

مبارة على شهر رمضان

Tri-City Islamic Center

Ramadan Magazine

2020/1441 H.



*A message from Imam Mus'ab, TCIC Board, and TCIC's dedicated Administrative Team...*

## *Ramadan Mubarak!*

*Assalamu 'alaikum wa rahmaut Allahi wa Barakatuh Dear Brothers and Sisters!*

We ask Allah (swt) that you receive this Ramadan Magazine in the best of health and in high Islamic spirit. We ask Him to accept our fasting, prayers and good deeds. Ramadan is a rare few days set by Allah (swt) for us as a great chance to attain righteousness. This blessed month requires some effort and sacrifice to reach that divine goal and rejoice the success of this world and the hereafter. Everything we give in this month will be multiplied! So please make the intention to achieve righteousness in our deeds and actions, to recite more Quran with our families and to continue these positive habits after Ramadan.

We are grateful to Allah (swt) for making us as one body, if any limb of it should complain, the rest of the body is called upon by restlessness and fever. We are most grateful to Allah (swt) for making us amongst those who are witnessing this blessed month of Ramadan. Our community has grown and the opportunities for further accomplishments are abundant. We are very optimistic and ready to renew our commitment to this Deen. We pray that Ramadan will allow us to strengthen our resolve to pursue these opportunities and accomplish our community goals and aspirations with your help and support; both spiritually and financially. With your participation in our online programs, your involvement in our community and with your generous contributions, our successes know no bounds.

We Ask Allah (swt) to grace us with His mercy and guide us to fast Ramadan in the best way. We ask Him to bless our community, unite our hearts, and make us among those who receive His forgiveness and redemption from the Fire.

Please remember those who are less fortunate, suffering and oppressed. Make sincere and constant Dua for them in this blessed Month of Ramadan. We ask Allah (swt) to accept our fast and protect humanity during these difficult times.

Jazakum Allah Khair and once again, Ramadan Mubarak!

*Imam Musa'b, your Board of Directors, and Administrative Team*



The Prophet ﷺ said,

**When the month  
of Ramadan**

**starts,** the gates of the  
heaven are  
**OPENED** and  
the gates of  
Hell are  
**CLOSED** and  
the devils are  
chained.

Saheeh Al-Bukhari



Dear Community Members, the programs listed below are put together to benefit us all insha'Allah during this blessed month. Our main program will be the nightly **Quran Recitation and Reflection**. Every night, starting on April 23<sup>rd</sup> (from 9:45 pm – 10:45 pm), Imam Mus'ab will read approximately one "Juz" and then will do a summary tasfeer. Collectively, we will do a "Khatm" during this sacred month. We truly appreciate your attendance and participation. Aside from our recurring nightly *Quran Recitation and Reflection*, we will have these weekly programs available for you, too. Please see the April and May calendar for additional information. All these programs will be broadcast using one of these platforms (Zoom, Facebook Live, Whatsapp, and YouTube). Please be on the lookout for our daily reminder announcements via all our available Whatsapp groups, Facebook, Instagram and Twitter links. Thank you!

1. **Monday** – Sisters' Halaqah with Shaykha Shamsa at 5:00 pm.
2. **Tuesday** – Tajwid Halaqah with Imam Mus'ab at 5:00 pm.
3. **Wednesday** – Tafsir Halaqah with Imam Mus'ab at 5:00 pm
4. **Thursday**- Tartil – Recitation and Tilawat - on Whatsapp and Zoom with Imam Mus'ab at 5:00 pm
5. **Friday**- Khatira livestream (Facebook) at 12:30 pm and youth programs/community lectures at 5:00 pm.
6. **Saturday** – Islamic Studies at 10:00 am for Saturday School Students  
Sisters' Arabic Classes with Sr. Randa at 12:00 pm.
7. **Sunday** – A day to reflect, review, memorize, and recite the Holy Quran insha'Allah

### Information for Performing Taraweh at Home

- When it is time for Isha Prayer, make the adhan (recommended), pray sunnah and then make the iqama, proceed to make the fard rakaahs (units), then two or four sunnah. Then begin the Taraweh Prayer:
- Taraweh is qiyam prayers or night prayers. They are sunnah and can be performed any time between Isha and Fajr. Taraweh prayer is performed two rakaahs (units) and can be done up to 20 rakaahs plus the last prayer that is one rakaah, called "witr" meaning odd number (It could be three, five, seven up to fifteen)
- Like any prayer, you read surrah Alfatiha and a short verse or a page. Some people try to read a chapter a day. This is highly recommended.

