



Sweet treats with a message

MUSLIMS have marked the beginning of Ramadan by handing out traditional sweets and biscuits to patients at Milton Keynes Hospital.

The Holy Month means adult Muslims fasting during daylight hours but that did not stop Anouar Kassim handing out goodies in the physiotherapy department yesterday, accompanied by hospital chairman Walter Greaves.

Anouar, chairman of MK Islamic Arts Heritage and Culture Organisation, said Muslims were called on to use the month to re-evaluate their lives in the light of Islamic guidance not only refraining from food and drink but also unpleasant actions, thoughts and words.

"The special occasion today is about reflection, community cohesion and sharing with everyone," he said

Ramadan is the ninth month of the Islamic calendar and the holiest of the four holy months.

It begins with the sighting of the new moon after which adult and healthy followers of the faith are obliged to abstain not just from food and drink but from gum chewing, any kind of tobacco use, and any kind of sexual contact between dawn and sunset.

At the beginning of Ramadan, it is appropriate to wish Muslims 'Ramadan Mubarak' which means 'Blessed Ramadan.'

At the end of Ramadan, you may say 'Eid Mubarak.'