

Islam: Faith and Practice by NAVAID AZIZ



Who do you think of when you think Muslim?



Why don't you think of?



Understanding Islam



Overview



Beliefs



Practices

Islam

Islam views itself as a monotheistic faith and a continuation of Judeo-Christian tradition.



What

Literally means “surrender” or “submission”
As a faith: requires total and sincere surrender to God.



Why

So that one can live in peace and tranquility



How

Achieved through active obedience to the commandments of God



What Muslims Believe In

-  **God**
 -  **The Angels**
 -  **The Holy Books**
 -  **The Prophets and Messengers**
 -  **The Day of Judgment**
 -  **The Divine Decree of God (Fate)**
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What Muslims Practice

The Pillars of Islam: What Muslims are required to be committed to:

- Testimony of Faith (Shahada)
- Prayer (Salah)
- Charity (Zakah)
- Fasting(Siyam)
- Pilgrimage (Hajj)



Needs to Consider

The needs mentioned here are based on religious mandates. It is important to consider that Muslims come from a vast number of cultural backgrounds which can impact their needs



Observing of Islamic Rituals



Gender Relations



Access to Food

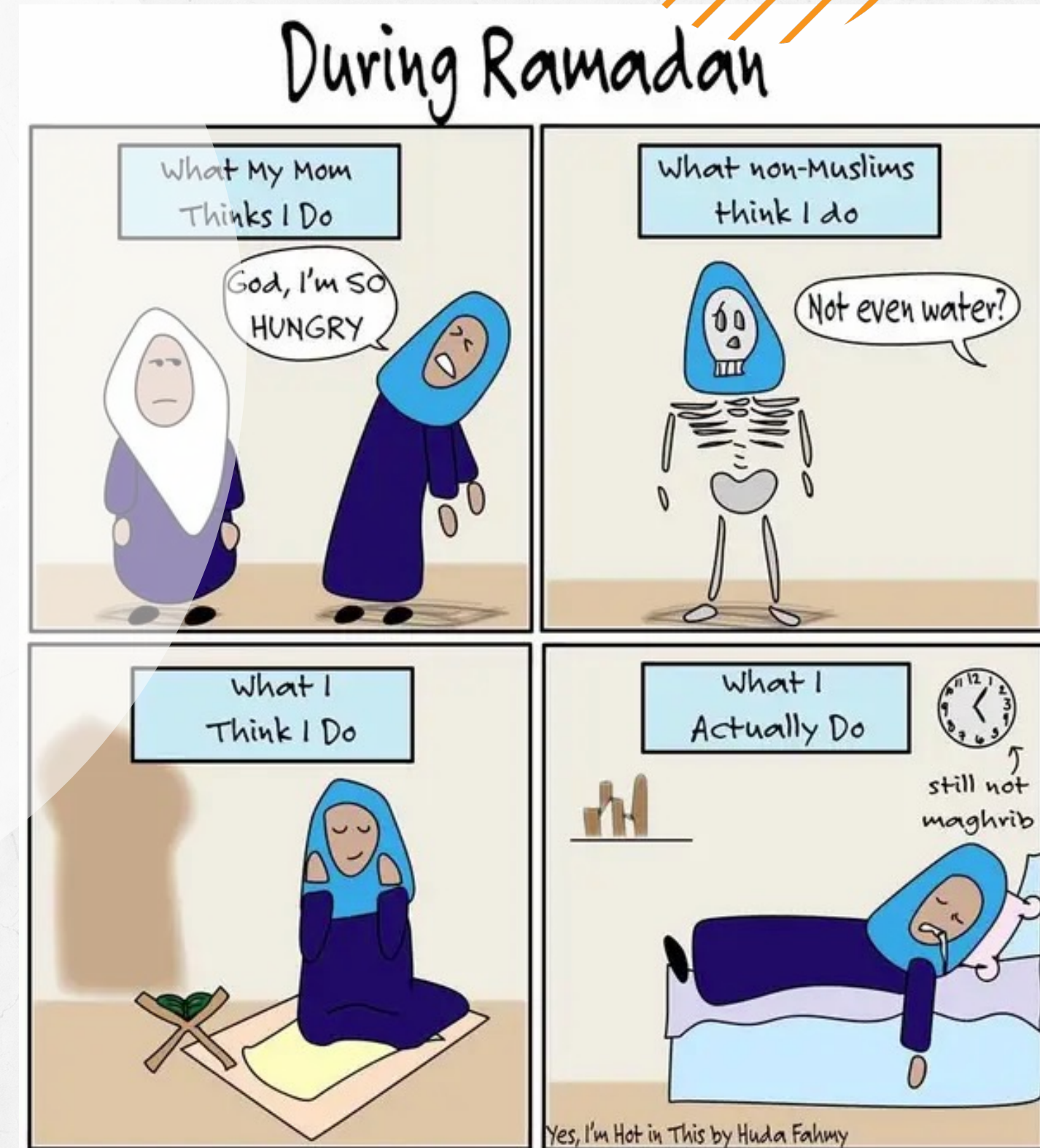


Prayer

- Muslims pray 5 times a day
- Ablution is performed prior to prayer
- The timings of these prayers changes based on the time of the year
- The morning and final prayer can be outside of 'curfew' times
- Muslims require a clean place to pray

Fasting

- The most common time for fasting is during Ramadan
- The start of Ramadan is based on the lunar calendar
- Fasting happens from sunrise to sunset, regardless of time of year
- Residents may require meals outside of normal hours
- There are other days of fasting that occur throughout the year:
 - Ashura
 - Muharram
 - Make-up and voluntary fasts



Celebrations

The two main celebrations are Eid al Fitr and Eid al Adha.

- Based on the lunar calendar so the dates shift each year
- Come after times of worship





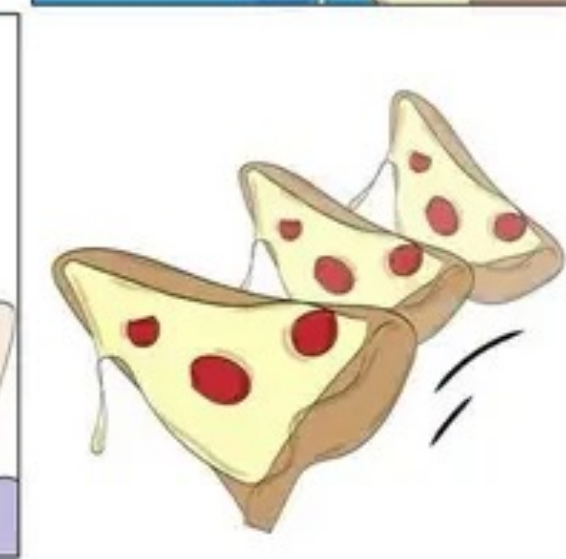
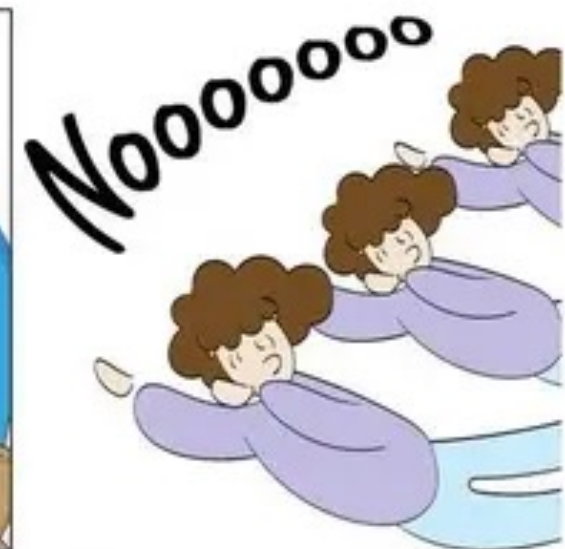
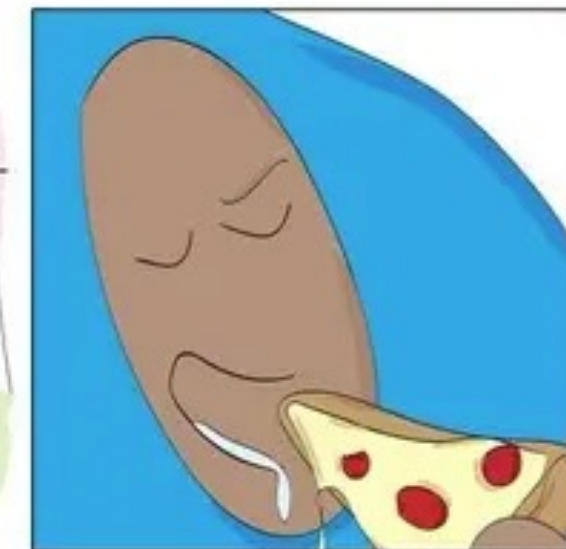
Gender Relations

