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2024

Al-Emaan Centre Ramadhan Challenge

Dear Friend,

We trust you are all well.

A message from us:

[Al-Emaan Centre](#)

Many of you have visited our Mosque in Keston before, and members of our staff/community have likely visited you too. If you are a school, you will likely have visited us, or we have come 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!) we are once again opening the **Al-Emaan Centre 2024 Ramadhan Challenge**.

The challenge is for you to fast for a day (or part of a day) and come along to the Mosque for a community iftar to open your fast. If you are really brave, make a video diary of your fasting experience!

If you are a school, it could form a great part of your RE curriculum, teaching young people and supporting your Muslim students. 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. You could attend the opening of the fast with your students too.

What will you get out of it?

An experience you may have never had! You will be welcomed into our community.

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 friends/students/community, 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!

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

[I'm not a Muslim but I fasted!](#)

[Teacher fasts!](#)

[First Ramadhan!](#)

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.

Please use these timings for your fast:

Saturday the 16th March: start fasting at 4.31am, join us at the mosque to open your fast before 6.11pm

Sunday the 24th March: start fasting at 4.15am, join us at the mosque to open your fast before 6.24pm

Saturday the 30th March: start fasting at 4.04am, join us at the mosque to open your fast before 6.34pm

Sunday the 7th April: start fasting at 4.47am, join us at the mosque to open your fast before 7.48pm

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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