

LABOUR MUSLIM NETWORK

# 2024 Guide **RAMADAN**





# INTRODUCTION



The blessed month of Ramadan is the ninth month of the Islamic calendar. This holy month is an opportunity for Muslims across the globe to engage in spiritual reflection, celebration of community and prayer.

During the month of Ramadan, fasting from dawn to sunset is obligatory for all Muslims who are physically and mentally able. Fasting consists primarily of refraining from all food and drink, as well as other obligations, during daylight times.

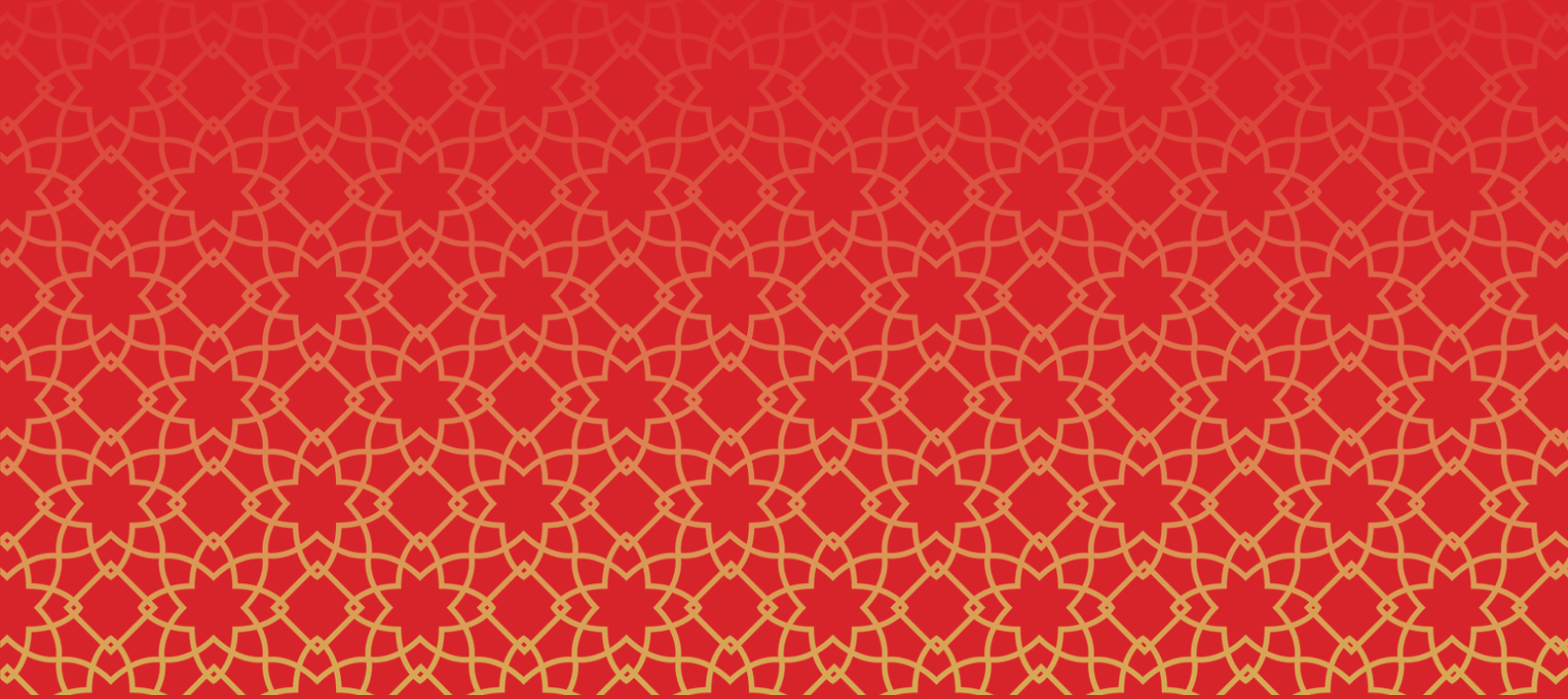
This year, like many before, Ramadan falls within an important election period in our country. With tens of thousands of Muslim Labour members all across the UK campaigning, there are going to be significant impacts on members, Labour groups and CLPs throughout this holy month.

The annual LMN Ramadan guide aims to support our Party and Muslim members across the UK.

## When is Ramadan?

Ramadan falls on the ninth month of the Islamic calendar. The start and end of the month is determined by the sighting of the moon.

