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# Ramadan MUBARAK رمضان مبارك

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# Ramadan Mubarak

As we embark on Ramadan the Ya Michigan group would like to congratulate the different communities in Michigan and the world on the season of fasting, wishing everyone a safe and productive Ramadan experience. Ramadan begins June 26 and ends on May 25, depending on the moon cycle.

We prepared this section to share the social and spiritual joy of the community during this holy month with Muslims and non-Muslims and to facilitate as much interactions as possible through print, online and face-to-face.

This year, we have worked with several schools, featuring students of different ages, gender and background. We thank all the schools that worked with us, and the contributors who shared their thoughts and experiences. A special thank you to the sponsors who funded this project. Without their generous support, this section could not have been possible.

We printed 5,000 copies for distribution in the community, and we will email an electronic version every week during the month of Ramadan for viewing and downloading. We are working with several organizations to maximize our electronic reach to up to 32,000 people.

Sponsors include: Kroger, Dr. Ned Fawaz, Papaya Fruit Market, The Signature Group Realty, Dr. Ali Sobh, Fairlane Carwash, Abbas Khalil, PrimeLending, Mortgage One, ZIFiT Infrared Fitness, Dearborn candidate for city clerk George Darany, Hometown Group Realty, Dearborn candidate for mayor Jim Parrelly, Global Consultant Agency, Byblos Banquet, Dearborn candidate for mayor Tom Tafelski, Super Greenland-Dearborn Heights, Evergreen Pharmacy, Islamic Institute of Knowledge, Global Pharmaceutical Wholesale, Royal Furniture and Al Ajami Restaurant.

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**Executive  
Editor  
Khalil  
Hachem**

Thank you for your trust in Ya Michigan, and we ask you kindly to support us and work together to serve our community. [www.yamichigan.com](http://www.yamichigan.com).

Yamichigan.com is one of the fastest growing digital networks, serving the Middle Eastern-American communities in Southeast Michigan via cellphones and tablets.

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**Section  
Editor  
John  
Mulcahy**

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## Ramadan Mubarak from Dr. Ned Fawaz

*President and Founder of the Lebanese International Business Council, CEO of Energy International Corp and former board chairman of the Islamic Center of America*

On behalf of the Lebanese International Business Council (LIBC), we join you in welcoming the blessed month of Ramadan. We are thankful for the opportunity and the ability to fast this year, and we ask the Lord to accept our prayers and bless us with His mercy and grace.

Our community continues to grow in number and strength, and we are proud of the accomplishments of its members on the personal, business and political levels. The LIBC, an international organization with several thousand members around the globe, continues to successfully promote networking and cooperation among international business leaders, foster great economic opportunities and rally economic support for Lebanon. The council has organized conferences and workshops, both in Lebanon and abroad, to boost investments and foster economic development, and it is currently planning a major diaspora conference on August 2-3, 2017, at the Phoenicia Hotel in Beirut, featuring a dynamic group of speakers and experts.



I wish you a happy and healthy Ramadan as you spend it with family and friends, and may the grace of this month guide us toward tolerance, mutual respect, sharing with those who are in need, and working together toward unity and peace in our community and the entire world.

Ramadan Mubarak to all.





## Ramadan, the month of fast and mercy

**What:** Ramadan is the ninth month of the Islamic lunar calendar. It begins with the sighting of the new moon or at the beginning of the lunar month.

**How:** Fasting is a total abstention from eating, drinking, smoking and sexual activities from dawn until dark. On the spiritual side, Muslims are asked to avoid immoral behavior and anger and show compassion.

**Purpose:** The intention of fasting is to develop spiritual consciousness, self-control and improvement of health by reducing or eliminating impurities from the body. It also includes becoming aware of the plight of the poor, hungry and sick. It is a month of spiritual awareness and of a high sense of social responsibility.

**Who:** All healthy Muslims must observe the fasting season. The sick, travelers, children and others are exempted from fasting and can make up the fast at later days. Consult with your imam on the conditions of breaking the fast and whether your children should fast during these long summer days.

**Components:** Most Muslims wake up before dawn for suhoor to eat before the fast begins. They break fast with a meal at night and allocate time for prayers and supplications during the day.

**End of Ramadan festival:** At the end of the month, Muslims observe Eidul-Fiter, which is a Thanksgiving Day for Muslims for completing the month of fast and renewing their spiritual connection. It is a major holiday and it includes family gatherings, visitations, gifts and celebrations.





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## The power of fasting

Through fasting, Muslims experience hunger and thirst, and sympathize with those in the world who have little to eat every day.

Through increased devotion, Muslims feel closer to their Creator, and recognize that everything we have in this life is a blessing from God.

Through increased charity, Muslims develop feelings of generosity and good-will toward others.

Through self-control, Muslim practice good manners, good speech and good habits.

Through changing routines, Muslims have a chance to establish more healthy lifestyles and habits -- particularly with regards to diet and smoking.

Through family and community gatherings, Muslims strengthen social bonds in their own communities and throughout the world.

Through restraint and devotion, Muslims strive to make the feelings and attitudes developed during Ramadan stay with them during their "normal" lives. That is the true goal and test of Ramadan.

## الحمل الثقيل..



سماحة السيد محمد باقر الكشميري  
الوكيل الشرعي للمرجعية الدينية العليا في امريكا الشمالية

قديمًا قالوا، إن الحمل الثقيل لا يحمله إلا أهله. والأهلية هذه لا تحصل إلا بعطية وهبة ومِنَّة رحمانية، أو بتحصيل واكتساب وتدريب وجهد وعناء وإخلاص وتوجه لله سبحانه وتعالى. وقد يجتمع السببان فيكون صاحبهما ممن يصدق عليه " إِنَّهُ لُدُو حَظٌّ عَظِيمٌ".

وقد يتحيز الله تعالى لعباده فرصاً يتحيز إليهم فيها. فربما يُقبلوا عليه مرة ثانية بعد فترة تيه وانقطاع وانشغال بالدنيا وزخرفها وبريقها وعناوينها وأصنامها. فجعل لعباده نفحات يتصدرها موسم ضيافة الله شهر رمضان المبارك. ففيه يؤوب العبد الأبق الى مولاه ويسعى في ظل أفيائه وبفضل تصفيد أيدي الشياطين، الى استثمار "الأهلية" من جديد، وليقوم بأداء أمانته التي "...حَمَلَهَا الْإِنْسَانُ، إِنَّهُ كَانَ ظَلُومًا جَهُولًا" بها وبقيمة نفسه وما أودعه الله تعالى من قوى وما نفخ فيه من روحه.

رمضان، فرصة لتقييم النفس ومراجعة الذات بعد عام آخر من أعوام الدنيا لئلا نحسب فيها من أحياء الأموات. فإن شرط الحياة الموفقة هو (مَنْ عَمَلٌ صَالِحًا مِّنْ ذَكَرٍ أَوْ أُنْثَىٰ وَهُوَ مُؤْمِنٌ فَلَنُحْيِيَنَّهٗ حَيَاةً طَيِّبَةً وَلَنَجْزِيَنَّهُمْ أَجْرَهُمْ بِأَحْسَنِ مَا كَانُوا يَعْمَلُونَ) وهو شرط يتجاوز الفرد الى المجتمع طردياً أيضاً. فمجتمع لا حياة في أفرادهِ إذن لا حياة في جمعه تلقائياً.

