



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 – October 13, 2004) Starting on October 15*, Muslims in Saskatchewan, 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.

“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 MPJ President Dr. Naiyer Habib. “The fast of Ramadan is compulsory for all healthy adult Muslims to observe. It serves to develop self-discipline, spirituality, and emphasizes 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 month for the Canadian 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 Communications Director Kashif Ahmed.

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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Muslims for Peace & Justice (MPJ) is a Saskatchewan-based Muslim outreach & advocacy organization.

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