

RAMADAN

The Sultan of 11 Months



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Class 9B Proudly Presents ...



CONTENT

- **INTRODUCTION TO THE MONTH OF RAMADAN**
- **FASTING**
- **IFTAR**
- **TRADITIONAL RAMADAN FOODS**
- **SUHOOR**
- **SOLIDARITY AND SUPPORT IN RAMADAN**
- **TARAWAH AND LAYLAT el-QADR**
- **INTERESTING TRADITIONS ABOUT RAMADAN**
- **EID AI-FITR**
- **RAMADAN FROM FAMOUS WRITERS AND POETS**
- **HACIVAT AND KARAGOZ**
- **STORY**
- **PUZZLES**
- **GLOSSARY**
- **ANSWER KEY**





The History of Ramadan

Fasting is observed in Ramadan, the last month of three sacred months. Ramadan is the 9th month according to the Hijri calendar and is a special month for Muslims. The beginning of Ramadan shifts 10 to 12 days earlier every year according to the solar calendar.

The Importance of Ramadan for Muslims

Fasting in Ramadan is one of the five pillars of Islam and is an opportunity for believers to get closer to God and develop patience and piety.

The month of Ramadan is also the month in which the Qur'an began to be revealed so it is more important to learn and teach the Qur'an in this month.

Fasting requires avoid not only from food but also from bad habits and behaviors.

Muslims support those in need by giving zakat and fitrah during this time.

In the last 10 days of Ramadan Muslims seek the Laylat Al-Qadr, which is defined better than a thousand months dedicating themselves to worship.

Ramadan is a time of renewal, spiritual purification and personal growth.

FASTING

Fasting is a religious worship in which Muslim people abstain from eating and drinking throughout the day for 1 month during the year, from imsak time to iftar .



Fasting in Ramadan was made obligatory for all Muslims in Sha'ban of the second year of Hijra.

Fasting reduces oxidative stress and strengthens immunity. Fasting increases a person's spiritual abilities such as willpower, patience and empathy. Fasting increases the function of mental functions. It gives people psychological comfort.



So, What does Allah and the Prophet of Allah say about fasting ?

"O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous."

(Surat al-Baqarah, Verse 183)



"The fasting person's sleep is worship, his silence is tasbeeh, his deeds are accepted, and his prayers are answered."

(Rasulullah S.A.W.)

"There are two moments of joy for the fasting person: one is when he breaks his fast, and the other is when he reaches his Lord with the reward of his fast."

(Bukhari, Savm 9; Muslim, Siyam 163)



IFTAR

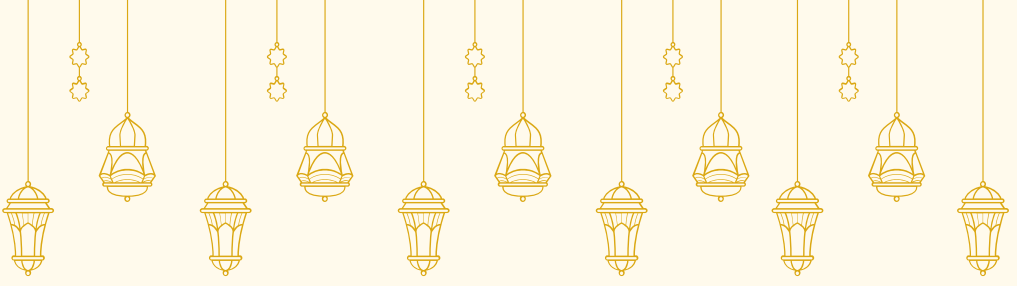
Iftar is the meal eaten after the evening call to prayer at the end of the day during Ramadan, when Muslims fast. It is the second meal of the day. The fast begins with the suhoor ,the meal before dawn, continues throughout the day, and ends at sunset with iftar. In some places, cannons are fired along with the evening call to prayer, signaling the time to break the fast.



How can we break fast?

The fast is broken with water, dates, or olives when the time for iftar arrives. It is recommended not to break the fast with foods or drinks cooked over fire, such as bread, tea, or soup.





