



DILGinsider

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Fasting for holistic rejuvenation

Even before the start of the month of Ramadan, many are already looking forward to the national holiday for the observance of Eid’l Fitr (festival of breaking of the fast) or the end of Ramadan.

Eid’l Fitr which takes place either 29 or 30 days after the beginning of the month is estimated to fall on July 5 or July 6 depending on the moon-sighting activity and affirmation by Islamic scholars.

But more than the expected Eid’l Fitr holiday, do you know the true reason why Muslims fast during the Holy Month of Ramadan?

Fasting as an obligation

Ramadan is the ninth month of the Islamic calendar. During this month, billions of Muslims around the world perform fasting (sawm) from sunrise to sunset. In the Philippines, Muslim adults (except those with medical conditions) fast for fourteen and a half hours from 4 am to 6:30 pm.

Fasting, which is the fourth of the five pillars of Islam, means abstaining from food, drink, sex, smoking, as well as speaking and acting ill against others.

The other pillars are: to declare faith (shahada) by words and by heart that there is only one God and that Prophet Muhammad is God’s messenger; the performance of five daily prayers (salat) during dawn (fajr), noon (dhuhr), mid-afternoon (asr), evening (maghrib), and night (isha); alms-giving (zakat) or the practice of charitable giving based on one’s wealth; and pilgrimage (hajj) to the holy city of Mecca in Saudi Arabia that occurs during the 12th month of the Islamic year.

Benefits of fasting

Lifestyle writer Cory Quirino, who still looks stunning even in here 50s, affirms the huge benefits of fasting.

In her article, “Fasting can make you healthier: Give your digestive system a short break with this age-old practice”, she said, “Fasting could be as old as mankind itself. Historians have recorded that men and women have been fasting for several reasons: greater spiritual awareness, stronger mental efficiency, physical cleansing and weight loss for better health.”

Muslim employees in the Department of the Interior and Local Government - Central Office (DILG-CO) share their thoughts and reflections on fasting.

Young accountant Sittie Rayhana M. Paingco said, “When I feel hungry and thirsty, I can sympathize with those who have little to eat every day. With sacrifice and devotion, I feel closer to our Creator, and recognize that everything we have is a blessing.”

Meanwhile, administrative officer Sarrah A. Mosa pointed out

that, “Ramadan teaches self-restraint from desires, patience, willpower to change, discipline, and generosity that should be practiced throughout the year.”

As for administrative assistant Anuarodin A. Ali, he believes that Ramadan is a holistic rejuvenation including mental, emotional, physical, and spiritual.

Fasting challenge

Are you curious of fasting for 14.5 hours? Try the #FastingChallenge of the Friends Beyond Faith (FBF). Check out the mechanics at <https://www.facebook.com/friendsbeyondfaith>. The FBF campaign aims to increase tolerance and intercultural understanding among Muslims and non-Muslims through the use of social media platforms. **-Nesreen C. Abdulrauf, ICRD-PACS**

#FASTING CHALLENGE
with #friendsbeyondfaith
DOING IT RIGHT, FBF!

DO'S	DON'TS
Make intention to fast tomorrow	Deliberately eat/drink anything during the fast, unless you are not physically able to complete the fast
Set your alarm 1 hour before sunrise	Complain of hunger & thirst all the time. Remember, you're doing this voluntarily!
Take your pre-dawn meal	Swear or use bad words.
Exercise patience, honesty and compassion	Overleep to avoid hunger. Be productive!
Engage in doing good	Eat quickly. Food is not going anywhere
Reflect and write down your thoughts	Overeat. Your body needs time to digest
Share your fasting realizations using #fastingchallenge	Forget to snap shots of your #fastingchallenge experience & have fun!
Eat your celebratory meal with a friend or less fortunate	
Challenge two friends and enjoy this awesome experience FBF!	

Fast for a day! Try the #FastingChallenge of the Friends Beyond Faith (FBF). Above are the dos and don'ts when fasting.

DILG-CO QUALITY POLICY

We, the DILG Central Office, commit to formulate sound policies and provide effective technical and administrative services to promote excellence in local governance, strengthen local government capacities, and enhance the service delivery of our Regional and Field Offices.