



PREPARATION FOR RAMADAN AND PRAYER: A TIME TO BECOME BETTER MUSLIMS

JANUARY 2025



Preparation for Ramadan and Prayer: A time to become better Muslims
Ustadha Rummana focused on spiritual, physical and practical readiness for Ramadan. Looking at the different aspects to how best prepare for this special month.

Tea & Chat 15/01/2025

Led by Ustadha Rummana, Age 32, British Pakistani

Location: Kunafa & Tea

Time: 12:00pm-2:30pm

Attendance: 65 women

Ethnicity: 60% Pakistani, 20% Indian, 10% White British, 5% Eastern European, 5% Arab

Event Overview

In light of recent media portrayals that have cast Muslims in a negative light, we felt a renewed sense of responsibility to support the women in our community by reminding them of the importance of embodying the values of a good Muslim and a responsible citizen.

We recognise that public perceptions can be shaped by selective narratives, and in such times, it becomes even more vital to uphold the principles of integrity, compassion, and civic responsibility. Our message was not only a call to personal reflection but also an encouragement to contribute positively to the wider society, demonstrating through actions the true essence of Islam: peace, justice, and community service.

We coincided this with Ramadan. As the weeks leading up to Ramadan, is a time of immense spiritual opportunity, this event was organised to help women in the community prepare meaningfully and mindfully for the holy month. Recognising that Ramadan often arrives amidst the busyness of

daily life, the session aimed to offer a space for reflection, learning, and practical planning.

Ustadha Rummana

The event was facilitated by Ustadha Rummana, who was initiated her Aalimiyya Dars at the age of sixteen. Endeavouring through the traditional sciences. She graduated from Mohiuddin Girls College in Burnley. Subsequently, Ustadha progressed to further studies at Sayyida Khadija Institute, Nottingham. In 2018 Ustadha travelled to Tarim in Yemen to the famous Dar al-Zahra which is a school founded by the great Habib Umar bin al-Hafiz.



Throughout Rummana' student life she was an intuitive role model to fellow students; encouraging and promoting servitude to the religion and thereby left as a remarkable example for the students of upcoming generations. She is oriented with vigilance and spirit which allows her to grasp the minds of lost individuals and accordingly inspire them towards the truth.

Introduction

The session opened with a reminder that all success comes from Allah, and that each day is a new opportunity to draw closer to Him. Wednesday, being a blessed day, was seen as a fitting time to begin this journey of preparation.

The key learning outcomes were:

- **Spiritual and Mental Readiness:**
Attendees were encouraged to begin their spiritual preparation by setting realistic goals, journaling their reflections, and avoiding comparisons with others. The emphasis was on sincerity and consistency over perfection.
- **Physical Preparation:**
Ustadha Rummana advised gradually easing into fasting during Rajab, incorporating light exercise, and spending time in nature to reconnect with the Creator. The idea of grounding oneself through the natural world resonated strongly with many.
- **Financial and Charitable Planning:**
The importance of budgeting for Ramadan was highlighted, with a focus on giving—even in small amounts—with sincerity. The concept that even a penny given with pure intention could be multiplied many times over was particularly moving.
- **Home:**
Practical tips were shared on decluttering, meal planning, and prioritising du‘a over kitchen duties before iftar.
- **Community Involvement:**
A reminder that Ramadan emphasises unity and service (khidma). To host iftars and foster a sense of belonging by inviting family, friends, and neighbours. Learn from inspiring examples like Liverpool, where

communities collaborate to help those in need, such as new parents or the ill. This is a beautiful expression of Islamic values. And celebrate cultural diversity during Ramadan by sharing and experiencing different traditions.

Feedback and Reflections:

The feedback from attendees was overwhelmingly positive. Many expressed gratitude for the balance of practical advice and spiritual nourishment:

“I came feeling overwhelmed by the thought of Ramadan, but I’m leaving with a sense of calm and a clear plan. It’s the first time I’ve felt truly ready.”

“It was refreshing to hear that small steps matter. I often feel like I’m not doing enough.”

“Today reminded me that being a good Muslim isn’t just about prayer and fasting, it’s about how we treat others, how we speak, and how we show up in our communities.”

“I used to think of my faith as something private, but I now see that living Islam publicly through kindness, honesty, and service is part of our duty.”

“With everything going on in the media, it’s more important than ever to show people the real Islam, through our actions, our manners, and how we help others.”

“I’ve realised that being a good citizen is part of being a good Muslim. They’re not separate. Islam teaches us to care for our neighbours, respect the law, and contribute to society.”



“This session helped me understand that civic responsibility is a form of worship too—when done with the right intention.”

“It’s not enough to just fast and pray. We have to be examples of

integrity and compassion in our everyday lives. That’s how we change perceptions.”

“It was reassuring to hear that small, sincere efforts are what matter most. I feel less pressure to be perfect and more inspired to be consistent.”

Ustadha Rummana herself reflected on the session, saying,

“It’s always humbling to witness women come together with such openness and eagerness to grow. The questions asked today showed a real desire to deepen one’s connection with Allah and serve the community.”

Some of the recommendations from the women were:

- **Follow-up Sessions:** Consider hosting a mid-Ramadan check-in to support attendees in maintaining their goals and share experiences.
- **Resource Pack:** Provide a digital or printed pack summarising key points, journaling prompts, and a Ramadan planner.

- **Community Initiatives:** Encourage attendees to form small local groups to organise shared iftars, charity drives, or support for new mothers and the elderly during Ramadan



Conclusion

This event served as a gentle yet powerful reminder that preparation for Ramadan is not just about logistics, but about intention, reflection, and community. By taking small, meaningful steps now, we can enter the holy month with clarity, purpose, and a heart ready to receive its blessings. The spirit of togetherness and sincerity that filled the room was a testament to the strength and resilience of our community. To show ourselves as the best Muslims and British citizens we can be.

Report created by the Tea & Chat participants
supported by the MWC Team

