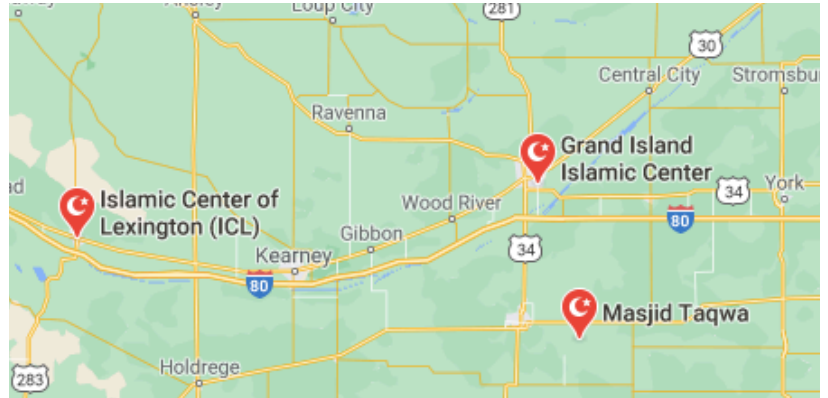


Feasts and Fasts in Islam – Global Learning at Lunch #2, Spring 2021
Southeast Community College

Discussion #1: Muslim Communities in SE Nebraska – Identities and Diversity

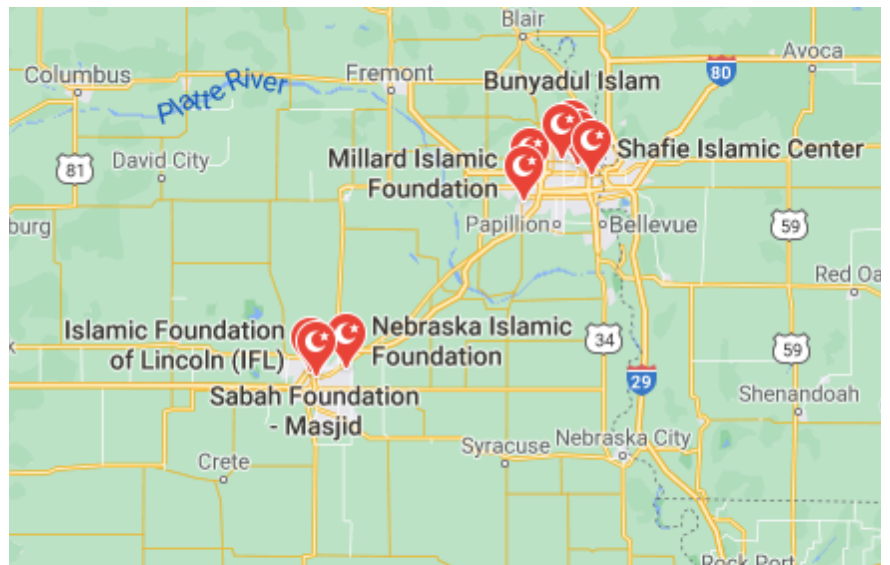
West of Lincoln

- *Islamic Center of Lexington
- *Grand Island Islamic Center
- *Masjid Taqwa (Inland, NE)
 - **Note Masjid is Arabic for Mosque;
Masjid literally means “place of ritual prostration”



Lincoln and Omaha

- *Islamic Foundation of Lincoln (Oldest Mosque in the state of NE)
- *Sabah Foundation (Lincoln)
- *Nebraska Islamic Foundation (Lincoln)
- *Millard Islamic Foundation (Omaha)
- *American Muslim Institute (Omaha)
- *Islamic Center of Omaha
- *Masjid Al-Huda (Omaha)
- *Shafie Islamic Center (Omaha)
- *Bunyadul Islam (Omaha)



Discussion #2: Feasting and Fasting in Islam and Understanding Intersections of Health, Wellness, and Spirituality

Useful Vocabulary

Islam: Arabic term meaning “submission,” referring to submitting to the will of Allah (God).

- “Islam” is derived from the Arabic word “salam” which literally means peace. Thus submitting to the will of God brings about peace.

Muslim: Arabic term meaning “one who submits” – a practitioner of Islam.

Allah: Arabic term meaning God.

Prophet Muhammad: 570CE - 632CE in Saudi Arabia; religious, social, and political leader; founder of Islam.

Quran: Sacred text in Islam, believed to be the word of God, dictated to Muhammad by the archangel Gabriel.

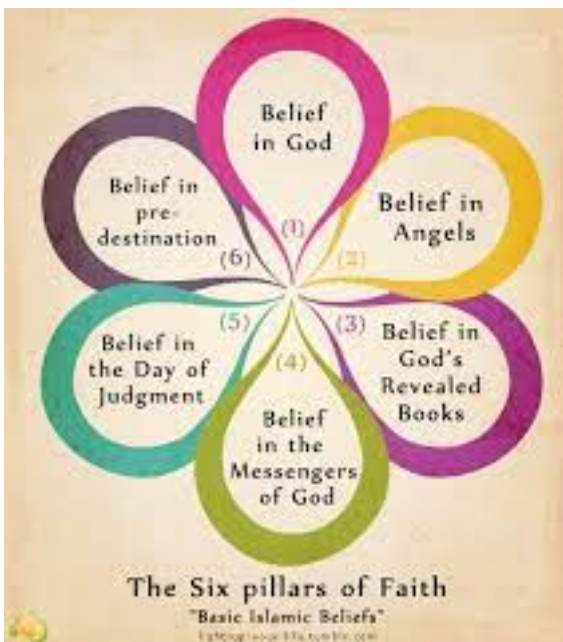
- Written in Arabic, the *Quran* consists of 114 chapters of varying lengths. Topics include all aspects of human life – doctrine, social organization, legislation, and human rights

Halal: Arabic term meaning “permissible,” as opposed to **Haram** meaning “impermissible.” Items and actions considered “halal” are religiously acceptable according to Muslim law.

- **Halal** extends *beyond* food permissions – even banking and music are topics/acts for considering what is “halal” and what is “haram.”

Assalamu Alaykum (May God’s Peace be Upon You): Greeting in Islam

Beliefs and Practices



5		PILLARS OF ISLAM	
	SHAHADAH	Testify that none has the right to be worshipped but Allah & Muhammad is His Messenger	
	SALAH	Offering Salah (prayer) five times a day.	
	ZAKAT	Paying the Zakat (giving alms or charity).	
	HAJJ	Going to pilgrimage to the House of Allah at Makkah.	
	FASTING	Fasting in the month of the Ramadan.	

Discussion #3: Strategies for Building Inclusivity (Audience Generated)

More Information:

Local Mosques, Immigrant Communities, and Interfaith Dialogues

- Growing Diversity in Nebraska:
 - <http://netnebraska.org/article/news/1108641/iraqis-fast-growing-group-nebraska>
 - https://omaha.com/lifestyles/omahas-muslim-population-is-growing-increasingly-diverse/article_884c86dd-a0a1-5a12-9bc0-ad885cd8f4ce.html

- Tri-Faith Initiative in Omaha:
 - <https://www.today.com/news/tri-faith-unites-jewish-muslims-christians-same-campus-t195166>

- Islamic Foundation of Lincoln:
 - <https://ifol.org/>

- Muslim Student Association at UNL:
 - <https://www.unl.edu/msa/home>

- American Muslim Institute:
 - <https://americanmusliminstitute.org/>