At Taqwa Trust

Ramadaan 1442 April-May 2021

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NEW ZEALAND ISLAMIC INFORMATION CENTRE

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"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 2:138

THE INTENTION FOR FASTING (NIYYAH)

The intention's place is the heart, not the lips. Neither the Prophet *(sallallaahu alaihi wa sallam)*, nor any of his companions, ever pronounced the intention verbally.

DU'AA DURING BREAKING THE FAST

The Prophet *(sallallaahu alaihi wa sallam)* used to say this du'aa at the time of iftaar:

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ الْعُرُوقُ وَثَبَتَ الأَجْرُ إِنْ شَاءَ اللَّهُ

"Dhahabaz-zama', wabtallat-il-'urooq, wa thabat-al-ajru 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

A person may supplicate with any other good words along with the above. However, it is not correct to specify any particular du'aa for iftaar that was not specified by the Prophet.

Day	Ramadaan	Apr-May	Fajr		Sunrise	Dhuhr		'Asr		Maghrib		'Ishaa'	
			Begins	Iqaamah		Begins	Iqaamah	Begins	Iqaamah	Begins	Iqaamah	Begins	Iqaamah
Wed	1	14	5:19	**5:45**	6:45	12:21	**12:50**	3:31	**4:10**	5:59 pm	**6:14 pm**	7:18	**7:30**
Thu	2	15	5:20		6:46	12:21		3:30		5:57 pm	**6:12 pm**	7:17	
Fri	3	16	5:21		6:47	12:21		3:28		5:56 pm	**6:11 pm**	7:15	
Sat	4	17	5:21		6:48	12:21		3:27		5:55 pm	**6:10 pm**	7:14	
Sun	5	18	5:22		6:49	12:20		3:26		5:53 pm	**6:08 pm**	7:13	
Mon	6	19	5:23		6:50	12:20		3:25		5:52 pm	**6:07 pm**	7:12	
Tue	7	20	5:24		6:51	12:20		3:24		5:51 pm	**6:06 pm**	7:10	
Wed	8	21	5:25	**5:50**	6:51	12:20	**12:50**	3:23	**4:10**	5:49 pm	**6:04 pm**	7:09	**7:30**
Thu	9	22	5:25		6:52	12:20		3:22		5:47 pm	**6:02 pm**	7:08	
Fri	10	23	5:26		6:53	12:19		3:21		5:47 pm	**6:02 pm**	7:07	
Sat	11	24	5:27		6:54	12:19		3:20		5:46 pm	**6:01 pm**	7:06	
Sun	12	25	5:28		6:55	12:19		3:19		5:45 pm	**6:00 pm**	7:05	
Mon	13	26	5:28		6:56	12:19		3:19		5:43 pm	**5:58 pm**	7:04	
Tue	14	27	5:29		6:57	12:19		3:18		5:42 pm	**5:57 pm**	7:03	
Wed	15	28	5:30	**5:55**	6:57	12:18	**12:50**	3:17	**4:10**	5:41 pm	**5:56 pm**	7:02	**7:30**
Thu	16	29	5:31		6:58	12:18		3:16		5:40 pm	**5:55 pm**	7:00	
Fri	17	30	5:31		6:59	12:18		3:15		5:39 pm	**5:54 pm**	6:59	
Sat	18	1	5:32		7:00	12:18		3:14		5:38 pm	**5:53 pm**	6:58	
Sun	19	2	5:33		7:01	12:18		3:13		5:37 pm	**5:52 pm**	6:58	
Mon	20	3	5:34		7:02	12:18		3:12		5:35 pm	**5:50 pm**	6:57	
Tue	21	4	5:34		7:03	12:18		3:11		5:34 pm	**5:49 pm**	6:56	
Wed	22	5	5:35	**6:00**	7:04	12:18	**12:50**	3:10	**4:10**	5:33 pm	**5:48 pm**	6:55	**7:30**
Thu	23	6	5:36		7:04	12:18		3:10		5:32 pm	**5:47 pm**	6:54	
Fri	24	7	5:37		7:05	12:18		3:09		5:31 pm	**5:46 pm**	6:53	
Sat	25	8	5:37		7:06	12:17		3:08		5:30 pm	**5:45 pm**	6:52	
Sun	26	9	5:38		7:07	12:17		3:07		5:29 pm	**5:44 pm**	6:51	
Mon	27	10	5:39		7:08	12:17		3:06		5:29 pm	**5:44 pm**	6:51	
Tue	28	11	5:39		7:09	12:17		3:06		5:28 pm	**5:43 pm**	6:50	
Wed	29	12	5:40	**6:05**	7:09	12:17		3:05		5:27 pm	**5:42 pm**	6:49	
Thu	30	13	5:41	**6:05**	7:10	12:17	**12:50**	3:04	**4:10**	5:26 pm	**5:41 pm**	6:48	**7:30**

Fajr beginning time is Suhoor end time. Maghrib beginning time is Iftaar time.
Adhaan is 10 minutes before iqaamah except for Maghrib which is 15 minutes before (during Ramadaan).
Jumu'ah khutbah starts at 12:35 pm. Islamic dates are subject to moon sighting. Please check website.

RAMADAAN ADVICE IN BRIEF

#Read more Qur'aan and offer more units of prayer and do it with reflection, humility and attentiveness.

#Share and provide food* for 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.

#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.

#Safeguard your tongue from lying, cursing, backbiting and slander for they decrease the reward of fasting.

#Resolve important Islamic issues in your life.

#Volunteer at your local masjid.

#Share the message of Islam with others.