

# RAMADAN 2020 GUIDELINES

*How to make the most of Ramadan during COVID-19*



Islamic Centre of Ireland  
*Ionad Islamach na hÉireann*

Guidelines by

Islamic Centre of Ireland & Irish Muslim Peace & Integration Council



Irish Muslim  
PEACE & INTEGRATION COUNCIL



[www.islamiccentre.ie](http://www.islamiccentre.ie)



[www.impic.ie](http://www.impic.ie)



# *This Ramadan is going to be very different than any other Ramadan in our lives.*

*We thank Almighty Allah for the arrival of this Blessed Month of Ramadan. The closure of the Mosques, suspension of Jumu'ah prayers and now absence of Iftar & Taraweeh in the Mosque during Ramadan is affecting us and our connection with the Mosque. These guidelines are written so we can make the most from the Holy Month of Ramadan in this difficult time.*

## **Fasting:**

Fasting is obligatory in Islam if a Muslim is Mukallaf, able to fast, not travelling and there are no impediments to fasting such as sickness, extreme pain from injury, breastfeeding or pregnancy.

Fasting has many benefits and strengthens the immune system. There is no authenticity in reports that fasting this year has been postponed. Individuals with confirmed/suspected Covid-19 with moderate-severe symptoms or severe underlying health conditions can postpone their fasts to a later date. A strong likelihood of falling extremely ill also permits postponing the fasts.

A person who does not fast or discontinues their fast due to a valid excuse is required to make up for the fast(s) at a later date. There is no additional penalty. If their condition is such that they are unable to fast perpetually, they will give Fidyah (the amount of Şadaqat al-Fiṭr per fast, see section below).

Fidyah does not discharge the obligation if a person is able to fast at a later date, for example, in the winter months.

Doctors, nurses and healthcare workers treating Covid-19 patients are strongly recommended to carefully consider all the alternative options and attempt the fast if they are able to. If they struggle to continue, the fast can be broken and repeated at a later date. However, for those who will be unable to fast due to the strong likelihood of dehydration and severe thirst due to wearing PPE, along with the risk of making clinical errors which could potentially affect lives, the fasts can be postponed to a later date.

If a fasting person struggles to continue their fast due to contracting Covid-19 symptoms, it is permissible to break the fast and make up for it later.

## **Iftar Meals:**

Due to social distancing measures in place, it is prohibited to host or to attend any Iftar party meals.

Use this opportunity to do Iftar with the family at home. Prepare together a nutritious and healthy meal that will ensure that you attain the benefits of Ramadan.

Avoid eating oily and fatty foods and overeating during Sahoor and Iftar as this can lead to increase in weight, weaken our immune system also also affect the quality of our prayers in the Holy month of Ramadan.





## The importance of giving Iftar:

During this blessed month please remember the many Muslims that are less fortunate than us.

Many Muslims are unable to afford nutritious food they need to sustain them after a hard day of fasting. Whether these are refugees, widows or families devastated by war, conflict and the current pandemic, they will be going hungry beyond iftar time.

The Prophet (saw) said, 'Whoever feeds a person breaking his fast will earn the same reward as him, without anything being lessened from the reward of the fasting person'. (Sunan Tirmidhi)



## This Ramadan take advantage of the blessings of giving Iftar.

The Islamic Centre is currently involved in a project in feeding families in Pakistan and Egypt during this Pandemic. Many families lost their source of income amidst the lock downs and do not have the assistance from Governments during this Pandemic.

Please help us feeding families in this Blessed month of Ramadan.

Feed an individual Iftar & Sahoor for the whole Ramadan	:	€40,-
Feed a Family Iftar & Sahoor for the whole Ramadan	:	€100,-

Please donate transferring your Iftar Donation to :

### Account Details:

AIB Account Name: Islamic Centre of Ireland  
Sort Code: 93-25-15  
Account No. : 80992086  
IBAN : IE50AIBK93251580992086

Please ensure to mention "Iftar" with your bank transfer.



## Establish the 5 Salahs with Jamaah at home.

Every attempt should be made to perform the five daily Ṣalāhs in congregation at home. The Jamaat prayer (congregation) is more rewarding than the prayer of an individual alone.

While the Mosques are closed, we should revive the practise of praying with Jamaat (congregation) in our homes.

All family members including females can join the congregation.

