



Ramadan:

The Spirituality of work and the blessing of worship

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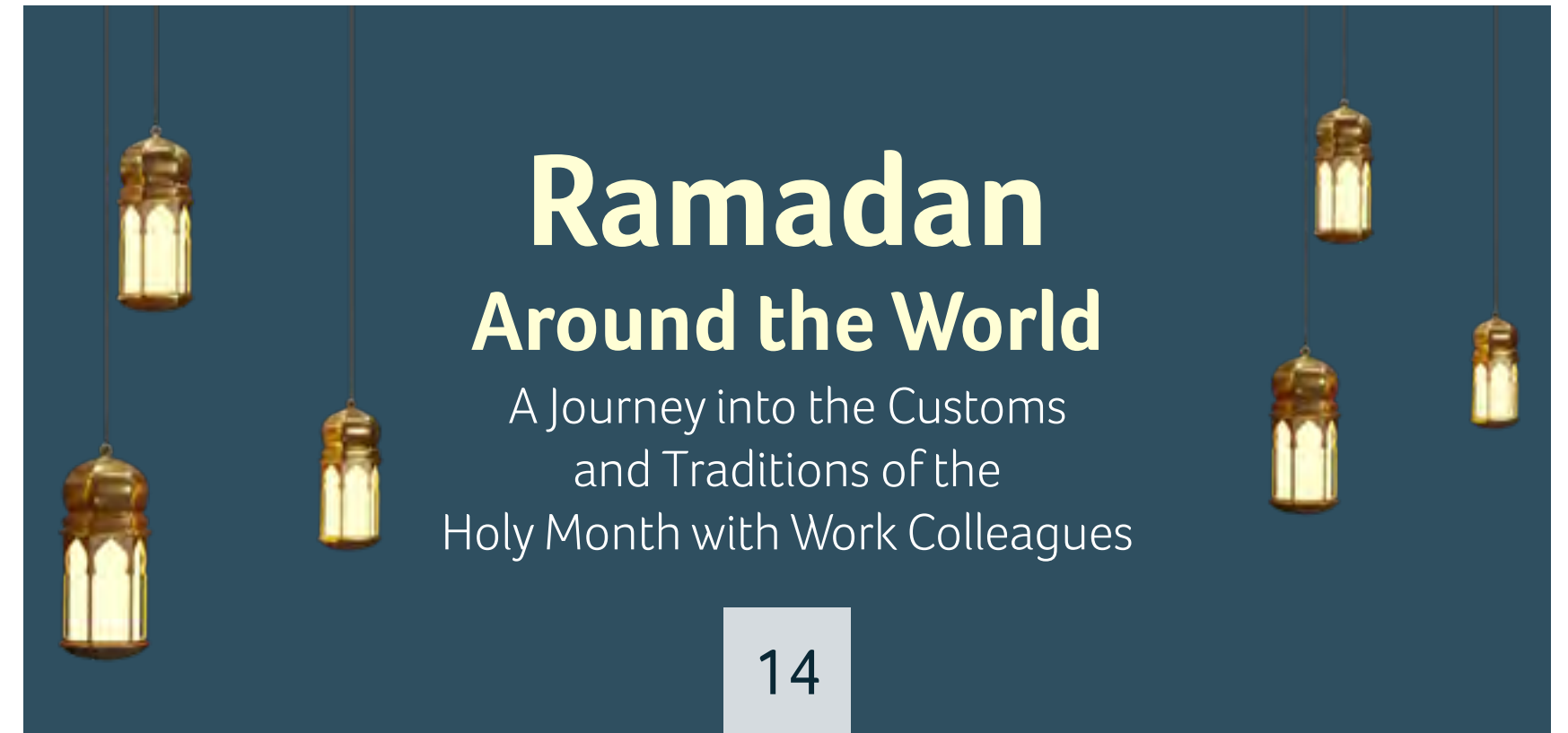
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Ramadan: The Spirituality of work and the blessing of worship

The month of Ramadan presents a special time characterised by a profound spiritual and communal ambiance. However, it also introduces challenges for individuals who are engaged in shift work, such as operators and firefighters in Al-Zour, as their professional responsibilities necessitate a careful equilibrium between their occupational duties and daily acts of worship. The alteration in working hours, coinciding with the timings of Suhoor and Iftar, compels individuals to recalibrate their daily routines to maintain productivity and ensure operational safety.





Operators Between Challenges,

Adaptation, and Missing Out on Family Moments

In a recent interview with KIPIC Newspaper, operators articulated that a notable distinction during their shifts in this blessed month is their heightened awareness of the necessity for adequate rest and the importance of hydration prior to the commencement of fasting.

When asked about the challenges of balancing fasting with their work routine, they acknowledged that it is indeed a complex endeavour, whether engaged in shift work or regular daily tasks. They articulated that experiencing this difficulty and struggle has always been fundamentally intertwined with the essence of the holy month of Ramadan.

Concerning the influence of fasting on productivity, they observed that collaborating with colleagues from diverse religious backgrounds can assist them in addressing this challenge and fulfilling their responsibilities. Furthermore, all operators concurred that the aspect they yearn for most during this sacred month is the time not spent with

their families, as it is a time that fosters familial unity more than any other time of the year. They emphasised that working during this time, particularly in shifts, presents challenges; however, with the support and understanding of their shift colleagues, these challenges become more manageable and adaptable.



