Planning for Ramadan During the Pandemic: 10 tips



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This Ramadan will very likely begin with the continuing pandemic, and the resulting physical isolation. That means we need to make arrangements now to figure out how we will get the best out of this blessed month in this unique circumstance, especially with our Masjids closed.

1. **Get the whole family together to plan**

Fasting is a personal act of worship but Ramadan is a great opportunity for regular social get togethers as well. So let the [family Shura](https://www.soundvision.com/article/shura-in-the-family-why-and-how) begin about planning for this unique Ramadan. Maybe you can announce this meeting for next Saturday morning. Make sure everyone in the family participates.

1. **Welcoming Ramadan**

Put a “Countdown to Ramadan'' notice on the fridge. It is most likely that April 23 will be the beginning of Ramadan this year. Let’s bring it to our home. Prophet Muhammad, peace and blessings be upon him, would fast on Mondays and Thursdays, and in the days preceding Ramadan, he would fast more. It is not required for us to do so, but it may help bring Ramadan to our hearts.

1. **Designate a Ramadan home Masjid**

Many Muslims already have a small area in their homes designated as a Masjid or prayer area. If you don’t, this is one thing to decide in your Shura meeting. Where will it be and who will be responsible for it? In my case, our home does not have a separate space, so our living room has a place for all of the prayer rugs and we keep one prayer rug always in place. Next to that is a shelf holding copies of the Quran.

1. **Call the Adhan at home**

In preparation for Ramadan, please put up your area’s Salat timings on the fridge. For each of the five daily prayers, someone should be designated to call the Adhan and to lead salat. Please pray together.

1. **Decoration**

With everyone at home, and some getting bored, others getting worried, why not engage children to start decorating the home for Ramadan. I have a 25-year-old tamarind plant in one corner of our living room. We plan to place small lights on it to bring some life to the living room.

1. **Celebrating the Quran**

Ramadan is when the Quran was first revealed. As we welcome the month of Ramadan, the month of the Quran, learn how the Quran was revealed and how it was preserved. Maybe this could be a pre-Ramadan online assignment for all Islamic classes. I have traveled to 60 or so countries and have seen copies of the Quran printed in all continents. I actually own a small photocopied portion of the copy of the Quran from Khalifa Uthman ibn Affan’s time, may God be pleased with him. Isn’t it a miracle that this book has [stayed the same](https://www.theguardian.com/world/2015/jul/22/oldest-quran-fragments-found-at-birmingham-university)? No other book is like it.

1. **Time for Dua**

Ramadan is the month of Dua (supplication to God), but don’t wait for Ramadan to make Dua. Start asking God to lift this misery of the pandemic from us so that we can get to our Masjids, and hug and meet each other. We miss all of that time of connection and closeness.

Pray for those who are saving lives in hospitals; pray for those struggling to live; pray for those who cannot get to a hospital. Each Dua should begin by thanking God for all that we have, then thanking the Prophet through Salawat for connecting us to God Almighty.

Then, we must ask God for His forgiveness for our sins and shortcomings. Following that, we can start asking Him for what we want. All sincere duas are accepted. He listens when we talk. But He decides which way He will accept our Dua. So trust Him. Sometimes we don’t understand His reasoning. That is the reason in Surah al Kahf (chapter 18 of the Quran) He provides a window to His mysteries. You don’t have to pray in Arabic. Talk to Allah in the language you know. He knows all languages including the language of tears.

1. **Remember those who are not doing as well as us**

Right now, hundreds of thousands of people are walking in India to get to their homes. Some are walking as far as 600 miles. They are poor people who have lost their jobs as the country institutes orders for self-isolation. Two billion people live on a dollar a day. That is not just food, that is everything. We are way better off. Most of these people have no permanent jobs. They earn every day to eat. Now, there is no way for them to eat. In a world where the rich are becoming richer and the poor are becoming poorer, misery is increasing for a whole lot of people. We will not be good Muslims if we don’t carry these people in our hearts, in our Duas, and in our resolve to change the world.

1. **Consume less and share more**

Ramadan is not about food. It's about consuming less and sharing more. We must feel the hunger. So plan a healthy menu. Don't overeat. Fill your plate with less than what you used to eat before Ramadan. Plan on spending less on groceries. And send what you save early enough for those who are hungry. What is your monthly budget for groceries? Can you reduce it by half? But do enjoy samosas and pakoras, some staple Iftar food items, once in a while. Don’t completely abandon those. While at home this Ramadan, we might be moving less, so let’s rely on low calorie intake. I have been following a [dollar a day fast](https://www.soundvision.com/article/eating-dollar-a-day-meals-this-ramadan) now for years. I don’t even feel it after a few days and end up losing about 10 to 13 pounds in Ramadan.

1. **The Prophet’s mission: Living a purposeful life**

While planning for Ramadan, remember his mission. He was one of the most successful people in the world. His mission and the mission of all of the Prophets sent by God Almighty is mentioned by God in the Quran: to help people establish Qist - peace, justice, fairness, and equity in the society (Quran 57:25). He was successful in doing that. In his last sermon, he assigned that duty to all of us. So while preparing for Ramadan, remember that Salat, Zakat, fasting, and Hajj, are all spiritual tools that connect us to God and prepare us to fulfill the Prophetic mission of making this world a just place for all.

Building a daily Ramadan schedule in Quarantine



“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous” (Quran 2:183).

This Ramadan will be spent in some level of quarantine and physical distancing from the wider community for millions of Muslims. While the loss of access to the Masjid, and with it, the ability to perform Taraweeh prayer in congregation is depressing, it also reminds us of what the deeper purpose of the blessed month is: To build Taqwa or God-consciousness and righteousness on a personal level.

However, this opportunity to focus inward can be lost if we don’t carefully manage our time. Every second counts in our lives, but even more so in Ramadan. Time management experts often recommend asking oneself throughout the day: Is this the best use of my time?

This is why it helps to have some kind of schedule, which allows us to have at least some guideline on how to best use our time, and maximize each moment. The key is to peg all activities around the five daily prayers and work from there.

Below are links to sample schedules for:

* [A Muslim working outside of the home in Ramadan](https://www.soundvision.com/article/sample-schedule-for-a-muslim-working-outside-of-the-home-in-ramadan)
* [A Muslim working from home](https://www.soundvision.com/article/sample-ramadan-in-quarantine-schedule-for-a-muslim-working-from-home)
* [A Muslim parent working outside the home](http://www.soundvision.com/article/sample-ramadan-in-quarantine-schedule-for-a-muslim-parent-working-outside-the-home)
* [A Muslim parent working from home](http://www.soundvision.com/article/sample-ramadan-in-quarantine-schedule-for-a-muslim-parent-working-from-home)
* [A teenager](https://www.soundvision.com/article/sample-ramadan-in-quarantine-schedule-for-a-muslim-teenager)
* [A younger Muslim child (student)](http://www.soundvision.com/article/sample-ramadan-in-quarantine-schedule-for-a-younger-muslim-child-student)

Sample Ramadan in quarantine schedule for a Muslim working from home



1. **One hour before** **Fajr**: Eat Suhoor and spend at least 10 minutes making Dua, offering extra prayers, and/or Sujood (prostrations).
2. **Pray Fajr**
3. Read some Quran with the meaning of the verses, even if it is only [five minutes](https://www.soundvision.com/article/7-tips-for-improving-your-relationship-with-the-quran). Also read your morning Adhkaar.
4. Sleep.
5. Get ready for work as if you are going to your office.
6. Work.
7. Take a mid-morning break (about 15 minutes) to:  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa  
   -if you live alone, text or message a family member or friend to be your “Iftar buddy” for that day. In other words, a few minutes before Iftar, Facetime them so you can break your fast together virtually. If possible, have a schedule for this as well, breaking your fast with a different family member or friend daily
8. **Pray Dhuhr** prayer at what would normally be lunchtime at work. Follow this up with a 15- to 20-minute nap. Make sure to set an alarm or ask a friend to call you to wake you up.
9. Work.
10. **Pray Asr**.
11. Wrap up whatever calls you need to make or emails you need to send for the day.
12. **One hour before** **Iftar**:  
    -rest  
    -prepare or help prepare Iftar  
    -**10 minutes before Maghrib**, sit at the dinner table and make Dua  
    -Call your Iftar buddy and prepare to break your fast together if you are going to do that that day
13. Break your fast with a date(s) and water
14. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
15. Eat dinner.
16. Clean up. During clean up, as you put food away, prepare a plate for Suhoor so you can just microwave it quickly in the morning. Also, get whatever caffeine you need in the morning ready so you only have to warm it.
17. Prepare for **Isha** and for going to bed. Make Wudu, brush your teeth, etc.
18. **Pray Isha.**
19. Offer a few Rakat of Taraweeh.
20. Plug in your phone and any other devices that need to be charged. Preferably not in your bedroom, unless it’s for an alarm you need to get up.
21. Read at least six minutes of Quran or an Islamic book in bed to make it easier to fall asleep. A 2009 [study](https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html) conducted by the University of Exeter found that reading was more effective and quicker at reducing stress than other common stress-busters like taking a walk, drinking a cup of tea and listening to music. In fact, the researchers found that just six minutes of reading could be enough to reduce stress levels by up to two-thirds. Many of us find it hard to fall asleep because of stress.
22. Read your nightly Adhkar and Duas and go to sleep.

