

# Green Muslims



## Ramadan Toolkit



بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

*The month of Ramadan is a time to take an inventory of the last 365 days of your life, while making the intention to create better habits for the coming year.*

*This year, we hope to help you build more environmentally friendly habits while connecting you with your faith in a unique way.*

*Fasting during the month of Ramadan can be an exercise in self-control and a time of reflection. If you are intentional, fasting will help you gain a stronger connection with your faith.*

*This three part tool-kit hopes to enhance your Ramadan experience using those same concepts. Each day highlights an Ayah, a quote, or a hadith that aspires to inspire you to action. The “challenge yourself” section of the day gives you a suggestion in how to adjust your habits, and the “reflection” section hopes to help you analyze your current habits in order to make the habit forming both action oriented and intellectual.*

*Habits aren’t formed overnight, that is why this is a 30-day booklet. InshaAllah, you can use it to develop at least one habit that will carry you on to next Ramadan*



## Day 1

---

أَوَلَمْ يَرَوْا إِلَى الْأَرْضِ كَمْ أَنْبَأْنَا فِيهَا مِنْ كُلِّ زَوْجٍ كَرِيمٍ ﴿٧﴾

Did they not look at the earth - how much We  
have produced therein from every noble kind?  
(Quran 26:7)

### Challenge Yourself

At every iftar this week, BYOD – Bring your own  
dishes, instead of adding to the landfill, start a  
sustainable trend in your community!

### Reflect on your Ramadan Footprint

How much leftover food do you waste? How many  
Styrofoam cups of chai do you idly toss in the trash?  
Calculate your carbon footprint at: [http://](http://www.conservation.org)  
[www.conservation.org](http://www.conservation.org)



## Day 2

وَالْأَرْضَ مَدَدْنَاهَا وَأَلْقَيْنَا فِيهَا رَوَاسِيَ وَأَنْبَتْنَا فِيهَا مِنْ كُلِّ شَيْءٍ  
مَوْزُونٍ ﴿١٩﴾ وَجَعَلْنَا لَكُمْ فِيهَا مَعِيشَ وَمَنْ لَسْتُمْ لَهُ بِرَازِقِينَ ﴿٢٠﴾

And the earth - We have spread it and cast therein firmly set mountains and caused to grow therein [something] of every well-balanced thing. And We have made for you therein means of living and [for] those for whom you are not providers.

(Quran 15:19-20)

### Challenge Yourself

Prepare a local food sahoor for yourself and your family. Not only will you be helping the environment by cutting the amount of fossil fuels used to get the food to your table, you'll also be supporting local farmers and the overall economy.

### Reflect

Reflect on how buying and eating from your local "subsistence" is a way to interact with Allah's (SWT) natural balance



الْمُتَرَوِّا كَيْفَ خَلَقَ اللَّهُ سَبْعَ سَمَوَاتٍ طِبَاقًا ۚ  
وَجَعَلَ الْقَمَرَ فِيهِنَّ نُورًا وَجَعَلَ الشَّمْسُ سِرَاجًا ۚ

Do you not consider how Allah has created seven heavens in layers- And made the moon therein a [reflected] light and made the sun a burning lamp?  
(Quran 71:15-16)

### Challenge Yourself

Take advantage of the long, bright days, and keep your electricity and energy usage to a minimum. See how long you can go without turning on a light before Maghrib prayer.

### Reflect

Reflect on the sunnah of rising at Fajr and sleeping right after Isha and the effects of this practice on our energy consumption.



## Day 4

---

“On the authority of Abu Huraira who said that the Messenger of Allah (peace be upon him said), “Every small bone of everyone has upon it a charitable act for everyday upon which the sun rises. Bringing about justice between two is an act of charity. Helping a man get on his mount, lifting him onto it or helping him put his belongings onto it, is a charitable act. A good word is a charitable act. Every step you take toward the prayer is a charitable act. And removing a harmful thing from the path is a charitable act.” (Recorded in al-Bukhari and Muslim)

### **Challenge yourself**

One of the most basic things we can do is help beautify our surroundings. Join a volunteer clean-up effort at a neighboring park, or better yet, carry a bag with you on a walk and pick up EVERY piece of trash you come across.

