

Ramadan: A Month of Fasting, Prayer, Reflection, and Community

April 12-May 12, 2021

At TriHealth, one of our core values is respect for all people, differences and spiritual heritage. It's with this value in mind that we want to highlight the holy days of Ramadan.

What is Ramadan?

Ramadan is the most sacred month of the year in Islamic culture. The tradition began in the seventh century and is now the second-largest religion, after Christianity, with nearly two billion followers globally.

As a month-long celebration, Ramadan's weeks of spiritual introspection build toward Laylat al-Qadr, or the "Night of Power," believed to be the holiest night of the year. This singular evening of worship marks the day Muslims believe the angel Gabriel began giving the Prophet Muhammad revelations from Allah, or God.

When is Ramadan celebrated?

- This year, Ramadan will be celebrated from April 12 through May 12.
- Ramadan is the ninth month in the Islamic calendar, a lunar calendar based on the cycles of the moon. Since lunar months are shorter than solar, the Islamic calendar does not correspond with the Gregorian calendar (the most widely used calendar in the world today). This means Ramadan occurs 11 days earlier every year.
- Ramadan observances begin the morning after the crescent moon is visibly sighted, marking the beginning of the new month.

Who celebrates Ramadan?

Ramadan is observed and celebrated by nearly two billion followers of the Islam religion.

How is Ramadan celebrated?

Ramadan is celebrated the entire month by the Islamic community through fasting every day from sunrise to sunset, abstaining from pleasures and praying to become closer to God.

Ramadan is meant to be a time of spiritual discipline — of deep contemplation of one's relationship with God, extra prayer, increased charity and generosity, and intense study of the Quran.

Muslims break their fasts each day by sharing meals with family and friends after sunset, and at the end of Ramadan, a large three-day festival takes place, known as Eid al-Fitr, one of Islam's major holidays.

There are Five Pillars of Islam that form the basis of how Muslims practice their religion. They are:

- Shahada: faith in the Islam religion
- Salat: pray five times per day facing the direction of Mecca
- Zakat: give support to the needy
- Sawm: fast during Ramadan
- Hajj: make the pilgrimage to Mecca at least once during one's lifetime

Did You Know?

- Although many countries in the Middle East-North Africa region, where the religion originated, are heavily Muslim, this region is home to only about 20% of the world's Muslims.
- There are nearly 3.5 million Muslims of all ages in the U.S., about 1.1% of the U.S. population.
- The word "Islam" means "submission to the will of God."
- Mosques are places where Muslims worship.

Show Your Support

If you want to show your friends and team members that you've made an effort to learn more about their religion, the standard greetings are "*Ramadan Kareem*" which translates to "have a generous Ramadan," or "*Ramadan Mubarak*," which roughly translates to "Happy Ramadan."

Team members who observe Ramadan and would like to participate in prayer, please see the following links to local Mosques with virtual or in-person offerings:

- [The Islamic Center of Greater Cincinnati](#)
- [Clifton Mosque](#)
- [Al Ashab masjid](#)