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Change

Indeed, Allah will not change the condition of a people
until they change what is in themselves.
(13:11)

INSIDE! // CHANGE! // TAFSEER UL QURAN // HADITH // REMINDER
// DAWAH REQUIRES CHANGE // 2 FURIOUS 2 FAST // GET THE MOST
OUT OF RAMADAN // BACK BITING // SA FOR SYRIA FUNDRAISER
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Bismillah

Assalaamu Alaikum

Amazingly almost everyone is interested in the word change. Many are interested in change of a ruler or a system to have a better life. It includes even those who have no faith. Change is the essence of this universe as Allah Subhanahu wata'alaah created it. Designers keep changing different designs, house set ups keep changing because people don't like the same thing or just stick to one style etc... However, believers always would like to change from a situation to a better one if their mind is aware of their creator and their relationship with him.

True believers continually seek the pleasure of Allah Subhanahu wata'alah. When a believer realizes he has sinned, he would hasten to repentance or ask forgiveness. The initiative comes from the servant himself. It is Allah Azza Wajal who said in surat ar-Ra'd "Verily Allah does not change what is in a people until they change what is in them". This principle applies to changes either way.

The Quran also has stories of nations who changed from good to bad resulting in their suffering and destruction. In surat an-Nahl verse 112 we read "Allah provides an example of a township that enjoys security peace and plentiful supply from every direction yet the people were ungrateful for Allah's favors, so Allah made them taste hunger and terror because of what they used to do." No doubt, matters are in the hands of Allah Tabaarak wata'alaah and no doubt that a believer wishes to be in a better condition, meaning wanting change. In order to achieve this, we need to follow the formula in the above mentioned verse from surat Al-Ra'd (verse 11) "Allah will not change the condition of a folk until they first change what is in themselves".

The message is we need to improve our selves and strive to get closer to our creator by repenting and asking him for forgiveness and try to purify our hearts and change our intentions from back to good.

Wasalaamu alaikum.

Khalid Yousuf
Imam of Adelaide City Masjid

K. Yousuf

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Ramadan Calender & 3 Month Prayer Times - Pull Out

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Change in Ramadan

Proven Techniques for a Successful Positive Change this Ramadan.

By Abu Obaydah

You CAN do it!!!

The Messenger of Allah Muhammad PBUH has said, "Almighty Allah says, 'I treat my servant (man) according to his expectations from Me, and I am with him when he remembers me. If he remembers Me within himself, I remember him in Myself, if he walks towards Me, I run towards him.'" [Hadith-Qudsi]

Make this Ramadan the month of "Change" Are You Ready for it?

"Change" is the vogue today. "Change" is being chanted by the Presidents to rally up public support. "Change" is being demanded by the masses suffering due to skyrocketing fuel and commodity prices. "Change", a drastic one indeed, is what we are witnessing with awe in the global weather patterns.

For Muslims, Ramadan is the prime time for change. This month dramatically alters our routines and schedules. From tight sleep schedules, to hunger for extended hours, to reduction in consumption of junk foods, to a technology diet, to withdrawal from caffeine addiction, to lengthy standing in Taraweeh prayers at night, to extensive listening to the Quran. What a change indeed!

Beyond Routines and Rituals

The real change, however, Ramadan demands of us is the internal change – a change that posi-

tively transforms our lifestyle, character, attitudes, conversations, and habits. Allah has described this change in the month of Ramadan as follows, "O you who believe, fasting has been ordained on you as it was decreed upon those before you so that you may achieve Taqwa" [Taqwa is God-Consciousness] [Quran 2:183].

Slavery to Ramadan?

If our change is limited to outer physical practices only, we become slaves to Ramadan, instead of being servants to Allah, the Merciful. Prophet Muhammad PBUH has warned us about those who don't fast from bad behaviour: "Allah has no interest in any person's abstention from eating and drinking, if that person does not give up lying and dishonest actions" [Bukhari].

Ramadan Resolutions

Every Ramadan we make resolutions and tell ourselves: "This Ramadan will be different. I'm going to change my _____ habit." "I will give up _____", "I will take my practice of Islam to the next level". But how many of us are really able to follow through? Plenty of good intentions, many amazing wishes, but sadly enough, life goes on as usual the morning of Eid.

“Know that Allah will help you. Know with certainty that He can split seas for you, but you have to strike it *first!* Put your trust in Allah and take the first step towards change”

Ask yourself, how is my fasting benefitting my spiritual connection with Allah? How is my extensive worship in Ramadan helping me discipline my tongue (taste and speech), eyes, ears, and habits? Are you ready to take that first step to transform your bad habits into good ones?

Ways to Kick Bad Habits

Few things are more demanding than eliminating bad habits, since they are part of our daily routines and personality. It takes days of patience and practice to break old habits.

However, the good news is, Ramadan offers a perfect and natural environment for moral training. Interestingly, researches from "positive psychology" (scientific study of successful people) have repeatedly shown it takes between 30 to 40 continuous days to kick a bad habit and develop a new one.

In addition to the physical discipline during the month of Ramadan, the increased spiritual exercise and connection with Allah, can transform your habits for life.

Try these proven techniques for a successful positive change in your habits during Ramadan and beyond!

1. Acknowledge and Identify your bad habits: First step is to admit you need to change. If you are in a state of denial, you won't recognize that you have a bad habit to change.
2. Pick a habit for this month: Prioritize your bad habits and focus on one for this month. If you are committed to changing at least one habit, you will see remarkable results, Allah-willing.
3. Realize that it's in us to change: Don't believe the old saying, "You can't teach an old dog new tricks." You can break a bad habit if you really want to. No one else can change your habits, if you don't want to.
4. Remember, Allah loves those who commit mistakes and repent: Prophet Muhammad PBUH said: "By Him in Whose Hand is my life, if you were not to commit sin, Allah would sweep you out of existence and He would replace (you by) those people who would commit sin and seek forgiveness from Allah, and He would have pardoned them." [Muslim]
5. Intention & Plan to change: "If you fail to plan, you plan to fail." A healthy process of change in character requires a gradual pace, which entails planning. Develop concrete milestones to measure your progress.
6. Replace a bad habit with a good one: Completely

eliminating a habit is more challenging than replacing it with a more productive habit. Moreover, it's crucial to replace the lost natural needs, such as the need to socialize and to be entertained with something healthy.

For instance, it's easier to replace or balance your addiction to TV with a physical workout or reading, than to suddenly remove the TV from your life. Interestingly, Prophet Muhammad PBUH, the greatest 'psychologist' of humanity, illustrated this principle in these words:

"Fear Allah wherever you may be, follow up an evil deed with a good one which will wipe (the former) out, and behave good-naturedly towards people." [At-Tirmidhi]

7. Change your Environment: Resist the negative peer pressure by finding a better company of friends. Collective action to change is very powerful. Prophet Muhammad PBUH explained this peer pressure effect with this analogy: "A good friend and a bad friend are like a perfume-seller and a blacksmith: The perfume-seller might give you some perfume as a gift, or you might buy some from him, or at least you might smell its fragrance. As for the blacksmith, he might singe your clothes, and at the very least you will breathe in the fumes of the furnace." [Bukhari & Muslim]

“When you have to start compromising yourself or your morals for the people around you, it's probably time to change the people around you”

8. Exercise: Spiritual exercise is important for lasting change. You may not realize that by exerting your yourself in spiritual exercises like the reading of Quran and Hadith, fasting, giving charity, Thikr etc, helps in eliminating a number of bad habits.

Through the spiritual light of doing noble deeds evil ones will gradually be eradicated from your life. Allah says, "Indeed, Salah prevents Shameful and unjust deeds" [Quran:29:45].

A person complained to a pious man about someone who performed his salat and also committed theft. The pious man said "His salat will very soon wean him off that sin." This shows that the evil habits can be removed from our lives by adhering to good practises. The doing of good deeds such as remembering Allah cleanses the heart. A clean heart encourages a person to do good deeds and refrains one from evil habits!

Moreover, exercising your will power (struggle to fight temptations) for this month helps you kick all kinds of bad habits and form new good ones. Willpower is like a muscle; the more you exercise it, the more you strengthen it.

“Socialologists have found that developing good habits or leaving bad habits can be achieved successfully in 30 days. Ramadan is the perfect opportunity!”

9. Think of yourself as a changed, different, new person. This simple psychological shift in your thinking about your own image can do wonders. Tell yourself, "I can't continue this ill-behaviour. I am better than that. I am stronger. I am wiser."