During iftar, in some places, cannons are fired along with the evening call to prayer, signaling to Muslims that it is time to break their fast.

Iftars are important for fostering solidarity. Sometimes, free food is distributed to people on the streets, and iftar is served at tables set up in the streets.



We eagerly await iftar time because, after fasting all day, we feel hungry. When it arrives, seeing the food our mothers made makes us even hungrier.



Ramadan's Traditional Foods



Ramadan dates are one of the indispensable foods of iftar tables, especially during Ramadan. It is reported that the Prophet Muhammad (s.a.w) broke his fast with dates, so it has a spiritual importance for Muslims.

Thanks to its natural sugar content, dates provide energy to the body by quickly balancing blood sugar after a long fast. It supports heart health and strengthens the immune system by containing minerals such as potassium, magnesium and iron.



During Ramadan, Zamzam water holds a special place on iftar tables. For Muslims, it is also seen as a source of spiritual peace and abundance. For this reason, drinking Zamzam water during Ramadan is preserved as an important tradition of worship that nourishes both the body and the soul.

INGREDIENTS:

- ~ 12 rose petals
- ~ 1.5 liters of milk
- ~ 2 cups of sugar
- ~ 2 tablespoons of rose water (optional)
- ~ Crushed walnuts, hazelnuts or pistachios (optional)

For The Top:

- ~ Powdered Pistachios
- ~ Candied cherry



Let's make
Gullac!

The Process:

- ☆ First, heat the milk and sugar in a pot, so that the sugar melts completely.
- ☆ Then leave the milk to cool at room temperature.
- ☆ Place the first Gullaç leaf in a deep tray, with the shiny part on top.
- ☆ Pour a ladle or two of milk on it so that it gets wet all over
- ☆ Repeat the same process for the six Gullaç leaves and after wetting the 6th layer, sprinkle walnuts on this layer and spread the other Gullaç leaves on top, wetting them in the same way.
- ☆ Add 2 tablespoons of rose water to the remaining sweetened milk and pour it over the dessert.
- ☆ Keep the dessert you prepared in the refrigerator for about 2 hours.
- ☆ After letting it rest for at least 2-3 hours, you can serve it by decorating it as desired.

Enjoy your meal!




Suhoor: A Spiritual and Cultural Tradition of Ramadan



Suhoor is the pre-dawn meal that marks the beginning of the fasting period during the holy month of Ramadan. Beyond its spiritual significance, suhoor holds great importance in preparing the body for a long day of fasting. In Islamic tradition, suhoor is not only considered a physical necessity but also an essential part of worship. It is a peaceful time when family members gather, usually choosing light and simple meals. Additionally, ending suhoor with a prayer enhances the spiritual experience.

One of the most important elements that complete suhoor is the drummers and the rhymed verses they sing. This tradition is a living legacy of Turkish culture. Drummers walk through neighborhoods, playing drums to announce suhoor time, and have become one of the symbols of the Ramadan month.





One of the traditional duties of the drummers is to call out to people during suhoor with cheerful and entertaining manis. These manis, which are usually short and rhymed, are an important part of Turkish literature and folk culture. Here are some examples of manis:

*Drums are beating, loud and clear,
Suhoor time is finally here.
Eat and drink, don't be late,
Blessings come at heaven's gate.*

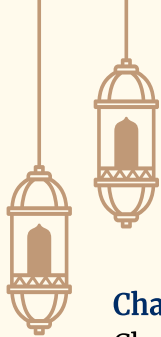
*Rise and shine, don't delay,
Suhoor time will fade away.
Eat and drink, then start your fast,
May your blessings forever last.*

RAMADAN BOXES

The month of Ramadan is one of the best times to experience sharing and solidarity. During this time, Ramadan packages are prepared to support those in need. These boxes especially for families experiencing economic difficulties. Packages usually contain of basic foods such as rice, pasta, flour, oil, sugar, tea and lentils.



