



**First Congregational Church  
Amherst, MA**

# Sharing the delicious Noah's Pudding (Ashura)



# What is ashura?

A fast-day among the Muslims observed on the tenth day of the first month of Islamic calendar, Muharram, and derived from the Jewish Day of Atonement (Yom Kippur), celebrated on the tenth of Tishri (Lev. xvi. 29, xxiii. 27).

The name is an Aramaic form of the Hebrew word "Asor" (the tenth), still to be found in a liturgical poem for the Day of Atonement (M. Sachs, "Festgebete der Israeliten," 4th ed., pt. iv.

When the Prophet Muhammad arrived in Madinah in 622 CE, he noticed that the Jews of this city fasted on Muharram 10th, and asked them the reason for this. They said, "This is a blessed day. On this day God saved the Children of Israel from their enemy (in Egypt). Therefore the Prophet Moses fasted on this day in gratitude to God." Then he also fasted and encouraged the Muslims to fast on that day and the day before in gratitude to God, just as Moses had done.





# A QUICK JOURNEY TO THE BEGINNING



It was thousands of years ago, a thousand years after Adam. The Great Creator, because of His All-Compassion to them all and to all humanity, sent Noah.

Noah asked his people for 950 years to leave paganism, called them to the true way, the truth, believing in one God. But people teased him and called him crazy. Later his wife joined the pagans in their betrayal.

Noah suffered with his people for 950 years. One day God sent the Angel Gabriel to order Noah to build a ship. Inspired by God, Noah built the ship.

God ordered him to take two of every creature, the believers, and his family, except his wife, in the vessel.



# A QUICK JOURNEY TO THE BEGINNING



It was thousands of years ago, a thousand years after Adam. The Great Creator, because of His All-Compassion to them all and to all humanity, sent Noah.

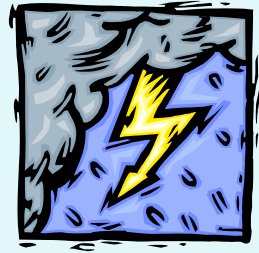
Noah asked his people for 950 years to leave paganism, called them to the true way, the truth, believing in one God. But people teased him and called him crazy. Later his wife joined the pagans in their betrayal.

Noah suffered with his people for 950 years. One day God sent the Angel Gabriel to order Noah to build a ship. Inspired by God, Noah built the ship.

God ordered him to take two of every creature, the believers, and his family, except his wife, in the vessel.



# The journey of believers begins...



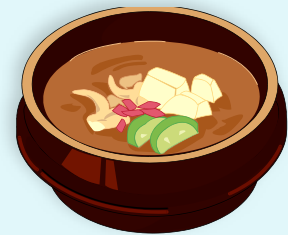
Noah again told people about the flood, and warned them against it. But their response remained same.



The believers and animals boarded the ship and supplies were loaded.

As all nonbelievers were drowning with their all vices, a long and hard journey was awaiting Noah and the believers, a long, tumultuous journey.

Days had passed, and food was scarce. They were facing starvation. No food by itself was enough to make a good meal. Noah gathered all the food and, mixing them, obtained a delicious meal.



Believers survived through famine. The very next day, flood receded. Today we call the meal Noah prepared as “**Noah’s Pudding**”.



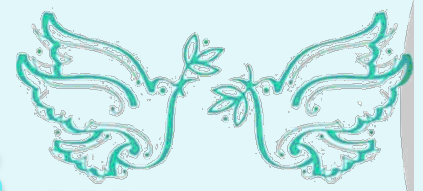
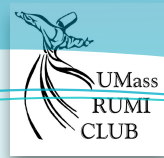
# Historical Significance\*

On this day:

- God created heavens and worlds.
- God accepted the repentance of Adam after his exile from Paradise.
- God saved Noah and his companions.
- God spoke directly to Moses and gave him the Commandments.
- Jonah was rescued from the fish.
- The sea was divided as the Israelites was delivered from captivity and Pharaoh's army was destroyed.
- Job was restored to health.
- Fire did not burn Abraham.
- Solomon was granted his kingdom.
- Joseph was rescued from the well.
- Jacob and Joseph rejoined.
- Jacob regained his eyesight.
- God raised Enoch to the heavens.

\* (Al-Biruni, "Al-Athar al-Baqiyyah," ed. Sachau, p. 326).





# Tradition still continues ...

The making of ashure is a common practice among Muslim and Christian people in the Middle East.

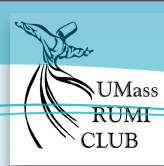
In Turkey, it is customary to prepare ashure at a certain time of the year. Christian communities throughout the Middle East prepare a similar sweet wheat dish, called hedik, amah or qamhiyyi.



Ashure prepared at home is shared with the neighbors. Generally people who prepare ashure send a cup to each of the neighbors.

One has responsibility of maintaining good relations with their neighbors regardless of what their religion or beliefs may be.





# The Recipe

Thousands of years old recipe for Noah's Pudding – makes 30 servings for you and your neighbors.

## Ingredients:

- 1 cup wheat
- 1 cup white beans
- 1 cup chickpeas
- 1 cup raisins
- 1 cup almonds
- 3/4 cup peanuts
- 12 dried apricots
- 5 1/2 cups sugar
- Water (enough to cover)
- Topping: walnuts, cinnamon

## PREPARATION:

1. Soak wheat, white beans, garbanzo beans and almonds in water overnight.
2. Boil the above ingredients, remove the outer shell or skin.
3. Soak the raisins in boiling water until they soften.
4. Put all the ingredients above (steps 1–3) in a large pot and boil. Add peanuts and almonds (peeled and cut in half) at this point.
5. Chop the apricot into small pieces, add to mixture along with sugar.
6. Boil for 10–15 minutes.
7. Enjoy your pudding!







# Enjoy !!

For more detailed information about the significance of ashura and the video that explains how to cook the ashura please visit :

[www.umass.edu/gso/rumi](http://www.umass.edu/gso/rumi)

[www.bostondialogue.org](http://www.bostondialogue.org)