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## Muslim day today

Islamophobia is not a new phenomenon. Both Muslim men and women face a worryingly wide range of xenophobia, suspicions and exclusionary attitudes from our society. But Muslim women in particular face gender Islamophobia, in which their perceived religious and ethnic status along with gender becomes the target of verbal and sometimes physical attacks. In such a world, we need Muslim Women's Day more than ever. It seemed natural and necessary to create an opportunity like Muslim Women's Day for this Women's History Month. Amani Al-Khatahtbeh, founder of MuslimGirl, tells Bustle. We are on the heels of widespread conversations around the Muslim ban and even the women's movement, and this comes at a time when Muslim women are increasingly geared towards their practice. Muslim Women's Day is a positive response to this critical moment, celebrating a marginalised community that now needs public support. Anti-Muslim animus became more pronounced than it became after 11/11, but it's worth remembering that the roots of Islam in the context of the United States of America and subsequent American hostility to Muslims date back to the days when Africans were first enslaved and forced to come to the Americas. According to the Muslim Public Affairs Council, somewhere between 15 and 30 percent of the slaves in America's forebely were Muslims. With such a complicated and expanded presence - filled with bigotry, ostracization and many other struggles - Muslim Women's Day can be a critical moment to analyze the presence of Islam in the United States, specifically for Muslim women. A recent study by the Institute for Social Policy and Understanding found that Muslim women are more likely to report discrimination compared to men. In addition, they are also more likely to report increased anxiety and fear about their personal well-being compared to male peers. After Donald Trump became president, many Muslim women feared for their safety because of the nature of Trump's election promises, that included a virtual ban on Muslims from certain countries coming to America. Even in such uncertain times, the report indicates that Muslim women remain remarkably adamant in their beliefs, not being more likely than Muslim men to change their external appearance (some Muslims, for legitimate fear of retaliation, often shave their beards or stop wearing religious clothing to appear less Muslim). Muslim Women's Day is a great time to highlight such an unwavering commitment to empowerment among Muslim women. While there is no shortage of coverage for Islam, there is a tendency to talk about Muslim women rather than letting them speak for themselves. Al-Khatahtbeh is aware of this, and she says that Muslim Women's Day is all about muslim women who can talk about their experiences. Muslim women are increasingly bearing the brunt of anti-Muslim bigotry and Islamophobic policies such as Ban, explains Al-Khatahtbeh. However, we rarely focus the voices of Muslim women in discourse or allow them to represent themselves in public spaces. This is a day when our allies not only give us space to talk, but also to talk about what we want and represent ourselves as much as we want. For those wondering how they might be part of the festivities, Muslim Girl laid out three ways of participating. You can start by strengthening the voices of Muslim women on social media. You can share stories that focus on one of the many experiences of Muslim women. And you can share the message of unity and solidarity using the hashtag #MuslimWomensDay. In a political climate where being clearly Muslim means there is an unfortunate possibility of hostility, Muslim Women's Day provides both Muslims and non-Muslims with a great opportunity to openly talk to each other. In addition to establishing the need to understand and celebrate diversity, Muslim Women's Day is primarily dedicated to dispelling various myths about Muslims women, who are often mischaracterized as subjugated and oppressed women who do not have the free will to speak and act for themselves. Nothing can be further from the truth and Muslim Women's Day is about proving that – plus much, much more. AHMAD GHARABLI/AFP Creative/Getty Images The holy day of the week for Muslims is Friday. In Arabic, the word for Friday means a special kind of prayer. On this day, Muslims are to meet to pray in their mosques. Muslims are supposed to pray every day of the week at the family home, but Friday is dedicated to praying together at a local mosque. All Muslim men are expected to attend Friday prayers, while this is optional for women. Muslim women who take part are separated from men during prayer. Friday prayers are important in every Muslim's life because it is a time to remember God and unite communities. March 27 was the first ever Muslim Women's Day, and organizations across the country are celebrating this incredible and diverse group of people around the world. In recent months, Muslim women like Linda Sarsour have made headlines by achieving badassess leading the resistance to Donald Trump's presidency, but this day is far more than figured out - it's about standing up and celebrating women who too often are forgotten or used as political fodder. There are plenty of ways you can be an ally of Muslim women every day, and Muslim Women's Day is a great place to start. Despite recent attention to the achievements and strength of Muslim women and girls, they remain a misunderstood and often persecuted group in the US and Europe. Mainstream feminism has often misjudged Muslim women in their attempts to save them, Islamophobia unnecessarily affects Muslim women, especially those who choose to cover and therefore more noticeably Muslim. Like other oppressed groups, Muslim women deserve an ally, an ally, understanding and understanding of our differences. Muslim women are by no means a monolithic group, but there are some easy and powerful ways in which you can be a better power for us. 1. Learn about our history. The history of Muslim women flies in the face of the myth that they are victims of an oppressive patriarchal society. We have so many historical figures and groups to celebrate – Khadija bint Khuwaylid, one of the wives of the Prophet Muhammad (peace be on him), who was a powerful businesswoman and philanthropist; Nana Asma'u, a Nigerian poet and researcher who educated Muslim women in the 19th century; or Benazir Bhutto, Pakistan's first female prime minister, who was assassinated in 2007. Whether supporters of Islamic feminism or revolutionaries during the Arab Spring, Muslim women have a rich history that is often suppressed in surface-level conversations about women in Islam. 2. Respect our diversity. Despite the media portraits that lead people to believe that all Muslims are Arabs and all Arabs are Muslims, they are Muslim women of all races and many nationalities and nationalities. The experience of Hispanic Muslims is different from that of black Muslim women, Arab Muslim women, Southeast Asian Muslim women, and white Muslim women. 3. Don't Assume You Know What We Look Like. Queer Muslims also live at the crossroads of so many identities, and other than the hijab, there's a catch-all way to tell what a Muslim woman looks like. When you meet someone who is Muslim (especially if you don't include it), don't assume you know what their life is like or act surprised because they don't look Muslim. Instead, treat them with respect that you would treat anyone else. 4. Do not speculate or ask about our sex life. One of the strange side effects of the oppressed Muslim women myth is the non-Muslim interest in our sex life. I shouldn't explain why it's offensive to ask someone how and if they're having sex - it's personal and private information that doesn't have to be shared with anyone but partners. Like everyone else, our sex life is individual, and there are definitely Muslim women who choose to have sex outside of marriage alongside many who choose to wait. If your Muslim friend meets someone, don't ask them for sex unless they raise them. It's not just respect for their privacy and personal boundaries – it's another way to resist the desire of others to us or see us as exotic or strange. 5. Ask us individually how you can help. One of the biggest points I try to drive home while discussing Muslim women and feminism is that we, like any other group, are not a cohesive individual and don't all have the same wishes or needs. That said, growing Islamophobia creates the need for many of us to have support from non-Muslims, and to be one of the ways to help us just ask. Whether talking to a friend of a Muslim woman, working in an activist space, or engaging with Muslim women online, just What do you need? or how can I help? can make a huge difference. The answers will vary because, again, we are individuals - I can't pretend to speak to black Muslim women or hijabs who often face violence because of their noticeable difference - but I know my biggest need lately is to have support from my community in the form of food and conversation. Allyship is one of the best things you can offer Muslim women, and making sure you respect your prejudices at the door informs us that you are serious about helping us resist, survive and thrive in these difficult times. Times.

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