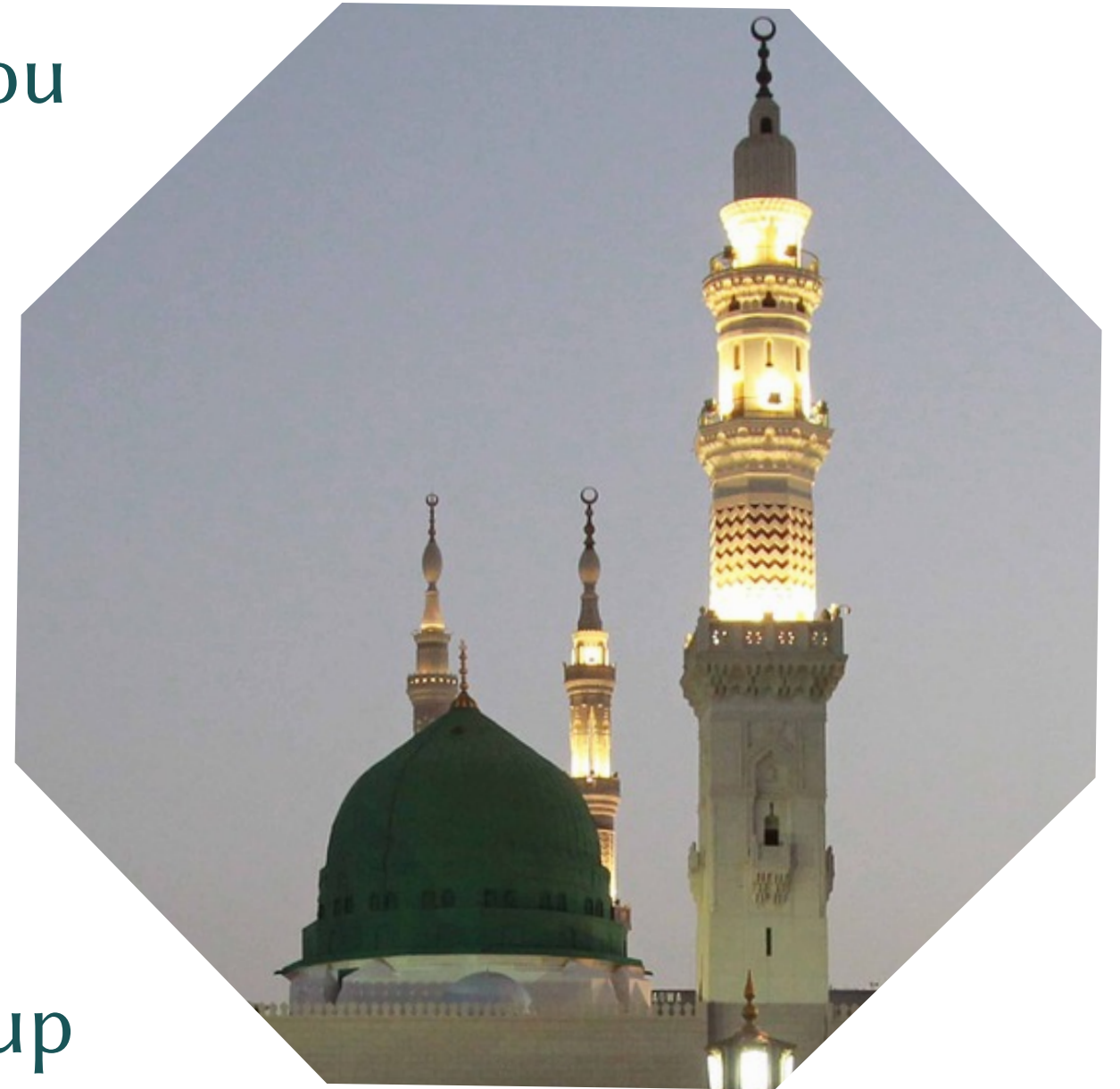


# Sha'bān 1445

Sayyiduna Usāmah bin Zaid رضي الله عنه says: "I said: 'O Messenger of Allāh ﷺ, I do not see you fasting in any month as much as you do in Sha'bān.' He said: 'It is a month that people do not pay attention to between the months of Rajab and Ramadān. It is a month in which the deeds are taken up to the Rabb (sustainer) of the worlds, and I like that my deeds be taken up while I am fasting.'"

[Sunan an-Nasa'i, 2357]



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



Sunnah to fast (Mondays and Thursdays)



Sunnah Hijaamah (Cupping) Days



Sunnah to fast (The bright days - 13,14,15)



15 Sha'baan (Laylatul Bara'ah will be on Sunday night - 25 Feb)



## WIFĀQUL 'ULAMA (SA)

ASSOCIATION OF SOUTH AFRICAN 'ULAMA

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