Ramadan

Islam

“O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may learn to guard your souls.”
— (The Quran, The Cow, 2:183)

Ramadan is the ninth month of the Islamic calendar, observed by Muslims worldwide as a month of fasting, prayer, reflection and community. It is celebrated as the month in which the Prophet Mohammed [peace be upon him], received the first revelations that make up the Quran.

The annual observance of Ramadan is one of the Five Pillars of Islam. Fasting allows Muslims to rely on God’s boundless mercy to support them throughout their days. Experiencing God’s endless magnificence inculcates God-reverence (taqwa) in their hearts, which is Ramadan’s purpose.

Date
- Ramadan varies each year and lasts twenty-nine to thirty days, from the morning after the first sighting of the crescent moon to the next. The holiday is calculated on a lunar calendar and is approximate.
- Link to Interfaith Calendar for exact date/year lookup.

Greetings
Wishing a celebrant a “Ramadan Mubarak,” meaning “blessed Ramadan” or “happy Ramadan,” or a “Ramadan Kareem,” meaning “generous Ramadan” is welcome.

Common Practices and Celebrations
- The common practice is to fast from first dawn to sunset. The pre-dawn meal before the fast is called the suhur, while the meal at sunset that breaks the fast is called iftar.
- Muslims devote more time to prayer and acts of charity, striving to improve their self-discipline.

Common Dietary Restrictions
- Abstinence from food and drink from dawn to dusk for the lunar month is required.
- Many Muslims follow halal food guidelines, meaning food that is permissible by Islamic standards.
- Vegetarian meals prepared without alcohol meet halal standards.

Impact to U-M Community
- Ramadan observers will be fasting during the day (continuously for the lunar month) and will likely have less stamina as a result.
- Muslim colleagues and students may request to take the first day of the celebration off. Colleagues and remote students in Muslim countries will likely have a national holiday.
- Link to U-M Guidance Regarding Conflicts.

U-M Campus Resources
- Maize Pages - Muslim, U-M
- Association of Religious Counselors, U-M
- Eid al-Fitr, U-M

Information Sources
- Vox.com
- Wikipedia

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