

Thornton Heath Islamic Centre

150 Gillett Road, Thornton Heath CR7 8SN www.thisislamiccentre.org

NIYYAH (Intention for fasting)

بِصَوْمِ عَدْنَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

(WA) BI SAWMI GHADIN NAWAYTU MIN SHAHRI RAMADAN

"I resolve to keep fast in the month of Ramadhan".

Please note to make NIYYAH (Intention) to fast is necessary orally or in the heart although verbal intention is preferred

MUSTAHABBAAT (Commendable acts worthy of much reward) during SAWM (Fasting)

1. To partake of Sahri before beginning the fast.
2. To partake of Sahri in the latter part of the night.
3. To make Naiyah for fasting during the night.
4. To break fast by Iftar soon after sunset.
5. To do iftar by eating dates if not than with water.
6. To abstain from useless, evil and vulgar talks, swearing, telling lies and backbiting.

DU'AA TO END THE FAST

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

ALLAHUMMA INNI-LAKA SUMTU WA BIKAA AAMANTU
WA-ALA RIZQI KA AFTARTU

"O Allah I have fasted for you. In you do I believe, and with your provision (food) do I break my fast". (Tabrani, Vol. 2, P8. 1229)

Fast becomes Makruh by the following (things which are disliked and sinful during fasting):

1. To delay bath which is wajib after Subah Sadiq.
2. To apply tooth powder or tooth paste in the mouth or gargle unnecessary.
3. To taste something without necessity.
4. To have intimate contact with your spouse.
5. To speak behind someone's back (Gheebat or Chugli) or to have vulgar conversation
6. To fight or quarrel with somebody. Tell a lie, swearing are sinful acts even when not fasting, therefore they become even worse during fasting.

RAMADHAN TIMETABLE 1444AH – MAR/APR 2023

Day	MARCH/ APRIL	RAMADHAN	FAJR		ZOHR		ASR		MAGHRIB		ISHA		
			End of SAHRI	Jamat	Sunrise	Begins	Jamat	Begins	Jamat	Sunset IFTAR	Jamat	Begins	Jamat
THU	23	1*	4:19	4:30	5:54	12:12	1:00	4:20	4:45	6:21	6:25	7:40	8:00
FRI	24	2	4:17	4:30	5:52	12:12	1:00	4:21	4:45	6:23	6:27	7:42	8:00
SAT	25	3	4:15	4:30	5:50	12:12	1:00	4:22	4:45	6:25	6:29	7:43	8:00
START OF BRITISH SUMMER TIME													
SUN	26	4	5:13	5:30	6:47	1:11	1:30	5:24	6:30	7:26	7:34	8:44	9:15
MON	27	5	5:11	5:30	6:45	1:11	1:30	5:25	6:30	7:28	7:32	8:46	9:15
TUE	28	6	5:10	5:30	6:43	1:11	1:30	5:26	6:30	7:30	7:34	8:48	9:15
WED	29	7	5:08	5:30	6:41	1:10	1:30	5:27	6:30	7:31	7:35	8:48	9:15
THU	30	8	5:05	5:30	6:38	1:10	1:30	5:29	6:30	7:33	7:37	8:50	9:15
FRI	31	9	5:04	5:30	6:36	1:10	1:30	5:30	6:30	7:35	7:39	8:52	9:15
SAT	1 APR	10	5:02	5:15	6:34	1:10	1:30	5:31	6:30	7:36	7:40	8:53	9:15
SUN	2	11	5:00	5:15	6:32	1:09	1:30	5:32	6:30	7:38	7:42	8:55	9:15
MON	3	12	4:57	5:15	6:29	1:09	1:30	5:34	6:30	7:40	7:44	8:56	9:15
TUE	4	13	4:55	5:15	6:27	1:09	1:30	5:35	6:30	7:41	7:45	8:57	9:15
WED	5	14	4:53	5:15	6:25	1:08	1:30	5:36	6:30	7:43	7:47	8:59	9:15
THU	6	15	4:51	5:15	6:23	1:08	1:30	5:37	6:30	7:45	7:49	9:01	9:15
FRI	7	16	4:48	5:15	6:20	1:08	1:30	5:38	6:30	7:46	7:50	9:02	9:15
SAT	8	17	4:46	5:00	6:18	1:08	1:30	5:40	6:45	7:48	7:52	9:04	9:30
SUN	9	18	4:44	5:00	6:16	1:07	1:30	5:41	6:45	7:50	7:54	9:05	9:30
MON	10	19	4:42	5:00	6:14	1:07	1:30	5:42	6:45	7:51	7:55	9:06	9:30
TUE	11	20	4:39	5:00	6:11	1:07	1:30	5:43	6:45	7:53	7:57	9:08	9:30
WED	12	21	4:37	5:00	6:09	1:06	1:30	5:44	6:45	7:55	7:59	9:10	9:30
THU	13	22	4:35	5:00	6:07	1:06	1:30	5:45	6:45	7:56	8:00	9:11	9:30
FRI	14	23	4:33	5:00	6:05	1:06	1:30	5:46	6:45	7:58	8:02	9:13	9:30
SAT	15	24	4:31	4:45	6:03	1:06	1:30	5:48	7:00	8:00	8:04	9:15	9:30
SUN	16	25	4:29	4:45	6:01	1:06	1:30	5:49	7:00	8:02	8:06	9:17	9:30
MON	17	26	4:26	4:45	5:58	1:05	1:30	5:50	7:00	8:03	8:07	9:17	9:30
TUE	18	27	4:23	4:45	5:56	1:05	1:30	5:51	7:00	8:05	8:09	9:19	9:30
WED	19	28	4:21	4:45	5:54	1:05	1:30	5:52	7:00	8:07	8:11	9:21	9:30
THU	20	29*	4:19	4:45	5:52	1:05	1:30	5:53	7:00	8:08	8:12	9:22	9:30