When preparing boxes, long-lasting and nutritious foods should be preferred. These aids not only provide financial support, but also provide morale to those in need and provide a sense of unity in society. As a result, Ramadan boxes are a symbol of the spirit of sharing and even small donations carry great meaning.



Charity: A gift given from the heart
Charity can be defined as an act of kindness that anyone can do, regardless of their financial situation, without expecting anything in return. This could be a monetary donation, a smile, feeding an animal, or helping someone with their chores. Charity brings peace to the heart of the giver and provides emotional fulfillment.



Fitra: It is a financial act of worship that must be given during Ramadan. Everyone who is in a good financial situation has the responsibility to give it to those in need. The main purpose of Fitra is to help the poor celebrate Eid happily. A specific amount is calculated per individual each year.



TARAWEEH

Taraweeh is a voluntary prayer performed by Muslims during the month of Ramadan. It is also called night worship because it is performed after the Isha prayer.



Taraweeh is performed as 20 raka'ahs, in sets of 4 raka'ahs each. It is usually performed in congregation, though it can also be prayed individually. However, it is more virtuous to perform it in congregation

Why is Taraweeh prayers offered after Isha' prayer?

- To make the nights of Ramadan more virtuous.
- It is one of the most significant Sunnah prayers of Ramadan.
- It increases the blessings of Ramadan and leads to the forgiveness of sins while strengthening one's spirituality.

Kidness and Love at Taraweeh

Ahmet was very excited to go to Taraweeh prayer with his father for the first time this Ramadan. He had always dreamed of going to mosque like the adults.

When the evening call to prayer was heard, his mother dressed him in nice clothes, put on some perfume, and sent him off with his father.

The road to the mosque was beautiful. The streetlights were shining, and the sky was full of stars. Suddenly, Ahmet noticed something moving on the side of the road. A small, cute kitten was stuck in a muddy puddle.

Ahmet immediately stopped and asked his father, “Dad, can we save this kitten?” His father smiled and said “Of course! Helping animals is a very kind act.”



Ahmet gently took the kitten out of the mud and tried to clean its fur. When they reached the mosque, they went to the ablution area and carefully washed the kitten with running water. Once it was clean, the little kitten looked adorable. Ahmet placed it in the mosque’s garden, making sure it was safe. He hugged the kitten one last time and then entered the mosque with his father to pray Taraweeh. On the way home, his father said, 'Tonight, you didn't just pray; you also did a good deed. Allah loves those who do good.' Ahmet smiled and decided that from now on, he would try to do something kind on every trip to Taraweeh.




Laylat Al-Qadr

Just imagine that the worship performed on a special night is better than a thousand months of worship, and this special night repeats every year. That night is called Laylat al-Qadr.

When is Laylat Al-Qadr?

Laylat al-Qadr's exact date remains a mystery, but according to a hadith, it should be sought in the last ten nights of Ramadan, especially on odd nights (21st, 23rd, 25th, 27th, 29th). This uncertainty encourages continuous prayer and devotion, highlighting its personal and communal significance.





Laylat al-Qadr is a night of renewal, mercy, and hope, reconnecting believers with Allah. It reminds us that we can always start anew, inspiring faith and spiritual growth.

Laylat al-Qadr is deeply revered by Muslims worldwide as it commemorates the moment when the first verses of the Holy Quran were revealed to our Prophet.



At night, believers pray, reflect, and seek forgiveness. The promise of great rewards inspires them to remember Allah and strengthen their faith, using this time for self-assessment and growth.

INTERESTING TRADITIONS ABOUT RAMADAN



Ramadan Oil Lamps: Ramadan oil lamps are decorative items that capture the spiritual essence of the holy month of Ramadan. They can be used in homes, workplaces, mosques and other spaces to enhance the festive atmosphere.

These lamps can be purchased ready-made or created at home. Handmade lamps carry a more personal significance and can be crafted using materials such as paper, fabric, wood and LED lights. Common designs often include symbols like the moon, stars and traditional oil lamps, all of which reflect the joy and blessing of Ramadan. The LED lights add a warm, inviting glow, symbolizing the sacredness and spirit of this special time.



