

Ramadan and Iftaar

During the fasting month of Ramadan, Iftaar is referred to as the time of the day (after sunset daily) where the fast is broken with food. It is often common practice to break fast with a date first, and then a meal. During the month of Ramadan, Iftaar is a time for friends and families to gather in sharing company and food together. If you find yourself invited to join friends, family, or colleagues for iftaar, the FAQ below may assist in supporting your participation.

FAQs:

1. What is an iftaar, and how can I participate?
An iftaar is the breaking of fast with a meal. After the sun has set, there will be a call to prayer, which will indicate the end of fast for the day. Guests will first break their fast by enjoying dates and possibly other small, treats such as samosa, similar to appetizers (although customs from family to family may defer). After prayer, (10-15 minutes) will be a dinner. It is etiquette to invite all guests to share in this meal, whether fasting or not, the goal is to share in the building of community.
2. Can anyone attend an iftaar?
Yes, it is a desired practice during Ramadan to invite guests (practicing or not) with open arms to join in Iftaar.
3. What is salah, and what should I do if I am attending as an ally?
Salah, means prayer in Arabic. Prayer is an important part of observing Ramadan. Before prayers begin, there will be a 'call to prayer'. During this time, you will see many people cover their heads as a sign of respect. As an ally, you do not need to feel obligated to cover your head, doing so is based on your comfort. Those that choose to participate in prayer will do so collectively with men separated from women, this time is meant to be quiet, and reflective. As an ally, it is ok to remove yourself from prayer space and wait for prayers to conclude.
4. What is the appropriate dress code for this event?
There is great diversity within the Muslim community, although some may choose to dress modestly, others may not, everyone has their own comfort level. During prayers you will see those participating in prayers with covered arms, legs, and heads. As an ally, feel free to dress as you see appropriate.
5. How do I share well wishes with those participating in Ramadan?
*It is appropriate to wish those observing the month with a greeting of either **Ramadan Kareem**, or **Ramadan Mubarak**. With slight variations, they both mean congratulations in the celebration and/or observation of Ramadan.*