### **Reflect**

Every time you pick up a harmful thing from the path, purify your intentions by saying “Bismillah” (in the name of God) remembering that everything is “Fi-Sabillillah” (for the sake of God).



## Day 5

---

“One of the arts of appreciating nature is developing our knowledge of the names and characteristics of things; the other, companion art, is knowing how to keep quiet and pay attention, both within and without.”—The Book of Nature

### **Challenge yourself**

Spend a day outdoors, in nature. Leave your phone at home. Listen to the rhythm of the Earth. Pay attention to the sounds of the forest, the waterfront, the field, the hillside. Do you know the names of the flora and fauna around you? Make a goal to look up and learn the name of a flower, tree, or plant.

### **Reflect**

Reflect within. Notice the patterns of the day. Are you comfortable with quiet? Are you able to sit still?



## Day 6

يَا أَيُّهَا الَّذِينَ ءَامَنُوا أَنْفِقُوا مِنْ طَيِّبَاتِ مَا كَسَبْتُمْ وَمِمَّا  
أَخْرَجْنَا لَكُمْ مِنَ الْأَرْضِ وَلَا تَيَمَّمُوا الْخَبِيثَ مِنْهُ تُنْفِقُونَ وَلَسْتُمْ  
بِتَّخَذِيهِ إِلَّا آءَانَ تُعْمِضُوا فِيهِ وَاعْلَمُوا أَنَّ اللَّهَ غَفِيرٌ حَمِيدٌ ﴿٢٦٧﴾

O you who have believed, spend from the good things which you have earned and from that which We have produced for you from the earth. And do not aim toward the defective therefrom, spending [from that] while you would not take it [yourself] except with closed eyes. And know that Allah is Free of need and Praiseworthy. ( Quran 2:267)

### Challenge Yourself

Go through your closets, empty your cupboards. Anything of good quality that you haven't used in over a year, donate to someone who could use it more than you.

### Reflect

How luxurious of a life do you lead? Do you have belongings that are unused? Do you have neighbors who are needier than yourself? What could you do without?





## Day 7

---

“In the name of Allah and there is no power save with Allah. Praise be to Allah who made this means of transport subservient to us, what we (by ourselves) could never have accomplished.”

-Travel Dua

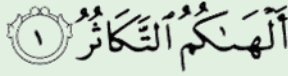


## Challenge Yourself

Set up a Jumuah or Tarawih car-pool for the week. Make sure no fewer than 4 people are riding with you as you make your way towards these forms of worship.

## Reflect

What is your daily energy use, when it comes to transportation? If you drive, could you share the ride? If you share the ride, could you bike? What's one habit you could change that would take you a step closer to a more sustainable method of transportation?



“ The mutual rivalry for piling up of  
worldly things diverts you”  
(102:1)

### **Challenge Yourself**

Find your local Goodwill Industries Store and sign up to volunteer for the day. Not only will you see the inner-workings of an organization, whose sole mission is to help the less fortunate, it will help you take a closer look at what you use, toss, and re-use. Consider going inside to do some shopping. The environmental footprint of re-used items is a fraction as compared to new items. Consider going vintage and shopping at places that re-sell rather than manufacture.

### **Reflect:**

Why do we feel the need to always have something “new”?



## Day 9

---

“The greatest defect is to regard that defect in others, which is present in yourself.”  
-Imam Ali (Nahjul Balagha)

### Challenge Yourself

We as a community need to take time to take a look in the mirror. What is our collective carbon footprint? Contact your local mosque or community and see what you can do to help ensure we are doing our part in cleaning and “greening” the world.