- Members of the opposite gender are expected to treat each other with respect
- They are allowed to talk to each other, work together, and be around one another
- They are not allowed to touch or be in seclusion
- Dressing modestly and lowering the gaze, for both genders
- Muslims court for marriage and do not date
- There are cultural and ethnic norms that differ from what is prescribed by the religion -- it is important to understand that these are cultural preferences and not religious preferences.

Dietary Considerations



- All fruits and vegetables are permitted
- Alcohol and all intoxicants are prohibited
- Meat must be Halal (permitted). Halal is a term used to categorize permissibility, similar to Kosher. It includes:
 - Type of animal
 - What its been fed
 - Who is slaughtered it
 - How it was slaughtered
- The food should be pure and nutritious





Spiritual Care



Why It Matters

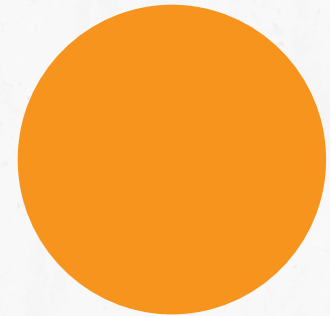


Access



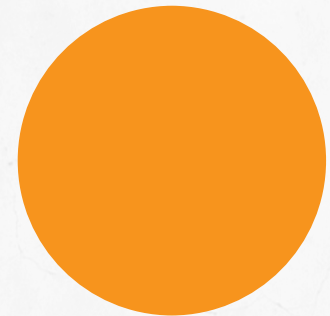
Safety

Why it Matters



Identity

Regardless of level of adherence, the majority of Muslim youth in Canada identify with their Muslim identity before their ethnic or cultural identity



