

# Ramadan

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Hi everyone! Welcome back to another English Extravaganza! Next week is the start of Ramadan. What is Ramadan? Muslims, people who practice Islam, believe Ramadan is the holiest (最も神聖な) month in the year. It is when the Quran, the holy book of Islam, was revealed to the prophet (予言者) Muhammad. Because there are 1.6 billion Muslims in the world, Ramadan is a very important holiday. There are many countries in the Middle East that celebrate it, as well as in Indonesia, Singapore, Australia and the United States.



Ramadan lasts (続く) a whole month long, from May 26 to June 24. During this time, Muslims will fast during the day, meaning they will not eat or drink. They will only eat after the sun sets and before the sun rises. Only healthy men and women must fast. Children, elderly, and the sick do not need to fast. Why do Muslims fast? Well, there are five important things that Muslims must do, and one of those things is fast. The other important things are the declaration (宣誓) of their faith, daily prayers (お祈り), almsgiving (施しをすること), and

the pilgrimage (聖地巡り) to Mecca, the holy city.

Once the month is over, Muslims celebrate with a big festival and lots of food! The day starts with a small sweet breakfast, giving to charity, and praying. Many Muslims celebrate by giving gifts, wearing new or clean clothes, and visiting friends and family. Colorful lanterns and balloons that look like stars and moons are used as decorations.

So, what do you think about Ramadan? I think it's very interesting! That's all for now. See you next time!

