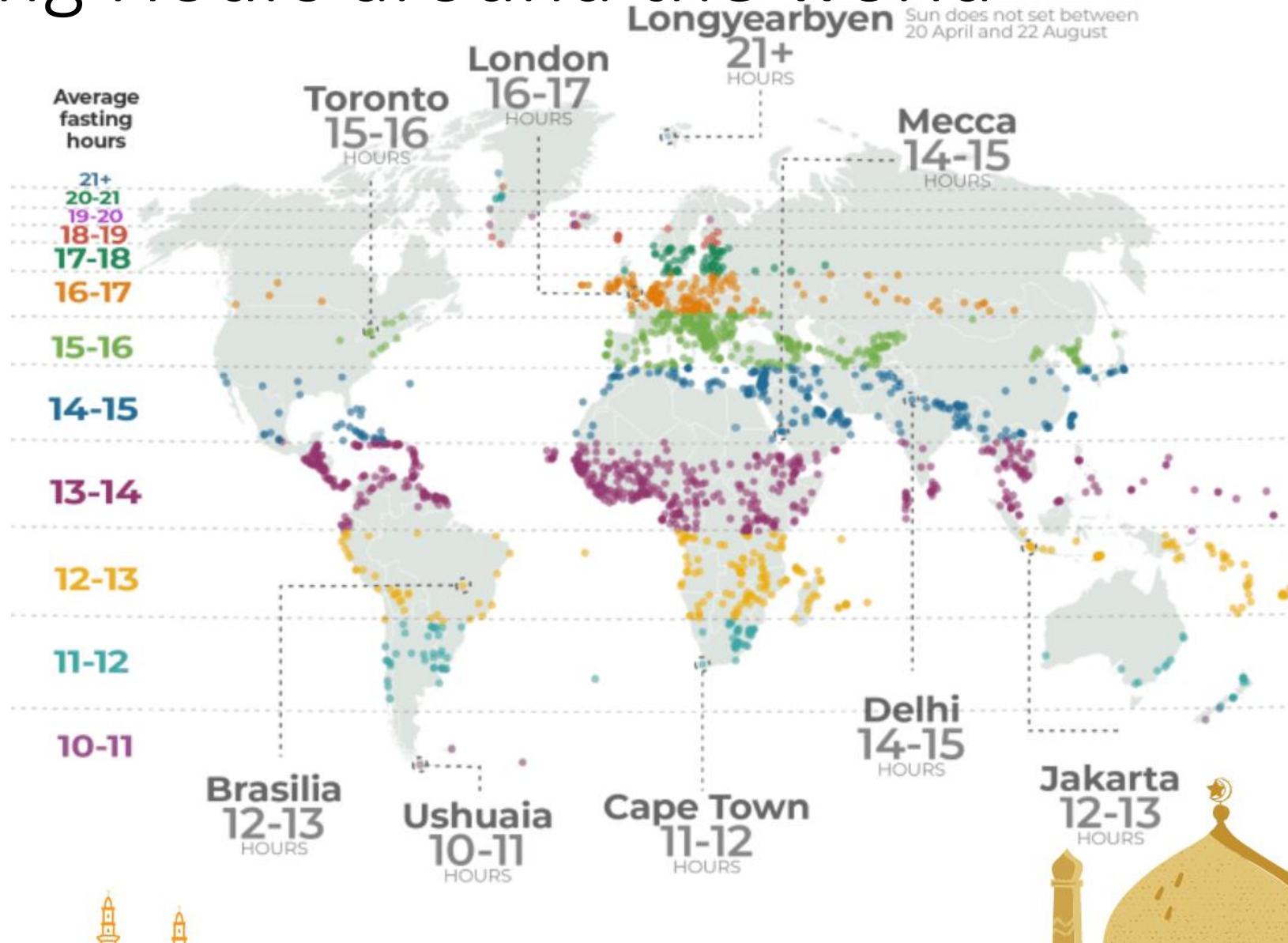






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Fasting Hours around the world



