

Reach More this Ramadan

Ramadan 2011 • 1432 AH

RAMADAN POCKET GUIDE

muslimaid.org

 **Muslim Aid**
Serving Humanity



In the name of Allah the most Kind, the most Merciful.

Assalaamu alaikum & Welcome

Ramadan, the month of blessings, forgiveness and barakah, is finally here and there is no better time to reflect deep within ourselves, increase our good deeds and ask sincere forgiveness from Allah. With this in mind, Muslim Aid's ever-popular Pocket Guide to Ramadan 2011 is packed with essential information, duas and tips to help you get the most out of this blessed month.

Wassalaamu alaikum and Ramadan Mubarak.

The Muslim Aid Team

"O people, a great and blessed month is approaching you.

In this month, there is a night that is better than one thousand months. Allah has made fasting obligatory and prayers at night commendable during this month. Whosoever will do a voluntary good deed during this month, it is as if he performed an obligatory good deed at another time and whosoever will perform an obligatory good deed, it is as if he performed seventy obligatory good deeds at another time. This is the month of patience and the reward of patience is Paradise.

This is the month of kindness. In this month the believer's provision is increased. Whosoever will give food to a fasting person in this month, it will bring forgiveness for his sins, will save him from the Hellfire and he shall have his reward while the fasting person will not lose any of his reward."
(As-Suyuti, Ad-Durr al-Manthur)



Pocket Guide

Contents

Welcome	2
Blessed Month of Ramadan	4
Spiritual Goals	8
Daily Activity Chart.....	10
Duas For First 10 Days.....	13
Duas For Second 10 Days.....	14
Duas For Last 10 Days.....	16
5 Ideas to Involve Children.....	17
A Healthy Ramadan	19
Zakat Calculator	21
Fidya & Kaffarah	22
Muslim Aid Events	23

The blessed month of Ramadan

Fasting

Fasting is one of the greatest blessings Allah has bestowed on us. If it is carried out with the intention of gaining His pleasure, it has the potential to make us constantly aware of Him.

If a person refrains from eating and drinking without having the intention to worship Allah, then they aren't gaining the full reward of fasting. It also confirms

our belief in and love for the Messenger of Allah (PBUH) as we fast according to the manner in which he fasted.

On the aspect of personal development, fasting also helps bring out the best in our manners, with Ramadan often being cited as the “month of patience” both for our perseverance in this month and in our preparation for the Hereafter.

Ibn Abbas (RA), one of the companions of the Messenger of Allah (Peace be upon him) narrated:

“The Prophet (PBUH) was the most generous amongst the people, and he used to be more so in the month of Ramadan when Jibreel visited him, and Jibreel used to meet him on every night of Ramadan till the end of the month. The Prophet (PBUH) used to recite the Holy Qur’an to Jibreel, and when Jibreel met him, he used to be more generous than a fast wind (which causes rain and welfare).” *(Reported by Al-Bukhari).*

With millions of people living in poverty across the world it is more important than ever to reassess and strengthen our solidarity.

Increase in the reading of Qur’an

What better time to re-establish your relationship with the Qur’an than in the month when it was revealed? Abdullah ibn Amr (RA) reported that the Prophet Muhammad (PBUH) said: “The fast and the Qur’an are two intercessors for the servant of Allah on the Day of Resurrection. The fast will say: ‘O Lord I prevented him from his food and desires during the

day. Let me intercede for him.’ The Qur’an will say ‘I prevented him from sleeping at night. Let me intercede for him.’ And their intercession will be accepted.” *(Ahmad).*

Acceptance of Dua

Ramadan holds the promise of the acceptance of duas to a much greater degree than at any other time of the year. Abu Hurairah (RA) reported that the Prophet Muhammad (PBUH) said: “There are three people whose supplications are not rejected: the fasting person when he breaks his fast, the just ruler and the supplication of the oppressed” *(Tirmidhi, Ibn Majah and Ibn Hibban).*

Most Recommended Dua for Ramadan

اللَّهُمَّ إِنَّكَ عَفْوٌ كَرِيمٌ
تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwwwun kareemun tuhibbul 'afwa fa'fu 'annee
“O Allah, You are the best forgiver, beneficent and merciful. You love forgiveness so forgive me.”
(at-Tirmidhi).

