



Day	Date	رمضان	Fajr			Zohr		Asr		Maghrib	Isha & Tarawih	
			Sehri Ends	Jamat	Sunrise	Begins	Jamat	Begins	Jamat	Iftar	Begins	Jamat
Thu	17	1*	1:59	2:15	5:04	1:01	1:30	6:20	7:45	8:52	10:00	10:30
Fri	18	2	1:53	2:15	5:03	1:01	1:30	6:21	7:45	8:54	10:01	10:30
Sat	19	3	1:47	2:00	5:01	1:01	1:30	6:21	7:45	8:55	10:02	10:30
Sun	20	4	1:40	2:00	5:00	1:01	1:30	6:22	7:45	8:57	10:03	10:30
Mon	21	5	1:33	1:45	4:59	1:01	1:30	6:23	7:45	8:58	10:04	10:30
Tue	22	6	1:27	1:45	4:58	1:01	1:30	6:24	7:45	9:00	10:05	10:30
Wed	23	7	1:23	1:45	4:57	1:01	1:30	6:25	7:45	9:01	10:06	10:30
Thu	24	8	1:23	1:45	4:55	1:01	1:30	6:26	7:45	9:02	10:08	10:30
Fri	25	9	1:23	1:45	4:54	1:02	1:30	6:26	7:45	9:04	10:09	10:30
Sat	26	10	1:23	1:45	4:53	1:02	1:30	6:27	7:45	9:05	10:10	10:35
Sun	27	11	1:23	1:45	4:52	1:02	1:30	6:28	7:45	9:06	10:11	10:35
Mon	28	12	1:23	1:45	4:51	1:02	1:30	6:29	7:45	9:07	10:12	10:35
Tue	29	13	1:23	1:45	4:50	1:02	1:30	6:29	7:45	9:09	10:13	10:35
Wed	30	14	1:23	1:45	4:49	1:02	1:30	6:30	7:45	9:10	10:14	10:35
Thu	31	15	1:23	1:45	4:48	1:02	1:30	6:31	7:45	9:11	10:15	10:35
Fri	1	16	1:23	1:45	4:48	1:02	1:30	6:31	8:00	9:12	10:15	10:45
Sat	2	17	1:23	1:45	4:47	1:03	1:30	6:32	8:00	9:13	10:16	10:45
Sun	3	18	1:23	1:45	4:46	1:03	1:30	6:32	8:00	9:14	10:17	10:45
Mon	4	19	1:23	1:45	4:45	1:03	1:30	6:33	8:00	9:15	10:17	10:45
Tue	5	20	1:23	1:45	4:44	1:03	1:30	6:34	8:00	9:16	10:18	10:45
Wed	6	21	1:23	1:45	4:44	1:03	1:30	6:34	8:00	9:17	10:18	10:45
Thu	7	22	1:23	1:45	4:43	1:03	1:30	6:35	8:00	9:18	10:19	10:45
Fri	8	23	1:23	1:45	4:43	1:04	1:30	6:35	8:00	9:19	10:19	10:45
Sat	9	24	1:23	1:45	4:43	1:04	1:30	6:36	8:15	9:19	10:20	10:45
Sun	10	25	1:23	1:45	4:42	1:04	1:30	6:36	8:15	9:20	10:21	10:45
Mon	11	26	1:23	1:45	4:42	1:04	1:30	6:37	8:15	9:21	10:22	10:45
Tue	12	27	1:23	1:45	4:42	1:04	1:30	6:37	8:15	9:22	10:22	10:45
Wed	13	28	1:23	1:45	4:41	1:05	1:30	6:38	8:15	9:22	10:23	10:45
Thu	14	29	1:23	1:45	4:41	1:05	1:30	6:38	8:15	9:23	10:23	10:45
Fri	15	30*	1:23	1:45	4:41	1:05	1:30	6:38	8:15	9:23	10:24	10:45

**Suhoor** is the meal one takes in the last hours of the night before the commencement of a fast. It is a *sunnah* to have *suhoor*. If someone has no appetite at that time, it is advisable for him to have something light. Even by having a few sips of water the *sunnah* of *suhoor* can be fulfilled. Niyah (Intention for fasting):

وَبِصَوْمٍ عَدَنَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

**Transliteration:** *Wa be saume ghadin nawayto min shahre ramadhan*

**Translation:** *I resolve to keep fast tomorrow in the month of Ramadhan*

**Iftar** means to conclude a fast after sunset by eating or drinking something. It is *sunnah* to make *Iftar* soon after sunset and it is *makrooh* to delay *Iftar* after sunset without a valid excuse. No particular meal is prescribed for *Iftar* but it is advisable to make *Iftar* using dates because the Holy Prophet ﷺ generally used dates for *Iftar*. It is also *sunnah* to recite the following *du'a* while making *Iftar*:

اَللّٰهُمَّ اِنِّى لَكَ صُمْتُ وَبِكَ اَمِنْتُ وَعَلَيْكَ تَوَكَّلْتُ  
وَعَلَى رِزْقِكَ افْطَرْتُ فَتَقَبَّلْ مِنِّىْ

**Transliteration:** *Allahuma ini laka sumtu wa bika aamantu wa alaika tawakaltu wa alaa rizqika aftartu* Translation: *O Allah! For You I have fasted and in you I have believed and in You I have placed my trust and with Your provision I make my Iftar*

**Fasting**, from dawn till sunset in the days of Ramadhan is obligatory on every Muslim. The one who does not believe it to be obligatory is not a Muslim, and the one who, without a valid excuse does not fast in a day of Ramadhan is a sinner.

#### Acts Nullifying The Fast:

1. Deliberately eating 2. Deliberately drinking 3. Sexual intercourse. **Note:** The above three acts will make one liable to both qadha (to keep another fast in lieu of the broken one) and kaffarah (to perform an act to compensate the sin of breaking the fast). **Kaffarah may be given in two ways: a)** Constantly fasting for two months without a break. (one who is too weak to fast for such a large number of days then his Kaffarah is **b)** Feeding 60 poor people or donating the amount to feed them.

#### Acts Making The Fast Makrooh (undesirable):

1. Chewing or tasting with tongue without eating.  
2. Using toothpaste or toothpowder. **Note:** Using a Miswak or a toothbrush without paste or powder is allowed.  
3. Remaining in the state of Janabah whilst fasting.  
4. Giving blood to anyone.

#### Acts Which Are Allowed Whilst Fasting:

1. Applying hair oil or henna to the hair.  
2. Using eye drops or Kuhl.  
3. Wearing perfume, using lipstick or lip balm.  
4. Using medicine through injection.  
5. Vomiting unintentionally  
6. Entrance of smoke or dust into the throat unintentionally.  
7. Ejaculation while dreaming (wet dream).  
8. Bleeding from the teeth unless blood slips into the throat.

Listen Live Stream  
[www.norbury.org/live](http://www.norbury.org/live)

FREE SMS Alerts  
Register at [www.norbury.org](http://www.norbury.org)

1<sup>st</sup> Juma: 1.20pm  
2<sup>nd</sup> Juma: 2.00pm

Eid Gaah will be held at Norbury Park  
Please visit [www.norbury.org](http://www.norbury.org) towards  
the end of Ramadhan for more information