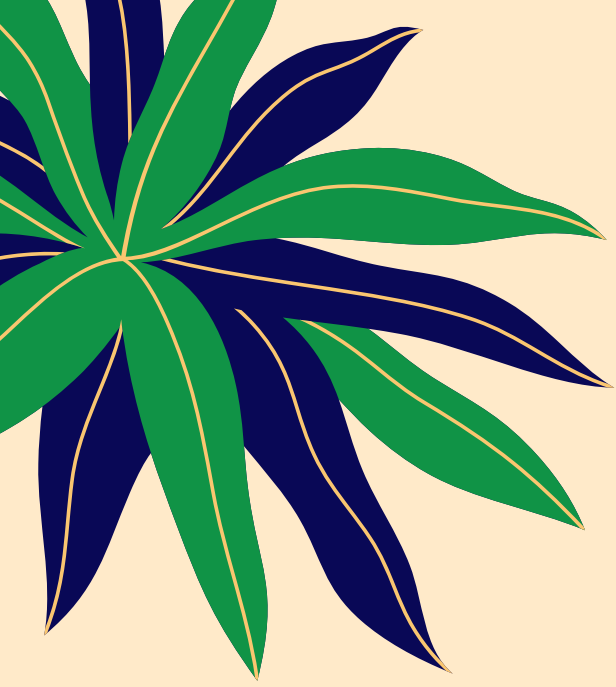
A decorative illustration of a green leafy branch in the top left corner.

# RAMADAN COMMUNITY CARE *toolkit*

A guide to staying connected and taking care of  
our communities this Ramadan during physical  
isolation

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# WHAT IS COMMUNITY CARE?

Over the last few years, there's been a lot of buzz about self-care. And, while self-care may be defined differently from person to person, there's a general cultural understanding about what it is. Generally speaking, self-care is the act of an individual attending to their needs.

However, community care is a term that is rarely used outside of movement spaces yet is an essential ingredient needed for collective healing and restoration. In a Facebook status that eventually went viral, Canadian organizer Nakita Valerio wrote,

"SHOUTING 'SELF-CARE' AT PEOPLE WHO ACTUALLY NEED 'COMMUNITY CARE' IS HOW WE FAIL PEOPLE."



**Community can be defined many different ways.** For some of us, our communities may be defined by geography - the places in which we live, work, pray, and play; by fellowship and shared values with others - those we engage in spiritual practice with, those we feel most connected to; or by the purposes or causes we feel connected to. For a lot of us, it is likely some combination of those.

**So, what is community care and why isn't self-care enough?** Community care is the important work of taking care of our communal ecosystems, the people and places we are in community with.

**Moreover, communal care is a part of the essence and tradition of Islam,** and at its very core of is Rahma (compassion).

**"WHEN WE PRACTICE LOVING KINDNESS AND COMPASSION, WE ARE THE FIRST ONES TO BENEFIT."**

- Rumi

Not only did Prophet Muhammad (PBUH) encourage Muslims to have compassion for all of God's creation--from people to the natural world around us--but he also modeled compassion and community care in the way he lived his life.

# WHY IS IT IMPORTANT?

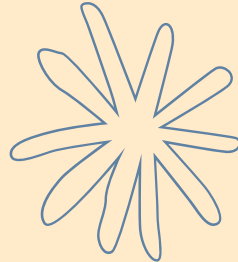
Now more than ever, cultivating a sense of community is integral in not only preventing individuals from feeling isolated due to quarantining, but also to **provide a sense of safety** especially as Ramadan falls upon us. As we try to build a new normal when we rise early to catch the first bite before sunrise, to breaking bread at sundown; we at HEART want to *explore all the ways we can continue to foster a sense of belonging with one another virtually.*

Ramadan is not only a month of **reflection**, **prayer**, and **fasting**; there's also a strong emphasis on *community and community building*. Community, at its core, is meant to bring individuals of all races, sexual orientation, gender identities, economic backgrounds, abilities and religious practice to feel **welcome**, **seen**, and **heard**.





At HEART, **we believe** that it is **our duty** to not only acknowledge our *privilege*, but to take one step further and leverage our privilege to help and support our communities.



There might be several limitations regarding accessibility and how we can interact, **so we have some tips on what can keep us all connected!**

# TIPS, TRICKS, & TOOLS

Some of our favorite ways to  
practice community care



TAKE CARE OF  
YOURSELF

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DEEPEN YOUR  
SPIRITUALITY  
TOGETHER

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CONNECT WITH  
YOUR LOVED  
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IF YOU'RE ABLE  
SUPPORT WITH  
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# TAKE CARE OF YOURSELF

## MENTAL HEALTH RESOURCES

For many of us, COVID-19 is unlike anything we have ever lived through. Everyday we are being bombarded with information, stories of tragedy, and even experiencing loss of loved ones and people we know--all in the midst of adjusting to this new reality and being physically isolated. This can take a toll on our mental health and well being. It's especially important now that we are attending to our mental health and well being. We've put together a list of mental health resources to support you.

