



# Ramadan 齋戒月

“Granny Beck, guess what? We are going to the Mid-East. I get to tell stories there.”

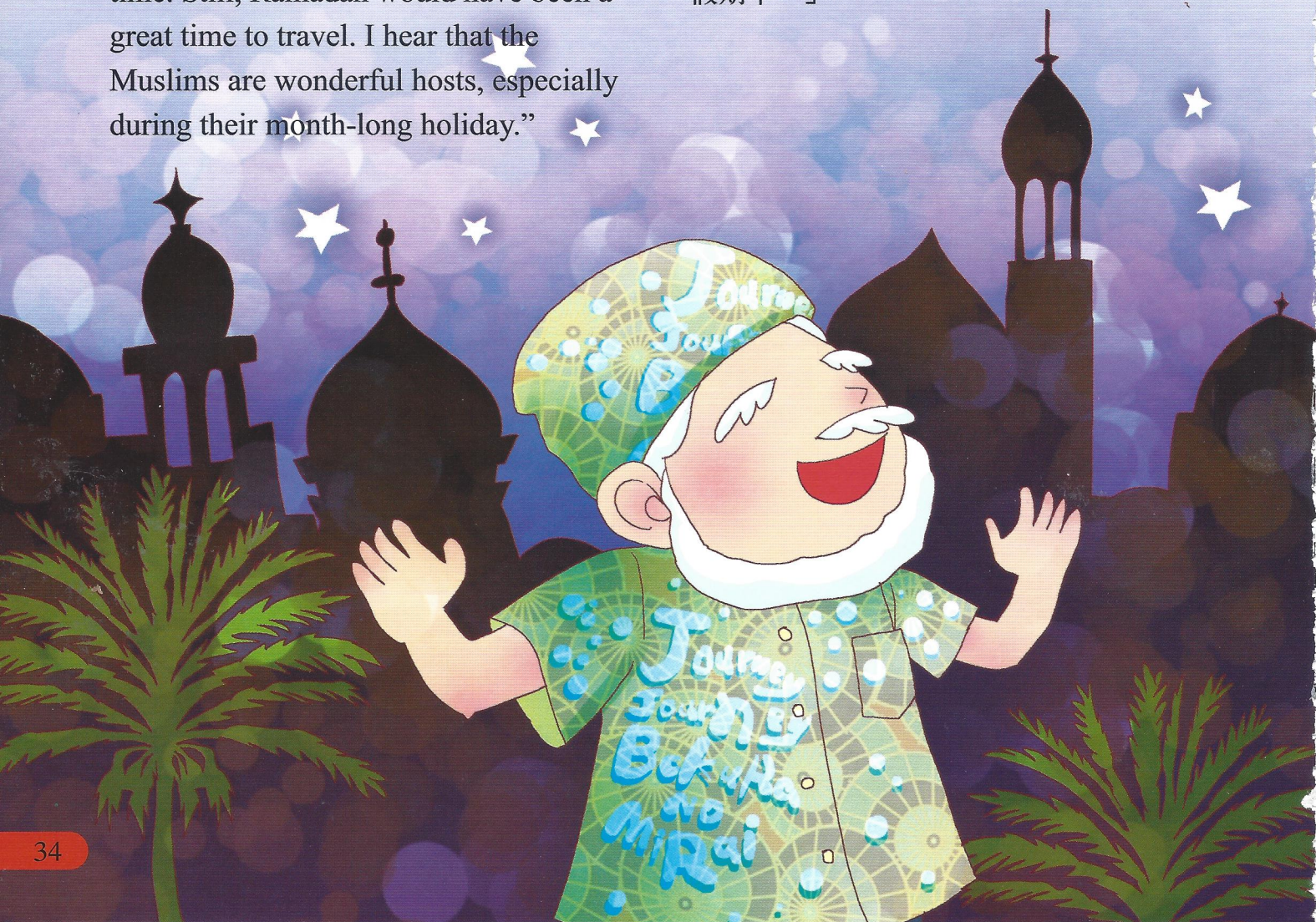
“Grandpa Mike, this might not be a good time. They are celebrating Ramadan. We don’t want to go when they are having a holiday.”

“Grandma, the trip will be at another time. Still, Ramadan would have been a great time to travel. I hear that the Muslims are wonderful hosts, especially during their month-long holiday.”

「貝克奶奶，你知道嗎？我們要去中東了。我可以去那裡說故事。」

「麥克爺爺，這個時間可能不太恰當。他們正在慶祝齋戒月。我們可不想在他們放假的時候過去。」

「奶奶，我們不是現在要去。不過，齋戒月去玩也很不錯。我聽說穆斯林是很棒的東道主，特別是在他們長達1個月的假期中。」





“A month? I heard that families fast, or give up eating, as part of the holiday. How can they go hungry for that long?”