Important Sunnah in Ramadan

- Making time to eat Suhoor before fasting
- To end the fast immediately after sunset
- To perform Taraweeh Salaat
- To feed the hungry
- To increase in the reading of the Qur'an
- To observe I'tikaf (in the masjid for men and women if possible) during the last 10 days of Ramadan

Intention (in the heart) for keeping the fast

وَبَصَوْمِ غَدٍ نَّوَيْتُ
مِنْ شَهْرِ رَمَضَانَ

Wa bisawmi ghadin nawaytu min shahri ramadaan.

“I intend to keep the fast tomorrow in the month of Ramadan.”

Dua for breaking the fast

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ
وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى
رِزْقِكَ أَفْطَرْتُ

Allahumma laka sumtu wa bika aamantu wa 'alayka tawakkaltu wa 'alaa rizqika aftartu.

“O Allah! I fasted for You and I believe in You and I put my trust in You and I break my fast with Your sustenance.”

Dua for Istikahaarah (Supplication for seeking guidance in making a decision)

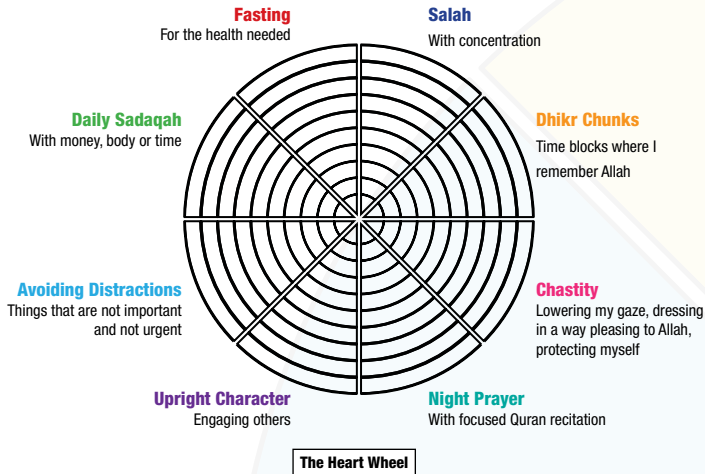
On the authority of Jaabir Ibn 'Abdullah he said: The Prophet (PBUH) would instruct us to pray for guidance in all of our concerns, just as he would teach us a chapter from the Qur'an. He (PBUH) would say, “If any of you intends to undertake a matter then let him pray two rakaah optional (nafI) prayer which they should supplicate.

اللَّهُمَّ إِنِّي أَسْتَخِيرُكَ بِعِلْمِكَ وَأَسْتَقْدِرُكَ بِقُدْرَتِكَ
وَأَسْأَلُكَ مِنْ فَضْلِكَ الْعَظِيمِ فَإِنَّكَ تَقْدِرُ وَلَا أَقْدِرُ
وَتَعْلَمُ وَلَا أَعْلَمُ وَأَنْتَ عَلَّامُ الْغُيُوبِ
اللَّهُمَّ إِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ
خَيْرٌ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي
فَاقْدِرْهُ لِي وَيَسِّرْهُ لِي ثُمَّ بَارِكْ لِي فِيهِ
وَإِنْ كُنْتَ تَعْلَمُ أَنَّ هَذَا الْأَمْرَ
شَرٌّ لِي فِي دِينِي وَمَعَاشِي وَعَاقِبَةِ أَمْرِي
فَاصْرِفْهُ عَنِّي وَاصْرِفْنِي عَنْهُ
وَاقْدِرْ لِي الْخَيْرَ حَيْثُ كَانَ ثُمَّ أَرْضِنِي بِهِ

