

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 وَنَبِيَّنَا 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.

- The holy month of Ramadan is a time to re-establish good habits and practices that please Allah ﷻ. To return to our primordial and spiritual Fitrah – natural predisposition of balance, moderation and responsibility. Therefore we should attempt to have a Green Eco-Ramadan, A World Ramadan

REMEMBER WHO YOU ARE

إِنِّي جَاعِلٌ فِي الْأَرْضِ خَلِيفَةً

- Remember that we are not just here for ourselves, but for others and the world. We have a duty and responsibility to everything living.

REDUCE YOUR CARBON FOOTPRINT BY TRAVELLING LIGHT & SMART

- During Ramadan, our traffic to the Masjid increases with multiple visits a day. While driving is unavoidable, try and carpool to reduce emissions that harm our environment and health; make it into an act of worship!

“Faith has over seventy branches, the most excellent of which is the declaration that there is no god but Allah, and the humblest of which is the, removal of what is injurious from the path: and modesty is the branch of faith.”

- Other options can include walking and biking to the masjid. Walking to the masjid is great as you can increase in Dhikr of Allah - *“The Prophet used to go to the Quba’ mosque, sometimes walking, sometimes riding.”*
- *A Tasbeeh in Ramadan is better than a thousand Tasbeeh in other that it.*

SPEND MEANINGFUL ENERGY, CONSERVE WASTEFUL ENERGY

- Be diligent when making wudu. Do not be wasteful or open the taps full. Water is becoming scarce, & the way we make wudu is not Prophetic .
- 9,500 billion litres of water used in the UK, 3 billion litres wasted each day through leaks. 20 million people could use that same amount of water. 140 litres is used daily by the average a person.

“The Prophet used to take a bath with a sa’ (of water) and perform ablution with a mudd (of water).” [A mudd is roughly two handfuls]

The Prophet asked Sa`d ibn Abi Waqas “Why is this wastage?” Sa`d replied “Is there wastage in wudu also?” The Prophet said, “Yes, even if you are at a flowing river.”

- Conserving more water when making wudu. Conserve electricity by shutting off the TV and computer/lights/fans, and open the Holy Qur’an instead.

HAVE A HEALTHY RAMADAN THROUGH A PROPER DIET

- We fast all day and can’t wait to eat. Our eyes become bigger than our stomachs. The Sunnah is to eat less & eat well & not overfill.
- We eat till we can’t move, this impacts our *Taraweeh*, Salah & Focus. Ramadan is a time to be humble, not extravagant or lethargic.

يَا بَنِي آدَمَ خُذُوا زِينَتَكُمْ عِنْدَ كُلِّ مَسْجِدٍ وَكُلُوا وَاشْرَبُوا وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ الْمُسْرِفِينَ

HOST AN ECO-IFTAR

- Ramadan is a time to detox ourselves: mind, body, & soul. Add more vegetarian options, do not over-eat, and use locally sourced foods. Avoid fizzy drinks, high sugar content & deep-fried foods
- Show that you care for the environment and host an iftar that produces little to no waste; recycle, use biodegradable cutlery & dishware. Source locally and organically.

GREEN YOUR EID, CELEBRATE IN STYLE

- Support local industry, make sure the dyes used are not polluting the water streams. When giving *Eidi* to children, highlight the importance of using it responsibly: buy nothing unnecessary or anything that will harm the planet, your body or community, & especially don't waste food on Eid
- Ramadan requires us to - **Restart, Reload and Reconnect with our Lord, our Qur'an, our Prophet, our Deen, ourselves, our Family, our Community and our World.**