



Muslims for Peace & Justice

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Press Release

In the Name of God, Most Compassionate, Most Merciful

- FOR IMMEDIATE RELEASE -

SASKATCHEWAN MUSLIMS TO BEGIN THE FASTING OF RAMADAN

(Regina, SK – September 26, 2005) Starting on October 5*, Muslims in Saskatchewan, 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.

“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,” said Riazuddin Ahmed, president of Muslims for Peace & Justice (MPJ). “Fasting in Ramadan is compulsory for all healthy adult Muslims. It serves to promote self-discipline, spirituality, and charity for the poor.”

During the fasting month, Muslims eat a small meal prior to each morning's dawn. They then abstain from food, drink and physical pleasures during the daylight hours. Muslims end their fast just after sunset.

“Ramadan is a special time for the Muslim community. Unfortunately, misconceptions about Islam and Muslims continue to be present in the mainstream. Ramadan is a unique time for Saskatchewan Muslims and non-Muslims to engage in bridge building and develop mutual understanding,” added MPJ General Secretary Zeba Hashmi.

The end of the month of Ramadan will be marked by *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.

** The start and end dates of Ramadan may vary because they are linked with the sighting of the new moon.*

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