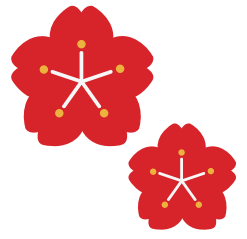
This year, Ramadan is anticipated to fall between 10th and 11th March 2024.



***“Fasting is prescribed for you as  
❖ it was for those before you, so ❖  
that you may be conscious of  
Allah.”***

*The Noble Quran 2:183*





# USEFUL INFO +



# TIPS



## "The Iftaar"

*Muslims who are observing the fast will be breaking their fast ("iftaar") at/around Maghrib (sunset) prayer time. This means any activity and campaigning scheduled for around this time will be difficult to attend for many Muslims.*

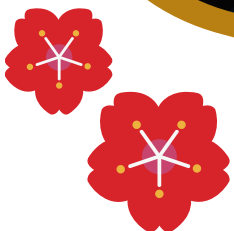


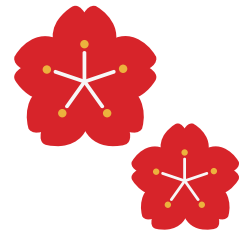
*We advise all groups and CLPs organising campaign sessions, meetings, events and other activity, to consider that this time will be inaccessible for many Muslims during Ramadan.*



## Socials

*Please consider the venue that local socials are organised in. Pubs, Bars and heavily alcohol reliant venues will be inaccessible to many Muslims ordinarily - and particularly during Ramadan.*





# USEFUL INFO +

# TIPS



## Campaigning

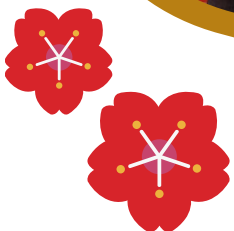
*Muslim members observing the fast will be going without food and water in the daylight hours. This will naturally mean many will find themselves with less energy than usual and needing to break activities into smaller time chunks.*

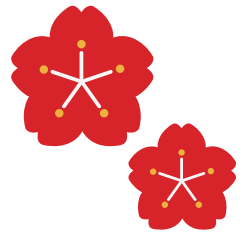
*Labour groups and CLPs could consider reducing campaigning sessions and activities to between 60-90mins.*



## Reaching Out

*Approaching your local members and activists ahead of Ramadan and being sensitive to the obligations it presents for them will encourage people to come to you if they need any adjustment to their normal pattern or any other support.*





# USEFUL INFO +



# TIPS

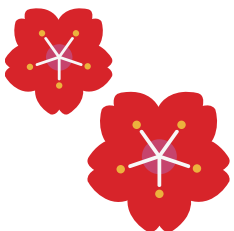


## Small Adjustments

*Ramadan is hugely important to Muslim members, but it might only need small adjustments from you to be inclusive.*

*In most cases slight adjustments to the working day could include:*

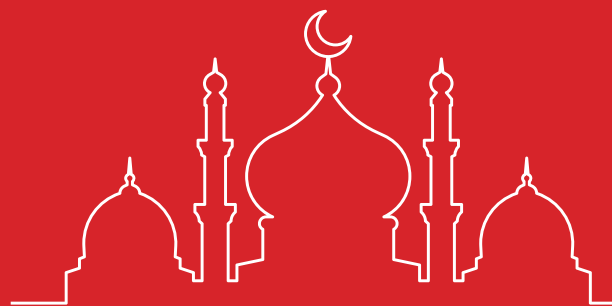
- *Avoiding organising 'lunch activities'*
- *Avoid organising too many physically demanding events.*
- *Consider providing significant breaks between campaigning sessions for activists and candidates.*
- *Build prayer times into activity timings*





# GLOSSARY OF ❖ TERMS ❖

- **"Salah" or "Namaaz"** – prayer
- **"Iftaar"** – the breaking of ones fast
- **"Suhoor"** – the meal consumed early in the morning before sunrise
- **"Taraweeh"** – extra congregational prayers performed in mosques each night during Ramadan
- **"Maghrib"** – evening prayers coinciding with sunset
- **"Fajr"** – morning prayers coinciding with sunrise
- **"Itikhaf"** – When someone decides to enter Itikhaf, which is a significant act of worship, they live in the mosque for the last 10 nights of Ramadan with the aim of increasing their worship to God in a focused way devoid of any distraction
- **"Laylat ul-Qadr"** – This is the most holy night for Muslims and is translated as the 'Night of Power', when Muslims are encouraged to increase their worship and some may do so throughout the night
- **"Eid Al-Fitr"** – the festival which marks the end of Ramadan and Muslims celebrate with family and friends.





# RAMADAN MUBARAK



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