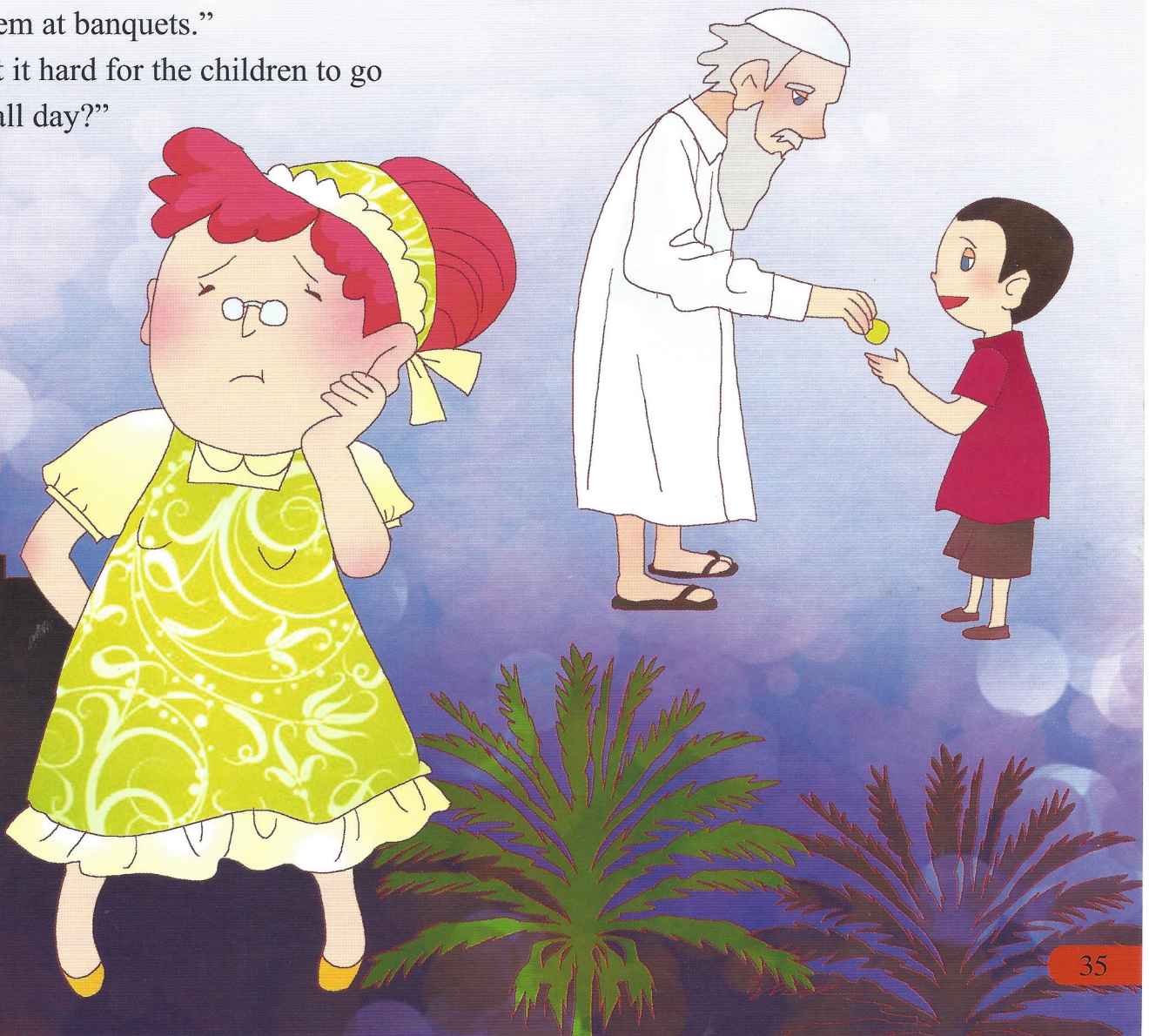
“The month is considered holy. Families fast during the day. They do not eat food. They try not to drink anything either. They believe it teaches them self-control and humility. They wait until the sun goes down at night to eat. The meal starts by eating a traditional food. The head of the house gives a date to everyone to eat. Sometimes the meals are simple with fruits and vegetables. Other times families fix favorite meals and serve them at banquets.”

“Isn't it hard for the children to go hungry all day?”

