

# Because the world *can change a lot* in 30 days. Ramadan Creation Care 2019

Ramadan mubarak! This year Green Muslims, together with Virginia Interfaith Power & Light, wants to help you have a greener Ramadan. Give back to humanity and the earth and show your gratitude to the Creator through conservation, cleanliness, and reflection on nature! Check out the Green Muslims website at [www.greenmuslims.org](http://www.greenmuslims.org) for a detailed day-by-day guide to having a green Ramadan and email us at [contact@greenmuslims.org](mailto:contact@greenmuslims.org) if you want to become more involved in increasing community awareness of our responsibilities as stewards of God's creation.

Compiled from many sources by...

**Green Muslims**  
www.greenmuslims.org



**virginia interfaith power & light**  
vaipl.org

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>Ramadan Mubarak!</b>	<b>MAY 6</b> BYOD (Bring Your Own Dishes) to as many iftars as you can. Instead of creating more trash, start a sustainable trend in your community!	<b>7</b> Prepare a local food sahoor. Eat fresher foods and support local farmers while cutting the amount of fossil fuels used to get the food to your table.	<b>8</b> Keep your electricity and energy usage to a minimum. See how long you can go without turning on a light before Maghrib prayer.	<b>9</b> Help beautify our surroundings. Join a volunteer clean-up effort at a neighboring park, or carry a bag with you on a walk and pick up EVERY piece of trash you see.	<b>10</b> Spend some time in nature and listen to the rhythm of the Earth. Pay attention to the sounds and sights and meditate on the beauty of God's creation.	<b>11</b> Donate anything of good quality that you haven't used in over a year to someone who could use it or to a local service that helps those in need.
<b>12</b> Set up a Jumua or Tarawih carpool for the week. Make sure no fewer than four people are riding with you as you make your way towards these forms of worship.	<b>13</b> Find your local not-for-profit thrift store and sign up to volunteer. You will be helping those less fortunate than yourself and getting a closer look at what you use, toss, and re-use.	<b>14</b> Contact your local mosque and get involved with its efforts to be more green. Arrange regular cleanups or planning projects to encourage more recycling and less waste.	<b>15</b> Plan an outdoor night Qiyam for your friends and family. Take some time between prayers to look up at the moon and try to identify constellations.	<b>16</b> Make the intention to change all the light bulbs in your house to energy saver bulbs (LED) to do your part in conserving electricity.	<b>17</b> Pledge to cut down on your water usage. Use less when you wash hands, brush teeth, and make wudu.	<b>18</b> Care for a caterpillar and watch as it goes through the different forms of life, from chrysalis to butterfly. Watch first-hand a miracle of God.
<b>19</b> Become more connected with your sustenance. Plan a trip to a local farm and learn how your food is grown.	<b>20</b> Try praying outside. Notice how other animals and plants worship in their own way.	<b>21</b> Plant a tree. It might seem cliché, but not only is it clearly part of our tradition, it continues to be one of the best things to do for our environment.	<b>22</b> Look into your investments. Consider investing more consciously in companies and business that are environmentally aware and sustainable.	<b>23</b> Don't waste a single morsel of food this week. Consider inviting friends over for a "leftar" where you eat only leftovers for iftar.	<b>24</b> Avoid meat at one or more iftars during the last 10 days of Ramadan. US meat consumption is at an all-time high, with devastating environmental impacts.	<b>25</b> Plant a garden or consider joining a community garden near your home. If this is still not feasible, consider planting and caring for one plant.
<b>26</b> Make a commitment to reuse and recycle more. If your community doesn't recycle as much as it could, contact your local recycling center to encourage it to recycle more.	<b>27</b> Spend more time with you family and friends doing activities that don't harm the environment and bring you closer to nature. Play games outside and go for walks or bike rides.	<b>28</b> Search for a meat source that raises and slaughters the animal according to Islamic teachings. Humane treatment and proper diet are requirements of our deen.	<b>29</b> Make a point of researching the cleaning products you use. Make sure they don't include harmful chemicals or products that damage the eco-system.	<b>30</b> Start a new tradition of planning your Eid celebrations to include a service project. Incorporate service, volunteerism, and community support in your annual tradition.	<b>31</b> Use to-do lists and plan your weeks to better conserve time, money, and energy. Organize your time and define your actual needs to avoid multiple trips and impulse buying.	<b>JUNE 1</b> Try to continue the more environmentally friendly habits you have started this Ramadan. Take the knowledge you have gained and turn it into conviction.
<b>2</b> During these last days of this blessed month, don't forget to make dua for the earth. Pray that through our collective work, we can make a difference.	<b>3</b> Try focusing on being intentional rather than consumer driven by giving homemade gifts for Eid this year.	<b>4</b> <b>Eid Mubarak!</b>	<p><i>...who is it that has created the heavens and the earth, and sends down for you [life-giving] water from the skies? For it is by this means that We cause gardens of shining beauty to grow (Qur'an 27:60)</i></p> <p><i>Verily, in the creation of the heavens and the earth, and in the succession of night and day, there are indeed messages for all who are endowed with insight (Qur'an 3:190)</i></p>			