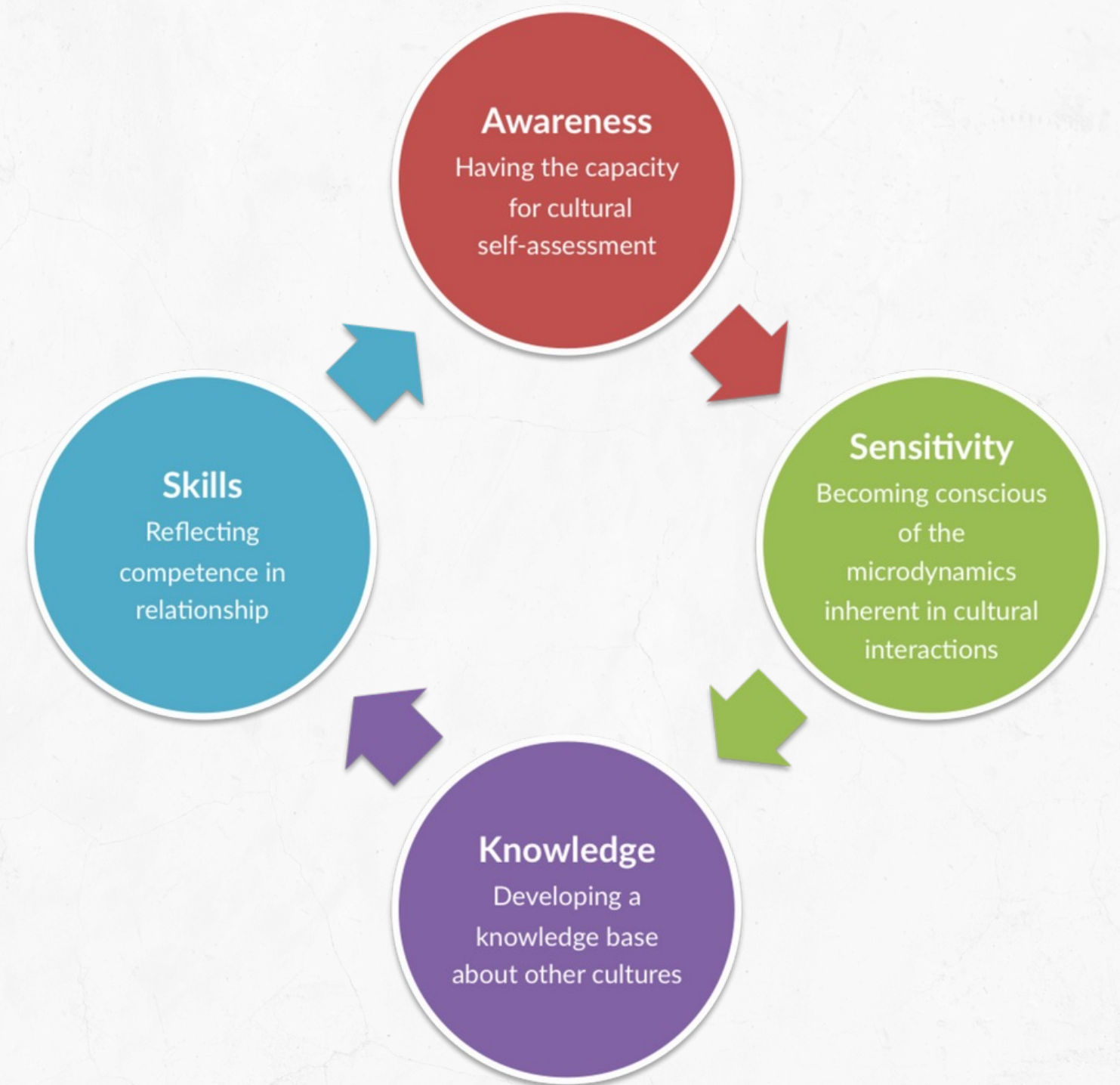
Impact of Othering

Being discriminated against for a core identity marker leads to a higher levels of psychopathology



Islamic View of Wellness

Wellness from an Islamic perspective can not be achieved without spiritual wellbeing



Access

Religious council

The ability to consult with Imams for religious questions and to access cultural relevant mental health

services
Spaces

Places to pray within the homes as well as access to mosques for Friday prayers and special events

Materials

Access to religious texts, prayer mats, and other materials that they deem necessary.

Access includes the ability to gather with members of their communities and to observe religiously significant moments with them -- keeping the connection with the Muslim community means they will have people to turn to when they age out of the system.



Safety

- The adults set the tone for how the children will interact
- Culturally responsive care goes beyond providing access to create a space of inclusion
- Representation matters, staff and service providers need to come from their backgrounds

**Access without safety
is performative**

Macro Aggressions

Macro Aggressions or overt acts of racism or xenophobia. These are the ones that are usually called out and avoided.



False Info

"You better keep an eye out when Mo is around, you know how violent his people are"

