

Kadouh family reflects on the importance of observing Ramadan

By Detroit News, adapted by Newsela staff on 05.13.19

Word Count **580**

Level **600L**



Image 1. Mirvat Kadouh (right), co-chair of the Ladies of the Islamic Center of America, helps brothers Houssam (left) and Ali Baalbaki make a traditional cookie called "kaak" during a marathon baking session. About 20 volunteers created 3,000 pieces of traditional Middle Eastern bread and more than 1,800 cookies for the start of Ramadan, the Muslim holy month, at the Islamic Center in Dearborn, Michigan, May 5, 2019. Photo by: Brandy Baker/The Detroit News/TNS

Ramadan is a holy month for Muslims. They are followers of the religion Islam.

Islam is a religion, like Christianity or Judaism. It one of the world's main religions. There are 1.8 billion Muslims in the world.

Ramadan began May 6.

Fasting Is Difficult But Rewarding

One major part of Ramadan is fasting. People stop eating or drinking from early morning until night. The goal is to become better people and closer to God.

Families around the world prepare for it.

Mirvat Kadouh lives in Dearborn, Michigan.

The first few days, she says, can be difficult. Still, years of fasting have taught her to appreciate its rewards.

"Once your body adjusts, it becomes a blessed month," she said. "You feel the sense of celebration."

Strengthening Spiritual Bonds

The holy month lasts through early June. Her family has different ways of staying spiritually connected to it.

Mirvat Kadouh is heavily involved at her mosque. It is called the Islamic Center of America. Mosques are places of worship for Muslims. She uses her phone to check times for praying each day.

Her 24-year-old son, Radwan spends time each day reading the Quran. It is the holy book for Muslims.



The words offer advice and inspiration, he said.

Another part of the month is doing good for others. On some days, his mother prepares meals for those in need.

In all, the acts are aimed to make people more thoughtful. They seek a fresh view of the world.

"The whole purpose of Ramadan is to have self-control and to sense how the poor live," Mirvat Kadouh said. It is about being kind and having patience, she added.

That attitude guides the family. It can be hard to stay away from food or drink all day.

Radwan Kadouh says his family and friends help keep him focused. They too have thirst, hunger and headaches.

"It hurts sometimes, but you know you're doing it for a good reason," he said. "It's really just mind, body and soul and relaxing."

Iftar Brings Families And Communities Together

The Kadouhs spend a lot of time preparing for iftar. This is the evening meal that breaks their fast.

They spread their table with traditional foods. Dates are typically eaten to open the fast. It is followed by lentil soup and fattoush salad in the Kadouh household.

It becomes a special time for the family. Their usual schedules do not allow for such feasts. Everyone enjoys the togetherness, Radwan Kadouh said.

Later this month, the family plans to attend an iftar at their mosque. Hundreds of people in the community will join in.

Kassem Allie helps lead the Islamic Center of America. The gathering strengthens bonds, he said.

Radwan Kadouh is also excited for the Ramadan Suhoor Festival. Many vendors there sell food and other items. It runs every Friday and Saturday during Ramadan. Suhoor is the meal eaten before the fast begins. It is eaten before the sun rises.



The festival brings in people from all backgrounds, he added.

"It's a way for us to create unity in the community," said Chami.

Quiz

- 1 Which sentence from the article states a MAIN idea of the entire article?
 - (A) Islam is a religion, like Christianity or Judaism.
 - (B) There are 1.8 billion Muslims in the world.
 - (C) The holy month lasts through early June.
 - (D) It becomes a special time for the family.

- 2 A MAIN idea of the article is that Ramadan is a time for Muslims to connect with one another. Which key detail from the article supports this MAIN idea?
 - (A) Ramadan is a holy month for Muslims.
 - (B) One major part of Ramadan is fasting.
 - (C) Her 24-year-old son, Radwan spends time each day reading the Quran.
 - (D) Radwan Kadouh says his family and friends help keep him focused.

- 3 How does fasting affect Mirvat Kadouh?
 - (A) She says it makes her enjoy iftar and suhoor more.
 - (B) She says it gives her more time to read the Quran.
 - (C) She says it is difficult at first, but it is also rewarding.
 - (D) She says it causes her to have headaches and feel tired.

- 4 According to the section "Strengthening Spiritual Bonds," why do Muslims do good things for others during Ramadan?
 - (A) to become more thoughtful about the world
 - (B) to teach others about the meaning of Ramadan
 - (C) to set a good example for young children
 - (D) to distract themselves from being hungry and thirsty during fasting