### Reflect

On the Day of Judgment, will we have an easy time answering to our Lord regarding our habits here on Earth?  
Are we each meeting our potential when it comes to protecting our planet?



## Day 10

نَبَارَكَ الَّذِي جَعَلَ فِي السَّمَاءِ بُرُوجًا وَجَعَلَ فِيهَا سِرَاجًا وَقَمَرًا  
مُنِيرًا

Blessed is He who has placed in the sky great stars and placed therein a [burning] lamp and luminous moon.  
(Quran 25:61)

### Challenge Yourself

The month of Ramadan is a perfect time to enhance your night prayers. 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.

### Reflect

There are so many ayat about the night, the sky and the moon. Take some time to reflect on Allah's words and how they can have new meaning in your life.



اللَّهُ نُورُ السَّمَوَاتِ وَالْأَرْضِ مِثْلُ نُورِهِ، كَمِشْكُورٍ فِيهَا مِصْبَاحٌ  
 الْمِصْبَاحُ فِي زُجَاجَةٍ الزُّجَاجَةُ كَأَنَّهَا كَوْكَبٌ دُرِّيٌّ يُوقَدُ مِنْ شَجَرَةٍ  
 مُبَارَكَةٍ زَيْتُونَةٍ لَا شَرْقِيَّةٍ وَلَا غَرْبِيَّةٍ يَكَادُ زَيْتُهَا يُضِيءُ وَلَوْ لَمْ  
 تَمْسَسْهُ نَارٌ نُورٌ عَلَى نُورٍ يَهْدِي اللَّهُ لِنُورِهِ مَنْ يَشَاءُ وَيَضْرِبُ  
 اللَّهُ الْأَمْثَلَ لِلنَّاسِ وَاللَّهُ بِكُلِّ شَيْءٍ عَلِيمٌ ﴿٣٥﴾

Allah is the Light of the heavens and the earth. The example of His light is like a niche within which is a lamp, the lamp is within glass, the glass as if it were a pearly [white] star lit from [the oil of] a blessed olive tree, neither of the east nor of the west, whose oil would almost glow even if untouched by fire. Light upon light. Allah guides to His light whom He wills. And Allah presents examples for the people, and Allah is Knowing of all things. ( Quran 24:35 )

### Challenge Yourself

Make the intention to change all of the light bulbs in your house to the energy saver bulbs to do your part in conserving electricity.

### Reflect

What are ways you can make "Allah's Light" shine brighter in your life? How can you become a better reflection of his Mercy and Blessings?



## Day 12

هُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً لَكُمْ مِنْهُ شَرَابٌ وَمِنْهُ شَجَرٌ  
فِيهِ تُسِيمُونَ ﴿١٠﴾

It is He who sends down rain from the sky; from it is drink and from it is foliage in which you pasture [animals].(16:10)

### Challenge Yourself

Think of how precious fresh water was at the time of the Prophet (pbuh). Think of how precious it still is today and how much we waste! Make a pledge to cut down on the time it takes you to take a shower, wash your hands, and even, make wudhu.

### Reflect

There is the same amount of water on the earth now, as when it was formed. Just imagine, the water you are using to make wudhu might have been the same molecules used by the Prophet (pbuh) himself!



## Day 13

هُوَ الَّذِي جَعَلَ لَكُمُ الْأَرْضَ ذُلُولًا فَامْشُوا فِي مَنَاكِبِهَا وَكُلُوا مِن رِّزْقِهِ  
وَإِلَيْهِ النُّشُورُ



It is He who made the earth tame for you - so walk among its slopes and eat of His provision - and to Him is the resurrection.(67:15)

### Challenge Yourself:

Travel is an important part of our Islamic tradition. In today's world, traveling long distances often requires flying, one of the most environmentally destructive forms of transport. Consider donating to an initiative that focuses either on research and development for more sustainable transportation or on planting trees that cancel out the pollution produced by your travel.