“O Allah, I seek the counsel of Your Knowledge, and I seek the help of Your Omnipotence, and I beseech You for Your Magnificent Grace. Surely, You are Capable and I am not. You know and I know not, and You are the Knower of the unseen. O Allah, if You know that this matter (then mention the thing to be decided) is good for me in my religion and in my life and for my welfare in the life to come, then ordain it for me and make it easy for me, then bless me in it. And if You know that this matter (then mention the thing to be decided) is bad for me in my religion and in my life and for my welfare in the life to come, then distance it from me, and distance me from it, and ordain for me what is good wherever it may be, and help me to be content with it.”

Spiritual Goals for Ramadan

An exercise in Purifying your Heart



Reproduced with kind permission from the Al Maghrib Institute

The Qur'an guides us to the specific ingredients of a pure heart. The diagram above depicts eight slices of the Heart Wheel and were extracted directly from the Qur'an and Sunnah.

Exercise 1

Instructions: On a scale of 1 to 10, where would you consider yourself in each of the eight slices? 1 being: needing a lot of improvement; 10 being: absolutely outstanding. Then, shade in the appropriate number of cells. If you complete it correctly, you should see a graphic representation of how rich your heart is. This measurement is a gift of self consciousness. You'll learn where your heart is at now, and what it will take to grow your heart to the closer levels of righteousness to Allah. Be honest with yourself, this is like your first trip to the doctor, so don't worry if the numbers come out low.

The main thing is for you to see what needs to be worked on and cultivated.

Exercise 2

Now look at your Heart Wheel and write down 5 things that you are going to do this Ramadan to come closer to Allah.

You can also use the checklist over the next page to help you reach your own spiritual goals.

1.

2.

3.

4.

5.

Daily activities during Ramadan

Use the daily checklist below to help motivate you throughout Ramadan.

	1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	16	17	18	19	20	21	22	23	24	25	26	27	28	29	30
Worship																														
Prayed my five daily Salaat																														
Prayed Qiyam-ul-layl (Taraweeh, Tahajjud)																														
Made morning Dhikr after Fajr Salaat																														
Prayed Fardh with Jamaat																														
Prayed Taraweeh																														
Prayed Nafil (optional) Salaat																														
Achieved the highest level of focus I can manage																														
Read and memorised at least 2 of the dua's in this booklet																														
Qur'an																														
Tilawat- Reading																														
Tafseer- Commentary																														
Reflection																														
Memorisation																														
Charity																														
Paid Zakat (if applicable)																														
Paid Zakat-ul-Fitr (for the month)																														
Paid Sadaqah																														
Sunnah																														
Practise at least one Sunnah of the Prophet (PBUH)																														
Read and memorised at least one new Hadith and meaning																														
My Actions																														
Did some exercise & tried my best to take care of my body																														
Did something special for my parents																														
Made one person smile																														
Removed harm from the path of at least one person																														
Reflected upon myself and my actions																														
Increase knowledge through either reading/listening to a talk																														
Read Surah Mulk before going to sleep																														
Went to sleep in state of Wudhu																														

The Prophet Muhammad (PBUH) has made it easier for us to gain the full blessings of Ramadan by dividing the month into three parts of ten days each, with each part having its own special significance.

The first third of this month are the days of mercy from Allah.

The second third are the days of forgiveness of Allah.

The last third is salvation from the Hellfire.

Here are some selected duas to take you through all three stages to help you make the most of the blessings of Ramadan.

The first 10 days

the days of mercy

اللَّهُمَّ اغْفِرْ لِي وَارْحَمْنِي
وَاجْبُرْنِي وَاهْدِنِي وَارْزُقْنِي

*Allahummaghfir lee warhamnee
wajiburnee wahdinee warzuqnee.*

“O Allah! Forgive me, have mercy on me, help me, guide me and sustain me.”
(at-Tirmidhi al Tabarani).

