













First and foremost, I would like to wish you and your loved ones a blessed and productive Ramadan. I pray that as you come closer to the Almighty, he comes to you twice as fast.

Last year we outlined how important it is - especially as young people- to invest in planning our Ramadan and in setting clear targets, which we want to achieve throughout this blessed month. This year we want to go one step further and want to encourage you to also use this holy month to reflect on your life and personality and work on your mental health. We saw a big need to provide our youth a safe space and tools to actively work on habits to progress in these areas throughout the month. One of the ways in which we tried to ingest in mental health was of course our "Mind the Gap!" study session which took place a month before Ramadan.

The process of change and development we have before and throughout Ramadan reflects the blossoming of flowers, which go through a lot of hardship before they become the beautiful flowers that we are able to see and enjoy in spring and summer. Finding a strong meaning through this symbolism, we decided to design the Ramadan Planner around this concept:

"Just like flowers blossom every spring, so do we every Ramadan."



2

May Allah (swt) accept your fasting, prayers and acts of good during this blessed month. May He envelop us in His mercy and forgiveness, beautify our hearts with iman and make the Qur'an a light in our hearts and a cure for all distress. May Allah (swt) shower you and your families with His (swt)'s abundant Mercy and Blessings. May Allah (swt) grant peace and stability to all people who are in need and grant them patience. Ameen.





































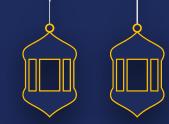
















Day	No.	Month	Fajr	Sunrise	Dhur	Asr	Maghrib	Isha
Saturday	1	April 2nd	05:42	07:17	13:46	17:20	20:17	21:52
Sunday	2	3rd	05:39	07:14	13:46	17:20	20:18	21:54
Monday	3	4th	05:37	07:12	13:46	17:21	20:20	21:56
Tuesday	4	5th	05:34	07:10	13:45	17:22	20:22	21:58
Wednesday	5	6th	05:31	07:08	13:45	17:23	20:32	22:00
Thursday	6	7th	05:29	07:06	13:45	17:24	20:25	22:02
Friday	7	8th	05:26	07:03	13:44	17:25	20:26	22:04
Saturday	8	9th	05:23	07:01	13:44	17:25	20:28	22:06
Sunday	9	10th	05:21	06:59	13:44	17:26	20:30	22:08
Monday	10	llth	05:18	06:57	13:44	17:27	20:31	22:11
Tuesday	11	12th	05:15	06:55	13:43	17:28	20:33	22:13
Wednesday	12	13th	05:13	06:53	13:43	17:29	20:35	22:15
Thursday	13	14th	05:10	06:50	13:43	17:29	20:36	22:17
Friday	14	15th	05:07	06:48	13:43	17:30	20:38	22:19
Saturday	15	16th	05:05	06:46	13:42	17:31	20:39	22:21

Day	No.	Month	Fajr	Sunrise	Dhur	Asr	Maghrib	Isha
Sunday	16	17th	05:02	06:44	13:42	17:32	20:41	22:24
Monday	17	18th	04:59	06:42	13:42	17:32	20:43	22:26
Tuesday	18	19th	04:57	06:40	13:42	17:33	20:44	22:28
Wednesday	19	20th	04:54	06:38	13:42	17:34	20:46	22:31
Thursday	20	21st	04:51	06:36	13:41	17:34	20:48	22:33
Friday	21	22nd	04:48	06:34	13:41	17:35	20:49	22:35
Saturday	22	23rd	04:46	06:32	13:41	17:36	20:51	22:38
Sunday	23	24th	04:43	06:30	13:41	17:37	20:52	22:40
Monday	24	25th	04:40	06:28	13:41	17:37	20:54	22:42
Tuesday	25	26th	04:37	06:26	13:40	17:38	20:56	22:45
Wednesday	26	27th	04:35	06:24	13:40	17:39	20:57	22:47
Thursday	27	28th	04:32	06:22	13:40	17:39	20:59	22:50
Friday	28	29th	04:29	06:20	13:40	17:40	21:00	22:52
Saturday	29	30th	04:26	06:18	13:40	17:41	21:02	22:55
Sunday	30	May 1st	04:24	06:17	13:40	17:41	21:04	22:57

## . Weekly Reflection



#### Salam alaykum!

Before starting your Ramadan journey, we advise you to go through the following questions that we've prepared for you to wisely utilise this blessed month wisely, as an opportunity to improve and to change. So, please take your time, be sincere and don't forget to renew your niyyah (intention) to change with the help of Allah actively.