Firefighters

during Ramadan

In a special interview with KIPIC Newspaper, firefighters disclosed that their shift schedule remains consistent, regardless of whether it is a regular workday or the month of Ramadan. They noted that what sets this period apart is the collaborative spirit among the employees, each contributing a plate for Iftar and suhoor. This practice fosters an

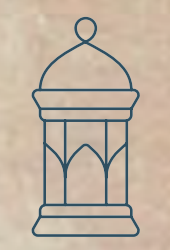
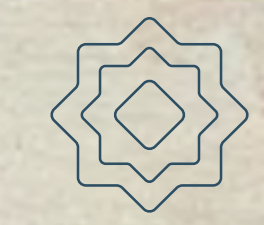
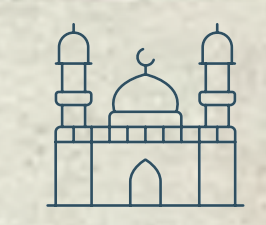
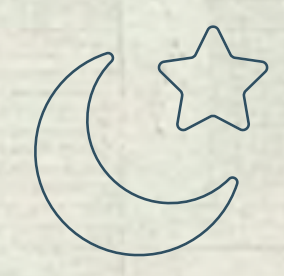
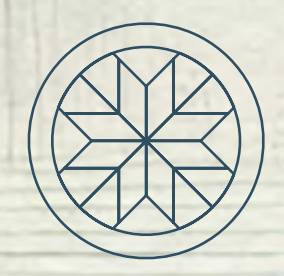
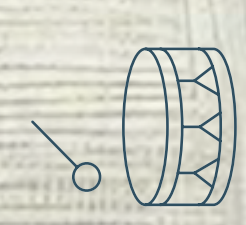
environment of bonding and solidarity, alleviating the challenges of working during fasting hours. Upon inquiry regarding the challenges of balancing fasting with their professional obligations, they conveyed that they engage in physical exercise and demanding tasks during the evening shift, a period during which they

experience diminished sensitivity to the physical ramifications of fasting, as they have already broken their fast. Regarding the effect on their productivity when fasting, the firefighters have verified that it is usual for someone fasting to have some effect, even if it's minor. However, they are prepared to bear this because of their past training.

In the same spirit, the firefighters articulated their yearning for their families; however, they described their colleagues as a familial unit that alleviates this longing, as the ambiance of Ramadan intertwines professional duties with spiritual devotion.

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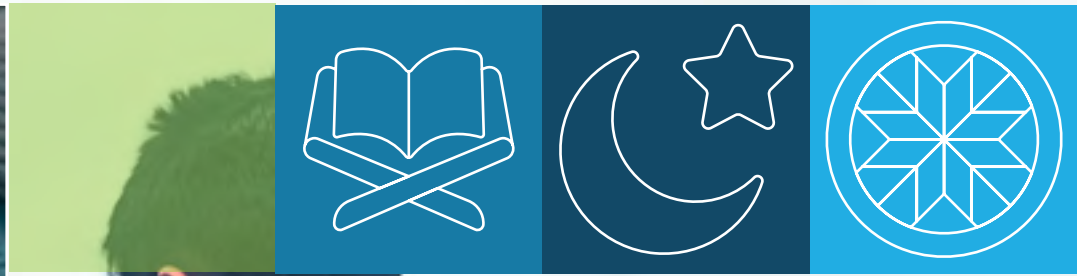




KIPIC Sustains Ramadan

“Iftar Meal”

Initiative



Delivering

500

Daily Meals

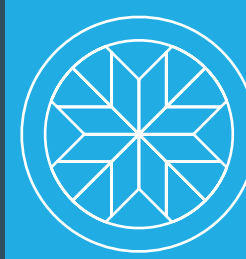
As Ramadan commenced, KIPIC’s General Services Group, in partnership with the “Kuwait Makers” Association, launched its “Iftar Meal” initiative, providing hot and nutritious Iftar meals to fasting workers and those in need.

The initiative aims to distribute 500 meals daily throughout the holy month. These meals are prepared in KIPIC’s state-of-the-art central kitchen, adhering to stringent safety and quality standards to ensure each meal is nutritionally balanced and meets the needs of those observing the fast. Demonstrating its commitment to community engagement, KIPIC actively encourages employee participation in this charitable endeavour. By opening volunteer opportunities for staff and their families to assist in meal distribution, KIPIC seeks to foster a spirit of giving, strengthen social solidarity, and promote volunteerism during Ramadan.

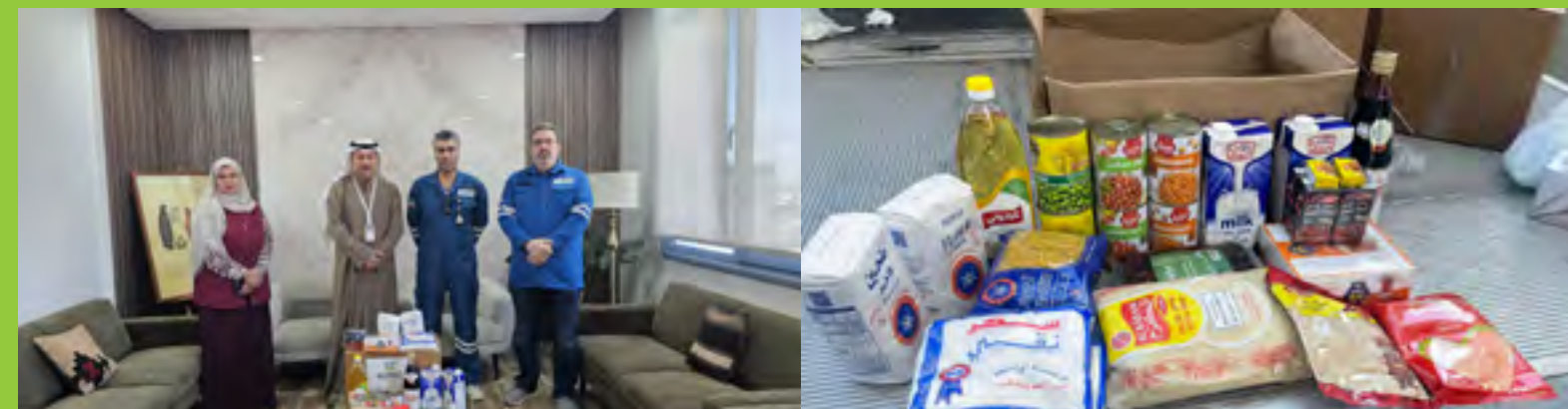




Distribution of 300 Ramadan Food Baskets



to Needy Families in Kuwait



As part of its ongoing commitment to social responsibility and annual tradition, Kuwait Integrated Petroleum Industries Company (KIPIC), through the General Services Group, distributed 300 Ramadan food baskets to needy families in Kuwait, in partnership with the Kuwaiti Association for Needy Families.

