



Muslims for Peace & Justice

P.O. Box 28044 ~ Regina, Saskatchewan ~ S4N 7L1

Tel: 306.535.0155 ~ info@mpjsask.org ~ www.mpjsask.org

Press Release

In the Name of God, Most Compassionate, Most Merciful

FOR IMMEDIATE RELEASE

September 21, 2006

SASKATCHEWAN MUSLIMS TO BEGIN THE FASTING OF RAMADAN

REGINA - Starting on September 23, Muslims in Saskatchewan and across Canada 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 Kashif Ahmed, communications director of Muslims for Peace & Justice (MPJ).

"The fasting during Ramadan is compulsory for all healthy adult Muslims to observe. It serves to develop self-discipline, spirituality, and emphasizes charity for the poor," he said.

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

"Ramadan is a special month for the Muslim community. It is a unique time for Canadian Muslims and non-Muslims to engage in bridge building and develop mutual understanding," Ahmed said.

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.

- # # # -

CONTACT: Kashif Ahmed, Communications Director
Tel: 306.351.1513
Email: info@mpjsask.org