



*Ahmadīs in Pakistan have shown extraordinary patience and resilience in the face of severe persecution. These sacrifices and these emotions can only bear fruit if we fall down before Allāh and wet our prayer mats with tears ... Let us, therefore, pray with deep anguish and fervour so that our prayers are heard.* (Friday Sermon 7th Nov 2011)

## Sahoor and Iftar times Islamabad

Date	Sahoor	Iftar
Thu 27 Oct 2011	6:15	17:48
Thu 03 Nov 2011	5:27	16:35
Thu 10 Nov 2011	5:40	16:24
Thu 17 Nov 2011	5:52	16:14
Thu 24 Nov 2011	6:03	16:06
Thu 01 Dec 2011	6:13	16:00
Thu 08 Dec 2011	6:22	15:57
Thu 15 Dec 2011	6:29	15:57
Thu 22 Dec 2011	6:34	15:59
Thu 29 Dec 2011	6:36	16:04
Thu 05 Jan 2012	6:35	16:11
Thu 12 Jan 2012	6:32	16:20
Thu 19 Jan 2012	6:26	16:31
Thu 26 Jan 2012	6:19	16:43
Thu 02 Feb 2012	6:09	16:55
Thu 09 Feb 2012	5:57	17:08
Thu 16 Feb 2012	5:44	17:20
Thu 23 Feb 2012	5:31	17:33
Thu 01 Mar 2012	5:16	17:45
Thu 08 Mar 2012	5:01	17:57
Thu 15 Mar 2012	4:45	18:09
Thu 22 Mar 2012	4:29	18:21
Thu 29 Mar 2012	5:14	19:33
Thu 05 Apr 2012	4:58	19:44
Thu 12 Apr 2012	4:43	19:56
Thu 19 Apr 2012	4:28	20:07
Thu 26 Apr 2012	4:14	20:19
Thu 03 May 2012	4:01	20:30
Thu 10 May 2012	3:49	20:41

*Every local Jama'at can make their own decision to set a day for the optional fast, but it would be better if one day is chosen in the local Jama'at, preferably a Monday or a Thursday.*

(Friday Sermon 14<sup>th</sup> Oct 2011)

*I appealed to the Jama'at to pray that we are safeguarded from the animosities and hostilities of these cruel people, I also appealed that we should pray that Allah Almighty cleanses the country of such people who cause disorder and oppression so that this country (Pakistan) can be saved.*

(Friday Sermon 14<sup>th</sup> Oct 2011)

This table can be downloaded from [www.tarbiyyat.org](http://www.tarbiyyat.org)

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