Sample Schedule for a Muslim working outside of the home in Ramadan



1. **One hour before** **Fajr**: Eat Suhoor and spend at least 10 minutes making Dua, offering an extra prayers, and/or Sujood (prostrations).
2. Pray **Fajr**
3. Read some Quran with the meaning of the verses, even if it is only [five minutes](https://www.soundvision.com/article/7-tips-for-improving-your-relationship-with-the-quran). Also read your morning Adhkaar.
4. Sleep.
5. Get ready for work.
6. Go to work. During your commute:  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa  
   -If you live alone, text or message a family member or friend to be your “Iftar buddy” for that day. In other words, a few minutes before Iftar, Facetime them so you can break your fast together virtually. If possible, have a schedule for this as well, breaking your fast with a different family member or friend daily
7. While at work:  
   -pray **Dhuhr** during lunch break  
   -follow this up with a 15- to 20- minute nap in your car. If your boss is an understanding person, consider arranging a separate place you can nap at the office (e.g. empty room). Here is a [sample letter](https://www.soundvision.com/article/sample-letter-to-boss-or-supervisor-regarding-ramadan-schedule) you can send him/her about this.
8. Pray **Asr** at work if you are still there and head home
9. **One hour before** **Iftar**:  
   -rest  
   -prepare or help prepare Iftar  
   -**10 minutes before Maghrib**, sit at the dinner table and make Dua  
   -Call your Iftar buddy and prepare to break your fast together if you are going to do that that day
10. Break your fast with a date(s) and water
11. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
12. Eat dinner.
13. Clean up. During clean up, as you put food away, prepare a plate for Suhoor so you can just microwave it quickly in the morning. Also, get whatever caffeine you need in the morning ready so you only have to warm it.
14. Prepare for **Isha** and for going to bed. Make Wudu, brush your teeth, etc.
15. **Pray Isha**
16. Offer a few Rakat of Taraweeh.
17. Plug in your phone and any other devices that need to be charged. Preferably not in your bedroom, unless it’s for an alarm you need to get up.
18. Read at least six minutes of Quran or an Islamic book in bed to make it easier to fall asleep. A 2009 [study](https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html) conducted by the University of Exeter found that reading was more effective and quicker at reducing stress than other common stress-busters like taking a walk, drinking a cup of tea and listening to music. In fact, the researchers found that just six minutes of reading could be enough to reduce stress levels by up to two-thirds. Many of us find it hard to fall asleep because of stress.
19. Read your own nightly Adhkar and Duas and go to sleep.

Sample Ramadan in quarantine schedule for a younger Muslim child (student)



**Sample Ramadan in quarantine schedule for a younger Muslim child (student)**

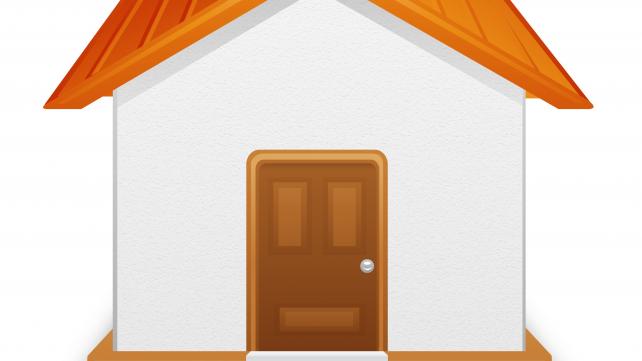
1. **If fasting for that day, wake up the child half an hour before** **Fajr**: Eat Suhoor. Then brush teeth.
2. If child is not fasting, wake them up.
3. **Pray Fajr together.**
4. Read your morning Adhkaar.
5. Sleep.
6. Wake up, have the kids get ready as if they were going to school. Change out of pajamas, brush teeth, make the bed, etc. They should eat breakfast if they are not fasting.
7. Start elearning for the day if they are schooling online.
8. If not elearning, set up an account at the many excellent sites that offer online programs for math, reading, science, etc. Have them complete work for their grade level in all subjects they are covering in school.
9. Take a mid-morning break and let them run around outside if the weather is nice.
10. Back to work: Finish up any work for the day
11. Lunchtime if they are not fasting.
12. **Pray Dhuhr together**
13. Have them take a short nap.
14. Once they’re up, have them:  
    -read a page or a few verses of the Quran with meaning  
    -work on a Ramadan craft. Google “Ramadan crafts” for many great ideas  
    -read or read to them an Islamic book or books  
    -help pick out and start preparing what to make for Iftar that evening  
    -work on an art or science project
15. If the weather is nice, have them play sports outside with siblings, bike ride, or go for a jog or walk.
16. **Pray Asr** together.
17. Eat dinner.
18. **One hour before** **Iftar**:  
    -prepare or help prepare Iftar  
    -**10 minutes before Maghrib**, sit at the dinner table and make Dua
19. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
20. Eat “extra” dinner with the family.
21. Help clean up.
22. Prepare for **Isha** and for going to bed. Make Wudu, brush teeth, etc.
23. **Pray Isha.**
24. Pray Taraweeh with the family.
25. Bedtime story.
26. Quran and nightly Adhkaar.
27. Lights out.

Sample Ramadan in quarantine schedule for a Muslim teenager



1. **One hour before** **Fajr**: Eat Suhoor and spend at least 10 minutes making Dua, offering extra prayers, and/or Sujood (prostrations).
2. Pray **Fajr**
3. Read some Quran with the meaning of the verses, even if it is only [five minutes](https://www.soundvision.com/article/7-tips-for-improving-your-relationship-with-the-quran). Also read your morning Adhkaar.
4. Sleep.
5. Wake up, get ready as if you would be going to school. It doesn’t have to be at the same time, but it shouldn’t be very late in the day. Change out of pajamas, brush your teeth, make your bed.
6. Start your elearning for the day. If you have younger siblings, help them start out their day as well if they are schooling online too.  
   -If you are not elearning, develop and stick to a schedule of subjects you need to study for, whether it’s APs, the SAT, or the ACT. Also figure out how to make up any requirements you may need to finish for your grade by the end of the school year and work on them.
7. Take a mid-morning break:  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa  
   -Text or message a family member or friend who lives alone to be your “Iftar buddy” for that day. In other words, a few minutes before Iftar, Facetime them so you can break your fast together virtually. If possible, have a schedule for this as well, breaking your fast with a different family member or friend daily, after checking with your parents.
8. Help prepare and feed lunch to younger siblings.
9. **Pray Dhuhr together**
10. Take a 15- to 20-minute nap. More than that can leave you groggy. If you have younger siblings, help put them to sleep too.
11. Finish any elearning or other work for the day.
12. Text your friends to see how they’re day is going.
13. If the weather is nice, check with your parents, and go outside. Play sports with siblings, bike ride, or go for a jog or walk.
14. **Pray Asr** with anyone that’s home.
15. Help your parents feed younger siblings dinner and/or make dinner.
16. **One hour before** **Iftar**:  
    -prepare or help prepare Iftar  
    -**10 minutes before Maghrib**, sit at the dinner table and make Dua  
    -Call your Iftar buddy and prepare to break your fast together if you are going to do that that day
17. Break your fast with a date(s) and water
18. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
19. Eat dinner.
20. Clean up. During clean up, as you put food away, prepare a plate for Suhoor so you can just microwave it quickly in the morning. Also, get whatever caffeine you need in the morning ready so you only have to warm it.
21. Prepare for **Isha** and for going to bed. Make Wudu, brush your teeth, etc.
22. **Pray Isha**
23. Offer a few Rakat of Taraweeh.
24. Plug in your phone and any other devices that need to be charged. Preferably not in your bedroom, unless it’s for an alarm you need to get up.
25. Read at least six minutes of Quran or an Islamic book in bed to make it easier to fall asleep. A 2009 [study](https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html) conducted by the University of Exeter found that reading was more effective and quicker at reducing stress than other common stress-busters like taking a walk, drinking a cup of tea and listening to music. In fact, the researchers found that just six minutes of reading could be enough to reduce stress levels by up to two-thirds. Many of us find it hard to fall asleep because of stress.
26. Read your own nightly Adhkar and Duas and go to sleep.

