

## RAMADAN 2018



Ramadan is the time for the Muslim culture to detach from worldly pleasure and focus on one's inner self through a 30 day fast between sunrise and sunset. By fasting the faithful get to feel grateful again for everything they have and are reminded of the suffering of the less fortunate. Ramadan is also a period to help those in need.

Since the start of Because We Carry we make an effort to celebrate all the important celebrations of all the cultures living together in the camps on the island of Lesbos. Every year we celebrate Easter, Nowruz, Christmas and Ramadan encouraging unity through exchanging cultures and rituals.

The preparations for Ramadan 2018 are in full swing and after several get togethers with the Syrian, Afghani, Kurdish, and African residents of CampUs Kara Tepe we have put together a super-national menu for this special month.

Every day we will distribute bags filled with fresh produce like tomatoes, cucumbers, fresh herbs, cheese and freshly baked bread to the 1300 children, mothers and fathers living on site. The people who are fasting will receive their bags late at night, so they can start their fasting day well nourished and the people not fasting will get theirs in the morning, for breakfast. Everyday each person will also receive dates and throughout the week extras are added too, such as yoghurt, honey, lemon, fruit, boiled eggs, Sheer Berenj (rice pudding).

Every week, on Friday night, a few community members will get together with our team and together we will cook a special meal for the rest of the community. Throughout the month we'll be preparing and eating Arabic Bamieh, Kabuli Palau from Afghanistan, Fasoolya, Adas Polo, all prepared with love by the residents together with our Because We Carry team.

And of course, at the end of Ramadan, we will celebrate Eid-Al-Fitr, the marking of the end of the fasting month, celebrating the accomplishment of the fast. According to Ramadan rituals delicious sweets will be prepared and distributed to the 1300 residents of CampUs Kara Tepe. And also we will give several needy & less fortunate residents of a nearby Greek local village grocery packs, sharing the love.

The cost of this month of awareness, gratitude and sharing is €45.000,- which is a major expense for us. All contributions are very welcome!

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