10. Reward success: The most fundamental law in all of psychology is the "law of effect." It simply states that actions followed by rewards are strengthened and likely to reoccur. Unfortunately, studies show that people rarely use this technique when trying to change personal habits.

Setting up formal or informal rewards for success greatly increases your chances of transforming bad habits into good ones, and is far more effective than punishing yourself for bad habits or setbacks. As Muslims we should also remember that the ultimate reward is Allah's Pleasure and Paradise in the Hereafter.

11. Get help: Tell someone about your effort to change if it helps. He or she may keep you on track and may offer some good advice. Read books that will encourage you to do virtuous actions. Join programs in your local Mosque. Ladies should endeavour to join their local learning lessons. There are good and sincere people who are ready to assist. We are not an island- We are an Ummah!

12. Boost your spiritual immune system: By fasting, doing good actions, spending time in the Mosque or going in the path of Allah will boost your Imaan which will provide you with internal strength to overcome temptations to reverting to old bad habits.

13. Remind yourself of Death and Hereafter often: "Remember often the terminator (or destroyer) of all the pleasures [i.e. death]," the Prophet PBUH once stated. [At-Tirmidhi.]

14. Resolve to continue on and follow up: Giving up bad habits or learning good habits requires regular maintenance and determination. It is a long, ongoing process, also known as "Tazkiyyah" in Islamic terminology. It's more difficult than the first few steps of change. ("How many times have I dieted, for example, only to gain the weight back?"). So ensure that you follow up. Link yourself to a good Allah-fearing Islamic Scholar and make a habit of spending time in Allah path.

15. Develop a relapse strategy: How do you ensure not to return to your bad habit you are trying to change? Some people donate money to a good cause every time they return to sinning or a bad habit. This reminds them of the 'cost' of going back to old bad habits. Others try physically demanding acts to deter them from reverting to old ways. For example that if you do ___ act then you will fast 3 days, or pay so much charity.

16. Ask Allah for Help: MOST IMPORTANT! Make asking for Allah's help an integral part of the overall change process. Ask for Allah's Help before, during and after every attempt at kicking a bad habit.

Do so sincerely, even begging and crying, like a child does when he or she really wants something. Allah is Ever-Willing to help and to respond to our needs, but it is us who must take the first step towards Him. Allah will NEVER disappoint us!

"And whosoever is conscious of Allah and keeps his duty to Him, He (Allah) will make a way for him to get out (from) every (difficulty), and He will provide him from (sources) he could never imagine." [Quran 65:2-3]



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DON'T
DELAY,
START
NOW!

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DAILY DUA'

THE WEAPON OF THE BELIEVER

By Abu Imran

What do people seek? Power, prestige, wealth, wife/husband, knowledge... The list is endless. How do people go about these things? Strength and abilities, clothing and position, work and education, asking around... These are all required to achieve the means we want, but how many start by asking Allah?

Generally people turn to Allah when times get tough and calamity has truly set in, a means for a last resort: You know it is the last thing to do, even though it should be the first! This is proof the D'ua has become a ritual to some of us.

But it wasn't so for the people of the past and especially the Prophet. D'ua was at the beginning and end of the project, with the plans and actions coming in between them.

He (SAWS) used to start the day asking Allah for good and continue through-out the day, no matter what happened. So here is a D'ua we can use to begin change: change the way we approach our day; change the way we approach difficulty; change ourselves. Remember we are asking Allah, for whom there is no difficulty and is best to help you!

Dua for anxiety, sorrow and hardship:
'Allaahumma innee a'oothu bika minal-hammi walhazan, wal'ajzi walkasal, walbukhli waljubni, wa dhala'id-dayni wa ghalabatir-rijaal.'

O Allah, I seek refuge in you from grief and sadness, from weakness and from laziness, from miserliness and from cowardice, from being overcome by debt and overpowered by men (i.e. others).



EXPLANATION OF THE HOLY QUR'AN



*“And those who strive in Our way
We will certainly take them to Our paths”
29:69*

The real meaning of striving in Allah's path is to put in all efforts to remove the hurdles in the way of faith. There is a promise in this verse, that Allah guides those striving in His path to the righteous way. It means that when there is a confusion between evil and virtue, truth and false, and profit or loss, and a wise person wonders which way to adopt, on such occasions Allah guides those striving in His way to the path which is straight, righteous and without risk. In other words, He turns their hearts toward a way that may bring the divine blessing and the best results.

Sayyidna Abu Ad-Darda' (raa) while interpreting this verse has said that the people who strive for acting in accordance with their knowledge are promised by Allah in this verse that He will disclose to them some other areas of knowledge that they did not have before.

Fudayl Ibn 'Iyadh (ra) has given yet another interpretation to this verse, that is, 'those who strive for knowledge, We make it easy for them to act'. (Maqhari).

An example of Allah's help in such a dire situation can be narrated from Surah Yusuf :
“And she certainly desired him. And he had desired her - had he not seen the proof from his Lord (he could have indulged). This We did to turn away from him evil and lewdness. Surely, he is among Our chosen slaves. [12:24]. And they raced towards the door, and she tore his shirt from behind, and they found her master by the door. She said, “What can be the punishment of the one who intended evil with your wife except that he be imprisoned or (given) a painful chastisement?” [12:25]

When the wife of Al Aziz of Misr was busy enticing Sayyidna Yusuf into sin, and he, on his part, was trying to stay away from it. With the help of Allah, Sayyidina Yusuf tried to get away from Zulaikhah, he ran away from that private enclave and dashed for the door to get out from there. The wife of Al Aziz ran after him to hold him back and, by grabbing his shirt, she tried to stop him from getting out. But, when he did not stop - being determined not to - the shirt was torn from behind him. However, Sayyidna Yusuf did come out of the door, and so did Zulaikhah behind him.

Historical accounts mention that the door was locked from the inside. When Sayyidna Yusuf ran and reached the door the locks opened up by itself and dropped down. They both came out of the door, and saw Al Aziz of Misr standing right there.

Sayyidina Yusuf AS did whatever he could do, he ran to the doors (even though they were locked) and for Allah opening locked doors is not a problem. Allah seeks from His servants to strive for the change and do their share in His path. Allah as mentioned in the verse, has promised to help such people to the righteous way.

HADITH

On the authority of Abu Saeed al-Khudri (may Allah be pleased with him) who said: I heard the Messenger of Allah (pbuh) say: “**Whoever of you sees an evil must then change it with his hand. If he is not able to do so, then [he must change it] with his tongue. And if he is not able to do so, then [he must change it] with his heart. And that is the slightest [effect of] faith.**” (Muslim)

Evil actions are never to be accepted and we are obligated to try and change the evil around us. The notion of 'being capable' of removing an evil is the same with respect to the tongue as it is with respect to the hand. If a person does not meet the conditions for being able to remove an evil with their hand or their tongue, that is, having the spiritual and physical ability and not fearing a greater evil or harm, then they must do it with their heart. (ie. Hate it and make dua)

The Friendly Reminder.

'And remind, for indeed the reminder benefits the believers' (51:55)

By Abu Abdullah

With all the problems around us, do we ever think sincerely why is our Ummah in the state that it's in? Are we people who complain and do nothing? Or do we think "What can we practically do to bring about change?" Rather than look around us, let us look within us. Lets look at our daily lives and think, would those whom Allah made victorious in the past live everyday like we do today? Allah says: *"Indeed, Allah will not change the condition of a people until they change that which is in themselves"* (13:11) **Let us be part of the solution rather than the problem that we ourselves complain about.**



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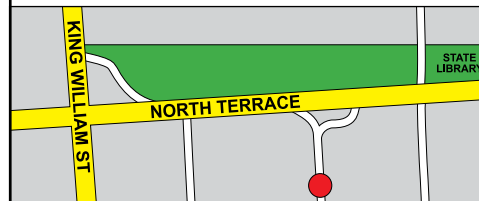
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Change others by changing yourself

By Abu Ameenah

There is a simple truth that I have learned in my very brief years in Da'wa.

Allah SWT does not need you in particular to do Da'wa. Allah has His own plan for who will become Muslim and when. That plan will come to fruition, no force can delay it, deter it, or stop it.

The person Allah wishes to guide to Islam will be guided, with or without you. None of us will be perfect, but if you make a concerted effort to improve yourself, to "walk straight" as the Arabic word "Istaqim" literally translates to, then as a gift to you, Allah will make you somehow involved in the opening of someone's eyes to Islam. Regardless of what you say, your level of knowledge, your level of Imaan, or any other factors.