Sample Ramadan in quarantine schedule for a Muslim parent working outside the home



*Note: Parents, as much as possible, should enlist children in the work of running the household smoothly during Ramadan in quarantine. If there are two parents in the house, each must ensure one parent is not burdened with dealing with all of the children’s needs.*

*If you are a single parent, every child should be involved in helping out around the house, in preparing meals, etc. if they already don’t.*

1. **One hour before** **Fajr**: Wake up any children who will be fasting with you. Eat Suhoor together, and if there is any time left. spend at least five minutes making Dua, one extra prayer, and/or Sujood (prostrations). Make sure everyone brushes their teeth after eating.
2. **Pray Fajr.**Read the morning Adhkaar and have the kids go back to bed.
3. Read some Quran with the meaning of the verses, even if it is only [five minutes](https://www.soundvision.com/article/7-tips-for-improving-your-relationship-with-the-quran).
4. Sleep.
5. Get ready for work.
6. Go to work. During your commute:  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa  
   -Text or message a family member or friend to be your “Iftar buddy” for that day. In other words, a few minutes before Iftar, Facetime them so you can break your fast together virtually.
7. Once you reach the office, call home and wake up the kids:  
   -If there is a parent at home or there are older siblings, they should help younger children with breakfast. After this, all kids should make their beds, change clothes, brush teeth, etc.  
   -Kids should clean up anything in the kitchen that needs to be cleaned up from Suhoor and breakfast time. They can wash the dishes or load a dishwasher; wipe counters and tables; sweep the floor, etc.  
   -After a short break, they can start their schoolwork if they are elearning. Otherwise, they can work on their own Quran and Islamic studies goals for Ramadan, as well as whatever workbooks, online programs or other things you’ve set up for them academically while in quarantine  
   -Younger children can watch an episode of Adam’s World, work on coloring sheets, and workbooks
8. Work.
9. Take a mid-morning break (about 15 minutes) to:  
   -check in on the kids to see that their work is getting done  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa.
10. During lunch hour, do the following:  
    -call to make sure everyone has eaten lunch. Older kids should prepare and feed lunch to younger ones whenever possible. Also remind them to pray Dhuhr together, then take a short nap or rest if they have finished their schoolwork for the day  
    -**pray Dhuhr**  
    -follow this up with a 15- to 20- minute nap in your car. If your boss is an understanding person, consider arranging a separate place you can nap at the office (e.g. empty room). Here is a [sample letter](https://www.soundvision.com/article/sample-letter-to-boss-or-supervisor-regarding-ramadan-schedule) you can send him/her about this.
11. Work.
12. Check in on the kids to see if they are done with school. If they are and the weather is nice, let them spend some time outside if your spouse or another trusted adult can supervise them. Remind them to pray Asr.
13. Pray **Asr** at work if you are still there and head home.
14. With the help of older kids, make dinner.
15. Feed non-fasting kids dinner.
16. **One hour before** **Iftar**:  
    -rest  
    -prepare or help prepare Iftar with the family  
    -**10 minutes before Maghrib**, sit at the dinner table and make Dua together  
    -Call your Iftar buddy and prepare to break your fast together if you are going to do that that day
17. Break your fast with a date(s) and water.
18. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
19. Eat dinner.
20. Clean up. During clean up, as you put food away, prepare a plate for Suhoor for each person so that you can just microwave it quickly in the morning. Also, get whatever caffeine you need in the morning ready so you only have to warm it. If you have older kids, they should make their own plate.
21. Prepare for **Isha** and for going to bed. Make Wudu, brush your teeth, etc. Have all kids do the same.
22. **Pray Isha.**
23. Offer a few Rakat of Taraweeh.
24. Plug in your phone and any other devices that need to be charged. Preferably not in your bedroom, unless it’s for an alarm you need to get up.
25. Read younger kids a short Islamic bedtime story. Also read the nightly Adhkar and Duas with them.
26. Make sure older kids are not staying up late unnecessarily. Give them a specific time to finish any work they may have, after which they must go to sleep. Recite the nightly Adhkaar and Duas with them.
27. Read at least six minutes of Quran or an Islamic book in bed to make it easier to fall asleep. A 2009 [study](https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html) conducted by the University of Exeter found that reading was more effective and quicker at reducing stress than other common stress-busters like taking a walk, drinking a cup of tea and listening to music. In fact, the researchers found that just six minutes of reading could be enough to reduce stress levels by up to two-thirds. Many of us find it hard to fall asleep because of stress.
28. Read your nightly Adhkar and Duas and go to sleep.

Sample Ramadan in quarantine schedule for a Muslim parent working from home



*Note: Parents, as much as possible, should enlist children in the work of running the household smoothly during Ramadan in quarantine. If there are two parents in the house, each must ensure one parent is not burdened with dealing with all of the children’s needs.*

*If you are a single parent, every child should be involved in helping out around the house, in preparing meals, etc. if they already don’t.*

1. **One hour before** **Fajr**: Wake up any children who will be fasting with you. Eat Suhoor together, and if there is any time left. spend at least five minutes making Dua, one extra prayer, and/or Sujood (prostrations). Make sure everyone brushes their teeth after eating.
2. **Pray Fajr.**Read the morning Adhkaar and have the kids go back to bed.
3. Read some Quran with the meaning of the verses, even if it is only [five minutes](https://www.soundvision.com/article/7-tips-for-improving-your-relationship-with-the-quran).
4. Sleep.
5. Get ready for work as if you are going to your office.
6. Work.
7. Wake up kids if they are required to continue school online by a certain time.  
   -Help them eat breakfast (if they aren’t fasting) get beds made, change clothes, brush, etc.  
   -If they do not have school, wake them up anyway and after they have eaten breakfast, changed their clothes, and made their beds  
   -After this, the kids should clean up anything in the kitchen that needs to be cleaned up from Suhoor time and breakfast. They can wash the dishes or load a dishwasher; wipe counters and tables; sweep the floor, etc.  
   -After a short break, they can work on their own Quran and Islamic studies goals for Ramadan, as well as whatever workbooks, online programs or other things you’ve set up for them academically while in quarantine  
   -Younger children can watch an episode of Adam’s World, complete worksheets or pages from workbooks
8. Take a mid-morning break (about 15 minutes) to:  
   -check in on the kids to see that their work is getting done  
   -text a family member or friend who lives alone and offer to be their “Iftar buddy” for that day. In other words, a few minutes before Iftar, Facetime them so you can break your fast together virtually.  
   -listen to Quranic recitation and try to memorize the verses. You can also listen to talks about building closeness to and love for Allah, or any topic you feel you need to work on to build Taqwa. If you have teenagers, listen with them. Have them choose the talk
9. Have kids who are not fasting eat lunch. If there are older siblings in the house, delegate the task of preparing and feeding lunch to them.
10. **Pray Dhuhr** prayer at what would normally be lunchtime at work with the family.
11. Get younger kids to take a nap with you. While they might sleep an hour or more, make sure you take not more than a 15- to 20-minute nap. Set an alarm on our phone or ask a spouse or child to wake you up.  
    -Designate naptime for older kids who are fasting too for at least 20 minutes
12. Work.
13. Check in on the kids that they are done with school. If they are and the weather is nice, let them spend some time outside if you or another adult can supervise them as you work.
14. Make dinner with the help of older kids.
15. Wrap up whatever calls you need to make or emails you need to send for the day.
16. **Pray Asr** together as a family.
17. Feed younger kids who are not fasting dinner.
18. **One hour before** **Iftar**:  
    -have older kids prepare Iftar, whether it’s making the snacks and preparing the fruits, or setting the table  
    -rest
19. **10 minutes before Maghrib**:  
    -sit at the dinner table with everyone and make Dua  
    -If you have an Iftar buddy that day, prepare to break your fast together
20. Break your fast with a date(s) and water.
21. **Pray Maghrib.**Say the nightly Duas to be made at this time for ending the day.
22. Eat dinner.
23. Clean up. During clean up, as you put food away, prepare a plate for Suhoor for each person so that you can just microwave it quickly in the morning. Also, get whatever caffeine you need in the morning ready so you only have to warm it. If you have older kids, they should make their own plate.
24. Prepare for **Isha** and for going to bed. Make Wudu, brush your teeth, etc. Have all kids do the same.
25. **Pray Isha.**
26. Offer a few Rakat of Taraweeh.
27. Plug in your phone and any other devices that need to be charged. Preferably not in your bedroom, unless it’s for an alarm you need to get up.
28. Read younger kids a short Islamic bedtime story. Also read the nightly Adhkar and Duas with them.
29. Make sure older kids are not staying up late unnecessarily. Give them a specific time to finish any work they may have, after which they must go to sleep. Recite the nightly Adhkaar and Duas with them.
30. Read at least six minutes of Quran or an Islamic book in bed to make it easier to fall asleep. A 2009 [study](https://www.telegraph.co.uk/news/health/news/5070874/Reading-can-help-reduce-stress.html) conducted by the University of Exeter found that reading was more effective and quicker at reducing stress than other common stress-busters like taking a walk, drinking a cup of tea and listening to music. In fact, the researchers found that just six minutes of reading could be enough to reduce stress levels by up to two-thirds. Many of us find it hard to fall asleep because of stress.
31. Read your nightly Adhkar and Duas and go to sleep.

