

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of God, Most Gracious, Most Merciful

# Submitters Perspective

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## RAMADAN

*Fasting Emphasized and Modified\**  
[2:183] O you who believe, fasting is decreed for you, as it was decreed for those before you, that you may attain salvation.

[2:184] Specific days (are designated for fasting); if one is ill or traveling, an equal number of other days may be substituted. Those who can fast, but with great difficulty, may substitute feeding one poor person for each day of breaking the fast. If one volunteers (more righteous works), it is better. But fasting is the best for you, if you only knew.

[2:185] Ramadan is the month during which the Quran was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month shall fast therein. Those who are ill or traveling may substitute the same number of other days. GOD wishes for you convenience, not hardship, that you may fulfill your obligations, and to glorify GOD for guiding you, and to express your appreciation.

[2:186] When My servants ask you about Me, I am always near. I answer their prayers when they pray to Me. The people shall respond to Me and believe in Me, in order to be guided.

[2:187] Permitted for you is sexual intercourse with your wives during the nights of fasting. They are the keepers of your secrets, and you are the keepers of their secrets. GOD knew that you used to betray your souls, and He has redeemed you, and has pardoned you. Henceforth, you may have intercourse with them, seeking what GOD has permitted for you. You may eat and drink until the white thread of light becomes distinguishable from the dark thread of night at dawn. Then, you shall fast until sunset. Sexual intercourse is prohibited if you decide to retreat to the masjid (during the last ten days of Ramadan). These are GOD's laws; you shall not transgress them. GOD thus clarifies His revelations for the people, that they may attain salvation.

footnote \*2:183-187 Like all duties in Submission, fasting was decreed through Abraham (22:78, Appendices 9 & 15). Prior to revelation of the Quran, sexual intercourse was prohibited throughout the fasting period. This rule is modified in 2:187 to allow intercourse during the nights of Ramadan.

### Thoughts on Ramadan from Submitters around the world

A pre-dawn meal and then several hours later, a post-sunset meal. You

can't feed your body in between but you continuously feed your soul. What a blessing.

AR

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Ramadan is one of the basic practices in submission and it is a blessing for the soul. We strive to complete our fast, and we glorify and thank God for the gift of guidance through the month of Ramadan. Fasting from sunrise to sunset can require different levels of effort for different people. God designed the human body to be very resilient and under certain conditions it can go a long time without water and food. Since Ramadan this year comes during the summer solstice, the amount of time we fast may seem daunting but we implore God for help. In return we complete Ramadan and receive strength from God that lasts forever. The physical benefits of fasting are a blessing, but the benefit to the soul is also a blessing to be greatly appreciated. Ramadan heightens our ability to implore God during the time of fasting when the body becomes hungry and thirsty. It is a blessing to have Ramadan. By the end of Ramadan we have strengthened our ability to be better submitters. God willing we continue to

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implore God for guidance after Ramadan with a stronger bond with God.

AD

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Flexibility is part of God’s design to help us practice our religion with ease. The rules providing relief for fasting not only shed a stronger light on the spirit with which we are to apply this decree but also reminds us that God’s design encompasses all circumstances. God allows us to substitute days of fasting in Ramadan if we are ill or travelling and to feed the poor if we break our fast too early. To accept this relief requires trust in His mercy and ability to think and make decisions for ourselves accordingly. An important part of submitting is the willingness to accept this for ourselves and others.

C&H

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For me Ramadan is somehow like hajj pilgrimage; it is an obligation upon us, if we can do it. By wearing an Ihram you go into state of sanctity; in Ramadan by fasting you go into a state of awareness. The only difference I see is one shorter and harder and the other is longer and is not as hard (Ramadan). Both of them have such amazing feeling when it is done and both of them bring you closer to God and hopefully make you a better submitter. Observing both of them is a great gift and an honor.

RT

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In today’s health and body-conscious world, we’ve often heard ignorant friends and relatives tell us, “You shouldn’t deprive your body of food, it isn’t healthy. The body needs fuel to work. You are harming your body.” But when a system has been instituted and prescribed by God, how can it be harmful in any way? Rather, it can only be greatly beneficial. Recent studies in fact pull the rug out from under long-held beliefs advocating that the body must be fed every few hours. In fact, many athletes, coaches and nutritionists today advocate a Ramadan-like fast every few months in order to boost metabolism, burn harmful fat and repair worn out cells.

If people realized the benefit of this wonderful system designed by God, they would reap benefits not just for their cherished bodies but also their eternal souls.

AR

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Ramadan, what a blessed time! Before I came to Submission I remember thinking that Ramadan would be one of the hardest parts of being Muslim. I had tried to fast for health reasons and had found it very difficult. What a surprise it was to discover that when you are fasting for God He makes it easy, and even more, He makes it a joy. During Ramadan every time I feel my stomach rumble, or realize I’m thirsty it brings me right back to my Merciful Creator. Nothing helps me keep God in focus better than fasting for Ramadan, because He is the One who makes it possible for me to fast even in the longest days of the year. He is the One who draws me closer to Him—and there is no greater joy than that.