# 2020 Ramadan

## April

23 THU	24 FRI	25 SAT	26 SUN	27 MON	28 TUE	29 WED
Ramadhān Day 1 Tartil 5 p.m. DAILY Recitation & Reflection Begins 9:45-10:45 p.m.	Khatira 12:30 p.m. Youth Group 5 p.m. DAILY Recitation & Reflection 9:45-10:45 p.m.	Saturday School 10 a.m. Sisters' Arabic Class 12 p.m. Sr. Randa R & R 9:45 - 10:45 p.m.	DAILY Recitation & Reflection 9:45-10:45 p.m.	Sisters' Halqah 5 p.m. Sr. Shamsa DAILY Recitation & Reflection 9:45-10:45 p.m.	Tajwid 5 p.m. with Imam DAILY Recitation & Reflection 9:45-10:45 p.m.	Tafsir 5 p.m. with Imam DAILY Recitation & Reflection 9:45-10:45 p.m.
30 Tartil 5 p.m. DAILY Recitation & Reflection 9:45-10:45 p.m.						

### First Ashra Dua first 10 days

اَلرُّحْمٰنِ خَيْرٌ وَّاَنْتَ وَاَرْحَمَ اَغْفِرُ رَبِّ

“Oh my Lord, forgive and have mercy and You are the best of those who show mercy.”

### Second Ashra Dua second 10 days

اَلْاَبْرَارِ مَعَ وَّتَوَفَّنَا سَيِّئَاتِنَا عَنَّا وَكَفِّرْ ذُنُوبَنَا لَنَا فَاغْفِرُ رَبَّنَا

“Lord! Therefore forgive us our sins, and remit from us our evil deeds, and make us die the death of the righteous”

### Third Ashra Dua – last 10 days

النَّارِ مِنْ اَجْرِنِي اَللّٰهُمَّ

“O Allah! Save me from the hell's fire

May		2020 Ramadan				
1 FRI	2 SAT	3 SUN	4 MON	5 TUE	6 WED	7 THU
Khatira 12:30 p.m.  Community Fundraiser 5:30 -7 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Saturday School 10 a.m.  Sisters' Arabic Class 12 p.m. Sr. Randa R & R 9:45 - 10:45 p.m.	DAILY Recitation & Reflection 9:45-10:45 p.m.	Sisters' Halqah with Sr. Shamsa 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tajwid With Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tafsir With Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tartil with Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.
Khatira 8 12:30 p.m.  Br. Yusuf 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Saturday 9 School 10 a.m.  Sisters' Arabic Class 12 p.m. Sr. Randa R & R 9:45 - 10:45 p.m.	DAILY 10 Recitation & Reflection 9:45-10:45 p.m.	Sisters' 11 Halqah with Sr. Shamsa 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tajwid 12 With Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tafsir 13 With Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tartil 14 with Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.
Khatira 15 12:30 p.m.  Youth Group 5 p.m. DAILY Recitation & Reflection 9:45-10:45 p.m.	Saturday School 16 10 a.m.  Sisters' Arabic Class 12 p.m. Sr. Randa R & R 9:45 - 10:45 p.m.	Qur'an 17 Competition 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Sisters' 18 Halqah with Sr. Shamsa 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tajwid 19 With Imam 5 p.m.  Khatm night R & R 9:45 - 10:45 p.m.	Tafsir 20 With Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Tartil 21 with Imam 5 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.
Khatira 22 12:30 p.m.  DAILY Recitation & Reflection 9:45-10:45 p.m.	Saturday School 23 10 a.m.  Eid Takbir starts after Maghreb!	Eid 24 Mubarak!  Eid Khatira Livestream 10 a.m.				

