



**O you who have believed,**  
decreed upon you is fasting as it was decreed upon those  
before you that you may become righteous - Qur'aan 2:183

**- DUA FOR BREAKING THE FAST -**

ذَهَبَ الظَّمَأُ وَأَبْتَلَتِ العُرُوقُ وَثَبَتَ الأَجْرُ إِن شَاءَ اللهُ

"Dhahabz-zama' wabtallat-il-'urooq, wa thabat-al-ajr, in Shaa' Allaah."

The thirst has gone, the veins are moist, and the reward is set, Allaah willing.

- Sunan Abee Daawood (2357) - graded authentic by Ibn Hajar & al-Albaanee.

This is the only du'aa specified by the Prophet for iftaar. The intention's place is the heart. Neither the Prophet, nor any of his companions, ever said the intention in words.

**- RAMADAAN ADVICE -**

#Read more Qur'aan and offer more units of prayer and do it with reflection, humility and attentiveness. #Share and provide food for the fasting people to gain a reward similar to theirs, especially the poor and needy. #Perform your five prayers on time in congregation to gain the reward and Allaah's protection and do your best to attend the taraaweeh prayers. #Give plenty of charity. #Break your fast as soon as the sun sets - don't delay. #Avoid overeating. #Maintain ties with family and relatives. #Resolve important Islamic issues in your life. #Preserve your tongue from lying, cursing, backbiting and slander for it decreases the reward of fasting.

**- RAMADAAN FOOD PACKS FROM \$2 A DAY! -**

You can feed one person in the holy month of Ramadaan for:  
\$2 a day - Pakistan, India, Burkina Faso, Somalia, Malawi and Sri Lanka  
\$3 a day - Syria | \$4 a day - Palestine and Iraq

Bank Account: 06-0177-0140367-02 | Bank: ANZ Mt Roskill | Ref: Ramadan  
Contact: Shaykh Abu Anas: 022 016 0269 or Dr. Farhaan Mirza: 027 5050 500  
Donate online: [www.almanar.co.nz](http://www.almanar.co.nz)

If you want to use Zakat, please include it in Reference.

**NOTE:** Fajr beginning time also means Imsaak (starting fast) and Maghrib beginning time also means Adhaan and Iftaar (breaking fast). Adhaan is given 10 mins before Jamaat time except for Fajr in Ramadaan, it is given about 20-25 mins before. Jumu'ah Khutbah starts at 12:35pm. InshaAllah Taraaweeh prayer will be prayed every night.

Day	Ramadaan	May - June	Fajr		Sunrise	Dhuhr		Asr		Maghrib		Isha	
			Beginning	Jamaat	Ishraq	Beginning	Jamaat	Beginning	Jamaat	Beginning	Jamaat	Beginning	Jamaat
Thu	1	17	5:44AM	6:10AM	7:23AM	12:18PM	12:50PM	3:01PM	4:10PM	5:21PM	5:31PM	6:46PM	7:30PM
Fri	2	18	5:45AM		7:24AM	12:18PM		3:00PM		5:20PM	5:30PM	6:45PM	
Sat	3	19	5:46AM		7:25AM	12:18PM		3:00PM		5:20PM	5:30PM	6:45PM	
Sun	4	20	5:46AM		7:25AM	12:18PM		2:59PM		5:19PM	5:29PM	6:44PM	
Mon	5	21	5:47AM		7:26AM	12:18PM		2:59PM		5:18PM	5:28PM	6:44PM	
Tue	6	22	5:48AM		7:27AM	12:18PM		2:58PM		5:18PM	5:28PM	6:43PM	
Wed	7	23	5:48AM		7:28AM	12:18PM		2:58PM		5:17PM	5:27PM	6:43PM	
Thu	8	24	5:49AM		7:28AM	12:18PM		2:57PM		5:16PM	5:26PM	6:42PM	
Fri	9	25	5:49AM		7:28AM	12:18PM		2:57PM		5:16PM	5:26PM	6:42PM	
Sat	10	26	5:50AM	6:15AM	7:30AM	12:18PM		2:56PM		5:15PM	5:25PM	6:41PM	
Sun	11	27	5:51AM		7:31AM	12:18PM		2:56PM		5:15PM	5:25PM	6:41PM	
Mon	12	28	5:51AM		7:31AM	12:19PM		2:55PM		5:14PM	5:24PM	6:41PM	
Tue	13	29	5:52AM		7:32AM	12:19PM		2:55PM		5:14PM	5:24PM	6:40PM	
Wed	14	30	5:52AM		7:33AM	12:19PM		2:55PM		5:14PM	5:24PM	6:40PM	
Thu	15	31	5:53AM	6:20AM	7:33AM	12:19PM	12:50PM	2:54PM	4:10PM	5:13PM	5:23PM	6:40PM	7:30PM
Fri	16	1	5:53AM		7:34AM	12:19PM		2:54PM		5:13PM	5:23PM	6:40PM	
Sat	17	2	5:54AM		7:35AM	12:19PM		2:54PM		5:12PM	5:22PM	6:39PM	
Sun	18	3	5:54AM		7:35AM	12:19PM		2:54PM		5:12PM	5:22PM	6:39PM	
Mon	19	4	5:55AM		7:36AM	12:20PM		2:54PM		5:12PM	5:22PM	6:39PM	
Tue	20	5	5:55AM		7:37AM	12:20PM		2:53PM		5:12PM	5:22PM	6:39PM	
Wed	21	6	5:56AM		7:37AM	12:20PM		2:53PM		5:11PM	5:21PM	6:39PM	
Thu	22	7	5:56AM		7:38AM	12:20PM		2:53PM		5:11PM	5:21PM	6:39PM	
Fri	23	8	5:57AM	6:25AM	7:38AM	12:20PM		2:53PM		5:11PM	5:21PM	6:39PM	
Sat	24	9	5:57AM		7:38AM	12:20PM		2:53PM		5:11PM	5:21PM	6:39PM	
Sun	25	10	5:58AM		7:39AM	12:21PM		2:53PM		5:11PM	5:21PM	6:38PM	
Mon	26	11	5:58AM		7:40AM	12:21PM		2:53PM		5:11PM	5:21PM	6:38PM	
Tue	27	12	5:58AM		7:40AM	12:21PM		2:53PM		5:11PM	5:21PM	6:38PM	
Wed	28	13	5:59AM		7:41AM	12:21PM		2:53PM		5:11PM	5:21PM	6:39PM	
Thu	29	14	5:59AM		7:41AM	12:21PM		2:53PM		5:11PM	5:21PM	6:39PM	
Fri	30	15	5:59AM		7:41AM	12:22PM		2:53PM		5:11PM	5:21PM	6:39PM	
Sat	1	16	6:00AM	6:25AM	7:42AM	12:22PM	12:50PM	2:53PM	4:10PM	5:11PM	5:21PM	6:39PM	7:30PM