



Press Release

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Canadian Muslims Launch "Fast with a Muslim Friend" Campaign to Share the Ramadan Experience with Canadians

Ahmadiyya Muslim Jama'at connects Canadians with their fellow Muslims through a unique national campaign during the holiest month of Islam

The Ahmadiyya Muslim Jama'at Canada has launched a national campaign titled "Fast with a Muslim Friend." This annual campaign allows Canadians to participate in Ramadan with their Muslim friends and fellow Canadians. On June 6, 2016, more than one billion Muslims across the globe will begin this 30-day spiritual journey, as they enter the holy month of Ramadan. The Holy Qur'an acknowledges that fasting was prescribed to many faiths including Christianity, Judaism, Buddhism and Hinduism. As a pillar of Islam, it is particularly sacred to Muslims. Through this campaign, the Ahmadiyya Muslim Jama'at aims to share the experience of Ramadan with its fellow Canadians.

This national campaign gives Canadians an opportunity to experience how to start, keep and break a *fast*, while learning why fasting during Ramadan is a core tenet of Islam. Fasting during this holy month teaches self-control, discipline and inspires awareness of those who are less fortunate. This is the first Ramadan for Muslim Syrian refugees in Canada, the Ahmadiyya Muslim Jama'at will be providing for the fasting requirements of several Syrian refugee families. Canadians can partake in this unique experience by visiting www.FastWithMuslims.com.

The President of the Ahmadiyya Muslim Jama'at Canada, Mr. Lal Khan Malik, conveyed his invitation to all Canadians and said, "As we enter the holy month of Ramadan, I invite my fellow Canadians to experience the spiritual uplifting provided by Ramadan and take part in this unique campaign."

The campaign launches on June 6, 2016. Media is invited to attend various Ramadan programs and events planned across Canada.

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About the Ahmadiyya Muslim Jama'at

The Ahmadiyya Muslim Jama'at is a dynamic, fast-growing international revival movement within Islam. Founded in 1889, the Ahmadiyya Muslim Community spans over 200 countries with membership exceeding tens of millions. The Ahmadiyya Muslim Jama'at is the only Islamic organization to believe that the long-awaited messiah has come in the person of Mirza Ghulam Ahmad (1835-1908) of Qadian, India. The Community believes that God sent Ahmad, like Jesus, to end religious wars, condemn bloodshed and reinstitute morality, justice and peace.