The Association expressed its sincere gratitude to KIPIC for this generous initiative, which significantly eases the burden on vulnerable families. This distribution is one of several Ramadan initiatives launched by KIPIC, aimed at providing essential food support, alleviating financial strain, and fostering a stronger sense of community solidarity during the holy month.





Exceptional Ramadan Umrah for Employees

Driven by the profound Hadith, “An Umrah in Ramadan is equivalent to Hajj,” KIPIC recently organised a special group Umrah trip for its employees during Ramadan.

The initiative, spearheaded by the General Services Group, prioritised the staff’s comfort and ease of ritual performance, while fostering a strong sense of camaraderie within the company family.

The General Services Group meticulously planned the journey to ensure a seamless and comfortable experience, allowing staff to focus on their spiritual journey and strengthen bonds with their colleagues.

This initiative underscores KIPIC’s commitment to social responsibility, supporting employees’ spiritual well-being, and promoting Islamic values in the workplace.





Corporate Communications Group

Celebrates Ramadan

with Vibrant Programme

Immersed in the joy and spirituality of Ramadan, KIPIC's Corporate Communications Group launched a dynamic programme designed to foster unity and celebrate the values of the holy month.





Al-Quraish Day



The programme featured a diverse array of Ramadan events, warmly received by employees. Highlights included the “Al-Quraish Day” celebration at Ahmadi Head Office and Al-Zour Refinery’s admin building. . Employees enjoyed an authentic cultural experience, shared delicious Iftar meals, and participated in a highly popular “Best Dish” competition.

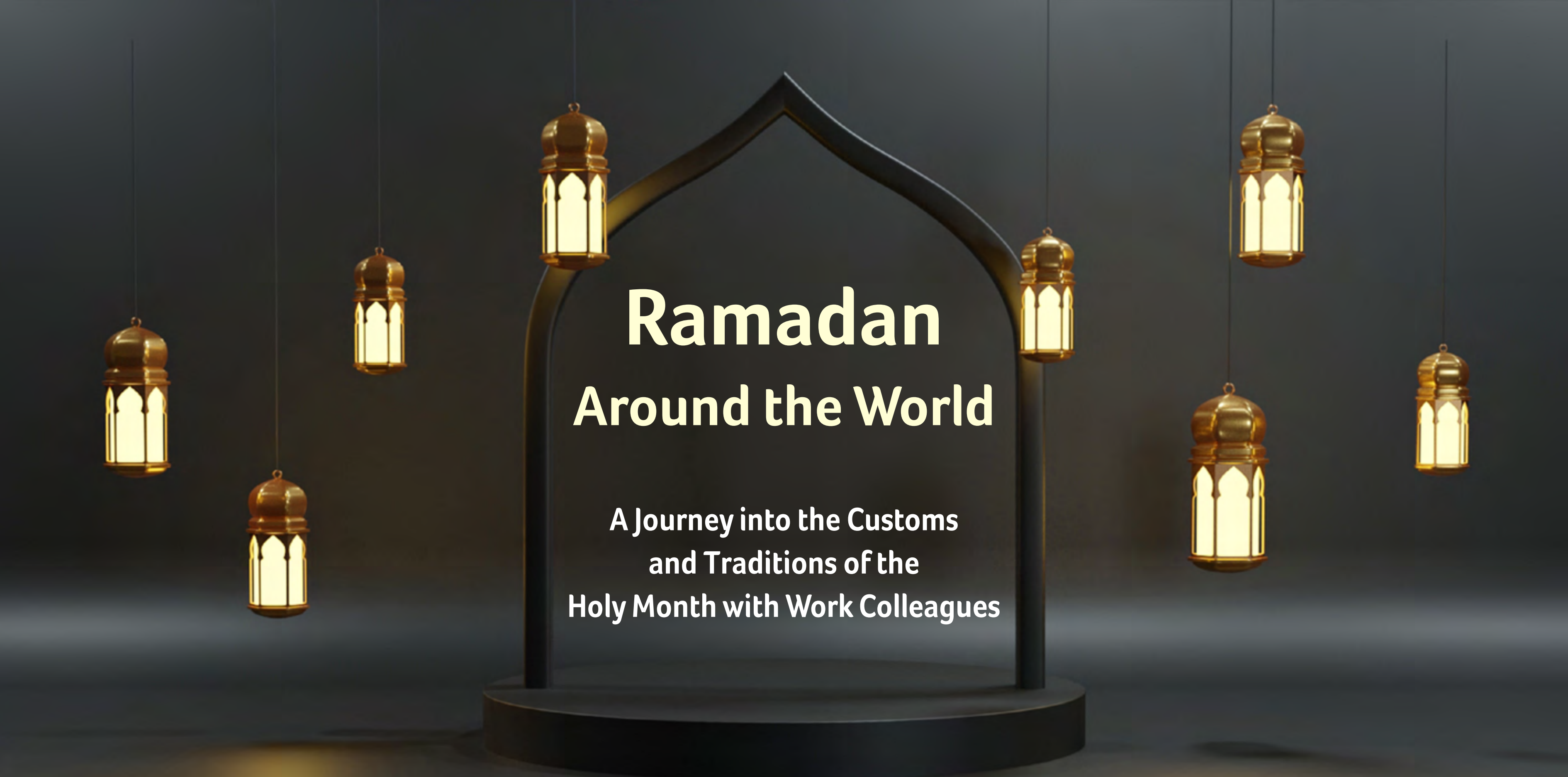






To further enhance the spirit of unity, KIPIC distributed Ramadan gifts to all employees, including beautifully designed Quran bookmarks and tasbeeh rings. A weekly Ramadan competition, featuring cultural and heritage quizzes with attractive prizes, was also launched.