Assumptions

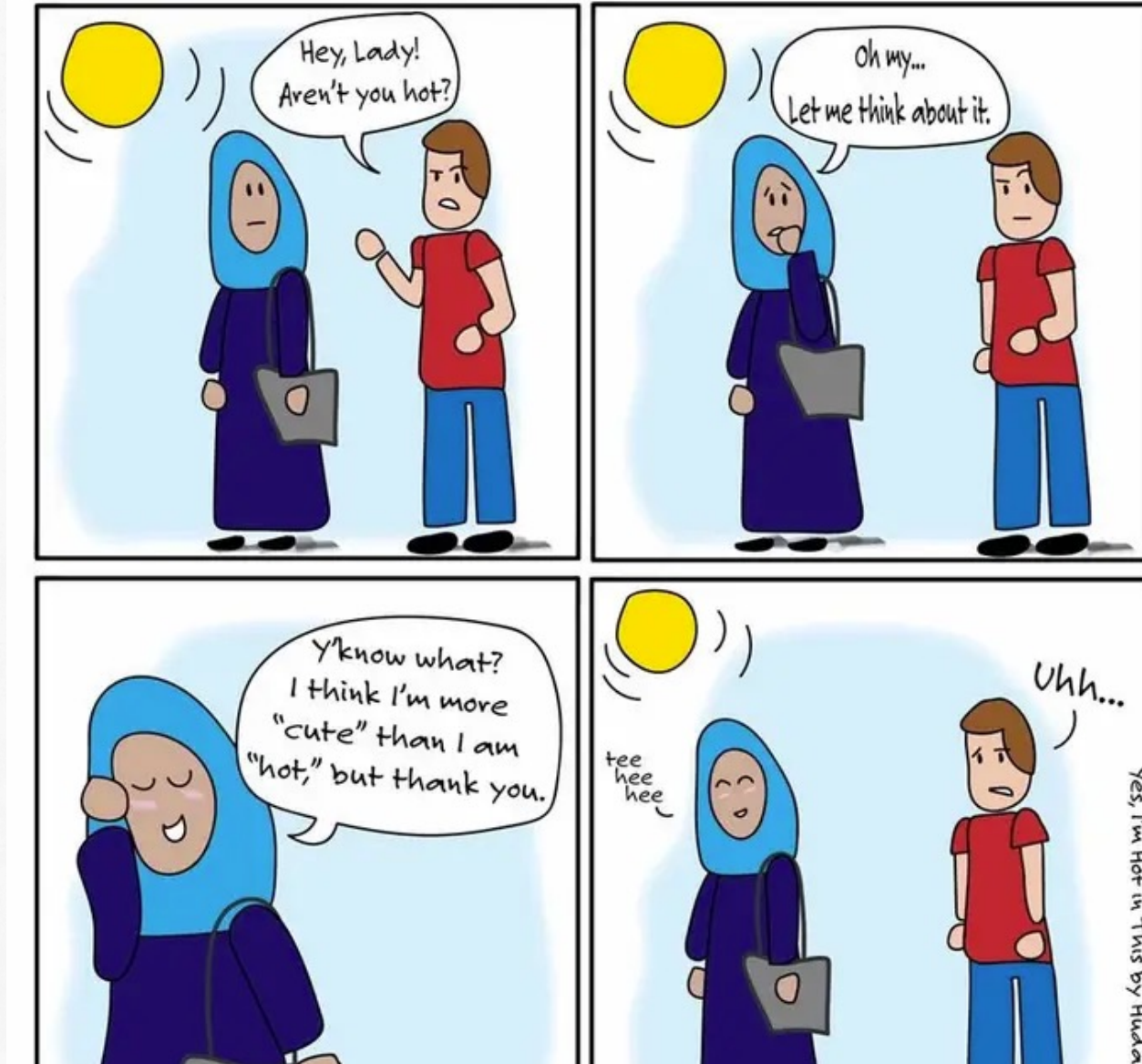
"How did you end up here? Did your family try to marry you off to someone for 100 goats?"

Threats

"None of the Muslim prayer sh-t is allowed here"

Micro-Aggressions

Microaggressions are more subtle ways of undermining safety. These are the ones that can cause the most damage.



Invalidation

"Are you even Muslim? You don't wear hijab".
"What's the big deal if the marshmallows have pork?"

Exclusion

Centering Christian holidays, not giving them time off for religious celebrations, consistently serving pork.

Insulting

Laughing at them when they pray, throwing water at them, asking why they wash their feet.



Local



National

Muslim Services



Final Thoughts

- Regardless of level of practice a strong connection to their Muslim identity improves mental-wellbeing.
 - When you don't know be okay with finding resources to learn.
 - Be respectful even though you may not understand or agree.
 - Build partnerships before you need them.
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QUESTIONS?

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