



Contact Us

- info@uspakfoundation.org
- 202 505 4 PAK
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Ramadhan Mubarak

Fasting



One of the five pillars of Islam is primarily an act of willing abstinence or reduction from certain or all food, drink, or both, for a set period of time.

The [Qur'an](#) states that fasting was prescribed for those before them (Jews, Christians, and others) and that by fasting a Muslim gains [taqwa](#) ('God consciousness'). Fasting is believed to help promote chastity and humility and prevent sin, the outburst of uncontrolled lusts and desires and far-fetched hopes. To Muslims, fasting acts as a shield with which the Muslim protects him/herself from hell.

Muslims believe that fasting is more than abstaining from food and drink. Fasting also includes abstaining from any falsehood in speech and action, abstaining from any ignorant and indecent speech, and from arguing, fighting, and having lustful thoughts. Therefore, fasting strengthens control of impulses and helps develop good behavior. Muslims aim to improve their body by reducing food intake and maintaining a healthier lifestyle. Overindulgence in food is discouraged and eating only enough to silence the pain of hunger is encouraged.

Muslims believe they should be active, tending to all their commitments and never falling short of any duty. On a moral level, believers strive to attain the most virtuous characteristics and apply them to their daily situations. They try to show compassion, generosity and mercy to others, exercise patience, and control their anger. In essence, Muslims are trying to improve what they believe to be good moral character and habits.

Fasting also inculcates a sense of fraternity and solidarity, as Muslims believe they are feeling and experiencing what needy and hungry feel. Moreover, Ramzan is a month of giving charity and sharing meals to break the fast together.

During the month of Ramzan, please make an effort to help the under privileged and those in need.

President Obama Message on start of Ramadan

On behalf of the American people, Michelle and I extend our best wishes to Muslim communities here in the United States and around the world on the beginning of the blessed month of Ramadan.

A time for self-reflection and devotion through prayer and fasting, Ramadan is also an occasion when Muslims around the world reaffirm their commitment to helping the less fortunate, including those struggling because of economic hardship and inequality. Here in the United States, we are grateful to the many Muslim American organizations, individuals, and businesses that are devoted to creating opportunity for all by working to reduce income inequality and poverty, not only through their charitable efforts, but also through their initiatives to empower students, workers and families with the education, skills and health care they deserve.

Ramadan also reminds us of our shared responsibility to treat others as we wish to be treated ourselves and the basic principles that bind people of different faiths together: a yearning for peace, justice, and equality. At a moment when too many people around the world continue to suffer from senseless conflict and violence, this sacred time reminds us of our common obligations to pursue justice and peace and to uphold the dignity of every human being.

As I've done every year as President, I look forward to welcoming Muslim Americans from across the United States to the White House for an iftar dinner. It will be another opportunity for me to convey America's appreciation for the contributions of Muslim Americans to our country and to wish Muslims around the world a month blessed with the joys of family, community, peace and understanding. Ramadan Kareem.

Secretary Kerry Message on start of Ramadan

As the holy month of Ramadan begins, I wish the millions of Muslims here at home and so many more all around the world Ramadan Kareem.

Ramadan is a time for peaceful reflection and prayer, a time for acts of compassion and charity -- universal values and aspiration ingrained in every human heart.

Across the globe, Muslims will assemble and celebrate a rich tradition with fasting and prayer, as generations have done every

year since the time of the Prophet Muhammad. Here in America, Muslims will commemorate Ramadan in ways that reflect the great diversity of our country and the spirit of community that binds us together.

The diversity and patriotism of America's religious communities are sources of strength for all of us, and our freedom to worship is a powerful reminder of the traditions we share. E Pluribus Unum – From Many, One. And from many faiths, we stand together in one shared country.

Along with many of our Ambassadors all over the world, I will host an Iftar celebration at the State Department in Washington, DC. This event will bring together leaders from across the Muslim community to join together and reflect on our shared values.

On behalf of the U.S Department of State, I wish all Muslims around the world a peaceful Ramadan and joyful month.

USPAK EVENTS

Annual Youth Leadership Conference Registration to Close on July 15th – Register NOW

USPAK in partnership with Association of Physicians of Pakistani Descent of North America [APPNA](#) will hold its 5th Annual Youth Leadership Conference during APPNA's 37th Annual Convention in Washington DC. The conference will take place from **August 14th -16th 2014 at Gaylord National harbor, Washington DC.**

Theme of this year Conference is

"I define who I am"

High School and College Students are invited to register for these Workshops/Seminars to improve and develop Leadership skills, to prepare their future as successful citizens of this country. Students will be able to network with their peers from different parts of the country.

