

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ



يَا أَيُّهَا الَّذِينَ آمَنُوا كُتِبَ عَلَيْكُمُ الصِّيَامُ كَمَا كُتِبَ عَلَى الَّذِينَ مِن قَبْلِكُمْ لَعَلَّكُمْ تَتَّقُونَ

O ye who believe! fasting is prescribed for you, as it was prescribed for those before you, so that you may guard against evil. (2:184)

## Ramazan Timetable 1445 Hijri (2024)

### HIGH WYCOMBE

Abu Huraira (Allah be pleased with him) relates that the Holy Prophet Muhammad (peace and blessings of Allah be on him) said:-

“Fasting is a shield (from hell). During fasting refrain from engaging in immoral and ignorant talk. If someone tries to pick a fight or hurls abuse, the response should be to say twice, ‘I am fasting’. By God in whose hand is my life, the odour from the mouth of one fasting is preferred to Him than the fragrance of musk.” (Bukhari)

Fidya: £60.00  
Fitrana: £5.00 per person  
Eid Fund: £10.00 per earning member

| No | Date       | Sahoor      | Iftar |
|----|------------|-------------|-------|
| 1  | Tue 12-Mar | 04:53       | 18:03 |
| 2  | Wed 13-Mar | 04:51       | 18:04 |
| 3  | Thu 14-Mar | 04:49       | 18:06 |
| 4  | Fri 15-Mar | 04:47       | 18:08 |
| 5  | Sat 16-Mar | 04:44       | 18:10 |
| 6  | Sun 17-Mar | 04:42       | 18:11 |
| 7  | Mon 18-Mar | 04:40       | 18:13 |
| 8  | Tue 19-Mar | 04:37       | 18:15 |
| 9  | Wed 20-Mar | 04:35       | 18:16 |
| 10 | Thu 21-Mar | 04:33       | 18:18 |
| 11 | Fri 22-Mar | 04:31       | 18:20 |
| 12 | Sat 23-Mar | 04:28       | 18:21 |
| 13 | Sun 24-Mar | 04:26       | 18:23 |
| 14 | Mon 25-Mar | 04:24       | 18:25 |
| 15 | Tue 26-Mar | 04:21       | 18:27 |
| 16 | Wed 27-Mar | 04:19       | 18:28 |
| 17 | Thu 28-Mar | 04:17       | 18:30 |
| 18 | Fri 29-Mar | 04:15       | 18:32 |
| 19 | Sat 30-Mar | 04:12       | 18:33 |
| 20 | Sun 31-Mar | 05:10       | 19:35 |
| 21 | Mon 01-Apr | 05:08       | 19:37 |
| 22 | Tue 02-Apr | 05:05       | 19:38 |
| 23 | Wed 03-Apr | 05:03       | 19:40 |
| 24 | Thu 04-Apr | 05:01       | 19:42 |
| 25 | Fri 05-Apr | 04:59       | 19:43 |
| 26 | Sat 06-Apr | 04:56       | 19:45 |
| 27 | Sun 07-Apr | 04:54       | 19:47 |
| 28 | Mon 08-Apr | 04:52       | 19:48 |
| 29 | Tue 09-Apr | 04:50       | 19:50 |
|    | Wed 10-Apr | Eid ul Fitr |       |

اللَّهُمَّ لَكَ صُمْتُ  
وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma laka sumtu, wa alaa rizqika aftartu.

O Allah, I fasted for Your sake, and with Your provision do I end my fast. (Abu Daud)

| Optional Shawwal Fasts |       |         |
|------------------------|-------|---------|
| Day                    | Fajr  | Maghrib |
| Thu 11-Apr             | 04:45 | 19:54   |
| Fri 12-Apr             | 04:43 | 19:55   |
| Sat 13-Apr             | 04:41 | 19:57   |
| Sun 14-Apr             | 04:39 | 19:59   |
| Mon 15-Apr             | 04:37 | 20:00   |
| Tue 16-Apr             | 04:34 | 20:02   |

Local Jamaat timetables can be downloaded from [www.tarbiyyat.ahmadiyya.uk](http://www.tarbiyyat.ahmadiyya.uk)

App: ‘Salat Calculator MAUK’ calculates Salat times for your local location

Tarbiyyat Department, Ahmadiyya Muslim Association UK

0208 877 5500 [sectarbiyyat@ahmadiyyauk.org](mailto:sectarbiyyat@ahmadiyyauk.org)

✉ @UKTarbiyyat

## THE HOLY PROPHET MUHAMMAD (PEACE & BLESSINGS OF ALLAH BE UPON HIM) ON RAMADHAN

“From the first night of the month of Ramadhan, satanic forces are chained, rebellious elements are disciplined and the shutters of Hell are drawn without exception. All the gates of Paradise are opened and a crier shouts: ‘O the seeker of righteous deeds proceed, and O the recliner to evil intentions desist.’ Many sinners are granted amnesty from Hell, and this occurs every night of the month” (Bukhari & Muslim)

“When Ramadhan arrives the gates of Paradise are opened and the gates of hell are locked up and satans are put in chains.” (Bukhari & Muslim)

Hadhrat Ibn Abbas (Allah be pleased with him) relates that the Holy Prophet (peace and blessings of Allah be on him) was the most generous of men and he was at his most bountiful during Ramadhan when Gabriel visited him every night and recited the Quran to him. During this period the bounty of the Holy Prophet waxed faster than the rain-bearing breeze. (Bukhari & Muslim)

“Fasting and the Quran intercede with Allah on behalf of a servant. Fast shall say: ‘O my Lord I kept this man from food and other physical comforts throughout the day, so please God, condescend to my intercession on his behalf.’ And Quran will plead: ‘I kept him away from sleep at night so please accept my recommendation for him.’ Both these intercessions will be accepted.” (Ahmad ibn Hanbal)

“A man’s good works carry multiple rewards, from ten times to seven hundred times. Allah says: ‘A fast is an exception, for it is observed for My sake, and I shall bestow the reward for it. He who observes a fast gives up his passion and his food for My sake.’ For such a one there are two joys: a joy when he breaks his fast and a joy when he meets his Lord. His breath is purer in the estimation of Allah than the fragrance of musk. The fast is a shield. When any of you is fasting he should eschew loose talk and noisy exchanges. Should anyone revile him or seek to pick a quarrel with him, he should respond: I am observing a fast” (Bukhari & Muslim)

“If one did not eschew falsehood and false conduct, Allah has no need that he should abstain from eating and drinking.” (Bukhari)

“There is a gate of Paradise called Rayyan through which only those will enter on the Day of Judgment who are regular in observing the fast and no one else. A call will go forth: ‘Where are those who observed the fast regularly?’ and they will step forth and no one beside them will enter through that gate. After they have entered the gate will be closed and no one else will enter thereby” (Bukhari & Muslim)

“Should any of you eat or drink in forgetfulness of the fast, he should continue his fast till the end, for Allah has fed him and given him to drink.” (Bukhari and Muslim)

“My people will adhere to good as long as they do not delay the breaking of the fast” (Bukhari and Muslim)