

Monday, 20 February 2023

Al-Emaan Centre School Ramadhan Challenge

Dear School,

We trust you are all well.

Many of you have visited our Mosque in Keston before, and members of our staff/community have likely visited your school to do a talk or presentation for your children (if not then please do get in touch- they are informative and free!) With Ramadhan *fast* approaching (pardon the pun!) and as part of your RE curriculum, teaching young people and supporting your Muslim students, we are opening the **Al-Emaan Centre School Ramadhan Challenge**.

The challenge is for teachers to fast for a day (or part of a day) and come along to the Mosque for a community iftar (with some students if you like) to open their fast. And if they are really brave, to make a video diary of their fasting experience. It would be great if teachers that are fasting show it in some way during the day they fast, for e.g. by wearing a t-shirt or sticker that says they are fasting.

What will you get out of it?

An experience you have likely never had!

You will feel a difference by putting energy into your body before you begin utilising it.

You will feel and experience what some people experience every day; hunger and thirst, but with the knowledge that you will eat and drink at the end of the day.

You will gain empathy for your Muslim students, and it will be an immersive learning experience that will lend itself to lived-experience teaching!

You will join around 1 billion other fasting Muslims, worldwide!

And finally, food and water will have never tasted soooo goood!

A message from our Imam:

<https://youtube.com/shorts/3Yz20EDGX98?feature=share>

See examples of how other people took on a fasting challenge:

<https://youtu.be/7jv6UaBpe1l>

<https://youtu.be/72n7Sp2FLao>

<https://youtu.be/dA10uWlpzpg>

So, how do Muslims fast? We get up before the morning prayer to have a light meal and then we do not eat, drink, smoke etc. until sunset of the same day. Of-course, fasting is much more than not eating and drinking; it is about self-control, being God- conscious and giving charity too.

Muslims fast according to these timings:

Friday the 31st March: start fasting at 5.04am, the fast ends at 7.35pm

Friday the 7th April: start fasting at 4.48am, the fast ends at 7.46pm

Friday the 14th April: start fasting at 4.33am, the fast ends at 7.58pm

Top tips:

Take medical advice before fasting if you have existing health conditions

Have a light carbohydrate rich meal in the morning with plenty of liquids to keep hydrated. Avoid too much sugar and tea and coffee. Eat a banana too

Eat a light meal when you break your fast, starting with a date, if you have one and don't drink too much liquid in one go. Muslims usually just open the fast with a date and drink some water, before going to pray and then eat their main meal after prayers

It is normal to feel tired and get a slight headache the first few days of fasting.

We really hope that you can join us in this community event, fasting and breaking the fast with a meal at the Mosque!

Feel free to get in touch and ask any questions.

Best regards,

Shaffiq Din (pronounced Shafeek deen)



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