Register for Conference

Youth Empowerment Conference registration to open shortly. **Pre registration is required** for all Youth Empowerment Activities, limited seats available. No on-site registration is allowed.

Registration closes on July 15th 2014. Limited seats are available, register early.

A subsidized registration fee of \$150 per student is required payable at time of registration. Registration fee covers meals provided during Youth Empowerment Conference, transportation within DC, Conference material, handouts, and giveaways.

Spend three days in our nation's Capital

- Meet and Learn from Successful Young Professionals & Entrepreneurs
- Participate in Individual Leadership Training to Strengthen your Influence
- Engage in interactive sessions
- Meetings and Tours of US Congress, and other Offices in DC
- Network with your peers from around the country. Learn how to connect with people and build bridges

Participation in this conference will help you in

- Be a Voice in Public Policy Development
- Career Guidance
- College Admission Guidance

At this Youth Empowerment Conference, a series of Workshops/Seminars/Activities are planned for students to get guidance in career choices, college admission; effective public policy tools; running for public office; value cultural identity; citizenship rights and responsibilities; and spirit of volunteering. Motivational speakers will inspire students on how to achieve their dreams. Successful Entrepreneurs will share their success stories and experiences, and discuss means on how to get ahead of the crowd.

College Students will have an opportunity to interact and learn from successful young Pakistani American Professionals who are rising stars in Public and Corporate World. Seminars will focus on career choices, hot careers for **Millennial Generation**, internship guidance, job search techniques, resume enhancement. Mentorship opportunities are available with Pakistani American Professionals.

High School Students will meet Pakistani American Students studying in Ivy League Colleges. They will prepare high school students to get into their dream college, by providing guidelines about college admission process; college admission requirements; what colleges look for; when to start preparing for college admissions; how to build a strong resume for college; role of parents; college visits; and many other practical tools. Mentorship opportunities for high school students are available with Pakistani American Students studying at various Colleges.

As part of Empowerment activities a full day of tours are planned for the students to visit US Capitol, Embassy of Pakistan, and other places of interest.

Students will have an opportunity to volunteer at local food pantries and homeless shelters.

Youth Empowerment Conference Program is being developed. See draft [Program](#); revisit this page for program and speaker updates.

See [Youth Empowerment Flyer](#).

To learn more about the upcoming Youth Empowerment Conference watch a [video](#) prepared by USPAK Foundation.

For further questions or inquiries, email ed@uspakfoundation.org or call 202 505 4725.

Internship

Communications Intern at International Relief and Development

The **Communications Intern** plays a key role in supporting the team's communications and fundraising efforts. The Communications intern supports the team with

- writing for publications, the website, and Advancement proposal development
- research and other support to Advancement to diversify funding and develop new partnerships
- support on other assigned responsibilities such as monitoring funding and policy trends and helping organize thought-leadership events

[Read More](#)

New Business Development Intern at Population Services International

PSI seeks applicants for the position of Intern for New Business. The Intern for New Business will assist the Coordinator to manage PSI's systems for identifying, tracking, and pursuing new business opportunities with government and private sector donors. Additionally, he/she will assist in proposal development and will provide general administrative support to the Chief Strategy and Resources Officer. This position will be for 6 months (with the option to extend the contract) and based in Washington, D.C. The intern must be available for a standard 5-day, 40-hour work week. [Read More](#)

Help Us Help You

USPAK is a volunteer organization working for the betterment of Pakistani Americans. Our efforts are focused on developing future leaders of our country from within our community. We also work to address issues of concern of our community, ranging from immigration, civil liberties, religious freedom, and socio-economic development of Pakistani American community.

It is through help of supporters like you that we are able carry on our vision promoting the ambitions and aspirations of Pakistani Americans. Your support today can ensure that Pakistani Americans have a place at the table, as we shape the policies on immigration, the economy and civil rights. You can help build a more vibrant and inclusive democracy.

Can we count on you to help? Can you donate \$500, \$250 or \$150 today? [Click here](#) and use **Donate** button. USPAK is a 501 c3 non-profit organization; your donation qualifies for tax deduction.
