



Dear Woolf Friends,

Ramadan is coming!

Ramadan is a time of the year most which Muslims eagerly look forward to. But how can one look forward to a month of struggle and extreme hunger? Why do Muslims indeed anticipate Ramadan with such excitement?

It is not just 'starvation'. Fasting is an integral part of the spiritual journey of Ramadan. Fasting is a reminder that the state of God is so elevated that, without the need for anything, he is still the master of all things. Fasting is part of training the inner self – the *nafs* - in the same way that going to the gymnasium trains one's body.

During Ramadan, the *tarawih* prayer is a voluntary night prayer that takes place after the '*esha*' prayer. Every night, a portion of the Qur'an is recited aloud in a melodious tone, such that by the end of the month, the entire Qur'an has been renditioned by the *imam* – from memory. Through hearing the Qur'an, Muslims remain familiar with the entire text, and are reminded of the importance of congregational prayer. From Morocco to India, and Britain to America, the night prayer is conducted the very same way.

Other communal experiences during Ramadan are *suhoor* and *iftar*. Before sunrise, Muslims partake in a small meal in order to prepare for the long, foodless hours of the day ahead. This meal is often enjoyed within the family unit, and forges close bonds. You may see your sister in a zombie-like state, or your father sipping his tea silently, too early for him to articulate, or one's mother asking if you have definitely drank four glasses of water. After the dawn prayer – we sleep again.

Then comes the moment of opening the fast at sunset. At this point, time seems to proceed in slow motion. The smell of *iftar* preparations only reminds you further of the lack of food in your system – but it makes the moment of breaking the fast all the more special. Whether one breaks their fast at home with their family, or in the mosque with their friends, there is always the familiar experience of the magical flow of water through one whose mouth has been dry for sixteen hours. But even then, because your stomach has shrunk from not eating – you can only eat but a few morsels. The reality of the dishes in front of you that may never actually be eaten, reminds you of the plight of all those around the world who do not have enough as a piece of bread to break their fast. You are left grateful.

Now, who would not look forward to such a month?

Best wishes,

Mohammed Ibraheem Ahmed  
PhD Scholar, Woolf Institute

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This Week At Woolf

## RAMADAN



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## IFTAR

Monday 4 April @20:00

The Woolf Institute invites you to break fast with us in celebration of the holy month of Ramadan.

WOOLF INSTITUTE | KC SHASHA SUITE



### IFTAR AT THE WOOLF INSTITUTE

The Woolf Institute invites you to break fast with us on Monday 4 April at 20:00 in the KC Shasha Suite in celebration of the holy month of Ramadan. Congregational Maghreb prayer to take place after iftar.

**CLICK HERE TO REGISTER**

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# رمضان مبارك

## Ramadan Mubarak

### RAMADAN MUBARAK

The Woolf Institute wishes everyone who celebrates Ramadan Mubarak. May this Ramadan bring you blessings and and prosperity.

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## COMING SOON

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