### Reflect

Allah (swt) has given us so much ability and so many blessings; it is our duty to make sure we are using those blessings and abilities to the best of our potential.



*As a butterfly soared overhead, one caterpillar said to the other, 'You'll never get me up in one of those things.'*

*-Anonymous*

### **Challenge Yourself**

With your friends or family, 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 Allah (swt) take place in front of your eyes.

### **Reflect**

Just as we will go through phases and even forms of life in this dunya and in the akhira, the butterfly is a clear example for us to reflect upon.





يُنْبِتُ لَكُمْ بِهِ الزَّرْعَ وَالزَّيْتُونَ وَالنَّخِيلَ وَالْأَعْنَابَ وَمِنْ  
كُلِّ الشَّمْرَاتِ إِنَّ فِي ذَلِكَ لَآيَةً لِّقَوْمٍ يَتَفَكَّرُونَ ﴿١١﴾

He causes to grow for you thereby the crops, olives, palm trees, grapevines, and from all the fruits. Indeed in that is a sign for a people who give thought.(16:11)

### Challenge Yourself

Become more connected with your sustenance. Plan a trip to a local farm and learn how your food is grown. Sit and talk with a farmer and gain an understanding of the connection they have with the land and weather.

### Reflect

When you have a realistic concept of how much energy goes into the food you put on your table, it is easier to be more mindful about how much we use and how much we waste.



## Day 16

---

“All the earth is a place of prostration, every field and meadow, mountain, park, city, farm, plantation. Every roadside, seaside, hillside, walkway, any place clean and green can be a place to pray...”

-Dawud Wharnsby

### Challenge Yourself

Set a goal to make every prayer this week just as it comes time to pray. Try praying outside. Notice how other animals and plants worship in their own way.

### Reflect

upon the focus of your prayer when you pray outside. Are you better able to concentrate, or do you have trouble staying in tune with your worship?



“If the Day of Judgment erupts while you are planting a new tree, carry on and plant it.”  
-Hadith

### Challenge Yourself

Plant a tree. Simply put. Just do it. It might seem like a cliché thing to do, but not only is it clearly part of our tradition, it continues to be one of the best things to do for our environment. Say Bismillah and recite Al-Fatiha as you plant it for its continued growth and health.

### Reflect

If possible share this experience with your family, and create a memory that you can literally watch grow as the years go by.



الَّذِينَ يُنْفِقُونَ أَمْوَالَهُمْ فِي سَبِيلِ اللَّهِ ثُمَّ لَا يُتَّبِعُونَ مَا أَنْفَقُوا مَنًّا  
وَلَا أَذًى لَهُمْ أَجْرُهُمْ عِنْدَ رَبِّهِمْ وَلَا خَوْفٌ عَلَيْهِمْ وَلَا هُمْ  
يَحْزَنُونَ ﴿٢٦٢﴾

Those who spend their wealth in the way of Allah and then do not follow up what they have spent with reminders [of it] or [other] injury will have their reward with their Lord, and there will be no fear concerning them, nor will they grieve.(2:262)

### Challenge Yourself

Look into your investments. Consider investing more consciously in companies and business that are environmentally aware and sustainable.

### Reflect

Just as we are careful with our money when it comes to usury, we must also be aware of how our money works for or against us when we invest. We will be held accountable for not only what we helped support, but also what we did not support.



وَهُوَ الَّذِي أَنْزَلَ مِنَ السَّمَاءِ مَاءً فَأَخْرَجْنَا بِهِ نَبَاتَ كُلِّ شَيْءٍ  
فَأَخْرَجْنَا مِنْهُ خَضِرًا مَخْرُجًا مِنْهُ حَبًّا مُتَرَاكِبًا وَمِنَ النَّخْلِ  
مِنْ طَلْعِهَا قِنْوَانٌ دَانِيَةٌ وَجَنَّاتٍ مِّنْ أَعْنَابٍ وَالزَّيْتُونَ وَالرُّمَّانَ  
مُشْتَبِهًا وَغَيْرَ مُنْتَشِبِهِ أَنْظُرُوا إِلَى ثَمَرِهِ إِذَا أَثْمَرَ وَيَنْعِهِ إِنَّ فِي  
ذَٰلِكُمْ لَآيَاتٍ لِّقَوْمٍ يُؤْمِنُونَ ﴿١٩﴾

