

Publications & News

OK Voices

Ramadan Reflections: Faith, Family, and Food - A Conversation with Umar Sheikh

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This month's issue of "OK Voices – The Stories That Shape Us" opens with a meaningful conversation in recognition of Ramadan. [Umar Sheikh](#) shared personal reflections on the significance of the holy month, how he observes it, and what Ramadan means to him and his community.

What does Ramadan mean to you personally, and has your experience of it evolved over the years?

For me, Ramadan is a time to renew, both spiritually and physically. Through the prayers and the fasting rituals, it is a reminder to take care of one's mind, soul and body. Over the years, as my kids have grown older, it has also become a very close time for family.

How do you balance work or daily responsibilities while fasting during Ramadan?

That is difficult and some days are harder than others. I try to do my best and ask for help or time when needed.

Are there any special dishes or family recipes that are must-haves during Ramadan?

For me, I still like to retain our Friday night pizza tradition. Everyone in the house has their favorites, but one that we agree upon is a good cup of chai when breaking fast.

What message or reflection would you share with those unfamiliar with Ramadan about its significance and spirit?

Related People

- Umar A. Sheikh

For most Muslims, it is their favorite time of year and we love talking about it, so don't be afraid to ask questions.

Our **Diversity, Equity, and Inclusion (DEI) Committee** is proud to present “**O|K Voices – The Stories That Shape Us,**” a series dedicated to celebrating the personal experiences of our employees. Each edition will highlight employee stories or cultural events, offering a platform for colleagues to share their traditions, histories, and the moments that have shaped them. Through these shared voices, we foster deeper connections, understanding, and appreciation of the diverse perspectives that make up the Offit Kurman community.