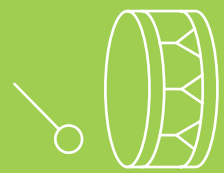
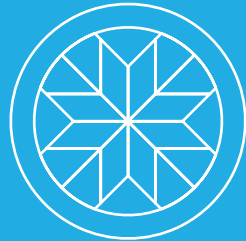
Ramadan Around the World

**A Journey into the Customs
and Traditions of the
Holy Month with Work Colleagues**

KIPIC fosters a diverse and inclusive work environment, bringing together colleagues from various parts of the world to create a unique cultural blend. This diversity becomes particularly evident during the holy month of Ramadan, a time of goodness and blessings. During this blessed month, Muslims from different nationalities embrace Ramadan with humility and enthusiasm, each bringing their own customs and traditions. Together, they create a beautiful shade of Ramadan celebrations, reflecting the richness of their cultures and heritage.

In this edition of KIPIC Newspaper, we invite you to join us on an exciting journey within our company, where we explore how colleagues from different countries celebrate the holy month of Ramadan, during which we will discover about the unique traditions and customs in each country.

Celebrating Ramadan in Lebanon: A Wonderful Opportunity for Family Gatherings and Delightful Iftar Feasts



Ramadan in Lebanon is a time of deep spirituality, warm hospitality, and cherished ancient traditions, creating a truly unique experience across the diverse regions of the country.

Zahraa Al-Mouazzan, from Finance Group, shares delightful insights into the rich customs and cherished traditions of her homeland. She highlights the heartwarming moments that unite families during this blessed month, along with the mouthwatering dishes that grace the Iftar tables, creating an intricate collection of flavours and memories.



• How is the start of Ramadan announced in Lebanon?

The commencement of the month of Ramadan is announced following the verification of the crescent moon's sighting, disseminated through multiple media channels. In certain villages, the announcement of news occurs through loudspeakers in mosques.

- **Can you describe the rituals and customs that are prevalent in Lebanese culture?**

The first day of Ramadan is truly a remarkable time for families, as loved ones come together to share a delightful Iftar and extend heartfelt congratulations to one another on the arrival of this holy month.

On this special day, it's a heartwarming tradition to share delicious dishes with neighbours and pay a visit to the cherished elderly family members, spreading laughter and affection all around.

Moreover, the streets come alive with dazzling lights and charming lanterns, while the delightful flavours of Ramadan foods, including an array of sweets and refreshing drinks, fill the air during this special time. During the blessed month of Ramadan, vibrant festivals and bustling markets spring to life, offering a delightful array of supplies to enhance the spirit of this holy season.

Throughout the month, tables are set with care to share the joy of breaking fast with those in need. Generosity flourishes as donations pour into charitable organisations, as the spirit of giving is apparent. Mosques come alive with worshippers, especially during the special Tarawih prayers, while countless religious lessons and inspiring preachings fill the air, creating a vibrant atmosphere of faith and community.

- **Are there any particular traditions for children during Ramadan, such as the practice of exchanging gifts or engaging in singing in the streets?**

Kids can hardly contain their excitement for this special month, as they decorate their homes with lights and lanterns while also sharing delightful souvenirs and sweet treats with friends and neighbours.

The anticipation builds as everyone eagerly awaits the arrival of the Musaharati, the herald of Suhoor. The children can hardly contain their excitement, their hearts racing upon hearing his enchanting call and catching a glimpse of him in the early hours of the morning. In certain neighbourhoods, the Musaharati joyfully sings Ramadan songs, creating a festive atmosphere where children eagerly join in the fun.



- **Are there any distinctions in how Ramadan is celebrated in urban areas compared to rural regions in Lebanon?**

Absolutely, there are definitely some distinctions to consider. In villages, delightful festivities like parades and folk shows take centre stage, where families come together to prepare heartwarming traditional iftars featuring beloved dishes like fattoush, raw kibbeh, soup, cheese chips, sambousek, hummus with tahini, and mutabal.

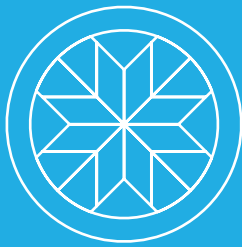
When it comes to the bustling big cities, the streets come alive with a dazzling array of decorations and twinkling lights. Lanterns are scattered all around, creating a magical atmosphere, while Ramadan festivals and charitable events take centre stage, showcasing the spirit of giving and celebration on a grand scale.



- **What are some of the traditional sweets that are typically prepared during the month of Ramadan?**

Ramadan in Lebanon is a magical time filled with the sweetest delights, where one can indulge in the most mouthwatering traditional desserts. Among the stars of this blessed season are Mafrouka, Qatayef, Daoukia, and Halawat El Jebn, all of which capture the spirit of this holy month and are cherished by many.

Ramadan Atmosphere in Syria: Festive Aspects and Inherited Customs



Ruba Al-Khudhur, from the Information Technology Group, takes us on a journey through her country's rich traditions and customs as they embrace the month of Ramadan, highlighting the spiritual ambiance, celebratory elements, and cherished practices that uniquely characterise this holy month in her homeland of Syria.



