

THE HOLY QUR'AN

YOUR RAMADAN COMPANION AND BEYOND

TEA & CHAT — 11 FEBRUARY 2026



Ethnicity of Participants – 45 Attendees

Pakistani 70%



Indian 25%



White British 3%



Afro Caribbean 2%



Led by Ustadha Maryam

Location: Kunafa Tea

Time: 12:00pm – 2:30pm

Attendance: 45 women

About the Speaker

Ustadha Maryam completed a BSc in Speech Sciences at University College London (UCL) and worked as a Paediatric Speech and Language Therapist, specialising in early years diagnostics.

After teaching for two years at the Micro Madrasah, she moved to Cairo where she studied Arabic language, Hanafi fiqh and tajwid for over three years. She then continued her studies in Tarim, Yemen, at Dar al-Zahra Institute for Women, founded by Sayyid Habib Umar bin Hafidh, where she studied Arabic, Seerah, Tafsir and Hadith for five years, alongside additional learning with female scholars of Tarim.

Ustadah Maryam now lives in Bradford with her husband and teaches at Rawdah Madrasah, Mustafa Mount. She also teaches in her local community and continues her work as a Paediatric Speech and Language Therapist.

Session Overview

This session focused on making the most of the coming month of Ramadan — exploring Hadith, the etiquette of reciting the Qur'an, and practical steps for building a lasting relationship with the Book of Allah.

The Virtue of Reciting the Qur'an

The Qur'an is the Book of Allah, and it is what connects the believer most directly to their Lord. Of all forms of worship, reciting the Qur'an carries the greatest reward — a reward given for every letter read. As we are reminded, whoever occupies themselves with the Qur'an and His remembrance will be given something better than what is given to those who merely ask of Him. Ramadan itself is the month in which the Qur'an was revealed, making it the ideal time to deepen this relationship. When reciting, intention matters above all: sincerity for the sake of Allah unlocks a unique treasure in this act of worship. Skins and hearts soften at the remembrance of Allah, and the heart of the believer is filled with reverence in His presence.



The Qur'an as a Companion

Ustadha Maryam described taking the Qur'an as a companion — one that stays with us in this life and endures into the next. She used the image of musk: a person who spends time with someone who carries musk will either buy it themselves or, at the very least, catch its scent as they pass by. In the same way, an unhealthy companionship leaves us unsettled; if something does not feel right, that discomfort is itself a sign, and we should trust that inner sense of tranquility. The Qur'an, by contrast, has a real and physical effect on the heart, the skin and the way we view the world when it is truly taken as a companion. Remembering Allah, whether alone or among friends, is met with Allah remembering us in return, and no act done in His name goes unrewarded. Recitation raises us in rank, and we are told that a person will be with those they love in the next world — so cultivating this companionship with the Qur'an now is an investment in that future closeness.

Persevering Through the Early Difficulty

For many believers, turning to the Qur'an and the example of the Prophet can feel heavy to begin with, but with time and consistency comes love. The Qur'an speaks to the believer in every state — in happiness, in sadness, and in isolation — and sometimes what is required is simply patience: to wait, trusting that Allah sees what has been intended, and never to give up.

Engaging the Qur'an with All the Senses

Ustadha Maryam encouraged treating the Qur'an as something to be engaged with fully — even looking at the mus'haf is an act of worship, as is touching it; it should not be left untouched on a shelf. Keeping the tongue occupied in good rather than harmful speech was also emphasised. Different verses resonate differently with each reader, stirring different feelings and emotions at different times. Reciting or touching the Qur'an should be done in a state of physical cleanliness, and different times of day carry different rewards for recitation; in Yemen, for example, the time between Maghrib and Isha is especially valued.

Practical Steps for Ramadan and Beyond

Practically, Ustadha Maryam recommended setting aside a fixed, realistic time each day to recite — one that genuinely suits one's own schedule, even if that is only five to ten



minutes. Reciting with a “Qur’an buddy” was highlighted as powerful motivation. Families were also encouraged to set aside time to recite together, so that parents and children sit and engage with the Qur’an as one. Above all, the advice was simply to start, wherever you are, without fear of judgment — if that feeling arises, it is a sign that something in that relationship needs addressing, not a reason to give up.

**Report created by the Tea & Chat participants
supported by the MWC Team**