And it is He who sends down rain from the sky, and We produce thereby the growth of all things. We produce from it greenery from which We produce grains arranged in layers. And from the palm trees - of its emerging fruit are clusters hanging low. And [We produce] gardens of grapevines and olives and pomegranates, similar yet varied. Look at [each of] its fruit when it yields and [at] its ripening. Indeed in that are signs for a people who believe.

(Quran 6:99)

### Challenge Yourself

The consumption of meat in the US is at an all-time high and the environmental ramifications are devastating. Acres of rainforests have been destroyed to feed these habits, to name only one effect. Try extending your fast, and avoiding meat during your iftar last 10 days of Ramadan.

### Reflect

Just as you reflect on how you feel while fasting all day, reflect on how you feel without meat in your diet.



وَهُوَ الَّذِي أَنْشَأَ جَنَّاتٍ مَّعْرُوشَاتٍ وَغَيْرَ مَعْرُوشَاتٍ  
 وَالنَّخْلَ وَالزَّرْعَ مُخْتَلِفًا أَكْثُهُ، وَالزَّيْتُونَ وَالرُّمَّانَ  
 مُتَشَابِهًا وَغَيْرَ مُتَشَابِهٍ كُلُوا مِنْ ثَمَرِهِ إِذَا أَثْمَرَ وَءَاتُوا  
 حَقَّهُ يَوْمَ حَصَادِهِ وَلَا تُسْرِفُوا إِنَّهُ لَا يُحِبُّ  
 الْمُسْرِفِينَ

“For it is He who has brought into being gardens-  
 [both] the cultivated ones and those growing wild -and  
 the date-palm, and fields bearing multiform produce,  
 and the olive tree, and the pomegranate: [all]  
 resembling one another and yet so different! Eat of  
 their fruit when it comes to fruition, and give [unto the  
 poor] their due on harvest day. And do not waste  
 [God's bounties]: verily, He does not love the  
 wasteful!”  
 (Quran 6:142)

### Challenge Yourself

Don't waste a single morsel of food this week. Anything you  
 cannot eat, compost. Don't allow any of your leftovers go to  
 waste. Consider inviting friends over for a “leftar” where  
 you eat only leftovers for iftar.

### Reflect:

Being mindful of food waste helps us to be more in tune  
 with the focus of Ramadan. Think of those less fortunate,  
 and how what you throw away, could be feeding others.



“If any Muslim plants any plant and a human being or an animal eats of it, he will be rewarded as if he had given that much in charity”

-Hadith

### Challenge Yourself

Plant a garden. If you don't have a big enough plot, consider joining a community gardening effort near your home. If this is still not feasible, consider planting and caring for one plant.

### Reflect

Caring for a living thing and watching it grow can be an incredibly rewarding process. Clearly reflected in the hadith above is the importance of growing and sharing our food sources, and yet so few of us have shared in this experience.



وَتَرَى الْجِبَالَ تَحْسَبُهَا جَامِدَةً وَهِيَ تَمُرُّ مَرَّ السَّحَابِ صُنِعَ اللَّهُ الَّذِي أَنْقَنَ  
كُلَّ شَيْءٍ إِنَّهُ خَيْرُ مَا تَفْعَلُونَ ﴿٨٨﴾

And you see the mountains, thinking them rigid, while they will pass as the passing of clouds. [It is] the work of Allah , who perfected all things. Indeed, He is Acquainted with that which you do. (Quran 27:88)

### Challenge yourself

If you don't already, make a commitment to recycle. See how many things that you throw away, could be re-used. Just as the ayah says, the most solid things are fleeting. Our most basic energy sources are drying up and we are left to consider how wasteful we really are.

