



**National Association of
Muslim Americans on
Scouting (NAMAS)**

<http://www.muslimscouting.org>



**National Islamic
Committee on
Scouting (NICS)**

<http://www.islamicscouting.org>



Ramadan Patch

<http://www.muslimscouting.org/ramadan>

Greetings and Peace be Upon you.

I wanted to send this small reminder to you about the upcoming month of Ramadan, This is a Holy Month for Muslims as they fast from Sunrise to Sunset. Since the Horizon district serves the Middle East, I wanted to send this information out especially for Units that are based in Muslim Countries. Below are some points about Ramadan and Muslims. This will provide general information about Ramadan. For additional information, please feel free to contact me, your local Muslim Scouting leaders, or the National Association of Muslim Americans on Scouting (namas@muslimscouting.org) for more information.

1. Ramadan is the 9th Month of the Muslim Calendar. The Muslim calendar is a Lunar calendar.
2. Muslims fast from dawn to sunset. It is a common courtesy to not eat in-front of them, but most of them don't mind if you do. Unless you are in a Muslim country then it is not allowed to eat in public during the fasting hours. Most Muslims in the Muslim countries fast during Ramadan (exceptions include pregnant women, elderly people, and someone who is not well) while going about their jobs with the same dedication as if they weren't fasting. It's therefore important to respect those who are fasting and avoid eating or drinking in public.
3. Iftar is a special meal. It's the meal you have after ending the fast for that particular day. So, if you are a non-Muslim who is invited by a Muslim friend for Iftar, you should not refuse, and you should certainly not say you won't eat because you are not fasting. Your friend has bestowed an honor upon you and has wholeheartedly endeavored to share the bounty and blessings of Ramadan with you. Enjoy.
4. Please be a little flexible. If you have a friend or a colleague who is fasting, please understand if you see they are low on energy. Fasting for a whole day is not easy. Even if you eat and hydrate yourself at night and early morning, the body will soon run out of energy during the day. Just imagine how your morning is without that cup of coffee. Now image an entire day "unleaded".
5. Ramadan is about abstinence, about keeping yourself pure. It's something you should follow everyday of the year.
6. Muslims welcome their non-muslim friends to fast and Iftar (meal to end the fast). If you are interested, reach out to your Scouts. We encourage Scout Iftars.
7. There is a Ramadan Patch for Muslims and the requirements for the patch is available at the URL below. The Patch is provided by NAMAS. For more information about the Ramadan Quest program, please visit <http://www.muslimscouting.org/ramadan>.

Sincerely,
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Islamic Committee on Scouting for TAC
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For more information on Muslim Scouting, please visit:

<http://www.muslimscouting.org>

<http://www.islamicscouting.org>

Helpful Links about Ramadan

1. <https://www.thekitchn.com/8-things-i-wish-non-muslims-knew-about-ramadan-231626>
2. <https://edition.cnn.com/travel/article/ramadan-non-muslims-etiquette-guide/index.html>
3. <https://www.khaleejtimes.com/nation/dubai/ramadan---dos-and-donts-for-non-muslims---->
4. https://www.softschools.com/facts/holidays/ramadan_facts/1585/
5. <http://www.timeoutdubai.com/ramadan/features/17316-ramadan-facts>