



# Community News

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## Ramadan & Covid-19

All of us cannot wait to welcome Ramadan again. It is the month where we literally revitalise ourselves. We wait eagerly every year to reset our spiritual compass and feel closer to Allah. This year we feel no different. However, as the glorious month of Ramadan edges nearer, it is inevitable that some will be concerned regarding fasting and the current Covid-19 crisis. The impact that fasting may have on health is not a new concern, however the current Covid-19 crisis poses slightly different questions.

Over the years, the issue of health and fasting has featured in many high quality academic research (BIMA article attached in the NL). Muslim and non-Muslim scientists have had a keen interest regarding the effects of fasting on health. When it comes to the immune system, scientific studies, mainly animal based, were inconclusive. As a general summary, fasting seems to convey better immunity against bacterial infections while featuring less favourably against viral infections. Other than the immune system, fasting also has general benefits on health hence witnessing a number of "healthy" diets favoured by the benefits of intermittent fasting.

Nevertheless, our concerns as Muslims revolve principally around the month of Ramadan. Regardless of the findings of academic research, the overriding principle in Islam is the safety and wellbeing of

the Muslim. We read in the Holy Quran:

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ فَمَن شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَن كَانَ مَرِيضًا أَوْ عَلَى سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ وَلَا يُرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَى مَا هَدَاكُمْ وَلَعَلَّكُمْ تَشْكُرُونَ

*"The month of Ramadan in which was revealed the Qur'an, a guidance for mankind, and clear proofs of the guidance, and the Criterion (of right and wrong). And whosoever of you is present, let him fast the month, and whosoever of you is sick or on a journey, (let him fast the same) number of other days. Allah desireth for you ease; He desireth not hardship for you; and (He desireth) that ye should complete the period, and that ye should magnify Allah for having guided you, and that peradventure ye may be thankful" (Al-Baqara; 185. Pickthal translation)*

Within this ayah where fasting of the month of Ramadan was proscribed, Allah swt guides us: *"---And whosoever of you is sick or on a journey, (let him fast the same) number of other days. Allah desireth for you ease; He desireth not hardship for you---*".

It is very well recognised that in the presence of certain illnesses, fasting can be onerous, and in some illnesses, it is considered as potentially

harmful. Even then, it is difficult to convince our brothers and sisters that they should consider breaking their fast and making up the days when their illness has eased. It is without doubt that if a brother or sister is unwell due to the Covid-19 infection, there is no doubt that fasting is detrimental. However, with the Covid-19 crisis, the goal post has now moved slightly. The question in hand now concerns Muslims who are well and not suffering from the infection, but are considered to be in a "high" risk category either due to their health or due to their working environment.

The current advice from the British Islamic Medical Association (BIMA, see attached article), is that the data regarding Covid-19 is still emerging and the role of dehydration and caloric restriction in disease progression remains uncertain. The article firstly suggests that "from clinical experience, immunocompetent individuals without comorbidities who are adequately hydrated, nourished and rested, are capable of fasting the month of Ramadan without increased risks of infection".

The second suggestion is not as straight forward; "patients with comorbidities and/or immune suppression are strongly advised to seek timely medical advice before fasting".

Continued on p3.....