نحن أمام استحقاق كبير لتقييم ذاتي وموضوعي بعيداً عن أية حساسيات أو محسوبيات أو مصالح أو فنويات. لا بد لنا من الخروج من كل ذلك فيما إذا أردنا حقاً الحياة الطيبة من بين ما نعيشه من غير طيب ونكد ومظاهر خاوية من أي محتوى. وإلا سنبقى ضمن مجتمع يمكن - مرة أخرى - أن يهدى فيه رأس يحيى بن زكريا الى بغي من بغايا بني اسرائيل بسبب أداء وظيفته "الأمر بالمعروف والنهي عن المنكر". ومجتمع قد يجعل من صادق أمين بعثه الله نبياً خاتماً الى "ساحر، مجنون، كذاب، أشر" بمجرد أن نزل عليه (اقرأ!) تكفل ازدهارهم وتفوقهم وتنميتهم ليكونوا أسياد الأمم، ولا نعلم ماذا ستخبئ للمخلص والمنجي إذا أقبل لرفع راية العدل، فهل سنقول له "إرجع من حيث أتيت لا حاجة لنا بدينك؟" حقاً يتطلب الأمر منا مراجعة الذات وتقييمها مرة أخرى لنر أنفسنا في أي واد نحن؟



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## Health benefits of fasting

By Dr. Mohamed Ajjour M.D. FACC

Fasting offers many health benefits including:

- **Eliminating of toxins in the body:** Most processed foods contain additives, which may become toxins and are later stored in a form of body fat. By fasting, the fat is burned and the toxins are eliminated.
- **Resolving inflammatory response:** Fasting promotes the resolution of inflammatory diseases such as arthritis, skin diseases such as psoriasis, and bowel diseases such as ulcerative colitis.
- **Reducing blood sugar:** Fasting increases the breakdown of sugar, and reduces the production of insulin.
- **Increasing fat breakdown:** When the amount of sugar in the body is low, fat is broken down, which releases energy.
- **Correcting high blood pressure:** Fasting is a non-drug method to reduce blood pressure and the risk of atherosclerosis (clogging of the arteries).
- **Promoting rapid weight loss:** By fasting, the storage of fats in the body is reduced. However, fasting is not a good long-term weight loss strategy.



Pregnant women, nursing mothers, malnourished people, and individuals with heart, kidney or liver problems should consult their physicians before fasting.

**Other Health Benefits** include boosting the immune system by motivating the stem cells to promote regeneration of damaged tissues and promote healing of organs that may have been damaged by chemotherapy. It could also benefit elderly people who have poor health and are affected by various diseases by prompting the creation of new white blood cells, regenerating the immune system.


**Note:** This article is intended for informational use only. This is not medical advice, and readers are urged to consult their doctors before fasting.

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## The power of prayers

For years now, prayers and meditation have been linked to many physiological benefits, but when prayer and fasting are combined, they improve the results. Here are some of the benefits:



- Relief of depressed mood
- Foreseeing and avoiding anger
- Improved decision making ability
- Heightening the facility to communicate with God and to meditate
- Identification with religious hierarchy
- Fewer physical complaints
- Higher sense of well-being for cancer patients
- Increased positive contributions from their cancer experience
- Improved mobility for Muslims with arthritis who prayed during the month of Ramadan
- Improved mental health

### Iman Abanni



Often times, we forget the importance of what we have. Opportunities that are given to us excite us the first day and bore us the next. Though my family had never forced religion onto us, I have always found myself drifting towards Islam.

When I was thirteen, I participated in Ramadan for the first time. That particular day changed my views on life forever. Fasting was bigger than I was and that experience later humbled me. When the sun finally set that day, I took my first sip of water. The moment the first drop touched the tip of my tongue, hope and relief surged through me and since then I have aspired to give others that feeling.

Ramadan opened my eyes and helped me understand the value of every little thing. No matter their religious beliefs, everyone deserves their epiphany and Ramadan happened to be mine

### Nisreen Sharara

It is finally Ramadan, the month of fast. It is time to refresh your mind and soul, and it is time to do activities that open up your mind to new possibilities. Ramadan makes me feel connected, makes me have a better connection with my faith, and with God. When I attend the lectures during Ramadan, I sit and think about the words that flow out of the speakers mouth, and try to relate it to my own life. I think about how I can use these stories and life lessons, to better myself as a person. I like that we spend more quality time with family, waiting until sunset to break our fast; also at suhoor we wake up to eat a light breakfast before dawn and pray fajar together as a family.

Ramadan is the most blessed month. It gives me more opportunities to practice reading the Quran; and to help me become a better Muslim. Ramadan for me is what helps me improve myself, breaking bad habits, and becoming a better contributor to humanity.

## Ramadan Mubarak

*Wishing you a safe and peaceful fast*



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## Maintaining athletic performance during Ramadan

The focus of Ramadan is clearly spiritual but you don't want to neglect your health and your exercise routine. The following are only recommendations to maintain athletic performance during Ramadan. Consult with your doctor before embarking on any programs.

Intense, even moderate, exercise while in the Ramadan fasting-state is not recommended for the general population due to risk of dehydration and hypoglycemia.

There is lots of information available on the Internet about intermittent fasting and exercise. Most of this information is based on personal experiences and is anecdotal and sometimes refers to fasts where water intake is not limited, so be cautious in taking such advice.

Professional athletes are lean and have finely tuned fitness machines with optimal nutritional diets, support from experienced coaches and a career that depends on exercise. We don't. So save your training until after breaking the fast and always keep a bottle of water on the go.

- The best time to do weights is between sunset and sunrise, after having broken the fast with a light meal and then eating again after training. You should reduce the duration and intensity of your workout using lighter weights and reduced repetitions.
- Cardio can be done after a light iftar or 1-2 hours after a heavier meal. Pre-suhoor is another possible workout time though perhaps only for the highly motivated. Too much cardio will increase the chances of muscle breakdown, so reduce the intensity, frequency and duration of the workout. Walk instead of jog if needed and a maximum of 30 minutes is still beneficial. Alternatively, if you are already used to high-intensity training, you could opt to do a 10 minute burst of high-intensity training.
- Use Ramadan to work on aspects of fitness you normally don't have time for: yoga for flexibility, *Pilates* for posture and core strength or tai chi for focus and balance.
- Only low-intensity physical activities like a gentle walk, gentle yoga or stretching can be done 30 minutes before breaking the fast. Beginners and fitness fanatics alike may find this particularly re-energizing though be wary of going outdoors in the heat as you will already be dehydrated and low in blood sugars.
- If you do decide to exercise, do not put yourself at risk of injury or exhaustion by doing too much, too often. Ensure you have adequate sleep, be flexible, keep hydrated and stop when you need to. Consult your doctor before exercising.

### Ramadan transforms community

Southeast Michigan, home to hundreds of Middle Eastern restaurants, grocery stores, pastry shops and bakeries, goes into a higher gear of dining, socializing and night-time activities during Ramadan.

Hungry diners pack restaurants at dusk, shoppers crowd grocery stores and butcher shops in the afternoon, and patrons form long lines an hour before sunset at pastry shops to buy sweets for the iftar.

An hour after iftar, some people make their way to the more than 50 mosques in the area for spiritual programs while others stay home and watch Arabic television shows beamed via satellites from the Middle East, mostly Syrian television series prepared specially for Ramadan.

With the Michigan nights offering cool evenings, hookah smokers jam side-street cafes in the area, socializing and nibbling on light snacks, fruit drinks and beverages.

An hour or two before dawn, preparation for suhoor begins. A variety of bakeries in the area offer golden flat bread (mashateeh), cheese or thyme flat bread (man'ooshi) and a great assortment of snacks for patrons who want to catch a bite before the cutoff time of dawn.