LG

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Ramadan is the blessed month during which Quran was revealed...It is the month during which Night of Destiny takes place... Month of fasting, coming out of our comfort zones, exercising our will power, practicing the notion of breaking habits, reconsidering things taken for granted, appreciating God’s blessings and commemorating Him frequently... The ninth month of the Lunar year; like the end stage of a pregnancy and a new birth: A new YOU ...Congratulations!

JF

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Ramadan is here, and for the first time I have planned how I’m going to make the best of this month, use it to grow my soul and get closer to God. I want to take advantage of Ramadan to help catapult my soul growth. For this I have created a plan as planning helps ensure that you have a roadmap and makes you aware of every box you have to tick to achieve your goal.

This Ramadan I have a three point agenda, God willing:

- Go back to meditating - something I

have not been doing much of lately.

- Focus on appreciating the many things God does and does not do for me.
- Praise and glorify God especially before sunrise and sunset.

To achieve this, I plan to meditate 10-15 minutes at dawn. While it may not be much, it’s a start and will set the limit for the least I can do. God willing I will wake-up accordingly and plan my other activities to give me a clear 15 minutes of time alone with God so I can fulfill my agenda and, more importantly, God’s commandment [50:39] *Therefore, be patient in the face of their utterances, and praise and glorify your Lord before sunrise, and before sunset.* I will clear my schedule to do zikr in the evening, planning my household chores and not switching on the television till I complete my zikr.

Through the day, I plan to pay special attention to Salat, so my mind does not wander and is locked on God, and also utilize my time while I’m doing household chores and travelling to and from work; praising and glorifying God.

God willing, planning will help maximize the month of Ramadan and focus on what’s most important—God. That will make this Ramadan a true feast for the soul.

RD

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Sometimes it is difficult for our souls to gain control over our bodies. We tend to give in to the demands of our bodies quite in contradiction to God’s commands. An over-indulgent meal, losing our temper, a swear word let loose from our lips, not concentrating during Salat are some of the negative actions we participate in in our daily lives. But God knows our weaknesses and the Most Merciful gives us an annual chance. So during Ramadan, our bodies are in a constant state of worship while our minds are fully conscious of our actions and we make every effort to follow God’s commands sincerely.

AR

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My experience with Ramadan is that I feel a higher sense of God consciousness during the entire month, than the rest of the year. God permits me to prepare each day for the fast by waking up earlier than usual. Because I am up so early, I spend more time reading the Quran. God gives me a clearer mind to focus better on Him all month for the contact prayers. God allows me to be more thankful to Him, by having a better awareness of His provisions to me, like food, drinks, energy and much, much more. I focus more on being righteous with all my actions, words and thoughts. During Ramadan, God leaves me with a sense of my heart and soul strengthening and being full. The first day Ramadan is over, I always feel like I can't wait until Ramadan next year. Thank You, God!

RS

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Ramadan is a Submission practice performed for a month every year to earn the pleasure of God and this renews faith. This annual exercise, consciously and voluntarily practiced, uplifts the soul. Being God's command, no better course of training can be devised to cleanse our souls. Compliance with this Divine injunction fosters the sense of willing obedience to God's commands which is a sign of firm and true faith. It forcefully brings forth the feeling that a believer has to serve only One Master and One Law – the Law of his Creator. The real intention underlying the restraints and restrictions that fasting implies is total submission to the will of God. The fast is not only refraining from food and drink but also from foul thoughts, words and acts, the object being attainment of piety.

Ramadan has a great leveling influence – no matter how rich or poor, influential or subservient, high or low, all stand on the same terms of human equality. No submitter is superior to another on account of social status or because of wealth, race or colour differences, but only on the basis of righteousness. [7:26] *O children of Adam, we have provided you with gar-*

*ments to cover your bodies, as well as for luxury. But the best garment is the garment of righteousness. These are some of GOD's signs, that they may take heed.*

AC

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Ramadan is the month of spiritual growth. The Stomach's emptiness helps remind us of God. Remembrance of God through fasting is a fantastic ritual for nourishment of the soul. We fast this month to show our appreciation for guidance and clear teachings in the Quran. By fasting this month we are fulfilling our obligation to God.

HS

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**Ramadan**

A blessed month  
 A month of abundance  
 A time of glorification  
 A time of showing our appreciation for guidance—the gift of gifts  
 Thank you God for guidance & Quran, a source of wisdom, healing & mercy  
 A time of reflection on our actions, speech & thoughts  
 A time of imploring  
 Our Lord, make this easy for us  
 Fasting from dawn to sunset  
 It seems that as the soul gets stronger, it gets easier  
 A time of deepening our compassion & empathy  
 An opportunity to attain salvation