### First Ashra Dua - first 10 days

اَلرُّجَمِيْنَ خَيْرٌ وَّاَنْتَ وَاَرْحَمَ اَغْفِرُ رَبِّ

“Oh my Lord, forgive and have mercy and You are the best of those who show mercy.”

### Second Ashra Dua - second 10 days

اَلْاَبْرَارَ مَعَ وَاَتَوْفَدْنَا سَدِيدًا اِنَّا عَدُوٌّ وَاَكُوْرُ ذُنُوْبِنَا لَدَا فَاغْفِرْ رَبَّنَا

“Lord! Therefore forgive us our sins, and remit from us our evil deeds, and make us die the death of the righteous”

### Third Ashra Dua – last 10 days

اَلنَّارِ مِّنْ اَجْرِنِي اَللّٰهُ

O Allah! Save me from the hell's fire



## RAMADAN 2020 CALENDAR (April & May)

RAMADAN	DATE	IMSAAK	FAJR	DHUHR	ASR	MAGHRIB	ISHA
1	Apr 24	4:46 AM	4:56 AM	12:48 PM	4:28 PM	7:27 PM	8:40 PM
2	Apr 25	4:44 AM	4:54 AM	12:48 PM	4:28 PM	7:27 PM	8:41 PM
3	Apr 26	4:43 AM	4:53 AM	12:48 PM	4:28 PM	7:28 PM	8:42 PM
4	Apr 27	4:42 AM	4:52 AM	12:47 PM	4:28 PM	7:29 PM	8:43 PM
5	Apr 28	4:41 AM	4:51 AM	12:47 PM	4:28 PM	7:30 PM	8:44 PM
6	Apr 29	4:39 AM	4:49 AM	12:47 PM	4:28 PM	7:31 PM	8:45 PM
7	Apr 30	4:38 AM	4:48 AM	12:47 PM	4:28 PM	7:31 PM	8:46 PM
8	May 1	4:37 AM	4:47 AM	12:47 PM	4:28 PM	7:32 PM	8:47 PM
9	May 2	4:36 AM	4:46 AM	12:47 PM	4:28 PM	7:33 PM	8:48 PM
10	May 3	4:34 AM	4:44 AM	12:47 PM	4:28 PM	7:34 PM	8:49 PM
11	May 4	4:33 AM	4:43 AM	12:46 PM	4:29 PM	7:34 PM	8:50 PM
12	May 5	4:32 AM	4:42 AM	12:46 PM	4:29 PM	7:35 PM	8:51 PM
13	May 6	4:31 AM	4:41 AM	12:46 PM	4:29 PM	7:36 PM	8:52 PM
14	May 7	4:30 AM	4:40 AM	12:46 PM	4:29 PM	7:37 PM	8:53 PM
15	May 8	4:29 AM	4:39 AM	12:46 PM	4:29 PM	7:37 PM	8:54 PM
16	May 9	4:28 AM	4:38 AM	12:46 PM	4:29 PM	7:38 PM	8:55 PM
17	May 10	4:27 AM	4:37 AM	12:46 PM	4:29 PM	7:39 PM	8:56 PM
18	May 11	4:26 AM	4:36 AM	12:46 PM	4:29 PM	7:39 PM	8:56 PM
19	May 12	4:25 AM	4:35 AM	12:46 PM	4:29 PM	7:40 PM	8:57 PM
20	May 13	4:24 AM	4:34 AM	12:46 PM	4:29 PM	7:41 PM	8:58 PM
21	May 14	4:23 AM	4:33 AM	12:46 PM	4:29 PM	7:42 PM	8:59 PM
22	May 15	4:22 AM	4:32 AM	12:46 PM	4:29 PM	7:42 PM	9:00 PM
23	May 16	4:21 AM	4:31 AM	12:46 PM	4:29 PM	7:43 PM	9:01 PM
24	May 17	4:20 AM	4:30 AM	12:46 PM	4:29 PM	7:44 PM	9:02 PM
25	May 18	4:19 AM	4:29 AM	12:46 PM	4:29 PM	7:45 PM	9:03 PM
26	May 19	4:18 AM	4:28 AM	12:46 PM	4:29 PM	7:45 PM	9:04 PM
27	May 20	4:17 AM	4:27 AM	12:46 PM	4:29 PM	7:46 PM	9:05 PM
28	May 21	4:16 AM	4:26 AM	12:46 PM	4:30 PM	7:47 PM	9:06 PM
29	May 22	4:16 AM	4:26 AM	12:46 PM	4:30 PM	7:47 PM	9:07 PM
30	May 23	4:15 AM	4:25 AM	12:46 PM	4:30 PM	7:48 PM	9:08 PM

### \*DISCLAIMER\*

These prayer times are for City of Vista using ISNA (Islamic Society of North America) calculation method.

