



Because the world needs our compassion.

Ramadan Calendar 2024



virginia interfaith
power & light
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In the name of God, the most Gracious, the most Merciful. Virginia Interfaith Power and Light's theme this year is "Reclaiming our Future." These past few months have been extremely traumatizing for our Ummah. Many of us feel helpless. As we enter the blessed month of Ramadan, it is difficult to imagine a future for our brothers and sisters suffering the horrors of war. Let us pray for peace. Let us pray for the safety, security, and humanity of the Palestinian people and all others suffering around the world. We pray for strength and resilience to move forward so that we may play a positive role on behalf of those who need our support. Prophet Muhammad (saw) said, "Shall I not tell you what distinguishes the best of you from the worst of you? The best of you are those from whom goodness is expected, and people are safe from their evil. The worst of you are those from whom goodness is not expected, and people are not safe from their evil."

SUN	MON	TUES	WED	THURS	FRI	SAT
<p>And remember when Moses prayed for water for his people, We said, "Strike the rock with your staff." Then twelve springs gushed out, and each tribe knew its drinking place. We then said, "Eat and drink of Allah's provisions, and do not go about spreading corruption in the land."</p> <p>Quran 2:60</p>						<p>March 9 Ramadan Mubarak</p> <p>Start this holy month by tapping into our collective power and sign our petition calling for eco-friendly practices in mosques during Ramadan: https://bit.ly/3SWUKio</p>
Week Theme: Leading with Power and Light						
<p>10</p> <p>Do you know anyone dedicated to environmental justice work in your community? Visit vaipi.org/environmental-justice-hall-of-fame to nominate a candidate for VAIP's Environmental Justice Hall of Fame.</p>	<p>11</p> <p>Remove one light bulb in your house and live without it during Ramadan as a reminder of the luxury of having electricity.</p>	<p>12</p> <p>The Inflation Reduction Act has made it possible for congregations to reap solar tax credits through elective pay. Learn more and register your mosque house of worship here: http://IRS.gov/EPRegister</p>	<p>13</p> <p>Many environmental justice communities are financially burdened by utility bills in times of crisis. Learn more about our advocacy to protect the most vulnerable households against utility shut offs. https://bit.ly/42cXESK</p>	<p>14</p> <p>Replace incandescent light bulbs and CFLs with LEDs. Each bulb replaced will save hundreds of pounds of climate pollution over time.</p>	<p>15</p> <p>Prayer for Gratitude: O Allah, we thank you for the beauty and bounty of the earth. Help us to be mindful stewards of your creation, protecting and preserving it for future generations.</p>	<p>16</p> <p>Make a plan to carpool to the mosque for the evening service with family and neighbors who live nearby. This will cut down on emissions and create stronger community ties.</p>
Week Theme: Mindfulness in Daily Life						
<p>17</p> <p>Consider bringing your own dishes to iftars at your mosque, to wash there or at home. Over the course of thirty days, the amount of waste you have avoided will be significant.</p>	<p>18 Meatless Monday</p> <p>Interested in eating less meat and more plants during Ramadan but unsure where to start? Check out this hub for vegan Arab cooking: https://plantbasedarab.com/</p>	<p>19</p> <p>Go plastic and styrofoam-free. See just how much plastic and styrofoam you use without even realizing it. Commit to using one alternative, like storing leftovers in glass or using a reusable water bottle even after Ramadan is over.</p>	<p>20</p> <p>A new study shows bottled water contains thousands of nanoplastics so small they can invade human cells. To the extent that is possible, avoid plastic bottles and disposable plastics in general.</p>	<p>21</p> <p>Inject fresh energy into your recycling efforts by watching our EJ Now episode on the 5 R's: Reduce, Reuse, Repair, Rot, and Recycle. https://bit.ly/3Sposfy</p>	<p>22</p> <p>Prayer for Guidance: O Allah, grant us the wisdom and strength to live in harmony with nature, to make choices that honor the earth and all its inhabitants. Guide us to be mindful of our impact on the environment and inspire us to take actions that</p>	<p>23</p> <p>Commit to using glassware and cloth napkins/towels at home. Single use plastics are highly polluting, and the making of, moving, and disposing of single use plastic contributes significantly to the U.S.'s carbon footprint.</p>