- **What are the rituals and customs of Syrians?**

Syria embraces a rich tapestry of Ramadan traditions that resonate with other Arab nations, yet it proudly upholds unique rituals that remain deeply embedded in its culture to this day. One of the standout traditions is “Sakba,” a delightful social custom that revolves around the sharing of food among neighbours. Each household generously offers a portion of its culinary creations, fostering a sense of community and affection.

During Ramadan, drinks play a vital role in daily traditions, with tamarind, jallab, and liquorice standing out as the most popular choices. The air resonates with the sounds of religious melodies, notably “Ramadan Revealed and Smiled” by the renowned Muhammad Amin al-Tirmidhi, alongside the captivating tunes of Hamza Shukor and Tawfiq al-Munjid, all amidst the bustling streets and vibrant markets.

We cannot talk about Ramadan in Syria without mentioning the Musaharati, that person who roams the alleys and neighborhoods to wake people up for Suhoor, repeating his famous phrases: “O sleeper, the One who is Eternal... Get up for your Suhoor, get up... Get up, O sleeper, and win the spoils... Get up, O sleeper, and remember the Ever-Living, the Eternal”, and this ancient Syrian custom still exists to this day.

- **Is there a specific tradition for children during Ramadan, such as exchanging gifts or singing in the streets?**

There is no specific tradition associated with children, but they live the atmosphere with greater joy than adults, as they enjoy the decorations in the streets, and chanting Ramadan songs.



- **Is there a difference in celebrating Ramadan between the big cities and the rural areas in your country?**

There is not a big difference in the atmosphere of Ramadan between the big cities and the countryside, except that the countryside is characterised by the simplicity of life and the availability of fresh vegetables and agricultural products that add a special character to the Iftar tables.

Ramadan in Syria is not just a month of fasting, but rather an integrated spiritual and social experience, where families gather, manifestations of joy spread, and customs and traditions are renewed that give the month a special flavor.



- **What is the name of the traditional sweets that are prepared during the month of Ramadan?**

The Syrian table is famous during the month of Ramadan for the variety of traditional sweet dishes, the most prominent of which are: Qatayef, Meshbak, Namoura, Baklava, Kunafa, Ma’rouk and Na’em, but of course the names differ from one governorate to another.



Jordan ... From Ramadan traditions to charity ... Mansaf tops the Iftar tables!



Hamza Al-Muzaini from the General Services Group, shares with us the manifestations of celebration in Jordan, along with the most prominent Ramadan customs and traditions that add a special atmosphere.



- **What are the rituals and customs of Jordanians?**

Jordanians prepare for the month of Ramadan by purchasing basic food items such as dates, coffee, and Qamar al-Din. As the time for Iftar approaches, the Iftar cannon is heard, and families begin eating dates and water before the Maghrib prayer, then they eat Iftar, which often includes soup, Fattoush, Mansaf, or other traditional dishes.

One of the inherited customs of some Jordanian families is to break their fast on the first day of Ramadan with a meal that is predominantly white, such as Laban or Jameed, as a sign of goodness and blessings, as the white color symbolises purity and good beginnings. This is linked to Jordanian cuisine, which relies on yogurt in many of its dishes, such as Mansaf, which is a favorite meal in some homes during the holy month.

After dinner, many people head to mosques to perform Tarawih prayers, and the spiritual and social atmosphere spreads in various areas, as family visits and Ramadan gatherings increase. One of the Ramadan traditions that is still present in some Jordanian areas, especially in popular neighborhoods and rural areas, is the tradition of the “Musaharati”, who is a person who roams the streets before Suhoor chanting religious songs and calling out to alert people to eat the Suhoor meal. Despite the development of modern life and the spread of alarm clocks, the Musaharati is still part of the Ramadan heritage that adds a special character to the Ramadan atmosphere in some traditional neighborhoods.