AHMA is looking for a **Part Time Administrator**  
see p2 for details



## *All Events On Hold*

### CORONA VIRUS PANDEMIC.

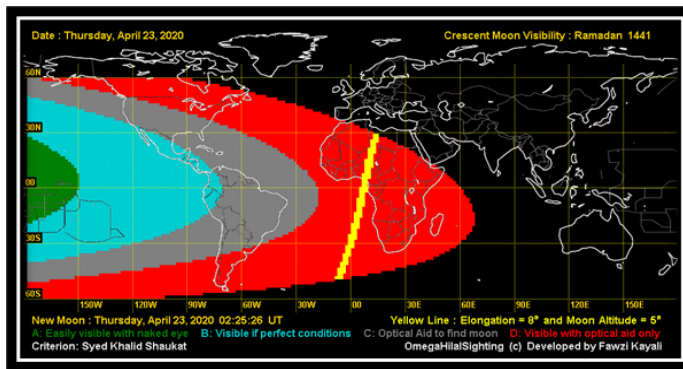
Following an emergency trustees meeting on the evening of Thursday 12th March 2020, it has been agreed that ALL activities at the centre will cease as from the morning of Sunday 15th March 2020 for an initial period of two weeks. This will include all daily prayer gatherings and Jum'a congregation. The last activity at the centre will be Isha prayers on Saturday night 14th March 2020. The Trustees regret that this action is deemed necessary in view of the current pandemic. The situation will be reviewed pending national guidance on activities at places of worship. Wa Alaikum salaam Wa Rahmatu-llahi wa barakatuhu.

## *The new moon for Ramadan and Shawwal 1441 (2020)*

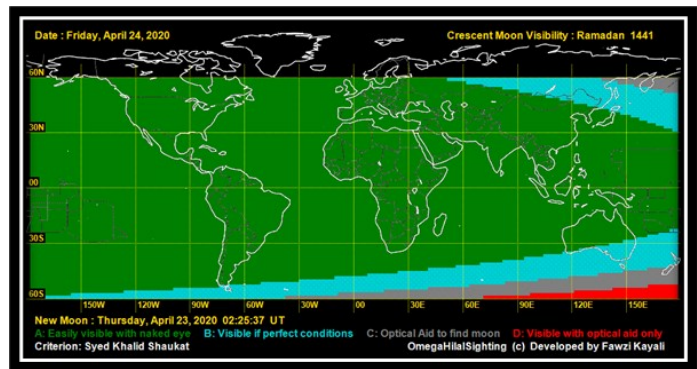
The Astronomical New Moon (conjunction) is on April 23rd, 2020 (Thursday) at 2:26 UT. On that day, the moon may be seen in Central America and in some Polynesian Islands with difficulty. On April 24, the moon can be seen in almost the whole world easily (See visibility curves). Based on the visibility curves, the new moon for the month of Ramadan will be Thursday 23rd April but with very limited visibility. The new moon is easily visible on Friday 24th April.

Based on the visibility curves and on past experience, don't be surprised if the 1st day of Ramadan is announced for Friday 24th April.