## ESTABLISH A SCHEDULE & BOUNDARIES

With the stay-at-home orders in place, it's easy to feel like days are blurring into each other or that you're having trouble stepping away from your work for the day. Establishing a schedule and setting boundaries will help you stay focused when needed, not feel overwhelmed, and will foster balance.

Here is an article about mental well-being and boundaries that we loved!

## TAKE A BREATH

We are experiencing collective trauma at a global level. Don't feel pressured to use all of your time being productive. It's okay to pause and take a breath. Or take a nap in the middle of the day.



"YOU ARE NOT WORKING FROM HOME, YOU ARE AT HOME DURING A CRISIS TRYING TO WORK."

...I THINK IT'S AN IMPORTANT DISTINCTION WORTH EMPHASIZING.

@neilmwebb



# DEEPEN SPIRITUALITY TOGETHER

## ONLINE COMMUNITY

We may be apart, but finding a sense of community during Ramadan shouldn't be hard! This may be the time to discover different ways for our spiritual heartwork and to build new traditions, like joining a virtual iftar or spiritual lecture!

## MEDITATION

Sometimes breath work, body movement, and being able to do this with someone can be uplifting. OR if you want to do this on your own and suggest it to your loved ones, that is another amazing option!

We've put together a list for you!

## DUA'A/RECITATION LIST

We know that there is a beautiful power to dua'a, and sometimes that is what allows us to stay connected with one another. Here's a guide for making your own dua'a list!

# CONNECT WITH YOUR LOVED ONES

Who says that there has to be one way of connecting with someone?

We understand how uplifting it can be to connect with people you care about, in different and unique ways. Ways that speak to your comfortability while knowing that you are still in community!

**Here's a list of different things we recommend:**

Call/video chat

House party

Netflix party

Virtual dance parties

Physical mail - (care packages of essentials)

Share Recipes

**HEART + Different Organization Support Group**

**Opportunities:**

HEART-y Iftars

Masjid al-Rabia

Muslim ARC

Vigilant love

# IF YOU ARE ABLE, SUPPORT YOUR COMMUNITY WITH MONEY

## BUY FROM SMALL, LOCAL BUSINESSES

When you have the option, support the small, local businesses in your communities.

Supporting small businesses can look like:

- ✓ Ordering pick-up or takeout from your favorite restaurant
- ✓ Ordering books online from independent bookstores
- ✓ Purchasing gift cards for loved ones or for yourself to use in the future.

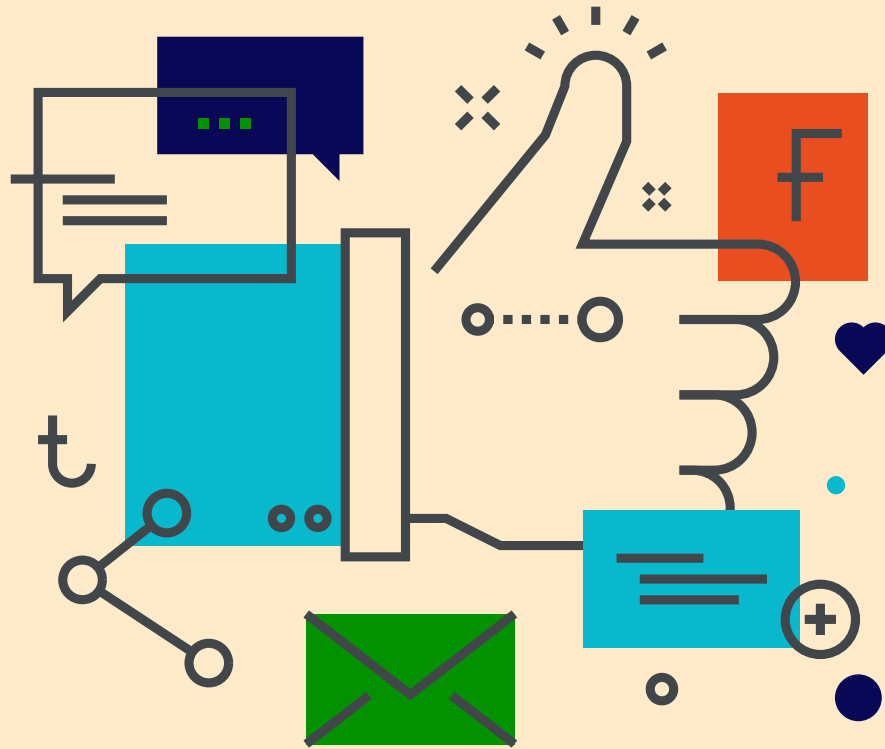
## DONATE TO ORGANIZATIONS AND MUTUAL AID FUNDS

Support mutual aid funds and organizations who are providing relief and other important services

Do a quick Google search to find mutual aid funds serving your community or support the funds and organizations listed below that are doing important work to support Muslim communities:

- ✓ Masjid al-Rabia's Radical Muslim Mutual Aid Fund
- ✓ Justice for Muslim's Collective
- ✓ Vigilant Love
- ✓ HEART

# CONNECT WITH US!



[www.heartwomenandgirls.org](http://www.heartwomenandgirls.org)



@hearttogrow



[.../heartwomenandgirls](https://www.facebook.com/heartwomenandgirls)