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ
اللَّهُمَّ أَسْتَغْفِرُكَ لِذَنْبِي وَأَسْأَلُكَ
رَحْمَتَكَ اللَّهُمَّ زِدْنِي عِلْمًا وَلَا
تُرِغْ قَلْبِي بَعْدَ إِذْ هَدَيْتَنِي
وَهَبْ لِي مِنْ لَدُنْكَ رَحْمَةً إِنَّكَ
أَنْتَ الْوَهَّابُ

*Laa ilaaha illaa anta subhaanak.
Allahumma astaghfiruka li- dhambee wa
as-aluka rahmatak. Allaahumma zidnee
‘ilmaw-walaa tuzigh qalbee b’ada idh
hadaytanee wahab lee milladunka
rahmatan innaka antal-wahhaab.*

“There is no God except You. You are glorified. O Allah! I seek Your forgiveness for my sins, I ask You for Your mercy. O Allah! Increase me in knowledge and do not misguide my heart after having guided me. And grant me mercy from Your treasure. Verily You are the Giver.”
(Al-Hakim, Ibn Hilbban and Abu Dawud).

The second 10 days

the days of forgiveness

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِنِعْمَتِكَ السَّابِغَةِ الَّتِي
أَنْعَمْتَ بِهَا عَلَيَّ وَبَلَائِكَ الَّتِي ابْتَلَيْتَنِي
وَبِفَضْلِكَ الَّتِي أَفْضَلْتَ عَلَيَّ أَنْ تُدْخِلَنِي الْجَنَّةَ
اللَّهُمَّ أَدْخِلْنِي الْجَنَّةَ بِفَضْلِكَ وَمَنِّكَ وَرَحْمَتِكَ

*Allahumma innee as-aluka bini'matika-assaabighati
allatee an'amta bihaa 'alaiyya wa balaa-ikal-ladhee
ibtalaitanee wa bifadlikal-ladhee afadlta 'alaiyya an
tudkhillanial-jannah.Allahumma adkhillinee aljannata
bifadlika wa mannika wa rahmatika.*

“O Allah! I ask You by medium of Your abundant blessings that You have blessed me with and by medium of Your trials that You have tested me with and by medium of Your trials that You have favoured me with that You enter me in Paradise. O Allah! Enter me into paradise with Your favour, boon and mercy.”
(Al-Tabarani).

Sayyid al-Istighfar - The best dua for forgiveness

Shaddad ibn Aws narrated that the Prophet (PBUH) said; “the most superior request for forgiveness is to say”:

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ ، وَأَنَا
عَلَىٰ عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ مِنْ شَرِّ مَا
صَنَعْتُ ، أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ ، وَأَبُوءُ بِذَنْبِي ، فَاغْفِرْ
لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ .

*'Allahumma anta Rabbee laa ilaaha illaa ant. Khalaqtanee wa ana 'abduka wa
ana 'alaa 'ahdika wa wa'dika mastata't. A'oodhu bika min sharri ma sana't.
Aboo-u laka bi ni'matika 'alayya wa aboo-u laka bi dhambee, faghfirlee fa
innahoo laa yaghfirudh-dhunooba illaa ant.'*

“O Allah, You are my Lord. There is no god besides You. You created me and I am Your servant, following Your covenant and [my] promise to You as much as I can. I seek refuge in You from the evil that I have done. Before You I acknowledge Your blessings bestowed upon me and I confess my sins to You. So forgive me, for surely no one can forgive sins except You.”

The Prophet (PBUH) then added, “anyone who says this during the day, firmly believing in it, and dies before the evening; or says it in the evening, firmly believing in it, and dies before the following morning, will be among the people of the paradise.”