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## Best food, eating practices for Ramadan

For iftar: This is the time for rehydration. The best way to break fast is with dates and water. Dates have a very high level of potassium, a key hydration mineral and a special carbohydrate blend that enhances hydration along with a special blend of glucose and fructose for short- and long-term energy.

It is a good practice to break fast first and wait an hour before eating the main meal of iftar. At the same time, avoid fried food if you can and drink a lot of water.

One thing to remember is that by eating a small meal at night, you can cause your body to speed up metabolism, increase nutrient absorption and stabilize insulin and blood sugar level.

For suhoor, it is important to drink lot of water and eat a good blend of protein, carbohydrates and essential fat. Food for suhoor includes: egg white, chicken breast, oatmeal, cinnamon, bananas, raw dark honey, raisins or dates, fibrous vegetables and plenty of water. Consult your doctor for vitamins and other supplements.



## Five healthy foods for Ramadan

Dates contain a unique blend of glucose and fructose and have a very high potassium content (about 64% more than bananas). They have a nutrient called beta-D-glucan, which is a soluble fiber that has health benefits and can increase the feeling of fullness.

Raw, unfiltered honey contains many phytochemicals and flavonoids that can enhance health. Honey is very good for increasing energy. It is an excellent source of antioxidants and has anti-bacterial effects. Take 1-2 tablespoons daily.

Fish has positive effects on health. The fish oils EPA and DHA have been shown to improve brain function, enhance cardiovascular health, and reduce inflammation, among other things. Some of the best fish are cold water wild salmon, orange roughy, deep sea cod, sea bass, ahi tuna, mahi mahi, and tilapia.

Figs contain key minerals such as calcium, iron, magnesium, and potassium. They are also a great source of fiber and can support healthy blood sugar levels.

Olive oil contains omega 9 or oleic fatty acids and has been shown to increase good cholesterol while lowering bad cholesterol. Look for extra virgin olive oil (cold-pressed). Cooking with it can lower some of its benefits. Add it to food after it is cooked.

The content of this article is for information purposes only. Please consult a physician before starting any nutrition, training, or supplementation program.

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## Beating bad breath

Fasting can cause the mouth to become dry and could produce bad breath. For tips on how to eliminate or minimize bad breath during Ramadan, we consulted Dr. Ali Sobh, one of our successful dentists and specialist in the community.

He said bad breath can result from poor dental health habits and can be made worse by the food we eat. Foods with strong odors, such as garlic and onions, could produce bad breath, and flossing and brushing could help minimize the effects. Dr. Sobh recommends brushing and flossing regularly to remove food remains and minimize bad breath. He also recommends visiting the dentist at least twice a year to keep teeth and gums healthy and avoid tooth decay.

Here are some recommendations to minimize bad breath during Ramadan. If bad breath and bad taste persists in the mouth, see your medical doctor because this could be a sign of other health issues.

- Eat healthy food.
- Clean your tongue.
- Brush your teeth normally during Ramadan.
- Floss, use mouthwash or a Siwak.
- Remember to drink plenty of water.

## خمسة أمور لتنمية الروابط الأسرية في رمضان

سماحة السيد محمد باقر الكشميري

الوكيل الشرعي للمرجعية الدينية العليا في أمريكا الشمالية

مع هيمنة وسائل التواصل الاجتماعي الإلكترونية يلاحظ، وللأسف، على كثير من أفراد الأسر تأثرهم وانسيابهم غير الطبيعي مع هذه الوسائل التي تجمعهم في فضاء افتراضي وذلك على حساب الاجتماع الأسري داخل البيت الواحد.. شهر رمضان فرصة مناسبة يمكننا إن أحسننا استثمارها أن تعيدنا إلى بعض النصاب وإلى بعض ما تقتضيه الفطرة البشرية من الأُس النفسى بأحدنا الآخر ولنستعويض بعض ما قد نفقده بسبب جفاف آليات التواصل الإلكترونية. هنا بعض المقترحات: مائدة القرآن:

- 1) التصميم وعقد النية مع جميع أفراد الأسرة على جلسة يومية طوال الشهر تخصص فقط لقراءة جزء من القرآن كل يوم. وإن كانت الأسرة بحاجة إلى قارئ محترف، فيمكن الاستماع إلى أحد القراء المعروفين الكبار الذين تكثر تسجيلاتهم عبر الانترنت اليوم، فيتابعونه كلمة بكلمة من خلال النظر في المصحف وترديد الآيات مع المقرئ آية بآية. كما ويحيد أن يكون هناك تنمة للتلاوة بشرح وترجمة بعض الكلمات والمعاني ليكون ما قرأناه درساً نتخذه قاعدة عملية في حياتنا. كذلك، أهمية اجتماع أفراد العائلة بعد الفطور على قراءة أو استماع دعاء الإفتتاح وهو دعاء مختص بالإمام صاحب العصر والزمان عليه السلام، فإن ذلك سيضيف روحانية كبيرة على النفوس ويحببها ببعض ويقربها أكثر فأكثر لما في كثير من عبارات الدعاء وكلماته من وقع وتأثير كبيرين.
- 2) الحضور في أنشطة وبرامج دينية في المراكز الإسلامية المحلية، مع جميع أفراد العائلة. وأن لا يقتصر على مكان واحد بل يقتضي التنوع. ولكن أيضاً يجب الحرص على ضرورة اختيار المكان الذي يؤمه عالم دين ورع وتقوي يحمل هموم الإسلام والمسلمين. فإن كلمة القلب تدخل إلى القلب.
- 3) ضرورة المساهمة في إعداد الفطور مثلاً. فإنه من جانب سيخفف أعباء التعب والمسؤولية على الأم. وثانياً المشاركة بحد ذاتها تزرع روح المحبة والإلفة أكثر.
- 4) أهمية دعوة الأقارب والأرحام وتقبل دعوتهم أيضاً على مائدة الإفطار. فالنبي الأكرم يقول (ص) إن إفطار المؤمن ولو بتمر واحدة فهو يعادل وكأنك حررت إنساناً من الأسر والعبودية.
- 5) ضرورة الإهتمام بالجار، ولا سيما غير المسلم. فتقديم طبق من أطباق الفطور، وتقديم حلوى العيد، ولا سيما على يد أحد أبناء الأسرة، فإنه يعزز من العلاقة بالجيرار، كما إنه يفتح مجالاً أفضل لفهم الإسلام وممارسات المسلمين الدينية، وهو بحد ذاته تبليغ عملي عن أخلاقيات الإسلام ومبادئه في حسن الجوار.

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## Celebrating Ramadan by celebrating Islam's contributions to the world

By The Rev David Kasbow

Family Federation for World Peace & Unification



Religion is the root of culture. We are quite familiar with the contributions the Christian religion has given Western civilization, the architecture, art, music and so forth. However, we may not be so aware of the contributions that Islam has given our world. So, as Muslims begin the month of Ramadan, I would like to take a moment to honor their faith by honoring their contributions to our world. The fact is that many contributions that we think of as Christian would not exist if it were not for Islam.

How many of us are aware that while Europe sagged under the weight of a thousand years of darkness, the "Dark Ages," Islam was experiencing a "Golden Age." It was during this time that Muslim scholars saved ancient Greek texts from being lost. They translated Plato, Aristotle and Socrates. These made their way back to Europe which helped to ignite the Renaissance.

