



# Happy Arafah Day!

# Holy Day of Arafah

Islam

[Ara-fah](#) 

The Day of Arafah, the 9th day of the 12th Islamic month of Dhu al-Hijja, is the climax of the annual Hajj pilgrimage. On this day, Hajj pilgrims gather on and around Mount Arafah, located to the Southeast of Mecca. There, they penitently call upon God, seeking His forgiveness and mercy and pardon. Muslims across the world also observe this day, likewise seeking God's forgiveness and immersing themselves in prayer and reflection. Fasting is recommended according to a Prophetic tradition. The Day of Arafah is followed by Eid al-Adha, the festival of Abraham's sacrifice, peace be upon him.



This collection of information sheets on major holidays and cultural events is a joint partnership of the School of Information staff, the Office of Diversity, Equity, and Inclusion, and the Office of the Provost. Facts have been vetted by U-M's Association of Religious Counselors (ARC), and other campus groups. Public feedback is welcome; please email [DEIHolidayFacts@umich.edu](mailto:DEIHolidayFacts@umich.edu).

## Date

- The Day of Arafah falls on the 9th day of the 12th and final month of the lunar Islamic Calendar and it is the day before the major Islamic holiday of Eid al-Adha.
- Check the [Calendar Index](#) for Religious Holidays during the current academic year for the exact date.

## Greetings

To wish the celebrant a Happy Arafah Day is welcome.

## Common Practices and Celebrations

- It is a holiday of prayer, fasting and repentance.

## Common Dietary Restrictions

- Fasting is common but optional.
- Many Muslims follow halal food guidelines, meaning food that is permissible by Islamic standards.
- Vegetarian meals prepared without alcohol meet halal standards.

## Impact to U-M Community

- Muslim colleagues and students may request to take the first day of the celebration off. Colleagues and remote students in Muslim countries will likely have a national holiday.
- Link to [U-M Guidance Regarding Conflicts](#).

## U-M Campus resources

- [Maize Pages - Muslim](#), U-M
- [Association of Religious Counselors](#), U-M
- [Reflection Rooms](#)

## Information Resources

- [Wikipedia](#)
- [National Today](#)

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