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Mar	Day	Ramadan	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
23	Thu	1	6:01	7:24	1:33	4:59	7:43	9:06
24	Fri	2	5:59	7:22	1:33	4:59	7:44	9:07
25	Sat	3	5:57	7:20	1:33	5:00	7:46	9:09
26	Sun	4	5:55	7:18	1:32	5:01	7:47	9:10
27	Mon	5	5:53	7:17	1:32	5:01	7:48	9:12
28	Tue	6	5:51	7:15	1:32	5:02	7:50	9:13
29	Wed	7	5:49	7:13	1:31	5:03	7:51	9:15
30	Thu	8	5:47	7:11	1:31	5:03	7:52	9:17
31	Fri	9	5:44	7:09	1:31	5:04	7:53	9:18
1st Apr	Sat	10	5:42	7:07	1:30	5:05	7:55	9:20
2	Sun	11	5:40	7:05	1:30	5:05	7:56	9:21
3	Mon	12	5:38	7:03	1:30	5:06	7:57	9:23
4	Tue	13	5:36	7:01	1:30	5:07	7:59	9:24
5	Wed	14	5:34	6:59	1:29	5:07	8:00	9:26
6	Thu	15	5:31	6:57	1:29	5:08	8:01	9:28
7	Fri	16	5:29	6:56	1:29	5:08	8:03	9:29
8	Sat	17	5:27	6:54	1:28	5:09	8:04	9:31
9	Sun	18	5:25	6:52	1:28	5:09	8:05	9:32
10	Mon	19	5:23	6:50	1:28	5:10	8:07	9:34
11	Tue	20	5:21	6:48	1:28	5:11	8:08	9:36
12	Wed	21	5:18	6:46	1:27	5:11	8:09	9:37
13	Thu	22	5:16	6:44	1:27	5:12	8:11	9:39
14	Fri	23	5:14	6:43	1:27	5:12	8:12	9:41
15	Sat	24	5:12	6:41	1:27	5:13	8:13	9:43
16	Sun	25	5:10	6:39	1:26	5:13	8:15	9:44
17	Mon	26	5:07	6:37	1:26	5:14	8:16	9:46
18	Tue	27	5:05	6:35	1:26	5:14	8:17	9:48
19	Wed	28	5:03	6:34	1:26	5:15	8:19	9:49
20	Thu	29	5:01	6:32	1:26	5:15	8:20	9:51

Calculation Method:
Islamic Society of North America (ISNA)

Asr Juristic Method:
Standard (Shafii, Maliki and Hanbali)

Latitude/Longitude:
45.9635895, -66.643115

Time Zone:
America/Halifax



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Drinks

- As Ramadan is fasting month and thus induces thirst, it brings a variety of drinks served for breakfast
- *Sunnah* (per the Prophet Mohamed's guidance) is to breakfast on milk, water, and dates
- *Qamar Eddin*: apricot juice dried and condensed into sheets, then dissolved into water to produce delicious apricot juice
- *Tamr Hindi* (Tamarind juice)
- *Sobia* : made of milk, vanilla, sugar, and coconut
- *Karakdeh* (Hibiscus tea)
- *Khoshaf*: dried fruits(apricot, fig, dates, prune) soaked in water, milk, juice



Dessert

- After long day of fasting you may reward yourself with a small piece of dessert like:
 - *Katayef*: similar to pancake but filled with nuts and fried then sugar syrup poured on it
 - *Konafa*: Layers of fried dough, filled with sweet cheese
 - *Basbousa*: Pastry made of semolina



Eid Ul Fitr (Breakfast Feast)

- On the 29th night of Ramadan, Muslims look for the *Shawwal* (10th month) *Hilal* (crescent - moon)
- If there is a visual appearance confirmation, then the next day will be *Eid Ul Fitr* (if not, Ramadan is continued to the full 30 Days)
- *Eid* Prayer is held after sunrise in open areas
- It's common to prepare cookies and biscuits for the *Eid* Celebration which lasts for 3 days





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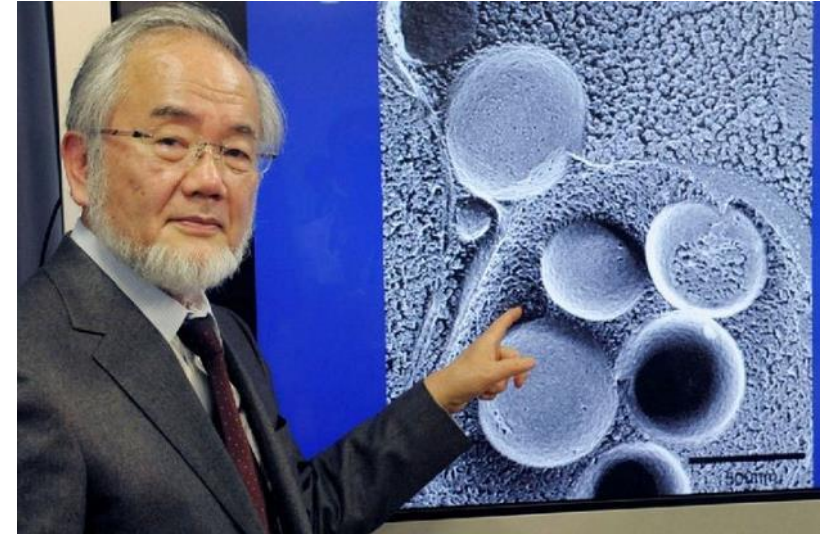


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Benefits of Islamic Fasting

- 2016 Nobel prize winner¹, Yoshinori Ohsumi, a Japanese cell biologist's winning research about autophagy shows that starvation stimulate autophagy (cells recycling or self eating cells)
- Johns Hopkins Medicine Journal² published an article about Intermittent Fasting benefits: Thinking and memory, Heart health, Physical performance, Type 2 diabetes, obesity, and Tissue health.

1. <https://www.nobelprize.org/prizes/medicine/2016/press-release/>
2. <https://www.hopkinsmedicine.org/health/wellness-and-prevention/intermittent-fasting-what-is-it-and-how-does-it-work>



Questions