### Reflect

Allah created us as the caretakers of this Earth. What are you personally doing to fulfill this trust?





“The best person among you is the one who treats his family members best.”  
-Hadith

### Challenge Yourself:

Follow the sunnah of our prophet and actively spend more time with your family this month. Do “green” activities together. Play board games, go for walks, or bike to the park. Take advantage of the extra time after work before iftar and make this time, family time.

### Reflect:

Family and family ties are so important in our tradition. In this digital age, it is very easy to lose touch, or to only maintain distant ties. What do you do, to stay connected with your family?





حُرِّمَتْ عَلَيْكُمْ أَمْيَتَةُ وَالْدَّمُ وَلَحْمُ الْخَنَازِيرِ وَمَا أَهَلَ لِغَيْرِ اللَّهِ بِهِ  
وَالْمُتَخَفِقَةُ وَالْمَوْفُودَةُ وَالْمَرْدِيَّةُ وَالنَّطِيعَةُ وَمَا أَكَلَ السَّبْعُ إِلَّا  
مَا ذَكَّبْتُمْ وَمَا ذُبِحَ عَلَى النُّصُبِ وَأَنْ تَسْتَقْسِمُوا بِالْأَزْلَمِ ذَلِكُمْ  
فِسْقٌ الْيَوْمَ بَيْسَ الَّذِينَ كَفَرُوا مِنْ دِينِكُمْ فَلَا تَخْشَوْهُمْ وَاخْشَوْنَ  
إِنَّ الْيَوْمَ أَكْمَلْتُ لَكُمْ دِينَكُمْ وَأَتَمَمْتُ عَلَيْكُمْ نِعْمَتِي وَرَضِيتُ لَكُمُ  
الْإِسْلَامَ دِينًا فَمَنِ اضْطُرَّ فِي مَخْمَصَةٍ غَيْرَ مُتَجَانِفٍ لِإِثْمٍ فَإِنَّ  
اللَّهَ غَفُورٌ رَحِيمٌ ﴿٣﴾

Prohibited to you are dead animals, blood, the flesh of swine, and that which has been dedicated to other than Allah , and [those animals] killed by strangling or by a violent blow or by a head-long fall or by the goring of horns, and those from which a wild animal has eaten, except what you [are able to] slaughter [before its death], and those which are sacrificed on stone altars, and [prohibited is] that you seek decision through divining arrows. That is grave disobedience. This day those who disbelieve have despaired of [defeating] your religion; so fear them not, but fear Me. This day I have perfected for you your religion and completed My favor upon you and have approved for you Islam as religion. But whoever is forced by severe hunger with no inclination to sin - then indeed, Allah is Forgiving and Merciful.

(Quran 5:3)

### Challenge Yourself

If you take a close look at the meat industry and the slaughtering habits in the US, you'll find that they are not consistent with the clear teachings we have in our holy book. Make the investment and consider finding a meat source that slaughters the animal according to our teachings.

### Reflect

On the life that was taken in order to feed you and don't lose sight of the Sacred in this action.



وَهُوَ الَّذِي جَعَلَ لَكُمُ الْأَرْضَ خَلْقًا وَرَفَعَ بَعْضَكُمْ فَوْقَ بَعْضٍ  
دَرَجَاتٍ لِّيَبْلُوكُمْ فِي مَا آتَاكُمْ إِنَّ رَبَّكَ سَرِيعُ الْعِقَابِ وَإِنَّهُ لَغَفُورٌ

رَحِيمٌ ١٦٥

And it is He who has made you successors upon the earth and has raised some of you above others in degrees [of rank] that He may try you through what He has given you. Indeed, your Lord is swift in penalty; but indeed, He is Forgiving and Merciful.  
(Quran 6:165)

### Challenge Yourself

It's all in the small steps. 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.

