

# Thornton Heath Islamic Centre

150 Gillett Road, Thornton Heath CR7 8SN [www.thislamiccentre.org](http://www.thislamiccentre.org)

## NIYYAH (Intention for Fasting)

رَمَضَانَ شَهْرٍ مِنْ تَوَيْتُ غَدٍ وَبِصَوْمٍ

Wa bi sawmi ghadinn nawaytu min shahri ramadan

I intend to keep the fast in the month of Ramadan.

## Dua for Opening/Breaking Fast:

أَفْطَرْتُ رِزْقَكَ وَعَلَى أَمْنَتِكَ صُمْتُ لَكَ إِنِّي اللَّهُمَّ

Allahumma inni-laka Sumtu wa bika aamantu wa-ala rizqi ka aftartu

O Allah! I fasted for You and I believe in You and I and I break my fast with Your sustenance

Please note to make Niyyah (intention) to fast is necessary orally or in the heart although verbal intention is preferred.

## MUSTAHABBAT (Commendable acts worth of much reward) during Sawm (Fasting)

- To partake of Sahri before beginning the fast
- To partake of Sahri in the latter part of the night
- To make Niyyah for fasting during the night
- To break fast by Iftar soon after sunset
- To do Iftar by eating dates if not than water
- To abstain from uselessness, evil and vulgar talks, telling lies, swearing and backbiting.

## Fast becomes Makruh by the following (things which are disliked and sinful during fasting)

- To delay bath which is Wajib and Subah Sadiq.
- To apply tooth powder or toothpaste in the mouth or gargle unnecessary
- To taste something without necessity
- To have intimate contact with your spouse
- To do speak behind someone's back (Gheebat or Chugli) or to have vulgar conversation.
- To fight or quarrel with somebody. Tell a lie, swearing are sinful acts even when not fasting, therefore these acts become even worse during fasting.

## ZAKAT is compulsory on personal wealth which is 2.5%.

SADQATUL FITR IS WAJIB - £4.00 per person minimum must be given on his behalf and those he maintains BEFORE Eid Prayer

RAMADAN TIMETABLE 1447AH FEB - MAR													
Day	Date	Ramadan	FAJR			ZOHR			ASR			MAGRIB	
			End of Sehri	Jamat	Sunrise	Begins	Jamat	Begins	Jamat	Begins	Jamat	Sunset IFTAR	Jamat
WED	18	1	5:29	5:45	7:06	12:20	1:00	3:31	4:00	5:24	5:34	6:53	7:30
THU	19	1/2	5:27	5:45	7:04	12:19	1:00	3:33	4:00	5:26	5:36	6:55	7:30
FRI	20	3	5:25	5:45	7:02	12:19	1:00	3:34	4:00	5:28	5:38	6:57	7:30
SAT	21	4	5:23	5:45	7:00	12:19	1:00	3:36	4:00	5:30	5:40	6:58	7:30
SUN	22	5	5:21	5:45	6:58	12:19	1:00	3:38	4:00	5:31	5:41	6:59	7:30
MON	23	6	5:19	5:45	6:56	12:19	1:00	3:39	4:00	5:33	5:43	7:01	7:30
TUE	24	7	5:17	5:45	6:54	12:19	1:00	3:41	4:00	5:35	5:45	7:03	7:30
WED	25	8	5:14	5:30	6:51	12:19	1:00	3:42	4:00	5:37	5:47	7:04	7:30
THU	26	9	5:12	5:30	6:49	12:19	1:00	3:44	4:00	5:39	5:49	7:06	7:30
FRI	27	10	5:10	5:30	6:47	12:18	1:00	3:46	4:00	5:40	5:50	7:07	7:30
SAT	28	11	5:08	5:30	6:45	12:18	1:00	3:47	4:15	5:42	5:52	7:09	7:45
SUN	1	12	5:06	5:15	6:43	12:18	1:00	3:49	4:15	5:44	5:54	7:10	7:45
MON	2	13	5:04	5:15	6:41	12:18	1:00	3:50	4:15	5:46	5:56	7:12	7:45
TUE	3	14	5:02	5:15	6:39	12:18	1:00	3:52	4:15	5:47	5:57	7:12	7:45
WED	4	15	4:59	5:15	6:36	12:17	1:00	3:53	4:15	5:49	5:49	7:14	7:45
THU	5	16	4:57	5:15	6:34	12:17	1:00	3:55	4:15	5:51	6:01	7:15	7:45
FRI	6	17	4:55	5:15	6:32	12:17	1:00	3:56	4:15	5:53	6:03	7:17	7:45
SAT	7	18	4:53	5:15	6:30	12:17	1:00	3:58	4:30	5:54	6:04	7:17	7:45
SUN	8	19	4:51	5:05	6:28	12:16	1:00	3:59	4:30	5:56	6:06	7:19	7:45
MON	9	20	4:48	5:05	6:25	12:16	1:00	4:01	4:30	5:58	6:08	7:20	7:45
TUE	10	21	4:46	5:05	6:23	12:16	1:00	4:02	4:30	6:00	6:10	7:22	7:45
WED	11	22	4:44	5:00	6:21	12:16	1:00	4:04	4:30	6:01	6:11	7:23	7:45
THU	12	23	4:42	5:00	6:19	12:15	1:00	4:05	4:30	6:03	6:13	7:25	7:45
FRI	13	24	4:39	5:00	6:16	12:15	1:00	4:06	4:30	6:05	6:15	7:26	7:45
SAT	14	25	4:37	5:00	6:14	12:15	1:00	4:08	4:45	6:06	6:16	7:27	8:00
SUN	15	26	4:35	4:50	6:12	12:15	1:00	4:09	4:45	6:08	6:18	7:29	8:00
MON	16	27	4:33	4:50	6:10	12:14	1:00	4:11	4:45	6:10	6:20	7:31	8:00
TUE	17	28	4:30	4:50	6:07	12:14	1:00	4:12	4:45	6:12	6:22	7:32	8:00
WED	18	29	4:28	4:45	6:05	12:14	1:00	4:13	4:45	6:13	6:23	7:33	8:00
THU	19	30/1	4:26	4:45	6:03	12:13	1:00	4:15	4:45	6:15	6:25	7:35	8:00
*FRI	20	1/2	4:25	4:45	6:01	12:13	1:00	4:16	4:45	6:17	6:27	7:37	8:00

