

# Ramadan in Lockdown

## – April 2020



This year, **Ramadan will be different**. Restrictions due to Covid 19 mean that at midnight on Monday 27<sup>th</sup> April, the country moved to Alert Level 3.

We cannot go to the Mosque or greet friends by shaking hands outside our bubble because of physical distancing rules.

### Keep safe

- Stay in your bubble
- Keep the spirit of Ramadan by praying at home
- Suhoor and Iftar can still be eaten with family at home

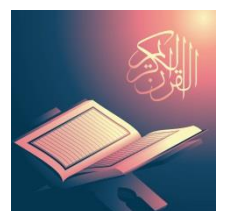
Parents are role models for their children so remember Islam urges us to use **self-control**, avoid **anger** and **forgive others**. It is particularly important at this difficult time when it would be too easy to react with anger, frustration and worry.

The purpose of fasting is to attain nearness to Allah (SWT) and we look forward to strengthening our spirituality during this blessed month of Ramadan. The best way to take advantage of this special month is to develop an action plan which will help you to make the most of your Ramadan. This will prepare you to maintain the spirit even after Ramadan. Start your plan by listing your daily goals, make it small and allocate time for each goal.

### Daily planner



- For suhoor, eat food that is rich in carbohydrates so it can give you energy for a longer period of time.
- Take minerals and vitamins at this time so your body can maintain the nutrients throughout the day.
- Break your fast with dates and water.
- Avoid eating too much food, eat small portions and avoid oily food. Eat healthy food with plenty of vegetables rich in vitamins and minerals.
- Drink plenty of water.



- If you have long term health conditions, check with your health provider to review your medications in case adjustments for Ramadan are needed.
- Stay in a state of Wudhu (ablution).
- Pray five daily prayers at home including taraweeh.
- Watch live stream of khutbah on social media.



## **If in doubt, use common sense and stop and think!**

We often refer to the E Tū Whānau values in our work. They are a wonderful guide to follow at this time. You can find out more on the website - [www.etuwhanau.org.nz](http://www.etuwhanau.org.nz)

There are 6 values:

- **Aroha** – Giving with no expectation of return
- **Whanaungatanga** – It's about being connected
- **Whakapapa** – Knowing who you are and where you belong
- **Mana/Manaaki** – Building the mana (self-esteem) of others, through nurturing, growing and challenging
- **Kōrero Awhi** – Positive communications and actions; talking kindly to each other
- **Tikanga** – Doing things the right way, according to our values

## **WHERE TO GO FOR HELP**

- **Healthline** (if you have symptoms of COVID19 or need health advice) – **0800 358 5453**
- **Emergency Services:** Ambulance, Fire, Police – **111**
- **Work and Income** – **0800 559 009** or [www.workandincome.govt.nz](http://www.workandincome.govt.nz)
- **Unite against COVID19** – [www.covid19.govt.nz](http://www.covid19.govt.nz) for the most up to date government information

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