If you want to be a better Muslim and make an effort, put your time into being a better Muslim (and as we know there are many avenues for this) – then Allah will allow you to earn massive rewards by helping others on their way to Islam. If you are making no effort to improve yourself, if you are happy to sit on your couch, you can wish and hope as much as you want to help someone on their path to Islam, but this is a pointless fantasy.

Allah will not give this gift to someone on their couch, Allah will give it to the one who is working for it.

So I have come to the realisation that the Muslims who can speak some words and all of a sudden those non-Muslims listening to them say their Shahada, are the same as you and me. They consist of the same blood and bones. They wear the same clothes. They eat the same food. The difference is they are working harder than us to be better Muslims themselves, and so Allah gives them these gifts that, according to our beloved Prophet Muhammad PBUH, are worth more than the whole earth and everything on it in the sight of Allah.

I have seen with my own eyes in recent years, some brothers walk straight, and Allah pulls them against their will into Da'wa work, and they help others to become Muslim, and they say the shahada while non-Muslims repeat the words after them to enter into Islam. The two men, now brothers, embrace with brotherly love as tears roll down their faces, the mercy of Allah descending on them both and overwhelming them utterly. It is a beautiful thing to behold, a miracle for the ones who feel it.

Then I have seen those same brothers start to falter, their Imaan deteriorates, they go back to bad habits they had long abandoned, and Allah does what is fair and just by removing the gift of Da'wa from them, against their will, and giving it to someone more deserving than them. Someone who is walking straighter than them.

It is the same with any type of Islamic work, not just Da'wa. If you are involved in Islamic charity, you must be constantly working on yourself, improving the person you are, or Allah will take it from you and give it to someone better. If you are involved in any volunteer work for the sake of Allah, and you allow yourself to stumble and fall from the path, Allah is rich, and there are more coming on to the path every day. Do not be surprised if Allah replaces you with someone better than you.

My advice brothers and sisters, is walk straight. When you are walking straight, everything will fall into place. Life becomes easy. Results come by themselves. If you get lazy and go backwards, then your life will follow you.

Tips for Change

By Talal Elmawey

Change for the better, is full of hardship. We may find we are constantly absorbed in many petty activities that use up our time & efforts every single moment of our lives. Thus we find ourselves in dire need of change.

The Prophet (pbuh) said: "When Allah desires good for someone, He tries him with hardships." [Bukhari]

We deduce from this Hadith, that in order to change for the good, it is inevitable that we go through hardship.

I cannot emphasize the importance of consistent Dua & Salat to Allah. It will make it easy for you to change as it will start to shape your outlook & help clear your mind & priorities straight.

- 1 First you need to identify why you want to change. For a Muslim, it should be to become a better Muslim. Being a better Muslim is being better at everything you do so it encompasses everything.
- 2 Make dua to Allah (swt) & ask Him to give you strength & determination to achieve your goal.
- 3 Identify things such as activities & bad habits that you know are of no benefit by writing them down. So when your about to do it, you know it was something you wanted to remove from your life.
- 4 One thing that works for a lot of Muslims is to have role models, such as the Companions. How they changed & how they discarded their old habits and adopted the Islamic ways. This gives you inspiration and motivation to be like them.
- 5 Once we have made those changes, we should constantly remind ourselves of our goal in order to prevent ourselves from falling into our old ways, as it is easy to fall in but hard to climb out.

Inshallah we can all implement change in our lives in order to become better Muslims. Ameen.

! HELP FAMILIES IN NEED !

By Mohammed Hassan

A member assisting Families SA recently contacted IICSA regarding Muslim children they currently hold and send to non-Muslim foster homes to live and be looked after in.

These Muslim children, after having come from the chaos overseas and going through detention, yearn for a normal peaceful islamic family life. Some have no parents or siblings. Can you help by giving these children a home?

If you can fill this responsibility within the Muslim community, you would be lifting the sin off the entire community as this is a community obligation.

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Preparation

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By Maysoon Kaddah

Of all the farewells that pass us by and leave us with an empty sadness, there is one of a pleasant nature; the farewell of Sha'ban. Perhaps because it is accompanied by the welcoming of Ramadan, which hundreds of millions of Muslims await for each year with anticipation.

As the passing of time draws us closer to the onset of Ramadan, happiness and joy find their way back to our hearts, for with the Holiest month come two great gifts; the celebration of the revelation of the Quran and the fasting of the Holy month. Fasting Ramadan is one of the five pillars that Islam is built on. It creates a pathway to piety and the appreciation of the greatness of Allah the Forgiving, the Merciful. Like all pillars, it creates a connectedness between Allah and His servant. It is during Ramadan, that, amongst the 6 billion people around the globe, the fasting person is amongst the closest to Allah.

Unfortunately, to many, Ramadan is restraining oneself from the daily consumptions of food and water alone. We worry about the diversity of foods in our tightly packed pantries to ensure that our hungry appetites desires are satisfied at the end of each day with Maghrib in our pin drop silent homes as the awaited adhan is recited. Our struggles throughout the day disappear when we are seated to break our fast in the comfort of our homes. Our daily feasts, which we supposedly prepare for our families, consist of numerous courses and

would provide any family's weekly-recommended nutrition, so that we are referred to as generous throughout our communities. Precious time is wasted and killed to create a distraction from the hardships and struggles of fasting.

Although Ramadan is based on refraining from all desires that are taken for granted and experiencing the frustration of avoiding evil deeds and wrongdoings, it is centred on becoming a patient person and enhancing our intention to carry out righteous doings and charities. Every hour of Ramadan is characterized by mercy, forgiveness and blessings of Allah. These may be painlessly gained by: committing to our daily prayers and offering nafl prayers, making dhikr, reading the Quran, repenting and asking for forgiveness. Be patient, control your temper, and lower your gaze. Continuously make dua that all your deeds are accepted.

So in preparation for Ramadan, take into consideration your brothers and sisters all over the world who long for the necessities of life: food, clothing and shelter. Remember the principles of fasting, the patience that we should be building within ourselves. Take advantage of the blessings of this Holy month and enrich your inner faith with rewarding deeds for with Ramadan comes the mending of hearts, the correction of faults and the forgiveness of sins.

“The Prophet (pbuh) said:

“Whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven.” (Bukhari)”

Personal Program

Getting the most out of Ramadan

By Obaida Abul Khair

Ramadan is described as a treasure. Every Muslim should strive to get as much of it as possible. The loser is the one who misses out on the great rewards of this Month, and the chance to be forgiven by Allah SWT.

Let us see what can we get out of it.

Laylatul Qadr - The Night of Fate:

-Aishah RAA said: “O Messenger of Allah! What if I knew which night Lailatul-Qadr was, then what should I say in it?” He said ‘Say: Allahumma innaka ‘affuwun tuhibbul ‘afwa fa’fu ‘anni’ “

-Allah's Messenger PBUH used to practice I'tikaaf in the last ten nights. I'tikaaf is to stay at the Mosque for these final 10 days, living there and sleeping there to worship Allah SWT as much as possible. He used to say: ‘Seek out Laylatul Qadr in the odd nights of the last ten of Ramadan.”

-Abu Hurairah reported that the Prophet PBUH said: “Whoever prays during the ‘Night of Qadr’ with faith and hoping for its reward will have all of his previous sins forgiven.”

A fasting person should increase their dua:

-Abu Hurairah has reported that the Prophet PBUH said: “The du'a of three persons is not refused: a fasting man when breaking the fast, a just ruler, and an oppressed person.”

Rewards for Ramadan

-Abu Hurairah reported the Messenger of Allah PBUH saying: “Allah said: ‘Every action of the son of Adam is for him except fasting, for that is solely for M. I give the reward for it.”

-Abu Hurairah reported that the Prophet PBUH said: “He who fasts in Ramadan due to Imaan (faith) and hoping for reward from Allah then his previous sins are forgiven.”

A fasting person should eat a pre-dawn meal, the “Suhur”

-Al-Miqdam reported that the Prophet PBUH said: “You should eat this pre-dawn meal for it is a blessed nourishment.” It is a blessing because it strengthens the fasting person, makes him more energetic, and makes the fast easier for him” Upon breaking your fast the following du'a should be said: -Thahaba-atham'u wabtallatil 'uruqu wa thabat-al-ajru insha Allah

Taraweeh

-The Ramadan nightly prayer has a special merit over other nights. The Messenger of Allah PBUH said: “Whoever observes night prayer in Ramadan as an expression of his faith and to seek reward from Allah, his previous sins will be forgiven.”

