

July 2014

Check it Out!

It is anticipated that **Ramadan**, the holy month of fasting, will start on Saturday, June 28th and end on Sunday, July 27th, 2014. For more information on Ramadan and fasting check out EthnoMed at <http://ethnomed.org/>

Upcoming Events:

Refugee Mental Health Sub-Committee Meeting
Thursday, July 10, 1:00 p.m.
LDS Hospital (8th Ave. C Street)
Classroom G

Annual Community Iftar
Saturday, July 5th, 2014
Khadija Islamic Center
1019 West Parkway Avenue
West Valley City, UT 84119

Eid-ul-Fitr Holiday
July 29th (depending on location)

Is your community interested in educational presentations or training workshops?

Contact:

Amelia Self
State Refugee Health
Coordinator
Refugee Health Program
801.538.6221
aself@utah.gov

Utah Refugee Health Program



UTAH DEPARTMENT OF HEALTH

Spiritual Health



Spiritual health is finding meaning and purpose in life events. Spiritual health activities involve praying or meditating, rituals and chanting, deep breathing exercises, charity, and **fasting**.

Fasting is abstaining from food and drink for a specific amount of time. Fasting is a recognized practice in many of the world's religions including Christianity, Buddhism, and Islam.



Benefits of Fasting:

- ◆ Spiritual cleansing
- ◆ Increased patience
- ◆ Self-control
- ◆ Good habits
- ◆ Lower risk of diabetes
- ◆ Weight-loss

Ramadan and Fasting 2014 رمضان
Muslim refugees from all over the world observe fasting during the holy month of **Ramadan**. When fasting, Muslims abstain from food and drink from sunrise to sunset for one month. At the end of the day Muslims break their fast with an evening meal known as **Iftar**. Ramadan is a time of strengthening family and community ties and is believed to be the most blessed and spiritual month of the Islamic year. This year Ramadan will likely begin on Saturday, June 28th and end on Sunday July 27th. Immediately following Ramadan is the Muslim holiday and celebration of **Eid-ul-Fitr** marking the end of the fast.

Health care appointments:

If you will be fasting during the month of Ramadan, discuss your plans with your health care provider ahead of time so you can plan your health care appointments and medication schedules.

Community Resource Spotlight

The Islamic Society of Greater Salt Lake

The Islamic Society of Greater Salt Lake is the largest and oldest Muslim organization in the state of Utah. The organization started in the 1980s with a few hundred Muslims living in the Salt Lake Valley and rapidly grew throughout the 1990s with immigration of Muslim refugees from several countries faced with wars and civil unrest, such as Bosnia, Somalia, and the Middle East.

Information for Mosques:

Khadija Islamic Center
1019 West Parkway Avenue
901-972-6555
Masjid Al-Noor
740 South, 700 East
SLC, UT 84102
801-364-7822



Website: <http://www.utahmuslims.com/>