We recommend you to focus on one personal goal at a time. Bismillah, let's go!"

### WEEK 1

- 1. What do you want to change about yourself?
- 2. Is your personal goal realistic and why is it important to you?
- 3. What can help you to change it?
- 4. When do you want to achieve this personal goal?



To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Yarawih:
	Fasting: Yes/No
	Digital screen time:
	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day  Take your sincere niyyah for a fruitful Ramadan.  Share your challenge #BlossomYourRamadan







Monday



To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
ا	Yarawih:
	Fasting: Yes/No
	Digital screen time:
	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day
	Write 10 things you are grateful for.
	Share your challenge #BlossomYourRamadan

To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Yarawih:
	Fasting: Yes/No
	Digital screen time:
□	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day
	Try planting a flower.
	Share your challenge #BlossomYourRamadan

	Daily Habit Tracker	
	Quran page read:	
6000 6000 6000 6000 6000 6000 6000 600	Morning/evening adhkar:	Yes/No
<b>&amp;</b>	Dua for yourself/ loved ones/The Ummah:	Yes/No
<u>&amp;</u>	Tarawih:	
	Fasting:	Yes/No
Ö	Digital screen time:	
	Glass of water:	
	Daily Donations:	Yes/No
	5 min reflection:	Yes/No
	$\wedge$	
	Challenge	



To-Do List





Wednesday

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			Daily Habit Tracker	
			Quran page read:	
	Ш,	8000 8000 8000	Morning/evening adhkar	: Yes/No
П	(	99	Dua for yourself/ loved ones/The Ummah:	Yes/No
ш		<u>&amp;</u>	Tarawih:	
			Fasting:	Yes/No
		<u>Ü</u>	Digital screen time:	
Ш			Glass of water:	_
	١		Daily Donations:	Yes/No
			5 min reflection:	Yes/No
			Challenge of the Day  Buy or prepare a warm meal for omeone in neel	or

Share your challenge #BlossomYourRamadan

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To-Do List	
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	Daily Habit Tracker	
	Quran page read:	
8000 8000 8000	Morning/evening adhkar:	Yes/No
<b>66</b>	Dua for yourself/ loved ones/The Ummah:	Yes/No
Š	Tarawih:	
	Fasting:	Yes/No
Ö	Digital screen time:	
	Glass of water:	
	Daily Donations:	Yes/No
Ö	5 min reflection:	Yes/No

Challenge of the Day

Send an uplifting message to a friend/family member or someone you haven't spoken to in a while.



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## Ramadan 7

12



Friday

To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Tarawih:
	Fasting: Yes/No
	Digital screen time:
Ш	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day  Participate at FEMYSO's Launchgood

Share your challenge #BlossomYourRamadan

To-Do List	
	L

	Daily Habit Tracker	
	Quran page read:	
&	Morning/evening adhkar:	Yes/No
<b>\$</b> \$	Dua for yourself/ loved ones/The Ummah:	Yes/No
<u>&amp;</u>	Tarawih:	
	Fasting:	Yes/No
Ö	Digital screen time:	
	Glass of water:	
	Daily Donations:	Yes/No
$\bigcirc$	5 min reflection:	Yes/No

Challenge of the Day

Gain a new Quran-characteristic!

"Don't be wasteful or
extravagant"

[17:26]

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### WEEK 2

- 1. How has your process been so far? Rate yourself from 0-5.
- 0= very poor 5= very good
- 2. What is stopping you from changing it?
- 3. What are the main challenges preventing you from achieving your personal goal?
- 4. Write down 5 affirmations to motivate yourself

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To-Do List

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	Daily Habit Tracker	
	Quran page read:	
8000 8000	Morning/evening adhkar:	Yes/No
<b></b>	Dua for yourself/ loved ones/The Ummah:	Yes/No
<u>&amp;</u>	Tarawih:	
	Fasting:	Yes/No
<u> </u>	Digital screen time:	
	Glass of water:	
	Daily Donations:	Yes/No
	5 min reflection:	Yes/No
	$\wedge$	
	Challenge of the Day	
peo D	top and think abo ple who surround o they remind you ah? Surround your with those who do	you. of self









To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Tarawih:
	Fasting: Yes/No
	Digital screen time:
	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day  Don't use too much water while washing the dishes.