Some duas and verses to say and recite:

“Rab-bigh-fir war-ham wa Anta Khair-ur-Raahimeen” (Surah Al Muminun:118)

“Ya Rabb, Allahumma arhamni Ya Arham-mar-Rahimeen”

“Ya Hayyu Ya Qayyum Birahmatika asta-ghee-thu”

“Allahum-magh-fir-li dhunoobi Ya Rabbal Alameen”

“Rabbana Fagh-fir-lana dhunoobana wa kaf-fir-'anna sayyi-aatina wa ta-waf-fana ma-'al abraar” (Surah Al-Imran:193)

“Allahumma Ajirna min-an-naar”

The Clinic



The Sunnah, The Better.

By Dr. Zaki Ibrahim. MBBS (Adel), FRACGP

Islam encourages Muslims to ensure that we are mindful of our health. The Prophet PBUH said: "Take advantage of the good health before illnesses afflicts you". This coming month of Ramadan is a great opportunity to focus on balanced and healthy lifestyle.

Through fasting, we begin to learn how to manage our eating habits, how to improve self-control and discipline. This month requires us to give the stomach a break, and by doing so we are able to break down and expel the accumulated toxins from our body.

Lets me briefly outline of what happens inside our bodies while fasting: the physiology of fasting. The changes that occur in the body in response to fasting depend on the length of the continuous fast. Technically the body enters into a fasting state eight hours or so after the last meal, when the gut finishes absorption of nutrients from the food. In the normal state, body glucose, which is stored in the liver and muscles, is the body's main source of energy. During a fast, this store of glucose is used up first to provide energy. Later in the fast, once the stores of glucose run out, fat becomes the next store source of energy for the body.

Small quantities of glucose are also 'manufactured' through other mechanisms in the liver. Only with a prolonged fast of many days to weeks does the body eventually turn to protein for energy. This is the technical description of what is commonly known as 'starvation', and it is clearly unhealthy.

Suhoor, the pre-dawn meal, should be a wholesome, moderate meal that is filling and provides enough energy for many hours. It is therefore particularly important to include slowly-digesting foods in the suhoor.

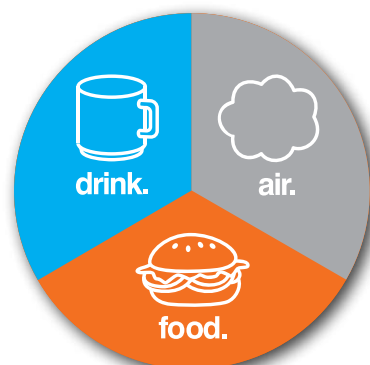
Iftar is the meal which breaks the day's fast. This meal could include dates, following the Prophetic traditions. Dates will provide a refreshing burst of much-needed energy. The meal should remain a meal and not become a feast!

Food has a great significance in Islam. It is associated with one's relationship with Allah. the Qur'an states: "Eat of the good and wholesome things that We have provided for your sustenance, but indulge in no excess therein." (20:81)

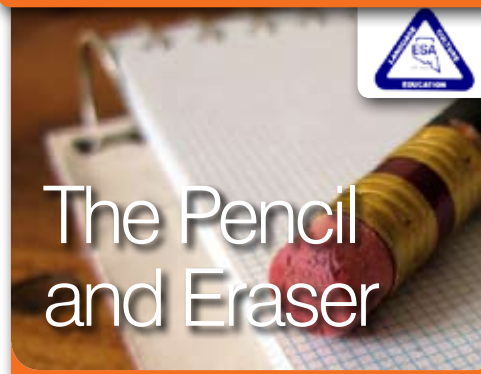
The physical body is a gift from God; it is given to humans as a trust to take care of for a fixed period. How much food is consumed and the choice of food has a direct impact on the physical and spiritual well-being of the person. The food that we consume affects our behaviour and personality. Wholesome, natural and healthy food assists the development of a good personality.

Overeating has long been frowned upon in Islam as it is thought to increase worldly appetites and cause sluggishness, thereby 'dulling' the soul, hampering spiritual growth and increasing physical ailments. Prophet pbuh said:

"The children of Adam fill no vessel worse than their stomach. Sufficent for him is a few morsels to keep his back straight. If he must eat more, then a third should be for his food, a third for his drink, and a third left for air." (Sunan al-Tirmidhi)



IICSA Arabic School



By Abu Obaydah

PENCIL: I'm sorry
ERASER: For what? You didn't do anything wrong.
PENCIL: I'm sorry because you get hurt because of me. Whenever I make a mistake, you're always there to erase it. But as you make my mistakes vanish, you lose a part of yourself. You get smaller and smaller each time.
ERASER: That's true. But I don't really mind. You see, I was made to do this. I was made to help you whenever you do something wrong. Even though one day, I know I'll be gone and you'll replace me with a new one, I'm actually happy with my job. So please, stop worrying. I hate seeing you sad.

LESSON: Parents are like the eraser whereas their children are the pencil. They're always there for their children, cleaning up their mistakes. Sometimes along the way, they get hurt, and become smaller, older, and eventually pass on. Though their children will eventually find someone new to be their supportive companion, like a spouse, parents are still happy with what they do for their children, and will always hate seeing their precious ones worrying, or sad.

However our parents are getting smaller and smaller each day. One day, all that we would be left with will be eraser shavings and memories of what we used to have.

Allah, the Most Wise, admonishes us when He says, "Your Lord has decreed that you worship none but Him, and that you be kind to parents. Whether one

or both of them attain old age in thy life, say not to them a word of contempt, nor repel them, but address them in terms of honour. And, out of kindness, lower to them the wing of humility, and say, 'My Lord! Bestow on them thy Mercy even as they cherished me in childhood'" (Quran-17:23)

Islam teaches us that of the most beloved deeds to Allah, having respect for one's parents is second only to that of prayer and is greater than that of Jihaad (fighting in His cause).

In this respect, Abu Abdur-Rahmaan 'Abdullaah Ibn Mas'ood narrated the following: I asked the Prophet, "Which deed is the most beloved to Allah?" He replied, "Prayers performed on time" I then asked, 'Which one is next?' He replied, "Goodness to parents." I then asked, "Which is next?" He replied, "Jihaad in the path of Allah"

In Islam, respect for parents is so great that the child and his wealth are considered to be equivalent to the property of the parents: 'Aa'ishah narrated that a man came to the Prophet in order to resolve a dispute that he had with his father regarding a loan he had given him. The Prophet said to the man: "You and your wealth are to (i.e., the property of) your father."

One of the goals of IICSA is to utilise the Arabic school program in order to raise a new generation that is going to be well aware of their responsibilities to the world around them. Starting from our responsibilities to our Lord, then the responsibilities towards our parents, and ending in the smallest details, like our responsibilities to the stones in the streets.



Adelaide Muslim Prayer Times

Indeed, Allah will not change the condition of a people until they change what is in themselves. (13:11)

