

# Ramadan Guide

RU Campus Ramadan  
Plan 2022



CENTER FOR ISLAMIC LIFE  
AT RUTGERS UNIVERSITY

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The Muslim Chaplaincy at Rutgers

# What is Ramadan?



What do Muslims do?

Ramadan is a lunar month in the Islamic Calendar that Muslims regard as a special time of spiritual growth and rediscovery. It is a time of reflection, increased prayer, giving charity, and most notably: fasting.

This year the month will be starting **Saturday night April 2nd**. Though for certain Muslims it may start the day after (the Muslim community at RU is diverse, some follow a slightly different jurisprudence that starts Ramadan based on a moon sighting).

Each Muslim navigates this month with their own practices. This is meant to be a guide to facilitate their practices and support them how they choose to practice.

Many Muslims will fast from dawn to dusk; from about 5am to 7pm, as a form of worship and building self discipline, abstaining from food and water. Many spend hours in the day and night in different forms of personal and congregational prayer.

Not all Muslims will take part in all the activities of the month due to their own circumstances, so just because someone does not take part in one aspect of the month does not reflect anything negative on them upholding their Muslim identity.

At the end of the month of fasting (**this year Monday, May 2, 2022**), Muslims will celebrate the end of Ramadan. The celebration is called **Eid-ul-Fitr** (Eid for short). This is a joyous day of gathering and celebration and waiting as well as engaging in charitable activities.

# What is Fasting?

Sawm in Arabic

To abstain as a form of worship/devotion



# For Staff and Faculty

How to support your Muslim friends and students ?

- Acknowledge the month of Ramadan has started to the class/gathering and ask how you can be helpful (do not put students on the spot to educate you or others about the month of Ramadan, that is not their responsibility) . You can use the greeting “Happy or Blessed Ramadan or Ramadan Mubarak.”
- Provide spaces to pray in case activities are being done for extended times during the day or night.
- When food and drinks are involved, be mindful.
- Be understanding when physically demanding tasks are being asked that Muslim students and colleagues might not be in their top conditions.
- Avoid scheduling activities around sunset (7:20pm-7:40pm) when the fast is to be broken, or give a few minutes break to students to eat if that time cannot be avoided.
- Avoid scheduling activities on Eid day. You can use the greeting “Happy Eid” or “Eid Mubarak.”

Questions?

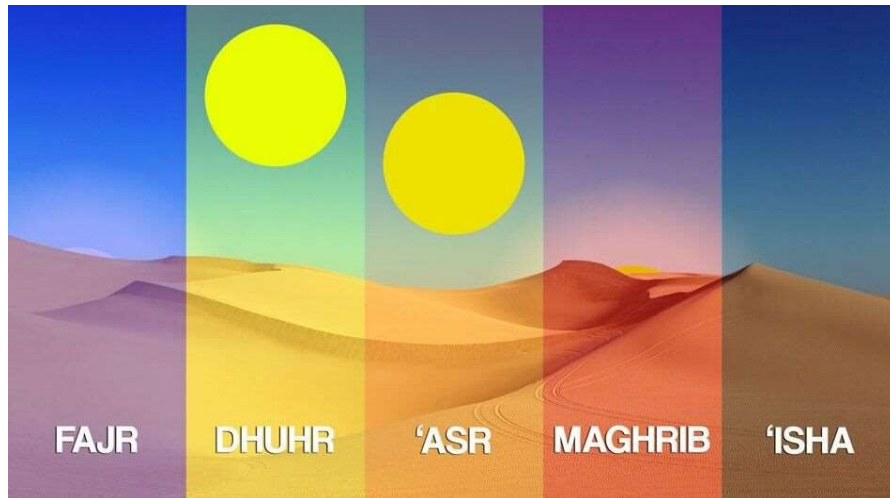
Email the Muslim Chaplain at Rutgers: [chaplain@cilru.org](mailto:chaplain@cilru.org)



# General Muslim Schedule, Ramadan Schedule

## 5 daily prayers:

- Fajr (pre-sunrise, 6am)
- Dhuhr (noon, 1pm)
- Asr (afternoon, 5pm)
- Maghrib (sunset, 7pm)
- Isha, (night, 9pm)



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## Suhur

- Pre Fajr meal, around 5am-6am

## Iftar

- Post Maghrib meal (7:30pm)

## Taraweeh

- Post Isha voluntary prayer (9:30-11pm)

## For Muslim Students

- If you have evening classes and will be fasting, inform your professor well beforehand and ask if you can take a quick moment to break your fast at sunset and maghrib prayer. If that is not possible, let them know that you will bring a snack with you in class.
  - Let your professor know when Eid is expected to be (Monday May 2, 2022) so that you can make arrangements for an absence.
  - Coordinate with your dining hall to arrange for picking up food for suhur (pre dawn meal) and iftar (sunset meal) as they fall outside of typical dining hall hours
    - You can request to speak to the dining manager and they can put you on the list to do this daily. If you have any issues with that, contact us: [chaplain@cilru.org](mailto:chaplain@cilru.org)
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# Ramadan at Rutgers!

- Monday- Thurs
  - Iftar at CILRU at sunset (7:15 pm)
    - 122 College Ave
  - Taraweeh (voluntary night prayer with a focus on Qur'an recitation/reflection)
    - at the Cook Student Center, MPR
- Lots of local communities celebrating together!
  - Full calendar here:

<https://docs.google.com/document/d/1qk0l3-GC4pqFHNvWI5tLd8gnWmyvsZYmEY86WoqlvkA/edit?usp=sharing>





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