We should rotate the position of the Imam among the different family members and occasionally appoint children as Imam to encourage them to perform Salah. If a person is self-isolating within a room, they will perform Ṣalāh alone. Allocate up to 15 minutes after one of the Ṣalāh and share Islamic discourses from a reliable book or online resource with the entire family.



## Recitation of the Holy Qur'an

Recitation of the Holy Qur'an is encouraged as the Holy Qur'an was revealed in this blessed month. It is Sunnah of the Prophet saw to complete the Qur'an in the month of Ramadan.

We recommend reciting the Holy Qur'an with translation during this blessed month and also watch videos on the Tafsir of the Holy Qur'an with the family. Those at home should attempt to undertake more Qur'an completions during this month.

It may be helpful to fix a time wherein the entire household recite the Holy Qur'an.

Those who are not Hafiz of the Holy Qur'an should start to memorise it. All those who are at home due to the Covid-19 should spend their time wisely and start memorising the Holy Qur'an.





## Friday Prayers during Ramadan

It is important that during this time of social distancing and the closure of the Mosques, we maintain the spirit of the Holy Day of Jumu'ah. It is therefore that a detailed Fatwa has been released on the "Permissibility of Online/Virtual Jumu'ah Prayers amidst Covid-19" by the Head Imam of the Islamic Centre.

We recommend that you every Friday at 1:30pm join the Jumu'ah prayers transmission with your family to keep the spirit of this blessed day. Additionally, you will be performing the Dhuhr prayer at home as precaution.

We advise that you listen to the Lecture by Shaykh Dr Umar Al-Qadri on the 17th of April which in detail discusses the Fatwa on the permissibility of such a prayer amidst current state of emergency. The Shaykh in detail explained the reasoning and Fiqh behind the Fatwa and also addressed the concerns and objections in detail. This lecture is available on our website.

**جمعة**  
Online  
**JUMU'AH PRAYER**

Islamic Centre of Ireland  
Ionad Islamach na hÉireann

يَا أَيُّهَا الَّذِينَ آمَنُوا إِذَا نُودِيَ لِلصَّلَاةِ فَاسْعَوْا إِلَىٰ ذِكْرِ اللَّهِ وَذِكْرِ الْيَوْمِ الَّذِي الْفُتِنْتُمْ فِيهِ كُنْتُمْ تَعْلَمُونَ  
O ye who believe! When the call is proclaimed to prayer on Friday (the Day of Assembly), hasten earnestly to the Remembrance of Allah, and leave off business (and traffic): That is best for you if ye but knew! [Al-Qur'an 62:9]

Friday  
1:30 PM Khutbah / Speech  
2:00 PM Prayer

Khutbah on "The Permissibility of Online Jumu'ah prayers and the Preparing for Blessed Month of Ramadan"

**Instructions for Online Jumu'ah:**

- Take Ghusl, wear clean clothes and apply Itr (fragrance)
- Clean and prepare the room in which you will perform Jumu'ah
- Recite Surah Al-Kahf or listen to its recitation
- Put the Laptop/Mobile device in front of you
- Have all members of the family join the Online Jumu'ah
- Sit quietly during the Khutbah and listen attentively
- "You must be able to follow the Imam correctly during the prayer (takbeer, qiyaam, rukoo, sujood, salaam etc.)."
- Make Duaa
- Recite Salawat upon the Holy Prophet Muhammad ﷺ

Islamiccentre.ie DrUmarAlQadri DrUmarAlQadri

As the Fatwa of permissibility is a minority opinion, and not binding, those who are not comfortable with joining the virtual prayer, can listen to the Friday Khutbah and then perform their Dhuhr at home.

### The special instructions for the online/virtual Jumu'ah Prayer are as followed:

- Take Ghusl, wear clean clothes and apply Itr (fragrance).
- Clean and prepare the room in which you will perform Jumu'ah.
- Recite Surah Al-Kahf or listen to its recitation.
- Put the laptop/mobile device in front of you
- Have all members of the family join the online/virtual Jumu'ah.
- Sit quietly during the Khutbah and listen attentively.
- You must be able to follow the Imam correctly during the prayer (takbeer, qiyaam, rukoo, sujood, salaam etc.)
- Make Duaa
- Recite Salawaat upon the Holy Prophet Muhammad saw

## Sadaqat Ul Fitr

Sadaqat Ul Fitr is compulsory on every Muslim that has the means and this year the amount is 7 Euro per person.

