



**CAIR**  
WASHINGTON

# **A brief guide for housing providers on Islamic practices and working with American Muslim clients**

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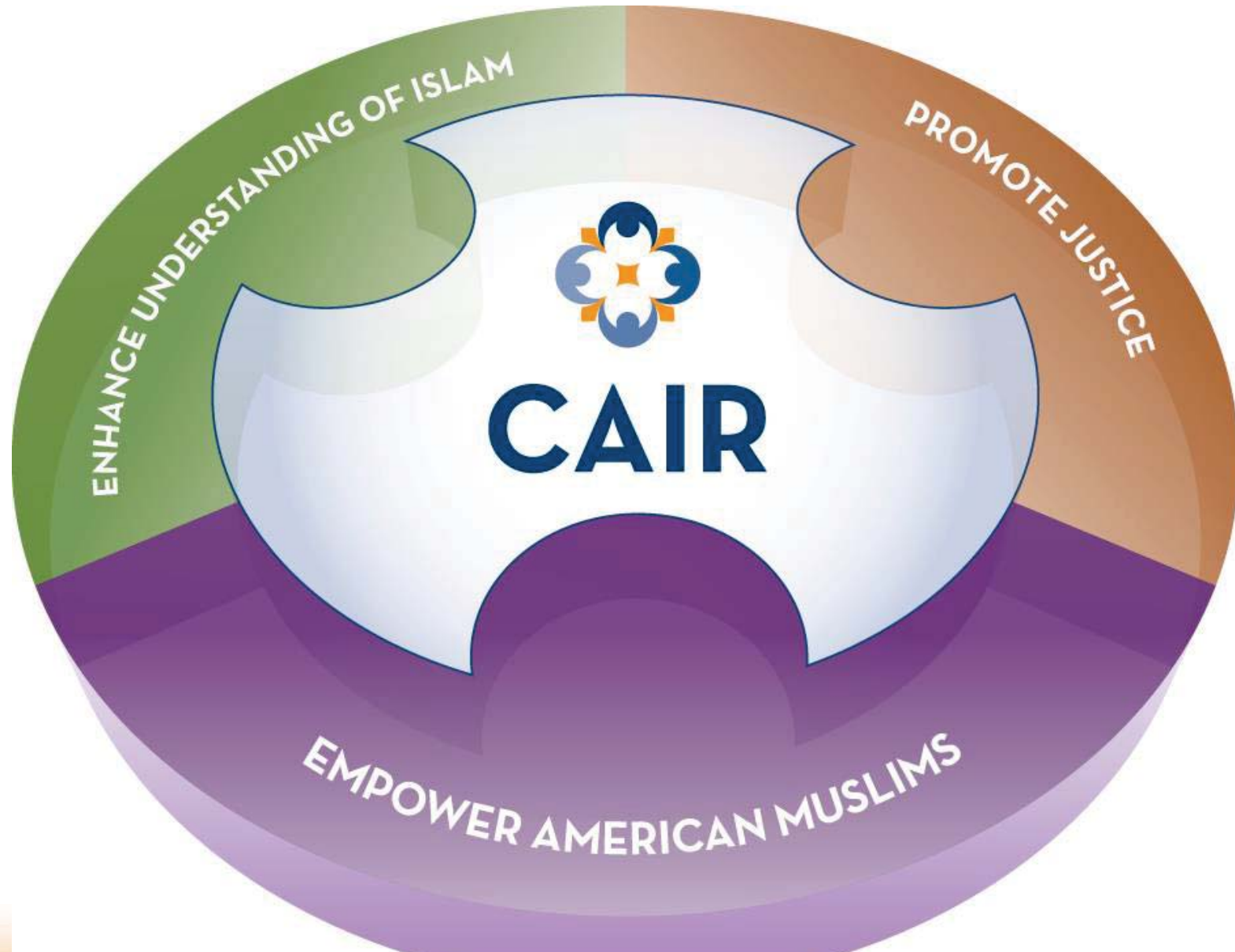