「1個月？我聽說那些家庭會在假期中禁食，不吃東西。他們怎麼能餓那麼久的肚子？」

「這是個神聖的月分。大家會在白天禁食。他們不吃東西，也盡量不喝東西。他們相信這樣能教導自己自制與謙遜。他們等到晚上太陽下山後才進食。先從食用傳統食物開始。一家之主發給每人1顆椰棗吃。有時候晚餐是簡單的水果與蔬菜。有些時候會準備自己最喜歡的食物，在宴會上吃。」

「要小孩子餓1整天不是很難過嗎？」





“The children and people who are sick and even people who are traveling do not have to fast. People who do not fast are encouraged to feed the poor and help the less fortunate.”

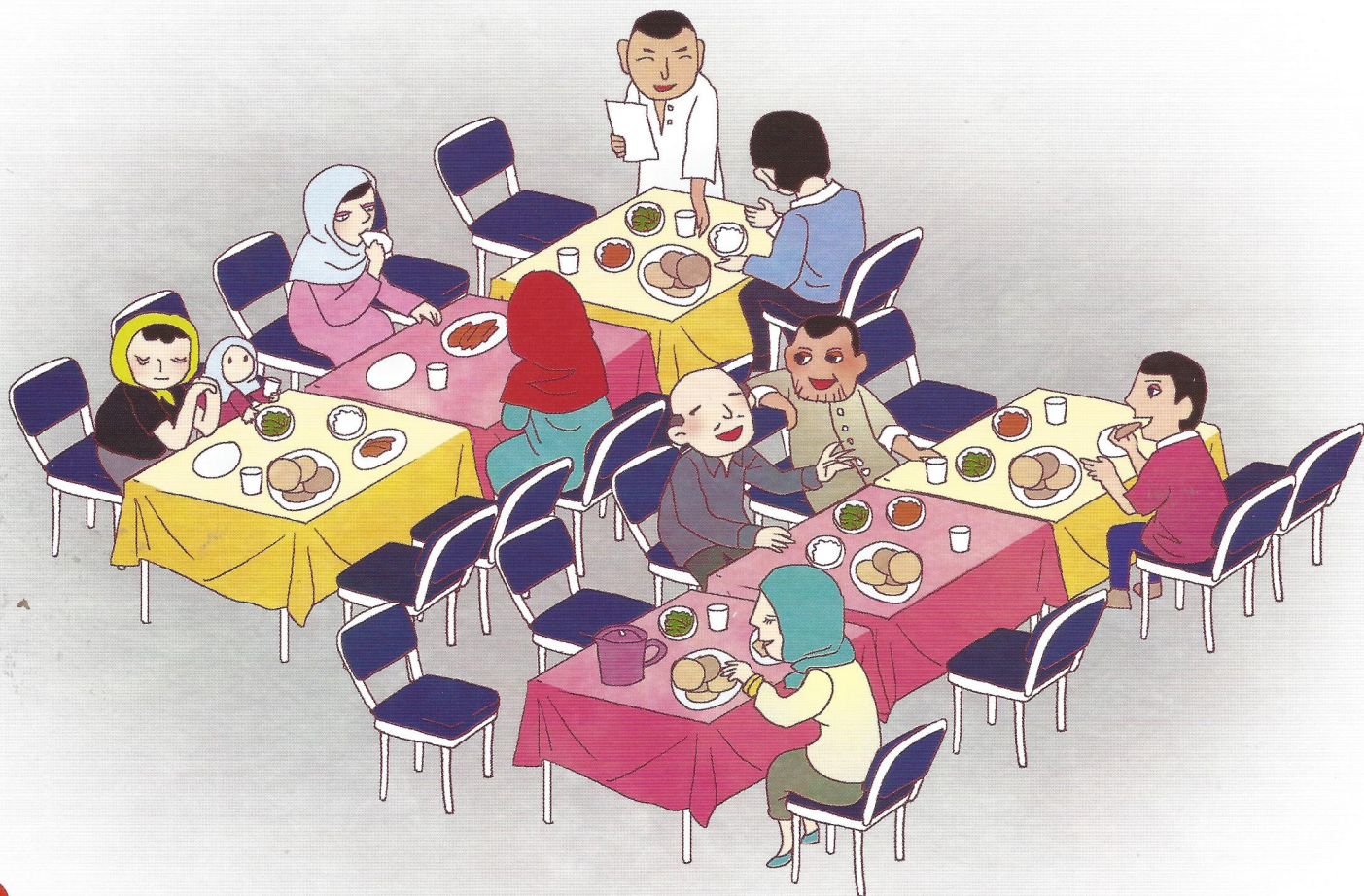
“We do that. We give to the food pantry to help the hungry.” Granny liked helping others. She often took clothes to the mission. Granny also enjoyed helping sew quilts for children who needed them. Helping others is a good thing. She liked what Grandpa said next.

