



## Ramadan - March 10, 2024 - April 10, 2024

Ramadan, the ninth month of the Islamic calendar, is a sacred period for Muslims globally, marked by fasting, prayer, and reflection during daylight hours. The culmination of Ramadan is celebrated with Eid al-Fitr, a joyous occasion characterized by communal prayers, feasting, and acts of charity.

### HOW CAN WE CELEBRATE?

- **Celebrate Iftar**, breaking of the fast after sundown, by cooking a traditional meal such as **haleem, kebabs, tabbouleh, or lentil soup**
- **Be mindful** of **prayer times** and **avoid planning food centered gatherings** during daylight
- **Learn a Ramadan greeting**
  - “Ramadan Kareem” means ‘generous Ramadan’
  - “Ramadan Mubarak” means ‘honored Ramadan’
- Take time to **reflect and give back to your community**
- Visit [www.nmaahc.si.edu/explore/stories/ramadan](http://www.nmaahc.si.edu/explore/stories/ramadan) to learn about the history of Ramadan