

RAISING THE GAME

Ramadan 2023



The basics of Ramadan

What is Ramadan?

Ramadan is the *ninth* month of the Lunar Calendar and the most sacred month in the *entire* Islamic Calendar. It is the time of the year that Muslims try to put all worldly matters to one side and focus on their connection with God. The last 10 days are seen as the most rewarding but also when the amount of worship tends to ramp up. It is during one of these days that the Quran was first revealed during a specific night called *Laylat-al-Qadr* or The Night of Power.

What it involves?

During Ramadan Muslims fast. Fasting begins well over an hour before sunrise, otherwise known as *Suhoor* or *Sehar*, and ends at sunset, where many Muslims come together with friends or family to share the Breaking of Fast of *Iftar*. During the times of sunrise and sunset Muslims will not eat or drink and usually attend their local mosque for evening prayers after *Iftar*. It is important to note that not everyone is able to fast – only those who are fit and healthy enough.

Why is it important?

Fasting is one of *The Five Pillars of Islam* and comprise the basic tenets of Islam. Fasting during Ramadan is seen as an act of worship in itself and also helps to remind Muslims that God is the source of all sustenance while giving extra attention to those less fortunate.

Top Ten Tips for Ramadan

This list is designed to support those fasting, and others in supporting friends or colleagues who may be fasting throughout the month:

1. Don't assume that someone *is* or *is not* fasting as there are a number of factors that could affect an individual's ability to fast/not fast
2. Don't feel uncomfortable eating your lunch in front of colleagues who are fasting (although it is always good to check with a colleague beforehand it is usually absolutely fine!)
3. Be mindful of brain fog! Particularly in the first week of Ramadan it can be more challenging to stay attentive or focussed
4. Check in with colleagues around mid-afternoon – this can be the time of the biggest dip in energy and going for a walk or just a chat is a great way to be an ally and check in with colleagues
5. Try and avoid where possible late meetings particularly face-to-face as colleagues observing Ramadan may need additional time to prepare for Iftar and time with families
6. Colleagues may need some time to observe prayer times (typically 1-2pm and 4-5pm during the work day)
7. Eid differs each year and is 2-3 days long and some colleagues may have time off over this period
8. Ramadan is more than just abstaining from food and drink – “not even water?!” yes...
9. The last 10 days of Ramadan is when Muslims tend to be even busier with additional prayers and reflection therefore some colleagues may take additional time off
10. Don't be afraid to ask a question – knowledge is power!