



## **5 Starter Facts About Islam**

1. Islam is the second largest religion in the world with over 1 billion followers, and ~3.5 million in the United States,.
2. The common tenets among denominations are the monotheistic belief in Allah and Mohammed pbh as his messenger, the holy scripture of the Qur'an, belief in the Day of Judgment, belief in Predestination, and carrying out the five pillars.
3. The most important practices of Islam are the five pillars: Profession of faith, formal prayer five times a day, alms tax for the poor, fasting during the daylight hours in the month of Ramadan, and pilgrimage to Mecca, if physically able.
4. Sharia is law derived through interpretations of Islamic texts, the Qur'an and Hadith, that dictates daily life and serves as a guide for living by Islamic principles. Islam is not only a belief system but a complete way of life, so the law covers all aspects of living including moral, spiritual, intellectual, physical, economical, political, etc. Interpretations widely range, and opinions on the meanings and applications often differ.
5. *Hijab* is the principle of modesty, mostly carried out through attire and coverings. While it is widely accepted for men to be covered from navel to knee, it is far more complicated for women, and *hijab* can be interpreted and observed in many ways in order to preserve her modesty.

Learn more at:

<http://www.bbc.co.uk/religion/religions/islam/>

<https://www.noi.org/>

*These five points are not meant to be comprehensive or authoritative. We hope they encourage you to explore this spirituality more deeply and seek out members of this community to learn about their beliefs in action. In understanding our differences we will better understand our common humanity.*

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