(Sahih al-Bukhari, vol 8, pp212-3, no 318)

The last 10 days

salvation from hellfire

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ
وَأَعُوذُ بِكَ مِنَ النَّارِ وَمَا قَرَّبَ إِلَيْهَا مِنْ قَوْلٍ أَوْ عَمَلٍ
وَأَسْأَلُكَ أَنْ تَجْعَلَ كُلَّ قَضَاءٍ قَضَيْتَهُ لِي خَيْرًا

Allahumma innee as-aluka-aljannata wa maa qarraba ilayhaa min qawlin aw
'amalin. Wa a'oodhu bika minan-naari wa maa qarraba ilayhaa min qawlin
aw 'amalin. Wa as-aluka an taj'ala kulla qadaa-in qadaitahoo lee khayraa.

"O Allah! I ask You for paradise and whatever words and actions may take
me near it. I seek Your protection from the fire and whatever words or actions
that may take me near it. I beseech You to make Your decisions for me good."
(Ahmad Ibn Majah - similar wording in Al-Hakim and Al-Adab Al-Mufrad of Al-Bukhari)

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْجَنَّةَ وَوَعِيمَتَهَا وَبَهْجَتَهَا
وَأَعُوذُ بِكَ مِنَ النَّارِ وَسَلْسِلَتِهَا وَأَغْلَالِهَا

Allahumma innee as-aluka-jannata wa na'eemahaa wa bahjatahaa
wa a'oodhu bika minan-naari wa salaasilhaa wa aghlaalihaa.

"O Allah! I ask for heaven and its bounties and its joy and I seek
Your protection from the Fire, its chains and its shackles."
(Abu Dawud, Ahmad)

5 Great Ideas to involve Children in Ramadan

Ramadan is the perfect time to engage with children and create positive, lasting memories to be handed down to future generations. What a fantastic Sadaqah Jariyah for you! Try these 5 simple ideas to give children a Ramadan to remember.



1. Cooking: Ramadan is a wonderful time for children to develop the life-long skill of cooking. Baking biscuits, filling Samosas, peeling and chopping fruit and vegetables – all these activities are great fun and children will love learning in a hands-on way.



2. A 'good deed a day': Sit with the children while they think of lots of good deeds, such as 'hug mummy' or 'ring grandma to say salaam', 'Tidy my room', 'get the table ready for iftar', 'practise a surah' etc. You will be amazed at your children's ideas! Keep going until you have 30 deeds, write them on a chart and cover them with post-it notes. Now watch the children have fun as they open one each day throughout Ramadan! It's a motivational way to keep the good deeds coming.



3. Reading: Long summer days offer lots of time for children to read all manner of books with you! If it's Quran that they are reading then motivation is the key! Praise your children, particularly when they struggle: "MaashAllah!" will help them to feel good about their efforts. And of course, they're more likely to have a go if they see the adults in the family enjoying reading Quran too!



4. Design & Technology: For a collaborative project get children to plan and design a mosque. Start by looking at pictures of mosques from around the world, then look at the 'box-modelling' equipment you have e.g. egg boxes and yoghurt pots make perfect domes and rolled-up card and kitchen roll tubes can be minarets. All you need is a big box to start the central building, then you can add courtyards, gardens and fountains to the outside. Decorate the inside and cut some plain card for children to write Allah's name or an ayat – a great way to practise their Arabic writing!



5. Fasting: Children are not required to fast until the onset of puberty, but they are always keen to join in with the family fasting – here are some simple ways to let even your youngest take part. The excitement of creeping downstairs to eat in the middle of the night is something that grips children! Allow them to take part and, depending on their age, they may like to fast until lunch time. Treat their lunch as their own iftar, complete with dates, water and dua.

Let us know what you are doing this Ramadan with your kids by dropping us an email at ramadankids@muslimaid.org. If you're still stuck for inspiration, to see what other families are doing visit www.muslimaid.org/ramadankids

Devised for the Ramadan Pocket Guide by Claire Ali & Nasheeba Khan-Cheema.

All you need for Ramadan at your local Asda.