The Prophet Muhammad saw said:

"The fasting of the month of fasting will be hanging between earth and heavens and it will not be raised up to the Divine Presence without paying the Zakat al-Fitr."

Please donate your Sadaqt ul Fitr by transferring the Donation to :

#### Account Details:

AIB Account Name: Islamic Centre of Ireland  
Sort Code: 93-25-15  
Account No. : 80992086  
IBAN : IE50AIBK93251580992086

Please ensure to mention "Sadaqt ul Fitr" with your bank transfer.

**SADAQAT-UL-FITR**





### Itikaaf:

If the lockdown continues, it is recommended that at least one key worker of the Masjid (such as the Imam), who is currently accessing the Masjid in accordance with the lockdown measures, performs I'tikāf in the Masjid and continues to fulfil his duties.

### Taraweeh Prayers:

Taraweeh Ṣalah is an emphasised Sunnah. Therefore, every effort must be made to perform the Tarawih Salah.

Online Taraweeh prayers shall be transmitted from the Islamic Centre of Ireland. You may join the prayers from home as per the Fatwa issued recently.



### Duaa (Supplication)

During this Blessed Month of Ramadan we urge Muslims to specially make Duaa after each Ibaadah.

When you make Duaa, remember those who have lost their life specially due to Covid-19 and those that are affected by it.

May Allah accept the deceased as martyrs and grant health and recovery to the ill.

May Allah protect and reward all our healthcare workers and those that are at the forefront of the battle against Covid-19.

May Allah protect our loved ones that are far and near to us.

May Allah unite all Muslims in Ireland and reward all those that are serving Deen.

May Allah open the Mosques and places of worship and bring back normal life.

May Allah accept our worship in this Blessed month of Ramadan and reward us according to His unlimited treasures.

May Allah protect our country Ireland and the whole World from this Pandemic.

Ameen Ra Rab.



## Adhere to the decision by Irish authorities

We strongly encourage Muslim to adhere to the decisions taken by Irish authorities regarding staying at home, social distancing, suspending performing rituals in mosques and refraining from gathering until the Pandemic is terminated.

As Muslims we must always investigate before we spread any negative news. We must also be careful not to share unauthentic news. In this Holy Month of Ramadan, please be extra vigilant and avoid sharing unauthentic news and hearsay.

## Zakat:

A person must continue to respect their Zakat anniversary date and discharge their Zakat if it falls in Ramadan via online and other available methods.

If there are local Muslims in need, it is recommended to donate Zakat to them. There are also needy people all over the world who deserve our attention. Particular attention should also be paid to Muslims from poor countries who are likely to struggle in the forthcoming year.

Ramadan is a month of charity. In addition to Zakat, donate optional (nafl) charity as much as you can. Charity removes calamities and extinguishes the anger of Allah Almighty.

The Islamic Centre has identified individuals and families in Ireland that are eligible for Zakat. Additionally also, the Islamic Centre is involved in a project during Covid-19 in feeding families in Punjab, Pakistan.

Please donate your Zakat through paypal on our website [www.islamiccentre.ie](http://www.islamiccentre.ie) or

by transferring the Donation to :

### Account Details:

AIB Account Name: Islamic Centre of Ireland  
Sort Code: 93-25-15  
Account No. : 80992086  
IBAN : IE50AIBK93251580992086

Please ensure to mention "Zakat" with your bank transfer.

## Laylat Ul Qadr:

On each odd night of the last 10 days of Ramadan there shall be a special Naseeha delivered after the Taraweeh prayers by the Shaykh from the Islamic Centre of Ireland.

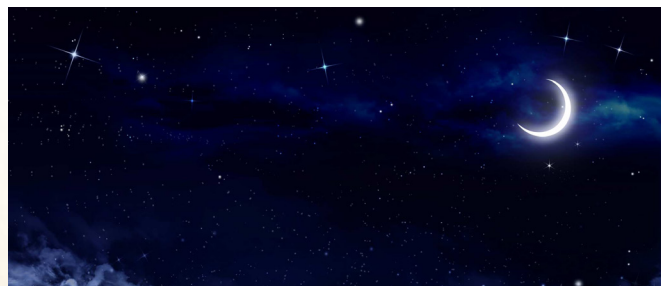
On the 27th Night of Ramadan, after Taraweeh prayers, there shall be a special lecture, online Salat Tasbeeh and Duaa from the Islamic Centre of Ireland

## EID-UL-FITR

Please keep an eye on the website regarding the announcement of Eid Prayer.