Different tone of the call to prayer at suhoor in Morocco:

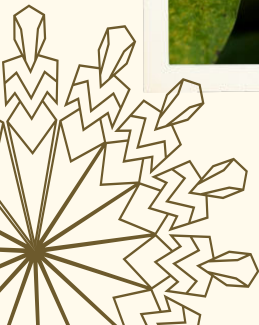
Morocco has regional variations in the call to prayer, in other words adhan.

In rural villages, the adhan is often recited in a slow, melodic tone, preserving centuries-old vocal traditions. In urban areas, however, the call to prayer is sometimes amplified through loudspeakers with a more standardized delivery. Despite these differences, it remains a deeply significant part of daily life, uniting communities in worship and reflection.



Giving fresh flowers to guests at iftar in the Maldives:

The Maldives, renowned for its turquoise waters and white sand, associates fresh flowers with beauty, purity, and paradise in Islamic culture. Offering flowers to guests at iftar is a gesture of respect and a warm welcome.

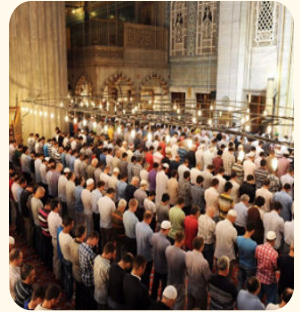


EID AL-FITR

Ramadan Eid is a joyous celebration that marks the end of Ramadan. It is a time of renewal, happiness, and togetherness for Muslims around the world.

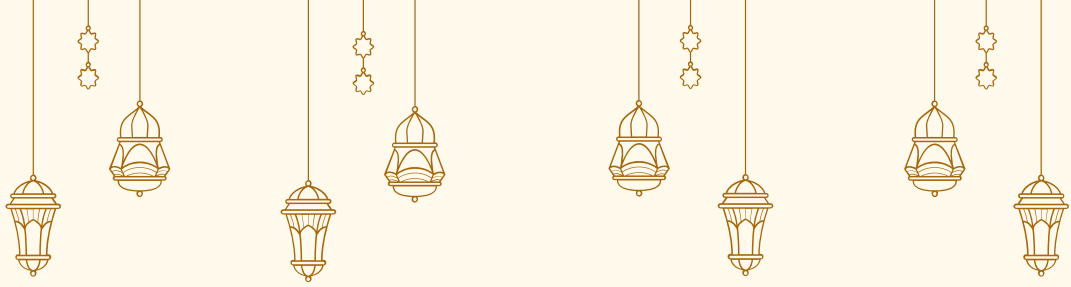
Eid Prayer

The day begins with a special Eid prayer, performed at mosques early in the morning. Muslims gather in large numbers to pray together, sharing in the joy of the occasion. After the prayer, people greet one another with warm wishes, saying “Eid Mubarak” to express their happiness and goodwill.



The Sweetness of Eid

Eid is celebrated with the tradition of giving and enjoying sweets. After a month of fasting during Ramadan, people indulge in delicious treats and desserts. Families come together to share rich meals, exchange sweets, and create an atmosphere of joy and festivity.

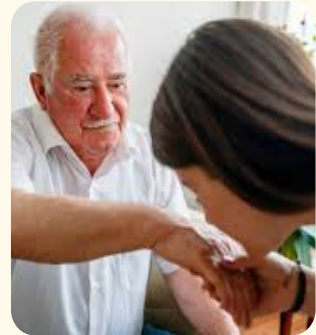


Eid breakfast

This is the first breakfast after Ramadan. It includes olives, cheese, fresh bread, omelettes and desserts. These breakfasts with the family are both delicious and filled with the peace of spending time with loved ones. It is one of the moments that best reflects the spirit of Eid.

Respect for Elders and Giving Pocket Money

On Eid, children traditionally greet their elders by kissing their hands as a sign of respect. Elders, in return, often give pocket money to younger family members. This tradition strengthens family bonds and expresses love and gratitude between generations.



