



these times. In places near the Arctic and Antarctic circles, clocks are used to measure the day instead of using the sun.

á Bahá'ís should keep the Fast from the age of maturity, which is 15. After the age of 70 they need not fast.

#### Exemptions

á Those who are ill should not fast:

“In clear cases of weakness, illness or injury the law of the Fast is not binding.”

“The law of the Fast is ordained for those who are sound and healthy; as to those who are ill or debilitated, this law hath never been nor is now applicable.”

á Those who are doing heavy manual work need not fast. They should show respect for the law by eating “with frugality and in private”.

#### Travelling

á Those who are travelling need not fast, if the journey is longer than 9 hours.

á A journey is the whole period of travel, from leaving one place until arriving at the destination, it is not just the time spent in a car, train, boat, plane, etc.

á Those who are travelling on foot need not fast, if the journey is longer than 2 hours.

á If a traveller arrives at a place during the Fast, and is going to stay there for at least 19 days, he or she should fast following the first 3 days after arrival.

á If a traveller stays in one place for less than 19 days, he or she need not keep the Fast during that time.

á Travellers who reach home during the Fast should start fasting from the day after they arrive.

#### Women only

á Women who are pregnant or breast-feeding should not fast.

á Women need not fast during a period, provided that each day they perform their ablutions (washing of the hands and face) and repeat 95 times “Glorified be God, the Lord of Splendour and Beauty”. In this case a day means between one noon and the next.

#### Naw-Rúz

The day of the spring equinox which signals the end of the Fast is a Holy Day for Bahá'ís. This is the first day of the new year and is known as Naw-Rúz. It is a time of celebration, of starting the new year spiritually refreshed.

“We have enjoined upon you fasting during a brief period, and at its close have designated for you Naw-Rúz as a feast.” — Bahá'u'lláh

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