Ramadan In America

By Delmar N. Tauheed
Bismillah Ir-Rahman Ir-Rahim

"O you Who Believe! Fasting is prescribed for you as it was prescribed for those before you, so that you may guard against evil" (holy Quran 2:183)

In June, over 2 million Muslim Americans participated in the Holy Mouth of Ramadan by fasting. This started at the sighting of the new moon of the ninth month of the Lunar Calandar. The Month of Ramadan is the month that the Quran was revealed to Prophet Muhammad (PBUH).

Fasting in Al-Islam means to abstain from food, drink and relations with wives and husbands, between dawn and sunset. This is done each day in Ramanad, which may be 29 or 30 says.

Before the institution of Fasting in Al-Islam, the practice of fasting had been recognized by all the higher, revealed religions. The same stress was not laid on it though, and the form and motives varied.

Fasting in most of the major religions was resorted to in the time of mourning. Al-Islam introduced a spiritual, physical, moral and social value to fasting.

Ramadan is primarily a spiritual discipline. Fasting in Ramadan is ordered in the Quran. The aim of fasting as sighted in the Quran is the attainment of a nearness to God.

The moral lessons of fasting are that man should be prepared to suffer the greatest deprivation and undergo the hardest trial rather than indulge in that which is not permitted to him.



The end of Ramadan is the occasion for feasting. This is a part of the scene as Baltimore Muslims celebrated.

Man is a social being. Fasting during Ramadan brings unity to the Muslim community. Fasting instills a sense of belonging to the worldwide Muslim community. Over one billion Muslims worldwide fast following the same rules and observances. Rich or poor, black or white all share the same experiences. There are no special privileges or favors.

The physical values of fasting can scarcely be overlooked. The importance of fitness is a modern reality. The man who is physically fit can face hardship and do without his usual comforts.

Fasting can result in weight loss and a strengthening of the body, while providing a practical lesson on self-resistance. Further, the elimination of harmful fatty substances from the blood helps to cure certain types of intestinal and stomach ailments, and aids the renewal of body tissues. Some illnesses maybe aggravated by fasting in such cases those persons are exempted from fasting.

In the Manth of Ramadan Muslims have special prayers in addition to the regular prayers made five times a day. Each night special prayers are made.

Of Prayer during Ramadan Prophet Muhammad (PBUH) said: "Whoever prays during the month of Ramadan for the sake of belief, receives forgiveness from God. God will forgive him his previous sins." During the last ten days of Ramadan the night of Lailat-ul-Qadr (The Night of Honor and Excellents) occurs. This night marks the time in which the first passages of the Quran were revealed to Prophet Muhammad (PBUH). Muslims are encouraged to spend that night in prayer and observances of faith seeking the reward of Allah.

After a manth of fasting, prayer and studying the religion of Al-Islam for the glorification of All Mighty God-Allah, Muslims celebrate Eid.

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— National Roundup

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reporting on segregation and discrimination with sensitivity and expertise...And the explosive black youth unemployment is approaching 50 percent and still rising.

The Society of Professional Journalists has not overlooked the outstanding contributions of columnist Carl T. Rowan in his reporting on the "deprived and disadvantaged". He was recently awarded the society's Distinguished Fellow at the National Press Club, but Rowan confused some young black journalists present when he criticized critics of reporters who agree to "go off the record" with news sources and then violate the confidence.

I say no reporter should go off the record if he does not wish to do so, but once he or she agrees, the reporter should keep that word or inform the source otherwise...Black reporters should not allow themselves to be used as informers for the mass media while their white colleagues maintain double standards in not reporting on racist statements and practices kept secret among themselves...as we know they do...Simeon Booker, another fellow journalist, who was recently inducted in the SPJ Hall of Fame, set the record straight at another dinner at the National Press Club when he told the predominantly white group..."I take pride in my people and hold their confidence. Black Talk means off-the-record. I have never violated that tradition. Any Black anywhere in the country can talk to me off the record because I don't reveal sources. That's my trademark..." Right on Booker. Also, Hats off to Dorothy Gilliams for her incisive columns in the Washington Post.

Some correspondents in the press and broadcast media were so biased in their coverage of Rev. Jesse Jackson that even their white readers and listeners reacted with shame and disgust.

The issues promises to be of growing concern as more minority and black reporters move into the "mainstream" with aggressiveness...The National Association of Black Journalists, which we helped organize as president of the Capital Press Club here, was scheduled to debate all aspects of the topic at its national convention in Atlanta in August. Tell you more about it later!