We have all struggled through the study of algebra in high school. How many of us know the word Algebra comes from the Arabic, Al-jabr, which means "balance & restore." It was Muslim mathematicians who separated out algebraic equations from geometry and arithmetic to create a new system of mathematics. Along with the advancements in math came advancements in astronomy. The first observatories were created in the ninth century in Bagdad and Damascus.

Meanwhile in other areas of science, the first hospitals were being created. A surgeon named Al-Zahrawi, often called the "father of surgery" wrote an illustrated encyclopedia that eventually was used in Europe for 500 years. The hospital in Tulun Egypt was the first to give care to the mentally ill. Meanwhile the first vaccines were being created and the first pharmacies were established. While Europe reeked as households poured their feces and urine into the streets, in the Islamic world soap had become an industry. A recipe for soap developed then is still being used today.

To prepare professionals for their fields, the first university was created in Morocco in 859 by two women. The concept of a "degree" was instituted to evaluate students on their performance. Eventually this tradition made its way to Europe as did the other advances being established in this period.

This rich history, of which I have barely scratched the surface, should not be lost on us. In spite of Islam's struggles with ISIS and Al-Qaeda, this richness is still there. And, we should not forget that Christians have experienced difficult times. When we take into account that the 1,000 years of the Dark Ages, mentioned above, were followed by over 120 years of "wars of religion" (1524 to 1648) we should be a bit more humble when making pronouncements on Islam's challenges. If the riches of the Islamic culture could be combined with the riches of both the Christian and Jewish cultures as well, a new golden age could come about. I for one pray for such a future as I honor Ramadan for what the religion of Islam has given us.

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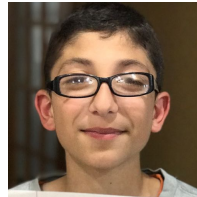


## Ramadan Greetings



**Meiah Ageny**

Ramadan the month of fast: 30 days, no food or water from dawn to dusk. Many think this is a challenge, but for me, it's easier because of my love for Allah. Ramadan the month of forgiveness: Allah is the Most Forgiving, and it is a month for return to Allah for salvation. Ramadan the month of Thawab: This is such a blessed month for us to do good deeds because the gates of heaven are open. I do extra prayers with my dad and make dua with my mom. Ramadan the month of charity: Finding a family in need or giving to the mosque is a must, but it comes from my heart. Ramadan the month of family: My favorite. To start each day, we eat suhoor together and end it together again by sharing iftar. Time we often take for granted.



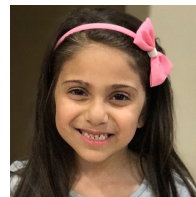
**Hadi Janny**

I like Ramadan because we get to stay up late and have good food. During Ramadan, we can feel how others feel who do not have food. I fast so I don't have to feel left out at school.



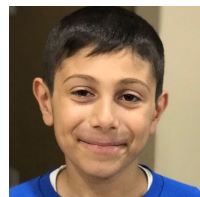
**Nour Sabbagh**

Ramadan is a great time because we can reflect on our religion and family. It is also a great time to help us remember the poor and the weak.



**Zaynub Janny**

Ramadan is about fasting and I like to eat at 9 o'clock. I like Ramadan because I like to eat a lot.



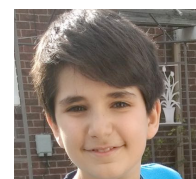
**Hasan Janny**

Ramadan is about poor people. When we fast, we feel what poor people feel with no food all day. If I could change something about Ramadan, it would be the time we eat. I like to eat at 8 p.m.



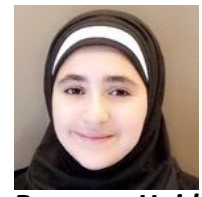
**Rianna Hazimi**

I look forward to Ramadan because that means eid is close by. We get to spend time with the family and go to the mosque. The best part is visiting my jido (grandfather) at the cemetery and getting cool presents.



**Yusef Hachem**

I like Ramadan because we get money on the eid, and it gives us a challenge. We also stay up late and listen to Quran and dua.



**Rayanne Haidar**

I am 10 years old, and inshallah this will be my second year fasting. It was very hard at first; however, I had to have self-control. To be honest, the first few days are the hardest, then my mind and body gets used to it. It makes me feel good that I am pleasing Allah and following in the path of Prophet Muhammad (s) and Ahlul-Beit. This month is the month of charity, prayer, forgiveness and cleansing of the body. It is also exciting to reach the end of the month and enjoy Eid Al-fitr. Praying the eid prayer at the mosque followed by celebrations with family and friends and being rewarded with lots of gifts.

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## Ramadan Greetings

### The Survival Guide to Fasting During School

By Kawthar Murtada

Well, if you are of age and go to school, then you probably know that at some point in your life, you are going to have to fast during the school year. If you're worried about accidentally breaking your fast, or embarrassed to tell others why you aren't eating, don't worry my friend, I'm here to help!

One of the hardest things about fasting at school is when you go to your lunch period, and everyone around you is eating. You see someone eating chips, another person eating a sandwich, and you turn around just to see someone else eating a cookie. I mean, that has got to be painful for a fasting person to see. Usually, when I'm in a situation like that, I go to the library and spend my time reading or catching up on my homework. If you don't want to leave the cafeteria, and you have other friends who are also fasting, you can sit together and distract each other with talking or other things you may like. I know a couple of people who are actually able to stay with everyone else, and they are okay with everyone else eating in front of them. Just do whatever is comfortable for you!

Another issue you might run into is explaining to others why you can't eat. Sometimes, you'll get funny assumptions such as, "Are you on a diet?" or "Are you in a competition with someone?" Well, we know that's not why, and actually, there is an easy way to explain fasting to your non-Muslim friends.

Remember, many Christians observe Lent, which is their way of fasting as well! Some people give up one or several things they enjoy eating until a certain date, or fast the same way we do! If the person you are talking to isn't familiar with Lent, then you can just say that it's to remember those in need, and how blessed we are to have all the things we do.

Well my friend, I hope this helps you survive your day at school while fasting! Ramadan Mubarak, and may God accept your deeds!

### I was born in Ramadan

By Syed Saijad Akbari



This month, known as the sultan of months, is also the month that I was born in! I am nine years old, and I have been fasting for two years. I feel excited about the arrival of Shahr--Ramadan, the month of Allah. It is the holiest month of the year, when the Qur'an,

the holy book of Islam, was revealed to the prophet Muhammad. In this month, we remember the poor by fasting and doing charity.

There is a story of hunger, which I want to share with you. There were three travelers who took a break in a city. The first found shelter at his relative's house, the second was offered shelter by a good man, and the third traveler went to a mosque to rest, thinking that Allah would feed him. In the morning the travelers shared their experiences.

The last traveler asked Allah "Oh Allah, why didn't you send food to me even though I came to your house?" Allah replied: "Oh my servant, I looked in my treasury and found nothing greater than hunger to give you." At that very moment the traveler realized that Allah had sent a blessing to him.

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## How to get your children to look forward to and love Ramadan

By Susan Carland

In Muslim countries, markets, streets, media and the general population foster an unmistakable sense of connection to Ramadan, but parents who live in western countries have always faced the challenge that there is little recognition of Ramadan outside their homes and it is difficult to excite the children and prepare them for this holy month. The challenge becomes more acute when parents try to compete with the activities of non-Muslim holidays.