July - Sha'ban/Ramadan

August - Ramadan/Shaw wal

September - Shaw wal/Dhul Qa'dah

Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1 Sun	5:54	7:24	12:20	2:57	5:18	6:41	1 Wed	5:43	7:10	12:22	3:14	5:38	6:57	1 Sat	5:10	6:34	12:16	3:29	6:00	7:17
2 Mon	5:54	7:24	12:20	2:58	5:19	6:41	2 Thu	5:42	7:09	12:22	3:15	5:38	6:58	2 Sun	5:09	6:33	12:16	3:30	6:01	7:18
3 Tue	5:54	7:24	12:20	2:58	5:19	6:42	3 Fri	5:41	7:08	12:22	3:15	5:39	6:58	3 Mon	5:08	6:32	12:15	3:30	6:02	7:18
4 Wed	5:54	7:23	12:21	2:59	5:20	6:42	4 Sat	5:41	7:07	12:22	3:16	5:40	6:59	4 Tue	5:06	6:30	12:15	3:31	6:03	7:19
5 Thu	5:54	7:23	12:21	2:59	5:20	6:42	5 Sun	5:40	7:06	12:22	3:16	5:41	6:59	5 Wed	5:05	6:29	12:15	3:31	6:03	7:20
6 Fri	5:54	7:23	12:21	3:00	5:21	6:43	6 Mon	5:39	7:05	12:22	3:17	5:41	7:00	6 Thu	5:04	6:27	12:14	3:31	6:04	7:20
7 Sat	5:54	7:23	12:21	3:00	5:21	6:43	7 Tue	5:38	7:04	12:22	3:17	5:42	7:01	7 Fri	5:02	6:26	12:14	3:32	6:05	7:21
8 Sun	5:54	7:23	12:21	3:01	5:22	6:44	8 Wed	5:37	7:03	12:22	3:18	5:43	7:01	8 Sat	5:01	6:25	12:14	3:32	6:05	7:22
9 Mon	5:53	7:22	12:21	3:01	5:22	6:44	9 Thu	5:36	7:02	12:22	3:19	5:44	7:02	9 Sun	4:59	6:23	12:13	3:32	6:06	7:22
10 Tue	5:53	7:22	12:21	3:02	5:23	6:45	10 Fri	5:35	7:01	12:21	3:19	5:44	7:03	10 Mon	4:58	6:22	12:13	3:33	6:07	7:23
11 Wed	5:53	7:22	12:22	3:02	5:24	6:45	11 Sat	5:34	7:00	12:21	3:20	5:45	7:03	11 Tue	4:57	6:20	12:13	3:33	6:08	7:24
12 Thu	5:53	7:22	12:22	3:03	5:24	6:46	12 Sun	5:34	6:59	12:21	3:20	5:46	7:04	12 Wed	4:55	6:19	12:12	3:33	6:08	7:25
13 Fri	5:53	7:21	12:22	3:03	5:25	6:46	13 Mon	5:33	6:58	12:21	3:21	5:47	7:04	13 Thu	4:54	6:18	12:12	3:34	6:09	7:25
14 Sat	5:52	7:21	12:22	3:04	5:25	6:47	14 Tue	5:32	6:57	12:21	3:21	5:47	7:05	14 Fri	4:52	6:16	12:12	3:34	6:10	7:26
15 Sun	5:52	7:20	12:22	3:04	5:26	6:47	15 Wed	5:31	6:56	12:21	3:22	5:48	7:06	15 Sat	4:51	6:15	12:11	3:34	6:10	7:27
16 Mon	5:52	7:20	12:22	3:05	5:27	6:48	16 Thu	5:29	6:54	12:20	3:22	5:49	7:06	16 Sun	4:49	6:13	12:11	3:34	6:11	7:28
17 Tue	5:51	7:20	12:22	3:05	5:27	6:48	17 Fri	5:28	6:53	12:20	3:23	5:49	7:07	17 Mon	4:48	6:12	12:11	3:35	6:12	7:28
18 Wed	5:51	7:19	12:22	3:06	5:28	6:49	18 Sat	5:27	6:52	12:20	3:23	5:50	7:08	18 Tue	4:46	6:10	12:10	3:35	6:13	7:29
19 Thu	5:50	7:19	12:22	3:06	5:29	6:49	19 Sun	5:26	6:51	12:20	3:24	5:51	7:08	19 Wed	4:45	6:09	12:10	3:35	6:13	7:30
20 Fri	5:50	7:18	12:22	3:07	5:29	6:50	20 Mon	5:25	6:50	12:19	3:24	5:52	7:09	20 Thu	4:43	6:08	12:10	3:35	6:14	7:31
21 Sat	5:50	7:17	12:23	3:08	5:30	6:51	21 Tue	5:24	6:49	12:19	3:25	5:52	7:10	21 Fri	4:42	6:06	12:09	3:36	6:15	7:32
22 Sun	5:49	7:17	12:23	3:08	5:31	6:51	22 Wed	5:23	6:47	12:19	3:25	5:53	7:10	22 Sat	4:40	6:05	12:09	3:36	6:16	7:32
23 Mon	5:49	7:16	12:23	3:09	5:31	6:52	23 Thu	5:22	6:46	12:19	3:26	5:54	7:11	23 Sun	4:39	6:03	12:08	3:36	6:16	7:33
24 Tue	5:48	7:16	12:23	3:09	5:32	6:52	24 Fri	5:21	6:45	12:18	3:26	5:55	7:12	24 Mon	4:37	6:02	12:08	3:36	6:17	7:34
25 Wed	5:47	7:15	12:23	3:10	5:33	6:53	25 Sat	5:19	6:44	12:18	3:27	5:55	7:12	25 Tue	4:36	6:00	12:08	3:37	6:18	7:35
26 Thu	5:47	7:14	12:23	3:11	5:33	6:53	26 Sun	5:18	6:42	12:18	3:27	5:56	7:13	26 Wed	4:34	5:59	12:07	3:37	6:18	7:36
27 Fri	5:46	7:13	12:23	3:11	5:34	6:54	27 Mon	5:17	6:41	12:18	3:27	5:57	7:14	27 Thu	4:33	5:58	12:07	3:37	6:19	7:37
28 Sat	5:46	7:13	12:23	3:12	5:35	6:55	28 Tue	5:16	6:40	12:17	3:28	5:58	7:14	28 Fri	4:31	5:56	12:07	3:37	6:20	7:37
29 Sun	5:45	7:12	12:23	3:12	5:36	6:55	29 Wed	5:14	6:38	12:17	3:28	5:58	7:15	29 Sat	4:29	5:55	12:06	3:37	6:21	7:38
30 Mon	5:44	7:11	12:23	3:13	5:36	6:56	30 Thu	5:13	6:37	12:17	3:29	5:59	7:16	30 Sun	4:28	5:53	12:06	3:38	6:22	7:39
31 Tue	5:44	7:10	12:22	3:13	5:37	6:56	31 Fri	5:12	6:36	12:16	3:29	6:00	7:16							

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Ramadan Fareen

Light of Adelaide

RasulAllah (saws) said:

“The best charity is that given in Ramadan”

[At-Tirmidhi]

DON'T FORGET
TO SAY
'BISMILLAH'

Ramadan Prayer Times 2012 / 1433 - Adelaide, South Australia

Day	Ramadan	Georgian	Fajr	Sunrise	Dhuhr	'Asr	Maghrib	Isha'
Friday	1	20/7	5:50	7:18	12:22	3:07	5:29	6:50
Saturday	2	21/7	5:50	7:17	12:23	3:08	5:30	6:51
Sunday	3	22/7	5:49	7:17	12:23	3:08	5:31	6:51
Monday	4	23/7	5:49	7:16	12:23	3:09	5:31	6:52
Tuesday	5	24/7	5:48	7:16	12:23	3:09	5:32	6:52
Wednesday	6	25/7	5:47	7:15	12:23	3:10	5:33	6:53
Thursday	7	26/7	5:47	7:14	12:23	3:11	5:33	6:53
Friday	8	27/7	5:46	7:13	12:23	3:11	5:34	6:54
Saturday	9	28/7	5:46	7:13	12:23	3:12	5:35	6:55
Sunday	10	29/7	5:45	7:12	12:23	3:12	5:36	6:55
Monday	11	30/7	5:44	7:11	12:23	3:13	5:36	6:56
Tuesday	12	31/7	5:44	7:10	12:22	3:13	5:37	6:56
Wednesday	13	1/8	5:43	7:10	12:22	3:14	5:38	6:57
Thursday	14	2/8	5:42	7:09	12:22	3:15	5:38	6:58
Friday	15	3/8	5:41	7:08	12:22	3:15	5:39	6:58
Saturday	16	4/8	5:41	7:07	12:22	3:16	5:40	6:59
Sunday	17	5/8	5:40	7:06	12:22	3:16	5:41	6:59
Monday	18	6/8	5:39	7:05	12:22	3:17	5:41	7:00
Tuesday	19	7/8	5:38	7:04	12:22	3:17	5:42	7:01
Wednesday	20	8/8	5:37	7:03	12:22	3:18	5:43	7:01
Thursday	21	9/8	5:36	7:02	12:22	3:19	5:44	7:02
Friday	22	10/8	5:35	7:01	12:21	3:19	5:44	7:03
Saturday	23	11/8	5:34	7:00	12:21	3:20	5:45	7:03
Sunday	24	12/8	5:34	6:59	12:21	3:20	5:46	7:04
Monday	25	13/8	5:33	6:58	12:21	3:21	5:47	7:04
Tuesday	26	14/8	5:32	6:57	12:21	3:21	5:47	7:05
Wednesday	27	15/8	5:31	6:56	12:21	3:22	5:48	7:06
Thursday	28	16/8	5:29	6:54	12:20	3:22	5:49	7:06
Friday	29	17/8	5:28	6:53	12:20	3:23	5:49	7:07
Saturday	30	18/8	5:27	6:52	12:20	3:23	5:50	7:08

Eid 2012 Festival.

