

Ramadan

[Redacted]

There is no doubt that you have heard about the month of Ramadan before. It is a special month for Muslims, do you know why? During this holy month, the family gathers often, prays together, reads the Holy Qur'an, and strives to help the poor. I think this is what makes this holiday more beautiful and special.

Ramadan began in the year 624 AD in the kingdom of Saudi Arabia. It celebrated the revelation of the Holy Qur'an to the Prophet Muhammad. During Ramadan, Muslims begin their day by eating a meal before sunrise, called suhoor. This meal is often healthy to provide the necessary energy throughout the day, because Muslims abstain from eating and drinking from dawn at sunset. In the evening, when it is time to break their day-long fast, Muslim families gather around the table and give thanks for their good fortune. When people fast in this month, they feel the pain of anxiety that the poor feel, and this prompts them not to forget them and that they need help. Likewise, all family members gather daily around the dining table, and that increases their love and cooperation. The main dish for the evening meal is soup called Chorba Frik, as well as other different dishes.

After nightfall, families and the entire community gather in the mosque for special communal prayers called tarawih (night prayer). This prayer is in addition to the five daily prayers that are part of the core of Islam.

On the evening of the 27th day of the month of Ramadan, Muslims observe a special night called Layat al-Qadr, sometimes referred to as the Night of Power. It is believed that on this night Muhammad first received the Holy Qur'an. On this night, needy families are helped with food or money, and the community comes together to do so.

I love this month very much and await its arrival every year, because of the evening parties that we hold with relatives and the delicious dishes that we prepare to enjoy together. Although abstaining from eating and drinking for hours is not an easy matter, we learn to practice patience and how to help others and love our relatives. It is the month of love, cooperation and mercy.

Acknowledgements and Bibliography:

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