

Ramadan is coming!

A message from the Boston Workers Circle Jewish Muslim Solidarity Committee:

Over one billion Muslims throughout the world (and 50,000 Muslims in the Boston area) will begin celebrating Ramadan at sunset Monday, April 12th. This year, as last year, Ramadan will look a little different, as people will mostly be staying at home, rather than celebrating in person with others.

Here are a few things it would be good to know to be an ally to the Muslims in our community:

- Ramadan is from April 12th – May 11th. The Muslim community is very diverse and not all Muslims observe Ramadan in the same way (for as many different reasons as there are Muslims). At the end of Ramadan, many Muslims celebrate Eid ul-Fitr (Festival of Breaking the Fast) with prayer, special meals, and gifts for children.
- During Ramadan, many Muslims fast. This means they don't eat or drink anything from dawn to dusk. Some young people begin fasting as teenagers. Fasting allows an opportunity for self-reflection, spiritual growth, and many blessings. It is not a period of suffering or atonement. Each evening at sunset during Ramadan, Muslims break their fast with the meal known as Iftar. It is often celebrated with family, friends, and in the larger community. Muslims and non-Muslims are often invited.
- You can extend greetings by saying: "Happy Ramadan" or "Ramadan Mubarak."
- Learning about Ramadan and letting your friends, family, and co-workers know about Ramadan is one way to be an ally. You can put a notice (use this blurb) in your school newsletter, local library, where you work, or other places in your communities.
- If you work in a school, you can support Muslim students by checking in about how they observe Ramadan, being thoughtful about physical activities, gatherings involving food, and not scheduling tests or deadlines for Eid ul-Fitr (around May 13th). It also helps to remember that when fasting, breakfast is eaten before sunrise, so students are up very early in the day and may be quite tired by the end of the school day. To learn more about how you can support your Muslim students that you may be teaching online, you can look at this resource:
<https://www.teachingwhilemuslim.org/teacher-blog/2020/4/18/ramadan-considerations-for-teachers-during-distance-learning>
- To learn more about Ramadan to find other resources, visit this page:
<https://ing.org/ramadan-information-sheet/>