Share your challenge #BlossomYourRamadan

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To-Do List	Da
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Ш	Glas
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	Help a

	Daily Habit Tracker	
	Quran page read:	
6000 6000 6000 6000 6000 6000 6000 600	Morning/evening adhkar:	Yes/No
<b>&amp;</b>	Dua for yourself/ loved ones/The Ummah:	Yes/No
<u>&amp;</u>	Tarawih:	
	Fasting:	Yes/No
<u>Q</u>	Digital screen time:	
	Glass of water:	
	Daily Donations:	Yes/No
	5 min reflection:	Yes/No
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Help animals by giving them water or food.

Challenge of the Day



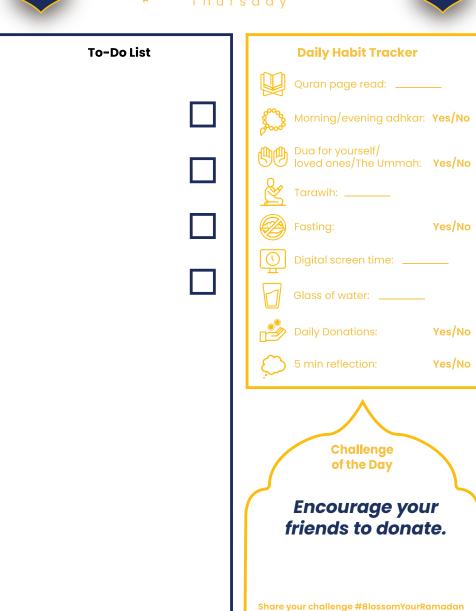


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To-Do List		Daily Habit Tracker
		Quran page read:
		Morning/evening adhkar: Yes/No
		Dua for yourself/ loved ones/The Ummah: Yes/No
		Tarawih:
		Fasting: Yes/No
		Digital screen time:
	ш	Glass of water:
		Daily Donations: Yes/No
		5 min reflection: Yes/No
		Challenge
		of the Day
		Water your indoor plants or trees and
		flowers outside.
		Share your challenge #BlossomYourRamadan

To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Tarawih:
	Fasting: Yes/No
	Digital screen time:
□	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day
	Smile and put a smile on your family's face.
	Share your challenge #BlossomYourRamadan







To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
	Yarawih:
	Fasting: Yes/No
	Digital screen time:
⊔	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Challenge of the Day
	Learn/ memorize a new surah or Quran verses.
	Share your challenge #BlossomYourRamadan







We are halfway through Ramadan. Let's take this time and reflect again on your process. Here you can find some questions that can help with the reflection:

### WEEK 3

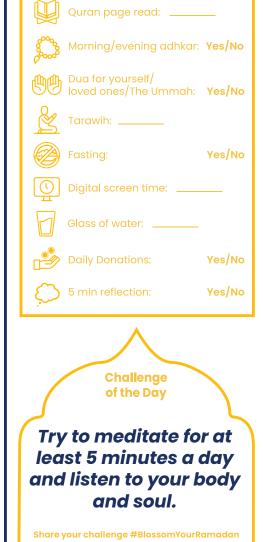
- 1. Were you able to focus on your personal goal?
- 2. What have you achieved so far?
- 3. What motivates you to achieve this goal?
- 4. What will you do next to make the best of the time left?

