













Reconnect  
with your salah




1440 AH  2019

# RAMADAN MUBARAK

## FROM ISNA CANADA

#	Day	Date	 FAJR Dawn	 FAJR Iqama	SHURUQ Sunrise	DHUHR* Noon	ASR Midday	 MAGHRIB Sunset	 ISHA Iqama
1	Mon	May 6	4:24	4:50	6:05	1:20	6:17	8:29	10:00
2	Tue	May 7	4:23	4:50	6:04	1:20	6:18	8:30	10:00
3	Wed	May 8	4:21	4:50	6:02	1:20	6:19	8:32	10:00
4	Thu	May 9	4:20	4:50	6:01	1:20	6:19	8:33	10:00
	5	Fri	May 10	4:18	4:50	6:00	1:20	6:20	10:00
	6	Sat	May 11	4:17	4:50	5:59	1:20	6:21	10:00
7	Sun	May 12	4:15	4:50	5:57	1:20	6:21	8:36	10:00
8	Mon	May 13	4:14	4:50	5:56	1:20	6:22	8:37	10:00
9	Tue	May 14	4:12	4:50	5:55	1:20	6:22	8:38	10:00
10	Wed	May 15	4:11	4:50	5:54	1:20	6:23	8:39	10:00
11	Thu	May 16	4:10	4:50	5:53	1:20	6:23	8:40	10:00
	12	Fri	May 17	4:09	4:50	5:52	1:20	6:24	10:00
	13	Sat	May 18	4:07	4:40	5:51	1:20	6:25	10:10
14	Sun	May 19	4:06	4:40	5:50	1:20	6:25	8:44	10:10
15	Mon	May 20	4:05	4:40	5:49	1:20	6:26	8:45	10:10
16	Tue	May 21	4:04	4:40	5:48	1:20	6:26	8:46	10:10
17	Wed	May 22	4:03	4:40	5:47	1:20	6:27	8:47	10:10
18	Thu	May 23	4:01	4:40	5:47	1:20	6:28	8:48	10:10
	19	Fri	May 24	4:00	4:40	5:46	1:20	6:28	10:10
	20	Sat	May 25	3:59	4:30	5:45	1:21	6:29	10:20
21	Sun	May 26	3:58	4:30	5:44	1:21	6:29	8:51	10:20
22	Mon	May 27	3:57	4:30	5:44	1:21	6:30	8:51	10:20
23	Tue	May 28	3:56	4:30	5:43	1:21	6:30	8:52	10:20
24	Wed	May 29	3:56	4:30	5:42	1:21	6:31	8:53	10:20
25	Thu	May 30	3:55	4:30	5:42	1:21	6:31	8:54	10:20
	26	Fri	May 31	3:54	4:30	5:41	1:21	6:32	10:20
	27	Sat	June 1	3:53	4:30	5:41	1:21	6:33	10:30
28	Sun	June 2	3:52	4:30	5:40	1:22	6:33	8:57	10:30
29	Mon	June 3	3:52	4:30	5:40	1:22	6:34	8:57	10:30
Eid	Tue	June 4	3:51	5:00	5:39	1:22	6:34	8:57	10:30

\*Dhuhr Iqama is at 1:40 PM throughout the year – including Ramadan. All above iqama times will be held at the  ISNA Canada sponsored community iftars every Friday & Saturday!

Timings are exact for the Toronto area from [www.moonsighting.com](http://www.moonsighting.com). Timings will vary for other areas. This timetable is also available at [www.isna.ca](http://www.isna.ca). The beginning and end of Ramadan is based on the decision by the Fiqh Council of North America. It is suggested that suhoor is concluded a few minutes prior to the Fajr/Dawn times indicated.

**EID DAY: TUESDAY, JUNE 4, 2018**

FAJR: 5:00 AM • 1ST JAMAT: 6:00 AM • 2ND JAMAT: 8:00 AM • 3RD JAMAT: 10:00 AM



## RECONNECT WITH RAMADAN - MAKING THE MOST OF YOUR TIME:

### Setting goals:

- Set a goal for you and your family to be accomplished by the end of the month (for example, completing the Quran).
- Have each family member set a goal for improving one behavior.
- Choose a couple of bad habits you intend to break by the end of the month and come up with a plan.

### Spiritual Growth:

- Gather your family after fajr prayer every day for a tafseer lesson.
- Prepare your family to join in congregational prayers at home or at the masjid, including taraweeh.

### Giving Charity:

- Encourage and perform acts of charity, donating whatever you can of food, money, clothes or other items.
- Devote time to helping others.
- Calculate and pay your zakat.
- Pay the fitra (due before Eid Al Fitr prayers) well in advance.



## RAMADAN AT THE ISLAMIC CENTRE OF CANADA (ICC):

### PLEASE DO

- Join us for ISNA Canada sponsored iftars every Friday and Saturday.
- Donate generously to the ISNA Canada Food Bank and to the masjid.
- Join us for daily taraweeh prayers.
- Carpool to avoid congestion in the parking lot.
- Use the Mother's Room for children under 3 years old. Mothers must accompany their children.
- Drop off your children at the evening children's program for ages 3 to 10 years old. This program is free and available from 'isha prayer onwards. Please check website for timings.
- Welcome children and youth to the masjid to share in the Ramadan experience.
- Use the gymnasium for walkers, push chairs and wheelchair access. These aids are not allowed in the main prayer hall.
- Keep the entrances and fire exits clear, place your shoes on the shoe racks.
- Help us keep the centre clean, and clean up after yourself.

### PLEASE DO NOT

- **Do not** donate bottles of water. We are committed to reducing waste.
- **Do not** leave your children unsupervised at any time.
- **Do not** be judgmental or unwelcoming towards anyone in the masjid, especially children and youth.
- **Do not** bring food or drink into the prayer hall.
- **Do not** congregate or loiter in the corridors after prayers as cleaners need to complete their job quickly.



## RAMADAN HEALTH TIPS - HOW TO FAST AND STAY HEALTHY:

1. Eat real food. No processed or junk food.
2. Drink plenty of water at suhoor and iftar – at least eight glasses a day!
3. Start your iftar with a warm bowl of soup. This will comfort your stomach after a long day of fasting and replenish your body with nutrients.
4. Choose more fruits and vegetables and avoid sweetened beverages and desserts.
5. If suffering from headache or dizziness, due to low blood sugar, start your iftar with 2-3 dates.
6. Planning your meals ahead of time will help you be more organized during this month and maximize your energy and strength.
7. Avoid salty foods (canned foods, salted nuts, etc) because this will make you more thirsty during your fast.
8. Fiber and protein will help keep you full for longer – important for suhoor!
9. Make time for napping – even sleep can be rewarded if intended to recuperate us for more ibaadah!
10. Stay active – plan your workouts right before iftar with reduced intensity.
11. Plan your day the night before to boost productivity and reduce stress.