Susan Carland published a story on the [www.productivemuslims.com](http://www.productivemuslims.com) website, offering several ideas on how to get the entire family involved, fostering an opportunity for learning and sewing faith and tradition:

**1- Buy Decorations:** Decorations remind everyone who enters the home that this is a special time. Avoid balloons because they deflate within a few days, and chose something you can enjoy for a whole month. I purchased a range of colorful Chinese paper lanterns from my local discount store and strung them up in my living room. They were cheap, looked great, and were not the kind of decorations my kids automatically associated with other celebrations (such as tinsel for Christmas or balloons and streamers for birthdays). I also cover windows with Ramadan messages and drawings made with colored window chalk, and we have a special scented candle we light every night at Maghrib in Ramadan that changes color every few minutes. You know best what decorations will make your family happy, so go for it! Get everyone to help you decorate a day or two before the month starts, while blasting Ramadan anasheed.

**2- Start a Ramadan calendar:** Marking off the days of Ramadan is a lot of fun for kids. The simple calendar I made for my children (felt pieces glued on to a black board) has little pockets, where I put a note with either a sweet or a date for the kids. The notes have changed over the years based on the ages and knowledge of my children. When they were very small, the notes just said things like "Allah loves you so much!"



and "In Ramadan, adult Muslims don't eat or drink anything from before dawn until sunset!" As they grew older, I put in more advanced lessons or Qur'an verses. Even when we have guests, I ensure there are enough sweets or dates in the pocket for every child who visits. The children are not allowed to get the note or sweet until Maghrib time, as this helps create a sense of excitement for this time of day, even when they are too young to be fasting.

**3- Plan Ramadan Goals:** We all need a plan for Ramadan, otherwise it is easy for the month to whiz by without much change. Kids should be encouraged to have goals and parents should make sure they follow through.

Please see children on page 15



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## How to get your children to look forward to and love Ramadan

### From page 14:

For very little children, have them make three goals for the whole month; any more than that is just too much for little ones. The goals can be things like “learn a new dua,” “memorize three new surahs,” “fast for two hours once a week,” or “help mom every day.”

Slightly older children can benefit from more structure, and for that age I created a 30-page notepad to check off each day. This visual reminder gives them ideas of things to do each day, and also provides the satisfaction of not just ticking things off at the end of each day but of reviewing all they have achieved at the end of the month.

On the other hand, teenagers can benefit from a Ramadan diary: buy them a funky notebook or get a plain one and allow them to decorate it themselves. Tell them it’s for them to record not just their goals at the start, but their feelings, thoughts and prayers to Allah as the month continues. I do check them to see that they are writing in them regularly, but I never read specifics (I generally only flick through the pages), as privacy is important at this age.

Keep any goals the kids have close to where your family eats or prays, and be sure parents and any elders who live at home have somewhere to write their goals too. Remind and encourage each other as the month progresses, and be sure to warmly praise children as they achieve or maintain Ramadan goals.

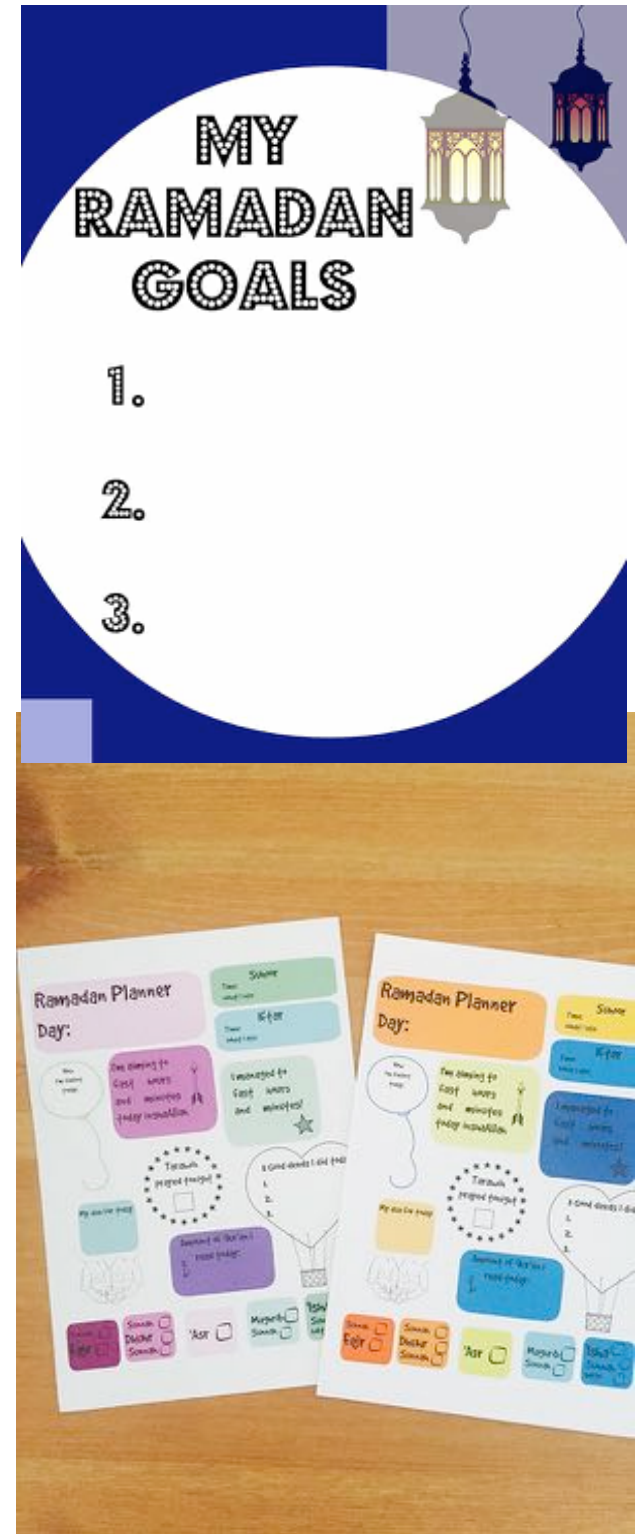
**4- Get the kids to give Sadaqah, offering to the needy:** Teaching your children about sadaqah during Ramadan is one of the best ways to implement this trait in them from an early age, as they learn the importance of charity and the need to share with those who have less than they do. Sadaqah extends beyond money. It includes: Baking cookies and sweets for others, donating books about Ramadan to schools and having the children contribute to a sadaqah box throughout the month and donate it before the eid either in the form of money, food or clothing.

**5- Get crafty:** Crafts are a fantastic way for your children to get excited for Ramadan; it allows them to express their creativity, learn and get messy at the same time! Have a look at my ideas for different Ramadan crafts for your children and get the whole family involved. Crafts could include:

- Ramadan placemats that include iftar or suhoor dua and let the children decorate them. This is a good way to help them memorize the dua.
- Good deed jars that include a big collection of good deeds to pick from every day.
- Date jars with decoration on the outside to give as gifts, which is a good way to instill in our children the tradition of breaking fast with dates.

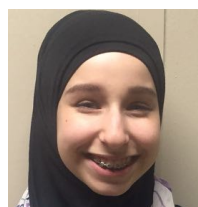
**6- Dedication tent:** While children are too young to go to the mosque and isolate themselves for a few days or hours to concentrate on prayer, or what is called I’tikaf in Arabic, you can create a special area for them or set up a tent in the basement or one of the rooms to dedicate the space for prayers, reading the Quran or contemplation. It is not a place for playing games on the iPad.

These are just a few ideas to get children involved in Ramadan, and there are many other amazing ideas. The purpose of this story is to help start the process and create a welcoming environment for the children.



**Leila Hachem**

I like Ramadan because we get stay up all night, have a happy dinner and a nice talk together and the best part is Eid when we get presents and have a nice happy day.