10 Ways to bring the Masjid to your home this Ramadan

Taha Ghayyur

Hearts are heavy this Ramadan. Eyes are overflowing with tears. Minds are still in a state of denial.

For some, there are too many emotions to make sense of this unprecedented Ramadan. Rejection. Deprivation. Anger. Anxiety. Humility. Introspection.

How can we have Ramadan without our Masjid? These reactions are natural.

However, Allah, the most Wise and the Master of all affairs, knows exactly why we must experience this Ramadan without a physical connection with His beloved house: the Masjid - the sacred space where millions come every night of Ramadan to find tranquility, serenity, and felicity.

Believers always look for positives in every circumstance and step up to the challenge with optimism. While the doors of the Masjid are closed, the doors of Ramadan’s blessings are open 24/7, and the doors of Allah’s mercy and forgiveness are still open.

Here are 10 ways you can stay connected with Allah’s House remotely this Ramadan.

1- Establish a Prayer/Salah/Namaz corner in your house

Prophet Muhammad, peace and blessings be upon him, said, “The entire earth has been made a place of prayer, except for graveyards and washrooms.” (Tirmidhi 317).

While you can’t attend a Masjid due to the Covid-19 lockdown, it is critical to dedicate a space in your home to hold daily prayers. Put out prayer mats in a corner permanently so everyone associates it with this sacred ritual.

2. Call Adhan for daily prayers

If you have a family in your home, ideally set times for the five daily prayers so it’s on everyone’s schedule. Assign someone in the family to call Adhan at these set times. Rotate the Adhan-calling role every day. Pretend that you are calling Adhan in the Masjid.

3. Organize Taraweeh with the family

One of the biggest challenges, as well as opportunities, that Ramadan under lockdown presents is Taraweeh, the nightly voluntary prayers that are traditionally offered in congregation with long melodic recitations of the Quran. This Ramadan, it will be your turn to lead. Yes, it won’t be the same. Yes, it may be difficult for many to read long chapters of the Quran from memory. Yes, it may not sound as beautiful or powerful. Yes, you will miss the social and spiritual environment of the collective Taraweeh. But this is an opportunity for every young or old male in the family to memorize, recite, lead, and earn tons of rewards every night. Similarly, women can lead other women in the family.

You don’t have to be an Imam or a scholar to organize Taraweeh in the family. Remember, Taraweh is not an obligation, so even if you are unable to organize Taraweeh every night, simply offer some voluntary prayers, followed by Witr prayers.

4. Dress up for the prayers as would when going to the Masjid

Just because your Masjid buddies and attendees are no longer seeing you every day, that doesn’t mean Allah and His angels are not. For every prayer, as you make the effort to perform Wudu, the ritual washing, make sure your hair, body, and clothes are also presentable. Renewing Wudu, dressing up, putting on a nice perfume, and using Miswak or a tooth stick, before a prayer, especially before your daily Taraweeh, will not only mentally prepare you to stand in the majestic presence of Allah, but also spiritually connect you with your Masjid every day in Ramadan.

5. Don’t forget to donate to your local Masjid virtually this Ramadan

Just because you are no longer able to drop cash in the red donation box every night of Ramadan or every Juma due to the pandemic lockdown doesn’t mean you forget about your local Masjid. While we encourage Muslims to diversify where they give Sadaqa and Zakat so a wide variety of critical causes and community projects are supported, make your Masjid also a priority in your donation. Most Masjids are taking a heavy financial hit due to missed fundraising opportunities this Ramadan. One way to stay connected with the Masjid is to consistently donate online. Get your family involved in the online donation exercise.

6. Connect with your local Masjid’s programming virtually

Whether it’s the beautiful Tilawah (recitation of the Quran) of your local Imam, or an inspirational lecture series offered online by a local Masjid, make it a part of your daily Ramadan schedule. Countless Masjids across North America will be offering alternate virtual programming during Taraweeh times, or before Iftar time, or earlier in the day. It may include recitation of the Quran by a Hafiz or Qari, as it would be recited in Taraweeh, along with a brief lecture summarizing the message of verses recited. This is a great opportunity to stay connected with your Masjid, its programming, its messages, its Imam, and its management.

7. Join Your Masjid’s Virtual Community

While you will dearly miss the physical engagement with your Taraweeh buddies and community Iftars, you can connect with many of them through your Masjid’s social media platforms or WhatsApp groups. If your community doesn’t have such online spaces, take the initiative and establish a Facebook group, or a WhatsApp group, or any other virtual means of staying connected. You can also organize weekly online meetups for socialization over Zoom, Google Hangouts, FaceTime, or Skype so you can see everyone ‘face-to-face’.

8. Keep Your Imam, Masjid administration, and volunteers in your prayers & presents

This Ramadan, why not go the extra mile to express concern and gratitude for your local Imams, Masjid leaders, and volunteers? Sadly, the sudden lockdown of the Masjid is not only hurting Masjids and Imams financially, but more so emotionally. Many Imams have been in tears at the thought of not being able to recite Allah’s Book in congregation this Ramadan. Many volunteers are heartbroken knowing they will be missing out on the opportunity to serve the community this Ramadan. Moreover, the drastic switch over to virtual platforms of delivering lectures and reminders has also added to their anxiety and stress. Why not drop them a message or call them appreciating their efforts in these challenging times? Why not make special Dua for them every night? Why not send them a special, personal gift to lift their spirits? What can be a more beautiful way to connect with your Masjid and its servants?

9. Watch Images and listen to sounds from beautiful Masjids around the world

In case you are feeling depressed about not visiting a Masjid this Ramadan, you can soak in spectacular photos of Masjids around the world. You can watch videos of Imams reciting Quran in Taraweeh, whether live or recorded, from a different Masjid in your city, country, or anywhere around the world, every night. Why not learn the names of 30 new Masjids and/or Qaris this Ramadan?

10. Do a research project on a historic Masjid every week

One of your Ramadan activities with the family could be to research a Masjid in your city, country, or anywhere globally that has a significant story, a famous personality associated with it, unique architecture, or historic significance. There is hardly a Masjid in North America behind which there weren’t visionary leaders and selfless founders. Why not learn more about these people and their sacrifices in building communities?

This could be a weekly project presented by a family member. You can start with the first Masjid(s) in America, Canada, the UK, or your country. Or you can go for the famous historic Masjids of Istanbul. Or learn more about the three greatest Masjids of Islam: Masjid Al-Haram, Masjid An-Nabawi, and Masjid Al-Aqsa.

Dying alone of COVID: Lessons from the death of Muadh ibn Jabal



[**Samana Siddiqui**](https://www.soundvision.com/authors/samana-siddiqui)

What was most painful about “Auntie F’s” death from COVID-19 last week was that no family member or friend could be with her as she took her last breath.

Auntie F was a pioneer of the Muslim community I grew up in in Canada. She was instrumental in helping establish my city’s first Masjid back in the 1960s. She exemplified not just volunteerism, but so many of the characteristics of a good Muslim: generosity, empathy, compassion, as well as patience and steadfastness in the face of hardship.

Toward the end of her life, she developed an illness that required her to be moved to a nursing home, as her family had done all they could to care for her in her own home. Despite visits from them, as well as the countless friends and community members who loved her, they were all far from her when she died.

Auntie F is not the only one who passed away in this manner. People around the world have been sharing painful stories of not being able to say goodbye in person to loved ones who have died from COVID-19. Not being able to sit with parents, grandparents, aunts, uncles, and children to offer words of comfort and love, or later, to bury them according to chosen rites.

Which is where the death of Muadh ibn Jabal, one of the greatest Companions of Prophet Muhammad, peace and blessings be upon him, comes in.