## ***Ramadan Checklist – a must read...!***

**Here are some tips to help you take advantage of this golden opportunity: “Blessed Month of Ramadan.”**

1. Intend to fast every day with Imaan and pure intention seeking the reward from Allah alone. The Prophet peace be upon him said, "Whoever fasts in Ramadan with Imaan and seeking reward (from Allah), his past sins will be forgiven". (Bukhari)
2. Read the whole Qur'an at least once as the Prophet peace be upon him did.
3. Have Suhoor as the Prophet peace be upon him said, "Have Suhoor because it is blessed".
4. Make Du'a during the fast because the Prophet (peace be upon him) said that three people's supplication is not rejected, one of them is the fasting person.
5. Make Dua before opening the fast. The Prophet (peace be upon him) said, "The fasting person has a supplication that is answered when he opens his fast".
6. Give Sadaqah and be good to people. The Prophet (peace be upon him) was the most generous of people and he was most generous in Ramadan.
7. Avoid anything that diminishes the fast such as, lying, backbiting, cheating, getting angry. The Prophet peace be upon him said "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink." (Bukhari)
8. Ask for forgiveness since this is the month Allah frees people from the fire.
9. Feed the poor and invite others for Iftar. The Prophet peace be upon him said, "Whoever gives Iftar to someone fasting he will have the same reward without decreasing the reward of the person fasting".
10. Try harder the last ten nights especially the odd nights. The prophet would strive in Ramadan more than he would in any other month and more so in the last ten days.
11. Say this Dua in the nights that Laylatul-Qadr is likely to fall on: Allhumma innaka afuwun tuhibbul-afwa fa'fu anni



### **Kids' Quran Competition**

*Salaam Alaikum Dear Community Members! Please encourage your children/youth to participate in this "Celestial" competition!*

*The Surahs to memorize are The Sun (Surah number 91), The Moon (54),*

*The Constellations (85) The Shooting star (86) the Star (53) and the Night (92).*

*Winners will get a cash prize! Three winners from each level. Please see the levels below.*

**Simple Rule: Memorization with proper recitation and understanding!**

*Testing/Competition will be on May 17 starting @ 5:00pm. Winners will be announced during our Recitation and Reflection Program at 9:30 pm!*



**Date: MAY 17, 2020**

**Time: 5:00 pm – 6:30 pm on ZOOM**

**Level 1: Surah Shams (91) or Surah Layl (92)**

**Level 2: Surah Burooj (85) or Tariq (86)**

**Level 3: Surah Najm (53) or Qamar (54)**

# Handy Tips for the Fasting Month



## KEEP HYDRATED

*It is important to drink fluids before the fast starts to avoid dehydration.*

- You will lose water in the usual ways including perspiration, so the lost water, must be replaced.
- Aim for 2-3 glasses of fluids at Suhoor and Iftar; also during the tarawih (late night) prayer). It's best to drink plain water, but you can have fruit juices, squash, cordials, milk or smoothies too.
- Try to avoid drinks containing caffeine such as tea, coffee, and cola as they will dehydrated you.



## BALANCED MEALS

*Meals should be simple and contain foods from all the major food groups.*

- Complex carbohydrates such as wholegrain cereals, wholemeal bread, oats, barley, millet, basmati rice, pasta & potatoes should be a quarter of your plate.
- The next quarter for proteins such as poultry, fish, pulses, beans, soya, eggs, cheese, milk and lean red meats.
- Leaving half the plate for variety of colourful vegetables.