£4.28
£3

4 x 1 litre



£6.00
£4

10kg



£9.99
£7

50 pack



£9
£8

10kg



ASDA SAVING YOU MONEY EVERY DAY

Available at selected stores while stocks last. Online prices may vary from those in-store. Offers available from 8am on Monday 18th July 2011. Rubicon Mango Juice 4 x 1 litre (7.5p per 100ml), Elephant Atta Medium Chapatti Flour 10kg (4p per 100g), Badshah Basmati Rice 10kg (80p per kg). Badshah Basmati Rice offer ends Monday 15th August 2011.

A Healthy Ramadan

Ramadan is a month of self regulation, discipline and appreciation of what God has bestowed upon us. Cleansing our body is a gift and God has entrusted us to take care of it. This month provides an ideal opportunity to break bad habits, start a healthier lifestyle and provide tranquility of the heart and mind. If you can deal with the challenges of this month and feel renewed in yourself, it should prepare you for the rest of the year!

Advice on healthy eating

If the correct diet is not adhered to, the benefits of fasting can be lost and, worse still, be detrimental to health by leading to weight gain! The diet during Ramadan should not differ significantly from a healthy balanced diet. Some points to consider:

1. SUHOOR the pre-dawn meal. To ensure a healthy fast, it is important to not to miss this meal. The Prophet Muhammad (SAW) said, "Take Suhoor; for in Suhoor there is a blessing" (Sahih Muslim). This should be a meal that is filling and provides energy to keep you going through the day.



2. IFTAR is the meal in which the fast is broken at dusk time. In keeping with the Prophet's (SAW) teachings, this usually includes dates and water. It will be in keeping with the teachings of Islam to make sure this meal remains moderate in size as opposed to a huge feast.



3. Drink plenty of water and juices to avoid dehydration and for detoxification of the digestive system. Avoid drinking tea or coffee at Suhoor as caffeine acts as a diuretic and stimulates water loss through urination.

4. Eat 'complex carbohydrates' these are foods that will help release energy slowly during the long hours of fasting. Eat more starchy foods such as whole grain bread with seeds, porridge, semolina, bran flakes, wholemeal chappati and naan bread for suhoor to stop you feeling hungry.



5. Eat fiber rich foods as they are digested slowly. This includes bran, cereals, whole wheat, grains and seeds, potatoes with skin, vegetables such as green beans.



6. Have a variety of fruits, vegetables and yoghurts for suhoor and iftar, to maintain a balanced diet and prevent constipation, include fresh fruits and dried ones e.g. apricots, prunes and figs.

7. Reduce oil in the preparation and intake of fried foods. When using oil for cooking, only use 1-2 tablespoons. Avoid using deep fat fryers as re-heated oil becomes unhealthy saturated fat.

Devised for the Ramadan Pocket Guide by Dr Afrosa Ahmed MBBS, DFFP, DCH, MRCPGmerit

Zakat & Zakat-ul-Fitr

Zakat-ul-Fitr

The Prophet Muhammad (peace be upon him) enjoined Zakat-ul-Fitr on every adult Muslim for themselves and every person they are responsible for. They must pay it before the Eid Salat and we have calculated this year the cost is £4.50 per person.

Zakat

What is Zakat? One of the core pillars of Islam, the literal translation of the Arabic word is 'to cleanse' or 'purify'. Paying Zakat on your wealth purifies and increases the remainder of it, also serving as a reminder that everything we own belongs to Allah.

Why pay it during Ramadan? With the reward for good deeds multiplied 70 times during this month, Ramadan is the perfect time to gain increased blessing when giving your Zakat.

How much should I pay? Generally if the amount of wealth of you have owned for one year is more than the Nisaab then Zakat must be paid on that amount. You can calculate how much to pay on the page opposite. For your silver possessions please refer to the silver Nisaab*. For gold and monetary possessions, please refer to the gold Nisaab (consult your local imam for detailed explanation).