He was known for his knowledge and intelligence. The Prophet once said, “The most knowledgeable of my Ummah in matters of Halal and Haram is Muadh ibn Jabal.”

Muadh, may Allah be pleased with him, was sent to Yemen by the Prophet himself, and later to Palestine by Omar ibn al Khattab, to teach the Quran and Islam to the new converts among the people there.

While in Palestine, far from family and friends in Madinah, he became sick with an infectious disease. Then, death arrived. This is how he welcomed the inevitable, as described by AbdulWahid Hamid in his book “Companions of the Prophet 2”:

“[...] he turned in the direction of the Kaba and repeated this refrain: ‘Welcome Death, welcome. A visitor has come after a long absence…’

And looking up to heaven, he said:  
‘O Lord, You know that I did not desire the world and to prolong  my stay in it….O Lord, accept my soul with goodness as You would accept a believing soul…’

He then passed away, far from his family and his clan but among people who loved him, a Dai (preacher) in the service of God and a Muhajir (migrant) in His Path.”

As painful as it is for our loved ones to meet death away from us, it is a prelude to how we will ultimately meet Allah on the Day of Judgement: alone and ready to face accountability for how we lived our lives. This applies to every single one of us, regardless of whether our family surrounded us on our deathbed, or we were alone in a hospital room.

While facing death alone is distressing, we can remember the courage of Muadh (may Allah be pleased with him) in facing it with acceptance and hope.

With Auntie F, when the nurse on duty called her brother as she was taking her last breaths, he was deeply distressed at not being able to be with her. He asked the nurse, who is not Muslim, to help her repeat the Kalimah. The nurse wrote it down and repeated it to her. Auntie F could not speak, but she nodded in agreement as she heard the words, so familiar, the motto of her life. Then she passed away.

May Allah accept those who have died of COVID-19 as martyrs. May He make us ready for death in any state. And may He end this pandemic very soon so that we can once again, be with those we love in their final moments.

Death, funeral and burial during Coronavirus



[**Abdul Malik Mujahid**](https://www.soundvision.com/authors/abdul-malik-mujahid)

About 25% of those who died in the UK from Coronavirus are Muslims. At this moment, the UK parliament is considering a law which will cremate all dead bodies. With Germany allowing gatherings of only two people and Italy not allowing any funerals to take place, Muslim families, Masjids, and funeral homes are wondering about our options.

For a Muslim, the thought of being cremated is absolutely horrible. But when the translator of the Quran [Dr. T. B. Irving](https://www.soundvision.com/article/where-is-tb-irving) passed away, by the time I arrived for his funeral prayers, there was nothing left of him but a small pot of his ashes. I still decided to collect a handful of Muslims and led his funeral prayers. May Allah give the best place to this great scholar.

Life and death is absolutely in the hands of God Almighty as He has reminded us throughout the Quran. He, however, has also warned us not to put ourselves in a deadly situation. So in the absence of a vaccine, enough tests, and a cure, do heed the call of scientists who are begging us to maintain physical distance from each other, and to wash our hands regularly. Also add to this regimen Dua to God Almighty to save us from this pandemic.

But we must always be prepared to submit to God’s will.

* So seek forgiveness from people you have harmed
* Seek forgiveness from God Almighty for your sins
* Pray for a healthy, productive, and longer life
* Pray for His guidance for ourselves and our neighbors
* Pray that our leaders make the right decisions to save lives
* Resolve to follow all safety directions
* Develop your will
* Discuss eventual plans for your funeral which is guaranteed to happen to all human beings, now or later

I have revised my will and shared it with my family. Have you done that?

Sound Vision has a whole manual about [Muslim funerals](https://www.soundvision.com/article/a-handbook-of-muslim-burials). However, in a fast-changing pandemic situation, some parts of it may or may not apply, depending what your state will allow or not allow.

**Recommendations for Funerals**

Based on the United States Centers for Disease Control and Prevention (CDC) we have developed the following recommendations. If the situation worsens, the CDC might change its recommendations, so please keep checking their [website for funerals](https://www.cdc.gov/coronavirus/2019-ncov/faq.html#anchor_1584390222777).

**Taking care of the deceased body:**

* Do not kiss or touch the body which has died from COVID-19
* Those who wash the bodies of people who died from this virus must wear personal protective equipment (PPE), such as disposable gowns, face shields or goggles, disposable nitrile gloves and facemasks. Please note that protective equipment is in extremely short supply for physicians who are busy saving lives
* After the preparation of the body, a thorough cleaning should be conducted in accordance with the manufacturer’s instructions for all cleaning and disinfection products (e.g., concentration, application method and contact time, etc.). [Products with EPA-approved emerging viral pathogens](https://www.epa.gov/sites/production/files/2020-03/documents/sars-cov-2-list_03-03-2020.pdf) are expected to be effective against COVID-19, based on data for harder to kill viruses
* After removal of the personal protective equipment (PPE), perform [hand hygiene](https://www.cdc.gov/handwashing/when-how-handwashing.html) by washing hands with soap and water for at least 20 seconds. Soap and water must be used if the hands are visibly soiled. Hand sanitizers will not be enough.

**Funeral Prayers**

* Limit funeral prayers to immediate family. This may differ state-to-state based on what gathering size it allows. Currently the federal government is asking all gatherings to be limited to ten persons. Southern California has limited funerals to 10 people only. The government may not allow any gathering if the situation worsens. If it is allowed, the immediate family must stay six feet apart during funeral prayers as well as at the burial
* Given the high level of emotion at funerals, and the resulting need for comfort through hugs and other close contact, they pose a risk. In Georgia [a funeral resulted](https://www.walb.com/2020/03/17/watch-live-dougherty-co-address-latest-coronavirus/) in spreading the virus, which killed three more people
* If funerals are allowed, livestream the funeral if possible, so that the loved ones can participate virtually
* So far, science has not established any [known risk](https://www.cdc.gov/coronavirus/2019-ncov/faq.html#funerals) associated with being in the same room as the body of someone who has died from COVID-19

We must prepare well to protect ourselves. Love of the deceased must not allow us to risk the living. Saving life is the first purpose of Sharia. And saving one life is like saving the whole humanity.

Tags

10 Things Masjids Can Do To Enhance Community Service During Coronavirus Pandemic



[**Taha Ghayyur**](https://www.soundvision.com/authors/taha-ghayyur)

As our Masjids and Islamic centres become deserted over the next few days due to the Coronavirus pandemic, it’s a golden opportunity for community organization and Masjid boards, managements, Imams, and volunteers to think out of the box.

As physical religious and social events at Masjids are minimized, our centres of worship must evolve into centres of social service to the most vulnerable, inaccessible, and disenfranchised in our society. Let our service be not limited to our congregants or the Muslim community only. Let’s open our hearts, centres, and services to everyone in distress and need around our Masjids and community centres.

It’s time to activate a Crisis Response Team in every Masjid to ensure no one in our neighborhood, whether Muslim or our friend in other faith or no faith, is left out or left behind.

10 Ways a Masjid’s Crisis Response Team Can Provide Social Services and Relief During the Coronavirus Crisis

1. Get your Masjid’s Zakat / Sadaqa collection working for the needy new immigrants, refugees, and single parents in your Masjid neighbourhood

Refugees, new immigrants, and single parents are finding it extremely stressful to deal with the loss of income due to the Covid-19 shut downs. Many are already working multiple jobs to put food on the table. During the Coronavirus crisis, they will be one of the hardest hit, as rents, utilities, and groceries have skyrocketed over the recent months in many North American cities.

Establish a special Zakat / Sadaqa disbursement team and system (if you already don’t have one) or work with a local Zakat distribution organization to identify and screen refugees, new immigrants, and single parents, deserving of your Masjid’s designated funds for the needy.

2. Launch a grocery delivery drive for the seniors and people living with disabilities in the Masjid vicinity

Many seniors are terrified to leave their home to shop at overcrowded grocery stores. Given the advice from medical experts, seniors are the most vulnerable cohort to be infected by Covid-19. As some churches, mosques, and individuals have already exemplified, initiate a team of volunteers who would be responsible for outreach to seniors and people with disabilities in the Masjid neighborhood and develop a daily / weekly schedule of grocery shopping and delivery to their homes.

3. Connect with the lonely in your neighbourhood with a virtual buddy system

Whether people are at home because their school, college, university or work is shut down for a few weeks, or they are in self imposed isolation or quarantined due to the Covid-19 virus, it will be a long, lonely experience for many people, especially if they are single or live alone. Make sure to connect with the lonely and single people during the Covid-19 crisis through an online platform or phone. Add them to your Masjid’s WhatsApp group (start it if you don’t have one) or a social media group so they feel part of a family. Moreover, check up on them personally and ask if they need support.