## SUHOOR/PRE-DAWN MEAL

*Base your suhoor around the complex carbohydrates as they release energy slowly during the long hours of fasting.*

- Try to eat high fibre and protein-rich foods such as beans, lentils, pulses, vegetables & eggs as they digested slowly.
- Add some fruits to your meal to aid digestion and prevent constipation.
- Drink plenty of water preferably 2-3 glasses during suhoor.



## IFTAR/ BREAKING THE FAST

*When breaking your fast, go for foods, which not only will quench thirst but are also nutrient dense.*

- Soup, broth or milk-based smoothies are simple to make and can provide you with energy, nutrients & fluids compared to water alone.
- After the Maghrib salah, take your meal based around carbohydrates, protein and plenty of vegetables.
- Include 2-3 glasses of water too.



## DATES & FRUIT

*In accordance with the Prophetic traditions, Muslims break their fast with some dates.*

- Dates are a rich source of natural energy, potassium, copper and manganese.
- Fruits, dates, and other dried fruits such as prunes, figs, and raisins provide a burst of energy, antioxidants & fibre.
- Try to include nuts in to your diet, as they are a great source of protein, fibre and essential fats.



## THE FASTING BODY

*Initially fasting will prove to be quite difficult with the onset of headaches and dizziness due to dehydration.*

- As the day wears on, glucose from your last meal will be depleted resulting in the breakdown of fats to provide energy.
- Taking iftar and suhoor will prevent your body from entering into starvation and further dehydration.
- During the month, your body will adapt & provide you with enhanced energy & clarity of mind.



## CHARITY

*The understanding and feeling of hunger can be the most intense during Ramadan*

- So if you know that there will be a lot of food wastage from an iftar gathering then contact your local homeless shelter or refuge, to organise a collection.
- Try to support your local communities by donating to the local food banks, feeding the homeless and volunteering in soup kitchens.



## FAST FOOD & TAKEAWAYS

*Avoid deep-fried foods such as samosas, pakoras and fritters.*

- Use less fats and oils in cooking and try to grill, bake, steam, boil more often.
- Avoid high sugar and high fat sweets and dishes such as baklawa, gulab jam, rashgulla and cakes.
- Do NOT pop in to the local takeaways such as chicken & chip shops or cake stalls on way to and from tarawih prayer.



## EXERCISE

*Ramadan is NOT a weight loss programme*

- During Ramadan do NOT do any strenuous exercise or ADD exercise to your daily routine.
- If you already walk to school or work then continue to do so.
- Taking a light walk to tarawih prayers, when feeling sluggish after iftar can boost energy levels.



Questions?

## 30 Most Frequently Asked Questions during Ramadan

### 1. What is the purpose of fasting?

a. Fasting is an exercise in self-control. Refraining from food, drink and intercourse are difficult because these are among the strongest three desires that humans have. By learning to go without these three human needs for a period of time, Muslims learn self-control so that they can apply this to other aspects of their life. For example, a person who went sixteen hours without water can more easily resist the temptation to drink alcohol or do some other forbidden act. This instills the quality of being conscious of God, which is ultimately the purpose of fasting.

### 2. What is special about Ramadan? Why fast in this month?

a. Ramadan is the month in which the Qur'an was first revealed. Allah decided that this month should be singled out as being special in order to commemorate the Qur'an.

### 3. When should my children start fasting?

a. The Prophet Muhammad taught that children should begin praying at the age of seven. This means that they should learn what prayer is and try to perform it at least sometimes. Then he clarified that they must pray regularly by the age of ten and should be disciplined for not doing so. That gives them three years to learn and understand what they are doing and get used to it. The same rule applies for fasting. Once children reach the age of seven, they should be taught how to fast and encouraged to do so, at least sometimes. By the age of ten, children should be encouraged by their parents to fast the entire month, or as much as they are able to.

### 4. How sick do you have to be to skip fasting?

a. Someone suffering from an illness where fasting will probably either cause harm to their body, increase their illness, or delay their recovery is excused from fasting. The severity of their illness can be determined by consulting a medical professional. People with a minor cough or slight fever should still fast, because that will not usually cause much harm. Remember that fasting, even when healthy, causes some discomfort, so be careful when deciding whether you are too sick to fast or not.