Thursday April 23rd



Friday April 24th

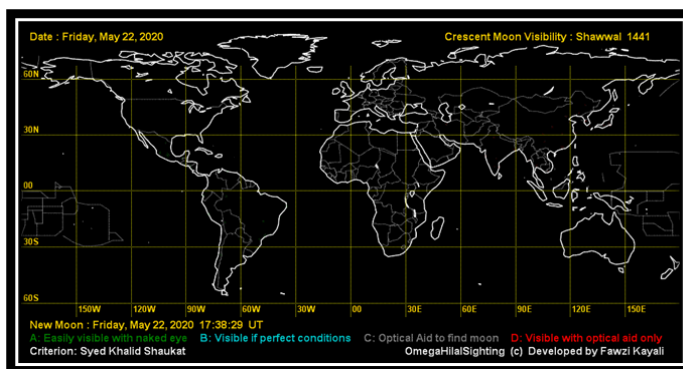


## *Moon sighting for (Eid) Shawwal 1441(2020)*

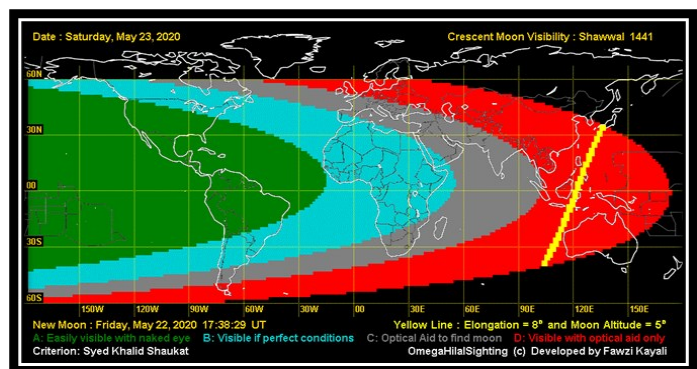
The Astronomical New Moon (conjunction) is on Friday May 22nd 2020 at 17:38 UT. On that day, the moon cannot be seen anywhere in the world. On Saturday May 23rd, it may be seen in Africa and Canada with difficulty, and in USA and South America easily.

Based on the visibility curves, the 1st Day of Eid will be Sunday, May 24th 2020.

Friday May 22nd



Saturday May 23rd



### JOB ADVERT: PART TIME ADMINISTRATOR

Following the review of the AHMA's governance and operations, the Trustees now wish to recruit a part-time Administrator (22 hrs/week) at £20-20k pro rata. This is an exciting new role for the Centre as we plan to introduce a number of new policies and procedures once the COVID-19 pandemic lockdown is removed. For further details, please contact Br Zainul Sachak at [zinusachak@gmail.com](mailto:zinusachak@gmail.com)



## Ramadan & Covid-19 (continued from p1)

There is no doubt that **unwell patients** must give strong consideration to breaking their fast, especially if they display Covid-19 symptoms. Patients who are prone to urinary tract infections are advised to intensely hydrate during non-fasting hours.

Covid-19 unfortunately presents us with two further categories that are at risk. The first category that need special attention is our healthy elderly adults but with the usual manageable comorbidities of their age, such as hypertension, type II diabetes under diet control and minor chest ailments. These ailments would not necessarily prevent them from fasting under normal circumstances. In the present Covid-19 crisis, the sensible advice would be to consider the risk of Covid-19 infection and whether this can be safeguarded with certainty. Please

be mindful that it remains possible for our elderly to have the virus passed unto them unwittingly by family members. This has already happened to many with devastating impact. With fasting, there needs to be extra vigilance on hygiene, self-isolation and even the possibility of avoiding "family" Iftars where young children can be running about.

The second, and more difficult, category is healthy adults who are involved in the direct care for patients with and with suspected Covid-19, or are at a higher risk of exposure through their work. Doctors and nurses and even a bus driver have already paid the ultimate price as a result of exposure to the corona virus. The general advice regarding safety remains the same. As it stands, it is absolutely vital to all those work-

ing within the Covid-19 environment (hospitals, GP surgeries, nursing homes, funeral directors, etc) to adhere to the necessary protection against exposure to the virus within their working environment. In addition to using all appropriate PPE equipment, some may require to maintaining adequate hydration and regular clearance of the throat with a warm beverage. Most of us are now aware that the Government has enforced a 12-weeks stay-at-home policy for healthcare workers who are thought to be at "extra" risk. There are however many **who are not at "extra" risk**, but their risk may be increased through fasting.

Sound generic advice would be to consider one's current health risks as well as work environment related risks in making their decision. More specific advice has started to

emerge regarding these difficult times and Shaykh Dr Munir has presented a detailed lecture that has been posted on the AHMA WhatsApp groups entitled **(COVID-19 – Experiencing Ramadan in Unique Circumstances):-** <https://youtu.be/3PLKnBkdKmc>.

We ask Allah in this difficult time to ease the burden on everyone, to accept our Niya for the fast of Ramadan and to help us increase our Iman and our Sabr. Ameen.

## Pearls of Wisdom

Let's resolve to learn to control our anger this blessed month of Ramadan....

"The strong is not the one who is physically powerful, but indeed, the one who controls himself when angry." [Bukhari]

1. He who angers you controls you.
2. If a small thing has the power to make you angry, does that not indicate something about your size.
3. Anger is a momentary madness, it is only one letter short of danger.
4. Anger begins with folly, and ends with regret -- how much more grievous are the

consequences of anger than the causes of it.