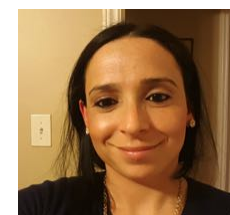


**Sareen Sobh**

### I am Ramadan

I am from the most blessed holy month  
From family gatherings and gourmet foods  
Blessed juicy dates, jallab to Amardeen  
Filling empty stomachs with joy and purification

I am from the Holy Quran that was sent down to Prophet Muhammad  
I am from the experiences and lessons taught  
From forgiveness to humanity to feeding the soul with positivity  
From nourishing the less fortunate to fulfilling one's duty of zakat  
From permanent acts and displays of good deeds year round  
I am from the five pillars of Islam  
Declaring one's faith, self restraint, generosity, and dedication to Allah  
I am Ramadan



**Randa Sabbagh**

Ramadan is a time of reflection about our religion. Ramadan is probably the only month that families get together to have dinner and put their busy lives aside. We learn patience and tolerance during this holy month. Ramadan helps us remember the poor and the weak.



# Ramadan Mubarak



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## Ramadan Greetings

## فضل شهر رمضان

By Imad Hamad, AHRC Executive Director



The American Human Rights Council (AHRC-USA) board of directors, staff and volunteers extend their warm and best wishes for a month full of health, peace

and prosperity on the occasion of the beginning of the holy month of Ramadan, expected on May 26, 2017 for people of Muslim faith in the United States and across the world. Aside from fasting, the holy month of Ramadan is a month of reflection, sharing and giving.

AHRC-USA hopes that this precious month will bring comfort and lasting peace to all who are observing it, especially those who are victims of war, conflict, hunger, poverty and despair in many troubled areas across the globe. AHRC calls upon conflicting parties to cease the language of war, stop the hostilities and make the month of Ramadan a month for peace. In addition, AHRC-USA urges people of good will to help those who are less fortunate and help alleviate some of the human suffering of those in need here at home and abroad.

AHRC-USA hopes that this month will serve as another occasion to advance our commitment to building bridges toward a world of human rights, global justice and peace. We wish you a Blessed Ramadan and Ramadan Mubarak to all.



سماحة السيد مهدي الامين مفتي قضاء بنت جبيل

شهر رمضان واحة من واحات الله الظليلة في صحراء الأيام القاحلة، فسحة من الأمل، مائدة من موائد الرحمن الكثيرة، ومناسبة إلهية عظيمة للتزود من خير زاد الدنيا للأخرة، أكبر قدر من الزاد، من الطاعات والحسنات والاجر والثواب ليوم لا ينفع فيه مال ولا بنون إلا من أتى الله بقلب سليم.

شهر رمضان شهر الفرص والأعطيات الإلهية العظيمة. فلننتهزها ولنستغلها فرص مسخرين ومحولين كل ساعة منه إلى عمل صالح نمحو فيه ما علق بنا من درن الأيام والشهور السابقة وننزل عن ظهورنا ما احتطبناه فيما احتطبنا ونحن نلهث ونكدح بحثاً في فئات الدنيا وحطامها غير عابئين بحلال أو بحرام. وشهر رمضان يركز فيه الضوء على مساحاة وحيز هامين من مسيرة حياتنا ويشرف عليها الله عز وجل من عليائه فاتحاً لنا فيها أبواب جنانه وموصداً عنا أبواب نيرانه ومصفاً عنا الشياطين.

وينادي مناديه عند كل فطر: هل من سائل فأعطيه سؤله هل من تائب فأتوب عليه هل من مستغفر فاعفر له، اللهم أعطي كل منفق خلفاً وأعط كل ممسك تلفاً.

قال الله تعالى: وَسَارِعُوا إِلَى مَغْفِرَةٍ مِّن رَّبِّكُمْ وَجَنَّةٍ عَرْضُهَا السَّمَاوَاتُ وَالْأَرْضُ أُعِدَّتْ لِلْمُتَّقِينَ {آل عمران/ 133}.

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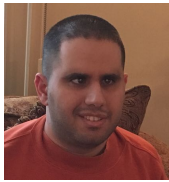
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## Ramadan Greetings

*By Bahzad Ballout, University of Michigan Student*



The aroma of freshly baked dough stuffed with slices of cheese or croissants sprinkled with zatar spice fills the streets in East Dearborn during the Ramadan nights, where people of all ages flock to bakeries and restaurants as they race to eat before the crack of dawn.

This ever-increasing connection between people is just as incredible as the fasting and the prayers that unite those who celebrate Ramadan. It was perhaps during my elementary or

middle school years when I asked my father about the holiday's meaning. He simply said that we fast to experience "what the poor experience."

Poverty has always evoked within me a deep sense of sadness and the will to help those who are in need. Over the years, however, the subject grew to embody much more than emotion and motivation. When fasting, I feel a glimmer of excitement about the dinner that my siblings, parents, and I will eventually come to share. To experience enthusiasm about what for many seems like a casual part of life and reflect on it later has proven to be both surprising and fascinating.

Often I've heard that we don't seriously consider everything in our lives—a statement whose many forms ring with a loud truth. While I received firsthand experience about this, sometimes I'm prone to forget it. Thinking of my father's words that day, though, makes me thankful for things small and large. I also have a greater respect for those who continually don't have enough to eat. Ramadan has given me more than flaky croissants and the sumptuous dough that makes up every man'ousheh: I have gotten food for thought about the physical and figurative fortunes we possess; I have come to appreciate the toil that unfolds day in and day out, and I have acquired more understanding about what unity is like. But the knowledge behind fasting is, almost undoubtedly, the most important aspect I've taken away from the observance. It's one universally understood and one that, I'm sure, will prove beneficial for years to come.

*Fatima Issa, Wayne State student*



The month of Ramadan represents a time of forgiveness and atonement. Our devotion and acceptance of our religion is tested both

spiritually and physically. It is a time for family to gather and fast in recognition of this pillar of Islam. It brings the Muslims of the world together in harmony.

*Zeinab Issa, Stout Middle School Student*



Ramadan is the bridge between our current world and our ancestors and Imams that existed in earlier generations.

Ramadan compels us to consider our past deeds, good or bad, and helps us learn from those regrets. Ramadan exposes us to the world of poverty and demands we show our charity.

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## Ramadan Greetings

### Imam Mohammad Ali Elahi, Islamic House of Wisdom



I'd like to take this opportunity to wish the faithful a happy Ramadan. The fasting season is an opportunity to experience a spiritual revolution and develop a new discipline in their relationship with themselves, their Lord and fellow human beings based on piety, humbleness and courtesy.

Fasting cleans the heart from selfishness, greed, impatience and the most dangerous and addictive disease of all, hypocrisy and replacing it with sympathy for those who are hungry and thirsty, whether their suffering is caused by natural disasters or humans.

The Night of Power, or the Night of Destiny: That is the time to talk with the Lord and establish a true friendship with Him based on love, trust, and submission. The Night of Power is an experience of sacred awe in some ways quite similar to what faithful Christians experience on Christmas Eve, when they retell the story of the angels announcing the birth of the Messiah. During the month of Ramadan, the stories of Adam and Eve, Noah, Moses, Abraham, Mary and Jesus, are retold in Arabic and English.

The spirit of the Quran was transmitted to the Prophet Mohammed by the grace of the Holy Spirit on the Night of Power. The Quran as a holy book was revealed to Prophet Mohammad over a period of 23 years via the Angel Gabriel. This is a heavenly gift of guidance and wisdom with universal solutions for human problems. Only through divine directions can humanity enjoy real peace, prosperity, justice and freedom.