Eid Prayer on Eid ul-Fitr
By Imam Khalid Yousof
19 or 20.08.12 @ 8:00am*
Bonython Park, Port Road
(*Date is subject to moon sighting.
Announcements will be made InshaAllah)

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Sisters Section

WOULD YOU EAT YOUR DEAD SISTERS FLESH?

By Aise Sert

Assalamu Aleykum Wa Rahmatullah Wa Barakatuh,

My dear sisters in Islam, InshaAllah I hope this article will find you all in high Iman and great health. This is first and foremost a reminder for myself, then InshaAllah a friendly reminder to my sisters.

We are at a function. We see some friends. We ask how they are, what they have been up to, talk about the weather, and then the conversation dies down. Next thing you know, you're talking about someone who is not present, "did you see what such and such sister wore that day?" or "Did you hear what such and such did?" etc. you guessed it, gossip! It seems, the more you talk, the 'juicier' it gets, and without realising, you have committed a deadly sin.

Allah has said "O you who believe! Avoid much suspicion, for some suspicions are a sin. Do not spy on one another, nor backbite one another. Would one of you love to eat the flesh of his dead brother? Nay, you would abhor it, [so similarly, avoid backbiting]. And fear Allah. Indeed, Allah is Most Forgiving, Most Merciful." Qur'an, [49:12]

If we cannot bear even the thought of eating the flesh of our own brother and if we all agree that gossip is clearly an evil act, why have we made it socially acceptable? Why do we still continue to gossip? Gossip is considered to be one of the major sins, yet needless to say, it is the most common and easiest to commit.

"If he possesses that which you mention, then you have [indeed] backbited him. And, if he does not contain that which you say, then you have slandered him." [Muslim in al-Birr, 4/2001, #70; Ahmad in Al-Musnad, 2/230,384]

We all commit sins, but just because someone's sin may not be the same compared to yours, it does not give us the right to discuss it with others. We cannot deny that any of us are perfect, for in fact if we were, we would not be mere humans, we would be angels. In a hadith it was mentioned: "Can anyone walk through water without wetting his feet?" The companions replied, "No;" Muhammad said, "Such is the condition of those of the world; they are not safe from sins."

Allah is The Most Merciful (Al-Rahim) and The Most Forgiving (Al-Ghaffur). He has told us that even we come to Him with a mountain full of sins; He will still forgive us, so long as we turn to Him, and Him alone. But when in regards to the haq (right) of a fellow brother/sister, He will not forgive you, until they have done so.

"Beware of backbiting, for backbiting is more serious than adultery. A man may commit adultery, and drink [wine], and then repent, and Allah will forgive him. But, the backbiter will not be forgiven by Allah until his [backbited] companion forgives him." [Suyuti, Al-Jami' as-Saghir, 1/174, #2919, from Ibn Abid-Dunya, and Abush-Shaykh, Al-Tawbikh.] It can be one of the most destructing sins, not only does it cause hostility and harm between people, but also to your Akhira, Prophet Mohammed (SAW) has mentioned in a number of hadiths about the punishment of gossip:

"A person says something without thinking about it and as a result of it is cast into the Fire deeper than the distance between the East and the West." [Sahih al-Bukhari and Sahih Muslim]

During his night journey and the ascension, the Prophet Muhammed (PBUH) saw people scratching their faces and chests with brass finger nails. Jibril said, "These are the examples of those who commit gossip." Allah has said: Whenever you speak, be just, even if it affects your own relatives, and fulfil your covenant with Allah. (Quran 6:153)

Remember that we are not a true Muslim, until we desire for your fellow Muslims, what we desire for ourselves. If you do not have anything beneficial to say, that will gain you and your peers benefit in Akhira, then as our beloved Prophet Mohammed (SAW) has suggested – Be silent in dunya!

Wa Aleykum Salam Wa Rahmatullah Wa Barakatuh



IICSA Marriage Service

Prophet Muhammad (pbuh) said: "When a man marries, he has fulfilled half of his religion, so let him fear Allah regarding the remaining half."

He (peace be upon him) also said, "The whole world is an asset and the best asset is a good wife."

This service is free, confidential and all care has been taken in order to maintain strict adherence to Islamic rules and guidelines.

For more information or to register with this service, please contact Br. Hani on 0414 183 481 or visit www.iicsa.com.au

Prophet Muhammad (pbuh) said: "I and the person who looks after an orphan and provides for him, will be in Paradise like this" (putting his index and middle fingers together). (Bukhari)



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IICSA IN COLLABORATION WITH HUMAN APPEAL INT. PRESENTS:

SA for SYRIA

FUNDRAISING DINNER & AUCTION

Subhanallah, Alhamdulillah wa Allahu Akbar,

Last night I witnessed first hand the unity, humanity, compassion and the brotherhood of our global Muslim community.

SA for Syria was a fundraising dinner organised by the Islamic Information Centre in conjunction with Human Appeal International to raise funds for our brothers and sisters who are being persecuted in Syria. Brothers and sisters in Adelaide gave a total of approx. \$150,000 in support. May Allah Bless all involved to make the night a success who were so generous of their time, effort and money. May Allah give us the strength and power to do more to help the victims of injustice in the world inshallah.

The evening begun promptly at 7:00pm, in a well organised and beautifully decorated venue with numerous volunteers to make the night a success. A number of clips were shown to demonstrate the severity of the suffering being experienced by men, women and children at the hands of the oppressor Bashar Al Assad. The Brutality towards children in particular was beyond staggering.

Following that was a beautiful Quran recitation by Imam Ansar followed by Brother Yahya Hawa, who sung a nasheed about Syria. Then a short talk by the Human Appeal representative to inform the guests of how much assistance is required in Syria and how we are in a very fortunate position to help stop the oppression and suffering.

Finally Dr. Tauriq Al Suwidan gave a short but very articulate, informative and inspirational talk regarding the benefits of charity and how we are promised by Allah SWT that it will not decrease our wealth. He mentioned the verse in the Quran where we are promised poverty by Shaytan if we give sadaqa, but Allah SWT is the most generous. He spoke about supporting one another in times of need to strengthen the bonds of brotherhood. He urged Muslims living in the west to contribute to the society and the community we are blessed to live in. He advised us to contribute to the economy and politics of our new homes as Muslims throughout history have. He gave an example of Muslims assisting the Christian Sicilians in Italy when they were being oppressed by the Romans as Islam does not stand for oppression. He urged us not to view

what we are doing as donating but to view it as support to our brothers and sisters.

As dinner began, the cuisine was enjoyed by all. As the guests started to dine the auction began with gorgeous Islamic canvass art and the bidding started. This was by far the most exciting part of the night.

Brothers and sisters, all the items up for auction were beautiful. However, the bidders were not bidding for ownership. They were bidding just for the sake of Allah to give in support of the cause. Mashaallah may Allah increase their wealth a hundred fold. Islamic decorative plates, electronic Quran readers, and TV/DVD player combinations were swiftly auctioned off. Then something amazing happened. Sisters from the very table I was at were looking to give something.

One sister was offering to auction her husband but we advised her against it as he may get donated back. Another sister at my table took off her watch which was auctioned for \$300. The sister next to her took off her wedding ring (!) which went for auction for \$400. It was bought by a brother then donated back to her. Subhanallah! if that is not proof that your wealth will not decrease when you give Sadaqa then what is? I found it hard to believe the generosity I was blessed enough to witness.

There were many such incidents; two brothers were outbidding one another for a wall hanging canvass until it reached \$5000!! The brothers knew the same painting could be purchased for

\$200 but that was not the point. Sisters emptied recently bought handbags, took off their coats, rings, and gold watches – taking them off the stage and asking they be auctioned for the poor and helpless in Syria. One brother was fortunate enough to contribute by donating his Islamic cap, warm off his head, which sold for \$200! Another brother auctioned the shirt off his back, which was also given straight back to him by the Auction winner.