5. Consider how much more you suffer from your anger and grief, than from those things for which you are angry and grieved.
6. Speak when you are angry - and you will make the best speech you will ever regret.
7. For every minute you remain angry you give up sixty seconds of peace of mind.
8. No man can think when his fists are clenched.
9. Anger is a killing thing -- it kills the angry man, for each rage leaves him less than he had been before it, it takes something from him.

10. Holding to anger is like grasping a hot coal with the intent of throwing at someone else -- imagine what it will do to the person's hand who is holding it.

11. Whenever you are angry, be assured that it is not only a present evil, but that you have increased a habit.

12. Anger blows out the lamp of mind -- thus an angry man is again angry with himself when he returns to reason.

13. When a man is wrong and won't admit it, he always gets angry.

14. Anger and intolerance are the twin enemies of correct understanding.



15. Anyone can become angry - that is easy; but to be angry with the right person, to the right degree, at the right time, for the right purpose, and in the right way -- is something we all need to practice.

16. The best remedy for anger is delay.

Also repeating after ever salah seven times "Ya Subbooh, Ya Quddoos, Ya Ghafoor, Ya Waddood", will help us control our anger, inshaAllah.



## Community News

### AHMA COVID-19 VOLUNTEERING.

With the situation around coronavirus growing more serious over the past few weeks, we at AHMA volunteers have been doing whatever we can to help. We initially designed and distributed 5,000 leaflets across Altrincham, Hale, and Timperley with the aid of 15 students from the Medicine Society at Altrincham Grammar School for Boys. We managed to distribute all of the leaflets within a week and started receiving texts/calls of thanks as well as several enquiries for help shortly after. As a result, we are now supporting four families with essentials such as food and shopping. We are also actively contributing to the Altrincham Community Hub, which is the designated food bank for supporting families in Altrincham and Timperley.

Community volunteers have been essential to all the support we've been able to provide. To recruit volunteers, we've published a short video and message from the Trustees. We have also set up an online registration form for all those who wish to help and nearly 20 people have registered thus far. Volunteers have been selectively chosen to fulfil many important tasks including administration, shopping, packing parcels, and delivering meals packs. We follow strict safeguarding protocols to ensure that everyone is as safe as possible: all active volunteers are issued with an ID card, gloves, and a facemask when shopping or making deliveries.

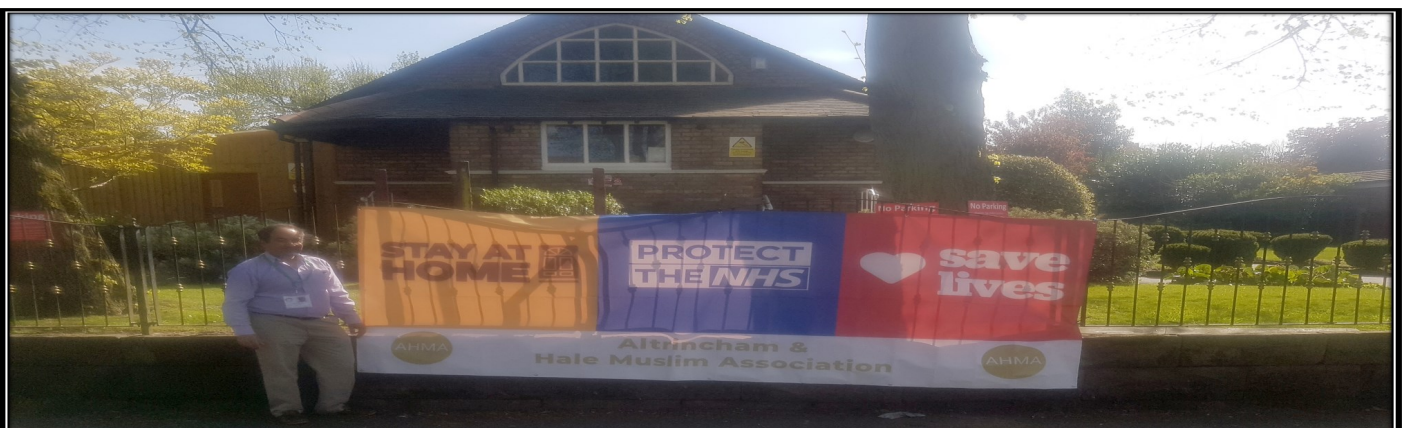
With the aid of volunteers, we've been able to organise multiple food drops in various locations. We have approached various super-markets and restaurants to provide food to help us facilitate these drop offs and Tesco Extra in Altrincham have already donated food and other essentials to assist our work. We are currently collaborating with various restaurants including Oxford Road Café, Con Club and Blanchflower in Altrincham, and Zouk in Manchester. To date (15th April), we have delivered nearly 400 meals to NHS staff at both Manchester and Wythenshawe Hospital. Additionally, we have delivered over 120 meals to various care homes including Mayfield Care Home in Sale and homeless shelters such as The Longford Centre in the past week.