The Islamic House of Wisdom will begin its services from Friday evening of May 26 and will continue its service every evening until Saturday June 24th. Everyone who seeks education about Islam is welcomed.

### Anwar Mahmoud



Ramadan, one of the most common words you hear Muslims talk about, no matter where you are. Whether it's in a country half across the globe, or if it's right here, in the city of Dearborn, Ramadan proves to be a topic all Muslims agree on.

Fasting for 30 consecutive days could spook some people, but there is more to fasting than what it seems to be. Fasting means to constrain oneself from consuming any food or drink (this is the most common form but there could be many).

We go throughout our days setting a schedule on what to eat for breakfast, lunch and dinner, making sure we get what we need to satisfy our hunger. Not only does this use up from our day the time it takes to plan, but it also takes time while we are performing other daily processes. For example, if I think of the dinner I'm going to eat later on in the day, I begin to ponder about it as I drive to work, complete my work, and when I drive back home. Of course, this does not apply in every situation, but it somewhat describes how our minds are constantly involved with thinking about the consumption of food and drink.

Fasting adds more time to my day. Not worrying about having to eat gives me more time in the day to not get distracted and to focus on the work I need to complete and on the goals I need to reach. This is probably one of the biggest positives for me in regards to fasting. It makes me take a step back and really appreciate the time I have, time that has much potential to produce greatness, to improve oneself, and to help the world in however many ways possible.

In the month of Ramadan, I am more conscious of how much time I actually have, and make sure that when the time passes by each year, I'll be ready to take advantage of it. Happy Ramadan.

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**A message from the Dearborn Chief of Police***By Ronald Haddad*

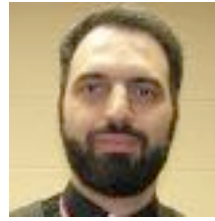
As many Dearborn residents prepare to observe the Holy Month of Ramadan I would like to remind you of some basic public safety measures that will best serve our community.

- Important: Properly supervise children. Curfew for children 16 years of age and under is 10 p.m. Sunday

through Thursday and 11 p.m. on Friday and Saturday. Additionally, as a parent/guardian you are responsible for the behavior and whereabouts of your child. Juveniles found outside past curfew who are involved in general mischief may result in criminal charges against both the child and the parent.

- Traffic Safety – night driving: Be mindful of safe driving habits: always wear your seatbelt, follow the rules of the road and do not drive distracted.
- Be good neighbors: As we celebrate remember to keep noise to a minimum during late evening and night time hours. If you find yourself staying up late enjoying the outdoors with friends, remember that sound travels and permissible sound levels are reduced at night (10:00 p.m. to 7:00 a.m.).
- In Dearborn: Continue to look out for one another and report any suspicious activity to **9-1-1** or **943-3030**.

Together, we will keep Dearborn a great place to live, work and visit –  
*Eid Mubarak!!!*

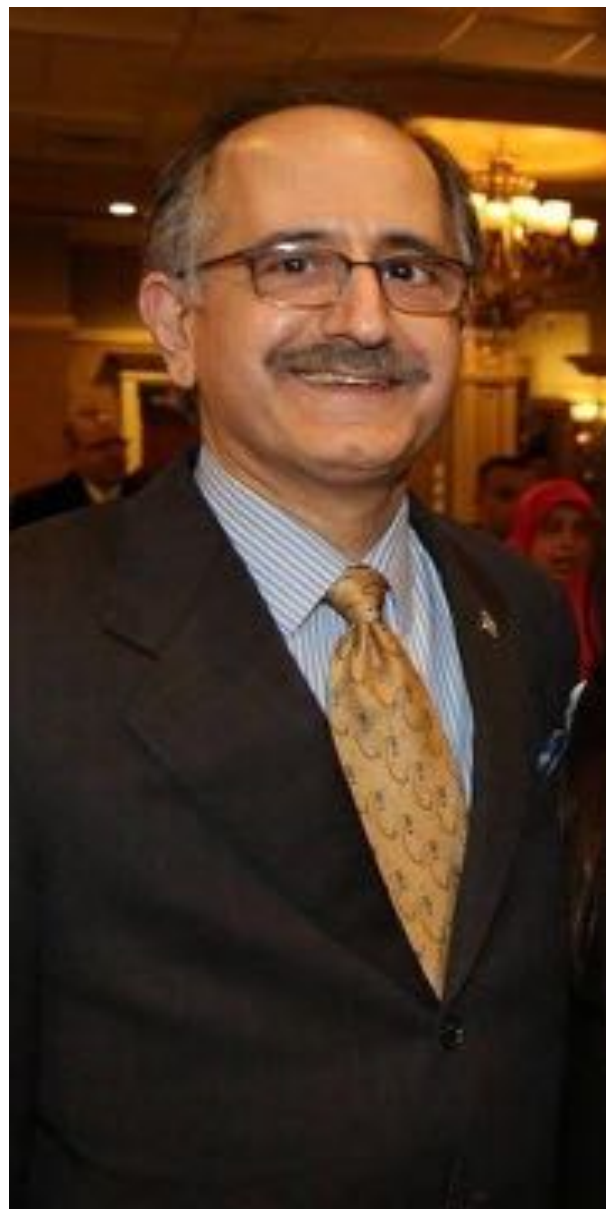
**A message from the Mother of the Savior Church, Dearborn***Father Rani Abdulmasih,*

What an amazing privilege it is to come before the Creator, with humble hearts, a pure spirit, and all of our beings seeking His Mercy! No one knows us better than the one who has created us, the Creator of the Heavens and the earth, of all that is seen and unseen, to Him be all the praise and glory!

Fasting, then, is a mere pause from the hassle of everyday life, reminding ourselves that we are in desperate need of the blessings of God the Almighty. It is our way of remembering what faith in Him truly means, and what an amazing and wondrous God our Creator is.

As the community begins this season of fasting, I pray from the depth of my heart that our merciful God may continue to bring each and every one closer to Him. It is only when we are closer to God in our journey that we can be closer in our relationship to one another. For no one can say that they love God whom they cannot see, and not pour out their hearts in compassion for the sake of their fellow brothers and sisters in humanity whom they can and do see.

May this time of fasting be a time to grow in faith in the one who has created us from the dust of the earth, and in true love for one another as we continue to journey here on earth doing all that we can to be a blessing unto others.



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**“Wishing you a peaceful Ramadan”**

**“Ramadan Mubarak!”**

Paid for by: George T. Darany for Dearborn City Clerk 17835 Oakwood Blvd., Dearborn, MI 48124



## Ramadan Greetings

**Dr. Glenn Maleyko, Dearborn Public Schools Superintendent**



Around the world, and right here in our community, Muslims are prepared to begin the month of Ramadan. This month of fasting, charity, and prayer is also a time of family gatherings and the sharing of meals. These activities strengthen one's faith and they strengthen our community.

As Superintendent, I'm very fortunate to have the

opportunity to meet and connect with many people and organizations in our community. I enjoy sharing in the celebrations and appreciate the warm welcome I always receive.

Our District always has and always will embrace and champion diversity, equality, and education for all. Our Board of Education recently passed a resolution saying as much.

Our diverse employees, students, their families and the community that we serve are who we are. Their diverse knowledge, skills and backgrounds, and experiences enlighten and strengthen our schools and community, contributes to its growth, and provides a foundation for tomorrow's leaders.