### Reflect

If we are the inheritors of the earth, what are we doing to make sure we are fulfilling our trust?



“None of you truly believes until he wishes for his brother what he wishes for himself.”  
-Hadith

**Challenge Yourself:**

*Start a new tradition of planning your Eid celebrations to include a service project. Incorporate service, volunteerism, and community support in your annual tradition.*

**Reflect:**

*Find ways to connect more with the idea behind Zakat-ul-Fitr. Servicing and supporting our closest community in need should be more than dropping a few dollars in a box at the Eid prayer. What are ways you connect with your Zakat?*



وَمَكُرُوا وَمَكَّرَ اللَّهُ وَاللَّهُ خَيْرُ الْمَكِرِينَ

And the disbelievers planned, but Allah planned. And Allah is the best of planners. (Quran 3:54)

### **Challenge Yourself**

Bad planning and disorganization often lead to multiple trips, impulse buying, and wasted energy. Make a to-do list. Plan your week so that you can run all your errands on the same day. Organize your time and define your actual needs before setting out for the day.

### **Reflect**

Setting aside time to think about your plans helps you reflect on the actuality of what you do in any given day. What are your patterns? Are you happy with what is on your to-do list?



“Do not turn your knowledge into ignorance or your conviction into doubt. When you gain knowledge, act upon it and when you acquire conviction, proceed.”  
-Nahjul Balagha

### **Challenge Yourself**

Going forward, try to continue the more environmentally friendly habits you have started this Ramadan. Take the knowledge you have gained and turn it into conviction.

### **Reflect**

On this past month during these last few days and plan out a path going forward. What habits have had a true impact on you? What changes have you made to your spirit, your community, your practice?



“If you have a need from Allah, the Glorified, then begin by seeking Allah’s blessing on His Messenger. May Allah bless him and his family, then ask your need, because Allah is too generous to accept one of the two request made to Him and deny the other.”

-Imam Ali  
Nahjul Balagha

### Challenge Yourself

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.

### Reflect

Though it may seem small, our whispered prayers can change the world. Have you every prayed for the environment?



*“You give but little when you give of your possessions. It is when you give of yourself that you truly give.”*

*-Kahlil Gibran, The Prophet*

### **Challenge Yourself**

Give homemade gifts for Eid this year. Write a poem, make a piece of art, frame a favorite picture, bake some cookies.

Try to think less about the monetary or societal value on the gifts you give, and more on the value of the friendship you have with the person you are gifting. By making the gifts you give this year, try focusing on being intentional rather than consumer driven.

### **Reflect**

Putting thought and care into gifts from the heart, helps us focus on what is truly important.

Ramadan Kareem! and Eid Mubarak



## *Sharpen your Mind*



**Capacity Building** - We offer one-on-one consulting to community leaders, imams, mosque executive boards, Muslim Student Associations, youth, and others to come up with ways to make green ideas permeate the communities these leaders serve.

## *Harden your body*



**Community Action** - Through our farm work days, planting trees, park and river clean ups, we hope to create a space where Muslims can learn about what it means to be a steward of the Earth by action.

## *Soften your Heart*



**Building and Sharing Knowledge** - Our educational programming offers a space for Muslims to learn about Islam's ethos of environmentalism through a practical lens.



## Our Mission: Environmental stewardship

Green Muslims seeks to reemphasize the unique role and responsibility entrusted upon humanity by God: environmental stewardship. We seek to build an organic source of environmental leadership, awareness, and action within Muslim communities in America and serve as a bridge between Muslim communities and environmental organizations in the US.

### [Build Knowledge](#)

Build your awareness about environmental ethics in Islam through our Resources page.

### [Get Involved](#)

There are lots of ways to engage. Click through to see our menu of options!

### [Connect](#)

Join our listserv and follow us on Twitter, Facebook and Instagram!

### [Share Green Scripture](#)