Week Theme: On the Road to a Hopeful Future						
<p>24</p> <p>Obey the speed limit when driving. Every 10 mph faster reduces fuel economy by about 4 miles per gallon, regardless of vehicle size.</p>	<p>25 Meatless Monday</p> <p>Try a few fruit and/or vegetable smoothies and juices today. Try composting the peels and scraps. Even in the winter, Mother Nature can turn food scraps and yard trimmings into fertilizer while reducing landfill waste</p>	<p>26</p> <p>Check your tire pressure. Low tire pressure means high energy/fuel consumption.</p>	<p>27</p> <p>How much energy is being used on items that are mailed or shipped to you? Reduce online shopping, and stop unwanted mail in your mailbox to save trees, cut down on carbon emissions, and reduce waste.</p>	<p>28</p> <p>Switch to rechargeable batteries. Americans throw away more than 80,000 tons of single-use alkaline batteries every year.</p>	<p>29</p> <p>Prayer for Healing: O Allah, we seek your mercy and forgiveness for the harm we have caused to the earth and its creatures. Heal our planet from pollution, deforestation, and climate change, and restore balance and</p>	<p>30</p> <p>The Regional Greenhouse Gas Initiative (RGGI) provides funds to create resiliency for vulnerable residents. Learn more about RGGI's importance and take action. bit.ly/edfrggi</p>
Week Theme: Stirring the Waters of Justice						
<p>31</p> <p>If you have the ability, use rain barrels to collect rainwater or snow runoff. It will reduce the amount of water needed for your garden.</p>	<p>April 1 Meatless Monday</p> <p>Support pollinators and prevent storm water runoff pollution by planting native plants. Learn more about the Plant Natives Initiative in your region. plantvirginianatives.org</p>	<p>2</p> <p>Install low-flow fittings on your shower head and sink faucets to limit your water use without sacrificing functionality.</p>	<p>3</p> <p>Turn the water off while brushing your teeth and during Wudu. A running tap uses about 4 gallons per minute. Teach this habit to your children and grandchildren, too.</p>	<p>4</p> <p>Time how long it takes you to shower and set a goal to reduce that time. Use an alarm to make sure you're on track.</p>	<p>5</p> <p>Prayer for Protection: O Allah, protect the earth and its inhabitants from harm and destruction. Shield us from natural disasters, pollution, and war. Help us to recognize our interconnectedness with all living beings and to treat the earth with</p>	<p>6</p> <p>When you have planted your garden, only water in the evening or early morning to reduce evaporation, or use a soaker hose.</p>
Week Theme: Choosing Planet over Pollution						
<p>7</p> <p>Bring your own bags when you shop this week. Eliminating single-use bags—whether plastic, paper, or another material—lowers the overall environmental cost. The most sustainable choice is the bag you already have!</p>	<p>8 Meatless Monday</p> <p>Take part in a Community Supported Agriculture (CSA) this year. By buying a share in a local farm, you can get a weekly supply of seasonal produce and support the livelihood of a local farmer. Find CSA info using bit.ly/CSAFinder</p>	<p>9</p> <p>Invest in a programmable thermostat. Aim for 68-72 degrees during the day and 60-68 degrees at night.</p>	<p>10 Eid Mubarak!</p> <p>May all your worship and efforts during Ramadan be accepted. May this Eid bring peace, joy, and safety to all.</p>	<p>11</p> <p>Continue avoiding products with microbeads made of "polyethylene," often used in soaps, body wash, and toothpaste. When microplastics enter our waterways, they cause physical damage to our wildlife, like birds and fish.</p>	<p>12</p> <p>Consider composting your food waste, returning nutrients to the soil. Compost at home or get table scraps picked up: CompostRVA.com, BlackBearComposting.com, nopeVA.com</p>	<p>May your future be full of abundance, opportunity, and safety for you, your family, community, and all creatures who call the earth their home.</p>