## Fasting is not broken by the following:

- To eat or drink something by mistake.
- To use MISWAK or dry toothbrush (without paste)
- To use perfume (ITTR) or apply Surmah, Medicines or Oil in the eye or ear.
- To have injection or blood test
- Wet dreams make Ghusl (bath) Wajib
- To vomit unintentionally
- To use hair oil on head
- Nocturnal discharge during fast
- Unintentional inhaling of dust or smoke.
- Bleeding when using Miswak.

## Fasting Acts Break Fast but necessitate QADAH Only:

- To eat, drink or have sexual intercourse thinking that there is still time for Sahri.
- To open fast thinking that the sun has set, whereas in fact it has not.
- If water goes down the throat during mouthwash unintentionally
- By vomiting mouthful intentionally
- To put medicine or oil in nose
- To inhale or take smoke of LOBAN or AGARBATI (Joystick)
- Using Asthma Pump

## Fasting acts break FAST and necessitate both QADAH and KAFFARAH (Fasting extra 60 Days):

- Knowingly eating or drinking something
- Having sexual intercourse during the fast
- Taking medicine by mouth or nose intentionally

Sunset is three minutes before Maghrib

Zawaal is ten minutes before the beginning of Zohr.

Jumma Lecture at 12:00pm, 1st Jumma Azaan 12:15 1st Jumma Khutbah and Salaat 12:30

2nd Jumma Salaat at 1:10

Please Park your car properly and DO NOT obstruct any Driveways or Ambulance Bays

## EID Salah Timings:

1<sup>st</sup> Salah – 7:00

2<sup>nd</sup> Salah – 7:45

3<sup>rd</sup> Salah – 8:30

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## SALAH TIMES

SHAWWAL 1447 AH

MARCH 2026

Day	Date	SHAWWAL	FAJR			ZOHR		ASR		MAGHRIB	ISHA	
			End of Sehri	Jamat	Sunrise	Begins	Jamat	Begins	Jamat	Begins	Begins	Jamat
FRI	20	2	4:25	5:30	6:01	12:13	1:00	4:16	5:00	6:17	7:37	8:00
SAT	21	3	4:22	5:15	5:58	12:13	1:00	4:17	5:00	6:18	7:37	8:30
SUN	22	4	4:21	5:15	5:56	12:13	1:00	4:19	5:00	6:20	7:39	8:30
MON	23	5	4:19	5:15	5:54	12:12	1:00	4:20	5:00	6:22	7:41	8:30
TUE	24	6	4:16	5:15	5:51	12:12	1:00	4:31	5:00	6:23	7:42	8:30
WED	25	7	4:14	5:15	5:49	12:12	1:00	4:23	5:00	6:25	7:43	8:30
THU	26	8	4:13	5:15	5:47	12:11	1:00	4:24	5:00	6:27	7:45	8:30
FRI	27	9	4:11	5:15	5:45	12:11	1:00	4:25	5:00	6:28	7:46	8:30
SAT	28	10	4:09	5:15	5:42	12:11	1:00	4:27	5:00	6:30	7:48	8:30
START OF BRITISH SUMMER TIME												
SUN	29	11	5:07	5:45	6:40	1:10	1:30	5:28	6:00	7:32	8:49	9:30
MON	30	12	5:05	5:45	6:38	1:10	1:30	5:29	6:00	7:34	8:51	9:30
TUE	31	13	5:03	5:45	6:35	1:10	1:30	5:30	6:00	7:35	8:52	9:30

Sunset is three minutes before Maghrib

Zawaal is ten minutes before the beginning of Zohr.

**For Winter: Jummah Lecture at 12:00pm, 1st Jummah Azaan 12:15 1st Jummah Khutbah and Salaat 12:30**

**2nd Jummah Salaat at 1:10**

**For Summer: Jummah Lecture at 1:00pm, 1st Jummah Azaan 1:15 1st Jummah Khutbah and Salaat 1:30**

**2nd Jummah Salaat at 2:10**