

First Sajdah

Your first days

Welcome. We are so glad you are here.

You don't have to learn everything this week. Go one step at a time.

You can start praying today, beside someone, while you learn the rest.

Find someone to learn with: a teacher at the masjid, or a mentor of your own gender. You don't have to do this alone.

Be gentle with yourself, and kind to your family.

Where to go next

Your masjid: _____ , _____
masjid name class day and time

Ask for: _____
first name of welcome lead

Online: firstsaidah.com (free, no ads, no account)

If you are not safe

In danger now: call 911

Crisis or thoughts of suicide: call or text 988, any time

Abuse at home or in a relationship: 1-800-799-7233 or text
START to 88788, any time

Outside the US: firstsaidah.com lists other countries' lines