



## **Fasting, Educating and Praying During the Month of Ramadan**

**Let's Build Bridges among People!**

**An Invitation to Solidarity with Muslims**

### **What is Ramadan? June 6 – July 5, 2016**

**Ramadan** is an annual observance is regarded as one of the Five Pillars of Islam. The word Ramadan comes from the Arabic root *ramida* or *ar-ramad*, which means scorching heat or dryness. Fasting is *wajib* (obligatory) for adult Muslims, except those who are ill, travelling, pregnant, diabetic or going through menstrual bleeding.

While fasting from dawn until sunset Muslims refrain from consuming food, drinking liquids, smoking and sexual relations; and in some interpretations from swearing. <http://www.isna.net/month-of-ramadan.html>

### **What does Pope Francis say?**

"... But the converse is also true: it is not possible to establish true links with God, while ignoring other people. Hence it is important to intensify dialogue among the various religions, and I am thinking particularly of dialogue with Islam. At the Mass marking the beginning of my ministry, I greatly appreciated the presence of so many civil and religious leaders from the Islamic world..." **Address to the diplomatic corps accredited to the Holy See, March 22, 2013 (excerpt)**

## **Four Ways to be in Solidarity**

### **1) Fast in some way**

The traditional fast for Ramadan is fasting from dawn to dusk, but this may be impossible or too intense for some people. Perhaps fasting from eating between meals or from sweets or from your favorite TV program, etc.

### **2) Educate**

The best way would be to invite a Muslim to speak to your group or invite a Muslim for dinner. If you don't know where to find a speaker, check with the local ministerial alliance or a local college.

In addition, read some of the resources provided here or listen to videos about Islam.

### **3) Pray – include in petitions for Mass or for the Mercy**

You might pray for all of our Muslim brothers and sisters during Ramadan or for an end to discrimination and violence in all their forms.

### **4) Build relationships with Muslim neighbors**

- a. See if there is a Ramadan break-the-fast dinner in your community during a nation-wide solidarity event on June 7:  
<http://www.se7enfast.com/>
- b. Join a coordinated effort to welcome refugees, especially Syrian refugees, to your community: <http://www.refugeesarewelcome.org/>
- c. Look for opportunities to visit a local mosque, participate in an interfaith dialogue or in other ways connect with your Muslim neighbors.

## **Resources**

[Shoulder to Shoulder](#) The Sisters of Mercy partner with this organization.

[United States Conference of Catholic Bishops \(USCCB\): Resources on Islam](#)

[Understanding Islam: A Guide for Catholic Educators](#) (USCCB)

## **Videos**

[\*Islam in America: What does Jihad Mean?\*](#) (Length: 5:01 minutes)

Two opposing groups battle to define the word jihad on public buses and subways.

[\*PBS report: Muslims in America\*](#) (Length: 8:31 minutes)

In the wake of 9/11, American Muslims say they have experienced increased discrimination and suspicion, and violations of their civil liberties. “We are misunderstood, and therefore, the challenge has been how we can reintroduce ourselves in a language that is familiar with our fellow American neighbors,” says Imam Yahya Hendi of Georgetown University.

[\*ABC news report: Islam in America\*](#) (Length: 8:50 minutes)

This report discusses the basics of Islam and the similarities and differences between Islam, Christianity and Judaism.

**Christian Reformed Church productions** (Length: 10 minutes each)

- [\*Are Refugees Terrorists?\*](#)
- [\*Why Don't Closer Countries Take the Refugees?\*](#)
- [\*What about Sharia Law?\*](#)
- [\*We need to be brave\*](#)

[\*Talking Through Walls: How the Struggle to Build a Mosque Unites a Community\*](#) (Length: 1 hour)

[\*Islamic Art: Mirror of the Invisible World\*](#) (Length: 90 minutes)

[\*On a Wing and a Prayer: An American Muslim Learns to Fly\*](#) (Length: 57

minutes)

*Cities of Light: The Rise and Fall of Islamic Spain* (Length: 116 minutes)

*Muhammad: Legacy of a Prophet* (Length: 116 minutes)

American Muslims and the story of the man they call the Messenger of God

*Prince Among Slaves* (Length: 60 minutes)

True story of Abdul Rahman Ibrahima Sori, an African prince enslaved in the American South

*Inside Islam: What a Billion Muslims Really Think* (Length: 55 minutes)

*Allah Made Me Funny: The Movie* (Length: 82 minutes)

*Enemy of the Reich: The Noor Inayat Khan Story* (Length: 55 minutes)

A Muslim woman defies the Nazis in WWII Paris