# Agenda

- ◆ Welcome, introductions
- ◆ Understanding Islamic practices
- ◆ Q&A



# CAIR Mission





# Largest Muslim Civil Rights Group in US



» Start your own chapter



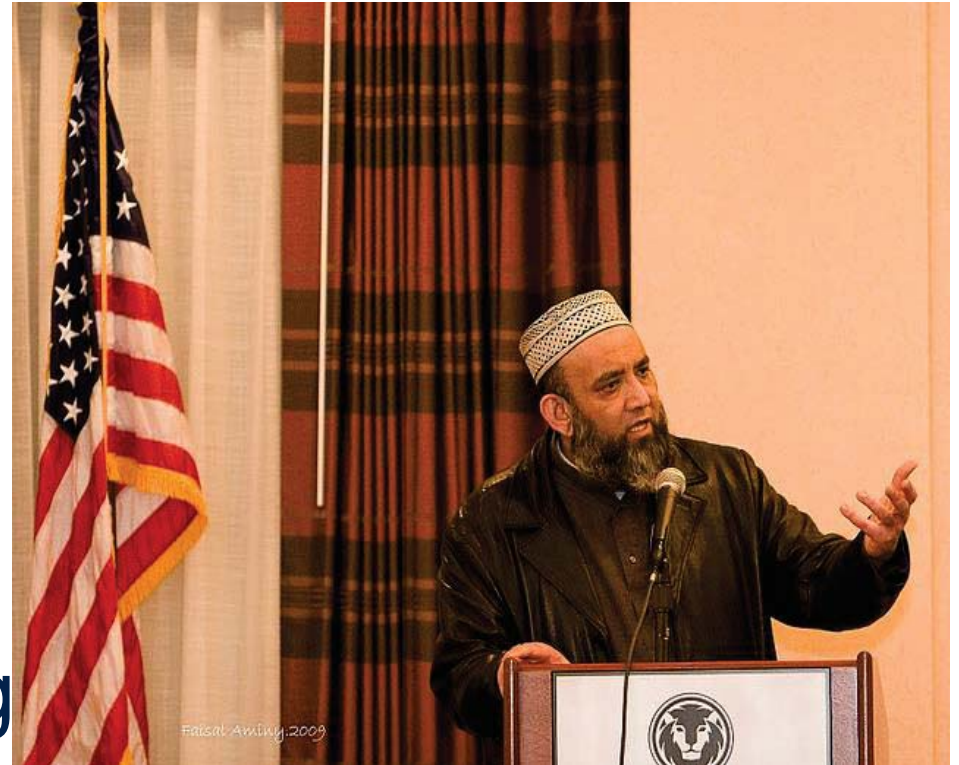
# Six articles of faith

1. Belief in God
2. Belief in the angels
3. Belief in God's revealed books
4. Belief in the prophets and messengers of God
5. Belief in the judgment day
6. Belief in divine predestination



# Five 'pillars' of Islam

1. *Shahadah* –  
Testimony of faith
2. *Salaat* - Prayer
3. *Zakaat* - Alms giving
4. *Sawm* - Fasting during Ramadan
5. *Hajj* - The pilgrimage to Mecca





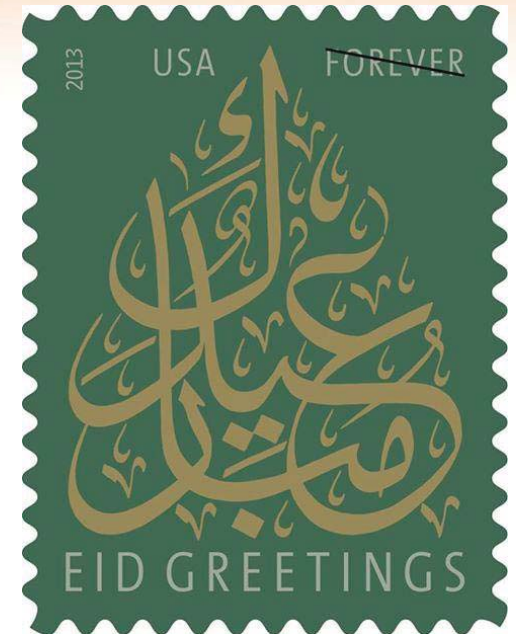
# Month of *Ramadan*

- ◆ 9<sup>th</sup> month in lunar calendar. Month during which Qur'an was revealed
- ◆ Fast from before dawn til sunset
  - Purpose: Self-discipline, focus on God, spirituality
- ◆ Increase prayers & reading of Qur'an
- ◆ Communal fast-breaking meal at sunset
- ◆ Students can use library instead of cafeteria if fasting. If concerns, contact parents
- ◆ “*Taraweeh*”: nightly evening prayers



# Islamic Holidays

- ◆ Two major holidays:
  - ◆ ‘Eid-ul-Fitr’: After month of Ramadan.
  - ◆ ‘Eid-ul-Adha’: On 10<sup>th</sup> day of 12<sup>th</sup> month of Islamic calendar
  
- ◆ Celebrations include congregational prayers, family visitations, gift exchanges







# Prayers

- ◆ 5 daily prayers
  - ◆ Pre-dawn, mid-day, late afternoon, sun-down, night
  - ◆ (Ablution before prayers)
  
- ◆ Friday prayer services
  - ◆ In congregation, at mosque
  
- ◆ Eid prayer services





# American Muslim Demographics

- ◆ US: 7 million
  - ◆ WA: 100k
- ◆ 15% Arab
- ◆ 33% South Asian
- ◆ 30% African American
  
- ◆ 58% college graduates
- ◆ 36% born in U.S.
- ◆ 10k-20k in US military





# Research Studies

- ◆ 2009 Gallup Poll: 'Muslim Americans Exemplify Diversity, Potential'
- ◆ 2011 Pew Research: 'Muslim Americans: No Signs of Growth in Alienation...'
- ◆ 2011 Harvard Study: Civic Engagement Rises with Mosque Attendance
- ◆ 2011 Gallup Poll of Muslims across world