4. Thank the front-line workers in your city on social media, over email, or by sending them thank you cards

During the Covid-19 crisis, there are thousands of front-line workers providing essential services in the most risky places and situations. They include nurses, physicians, police, firefighters, paramedics, transit drivers, airport staff, garbage collectors, grocery store cashiers, restaurant servers, and more. Reach out to them on behalf of your mosque to express your gratitude for their services in such high-risk spaces. In addition to emails, you can launch an online social media campaign to thank them using a hashtag. Or you can simply mail them thank you cards written by many of your congregants and their children.

5. Offer tax clinic service to your neighbourhood

Considering this is a tax return filing season, why not setup a free tax clinic for the low-income households in your community? Develop a team of tax accountants who are willing to volunteer their service. Keep it as virtual as possible to minimize physical contact. Publicize this service to your neighborhood. You may be surprised to learn how many families in your congregation or neighborhood would be delighted to have this service offered by your centre.

6. Consider delivery service to food bank clients in your Masjid neighborhood

If you run a food pantry or food bank out of your center, consider delivering food baskets to the screened and qualified clients of your food bank in the vicinity. Or, partner with a local food bank and offer the delivery service to them and commit a number of volunteers on a schedule to deliver food to the seniors, single parents, those without transportation, and those with limited physical mobility.

7. Be ready to handle funerals of Coronavirus victims with correct information and protocols

Whether you run a funeral service at your center or not, learn how and where to direct families dealing with death due to Covid-19. If you run a Muslim funeral service at your Masjid, is your team equipped with all the information and tools to handle funerals of the victims of Coronavirus? Is your Masjid ready to deal with the media in case of interest in a Covid-19 funeral story? Is your management ready to dispel fears in the community about safety concerns surrounding a body of a person who succumbs to Covid-19 virus, given all the myths, hysteria, taboo, and stigma associated with such deaths?

8. Offer a hotline for youth, seniors, families, and the lonely in your community to call in for advice or help

Given all the anxiety and fear and lack of traditional communication channels during the Covid-19 crisis, it’s critical to make your Masjid’s channels of communication more accessible for spiritual and emotional advice. A lot of youth have many unanswered questions in times of crisis. Some seniors may simply need to talk to someone. Make sure you announce to the community a dedicated phone number to call with set hours every day. The hotline can be answered by qualified scholars, counsellors, or anyone with enough knowledge to direct callers to the right resources and professional social services as needed.

9. Inform your local councilor’s office and other government officials about your services

Let your Masjid area councilor and other municipal, state / provincial, and federal elected officials know about your outreach and social service initiatives. Ask them to share your contact and list of services with the area residents as they see fit. Offer to partner with their office to help seniors, single parents, new immigrants, refugees, and vulnerable youth and families in your area navigate through the Covid-19 crisis.

10. Don’t do it alone. Collaborate with interfaith and social service organizations

Your Masjid doesn’t have to do everything by itself. No need to reinvent the wheel. Collaborate with other local Masjids, Imams council, interfaith groups, churches, social service organizations, and government agencies for efficient use of resources and maximum impact. There are many churches, gurdwaras, temples, and synagogues offering wonderful social service initiatives in every city. Connect and partner to show solidarity, to learn from each other, and to multiply community benefit.

NOTE

Whatever service you offer, ensure safety of your team and beneficiaries: Personal Hygiene & Social Distancing.

Please also read[“8 Things Masjids Can Do To Help Boost Social Services”](https://www.soundvision.com/article/8-things-masjids-can-do-to-help-boost-social-services) by Imam Abdul Malik Mujahid.

*Taha Ghayyur is a not-for-profit leader, writer, public speaker, and Khatib in Toronto, Canada. He serves as the Vice President of Sound Vision.*

#CoronaQuarantine & your mental health: 7 ways to stay sane



[**Samana Siddiqui**](https://www.soundvision.com/authors/samana-siddiqui)

With businesses, workplaces, and schools shutting down for weeks, having everyone in the home for an extended period of time is bound to create a number of serious mental health challenges, especially for families with children.

This already happened in [China](https://www.bbc.com/news/world-asia-51705199), where domestic violence increased as mandatory quarantines were implemented throughout the country.

Along with this is the [anxiety](https://www.cdc.gov/coronavirus/2019-ncov/prepare/managing-stress-anxiety.html?CDC_AA_refVal=https%3A%2F%2Fwww.cdc.gov%2Fcoronavirus%2F2019-ncov%2Fabout%2Fcoping.html) from the pandemic itself, especially for those who are over 60 or those who are immunocompromised. Similar [stress](https://www.soundvision.com/article/25-ways-to-deal-with-stress-and-anxiety) can be found in their caregivers.

It is vital to not only maintain our physical health at this time, but our mental health as well. It is critical for our families, our children, our marriages, and our long-term well-being. Here are some ways to handle this challenge:

1. Dua  
     
   Prophet Muhammad, peace and blessings be upon him, described [Dua](https://www.soundvision.com/article/the-power-of-dua) as the “essence of worship” (Tirmidhi). Allah Himself tells us to call upon Him, and He will respond to us (Quran 40:60). Only Allah is in control and He is the All-Powerful. When we are feeling overwhelmed, let us lower our heads and raise our hands in Dua to ease our hardship and relieve us of this difficulty in the best way.  
     
   In particular, Duas for God’s [forgiveness](https://www.soundvision.com/article/duas-for-forgiveness), as well as those what help you [remember and praise Him](https://www.soundvision.com/article/how-to-incorporate-zikr-into-our-lives) will be vital in easing stress and anxiety.
2. Use Islamic anger management techniques  
     
   It’s inevitable that at some point, minor annoyances will become major grievances when people are cooped up together for an indefinite amount of time. This is where [anger](https://www.soundvision.com/article/anger-and-dejection-an-islamic-perspective)management can help defuse a dangerous situation, be it between husband and wife, child and parent, or between siblings.

The Prophet said, “If one of you is angry while he is standing, let him sit down so his anger will leave him; otherwise, let him lie down” (Abu Dawud).

He also recommended making Wudu. He said, “Verily, anger comes from Shaytan and Shaytan was created from fire. Fire is extinguished with water, so if you become angry then perform ablution with water” (Abu Dawud).

1. Get physically away from everyone else for some time everyday  
     
   While avoiding crowded places and social distancing are key to containing the spread of COVID-19, this does not mean we can’t go outside to benefit from some distance between ourselves and those quarantined with us. Whether it’s spending time in the backyard for an hour, going for a walk alone, or a drive to pick up necessities, spend some time away from everyone else for the sake of your mental health.
2. Count your blessings - literally

In Islam, thankfulness to God, called [Shukr](https://www.soundvision.com/article/12-reasons-for-shukr-thankfulness-to-allah), is key to being a good Muslim. Scientific [studies](https://greatergood.berkeley.edu/article/item/how_gratitude_changes_you_and_your_brain) have also confirmed that gratefulness leads people to being happier and less depressed. At a time when the current pandemic and resulting restrictions may make us think only of our deprivations, there is much to be thankful for. If we are safe, healthy, and with our families, these are all tremendous blessings. Just ask those who are sick or in high risk categories making them susceptible to COVID-19; ask those who have had to separate from loved ones because of the virus.

If we have enough to eat, an internet connection to keep our jobs or education going, as well as the ability to keep in touch with family and friends, those are all tremendous blessings. Ask those whose jobs are now on the line or who cannot stay home with paid sick leave; ask students who cannot afford an internet connection, or other tools to keep learning.  
  
If you have never before kept a gratitude journal, this is the time to start. Every night before going to sleep, sit with your family and count all of the good things that happened that day and write them down in a family journal.  
  
5. Connect with family and friends - remotely  
  
Social isolation can literally [kill](https://www.apa.org/monitor/2019/05/ce-corner-isolation) you. But even if you are surrounded by family, friendships play a key [role](https://www.mayoclinic.org/healthy-lifestyle/adult-health/in-depth/friendships/art-20044860) in keeping your mental health intact and reducing stress. With tools like Facetime, it’s easier than ever to stay in touch with and check in on friends. Set a time daily or weekly with friends for lunch/brunch/coffee break. Then share conversation as you both enjoy your meal in your own homes.

6. Look forward to Ramadan  
     
One of the ways to prevent spiraling into pessimism and sadness is to give yourself something to look forward to. At this moment, let that be the arrival of Ramadan in a few weeks, the blessed month of spiritual blessings and growth. No matter how long we have before quarantining ends, we can still look forward to a month when we draw closer to Allah. Remind yourself that insha Allah, this will end, and a better time is just around the corner. Start setting goals for Ramadan now, in anticipation for it.

