

# RAMADAN

a month of sharing





# Ramadan

is the ninth month of the Islamic lunar calendar. Fasting during the month of Ramadan is one of the five core practices of Islam. Ramadan is a month of blessing marked by charity and prayer for all Muslims. All means of worship during Ramadan focus on self-sacrifice and devotion to God.

Fasting during Ramadan involves abstaining from food, drink and sexual activity from dawn to dusk. However, true fasting involves more than this. Fasting is an act of not only the stomach, but the whole body. Eyes refrain from looking at anything that is blameworthy; the tongue refrains from lying, backbiting, abusive speech, hypocrisy, hate speech, and so on. If fasting is understood and actualized properly, Ramadan becomes a time to practice self-control, kindness, self-discipline to be a better person, and to improve our relationship with others.





**H**osting others for the *iftar* dinner is a widely exercised tradition among Muslims during Ramadan. According to the words of the Prophet Muhammad, “the person who hosts an *iftar* meal for another will earn a reward equivalent to the reward of the person who fasts without detracting from the reward of the latter.” Ramadan *iftar* dinners allow people from any nationality, ethnic origin, belief system or social status to come together around the same table and breathe the same atmosphere of joy, generosity and compassion.



Fasting helps one to empathize with the less fortunate. During long hours of thirst and hunger one realizes how it feels to not be able to find something to eat or drink. It helps us to cultivate empathy for the suffering of others and, thus, to restore compassion to the center of all morality and religion. Compassion leads to charity and in charity we could go beyond our ego and our selfishness.



# SHARING

## PACIFICA INSTITUTE IFTAR DINNERS

The Pacifica Institute aims to live up to the spirit of this holy month by organizing many events such as fast-breaking dinners, interfaith-intercultural gatherings, and panels to bring people closer and to cultivate understanding and compassion between communities.

# Welcome to Ramadan (Iftar) Dinner

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[www.pacificainstitute.org](http://www.pacificainstitute.org)

We would love to break bread and share our food and joy with you,  
at this uplifting blessed times of the year.

IFTAR  
FAMILY  
LOVE  
BLESSING  
PEACE  
GREETINGS  
CULTURE  
HEALING  
COMMUNICATION  
DIALOG  
CARE  
EMPATHY  
CONNECTION  
EMBRACE

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COMMUNICATION  
**RAMADAN**

PEACE CULTURE DIALOG  
OCCASION SHARE CONNECTION  
SUPPORT SHARE FRIENDSHIP FEEL FAMILY PEACE  
EMPATHY CONNECTION HEALING FEEL CULTURE  
HEALING FEEL DIALOG FEEL LOVE IFTAR  
FEEL EMPATHY