We plan to continue delivering meals to Wythenshawe Hospital and various other places until the situation improves and, with the help of donations, we aim to reach up to 600 meals a week. We have been able to achieve this thanks to donations and will be grateful for any financial donations that will enable us to continue this valuable support work for an extended period. AHMA would like to thank all the volunteers for the support they have given us so far and will continue to rely on volunteers to enable this project to happen.



### SAFEGUARDING NEWS

Safeguarding of our congregation particularly children and vulnerable adults is one of the most important responsibilities of the Management committee. To this end all the Trustees, members of the Management Committee and a number of key volunteers have just completed Safeguarding training. New safeguarding policies and procedures are currently being developed and expected to be in place once we reopen. Please look out for further updates.



## Ramadan Dua's

### Upon Sighting of the new Moon

اللَّهُ أَكْبَرُ ، اللَّهُمَّ أَهْلُهُ عَلَيْنَا بِالْأَمْنِ وَالْإِيمَانِ ، وَالسَّلَامَةِ وَالْإِسْلَامِ ، وَالتَّوْفِيقِ لِمَا نُحِبُّ رَبَّنَا وَتَرْضَى ، رَبُّنَا وَرَبُّكَ اللَّهُ

Allahu Akbar. Allahumma ahillahu 'alayna bil-amni wal-imaani, was-salaamati, wal-Islami, wat-tawfeeqi lima tuhibbu Rabbana wa tardha. Rabbuna wa RabbukAllahu

Allah is the Greatest. O Allah bring us the new moon with security and faith, with peace and in Islam, and in harmony with what our Lord Loves and what pleases Him. Our Lord and your Lord is Allah [at-Tirmidhi 5:504, ad-Darimi 1:336]

### On Lailatul Qadr - the Night of Power

Aishah (radhiya Allahu Ta'ala anha), that she said: "O Messenger of Allah! What if I knew which night Lailatul-Qadr was, then what should I say in it?" He said 'Say

اللَّهُمَّ إِنَّكَ عَفُورٌ ، تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'affuwwun tuhibbul 'afwa fa'fu 'anni' "

(O Allah You are The One Who pardons greatly, and loves to pardon, so pardon me.)