7. Limit media consumption  
  
It’s one thing to keep updated on the latest information about COVID-19 and how  to stay healthy. It’s another to be unable to put our phones away or move away from the laptop, allowing ourselves to drown in useless material. Too much screen time has been linked to [depression](https://psychcentral.com/news/2018/11/11/too-much-screen-time-linked-to-anxiety-depression-in-young-children-and-teens/139931.html), anxiety, and in more extreme cases [suicide](https://www.socialworktoday.com/news/dn_121317.shtml), especially in young people.

Set a limit of how much screen time you and your kids can have outside of work or school daily.

10 things children can learn from the Coronavirus



[**Hosai Mojaddidi**](https://www.soundvision.com/authors/hosai-mojaddidi)

Earlier this evening, my husband was talking to the kids over dinner about the coronavirus (COVID-19) when the topic of how it started came up. He told them about the “wet markets” in China and further explained how different people across the world eat wild animals or bushmeat to survive.

Despite my subtle attempt to change the subject, which I found too revolting over dinner, they were eager to hear all the gory details about different types of animals that humans were known to eat.

I eventually walked away but first asked my husband to teach the boys about the incredible wisdom of our faith in prohibiting the consumption of specific types of animals, mainly carnivorous ones.

Right now we have a golden opportunity as parents to make the most of this global catastrophe. Here are some ideas:

1. Teach children about the fiqh of food consumption which includes the different categories of permissible/impermissible meat.

2. Teach children and re-emphasize the importance of cleanliness in Islam, not just to wash their hands frequently.

3. Teach children the importance of wanting for “your brother what you want for yourself,” and sharing/caring in this “nafsy nafsy” climate.

4. Teach children the power of the prayer of Istikhara in times of uncertainty.

5. Teach children that despite technology, modern science, etc., human beings will ALWAYS be weak and dependent on God, and this is PROOF. When a small invisible virus can bring the world to its knees, never underestimate the power of Allah. We will always be in need of Him whereas He is free of all needs!

6. Teach children the value of time, because they will feel it being stretched in the next few weeks, months, etc.

7. Teach children the value of the elderly, for they have been unjustly erased in our world and now many people will live to regret pushing them away.

8. Teach children the value of their Masjid and community centers as events will be shut down and they will realize how much value being with fellow community members even for a few hours every week brought to their lives.

9. Teach children the importance of saying “Bismillah,” and “Insha Allah”, as anything void of the name of Allah has no blessing.

10. Teach children that this world is temporal, death is a transition and NOT an end, and no matter how one dies or when, the only thing that matters is that they die with the Kalima upon their lips.

May Allah increase us all, draw us closer to Him, and protect us from harm. Ameen.

10 Tips To Help Keep Your Family Occupied During COVID-19 Staycation



[**Dawud Wharnsby**](https://www.soundvision.com/authors/dawud-wharnsby)

In our times, it seems the family unit has become a complex, compartmentalized, configuration of many moving schedules that must run like clockwork or risk catastrophe! Parents often leave the home early each day to work in offices, factories or retail environments. Many travel for business for long periods, bouncing from hotel to hotel or truck stop to truck stop ~ being away sometimes weeks at a time, depending upon their career paths.

Children endure longer school days and time away from home than they did in the past. Many little ones are out the door to their school-buses and classrooms as early as 7 am, then home again at sunset for hours of homework or evening extra curricular activities, before trying to get off to bed at a decent hour.

Young adults may be on university campuses, away from home at work placements or volunteering in the community. Infants, the elderly and those with medical struggles are often bumped to baby-sitters, retirement facilities and medical institutions.

The frenzy surrounding COVID-19 has forced us all to seek out ways of flat-lining the rapid spread of the virus. In an effort to ensure our hospitals, health care providers and resources may be utilized to care for those most vulnerable to the coronavirus, namely infants and seniors, life as we have known it has come to an abrupt halt.

Gatherings of over a hundred people have been discouraged, with schools, universities, community events and even services at places of worship being cancelled completely. People have been asked to work remotely from home and travel has been slowed to crawl, with flights from abroad being grounded and borders being monitored tightly.

Suddenly, families are waking up at home like usual, only now, they have no place to go and no one else to be with but each other! For some families, this new lifestyle arrangement may not be as easy to adjust to.

Working from home poses it’s challenges with kids running and playing underfoot, or the distractions of family breakfasts, lunches *and* dinners! Being home from school, on an extended March break, may start to seem like a prison sentence if you are sharing a small space with all your siblings of many ages, and your parents who may have increased stress levels due to lost work time or wages. As a university student, the shift to on-line courses and studies amid the chaos of the average family dwelling may be challenging. And as a senior, whether residing in an extended family arrangement or on your own, these social changes may result in feelings of isolation, loneliness or emotional fatigue.

What are some ways families may try to balance being at home together during these days of the Coronavirus?

As an introverted artisan and writer who works from home, I can testify to the fact that it isn’t easy to always be productive and focused when the work-place and dwelling-place are one and the same. My spouse and I have also been homeschoolers for about ten years now, alongside our experiments in urban farming. To ice the cake of family insanity, we frequently host relatives for weeks at a time, have an open-gate/door policy with our neighbours (our house being the crazy place on the street where most of the neighbourhood kids gather) and lately, I have personally been minimizing air-travel in my own effort to battle climate change.

How do we cope? It ain’t easy, but we have tried over the years to create an infrastructure that helps us work toward a balanced family environment.

These sudden days of COVID-19 throwing us all into what may seem like temporary house-arrest, have had little impact on the lives of our family, as we are all pretty used to being with each other 24/7.

Here are a few thoughts, ideas and suggestions our family would like to share with those of you who may be feeling overwhelmed at being tossed into an extended family “staycation” you were not expecting.

**1. Organize**: Spend some time each day independently, or as a family, cleaning, simplifying and decluttering your house or apartment. Dig into closets, crawlspaces or storage lockers to sift, sort and cringe at all the junk you’ve accumulated over the years. When you are done taking a walk down memory lane, divide the things into piles: Things to keep, things to recycle/trash and things to donate. Then make a trip with your family to a local charity where your unwanted books, clothing or household items may be passed along to welcoming hands. If you really get into a groove, then move onward to the garage, back-yard garden shed, pantry, fridge or crystallized freezer!

**2. Catch Up:** With extra time at home, think of how much you can catch up on!   No commute time to school or work means more time to catch up on sleep, reading books, correspondence with old friends or calls to relatives you haven’t spoke to enough. Catch up on laundry, DIY tasks around the house or even your dreaded preparations for taxes due in April!

**3. Cook:** No more $8 Hot-venti-2shot-frappa-crappy-soy-latte with whipped cream and fructose syrup from a suburban drive through to kick start your day.  As a family, enjoy meal-time together by cooking up a storm! Breakfast with homemade chai or fill your home with the beautiful smell of Turkish coffee, boiled with a hint of orange blossom water. Experiment and practice new recipes together as a family, maybe even create a competition by assigning different days of cooking to kids and adults in the home. Whip up more food, cookies or cakes than you need and freeze extra for later. Share your creations (the ones that work out and the ones you like) with neighbours (even the ones you don’t like…wink wink.)

**4. Hobbies**: Resurrect old hobbies that may have gone dormant in your life. Start a COVID-19 Memoir to document the experience at home with family. Start, or resume, a practice of journal writing. Try your hand at creating a poem or short story. Dabble with painting, doodling, woodworking or crafting. Tinker and get creative at repurposing things you may have collected around the house. Build bird-feeders, bird houses or start a scrap-book. Dig through old family albums to reflect on days gone by, captured on paper photographs… or sift through the tens of thousands of digital photos you’ve taken over the years to organize them and create files featuring the “best of the best”.

**5. Get a Jump on Spring:** For many of you, spring may be in full swing ~ embrace it! Get outside and do some outdoor clean up: raking, lawn care, or gardening. Map out a spot for a new vegetable plot and plan what you want to grow. If you are in colder climates (like me) get a head start on sewing seeds indoors, which may be transplanted outside in mid to late May. Even indoor seedlings will then require care and watering over coming weeks, giving you lots to do with extra time at home.

**6. Research:** More time on your hands means more time to keep learning new things. Use this COVID-19 family time to do some research into a subject of interest to you. Many on-line resources are available to get you started on setting up your own Family Tree. Call up some elderly aunties and uncles and conduct a few family interviews to see what you can learn about your ancestors and where they came from. Have a friendly contest with children in the gathering of information, leading up to a Household Research Fair, where each family member does a presentation about a thing or subject they enjoyed learning about.