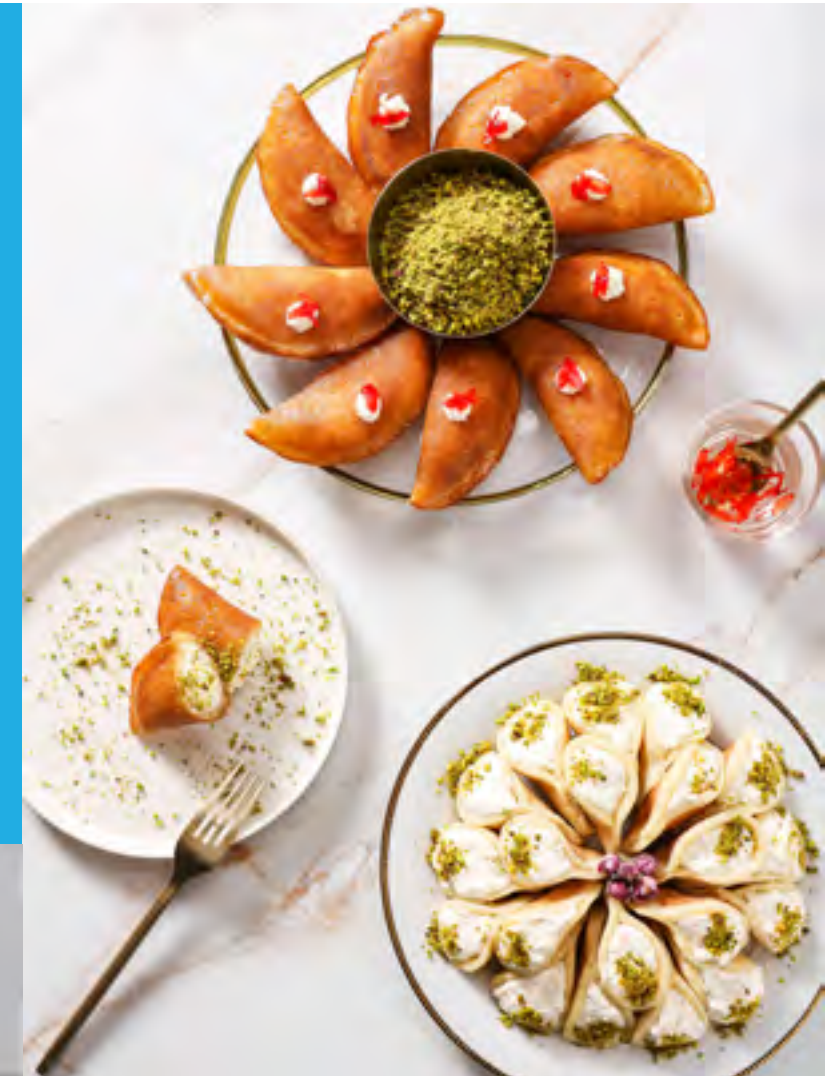


- **Is there a specific tradition for children during Ramadan, such as exchanging gifts or singing in the streets?**

There is no unified tradition for children in Jordan like “Gargee’an” in the Gulf, but children rejoice in the holy month by decorating homes with lanterns and lights, and sometimes they go out in some areas to chant Ramadan songs. Children also receive small gifts or sweets from family and neighbours.

- **Is there a difference in celebrating Ramadan between the big cities and the rural areas in your country?**

In the big cities such as Amman, Irbid and Zarqa, the atmosphere takes on a more modern character, as markets are crowded with restaurants, and Ramadan tents are spread that provide breakfast and suhoor meals. As for the villages and rural areas, Ramadan is characterised by large family gatherings and group breakfasts, where neighbours gather to exchange food and strong social communication.



- **What is the name of the traditional dessert that is prepared during the month of Ramadan?**

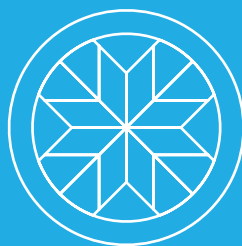
One of the most famous Ramadan desserts in Jordan is “Qatayef”, and it is considered one of the essential desserts that are not absent from the Iftar table.



Ramadan in Venezuela: Community Spirit and Local Islamic Traditions



Luis Carmelo Cortez, from the Operations (Gas) Group, decided to embrace Islam and introduce the customs and traditions of his people during this holy month, which is often celebrated within local Muslim communities due to their small number in Venezuela. In general, the country's cultural warmth and hospitality align well with the values of Ramadan, and Venezuelan Muslims continue to observe the month of Ramadan in their own way while respecting traditions.



- **How is the beginning of Ramadan announced in your country??**

In Venezuela, Ramadan is announced mainly within Muslim communities through mosques and Islamic centres. The crescent moon sighting is followed according to announcements from larger Muslim-majority countries or local Islamic organisations. Since Venezuela has a small Muslim population, public media does not generally broadcast the beginning of Ramadan.

- **What are the customs and rituals among the Venezuelan people?**

The general Venezuelan population does not observe Ramadan, but within the Muslim community, people fast from dawn to sunset, gather for iftar meals, and pray Tarawih at mosques. Some families host community iftar gatherings, especially in cities with established Muslim populations like Caracas and Maracaibo.



- **Is there a specific tradition for children during Ramadan, such as exchanging gifts or singing in the streets?**

Unlike some Arab countries, Venezuelan Muslim children do not typically sing in the streets. However, in some families and Islamic centres, children receive small gifts or sweets for fasting or attending prayers, similar to traditions in other Muslim countries.



- **Is there a difference in celebrating Ramadan between major cities and rural areas in your country?**

Yes, in major cities like Caracas and Maracaibo, where most of the Muslim population lives, Ramadan is observed in mosques and community centres with group iftars and prayers. In rural areas, there are fewer mosques, so Muslims often observe Ramadan privately at home.



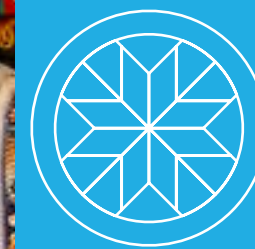
- **What is the name of the traditional sweet prepared during Ramadan?**

Since Venezuela does not have a native Ramadan tradition, there is no specific Venezuelan sweet for Ramadan. However, within the Muslim community, common Middle Eastern sweets like baklava and qatayef are prepared. Traditional Venezuelan desserts like “golfeados” (sweet rolls with cheese and anise) or “quesillo” (caramel flan) may also be enjoyed.

Ramadan in Egypt: A Unique Experience Through an Unforgettable Journey



Haitham Youssef, representing the Training and Career Development Group, expresses that Ramadan in Egypt presents a distinctive experience characterised by a blend of tradition, spirituality, and generosity, rendering this month an extraordinary period rich in grace and warmth among individuals.



Youssef explains that Egyptians embrace the holy month of Ramadan with immense enthusiasm, as the streets and homes are adorned with lights and decorations. The traditional Ramadan lanterns, emblematic of this period, are suspended prominently, while families and neighbours collaborate to display both family and paper lanterns throughout the alleys and streets, thereby cultivating a uniquely festive ambiance. Children recite well-known Ramadan songs like “Ramadan Gana” and “Hawi Ya Hawi” to commemorate the occasion, creating a pervasive sense of joy in the environment.

As for Al-Mashrati, Haitham explained: He hits the pavement before the crack of dawn, beating his drum and shouting the names of the people in the neighbourhood, motivating them to wake up and prepare for Suhoor. As folks and families come together around the Iftar table, the air is filled with warmth and bonding. You can't talk about Ramadan without mentioning the traditional foods and sweets that grace the tables during Ramadan in Egypt. From beans to fatta, stuffed vegetables to molokhia, kebab to kunafa, qataif to zalabiyaa, and Luqmat al Kadi, these dishes are the literal bread and butter of Ramadan customs.



