



**Fatima** ■ @sugaroverflow Sat Apr 02 01:10:56 +0000 2022

#Ramadan starts tomorrow, so I wanted to share a mini guide for coworkers of Muslims ■

— inspired by GitLab's value of doing the smallest thing possible, here's a twitter ■

Ramadan starts tomorrow and runs from April 2 to around May 2. The Islamic calendar is based on the lunar cycle, so start/end dates depend upon the sighting of the crescent moon ■

(for some hilarious memes, look up Ramadan moon wars)

If you'd like to wish your coworkers a happy Ramadan, you can say:

■ Ramadan Mubarak (Blessed Ramadan), or

■ Ramadan Kareem (Generous Ramadan)

— or just Happy Ramadan - I certainly appreciate the gesture :)

In Ramadan, we fast from before sunrise to sunset. Fasting is one of the 5 pillars of Islam and mandatory for everyone who is capable (there are exceptions).

Abstaining from food and hunger helps us become better people (controlling your hunger and thirst helps with discipline)

I love the way Ahmed describes it as a time where we are "being a force for good" ■

<https://t.co/aA8H1YM0jv>

During this month, we also recite The Quran, may attend nightly prayers at the masjid, listen to lectures, and are encouraged to do good deeds - like volunteering, helping each other, and giving charity.

It's also a time when many communities and families come together ■

If you work with a Muslim observing Ramadan, please offer accommodations. They might want to adjust their schedule or make space to break their fast on time. Be mindful of when and where you're hosting events and whether they revolve around food.

belated addition to the thread ■

Just came across @CAIRSFBA 's email including this helpful page of resources on how to reconcile your faith practice and your academic or work obligations:

<https://t.co/uOYojDIwUb>