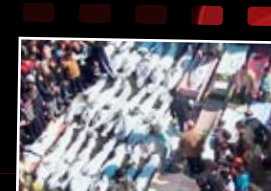
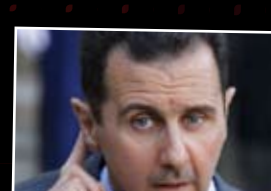
Brothers and sisters all the night proved is the love we have in our hearts for Allah SWT, His messenger, Muhammad PBUH and the love and compassion we have for one another. It demonstrated our unity and our ability to collectively come together to support our brothers and sisters in Syria. This night was a testament to all that is good in the human heart. Although we are in Adelaide, nevertheless we are shoulder to shoulder with them in their time of need.

Ok, we responded. So is that the end?

No, By Allah it isn't! We will continue to support our brothers and sisters in Syria until they are victorious and justice is served! We must not simply react, then cool down, we must stand by and support the oppressed until the very end.

Adelaide will continue to support the Syrians through donations to IICSA.

To donate, visit www.iicsa.com.au
or donate via EFT to the following account:
Acc Name: **Islamic Information Centre of SA**
BSB: **065 124**
ACC: **1027 9226**
Reference: SYRIA
Bank: **Commonwealth Bank**



Diversity is an Advantage

By Dr. Zaki Ibrahim

Many organisations are recognizing the need and importance of investing in diversity as part of their overall talent management practices. Diversity is especially crucial in today's world, as organisations interact with different cultures and clients. The organisations that fail to see the importance of diversity might find themselves unable to attract new members and even hard to retain the existing members.

In Islam, diversity is a free resource. This untapped potential is likely to take da'wa (Islamic Propagation) projects to a higher level if Muslims have a right mindset. "O Mankind, We created you from a single (pair) of a male and a female and made you into nations and tribes, that you may know each other. Truly the most honored of you in the sight of God is he who is the most righteous of you" (Quran 49:13)

Among the advantages of diversity are:

1. Creativity increases when people with different ways of solving difficult problems work together towards a common solution create more diverse ideas that develop a workable answer.
2. Productivity increases exponentially when people of all cultures pull together towards a single inspiring goal.
3. Language skills needed in today's increasingly global network and diverse target group. While Arabic is "the language of the Quran", it ranks fifth in the world behind Chinese, Spanish, English and Hindustani. Therefore, we need to take advantage of our languages diversity to capitalise on our message.
4. New attitudes are brought to the organisations table by people from diverse cultures.
5. New processes can result when people with different ideas come together and collaborate. In today's fast-moving world, change and adaptation are a must without compromising our faith.

In conclusion, diversity can make us more productive, progressive, forward thinking, and approachable. There are also differences that we must understand and embrace for those benefits to be realized.

Sudanese Community

By Dr. Motaz Bahageel

In the name of Allah the most gracious the most merciful,

Hearing the news of violence at Hijleej and the southern boarder of Sudan, has caused a lot of sadness and worry in all the Muslim community .The ongoing military actions on these areas affected our families. Many civilians have been killed, wounded or forced to leave their homes and land.

What are the lessons every believer should get out of this hardship and suffering? Prophet Mohammed PBUH said, "You may hate something, and it might be better for you".

Let us ask ourselves, how could this be better for us? To answer that we must remember Prophet Mohammed PBUH said, "I do wonder the life events of the believer, for all his affairs are good, and that is only for the believer. If he is given something from Allah, he thanks Allah, and that is good for him. If he has hardship, he bears it with patience, and that was good for him". Narrated by Muslim.

So its a tough lesson for us to combine our dua with good deeds "Indeed, Allah will not change the condition of a people until they change what is in themselves" Ar-Raad verse11.

So we are inspired by all these hardships happening to us to revive our Iman and be beneficial to ourselves, those around as and to the whole world. In addition to Seek forgiveness from Allah, respecting our parents, visiting relatives and giving charity.

Let us continue to thank Allah for all His great endless blessings, and make dua for an end to the suffering of all human beings. Amen.

Saudi Community

By Wael Holbah

The Saudi Community in Adelaide consists of many students who have come to Australia to further their education.

Within the past 6 months:

- 1- We welcomed all new Saudi Arabian students who come and study at Adelaide city in different universities.
- 2- We welcomed Imam Abu-Baker Alshatari who is a great Quran recite to Omar Ibn Al-Khattab mosque. The Imam also gave a lecture about how to memorize Al-Quran Al-Kareem.
- 3- We welcomed Shikh Saad Al-Braik who is well-known scholar in Saudi Arabia, also in Omar Ibn Al-Khatatb mosque. Dr. saad also gave a lecture about Islamic religion and its values which is sorely needed here.

Within the past three months:

- 1- The Saudi Arabian community prepare themselves to arrange and manage Iftar for Ramadan, as well as invite all Muslims in Adelaide to share their food with them in The Islamic Centre in an Islamic atmosphere.
- 2- We participated in an Islamic festival and Eid in Adelaide.
- 3- Gather together in one big hall and listen to some Quran recitations and some speeches from people who have come from Saudi Arabian Cultural Mission at Canberra to share with us as the Eid festivities.

The upcoming three months:

We will keep you updated inshaallah. We really appreciate your dealing with the Saudi Arabian association and we look forwards to hearing from you. Jazakum Allahu Khairan Wassalamou Alaykum.

Malaysian Community

By Muhammad Akmal bin Abdul Ghani

I was born in Malaysia, and it was back then in 2010 when it was the first time that I spent my Eid in the city called Adelaide. We're talking two different continents here! That morning, I felt a surge of mixed feelings. It is not because of how far that I am from my own family or how I'm gonna miss out on all of those sweet delicacies that my mother made on the day before the Eid. It's no longer about that anymore. You see, the core of the Eid celebration is pretty much the same everywhere. You'll have Eid prayer in the morning followed by a sermon given by an Imam who leads the prayer before.

"Allahuakbar, Allahuakbar, Allahuakbar"
"Lailahailallah Allahu Akbar"
"Allahuakbar walillahil Hamd"

It's also true we Malaysians cite a different melody to the takbir (a slow and sad yet refreshing melody compared to the ones here which the melody is more victorious and festive) but it's pretty much the same across the nations.

What was the main difference is the preparation for it and how I've changed a lot through all these years. I used not to give much thought about Tarawih prayers, I used to think that fasting was merely restraining oneself from eating and drinking. All that changed when I realised that the spirit of Ramadan was shining so bright that I couldn't ignore it's true purpose any more.

The surroundings and friends are ever supportive towards me. What matters to me most now is how I can increase my worship of Allah and my good deeds. I pray to Allah each year so that I will be given the opportunity to 'celebrate' this blessed month, Ramadan all over again.

*"O people, your Lord is one and your father is one. The Arab is not superior to a non-Arab, nor a non-Arab to an Arab, nor a red-skinned person to a black-skinned person, and nor a black-skinned person to a red-skinned person, except through God-consciousness."
- Prophet Muhammad (pbuh)*

University of Adelaide

by Fathima Mohamed

Islam is a religion that plants the seed of brotherhood between believers. To keep this wonderful teaching of the true religion alive, we need to thrive in the activities of da'wah, calling people to Islam. I would like to revive one hadith here, The Messenger of Allah PBUH said to Ali (RA): "If Allah guides a person through you, it is better for you than all that is on the earth." - Bukhari 2783 & Muslim 2406.

It is a responsibility of every Muslim to spend some of their resources for the cause of Allah SWT. The university is a place where we have an opportunity to meet a myriad of people and invite them to the message of Islam. It is also a place where we could influence great minds and interact with people who are otherwise out of our reach. This great opportunity is utilized by the Islamic Students Society of University of Adelaide (ISSUA) through our biggest da'wah project of the year, Islamic Awareness Week (IAW).

Islamic Awareness Week is an event that is held every year to showcase the beauty and nature of Islam. It is one of the biggest channels through which we could undertake our pursuit of da'wah. IAW includes informative brochures, books, talks, games and much more. It is held on three consecutive days. This year it will be held in the first week of September. We welcome all our brothers and sisters in Islam to enjoin good!

Pakistani Community

By Fahim Ghouri

Collaboration for Change.

Alhamdulillah IICSA has been involved in a number of projects to bring about a change among the Muslims in Adelaide. Recently one such program was a fund raising dinner for Syrian refugees, IICSA hosted Dr Tariq Suwaidan who delivered a heart warming lecture on the general condition of Muslim Ummah and Syrian refugees in particular. The Pakistani community participated in the event with sadaqah and zakat donations for their Syrian brothers.

The Pakistani Community has participated in different activities by IICSA to facilitate a change in people's mindset and stimulate their thinking into how to become better Muslims and better citizens of our community. IICSA recently organized a seminar on Islamic Insurance where a Malaysian professor delivered a lecture on Takaful and answered a number of questions regarding Islamic Finance & Banking. Mashallah, many brothers showed their interest in helping to start a Muslim insurance fund.