[at Tirmidhi]

### When breaking the fast- Iftar

اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ اِمْنْتُ [وَعَلَيْكَ تَوَكَّلْتُ] وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu [wa 'alayka tawakkaltu] wa 'ala rizq-ika aftarthu

O Allah! I fasted for You and I believe in You [and I put my trust in You] and I break my fast with Your sustenance

["wa 'alayka tawakkaltu" is quoted in some books of knowledge - but not all, hence it is in brackets] [abu Dawud]

ذَهَبَ الظَّمْأُ وَابْتَلَّتِ الْعُرُوقُ، وَتَبَّتِ الْأُجُرُ إِنْ شَاءَ اللَّهُ

dhahabdh-dhama'u wab-tallatil 'urūuqi, wa thabatal arju inshaAllah

The thirst is gone, the veins are moistened and the reward is confirmed, if Allah [Ta'ala] Wills

[abu Dawud 2:306]

اللَّهُمَّ إِنِّي أَسْأَلُكَ بِرَحْمَتِكَ الَّتِي وَسِعَتْ كُلَّ شَيْءٍ أَنْ تَعْفِرَ لِي

Allaahumma inni as'aluka birahmatika al-lati wasi'at kulli shay'in an taghfira li

O Allah, I ask You by Your mercy which envelopes all things, that You forgive me.

[a du'a that Abdullah ibn Amar (radiAllahu anhu) used to say when breaking his fast - as reported by Ibn abi Mulaykah (radiAllahu anhu)]

### When you are fasting, and someone is rude to you

إِنِّي صَائِمٌ ، إِنِّي صَائِمٌ Innī sa'iimu, innī sa'iimu

I am fasting, I am fasting [Sahih al-Bukhari, Fath al-Bari of Al-Asqalani; 4:1-3, Muslim; 2:806]

### Upon breaking the fast in someone's home

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ، وَ أَكَلَ طَعَامُكُمْ الْأَبْرَارُ، وَ صَلَّاتُ الْمَلَائِكَةِ

Aftara 'indakumus saa'imuna, wa akala ta'aamakumul-abraaru, wasallat 'alaikumul mala'ikat

(May those who are fasting break their fast in your home, and may the dutiful and pious eat your food and may the angels send prayers upon you.) [abu Dawud 3:367, ibn Majah 1:556, an Nasa'i]

**Manchester Council of Mosques****Sir Richard Leese**

Leader of the Council

Labour Member Representing the Crumpsall Ward

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CITY COUNCIL**

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16 April, 2020

Dear Respected Imams/Trustees/Management Committee Members

**Holy Month of Ramadhan – Covid19**

Assalaam-o-alaikum (Peace be upon you)

On behalf of Manchester City Council and the Manchester Council of Mosques (MCOM) we would like to wish our Muslim communities Ramadhan Mubarak!

We would also want to thank you all personally for the leadership and extraordinary support that you have provided in the city during this hugely trying time for everyone. The Coronavirus pandemic has affected each and every one of us and will continue to do so for some time. We recognise that the suspension of mosque activities including congregational prayers and Friday prayers was not a decision that was taken lightly, given the centrality of congregational prayer in a mosque to Muslims.

We appreciate that in a week or so Muslims in Manchester and from around the world will mark the start of the holy month of Ramadhan. Fasting during the holy month of Ramadhan is one of the five main pillars of Islam and Muslims around the world eagerly look forward to this blessed month when the Holy Quran was revealed. Normally, families and friends will gather to pray together, fast during the daytime and break their fast in the evening at iftars around the globe in mosques. Ramadhan honours the values at the heart of Islam like compassion and service to others, it reminds us to give generously and puts the needs of others before our own. Mosques are at the centre of all activities associated with Ramadhan and we understand that it is during this month that a significant amount of donations are received towards the annual running costs of mosques.

This year, we recognise Ramadhan will be immensely challenging with the suspension of congregational prayers and the advice to people to perform daily prayers at home. This will also mean not being able to participate in the extra late evening congregational Taraweeh prayers in the mosque during which the complete Holy Quran is recited. However, we all know that in order to protect one another, but especially those vulnerable, to stop the spread of Covid19 and to save lives this is paramount.

