

# Leeds Fasting in Solidarity 2024

## What is it

Ramadan marks the month when the Quran is said to have been revealed to Prophet Muhammad by God. Muslims are required to spend a period of 30 days abstaining from food and drink during daylight hours, as a means of celebrating and reflecting on their faith. To mark Ramadan in 2024, a 'Fasting in Solidarity' campaign is being launched where non-Muslims are invited to join their colleagues and friends and experience fasting.

## How Do I Get Involved

- Email [equalityteam@leeds.gov.uk](mailto:equalityteam@leeds.gov.uk) by Wednesday 6th March to say you would like to take part.
- Attend an online session on 7th March with further details.
- Fast for a period of time, give up a meal for the day, or fast for the full day from sunset to sunrise on Tuesday 19th March. Participants may choose to donate any money saved from fasting to charity.

## Why Get Involved

- Understand more about the beliefs and practices of people from different cultural and religious backgrounds.
- Build solidarity and help our community to be more accepting, tolerant and welcoming.
- Help understand the situation of millions of those who do not have multiple meals a day.