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To-Do List	Daily Habit Tracker
	Quran page read:
	Morning/evening adhkar: Yes/No
	Dua for yourself/ loved ones/The Ummah: Yes/No
니	Tarawih:
	Fasting: Yes/No
	Digital screen time:
	Glass of water:
	Daily Donations: Yes/No
	5 min reflection: Yes/No
	Oballongo
	Challenge of the Day
	Help our environment
	by cleaning/ picking
	up trash on your road.
	Share your challenge #BlossomYourRamadan



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To-Do List	Daily Habit Tracker	To-Do List	Daily Ho
	Quran page read:		Quran pa
	Morning/evening adhkar: Yes/No		Morning/e
	Dua for yourself/ loved ones/The Ummah: Yes/No		Dua for you loved one
	Tarawih:		Tarawih:
	Fasting: Yes/No		Fasting:
	Digital screen time:		Digital scr
	Glass of water:		Glass of w
	Daily Donations: Yes/No		Daily Don
	5 min reflection: Yes/No		5 min refle
	Challenge of the Day  Organize an iftar for your family.		Try to me least 5 m and listen
	Share your challenge #BlossomYourRamadan		Share your challeng



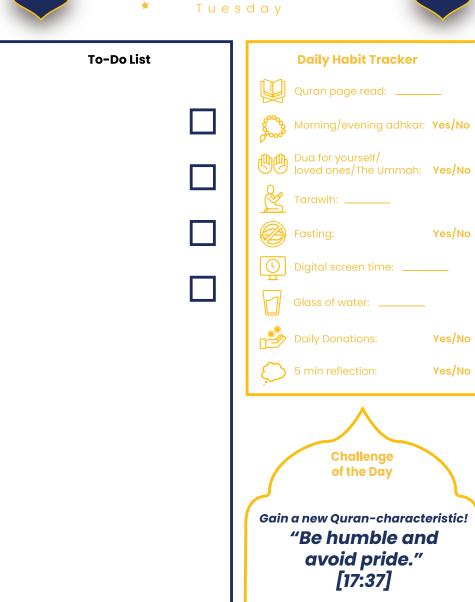


Yes/No

Share your challenge #BlossomYourRamadan

Yes/No





To-Do List	



of others."

[42:40]

## To-Do List

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## **Daily Habit Tracker**

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Morning/evening adhkar: Yes/No



Dua for yourself/
loved ones/The Ummah: Yes/No

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	_		





Yes/No



Digital screen time: \_\_\_\_\_







5 min reflection:

Yes/No

Yes/No

Challenge of the Day

**Encourage your** friends to donate.

Share your challenge #BlossomYourRamadan

# . Weekly Reflection

## WEEK 4

- 1. What helps me the most to stay focused?
- 2. What kind of tools can help me to achieve my goals?
- 3. How does success (in the context of the goal you want to achieve) looks like
- 4. What is your next personal goal?

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# Last 10 days Laylat ul-Qadr

This night is translated as "Night of destiny" and is the most valuable night within Ramadan. The exact time is unknown, but it is said to have occurred in the last 10 days of Ramadan, on the odd nights of Ramadan (21st, 23rd 25th 27th, 29th night).

Every night in Ramadan is important, but during the last 10 days, one should intensely seek to make dua, pray and do good deeds.

To-Do List

Priorities

Challenge of the Day

Be good to your neighbours [4:36]. Check up on your neighbours and gift them with chocolate or flowers.

technique for you.

Share your challenge #BlossomYourRamadan

technique to calm down and release stress.

Share your challenge #BlossomYourRamadan

out our linktree on instagram.

Share your challenge #BlossomYourRamadan



**Priorities** To-Do List Challenge of the Day Reflect on your day before sleeping. Share your challenge #BlossomYourRamadan



## Ramadan Reflection



In the previous reflection pages, we wanted you to reflect on your progress in achieving your personal goals. Now please reflect on your Ramadan journey.

Here are some questions that can help guide your reflection:

- 1. How was it?
- 2. Do you feel you've made the most of this Ramadan? If not, why not?
- 3. What should you continue be doing?
- 4. What should you stop doing?
- 5. What would you do different next time?

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## Alhamdulillah



Alhamdulillah [(all)) praise be to God]. It is time for our beloved guest Ramadan to leave after gifting us, hopefully with a closer connection to the Merciful, unforgettable moments and motivation to keep our energy for the next months while awaiting its return. We start a self-development journey during this blessed month that does not end after four weeks but continues throughout the year. It is a fantastic process that brings us closer to our inner self and an opportunity for introspection and reflection, where we listen to our thoughts and feelings. But personal development never ends.

Keep working on yourself and identify more personal goals for you to achieve. Change requires time, energy, and willingness.



