

# Muharram 1445

Sayyiduna Abu Hurairah رَضِيَ اللهُ عَنْهُ narrates that the Messenger of Allāh صَلَّى اللهُ عَلَيْهِ وَسَلَّمَ said: “The most virtuous fasts after those in the month of Ramadhān are those in the month of Allāh, Al-Muharram.”

Jami' at-Tirmidhi, Hadith: 740]



SUN	MON	TUE	WED	THUR	FRI	SAT
				1 20 July	2 21 July	3 22 July
4 23 July	5 24 July	6 25 July	7 26 July	8 27 July	9 28 July	10 29 July
11 30 July	12 31 July	13 1 Aug	14 2 Aug	15 3 Aug	16 4 Aug	17 5 Aug
18 6 Aug	19 7 Aug	20 8 Aug	21 9 Aug	22 10 Aug	23 11 Aug	24 12 Aug
25 13 Aug	26 14 Aug	27 15 Aug	28 16 Aug	29 17 Aug	30 18 Aug	

- Sunnah to fast (Mondays and Thursdays)
- Sunnah Hijaamah (Cupping) Days
- Sunnah to fast (10 Muharram - Āshurā) - Fast on 9th and 10th OR 10th and 11th
- Sunnah to fast (The bright days - 13,14,15)



## WIFĀQUL 'ULAMA (SA)

ASSOCIATION OF SOUTH AFRICAN 'ULAMA

**ASPIRING TO PRESERVE THE ESSENCE OF SUNNAH**

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