### 5. Should pregnant women fast?

a. There are many pregnant women who fast and it neither harms them nor their child. However, this depends on the health and stature of the woman, as well as the season and her lifestyle. Every case is different. It is best to consult a medical professional who is both well versed in pregnancy as well as nutrition to see if there is a real threat to either the mother or child due to fasting. If there is, the pregnant woman should not fast, and make up the days she missed later on.

### 6. Should breastfeeding women fast?

a. There are many women who breastfeed their children and continue fasting. It neither harms them nor their milk supply. However, this depends on the health and stature of the woman, as well as the season and her lifestyle. Every case is different. It is best to consult a medical professional who is both well versed in breastfeeding as well as nutrition to see if there is a real threat to either the mother or the production of milk due to fasting. If there is, the nursing mother does not need to fast, but will have to make up the days she missed later on.

**7. What if a woman has successive pregnancies and is unable to fast for a few years?**

a. This situation might make a woman miss several Ramadans and have to make up fasting for a few years past. Usually, when a person misses a fast in Ramadan, they should make it up before the next Ramadan comes in. In the case where someone has missed more than one Ramadan, they have more leniency in spreading these makeup fasts over a longer period of time. It is recommended for women to try making up their fasts in the winter time when days are shorter and spreading them out by fasting one or two days a week, if it is difficult for them due to their circumstances.

**8. What if someone has a chronic illness or is really old?**

a. People who suffer from a chronic illness or are very old such that fasting will cause them harm do not have to fast. However, since this situation will persist they must feed a poor person, two average meals, for every day of fasting they miss. In that way, they have earned the reward of fasting despite their inability.

**9. Can I still fast when traveling?**

a. A person who is traveling is excused from fasting due to the difficulties and inconveniences associated with a journey. However, if there will be little difficulty, then it is better to fast. The fasts that are missed must be made up after returning from the journey.

**10. What if two different masjids in my area are starting/ending Ramadan on different days?**

a. There is a difference of opinion among Muslim scholars on how to determine the start/end of Ramadan. It is best to follow the masjid that you trust the most concerning their Islamic knowledge. However, if this will cause a division within your family or will result in other difficult circumstances, it is permissible to take the opinion of the other masjid and follow their timing, even if you feel they are less qualified in Islamic knowledge.

**11. Different masjids have different timetables for when fasting begins. Why is that?**

a. The timings for Fajr prayer [which is when fasting begins] are determined by true dawn, which is when a clear thread of light is seen on the horizon. However, given environmental factors such as mountains, light pollution, elevation, etc. people, even in the same city, will not be able to observe dawn at exactly the same time, depending on their point of observation. Therefore scientific calculations are used to approximate the time of dawn. Since these calculations cannot predictably determine the true time of dawn, there will be different opinions on how many degrees the sun needs to be below the horizon before dawn should be considered to have occurred.

**12. Does vomiting break my fast?**

a. Vomiting a large amount, intentionally, when it comes out with force and cannot be kept in, does break the fast. This is usually a rare scenario, because that is rarely done intentionally. However, unintentionally vomiting does not break the fast.

**13. Is it ok to use eye/ear/nose drops or enemas?**

a. It is permissible to use eye/ear/nose drops because the liquid does not normally reach the stomach or nourish the body.[1] Therefore, it is not analogous to food or drink. However, when using nose drops it is important to not swallow any of the fluid if it goes down and reaches the mouth. Using an enema to empty the bowels or administer medicine into the bloodstream does not break the fast. However, if the enema is used for hydration or nourishment and it reaches the stomach, then it does break the fast.

**14. Does a medical injection break the fast?**

a. Normally, a medical injection does not break the fast since it neither nourishes nor does it reach the stomach. However, injecting glucose or some other nourishing substance does break the fast.[2]

**15. Can I brush my teeth with toothpaste while fasting?**

a. It is permissible to brush your teeth while fasting, and may even be encouraged to do so. Using toothpaste does not break the fast, as long as you are very careful not to swallow any of it. However, it is better to not use toothpaste, unless necessary, because it does leave a taste in your mouth. It would be ideal to use toothpaste right before starting your fast so that you can start your day with clean teeth.

