



# THE HOLIDAYS, MY FAMILY & ME

6 Suggestions for New Muslims During the Holidays

Sure, it can get weird and conflicting during the Holidays. But that's what gives life a bit of (peppermint) spice.

You likely have many questions on the Do's and Don'ts in this time of year. And that's not what you'll find in this ebook.

Why?

We appreciate that for each new Muslim there is a unique family dynamic. Because Islam caters to the specific and the general, it would be a disservice to offer one generic answer. For that reason, we recommend you contact the New Muslim Academy [helpdesk@newmuslimacademy.org](mailto:helpdesk@newmuslimacademy.org) for personalized case-by-case scenarios.

What you will find in this ebook are suggestions to **make the Holidays easier and more palatable - for you and your family.**



# THE JOY OF GIFT GIVING



The shopping malls are busy, the children are excited, the gifts are piling, (and the credit card bills are staggering).

Sure, you may find it awkward to skip the tradition this year. There may even be an unspoken expectation upon you to give and receive gifts.

To help alleviate this pressure, **build your “gift credit” all year round.**

The Messenger Muhammad said, **“Give gifts and you will love one another.”**

Gift-giving is actually an encouraged Muslim practice - one that’s to be done throughout the year - for no reason at all other than to increase love between friends and family.

So when you build this “gift credit”, come the Holidays, you should not feel as pressured to partake in a Christmas tradition.



## 2 THE JOY OF FAMILY GATHERINGS



If your family is accustomed to seeing you on special occasions only, then visit them more often throughout the year.

And if you already do that, then organize family events or reunions at random times of the year akin to a special occasion.

Do this for no reason at all other than to maintain the ties of kinship, spend quality time with one another, and to treat family to special days.

This will alleviate the pressure on you during the Holidays to partake in religious traditions.

The Messenger Muhammad said, **“Keeping the ties of kinship encourages affection among the relatives, increases the wealth, and increases the lifespan.”**



# 3 THE JOY OF LEARNING

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If you come from a religious family, they may feel like you've "abandoned and disrespected Jesus".

Throughout the year, find opportunities to share the respect and love Muslims have for Jesus, **how Quran honors both Jesus and Mary**, and how often their story is taught in Muslim circles.

The Messenger Muhammad said, "**I am most akin to Jesus, son of Mary**, among the whole of mankind in this worldly life and the next. **The prophets are brothers in faith**, having different mothers. Their religion is one and there is no messenger between us (between me and Jesus Christ)."



## 4 THE JOY OF SERVICE



This time of year, families think more about those in need. Donations and volunteers spike as a result.

**Together with your family**, during the Holidays and throughout the year, **be in the service of others**. There is nothing more wholesome than bringing joy to those who need it.

Visit shelters, serve in soup kitchens, distribute care packages or fundraise for charities.

The Messenger Muhammad said, “**Whoever makes things easy for one in need, God makes things easy for that person in this world and the Hereafter.**”

# ALL YEAR ROUND

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Throughout the year, go the extra mile with your family.

Surprise them with gifts at unexpected times. It's worth mentioning here, that the Messenger Muhammad designated two holidays (Eids) of celebration: The Day of Sacrifice (Eid Al-Adha) and The Day of Breaking Fast (Eid Al-Fitr). You are encouraged to share these days with your family as well.

Spend more quality time with them, and whenever the opportunity arises, share with them your new path of learning.

Allow them to share in your growth without being preachy. Let them see the fruits of your Islam with the actions you take towards improving your relationship with them and alleviating the needs of others.

We wish you the best...throughout the year.