May this be a wonderful, soul nourishing and purifying experience for all of us

FF

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Ramadan is the amazing celebration month of the year for the submitters! It is an incredible privilege and the most exclusive invitation from the Lord of the seven universes. The practice came to us all the way from Abraham. As always but even more intense during this month, all the energy is concentrated to God, the Creator, the Initiator and the Designer of everything. I feel more appreciative of all the submitting creatures in the universe from the smallest part of my body to the sun and the moon, the sky and the stars, the mountains and the

trees, the animals and the insects, and to the unseen world of countless numbers of hard working angels. I know they are prostrating to the Most Faithful and the Supreme and their singing of their praises to the Most Gracious is joyous, and I cannot help myself—I join them. Before Dawn, there is a marvelous feeling of peace, calmness and tranquility, all submit completely to the Most Sacred, the Peace. Breaking the fast each sunset is an exciting event. Not only having the reward of a delicious feast with submitter family, but also to enjoy the blessings from the Most Dignified, and hopefully an acceptance of fasting from the Almighty, the Most Powerful! And the Most Wise gives us an even greater gift that is better than a 1000 months! The Night of Destiny! This blessed night, my soul is dancing and leaping with joy and happiness. I pray many things to the Most Merciful even though He is the Knower of all secrets and declarations. Until Dawn, together with my true family and all the creatures in the heavens and the earth, I sing, commemorate and glorify His names, the most beautiful names. Thank you so much God for granting us such an incredible invitation, Ramadan!

NC

Night of Destiny

[97:1] *We revealed it in the Night of Destiny.*  
 [97:2] *How awesome is the Night of Destiny!*  
 [97:3] *The Night of Destiny is better than a thousand months.*  
 [97:4] *The angels and the Spirit descend therein, by their Lord's leave, to carry out every command.*  
 [97:5] *Peaceful it is until the advent of the dawn.*

The Night of Destiny signifies a remarkable blessing for Submitters. When the world was enveloped in darkness and in the depths of ruin and immorality, God sent out of His mercy the prophet Muhammad with His transcendent Message of the glorious Quran. The descent of the angels and the Spirit also reveal that this Night is of far reaching influences.

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God had sent His prophet for the regeneration of humankind, and the angels and the Spirit came down from Heaven to fulfill this mission to inculcate the spirit of devotion and reverence among Submitters.

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The Night of Destiny we know is better than a thousand months: Sura 97 comes to life at night as submitters eagerly come together to commemorate God, imploring God in supplication (2:186, 13:14), and asking for His forgiveness. As the night draws to a close and the dawn emerges, there is a feeling of peace and contentment and satisfaction on having been blessed to witness this beautiful night. We pray that God in His infinite grace and mercy accepts our worship and helps us do better.

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*Peaceful it is until the advent of the dawn.* The masjid becomes a sheltering cave where refuge is sought.  
[114:1-3] Say, "I seek refuge in the Lord of the people. The King of the people. The god of the people."

[73:20] Your Lord knows that you meditate during two-thirds of the night, or half of it, or one-third of it, and so do some of those who believed with you. GOD has designed the night and the day, and He knows that you cannot always do this.

On the night of Destiny God blesses us to be able to do this, and gives us a taste of Paradise. This is what the night of Destiny feels like:

[39:75] *You will see the angels floating around the throne, glorifying and praising their Lord. After the equitable judgment is issued to all, it will be proclaimed: "Praise be to GOD, Lord of the universe."*

[21:19-20] *To Him belongs everyone in the heavens and the earth, and those at Him are never too arrogant to worship Him, nor do they ever waver. They glorify night and day, without ever tiring.*

[7:206] *Those at your Lord are never too proud to worship Him; they glorify Him and fall prostrate before Him.*

[52:49] *Also during the night glorify Him, and at dawn as the stars fade away.*

*Peaceful it is until the advent of the dawn.*

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May God grant every submitter a truly blessed Ramadan with great spiritual growth, much appreciation of all God's blessings, and true joy in His gift of support and guidance. May we use this time to focus our minds and our hearts on the Creator of all, Lord of the heavens, Lord of the earth, Lord of the universe, our sole Provider, and our true Protector.

Peace to all.

## Ramadan 2016

God willing the month of Ramadan (2:183-7) is coming soon. The new moon times for determining the beginning and ending of Ramadan are given below in UTC (Universal time) or GMT.

June 5, 2016: 03:00 AM (UTC/GMT)

July 4, 2016: 11:01 AM (UTC/GMT)

The actual time for each time zone is relative to UTC. In order to calculate the Ramadan start date, compare the time of the New Moon with the Sunset in your location. If the new moon is before sunset, we fast the next day, God willing. Similarly, to determine the last day of fasting, compare the time of the next New Moon with the sunset in your location. If the new moon is before sunset, the Ramadan month is complete on that day. Otherwise one fasts the next day.

Based on this, God willing, Ramadan dates for most of North and South America, Europe, Africa, Middle East and Asia are: **June 6 – July 4, 2016.**

For some Western parts of the USA and Canada, God willing the dates are: **June 5 – July 4, 2016.**

For the eastern parts of Asia, for Australia and New Zealand, God willing the dates are: **June 6 – July 5, 2016.**

For more details on how dates are calculated, please refer to [September 2009](#) issue of the Submitters Perspective, and <http://masjiduntucson.org/Ramadan/>