Children's Tradition of Collecting Sweets

For children, one of the most exciting parts of Eid is visiting neighbors and relatives to collect sweets. This tradition, often called "Eid sweets collection," brings joy to young hearts and strengthens the sense of community and sharing.



Poetic Reflections on Ramadan

1. Mehmet Akif Ersoy

In Mehmet Akif's book *Safahat*, there are various reflections on Ramadan and fasting. He views Ramadan as a time of social consciousness which he expresses in his poetry.



2. Yunus Emre

His poems explore themes of self-cultivation and drawing closer to God during Ramadan. Here is an example;

Ramadan has come

*Ramadan has come with joy,
In every heart, there's love to enjoy.
Fasting with patience, pure and true,
Staying away from hardship too.*

3. Necip Fazıl Kısakürek

In his Ramadan poetry, he emphasizes the spiritual impact of fasting, highlighting that Ramadan is a time of purification for the soul.



Hacivat and Karagöz: The Fun Side of Ramadan

Have you ever heard of Hacivat and Karagöz? If not, don't worry, I will tell you! During the holy month of Ramadan, people gather around the iftar table, perform the Taraweeh prayer, and then... it's time for some fun!

For a long time, a curtain would be set up in town squares, mosque courtyards, or large mansions, and Hacivat and Karagöz would take the stage. Today, you might also see them on TV or social media, but they remain one of the most entertaining traditions of Ramadan!

So, who are Hacivat and Karagöz?

Karagöz is a straightforward and naive man who misunderstands everything, but in such a funny way that no one can get mad at him!

Hacivat, on the other hand, is a polite and well-educated man who is fond of using fancy words, which Karagöz misunderstands every time.



Hacivat and Karagöz is a Turkish shadow play that teaches virtues like wisdom, kindness, and respect through humor. It also promotes tolerance by demonstrating how different personalities can coexist.



The Guest of Allah

While traveling between Mecca and Medina, Hajjaj and his men stopped by a water source.

When the table was set, Hajjaj said, "Look around, if there is someone poor, bring them and let's eat together." The servants saw someone nearby wearing a cardigan. They woke him up and said, "Hajjaj is calling you." They took the man to Hajjaj.

Hajjaj said, "Come, let's eat together."

The man said, "I won't eat." Hajjaj was surprised by the answer and asked why.

"They called me to a better place than your table."

"Where did they call me?" The man said, "They called me to be the guest of Allah." I said, "I am fasting."

Hajjaj asked, "Are you fasting on such a hot day?" The man replied, "Yes, I am fasting on this hot day so that I can escape the heat of the Day of Judgment."





Across

2. For Muslims, it is a worship in Ramadan.
3. The flat bread made specifically for Ramadan.
8. Recitation of the Quran in groups.
9. It is the time when fasting begins in Ramadan and the suhoor ends

Down

1. What is the small donation given to the poor during Ramadan?
4. It is the meal with which those fasting during Ramadan break their fast at sunset.
5. Many people break their fasts with this food.
6. What is the holy book of Islam, revealed by Allah to the Prophet Muhammad ?
7. In Islamic belief, what is the place where those who disobey Allah are punished in the afterlife?

Find the hidden word!

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tnFisag

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hpiWros

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evneHa

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Hlyo

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oroSha

GLOSSARY

Oruç: Fasting

~Muslims fast from dawn to sunset during Ramadan.

(Müslümanlar Ramazan ayında şafaktan gün batımına kadar oruç tutar.)

İftar: Iftar- The meal to break the fast

~We gathered with our family to break our fast at iftar.

(Orucumuzu açmak için iftarda ailemizle bir araya geldik.)

Sahur: Suhoor- The pre-dawn meal

~Eating a healthy meal at suhoor helps us stay energetic all day.

(Sahurda sağlıklı bir yemek yemek, tüm gün enerjik kalmamıza yardımcı olur.)

Ramazan Bayramı: Eid al-Fitr- The festival at end of Ramadan

~We celebrate Eid al-Fitr with joy.

