

Cambridge Muslim Welfare Society

Ramadan Time Table 2019/1440 AH

Ramadan	Day	May June	Fajr Suhur Ends	Zuhr	Asr	Maghrib Iftar	Isha
☾	Mon	6/5	3:35	1:01	6:08	8:36	9:39
2	Tue	7/5	3:33	1:01	6:09	8:38	9:41
3	Wed	8/5	3:31	1:01	6:10	8:39	9:43
4	Thu	9/5	3:28	1:01	6:11	8:41	9:45
5	Fri	10/5	3:26	1:01	6:12	8:42	9:47
6	Sat	11/5	3:24	1:01	6:13	8:44	9:49
7	Sun	12/5	3:22	1:01	6:14	8:46	9:51
8	Mon	13/5	3:21	1:01	6:15	8:47	9:52
9	Tue	14/5	3:19	1:01	6:16	8:49	9:54
10	Wed	15/5	3:17	1:01	6:17	8:50	9:56
11	Thu	16/5	3:15	1:01	6:18	8:52	9:58
12	Fri	17/5	3:13	1:01	6:19	8:54	10:00
13	Sat	18/5	3:11	1:01	6:20	8:55	10:02
14	Sun	19/5	3:10	1:01	6:21	8:57	10:04
15	Mon	20/5	3:08	1:01	6:21	8:58	10:05
16	Tue	21/5	3:06	1:01	6:22	8:59	10:07
17	Wed	22/5	3:05	1:01	6:23	9:01	10:09
18	Thu	23/5	3:03	1:01	6:24	9:02	10:11
19	Fri	24/5	3:02	1:01	6:25	9:04	10:12
20	Sat	25/5	3:00	1:01	6:26	9:05	10:14
21	Sun	26/5	2:59	1:01	6:26	9:06	10:16
22	Mon	27/5	2:57	1:02	6:27	9:08	10:17
23	Tue	28/5	2:56	1:02	6:28	9:09	10:19
24	Wed	29/5	2:54	1:02	6:29	9:10	10:20
25	Thu	30/5	2:53	1:02	6:29	9:11	10:22
26	Fri	31/5	2:52	1:02	6:30	9:12	10:23
27	Sat	1/6	2:51	1:02	6:31	9:14	10:25
28	Sun	2/6	2:50	1:02	6:32	9:15	10:26
29	Mon	3/6	2:49	1:03	6:32	9:16	10:28
☾	Tue	4/6	2:48	1:03	6:33	9:17	10:29

☾ Subject to sighting moon

Benefits of Fasting

The blessing which has come to the Muslims necessitates an increase in action out of gratefulness to Allah.

Fasting Muslims must display noble manners, be far from foul and obscene talk and evil actions.

These actions harm the fast.

Prophet Muhammed (SAW) said:

"He who fasts Ramadan with iman and hoping for reward, his previous sins are forgiven".

Fasting is exclusively for Allah and He rewards for it as much as He wishes.

"Fasting and the Qur'an intercede for the servant on the Day of Resurrection. Fasting will say: O my Lord, I prevented him from food and desires, so accept my intercession for him, and the Qur'an will say: I prevented him from sleep at night, so accept my intercession for him, so their intercessions will be accepted".

"Allah sends mercy on, and His angels seek forgiveness for, those who take suhoor".

"Seek out Lailatul Qadr in the odd nights of the last ten days of Ramadan".

"Whoever stands in prayer in Lailatul Qadr with iman and seeking reward, his previous sins are forgiven".

"The dua of the fasting person, when he breaks fast, is not rejected".

Du'a for beginning the fast:

Wa Bi Şaw-mi Ğha-din

Na-way-tu Min Şah-ri Ramaḍan

I intend to do tomorrow's fast of Ramadan

Du'a for ending the fast:

Allahumma Inni Laka Şum-tu

Wa Bika A-man-tu

Wa `A-lay-ka Ta-wak-kal-tu

Wa `Ala Riz-qi-ka Af-ṭar-tu

O Allah! It is for You that I observe fast and in You I have faith and upon You do I rely and it is with Your blessing that I break it.

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