**7. Exercise:**Keep moving and don’t let extra time at home make you sluggish or lazy. Start a new routine by getting out each day to walk, bike, play some basketball, soccer or badminton. Stretch throughout the day (especially if you are working from home at a laptop, in some twisted configuration on the sofa) or use Youtube to help you learn some new exercise techniques.

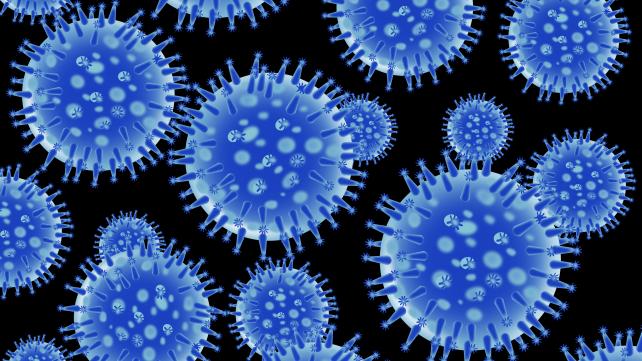
**8. Volunteer:** Give some of your time away to others who may need help getting through these trying times. Seniors are often living on the fringes of community and depend on daily or weekly day programs to keep them connected with others. Programs cancelled or postponed due to COVID-19 will lead to the isolation of many. Volunteer with local organizations like Meals on Wheels, delivering lunches and dinners to seniors. Offer to help elderly neighbours with things like yard clean up, house cleaning or shopping. Take it upon yourself and your family to voluntarily head out each day for an hour to clean up a park. Visit a different community green-space each afternoon and spend thirty minutes picking up trash and thirty minutes having fun together in play! By the end of your Coronavirus “holiday” you will be an expert on local parks in your city and will have built a treasured bond with each one you visited.

**9. Prepare for Ramadan, Easter or Passover:** All three deeply important celebrations are coming soon, with the Christian fasting season of Lent already here! It never hurts to prepare mentally, spiritually and logistically for the special holidays your Muslim, Christian or Jewish family may be embracing this spring. Let your neighbours of other faith traditions know you care about their spiritual well-being by dropping some homemade cards and cookies in their mail-boxes over the next few weeks. Share a little with them about the tradition you are preparing for as well.

**10. Deepen Your Spirituality:** Use these days at home with family to deepen your spirituality through increased prayer, reading, reflection, mediation, devotion to your holy scripture or time in study and spiritual discussion with your family.

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What COVID-19 Teaches Us About God



[**Leena Suleiman**](https://www.soundvision.com/authors/leena-suleiman)

No guided missile technology or drones can stop it. No military might can battle it. No political influence can slow it down. No money can bribe it. No person's rank will matter to the inevitably spreading COVID-19.

God is showing us His might, and how truly fragile and weak the human is before Him. No matter what we build, no matter how strong we believe we are, no matter what advances we make in science, God always has been and always will be greater than everything.

True power is only with Him, not with any world power. He is Al-Qawiy, Al-Malik.

True constant domination is only with Him, not by any military. He is Al-Qahhar.

True safety is only with Him, not within any dwelling, bunker, face mask, or vaccine. He is Al-Mu'min.

True guardianship is only with Him, not with cameras and guns. He is Al-Muhaymin.

True might is only His. He is Al-Azeez.

He is also the only One Who can restore anything and bring peace. He is both Al-Jabbar and As-Salam. He is the only One Who can heal any sickness. He is Ash-Shafee. He is the only One Who can sustain us before, during, and after a crisis. He is Al-Qayyoom.

As much as we are instilled with doubt of His existence and the blurring of His guidelines of morality through entertainment and thought leaders, He inescapably remains exactly Who He is, in all His Glory and Purity.

This is one thing that unites the human race: our weakness before God. Our inability to conquer something so microcosmic, that we would not even be able to see it without special equipment. And yet, with all of our technology, science, and resources, we literally cannot stop it. This is a sobering moment for anyone who dares to reflect on the greater meaning behind all of what appears to be chaos.

I ask The All-Mighty, The All-Healing, The All-Merciful to protect us all on this earth from the rampant negative effects of the disease itself, and from the panic it’s causing. I ask the Ultimate Healer to bring us all to the other side of this pandemic healthier and stronger than before. I ask The Instiller of Safety to allow us to emerge from this unharmed. I ask the All-Loving to allow us to remain mentally healthy and strong during this anxiety-inducing time. I ask the All-Merciful to have mercy on those who are destitute, the homeless, refugees, single parents, low-income households, those suffering from physical or mental illness, those who have lost loved ones, those who feel alone, those who are far from You, I ask You, oh You Who are Most Mercy-giving, to drench them in Your mercy, to bring them and us closer to You through every hardship You allow us to experience.

Oh Allah, allow us to grow ever closer to You, to be in remembrance of You, to recognize the signs of Your might as opportunities to submit to You, to respond to Your gift of moral guidance, so that we may live lives that are blessed and pleasing to You, oh Lord of the worlds. Our lives and livelihoods are in Your All-Capable Hands. I ask You, dear Lord, when there is no one else to turn to, to grant us strength to be fair to others in need, to treat others as we would want to be treated, at a time when it is so easy to lose sight of the importance of giving to those not in our family.

Ya Allah, just as You have shown us through Your last Prophet Muhammad, peace and blessings be upon him, that all humans are important and worthy, guide us to be kind and generous to our neighbors and to strangers. Ya Allah have mercy on all those who have passed before us, and give patience to those who have lost loved ones. Oh Allah above all of this, guide us so that when we emerge from this time, You are pleased with us, and we are healthier for it.

Forgive us for our shortcomings, and reunite us and our loved ones on the Day when there is no shade but Yours, under Your shade, and let us enter Your highest level of heaven, without being questioned. Send Your peace and blessings on our beloved, immaculate example of a man, Prophet Muhammad, and his followers, until the day we meet You. Ameen.

All praise and gratitude is due to Allah, Lord of the worlds.

Wudu is a great blessing that keeps viruses away



[**Abdul Malik Mujahid**](https://www.soundvision.com/authors/abdul-malik-mujahid)

In Islam, Wudu, the ablution before the five daily prayers, is a God-given gift to safeguard oneself from viruses, as it involves thorough and regular washing of the hands, nose, and throat.

In a world where a virus has quickly turned into a pandemic, everyone is advising for basic hygiene. Scientists and politicians are asking us to wash our hands.

Practicing Muslims wash their hands, noses, and throats in Wudu 15 times a day or more.

Prophet Muhammad was always in Wudu. God’s peace and blessings be upon the Prophet. He will redo it if it broke. Although he did not ask other believers to remain in Wudu perpetually, those who love him the most keep their Wudu fresh all of the time.

The Prophet used to wash his hands as soon as he woke up. He would wash his hands before eating and after he was done with a meal. He would wash his hands before leaving the washroom. He would even make Wudu before going to bed. This is strikingly similar to [what scientists](https://www.cdc.gov/handwashing/when-how-handwashing.html) in the U.S. are asking us to do.

Here is how the Prophet followed Allah’s command to make Wudu using clean water without wasting it:

1. Begin by saying ‘Bismillah’ or “in the name of God”.

2. Wash your hands three times thoroughly by rubbing them together, running your fingers through other fingers, and ensuring that water reaches the space between the nails and the flesh. It is essential to remove anything that could prevent the water from reaching the skin.

3. Rinse your mouth three times, swirling the water around.

4. Rinse your nose by sniffing the water up your nostrils as far as you can take it and blowing it out. Do it three times.

5. Wash your face three times, from the hairline to the chin and from ear to ear. Men with beards should run wet fingers through the beard.

6. Wash your arms from your fingertips up to your elbows three times.

7. Wipe your head starting with your hands at the front of your head, bringing them to the back of your head and then back to the front again. Do it once.

8. Wipe inside the ears by putting index fingers in your ears and wiping the exterior of the ear with your thumbs.

9. Wash your feet three times up to the ankles making sure to wipe in between your toes with your little finger.

You can [watch here how Muslims do it](https://www.youtube.com/watch?v=93kjPt6ajaA).

So here we are washing hands thoroughly which all doctors are telling us is included in Wudu, as well as the thorough cleaning of the nose and throats where viruses initially reside and multiply.

Be safe, be healthy, keep on with your Wudu.

Another blessing from God Almighty.

*(Note: This is not medical advice. It is just showing how Wudu is a good hygienic practice which can help prevent viral infections as scientists are recommending).*