

Muslims for Peace & Justice

Press Release #3

---FOR IMMEDIATE RELEASE---

ISLAMIC FAST OF RAMADAN BEGINS NOVEMBER 6

"An excellent time for our fellow Canadians to learn about Islam and the Regina Muslim community"

(Regina, Saskatchewan 11/01/2002) Starting on November 6, 2002,* the Muslim community in Regina, across Canada and around the world will begin fasting in the month of Ramadan. Ramadan is the ninth month of the Islamic lunar calendar during which all Muslims fast. Fasting includes refraining from food, drink and other sensual pleasures from the morning sunrise until evening sunset.

The month of Ramadan is a very blessed month for Muslims, who spend their time in the remembrance of God and prayer for the good of humanity. The fast of Ramadan is compulsory for all healthy adult Muslims to observe. It serves to develop self-control, spirituality, and emphasizes charity for the poor.

"The Islamic month of Ramadan is an excellent time for our fellow Canadians to learn about Islam and the Regina Muslim community. It is important for people of all walks of life to understand each other and further cultivate harmony between the different religious and ethnic groups in Regina and across Canada," said Dr. Naiyer Habib, president of Muslims for Peace & Justice [MPJ], a Saskatchewan-based Muslim advocacy organization.

The end of the month of Ramadan will be marked with *Eid-ul-Fitr*, or the *Festival of Fast-Breaking*. On this day, Muslims will meet for large congregational prayers and spend the day in celebration with family and friends.

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** Because the beginning of the Islamic lunar months depends on the actual sighting of the new moon, the start and end dates for Ramadan may vary.*