We are committed to student success and providing an open door to their educational and professional goals. This long standing commitment is woven throughout our School District Mission Statement, values, policies, services, and daily practices.

More than 20,700 students attend the Dearborn Public Schools and our students and their families represent the many cultures, nationalities and religions that make up the great city of Dearborn. We are proud to be part of a community where so many can practice their faith in freedom and with the understanding of neighbors. School is about learning and learning takes place at all times not just in the classroom. Learning about other cultures, traditions, and religions helps bring us closer together as a community and strengthen us as a city. "Ramadan Mubarak"

**Ibrahim Ahmad**



To me Ramadan goes beyond the restriction of food and water, it is about discipline and appreciation. It is about valuing the blessings in our lives. It is a time of self-reflection and a reminder that there are many who are less fortunate than ourselves. Ramadan is a month long reminder to take what is yours and give to those who are in need. This may be your time, your money, your material items, or even your sympathy. Although Ramadan is tough physically, I thoroughly enjoy the sense of unity I feel among my community and family that Ramadan generously brings.

**By Dr. Hoda Amine, clinical social worker specialist**



The best time of the year in our home is during the holy month of Ramadan. Not only do we fast, pray extra and read the holy Qur'an but also it's a way to search and cleanse our body and soul as well as reconnect with our loved ones (Silat El-Rahem). Ramadan has four weeks, I usually like to break fast each Saturday with different company.

The first week, we invite our family, second our friends, third our staff and co-workers. The last ten days (Nights of Power) we usually spend at the mosque listening to religious lectures, Du'aa, and prayer. Ramadan brings so much contentment, peace and harmony. No wonder The Holy Qur'an was delivered to Muslims during this holiest month.

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## Ramadan Goals

*Ramadan is the month of renewal and training; the month of strength and discipline, and no improvement would not take place and be sustained without setting goals and following them. We are recommending some goals on different subjects for an easier start, and you can add your own or modify.*

1- **RAMADAN:** The first things that come to mind about Ramadan include:

- Variety of food, iftar, suhoor
- Hardship, thirst, hunger
- Spirituality, avoiding sins
- Gatherings with friends and family, Quran and prayers

2- **GOALS:** For this Ramadan, I have identified the following:

- Be God fearing and increase piety
- Build my character
- Work toward perfection
- Increase my spirituality & purify my soul
- Be positive and display best of morals

3- **PRAYER:** To improve my prayer, I have decided the following:

- Improve concentration
- Understand its meaning
- Perform extra prayers at night
- To be punctual for Friday prayer
- Increase my prostrations

4- **QURAN:** To improve my relationship with the Quran, I have decided the following:

- Read the whole Quran at least once
- Memorize a few chapters
- Learn to recite the Quran correctly
- Understand its meaning & ponder over its verses

5- **DUA:** To be closer to Allah, I have decided to recite the following:

- Daily dua for Ramadan
- Dua after prayers
- Supplications for iftar
- Dua from Quran & narration
- Dua with tears

6- **HEALTH:** For a better health, I have decided the following:

- Quit smoking
- Control my eating and sleeping habits
- Select fruits & vegetables over fatty foods
- Exercise to keep fit

7- **KNOWLEDGE:** To acquire more knowledge, I have decided the following:

- Read Islamic books
- Attend Islamic lectures
- Start a study circle or Quran translation program
- Visit through Islamic websites

8- **VIRTUE:** To enhance my morals, I have decided to work on the following:

- Invite others for iftar
- Being kind to relatives
- Help my neighbors
- Lighten the burden of others
- Give alms to the poor
- Respect my elders

9- **SIN:** I have decided to avoid the following sins:

- Speaking ill of others, backbiting
- Losing my temper
- Spending too much time on social media
- Forwarding forbidden materials via social media
- Vain talk, and telling lies

10- **NIGHTS OF POWER:** To take advantage of the Nights of Power, I have decided the following:

- To increase worship during the last 10 nights of Ramadan
- To seek forgiveness for past sins
- To ask for guidance for the future
- To increase dua for everyone

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Prayer times for the Detroit Metropolitan Area

شهر رمضان ١٤٣٨

اليوم Day	رمضان Ramadan	أيار / حزيران May / June	الإمساك Imsak	الفجر Fajr	الشروق Sunrise	الظهر Dhuhr/Asr	الغروب Sunset	المغرب Magrib/Isha	المناسبات Events
السبت	1	27	3:56	4:14	6:01	1:30	8:59	9:19	
الأحد	2	28	3:55	4:12	6:01	1:30	9:00	9:20	
الاثنين	3	29	3:53	4:11	6:00	1:30	9:01	9:21	
الثلاثاء	4	30	3:52	4:10	6:00	1:30	9:02	9:22	
الأربعاء	5	31	3:51	4:09	5:59	1:31	9:02	9:23	
الخميس	6	1	3:50	4:09	5:59	1:31	9:03	9:24	
الجمعة	7	2	3:49	4:08	5:58	1:31	9:04	9:24	
السبت	8	3	3:48	4:07	5:58	1:31	9:05	9:25	
الأحد	9	4	3:47	4:06	5:57	1:31	9:05	9:26	
الاثنين	10	5	3:46	4:05	5:57	1:31	9:06	9:27	يوم وفاة السيدة خديجة الكبرى (رض)
الثلاثاء	11	6	3:46	4:05	5:57	1:32	9:07	9:27	
الأربعاء	12	7	3:45	4:04	5:56	1:32	9:07	9:28	يوم المولد بين المهجرين والناصر وموادة النبي (ص)
الخميس	13	8	3:44	4:04	5:56	1:32	9:08	9:29	
الجمعة	14	9	3:44	4:03	5:56	1:32	9:08	9:29	
السبت	15	10	3:43	4:03	5:56	1:32	9:09	9:30	ذكرى ولادة الإمام الحسن المجتبى (ع)
الأحد	16	11	3:43	4:02	5:56	1:33	9:10	9:30	
الاثنين	17	12	3:42	4:02	5:56	1:33	9:10	9:31	ذكرى معركة بدر الكبرى
الثلاثاء	18	13	3:42	4:02	5:56	1:33	9:11	9:31	ليلة القدر الأولى، ليلة جرح الإمام علي (ع)
الأربعاء	19	14	3:42	4:02	5:56	1:33	9:11	9:32	
الخميس	20	15	3:42	4:01	5:56	1:33	9:11	9:32	ليلة القدر الثانية، ليلة شهادة الإمام علي (ع)
الجمعة	21	16	3:41	4:01	5:56	1:34	9:12	9:33	
السبت	22	17	3:41	4:01	5:56	1:34	9:12	9:33	ليلة القدر الكبرى
الأحد	23	18	3:41	4:01	5:56	1:34	9:12	9:33	
الاثنين	24	19	3:41	4:01	5:56	1:34	9:13	9:34	
الثلاثاء	25	20	3:42	4:02	5:56	1:35	9:13	9:34	
الأربعاء	26	21	3:42	4:02	5:56	1:35	9:13	9:34	
الخميس	27	22	3:42	4:02	5:57	1:35	9:13	9:34	
الجمعة	28	23	3:42	4:02	5:57	1:35	9:13	9:34	
السبت	29	24	3:43	4:03	5:57	1:35	9:14	9:34	
الأحد	30	25	3:43	4:03	5:57	1:36	9:14	9:35	يلت الهلال شرعاً بالرؤية المعتمدة الشرعية وليس بالتوقعات الفلكية

This is prayers time table provided by Sayyid Sistani's office.

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