Fasting is not broken by the following:

1. To eat or drink something by mistake.
2. To use MISWAK or dry toothbrush (without paste).
3. To use perfume (ITTR) or apply Surmah, medicines or oil in the eye or ear.
4. To have injection or blood test
5. Wet dreams which makes Ghusul (bath) wajib
6. To vomit unintentionally
7. To use hair oil in head
8. Nocturnal discharge during fast.
9. Unintentional inhaling of dust or smoke
10. Bleeding when using MISWAK.

Following acts break FAST but necessitate QADHA only.

1. To eat, drink or have sexual intercourse thinking that still there is time for Sahri.
2. To open fast thinking that the sun has set whereas in fact it has not.
3. If water goes down the throat during moutwash unintentionally
4. By vomiting mouthful intentionally
5. To put medicine or oil in nose.
6. To inhale or take smoke of LOBAN or AGARBATI (Joystick)
7. Using asthma pump.

Following acts break FAST and necessitate both QADHA and KAFFARAH (fasting 60 extra days)

Knowingly eat or drink something or to have sexual intercourse during the fast or to take medicine by mouth or nose intentionally.

ZAKAT is compulsory on personal wealth which is 2½%.

SADAQATUL FITR IS WAJIB

Each Muslim on his behalf and on behalf of those he maintains, must give before the EID Prayer, the Sadaqatul Fitr for the poor. The amount is **£3.50** per person minimum.

*Islamic dates are subject to the sighting of the crescent moon.

Sunset is three minutes before Magrib Zawal is ten minutes before the beginning of Zohr.

FOR MARCH Jummah Lecture at 12:10pm, Jummah Azaan at 12:30pm, 1st Jummah Khutbah and Salaat at 12.45pm.

2nd Jummah salaah at 1:10pm

FOR SUMMER Jummah Lecture at 1:00pm, 1st Jummah Azaan 1:15pm 1st Jummah Khutbah and Salaat 1:30pm

2nd Jummah Salaah at 2:00pm

Please Park your car properly and do not obstruct any driveways or Ambulance Bays.