

How does the Charity Fast-a-Thon work?

Breakfast: On Wednesday, October 26 of this year, you'll wake up for an early breakfast before dawn – around 5:15 am. You should drink lots of fluids, and eat foods that are nourishing and filling like oatmeal with a banana or granola.

Fasting: Stop eating at 5:30 am, and for the rest of the daylight hours, don't eat or drink anything. If you have a filling breakfast and drank a plenty of water or juice beforehand, you shouldn't feel dizzy or tired for the 12 hours of not eating. If you get tired in the afternoon and have time, take a short nap.

Compassion: If fasting seems difficult, think of the 33 million people in America and 850 million people around the world who are hungry on a daily basis. Also, 1 billion Muslims are fasting throughout this month. You can do it for 12 hours! 😊

Iftar = Breaking the Fast

At sunset, your work is done! Come to the MSU Student Union Ballroom at 6 pm to break your fast with free dinner. Bring your saved lunch money to donate to disaster victims!

In the Muslim tradition, the fast will end with the evening call to prayer, the Athan.

We will break our fasts with drinks, fruit, and dates, the fruit of the palm tree. Then we will eat a full meal provided by the Muslim Student Association.

During dinner, 3 speakers will teach us about “Fasting, Hunger, and Charity” from the perspective of the Jewish, Christian, and Muslim faiths.

The Month of Ramadan

Ramadan, the ninth month of the Islamic lunar calendar, is a full month of fasting for Muslims during the daylight hours. It is either 29 or 30 days long. In 2005, Muslims began fasting at dawn on Wednesday, October 5.

Why Muslims Fast

Muslims fast because they believe that God has commanded them to do so. The Qur'an says:

“O You who believe! Fasting is prescribed for you, just as it was prescribed for those before you, so that you may be conscious of God.” (2:183)

They may also think about the benefits of fasting, including: developing self-control over hunger, thirst and sexual urges; training to be a good moral person; gaining sympathy for the less fortunate; and testing their sincerity to the Creator. No one polices the fasters, so fasting is a very private test of obedience to God.

Sawm = Fasting

What? “Sawm” is the word for a fast that begins at dawn and ends at sunset. Muslims wake up before dawn, eat Sahoor (breakfast before fasting) and drink liquids to prepare for fasting. Fasting begins just

before dawn. During the daylight hours, fasters refrain from eating, drinking, and sex. In addition, they try to be on their best behavior during Ramadan and treat others as well as possible, as sins like gossiping would defeat the purpose of fasting.

Who? Fasting throughout the month of Ramadan is required of all Muslims who have attained puberty. Those who are pregnant, nursing, ill, or traveling may choose to postpone their fast.

During the month, Muslims may conduct their business as usual. However, in many Muslim countries, working hours are shortened.

At sunset, Muslims hear the call to evening prayers and quickly break their fasts by eating dates and drinking water or milk. They then pray their evening prayers.

Afterwards, they eat a full meal, usually including soup and nourishing grains and proteins. After a brief rest, many of them meet at a mosque [place of

worship] to offer the night prayer followed by a special long night prayer called Taraweeh.

This process continues for 29 or 30 days, until the month is over. The first day of the next month is a major holiday called Eid al Fitr, the Festival of the Fast-Breaking.

Ramadan is a time of unity and community spirit for Muslims. Relatives, friends, and neighbors make a special effort to share meals together and unite to feed the poor.

Charity

Muslims must pay charity to the poor of the society as a religious obligation. Charity is especially important during Ramadan, a month of being especially conscious of God and our blessings and thinking of the needs of others.

Organized by:
Mississippi State University's
Muslim Students Association

Charity Fast-a-Thon



Wednesday, October 26

Fast beginning at: **5:30 am**

Break fast together: **6 pm**

Mississippi State University

Student Union Ballroom

**Ever *really* been hungry?
Spend one day fasting and
learning about hunger, and
we'll meet at sunset for free
dinner and a charity event to
support disaster victims
around the world.**

**Questions? Wanna join?
Pledge to give up eating and
drinking for 12 hours and
donate your lunch money to
charity by writing to:**

msumsa@gmail.com