**16. Can I use mouthwash?**

a. It is not recommended to use mouthwash while fasting because it does leave a taste in your mouth. However, if it is necessary to remove bad breath that might affect people you are near, it will not break the fast as long as you are careful not to swallow any [e.g. through gargling].

**17. What if I swallow small bits of food accidentally that were stuck in my teeth?**

a. Swallowing food accidentally does not break the fast, even if it is a large amount. Continue fasting as usual.[3]

**18. Can I give blood while fasting?**

a. Giving blood while fasting does not affect the fast, although it is disliked if it will





## Please Support Your Masjid!

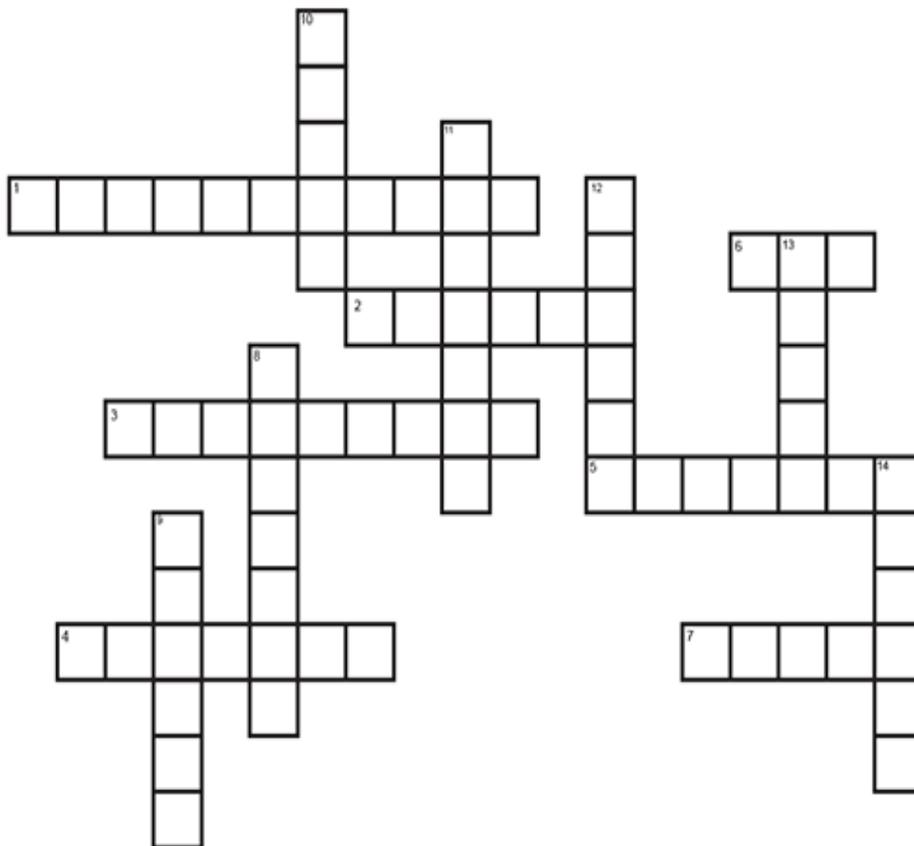


Your financial support is essential to providing much needed community services for all of us especially our youths, the future pillars, of our community. Please take a moment and donate. No dollar amount is insignificant. **A \$50.00 monthly recurring donation (less than \$2.00 a day) can make a huge difference.** Please sign up for our monthly donation online now. We truly appreciate your support so we can continue with our beneficial programs for the community!

**Please click on the link below to donate today!**

<https://goodbricksapp.com/tricityislamiccenter.org/donate>

# RAMADAN CROSSWORD



## CLUES:

### ACROSS:

1. The messenger of Allah
2. Worship
3. The first surah of Quran
4. We do this from Dawn until sunrise during Ramadan
5. Those who do good deeds will get this from Allah
6. This celebration comes at the end of Ramadan
7. Our holy book

### DOWN:

8. Sunset time
9. Where is best to pray?
10. We do this 5 times a day
11. The 9th month of the Islamic calendar
12. Eat this before you start fasting
13. This happens at maghrib time
14. the way of the Prophet