The Government Covid19 advice to everyone remains the same, you should only be leaving your homes for the following reasons:



1. Travel to work (but work from home if possible)
2. Shopping for basic necessities, but as infrequently as possible
3. Taking one form of exercise a day, alone or with members of your household, such as walking, running or cycling
4. Go to a medical appointment or providing care to a vulnerable person

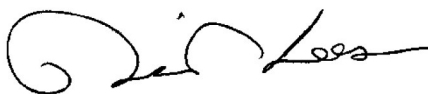
We understand that this will be a challenging time for many people within the Muslim communities and the mosques and is a significant sacrifice but the situation we find ourselves and across the country is unprecedented and requires an extraordinary response. We want to give you the best advice possible to keep you, all your congregational community and the wider communities safe.

This advice will be kept under review regularly and we will update you when appropriate including the information with regards to Eid celebrations at the end of Ramadhan.

Please do not hesitate to contact Councillor Rabnawaz Akbar (Welfare Officer, Manchester Council of Mosques) if you have any queries or require further clarification.

JazakAllahKhair

Kind Regards,



**Sir Richard Leese**  
Leader, Manchester City Council



**Councillor Rabnawaz Akbar**  
Welfare Officer - Manchester Council of Mosques (MCOM)  
Executive Member for Neighbourhoods - Manchester City Council



**Qadir Ahmed Chohan**  
Chair - Manchester Council of Mosques (MCOM)



## Altrincham & Hale Muslim Association

السلام عليكم ورحمة الله وبركاته

Dear Respected Elders, Brothers and Sisters and Our children.

بسم الله الرحمن الرحيم

الحمد لله رب العالمين

It is unprecedented that we will enter Ramadan while sitting at our homes listening to local, national and international updates on Covid-19. Our mosques will remain closed and there will probably be no televised Taraweeh prayers from Mecca. It is inevitable that the main article in the newsletter is a reflection on Ramadan and Covid-19. The primary message is to stay safe until this burden is lifted. We need to protect the most vulnerable in our community, and one of the prices to pay is isolation. In Ramadan however, we can use this isolation to get closer to Allah through prayers and through recitation and deliberation of the Holy Quran. Ramadan is not the time to relax our guard against a deadly virus. This burden will ultimately lift, and we shall by the will of Allah (swt) gather again in our mosque with everyone safe and sound; everyone.

The past few weeks have seen a good deal of work by our community. Alhamdulillah, we have established a hard-working team supporting the efforts to help those in isolation with food and shopping as well as the now established weekly food deliveries to local care homes and to the A&E and Intensive Care units at Wythenshawe hospital. Some of you may have noticed the banner at the front of our mosque. It is important for all of us to thank the volunteers from our local community who stepped up to the challenge and have been simply wonderful. In'sha'Allah, the work of these volunteers will feature more once our new website is launched in the next few days.

It is not a secret that Ramadan is the month of generosity. With the launch of our new website, we are setting up a number of links to help you donate and support various charities during this Holy month as well as improving your ability to support your local mosque.

We ask Allah (swt) to guide us through this difficult time. We ask Allah (swt) to grant us the wisdom, resolve and Iman and to protect us and our loved ones from this adversity. We ask Allah (swt) for a speedy recovery for our loved ones and for the protection of our Ummah. Ameen

آمين

وعليكم السلام ورحمة الله وبركاته

AHMA Trustees

20<sup>th</sup> April 2020



RAMADAN  
MUBARAK

A festive display of rose gold balloons. The top row consists of ten balloons forming the word "RAMADAN". The bottom row consists of seven balloons forming the word "MUBARAK", followed by a crescent moon and star balloon. The balloons are arranged in two rows, with the second row starting further to the left than the first.

“O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (attain) God-consciousness” (S2, A183)

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

Dua when breaking the fast: “Allahumma laka sawmatu wa alaa rizqaka fatartu, dhahab al-dhama’ wa abtallat al-urooq wa thabat al-ajar insha-Allah”  
 (‘O Allah! For You did I fast and with your bounties did I break the fast. The thirst is gone, the veins are moistened, and the reward has been achieved, insb’ Allah’)