

# All About Ramadan



## What is Ramadan?

There are approximately 2 billion Muslims around the world. People who practice the faith of Islam. Ramadan is the most important month of the year for Muslims. Ramadan is celebrated in many different ways depending on culture and family traditions.

## When is Ramadan?

Ramadan is the ninth month of the Islamic calendar. Muslims follow a lunar calendar based on the moon's cycle. And begins when the new lunar month is confirmed by sighting the first crescent moon. Because lunar months are 29 or 30 days long, Ramadan shifts earlier each year.

## How Muslims Observe Ramadan

### Fasting

Participating Muslim, who are old enough and healthy enough to fast, do not eat or drink during daylight hours.

People continue to work, many athletes even continue to play sports! During school hours, some students who are fasting might prefer to visit the library during lunchtime or avoid food-centered activities.

Once the sun sets, family and friends gather for big meals called Iftars. In many communities, families break their fast with a date and water.

Fasting strengthens willpower and is a reminder of those who have less.

### Eid-al-Fitr

Ramadan culminates in a three-day festival called Eid al-Fitr, which means "the feast of the breaking." Eid is a joyous event, marked by the preparation of elaborate meals and a day spent seeing family and friends. Children often receive gifts of money in Eid envelopes.

### Good Deeds

Giving to charity and doing good deeds are a special part of Ramadan! Families donate money, food, and clothing to those in need. Children, too young to fast, can spend the month collecting donations in Sadaqa jars and doing daily good deeds for their community.

### Family Traditions

Muslims come from many cultures. Some celebrate with decorations, special meals, or crafts. Others keep things simple and focus on quiet reflection and personal goals. Many families visit their local mosque (masjid), which serves as a community gathering place.