



# Practice Shifts & Community Visions

## Shifts in Practice

- Focus on intuitive eating & food justice
- Greener Ramadan, mindful eating
- Worship as care (especially caretaking work)
- Self-check-ins, dhikr, and small wins

## Community & Support

- Create gentle, inclusive spaces
- Reconnect through visits & acts of service
- Lift up incarcerated, queer, & overlooked Muslims

## Going Forward

- Quarterly niyyah check-ins
- Honor intention, not just outcome
- Ramadan is a marathon, not a sprint

# Spiritual Grounding & Ramadan Takeaways



## Core Lessons & Intentions

- Consistency > Perfection
- Quality over quantity
- Center sincerity & niyyah
- Make space for slowing down



## Laylat al-Qadr & Ramadan Beliefs

- Dream big in du'a, intensify worship
- Feel peace, not pressure
- A perfect Ramadan doesn't exist!
- Be curious: feminist stories, nontraditional fasting



## Let Go Of

- ~~Toxic productivity~~
- Comparison & shame X
- Transactional worship
- High-stakes "perfect" expectations



# Emotional Realities & Divine Connection



## Emotional Truths Shared

- Grief, stress, isolation, insecurity
- Conflict in organizing spaces
- Lack of community for many converts/queer Muslims



## Connecting to God

- Feel closest through:
- Nature, water, wonder
- Gratitude, early mornings, children's joy
- Names of God as comfort



## Deep Reflections

- What if I am worthy of Allah's love?
- What does forgiveness really feel like?



الولى  
الرزاق  
الفتاح