Tables of Mercy (Mawa'ed Al Rahman) are set up in different corners to serve out Iftar meals for fasting individuals, and the Taraweeh prayer in mosques stands out as a hallmark of religious devotion, with mosques bustling with the faithful who gather in a uniquely uplifting spiritual ambiance.



Youssef highlighted that even with the times changing and despite the modern era's developments, Egyptians still await the Iftar cannon, the age-old signal to break their fast, a tradition that has stood the test of time since the Ottoman days.

He concluded by reiterating that Ramadan in Egypt is truly a time filled with devotion, cherished family moments, and beloved traditions that create an extraordinary and memorable experience.



Ramadan in Pakistan: A Celebration of Children and Ancient Traditions



Muhammad Ibrahim Shabbir Hussain, from the Health, Safety and Environment (HSE) Group, talks about the people of Pakistan who adhere to customs and traditions in light of the celebrations of the holy month of Ramadan, as this month is not only a spiritual period, but also represents an opportunity to strengthen social and cultural ties. Ramadan in Pakistan is characterised by a unique speciality.



Regarding the customs and rituals spread in Pakistan during this month, one of the most notable traditions is having a hearty meal at suhoor, which includes “paratha” (flat bread), “chicken kirahi,” yogurt, eggs, and tea.

At sunset, those fasting break their fast first with dates and water, following the tradition of the Prophet Muhammad (may God bless him and grant him peace). In Pakistan, the iftar meal is divided into two parts: a light iftar is eaten after Maghrib prayer, which includes samosas, pakoras (light fried appetizers), fruit salad, and Rooh Afza (a refreshing drink). Dinner is eaten after Tarawih prayer.



As for children and whether there is a special tradition for them, Hussain noted that there is no widespread practice of chanting in the streets, as seen in some other countries. Instead, children are often encouraged to observe full-day fasts (known as “Roza Kushai”). On this occasion, they wear traditional attire- a long tunic (shalwar kameez) paired with a vest and chappal (traditional footwear). Families celebrate this milestone by giving gifts and sweets and holding a small gathering to honor the child’s



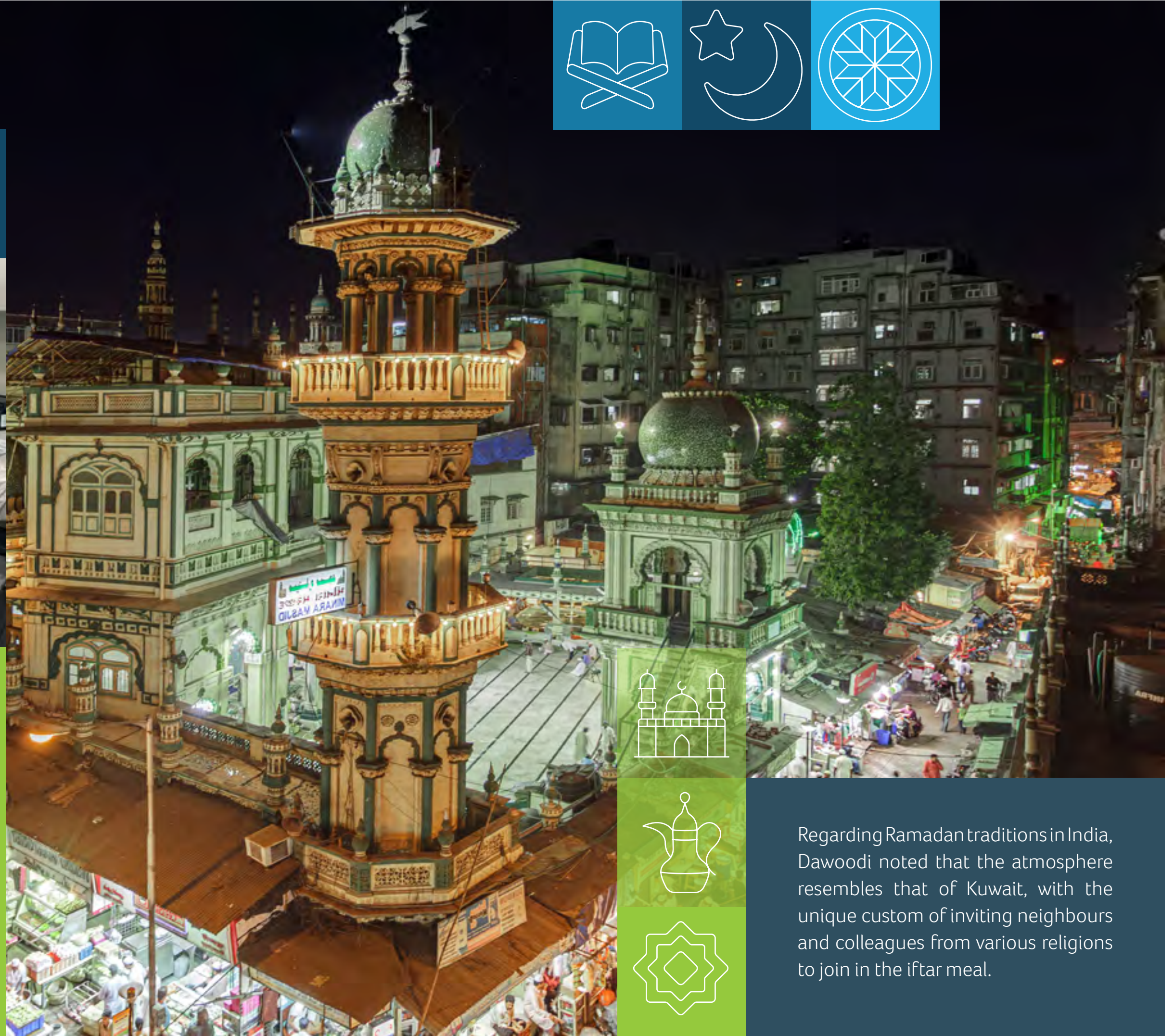
determination in completing the fast. Hussain also highlighted the differences between rural and major areas. In cities, iftar tables are elaborate, markets are beautifully decorated, and communal dining is common. In contrast, rural areas maintain a simpler approach, focusing on congregational prayers and sharing home-cooked iftar meals. Additionally, there is a stronger emphasis on community bonding and preserving local traditions.



