



FASTATHON DO'S AND DON'TS

Welcome to MCECC! We are excited to host you as our guest to enjoy and experience fasting with us. The following information will help you understand what to expect during your day of dawn-to-sunset fasting.

Ramadan: May 5th – June 3rd, 2019. You may pick any day for fasting; and as many days as you'd like. We invite you to visit our Center to break the fast with us at the end of the day. If you plan on coming, please notify us by emailing, calling or texting any of the following:

Sakib Shaikh

210-723-6274

sshaihkh210@hotmail.com

Abrar Hussain

210-683-1758

abrussain@gmail.com

Dr. Aamir Ehsan

210-317-3779

aamirehsan@aol.com

5:15AM: Please eat and drink until this time. We recommend a light to moderate morning meal rich in hydrating foods.

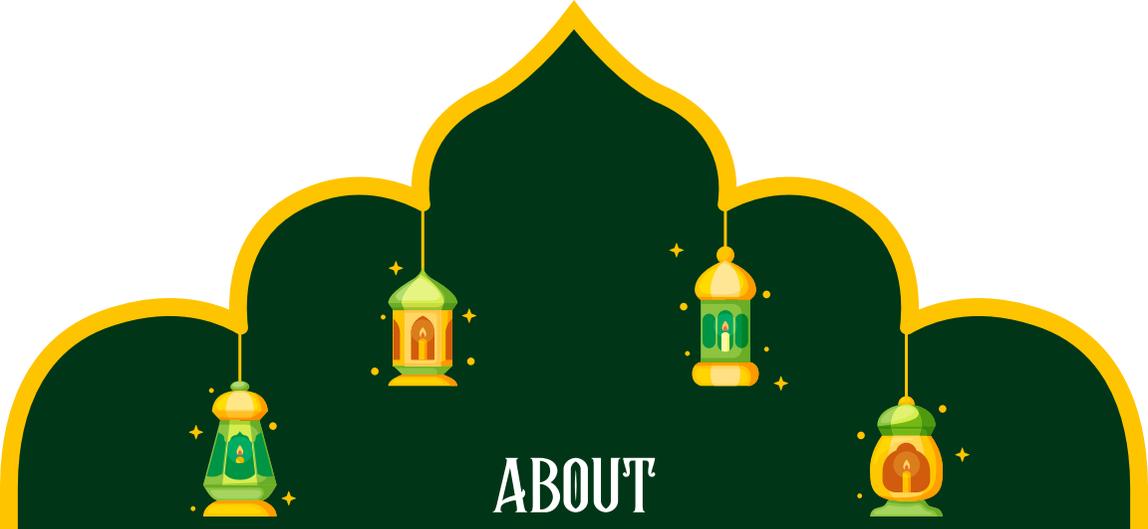
After 5:15AM: Refrain from consuming food, drinks, coffee, tea, juices, water or anything else by mouth. Do your daily routine, stick to light and regular activities, and avoid exercise. We understand this will be a new and challenging experience for you. If at any point during the day you start to feel very weak, thirsty or like you might faint, please eat or drink.

8:10PM: Please arrive at our center by this time (5281 Casa Bella, San Antonio, TX 78247). There will be a table set up for our Fastathon guests and our volunteers will greet you. We will socialize and break the fast with water and dates. We will then go inside the Masjid and observe Sunset Prayer (Maghreb Prayer) for about 10 minutes. Afterwards, we will come outside and enjoy a delicious dinner (feel free to eat as much as you'd like ☺).

9:45PM: After dinner, we will invite you to come inside and share your feelings about your experience with the Muslim community at the podium (you are welcome to leave after dinner as this part is not required, but highly encouraged).

Dress Code: Dress as modest as you may typically dress at your place of worship (we advise to not wear shorts, skirts, low-cut blouses or shirts without sleeves). Females are welcome to bring their own head scarves (but this is not required).

“O’ you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may attain righteousness” Qur’an 2:183



ABOUT

Ramadan is the **ninth month** of the Islamic calendar, and is observed by Muslims worldwide as a month of fasting to commemorate the **first revelation of the Quran to Prophet Muhammad** according to Islamic belief. This annual observance is regarded as one of the **Five Pillars of Islam**. The month lasts 29–30 days based on the visual sightings of the crescent moon.

The word Ramadan comes from the Arabic root *ramiḍa* or *ar-ramaḍ*, which means scorching heat or dryness. Fasting is obligatory for adult Muslims, except those who are suffering from an illness, traveling, are elderly, pregnant, breastfeeding, diabetic, chronically ill or menstruating.

While fasting from dawn until sunset, Muslims refrain from consuming food, drinking liquids, smoking, and engaging in sexual relations. Muslims are also instructed to refrain from sinful behavior that may negate the reward of fasting, such as false speech (insulting, backbiting, cursing, lying, etc.) and fighting except in self-defense. Pre-fast meals before dawn are referred to as ***Suhoor***, while the post-fast breaking feasts after sunset are called ***Iftar***.

The act of fasting is said to redirect the heart away from worldly activities, its purpose being to **cleanse the soul** by freeing it from harmful impurities. Ramadan also teaches Muslims how to better practice self-discipline, self-control, sacrifice, and empathy for those who are less fortunate; thus encouraging actions of generosity and compulsory charity. Spiritual reward for fasting are also believed to be multiplied within the month of Ramadan. Fasting for Muslims during Ramadan typically includes the increased offering of prayers, recitation of the Quran and an increase of doing good deeds and charity.

Beneficiaries: Every day a non-Muslim fasts, we will donate \$100 to one of the two charities of your choice. On the day you break fast with us, please let us know which charity you wish to support by filling out the sign in form on site.

CASA: The mission of Child Advocates San Antonio (CASA) is to recruit, train, and supervise court-appointed volunteer Advocates who provide constancy for abused and neglected children and youth while advocating for services and placement in safe and permanent homes.

HBond Foundation: The HBond Foundation is dedicated to fostering the universal bond of Human kindness through community support and activities assisting in the welfare of the people of San Antonio, Texas, with an emphasis on Humanity, Health, Hope, and Happiness.

Fastathon Sponsored by: Dr. Aamir Ehsan and Dr. Huma Siddiqui.