## إِنَّ اللَّهَ لاَ يُغَيِّرُ مَا بِقَوْمٍ حَتَّى يُغَيِّرُواْ مَا بِأَنْفُسِهِمْ [الرعد:11]

You can do it! Don't forget that everyone grows at their own pace, so there is no need to rush.



Indeed, Allah is with those who are patient, and the most beloved deed to Allah are those who are done continuously.

Take good care of yourself!





Ramadan is over, but there is no need to be sad, as Allah has blessed you to complete this holy month.

We at FEMYSO wish you and your loved ones a wonderful, blessed and beautiful Eid al- Fitr!

# Recipes

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Salam alaykum our dear Blossomers!

If you like to cook as much as we do, feel free to insert your most favourite recipe here and share it with a picture of your dish by tagging **@femyso** and adding the **#BlossomYourRamadan** and we will repost it.



## Ingredients




# Instructions (

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# Stars in the sky Our Sahabiyat

Abu Sa'eed narrated that the Messenger of Allah (saw) said: "Indeed the people of the higher levels, will be seen by those who are beneath them like the stars which appear far off in the sky.

And indeed Abu Bakr and 'Umar are among them, and they have done well."".

[Jami` at-Tirmidhi 3658]

To get to know anyone, you need to know those closest to them. In this way, to know the Prophet (PBUH), you have to know the people around him, the Companions. He was surrounded by many amazing individuals, including very strong women, the sahabiyat.

Here's a snippet of the story of two female companions we wanted to celebrate this Ramadan:

Nusaybah bint Ka'ab also known as Umm Ammarah, participated the battle of Uhud to take care of the injured and give water to the thirsty ones. The warriors of Quraish were starting to leave the battlefield. This misled the Muslims into thinking they could leave the position that guaranteed safety to Muslims though the beloved Prophet had specifically advised not to. The tide then turned against the Muslims and many sahaabas got martyred.

During the fight Umm 'Ammarah saw how the Prophet Muhammed (saws) lost his teeth and that most of the companions got martyred. Despite not having any experience in fighting, she didn't hesitate to go and protect our Prophet Muhammed (saws). Her son was hurt but she told him "Go and fight the people, my son!".

Umar ibn al-Khattab RA narrated to us from the Messenger of Allah SAW, "Whenever I turned left or right on the day of the battle of Uhud, I always saw her (Nusaybah) fighting in my defense."

During the battle of Uhud Nusaybah bint Ka'ab received a deep neck wound and 13 wounds that stayed with her till she passed away. Nusaybah was outspoken and remained true to her deen. Ambitious, loyal, devoted, brave and empowered, she possessed qualities we all strive to have.

#### Lessons learned from her story:

Islam encourages you to be brave whatever the situation, whether for the greater good or for your own good. As mothers, it is hard to see you child getting hurt but it is also important to taught them how that they should never back down from a situation and stand for what they believe and for whom they want to protect. Giving up is not an option.

What did you learn from this short story?
Share on Instagram and tag @femyso and use #BlossomYourRamadan

For more details read the full text on:

https://ayeina.com/stories-of-sahabiyat/

## Hind bint Utbah

Hind bint Utbah was a woman of actions and full of energy. Whatever she did, she did with a powerful mindset. She was the wife of Abu Sufyan and the mother of Muawiyah. Before being guided to Islam, Hind wasn't Muslims-friendly to the extent that she would hire someone to kill Hamza, the uncle of the Prophet Muhammed (saws). She assisted to the battle that ended up with the murder of Hamza. When she softened towards Islam, she didn't feel comfortable. Remorse was so intense, that she was doubting she could face the Prophet Muhammed (saws) or not.

For this very reason, she veiled her face so that the Prophet wouldn't recognize her and took her shahada. She said: "O Allah's Messenger (saws)! By Allah, there was no family on the surface of the earth, I like to see in degradation more than I did your family, but today there is no family on the surface of the earth whom I like to see honored more than yours."

"Later on, In the Battle of Yarmouk, the Muslims defeated the Eastern Roman Empire with the help of such courageous women who fought when men ran away. As arrows started raining down on Abu Sufyan, he tried to turn his horse away. Hind struck his horse in the face with a tent-peg and said: "Where do you think you're going, O Sakhr? Go back to battle and put effort into it until you compensate for having incited people in the past against Muhammad (saws).""