One of the most popular Ramadan desserts is “Phirni”, a pudding-like dessert or rice custard flavored with cardamom and garnished with nuts. Other favorites include “Jalebi” and “Gulab Jamun”.



Ramadan in India: A Month of Fasting, Worship, and Self-Control

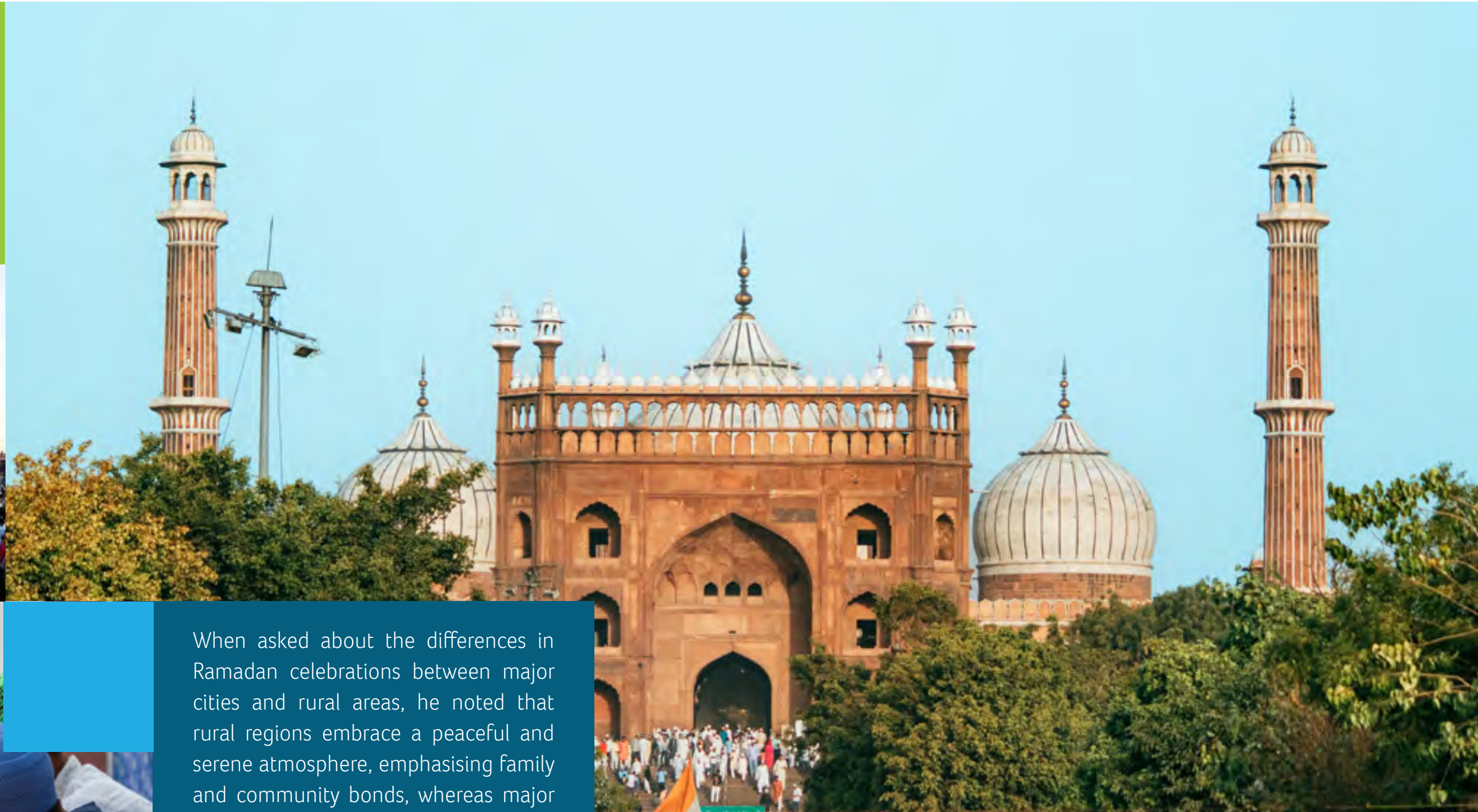


Burhan Dawoodi, from the Corporate Communications Group, shares with us the atmosphere of Ramadan in India, highlighting the unique customs and traditions that reflect the spirit of the community. The holy month is an occasion for fasting, worship, and self-control, and it is an opportunity to draw closer to God, as believers are forgiven for all sins thanks to His vast mercy.



Regarding Ramadan traditions in India, Dawoodi noted that the atmosphere resembles that of Kuwait, with the unique custom of inviting neighbours and colleagues from various religions to join in the iftar meal.

As for the role of children, he highlighted their involvement in volunteer activities, such as distributing dates and water to those fasting and assisting in serving iftar meals to worshipers after the call to prayer.



When asked about the differences in Ramadan celebrations between major cities and rural areas, he noted that rural regions embrace a peaceful and serene atmosphere, emphasizing family and community bonds, whereas major cities are marked by a more dynamic ambiance with vibrant social gatherings and crowded markets.



When asked about the traditional sweets prepared during Ramadan, he replied: There are many sweet dishes like Sheer Kurma, carrot halwa, Gulab jamun, Savaiya, kheer and many more.