

# THE **Oomph!** DIGEST

## An Oomph! Digest Special: Ramadan



Ramadan is the ninth month of the Islamic calendar. The exact dates of Ramadan change every year. This is because Islam uses a calendar based on the cycles of the Moon.

During the month of Ramadan, Muslims won't eat or drink during the hours of daylight. Ramadan remembers the month the **Qur'an** (the Muslim holy book) was first revealed to the Prophet Muhammad. The actual night that the Qur'an was revealed is a night known as **Lailut ul-Qadr** ('The Night of Power').

Most Muslims fast between dawn and sunset. Fasting allows Muslims to devote themselves to their faith. It is thought to teach self-discipline and reminds them of the suffering of the poor.

However, children, pregnant women, older people and those who are ill or travelling don't have to fast. During Ramadan, it is common to have one meal (known as the **suhoor**), just before dawn and another (known as the **iftar**), directly after sunset.

## The Power of Good Deeds



Ramadan, one of the months in the Islamic calendar, was also part of ancient Arabs' calendars. The naming of Ramadan stems from the Arabic root "ar-ramad," which means scorching heat. Muslims believe that in A.D. 610, the angel Gabriel appeared to Prophet Muhammad and revealed to him the Quran, the Islamic holy book. That revelation, *Laylat Al Qadar* - or the

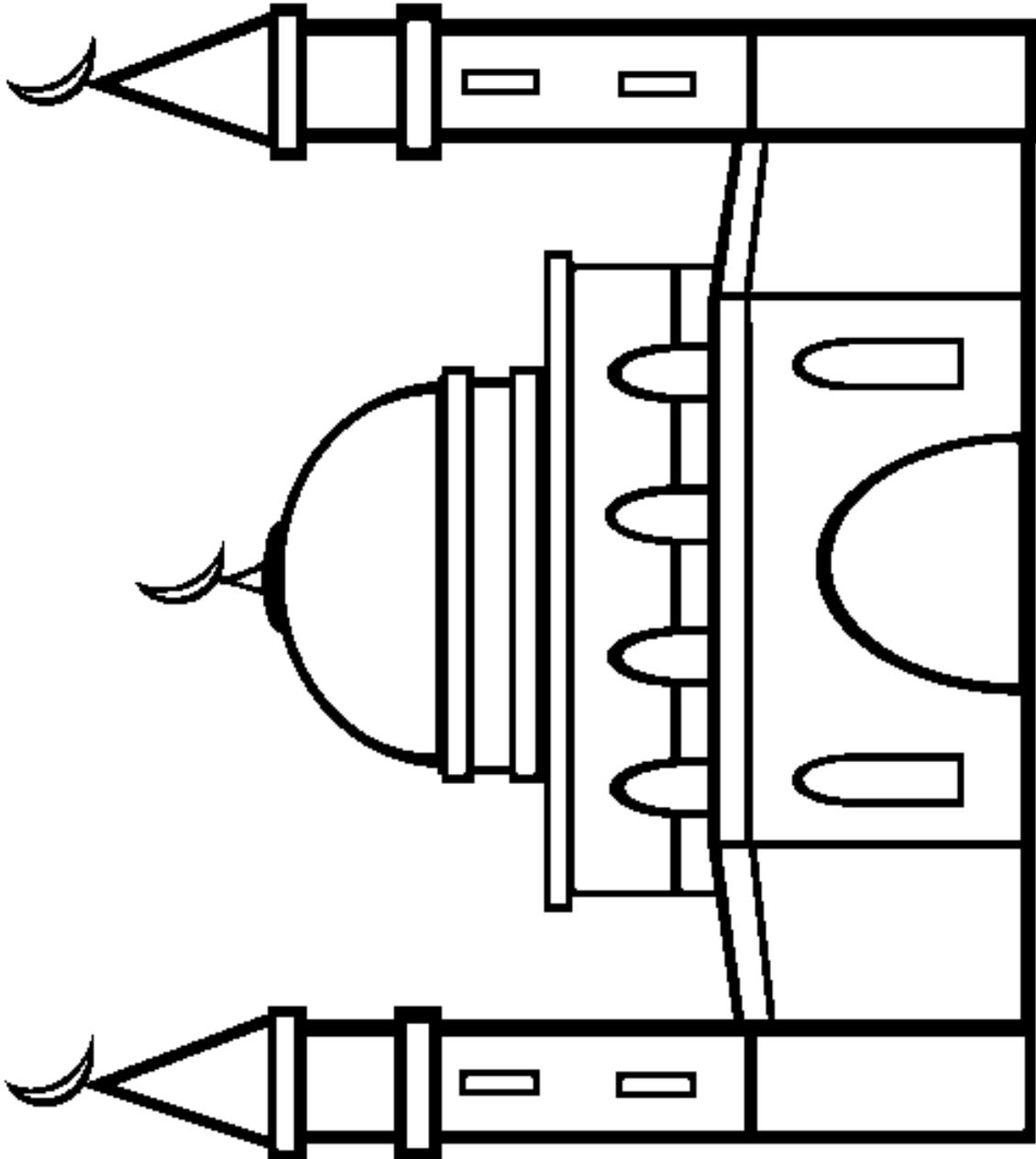
"Night of Power" - is believed to have occurred during Ramadan. Muslims fast during that month as a way to commemorate the revelation of the Quran.

During this time, Muslims try and focus on good deeds. They will try and spend their time with family, friends as well as helping those less fortunate.

### Did you know...

The end of Ramadan is marked by a big celebration called '**Eid ul-Fitr**'. Muslims are not only celebrating the end of fasting, but thanking Allah for the strength he gave them throughout the previous month. Mosques hold special services and a special meal is eaten during daytime (the first daytime meal for a month). During Eid ul-Fitr Muslims dress in their finest clothes, give gifts to children and to charity.

## Ramadan Colouring Page



## Did you know...

During the last 10 days of Ramadan, Muslims celebrate the Laylat Al Qadr, the holiest night of the year.

## Word Scramble Puzzle

Can you unscramble this selection of scrambled words related to the theme of **RAMADAN**:

**1. GNITSAF**

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**2. MISAL**

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**3. MUSMIL**

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**4. ACCEM**

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**5. MOHMAED**

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**6. HLAAL**

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Quiz Answers:  
1) B 2) A 3) C 4) B 5) A

Word Scramble Answers:  
A) FASTING B) ISLAM C) MUSLIM D) MECCA  
E) MOHAMMED F) HALAL

## Digest Quiz

- 1. During Ramadan, many Muslims fast for long portions of the day. When do they start eating?**

  - A) At midnight
  - B) After sunset
  - C) Between the hours of 1 and 3
- 2. Which of the following is a Ramadan tradition?**

  - A) Giving to charities
  - B) Listening to loud music
  - C) Dancing with friends
- 3. Ramadan celebrates what event?**

  - A) The parting of the waves
  - B) Prophet Mohammed was born
  - C) God reveals the Qur'an to Mohammed
- 4. How many Eid celebrations are there in the Muslim calendar?**

  - A) 10
  - B) 2
  - C) 5
- 5. What is the meaning of the word Qur'an**

  - A) That which is read
  - B) The longest tale
  - C) God's message