If circumstances allow, an Eid prayer shall be organised while implementing social distancing measures.

If the situation doesn't improve and the "lock down" continues, an Online Eid prayer shall be held.



### Some general guidelines during this Blessed Month

During the this blessed month, recite Salawat regularly.

Salawat upon Holy Prophet ﷺ is from among the most effective means of the removal of epidemics and plagues based on the ḥasan (agreeable) ḥadith in Sunan al-Tirmidhi (2457) in which the Holy Prophet ﷺ said to a companion who decided to dedicate all his supplication to durūd, "Then, your worries will be taken care of and your sins will be forgiven."

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ كَمَا صَلَّيْتَ عَلَى إِبْرَاهِيمَ وَعَلَى  
آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ اللَّهُمَّ بَارِكْ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ  
كَمَا بَارَكْتَ عَلَى إِبْرَاهِيمَ وَعَلَى آلِ إِبْرَاهِيمَ إِنَّكَ حَمِيدٌ مَجِيدٌ

*Allah, sanctify Muhammad and the family of Muhammad, as you have sanctified Ibrahim and the family of Ibrahim. Truly, You are Praiseworthy and Glorious. Allah, bless Muhammad and the family of Muhammad, as you have blessed Ibrahim and the family of Ibrahim. Truly, You are Praiseworthy and Glorious.*

Perform Tahajjud Ṣalah and make dua to Allah Almighty during the night and also between the Adhan and Iqamah and whilst fasting. The supplication of a fasting person is accepted as mentioned in Hadiths.

Repent to Allah Almighty and seek His forgiveness regularly. The Prophet ﷺ would repent to Allah and seek His forgiveness more than seventy times daily (Ṣaḥīḥ al-Bukhārī, 6307).

اللَّهُمَّ اغْفِرْ لِي وَأَرْحَمْنِي وَعَافِنِي وَاهْدِنِي وَأَرْزُقْنِي

*O Allah! Forgive me, have mercy on me, guide me, guard me against harm and provide me with sustenance and salvation.*

Along with the masnun supplications after Ṣalah, the following two supplications should be read and it should also be read at other times:

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبَرَصِ، وَالْجُنُونِ، وَالْجَذَامِ، وَمِنْ سَيِّئِ الْأَسْقَامِ

*'O Allah, I seek refuge in You from vitiligo, madness, leprosy, and bad diseases'*  
(Sunan Abī Dāwūd, 1554)

اللَّهُمَّ إِنَّكَ عَفُوفٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

*'O Allah, You are Forgiving and love forgiveness, so forgive me'* (Sunan al-Tirmidhī, 3513)





وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا (القران:البائده ٣٢)

...AND WHOEVER SAVES A SOUL, IT IS AS IF HE HAD SAVED ALL OF MANKIND  
The Holy Qur'an (5:32)

THANK YOU to our Healthcare workers and all those at the frontline in the battle against Covid-19.

## RAMADAN TIMETABLE 1441AH/2020 (DUBLIN)

Islamic Centre of Ireland

Narrated Abu Huraira r.a. ;  
Allah's Messenger said:

"Whoever fasts during Ramadan out of sincerity and faith, and hoping to attain Allah's rewards, then all past sins will be forgiven"

(Bukhari/Muslim)

### ZAKAT UL FITR:

7 Euro per Person

Red glow (Mark of Isha)

does not disappear from 10th May until 25th July. Hence Isha time is estimated 1.5 hr after Maghrib.

Taraweeh Prayer shall be broadcasted Live at 22:30 daily. You can join from Home during Covid19 while the Mosque is closed for public.

For details see FATWA on Permissibility of Online Jumu'ah and Taraweeh on [islamiccentre.ie](http://islamiccentre.ie)

Please Donate your

Zakaat, Sadaqah & Masjid Donation to:

AIB Bank Sort Code: 93-25-15

Account No. : 80992086

IBAN : IE50AIBK93251580992086

Note: The Beginning and Ending of Ramadan are approximate and subject to the sighting to the moon. To confirm please contact your local Islamic Centre at one of the contact numbers.

