

**Religious Eligibility for participating in fasting:**

- ⇒ Must be healthy
- ⇒ Must NOT be on any medication, **unless** Health Services, your nurse or doctor permits you to take medications at night after breaking fast or early morning during your meal.

Fasting during the month of Ramadan is the fourth pillar of Islam. Fasting is a religious duty for Muslims during Ramadan to aid in learning self-restraint. The following points should be observed as spiritual and physical disciplines during the Fast:

1. No eating, drinking, smoking or sexual activity during the hours of the fast, from dawn to sunset.
2. Argument, foul language, fights and disruptive behavior takes away from the good deeds.
3. When fasting you should try to read the Quran daily in an effort to complete the entire reading by the end of the fast.
4. Overeating is disliked and it can make you sick if you eat too much and too fast when you are breaking fast.

**Some of the main goals of Ramadan:**

1. To become more God conscious.
2. To train your self-discipline, patience and learn to appreciate food and drinks that we sometimes take for granted.

**Things that will break your fast:**

1. Eating **or drinking** anything intentionally
2. If you eat something by accident or drink a sip of water by accident and out of forgetfulness that does not break your fast, just continue your fast and make sure you remember it.
3. If you get seriously injured, lot of blood loss, that breaks your fast.
4. Be careful when you wash and take a shower so you don't swallow water. If you do it intentionally, it breaks your fast.

**These are some examples of behavior that are HIGHLY disliked during a fast and take away the good deeds and goodness:**

1. Telling a lie, arguing, breaking rules, or laws, get backs, engaging in conversations where you are not showing integrity, intentionally causing problems for your cottage or group members.
2. Showing people that you are fasting and trying to get sympathy by looking sad, or using other facial expressions, or complaining how hungry or thirsty you are.
3. Trying to use the fact that you are fasting to get excused from daily activities (house force, group combos etc.). **Fasting does NOT change daily activities or responsibilities.**
4. Causing problems to others in any way because you are fasting.
5. Fasting for Ramadan is to please God. If you are boasting about it to others, then you are doing it to please others, or call attention to yourself and it takes away the benefit.

6. A fasting person should show consistent behavior. Fasting is about goodness in your heart and mind.
7. A fasting person should be sincere, humble and polite.
8. If someone calls you a name or you get angry, you should simply walk away or ignore it.
9. Always remember, no one is forcing you to fast, you are doing it to please God and to train yourself to be a better person.
10. Fasting is not intended to make things difficult for those around you.
11. Optional sporting or physical activities during fasting time should be avoided if possible

**Please address any questions to Volunteer Center**

**Ramadan Time Table for 2023 is on the next page**

**EXAMPLE:**

On the first day of Ramadan, **March 23**, participants **must finish** eating breakfast by **5:48** am. The fast is broken and participants **must start** eating at **7:29 pm**. Delaying is not good, so break your fast by drinking water or eating something little, pray and wait until the meal arrives. Last day of fasting is **April 20**. **Next day, April 21** is the day of Eid, so no fasting that day.

March	Ramadan	Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
23	1	Thu	<b>5:48 AM</b>	7:10 AM	1:20 PM	4:46 PM	<b>7:29 PM</b>	8:51 PM
24	2	Fri	<b>5:46 AM</b>	7:08 AM	1:19 PM	4:47 PM	<b>7:31 PM</b>	8:53 PM
25	3	Sat	<b>5:44 AM</b>	7:06 AM	1:19 PM	4:47 PM	<b>7:32 PM</b>	8:54 PM
26	4	Sun	<b>5:42 AM</b>	7:04 AM	1:19 PM	4:48 PM	<b>7:33 PM</b>	8:56 PM
27	5	Mon	<b>5:40 AM</b>	7:02 AM	1:18 PM	4:49 PM	<b>7:34 PM</b>	8:57 PM
28	6	Tue	<b>5:38 AM</b>	7:01 AM	1:18 PM	4:49 PM	<b>7:36 PM</b>	8:59 PM
29	7	Wed	<b>5:36 AM</b>	6:59 AM	1:18 PM	4:50 PM	<b>7:37 PM</b>	9:00 PM
30	8	Thu	<b>5:34 AM</b>	6:57 AM	1:18 PM	4:51 PM	<b>7:38 PM</b>	9:01 PM
31	9	Fri	<b>5:32 AM</b>	6:55 AM	1:17 PM	4:51 PM	<b>7:39 PM</b>	9:03 PM
April	Ramadan	Day						
1	10	Sat	<b>5:30 AM</b>	6:53 AM	1:17 PM	4:52 PM	<b>7:41 PM</b>	9:04 PM
2	11	Sun	<b>5:27 AM</b>	6:51 AM	1:17 PM	4:52 PM	<b>7:42 PM</b>	9:06 PM
3	12	Mon	<b>5:25 AM</b>	6:49 AM	1:16 PM	4:53 PM	<b>7:43 PM</b>	9:07 PM
4	13	Tue	<b>5:23 AM</b>	6:48 AM	1:16 PM	4:53 PM	<b>7:45 PM</b>	9:09 PM
5	14	Wed	<b>5:21 AM</b>	6:46 AM	1:16 PM	4:54 PM	<b>7:46 PM</b>	9:10 PM
6	15	Thu	<b>5:19 AM</b>	6:44 AM	1:16 PM	4:55 PM	<b>7:47 PM</b>	9:12 PM
7	16	Fri	<b>5:17 AM</b>	6:42 AM	1:15 PM	4:55 PM	<b>7:48 PM</b>	9:14 PM
8	17	Sat	<b>5:15 AM</b>	6:40 AM	1:15 PM	4:56 PM	<b>7:50 PM</b>	9:15 PM
9	18	Sun	<b>5:13 AM</b>	6:38 AM	1:15 PM	4:56 PM	<b>7:51 PM</b>	9:17 PM
10	19	Mon	<b>5:11 AM</b>	6:37 AM	1:14 PM	4:57 PM	<b>7:52 PM</b>	9:18 PM
11	20	Tue	<b>5:08 AM</b>	6:35 AM	1:14 PM	4:57 PM	<b>7:53 PM</b>	9:20 PM
12	21	Wed	<b>5:06 AM</b>	6:33 AM	1:14 PM	4:58 PM	<b>7:55 PM</b>	9:21 PM
13	22	Thu	<b>5:04 AM</b>	6:31 AM	1:14 PM	4:58 PM	<b>7:56 PM</b>	9:23 PM
14	23	Fri	<b>5:02 AM</b>	6:29 AM	1:13 PM	4:59 PM	<b>7:57 PM</b>	9:25 PM
15	24	Sat	<b>5:00 AM</b>	6:28 AM	1:13 PM	4:59 PM	<b>7:58 PM</b>	9:26 PM
16	25	Sun	<b>4:58 AM</b>	6:26 AM	1:13 PM	5:00 PM	<b>8:00 PM</b>	9:28 PM
17	26	Mon	<b>4:56 AM</b>	6:24 AM	1:13 PM	5:00 PM	<b>8:01 PM</b>	9:30 PM
18	27	Tue	<b>4:54 AM</b>	6:23 AM	1:12 PM	5:01 PM	<b>8:02 PM</b>	9:31 PM
19	28	Wed	<b>4:52 AM</b>	6:21 AM	1:12 PM	5:01 PM	<b>8:04 PM</b>	9:33 PM
20	29	Thu	<b>4:50 AM</b>	6:19 AM	1:12 PM	5:02 PM	<b>8:05 PM</b>	9:35 PM