

الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ، فَرَضَ عَلَيْنَا صِيَامَ رَمَضَانَ، وَسَنَّ لَنَا فِيهِ الْقِيَامَ؛ لِلْمَغْفِرَةِ  
وَدُخُولِ الْجَنَّةِ بِسَلَامٍ، وَأَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، ذُو الْفَضْلِ  
وَإِكْرَامٍ، وَأَشْهَدُ أَنَّ سَيِّدَنَا وَنَبِيَّنَا مُحَمَّدًا عَبْدُ اللَّهِ وَرَسُولُهُ، خَيْرٌ مَنْ صَامَ وَقَامَ لِرَبِّهِ  
بِاللَّيْلِ وَالنَّاسِ نِيَامٌ، فَاللَّهُمَّ صَلِّ وَسَلِّمْ وَبَارِكْ عَلَى سَيِّدِنَا وَنَبِيِّنَا مُحَمَّدٍ وَعَلَى آلِهِ  
وَصَحْبِهِ أَجْمَعِينَ، وَعَلَى مَنْ تَبِعَهُمْ بِإِحْسَانٍ إِلَى يَوْمِ الدِّينِ.

All praise is due to Allah, the Lord of the Worlds. He prescribed fasting for us and enjoined us to stand for prayer during night so that we may attain His forgiveness and enter His Paradise in peace. I bear witness that there is no deity save Allah, having no associates. He is the Bestower of favours and the Most Generous. I also bear witness that our Master Muhammad is the Servant of Allah and His Messenger. He was the best amongst who observed fasting and stood for prayer at night while people were asleep. May the peace and blessings of Allah be upon him, his pure blessed family and companions, and all those who follow them in righteousness till the Day of Judgment.

## Three Grades Of Fasting

### The Ordinary, The Special & The Extra-Special

- **Ordinary Fasting** means abstaining from food, drink and sex.
- **Special fasting** means keeping one's ears, eyes, tongue, hands and feet- and all other organs-free from sin.
- **Extra-Special Fasting** includes the above two and the fasting of the heart from unworthy concerns and worldly thoughts, just being with Allah.

### See Not What Displeases Allah

- Restrain yourself from viewing anything that is blameworthy or reprehensible, or which distracts the heart and diverts it from the remembrance of Allah ﷻ.

### Speak No Evil

- Guarding one's tongue from twaddle, lying, backbiting, obscenity, rudeness, gossip and controversy; making it observe silence and occupying it with remembrance of Allah ﷻ and with recitation of the Qur'an. The Prophet ﷺ said: **"Fasting is a shield; so when one of you is fasting he should not use foul or foolish talk. If someone attacks him or insults him, let him say: "I am fasting, I am fasting!"**

## Hear No Evil

- Closing one's ears to everything reprehensible; for everything unlawful to utter is likewise unlawful to listen to.

سَمَاعُونَ لِلْكَذِبِ أَكَّالُونَ لِلسُّحْتِ - **avid listeners to falsehood, devourers of unlawful**

## Do No Evil

- Keeping all other limbs and organs away from sin: the hands and feet from reprehensible deeds, and the stomach from questionable food at the time for breaking fast.
- It is meaningless to fast, to abstain from lawful food, only to break one's Fast on what is unlawful.
- The object of Fasting is to induce moderation. The Prophet said 'How many of those who Fast, get nothing from it but hunger and thirst!'

**AVOID OVEREATING - LOOK TO ALLAH WITH FEAR AND HOPE**

### A Ramadan Priority: Connecting with Neighbours

- The current atmosphere in the U.K. especially recent events in Manchester has made it detrimental for normal Muslims. We all have a duty and responsibility to uphold justice and maintain safety and love in the community. Ramadan is a great opportunity to show who we truly are.

- **1. Show Them You Care** - introduce yourself to your neighbours if you haven't already. Whether they're Muslim or not, ask how they're doing as they're walking to check the mail or playing outside with their kids.
- **2. Send A Card** - everyone likes getting cards instead of bills in the mail. You can make Ramadan greeting cards and write something simple along the lines of, **"Happy Ramadan From Our Family To Yours"**
- **3. Share your Iftar** - make some extra Iftar appetisers one day and bring them over to your neighbours.
- **4. Share The Experience.** - you can invite over a few neighbour friends for Iftar, or bring them to the Masjid. That way, they'll see what Ramadan is beyond just the food. They'll be able to witness the community aspect, people praying together, worshipping together.
- **5. Show You Are A Better Human Being In Ramadan** - overall, just show your neighbours that Ramadan makes you a better human being. Sometimes we might hear sarcastic remarks about Islam and terrorism, women in Hijab, or other sensitive topics, so responding with a simple smile and calm demeanour can break the strongest barriers of ignorance.