#### Lessons learned from her story:

Mistakes (no matter how big), once realized, don't define us. Instead of wallowing in regrets, clarify your vision and mindset and use that energy to compensate the guilt into progression!

> What did you learn from this short story? Share on Instagram and tag @femyso and use #BlossomYourRamadan

> > For more details read the full text on:

https://ayeina.com/stories-of-sahabiyat/



Find the hidden words below

A E M S B ONA В QN R R ХН ZGRA



Uhud **Bravery** Strong

Selfless Barakah Dhikr

Jannah Palm Repentance Hope

Mercy Change Gratitude Development Hind



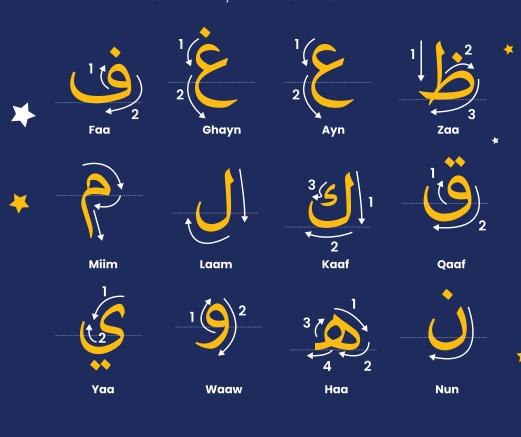


# Arabic calligraphy Workshop

Arabic calligraphy is a widely appreciated feature of the Islamic heritage and is associated with religion, art and even architecture. It can make for a very satisfying hobby and a great conversation topic with strangers.



If you want to learn more about calligraphy, don't miss out - join our Ramadan Blossom Live.



## Quiz Time

### 1. Who was the first Muslimah?

- a) Khadija bint Khuwaylid
- b) Hind
- c) Sumayyah
- d) Fatima

## 2. Who was the first martyred Muslimah?

- a) Nusaybah bint Ka'ab
- b) Esma binti Amr
- c) Sumayyah bint Khayyat
- d) Ummu Waraqah

## 3. Who was the foster mother of the Prophet Muhammed (saw)?

- a) Halima Sa'diyyah
- b) Aminah bint Wahib
- c) Salma bint Umayas
- d) Barakah bint Tha'alabah

## 4. Who is the only woman to have been with the Prophet (saw) from his birth to his death?

- a) Halima as-Sa'diyah
- b) Khadija bint Khuwaylid
- c) Aishah bint Abu Bakr
- d) Barakah bint Tha'alabah (Umm Ayman)





- a) Fatima
- b) Khawla bint al Azwar
- c) Aisha
- d) Zaynab bint Ali

## 6. Who was the Muslimah that founded the very first University?

- a) Zaynab bint al Cordoba
- b) Fatima al Fihri
- c) Umm Salamah
- d) Sumayyah bint Khayyat

### 7. Who was the very first muslim nurse?

- a) Zaynab bint Dschahsch
- b) Rufaida al Aslamiya
- c) Zaynab bint Ali
- d) Lubna of Cordoba



Correct answers: /7



## Donation

Those who spend their wealth [in Allah's way] by night and day, secretly and publicly- they will have their reward with their Lord. And no fear will there be concerning them, nor will they grieve."

[2: 274]

Let us use this holy month of Ramadan, where the amounts of good deeds is multiplied, to donate and take care of each other.

And don't forget that the most beloved deeds to Allah are those which are done continuously, even if they are small. [Al-Bukhari]

www.femyso.org/donate

Donate to FEMYSO's mission to continue to serve our communities. So, we can continue our work protecting Muslim rights and further enhancing the lives of thousands of young Muslims across Europe through our support of grassroots organisations and initiatives.

You have the opportunity to donate and give your Zakat Al Mal to FEMYSO. Visit our website on:

## www.femyso.org/zakat

The target for FEMYSO's Launchgood Ramadan campaign will be €20,000! Let's beat our previous Ramadan campaign, where we earned €12,000! On Thursday 7th April, encourage as many of your friends, family, and anybody in your network to donate to our campaign, even if it is just €2.

Support our Launchgood campaign: LaunchGood.com/FEMYSO