*Nisaab: The amount of wealth a person must own for Zakat to become obligatory on them. To find out the value of the gold and silver Nisaab, visit: muslimaid.org

Zakat Calculator

Step 1: Work out what you own

Cash in hand	£
Cash in bank account(s)	£
Value of gold (current market value)	£
Value of silver (current market value)	£
Amount given out in loans (where the debtor is able and willing to pay back the loan)	£
Current value of shares	£
Value of goods in stock for sale	£
Total Assets	£

Step 2: Work out your outgoings from what you own

Amount owed in debt (short term loans or those payable within a year)	£
Expenses (Tax, rent and other bills due immediately)	£
Total Liabilities	£

Step 3: Minus Total Liabilities from Total Assets and if the amount is more than the Nisaab then multiply by 0.025

Total Assets	Total Liabilities	Your Zakat
£	£	£

To donate, call Muslim Aid on 020 7377 4200
or donate online at www.muslimaid.org



Fidya & Kaffarah

Fidya

The elderly, ill, women facing hardship due to pregnancy or breast feeding mothers who cannot fast during or after Ramadan must compensate by feeding a poor person for everyday of fasting they will miss.

Muslim Aid has made arrangements to cater for this need in countries recently devastated by floods, war and famine including Pakistan, Palestine, Sri Lanka, Bangladesh and Iraq.

The cost of feeding a person is £4.50 a day or roughly £135 for the month.

Kaffarah

Kaffarah is the compensation that needs to be given if someone deliberately misses or breaks a fast in Ramadan without a valid reason.

To compensate, they must fast continuously for 60 days or if they are unable to do so, they should feed 60 poor people at a rate of £4.50 per person.

This amounts to £270 in total.

Join us in Ramadan

Muslim Aid will be organising several exciting and entertaining events throughout Ramadan, so please come along and join us, or take part in our street collections around the country, or tune in to find out more about our projects. Visit www.muslimaid.org

NIGHT UNDER THE STARS - a night to raise money to Feed the Fasting.

An incredible outdoor nighttime fundraising event - sleeping outdoors under the stars to raise money for the 'Feed the Fasting' programme. The night will be spent in reflection, and will include Suhoor and Iftaar. All prayers will be held in Jama'a, including Taraweeh. The event will be covered Live by Islam Channel.

Date: 4th of August • Location: London • Time: 7pm

WORLD'S LONGEST PAPER CHAIN

This Ramadan Muslim Aid volunteers will be looking to break the world record for the longest ever paper chain. This exciting challenge will have to be completed within 24 hours and all funds raised will go towards Muslim Aid's Sadaqah Jariah programmes. To volunteer on this project please get in touch with us.

Date: 20th August • Location: Manchester • Time: Fajr onwards (24 hours)

THE BIG IFTAR

Book your place on the Big Iftar, get together with friends and family and find creative ways to raise £250 to support a child in Muslim Aid's child sponsorship programme. Then come along to celebrate your fundraising achievements at our televised gala evening of nasheeds and inspirational speakers.

Date: 24th of August • Location: London • Time: 5.30pm

Televised live charity appeals

Channel	Date	Timings	Cause
Islam Channel	Thurs 4th Aug	8pm till 5am	Feed the Fasting
GEO TV	Sat 13th Aug	9pm till 12am	Sadaqah Jariah
Channel S	Wed 17th Aug	7pm till 5am	Sadaqah Jariah
Islam Channel	Sat 20th Aug	8pm till 5am	Sadaqah Jariah
Islam Channel	Wed 24th Aug	8pm till 5am	Rainbow Family
ARY Digital	Fri 26th Aug	8pm till 3am	Sadaqah Jariah



Over half the world's population live in poverty. Muslim Aid is working in over 50 countries around the world, getting donations to where they're needed most.

This Ramadan, help us, reach more, feed more, teach more, build more and DO MORE.

this ramadan
REACH MORE
DO MORE
WITH MUSLIM AID



Scan QR Code



donate now: 020 7377 4200 muslimaid.org