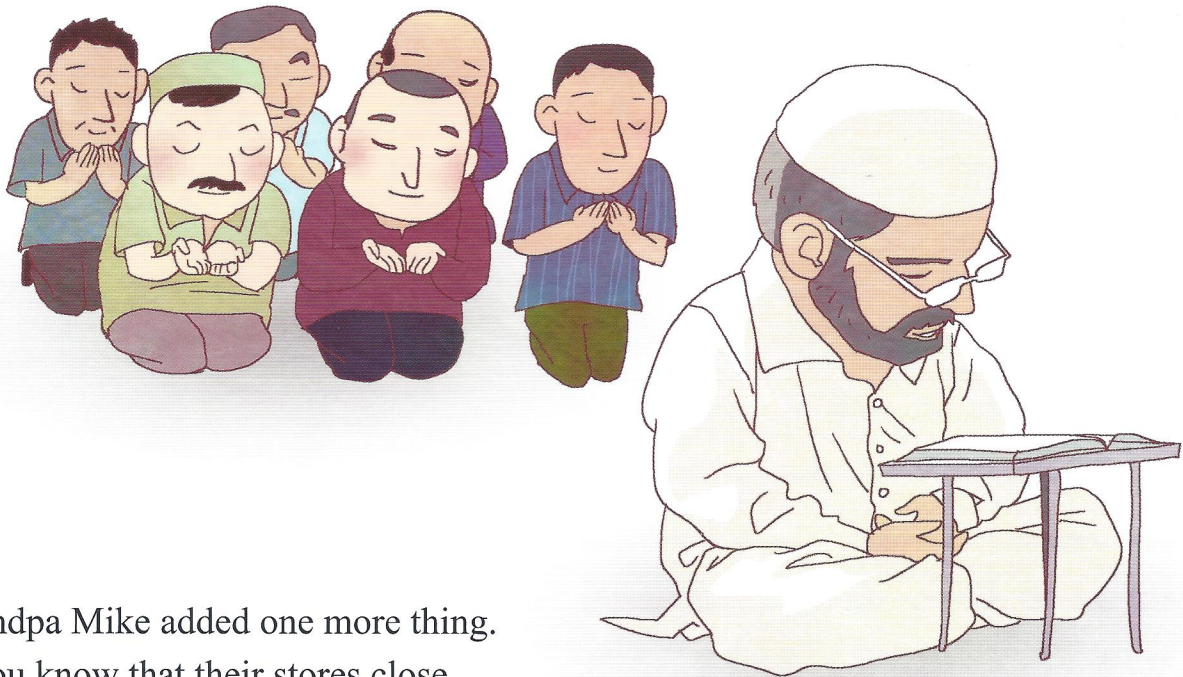
“Muslims believe in charity, good deeds and helping others. At Ramadan, people buy gifts for their family and friends. They even buy gifts to donate to the needy.”

「小孩子、病人，甚至是旅行中的人不用禁食。大家鼓勵不禁食的人為窮人提供食物，幫助不幸的人。」

「我們也會如此做。我們把食物捐給慈善機構『物資廚房』，讓他們幫助飢餓的人。」奶奶喜歡助人，她經常捐衣服給慈善機構。奶奶也喜歡幫忙縫被子給需要的孩子。助人是好事，她喜歡爺爺接下來說的話。

「穆斯林教徒相信慈善、善事與助人。齋戒月的期間，大家會買禮物送給家人及朋友，他們甚至還會買禮物捐給需要的人。」





Grandpa Mike added one more thing. “Did you know that their stores close during evening prayers? Hundreds of people go to their favorite mosques for prayers. They listen as someone reads from their holy book. Then the stores open up again. Sometimes people stay out late with their friends.”

“I read that people try to give up their bad habits at Ramadan,” said Granny. “Sometimes individuals make resolutions or promises to live better lives beginning with the holiday celebrations.”

“I know that Ramadan is a Muslim religious holiday. But, it sounds like fun,” said Grandpa Mike.

“Grandpa,” Granny Beck said, “Maybe now would be a good time to travel to the Mid-East to tell stories.

麥克爺爺還說：「你知道傍晚禱告的時候店家都會關門嗎？上百人會去他們最喜歡的清真寺禱告，聽別人閱讀聖書。晚一點店家會再開門。有時候大家會跟朋友在外面待到很晚。」

「我在書上讀過，大家會在齋戒月期間嘗試戒掉他們的壞習慣，」奶奶說：「有時候，有些人會下決心或發誓要隨著假期的慶祝活動，開始過更好的生活。」

「我知道齋戒月是穆斯林的宗教假期，但聽起來真是好玩，」麥克爺爺說。

「爺爺，」貝克奶奶說：「或許現在是去中東說故事的好時機。」

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