**Discussion #1: Muslim Communities in SE Nebraska – Identities and Diversity**

**West of Lincoln**
- Islamic Center of Lexington
- Grand Island Islamic Center
- Masjid Taqwa (Inland, NE)
  - **Note Masjid is Arabic for Mosque; Masjid literally means “place of ritual prostration”**

**Lincoln and Omaha**
- Islamic Foundation of Lincoln (Oldest Mosque in the state of NE)
- Sabah Foundation (Lincoln)
- Nebraska Islamic Foundation (Lincoln)
- Millard Islamic Foundation (Omaha)
- American Muslim Institute (Omaha)
- Islamic Center of Omaha
- Masjid Al-Huda (Omaha)
- Shafie Islamic Center (Omaha)
- Bunyadul Islam (Omaha)

**Discussion #2: Feasting and Fasting in Islam and Understanding Intersections of Health, Wellness, and Spirituality**

**Useful Vocabulary**

**Islam**: Arabic term meaning “submission,” referring to submitting to the will of Allah (God).
- “Islam” is derived from the Arabic word “salam” which literally means peace. Thus submitting to the will of God brings about peace.
Muslim: Arabic term meaning “one who submits” – a practitioner of Islam.

Allah: Arabic term meaning God.

Prophet Muhammad: 570CE - 632CE in Saudi Arabia; religious, social, and political leader; founder of Islam.

Quran: Sacred text in Islam, believed to be the word of God, dictated to Muhammad by the archangel Gabriel.
  - Written in Arabic, the Quran consists of 114 chapters of varying lengths. Topics include all aspects of human life – doctrine, social organization, legislation, and human rights

Halal: Arabic term meaning “permissible,” as opposed to Haram meaning “impermissible.” Items and actions considered “halal” are religiously acceptable according to Muslim law.
  - Halal extends beyond food permissions – even banking and music are topics/acts for considering what is “halal” and what is “haram.”

Assalamu Alaykum (May God’s Peace be Upon You): Greeting in Islam

Beliefs and Practices

Discussion #3: Strategies for Building Inclusivity (Audience Generated)
More Information:

Local Mosques, Immigrant Communities, and Interfaith Dialogues

- Growing Diversity in Nebraska:
  - [https://omaha.com/lifestyles/omahas-muslim-population-is-growing-increasingly-diverse/article_884c86dd-a0a1-5a12-9bc0-ad885cd8f4ce.html](https://omaha.com/lifestyles/omahas-muslim-population-is-growing-increasingly-diverse/article_884c86dd-a0a1-5a12-9bc0-ad885cd8f4ce.html)

- Tri-Faith Initiative in Omaha:

- Islamic Foundation of Lincoln:
  - [https://ifol.org/](https://ifol.org/)

- Muslim Student Association at UNL:
  - [https://www.unl.edu/msa/home](https://www.unl.edu/msa/home)

- American Muslim Institute:
  - [https://americanmusliminstitute.org/](https://americanmusliminstitute.org/)