f DrUmarAlOadri

DAY	NO	DATE	FAJAR	SUNRISE	ZUHR	ASR	MAGHRIB	ISHA
Fri	1	24-Apr	4:17	6:02	13:25	17:23	20:44	22:21
Sat	2	25-Apr	4:15	6:00	13:25	17:23	20:46	22:23
Sun	3	26-Apr	4:12	5:57	13:25	17:24	20:48	22:26
Mon	4	27-Apr	4:10	5:55	13:24	17:25	20:49	22:28
Tue	5	28-Apr	4:08	5:53	13:24	17:26	20:51	22:30
Wed	6	29-Apr	4:05	5:51	13:24	17:27	20:53	22:32
Thu	7	30-Apr	4:03	5:49	13:24	17:27	20:55	22:34
Fri	8	1-May	4:00	5:47	13:24	17:28	20:57	22:36
Sat	9	2-May	3:58	5:45	13:24	17:29	20:58	22:38
Sun	10	3-May	3:55	5:43	13:24	17:30	21:00	22:40
Mon	11	4-May	3:53	5:41	13:24	17:30	21:02	22:49
Tue	12	5-May	3:51	5:39	13:23	17:31	21:04	22:43
Wed	13	6-May	3:48	5:37	13:23	17:32	21:06	22:45
Thu	14	7-May	3:46	5:35	13:23	17:33	21:07	22:47
Fri	15	8-May	3:44	5:34	13:23	17:33	21:09	22:49
Sat	16	9-May	3:41	5:32	13:23	17:34	21:11	22:51
Sun	17	10-May	3:39	5:30	13:23	17:35	21:13	22:53
Mon	18	11-May	3:37	5:28	13:23	17:35	21:14	22:55
Tue	19	12-May	3:35	5:26	13:23	17:36	21:16	22:58
Wed	20	13-May	3:33	5:25	13:23	17:37	21:18	23:00
Thu	21	14-May	3:30	5:23	13:23	17:37	21:19	23:02
Fri	22	15-May	3:28	5:22	13:23	17:38	21:21	23:04
Sat	23	16-May	3:26	5:20	13:23	17:39	21:23	23:06
Sun	24	17-May	3:24	5:18	13:23	17:39	21:24	23:08
Mon	25	18-May	3:22	5:17	13:23	17:40	21:26	23:08
Tue	26	19-May	3:20	5:15	13:23	17:41	21:27	23:09
Wed	27	20-May	3:18	5:14	13:24	17:41	21:29	23:09
Thu	28	21-May	3:16	5:13	13:24	17:42	21:31	23:10
Fri	29	22-May	3:15	5:11	13:24	17:43	21:32	23:10
Sat	30	23-May	3:13	5:10	13:24	17:43	21:34	23:11

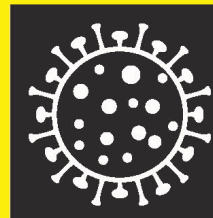
Ph: 01-5156206 087 6764122 & 0899413970

[www.impic.ie](http://www.impic.ie) and [www.islamiccentre.ie](http://www.islamiccentre.ie)





# Coronavirus COVID-19



Coronavirus  
**COVID-19**  
Public Health  
Advice

**If you have fever and/or cough you should stay at home regardless of your travel or contact history.**

If you have returned from an area that is subject to travel restrictions due to COVID-19 you should restrict your movement for 14 days. Check the list of affected areas on [www.dfa.ie](http://www.dfa.ie)

## All people are advised to:

- > **Reduce** social interactions
- > **Keep a distance** of 2m between you and other people
- > **Do not** shake hands or make close contact where possible

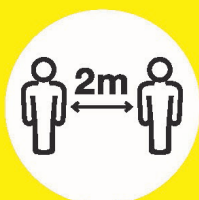
If you have symptoms visit [hse.ie](http://hse.ie) OR phone HSE Live **1850 24 1850**

## How to Prevent



### Stop

shaking hands or hugging when saying hello or greeting other people



### Distance

yourself at least 2 metres (6 feet) away from other people, especially those who might be unwell



### Wash

your hands well and often to avoid contamination



### Cover

your mouth and nose with a tissue or sleeve when coughing or sneezing and discard used tissue



### Avoid

touching eyes, nose, or mouth with unwashed hands



### Clean

and disinfect frequently touched objects and surfaces

## Symptoms

- > Fever (High Temperature)
- > A Cough
- > Shortness of Breath
- > Breathing Difficulties

## For Daily Updates Visit

[www.gov.ie/health-covid-19](http://www.gov.ie/health-covid-19)  
[www.hse.ie](http://www.hse.ie)