## Cultural practices vs. Islamic practices

- ◆ Not everything a Muslim does is Islamic
- ◆ Not every Muslim is religious
- ◆ Culture is a strong influence
- ◆ Culture may impact religious practices
- ◆ Culture may contradict religion





# Dietary Requirements

- ◆ Qur'an prohibits consumption of:
  - ◆ Alcohol or any intoxicants
  - ◆ Pork or pork products
- ◆ Standards of '*Zabiha*' & '*Halal*' in slaughter & preparation of meat & poultry





# Modesty

- ♦ Islamic teachings require both men & women to dress & behave modestly.
- ♦ Extends beyond clothing
  - ♦ Many will insist on not shaking hands with members of opposite gender
- ♦ Allows individual to be valued based on skills & contributions to community, not physical attributes





# Interaction with Muslims

- ◆ Interacting with opposite gender
  - ◆ Be modest
  - ◆ Some Muslim women may avoid persistent eye contact
  - ◆ Do not (or appear to) touch, or shake hand
  - ◆ Maintain physical distance
  - ◆ Interaction should be formal





# Interaction with Muslims

## - Dogs -

- ◆ Dogs are considered ritually unclean by many Muslims
- ◆ Dogs are not allowed to enter most Muslims' homes neither are they touched by hand
  - In many cases not allowed inside yards either
- ◆ For cultural reasons, Muslims may have a great fear of, or discomfort around, dogs
- ◆ Instead of using dogs for bug inspections, have inspections done manually or use other methods





# Death and Burial

- ◆ In accordance with Islamic tradition, family/community members wash body and bury him/her quickly, preferably within 24 hours
- ◆ Cremation and embalming are against Islamic teachings
- ◆ The imam on call or local mosque must be notified immediately to accommodate '*Janaza*' (funeral service)



# Views of Substance Abuse

- ◆ Views of substance abuse
  - Religious: involvement in prohibited activity
  - Social: embarrassment, social standing, others' views
  
- ◆ Views of mental health issues
  - Religious: life challenges are a 'test' from God
  - Social: may be similar to social views of substance abuse



# Making Referrals

- ◆ Understanding of:
  - ◆ Cultural considerations
  - ◆ Language
  - ◆ Religious observances
  - ◆ Dietary restrictions



- ◆ Awareness of relevant community resources
- ◆ “Inner City Muslim Action Network” (IMAN)



# Community Centers

- ◆ Mosques and Islamic centers
  - ◆ Some have family programs, others only for prayer services
- ◆ Cultural centers
  - ◆ Based on national origin and ethnicity
- ◆ Finding community events
  - ◆ [Muslim-calendar.com](http://Muslim-calendar.com)
  - ◆ Facebook





# Mainstreaming of anti-Muslim bias

- ◆ Anti-Muslim trainings for law enforcement
- ◆ Conspiracy theories promoted by lawmakers
- ◆ Hate blogs, books, speakers
- ◆ Hate groups at colleges, churches, synagogues, town halls
- ◆ 2009 Gallup report: Islam is the religion most frequently mentioned in TV news in US, and 40% of coverage was negative
- ◆ Research by University of Hawaii, University of Exeter, & National Hispanic Media Coalition indicate that media content can have a direct effect on hate and prejudice



## Impact on everyday Americans

- ◆ Mainstream acceptability of anti-Muslim hate
- ◆ 400+ cases received by CAIR-WA in 2014
- ◆ Almost ½ of Muslim students in CA experienced bullying due to religion, race, ethnicity, bias
- ◆ Harassment in workplaces, public areas, etc.
- ◆ FBI: Anti-Muslim hate crimes remain high
  - ◆ July-Dec 2012 & late 2014-early 2015: nationwide spike in hate crimes
  - ◆ 10+ reported hate crimes in 2015 in WA



# Online Resources

## ◆ National Muslim Orgs

- ◆ [www.isna.net](http://www.isna.net)
- ◆ [www.icna.org](http://www.icna.org)
- ◆ [www.ing.org](http://www.ing.org)
- ◆ [www.masnet.org](http://www.masnet.org)
- ◆ [www.mpac.org](http://www.mpac.org)
- ◆ [www.cair.com](http://www.cair.com)

## ◆ Local Muslim Orgs

- ◆ [www.msauw.org](http://www.msauw.org)
- ◆ [www.mapsredmond.org](http://www.mapsredmond.org)
- ◆ [www.cairseattle.org](http://www.cairseattle.org)
- ◆ [www.mcrcseattle.org](http://www.mcrcseattle.org)

## ◆ List of Muslim community orgs:

- [www.muslimguide.com](http://www.muslimguide.com)
- [www.islamicfinder.org](http://www.islamicfinder.org)

## ◆ Islamic Beliefs

- ◆ [www.whyislam.org](http://www.whyislam.org)
- ◆ 1-877-Why-Islam

Answers to questions about Islam and Muslims:

- ◆ [www.ing.org/faq](http://www.ing.org/faq)

## ◆ Islamic multimedia

- ◆ [www.soundvision.com](http://www.soundvision.com)



# Stay Connected!

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