(Ramazan Bayramı'nı sevinçle kutluyoruz.)

Sevap: Reward for good deeds

~Fasting brings great rewards.

(Oruç tutmak büyük sevaplar kazandırır.)

Sabır: Patience

~Fasting teaches us patience and self-discipline.

(Oruç bize sabrı ve öz disiplini öğretir.)

Mukabele: Recitation of the Quran in groups

~The Quran is recited daily in the mosque during a mukabele.

(Kur'an, camide günlük olarak bir mukabelede okunur.)

Rahmet: Mercy

~Ramadan is the month of mercy and forgiveness.

(Ramazan rahmet ve bağışlama ayıdır.)

Hurma: Date- A type of fruit

~Many people break their fast with date and water.

(Birçok insan hurma ve su ile oruçlarını açar.)

Kadir Gecesi: Laylat al-Qadr- The Night of Power

~Laylat al-Qadr is better than a thousand months.

(Kadir Gecesi bin aydan daha hayırlıdır.)

İmsak: Imsak- The time to stop eating before dawn

~You should drink water before imsak time.

(İmsak saatinden önce su içmelisiniz.)

Teravîh Namazı: Taraweeh prayer

~Many Muslims go to mosque to perform Taraweeh prayers at night.

(Birçok Müslüman, geceleri Teravîh Namazı için camiye gider.)

Niyet: Intention for fasting

~Before starting the fast, one should make an intention in with heart.

(Oruç tutmaya başlamadan önce, kalben niyet etmek gerekir.)

GLOSSARY

Kiyamet Günü: Day of Judgment

~The deeds done in Ramadan will be a great reward on the Day of Judgment.

(Ramazan ayında yapılan işler Kiyamet Günü'nde büyük bir ödül olacaktır.)

Töbte: Repentance, Asking for forgiveness

~Ramadan is the best time for repentance

(Ramazan töbte için en iyi zamandır.)

Cennet: Heaven

~Ramadan is an opportunity on the path to heaven.

(Ramazan cennete giden yolda bir fırsattır.)

Hadis: Hadith

~Hadiths are one of the fundamental source to understand Islam.

(Hadisler İslam'ı anlamak için temel kaynaklardan biridir.)

Zekat: Zakat- A form of obligatory charity in Islam

~Zakat helps the rich support the poor.

(Zekat, zenginlerin fakirlere yardım etmesidir.)

Fitre: Fitr alms- Charity given at the end of Ramadan

~It is important to give fitr alms to help those in need.

(İhtiyacı olanlara yardım etmek için fitre vermek önemlidir.)

Bayram Namazı: Eid Prayer-The special prayer on Eid morning

~After performing the Eid prayer, we visited our relatives.

(Bayram namazından sonra akrabalarımızı ziyaret ettik.)

Mübarek: Blessed, Holy

~Ramadan is a blessed month.

(Ramazan mübarek bir aydır.)

Cehennem: Hell

~Ramadan is a month that helps protect us from Hell.

(Ramazan bizi cehennemden koruyan bir aydır.)

Dayanışma: Solidarity

~Solidarity allows us to be stronger together.

(Dayanışma birlikte daha güçlü olmamızı sağlar.)

İnanç: Faith

~Faith is the source of our devotion to Allah.

(İnanç, Allah'a olan bağlılığımızın kaynağıdır.)

İbadet: Worship, Devotion

~Worship is very important during Ramadan.

(İbadet, Ramazan ayında çok önemlidir.)

Bereket: Abundance

~Ramadan is the month of abundance.

(Ramazan bereket aydır.)

ANSWER KEY



ANSWER KEY

I f t a r

flrta

R a m a d a n

maRanad

M e r c y

ycMre

C h a r i t y

rhaCiyt

F i t r a

rtFia

F a s t i n g

tnFisag

I m s a k

saIkm

W o r s h i p

hpiWros

Z a k a t

takZa

H e a v e n

veneHa

H o l y

Hlyo

S a h o o r

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