There has also been a recent addition of a Mosque in the eastern suburbs, Mashallah Muslims from different nationalities have come together to help in establishing a Mosque. Adelaide's eastern suburbs did not have a Mosque even though they have a moderate size Muslim community which includes Indians, Malaysians, Pakistanis, Arabs, among others. We are very happy and grateful to Allah for making this happen and pray to Allah to make this Mosque a reason for positive change for the Muslims living nearby, Inshallah.

SCORE BOARD



By Patrick Ernst

Asallam alaykum.

SA Centrals Soccer Club is only two seasons old now and has made great progress. We now have teams in Under 6, 7 and 8, two Under 10 teams at the junior level playing Optus Small Sided Soccer. We also have Under 13 and Under 17 teams playing FFSA (Football Federation of SA) competition.

We are focusing on developing good individual and team soccer skills this year, rather than worrying about results. The juniors are doing quite well while the older teams are struggling a bit. Coaches are working on developing strength and fitness for the boys – we have a concern that some of the boys do not have the kicking strength they need. It will come in time but we need them to practice at home as well as the club. We are working on ball skills and have seen good improvement in this area. Again, practice at home is very important.

One big area we are starting to work on is Team Work. This is not just about playing the game as a team but also about how we treat each other respectfully. Parents, coaches, volunteers and spectators also need to act with the club's reputation in mind. We have had a couple of complaints that we are working through with the Football Federation. When we go to matches, we have to remember that we represent the club and Islam!

The club does need more input from parents. We have a small core of parents volunteering as coaches and helpers but we can always do with more help. Unfortunately, some parents are not bringing their child to practice and this is showing in the results of the club. Your child will not learn these skills unless they attend practice. The most important thing is for parents to stay with their child for training and for matches. Especially for matches! Show your support. It is disappointing to see very few supporters at our matches. Even at our home games, visitors always have more supporters than us. It is important for your child to see you supporting them and sharing in their experiences. Sharing in these activities with your children will build a stronger bond between you, and conversations on the way home about the game can open the door to other conversations and give you the rare opportunity to talk to them about life and Islam. It is rare to have these opportunities where you have 100% of your child's attention. Please come to your child's games and give them and the club your support.

There are still Player Fees which have to be paid. We are not expecting the money in one lot from you but do expect that you will make an arrangement to pay the fees. We will contact all parents for the outstanding amounts and will help you with a payment plan.

The club will soon start work on a Strategic Plan for the club. This will help guide us for the next season or two. When we start we will ask for your input. This is a very important part of the development for the club and inshallah, with your help it will help us be successful.



Would you like to volunteer @ IICSA

IICSA is on a mission to help build, contribute and benefit the community and society. If you would like to volunteer seeking the pleasure of Allah, contact IICSA on (08) 7226 6815 or visit www.iicsa.com.au



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DID YOU KNOW?

Prophet Muhammed (saws) used to spend the last 10 days/nights in the Masjid (i'tikaf) praying, reading quran, making dua, remembering Allah and asking for forgiveness.

OBEYING
ALLAH & HIS
MESSENGER

BEING GOOD
TO YOUR PARENTS

DID YOU KNOW?

There is a special night during the last 10 nights of Ramadan called Laylatul Qadr. Prophet Muhammad said: "Whoever performs the night prayer on the night of Qadr with iman and seeking reward will have all his past sins forgiven."

GOOD
MANNERS



Street Talk!

By Dawud Perrotta

Allhamdulillah, By the Grace of Allah (swt) we are nearly approaching Ramadan, the most blessed in a muslims life.

A month that is not only limited to abstaining from food, but a month that opens a door to get closer to the Allmighty Allah (swt). Have you ever noticed that in Ramadan, you feel alive and are in a continuous state of worship as a pose to other months? This is based on our level of eaman, as it increases when good is done and decreases when sins are committed.

In Ramadan, without knowing it we are in constant remembrance of Allah. We are praying Taraweeh in the Masjid everynight, Fasting, Refraining from bad language, reading Quran, lowering our gaze, not watching TV and etc

We need to utilize this Blessed Month as a boost in 'change.' So we can carry on these good works throughout the whole year.

We should abundantly remember Allah (swt) so that it conforms to an overall change in everything we do.

When a believer has Allah (swt) on his mind, it effects what he looks at, listens to, says and eats.

Here are some steps we can try to carry on throughout the year to get closer to Allah (swt)

- Seek Knowledge
- Fast Monday's and Thursday
- Make an effort to pray at the Masjid once a day
- Stay in wudu
- Get into the routing of praying Tahajjud (night prayers)
- Attend weekly Islamic lessons.
- Be around good believers who will push you to do good

Jazakum Allah Khair waSalamou Alaykum

ISLAMIC QUIZ?

1) The very first reaction of Prophet Muhammad (saw) when he was informed that there was a specific level of jahannam for Muslims was:

- a) He made dua for them
- b) He asked for it to be removed
- c) He cried so much that he fainted

2) Abu bakr as Siddiq (Ra) was once asked what he wants from RasoolAllah, he replied I would like a huge body. When asked why he said:

- a) To fight for Islam
- b) To help all mankind from all oppressors
- c) To stand infront of the gates of jahannam and stop all people from entering

3) It becomes a reasonsibility to inform and convey to others knowledge that you have, when:

- a) You know the knowledge is the truth
- b) When you feel your ready
- c) You've attained a degree

SMS your answers with your full name to 0432 056 474 for your chance to win an Islamic DVD valued at \$25!

Answers for last quiz:
1) Mathematician 2) He wrote a medical encyclopedia.
3) Philosopher.

Help keep the homeless warm this cold winter.

IICSA is running a blanket drive this winter for the homeless living around Adelaide.

Temperatures during this time get so cold, that some people die from it. We urge you to donate blankets (preferably new, otherwise WASHED/ GOOD CONDITION second hand ones)

To donate a blanket or to help in this project, contact Br. Daniel on 0408 280 714. May Allah reward you all.

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Alcohol – Benefit vs Harm



By Mohammad Gadi

Recent studies suggest that drinking low levels of alcohol can slightly reduce the risk of cardiovascular or cerebrovascular diseases. The amount suggested according to the Australian NHMRC Guidelines is no more than 2 standard drinks per day for healthy men and 1 for women.

Allah SWT said in the Glorious Quran, “They ask you (O Muhammad) about khamr (alcohol and intoxicants) and gambling. Say: ‘In both of them there is a great sin and means of benefit for mankind, and their sin is greater than their benefit’” (Al Baqarah 2:219)

Discussing the potential benefits of drinking moderate amount of alcohol is not comparable to the harmful effects. Let us look at some of these eye-opening statistics:

1. According to the 2010 National Drug Strategy Household Survey, there was over 80% of the population who drink alcohol in the last 12 months. 20.1% of people drink alcohol at levels that put them at risk of harm over their lifetime (males: more than 28 SD weekly, females: more than 14 SD weekly), and 28.4% from a single binge drinking occasion (males: 7 or more SD daily, females: 5 or more SD daily) at least once a month [AIHW 2011].
2. A 2002 national survey on the use of alcohol by Australian secondary school students (White & Hayman 2004) found that experience with alcohol was high among secondary school students, and the consumption was more common with increasing age. By the age of 14, around 90% had tried alcohol.

- a. Between 1992 and 2001, more than 31,000 deaths were attributed to risky or high-risk alcohol consumption.
- b. In the eight years between 1993–94 and 2000–01, over half a million completed hospital episodes were associated with alcohol.
3. Alcohol accounts for 13 per cent of all deaths among 14–17 year-old Australians — it has been estimated that one Australian teenager dies and more than 60 are hospitalised each week from alcohol-related causes.
4. It has been estimated that alcohol cost the Australian community about \$15.3 billion in 2004–05, when factors such as crime and violence, treatment costs, loss of productivity and premature death were taken into account.

What are some of the harmful health effects of alcohol?

1. Liver disease – alcoholism is the leading cause of cirrhosis (end-stage liver disease).
2. Cardiovascular disease – high blood pressure, heart arrhythmia causing cardiac arrest, cardiomyopathy and heart failure, stroke.
3. Cancer – especially oropharyngeal and gastrointestinal tract, liver and breast.
4. Cognitive impairment and mental health disease, such as depression and anxiety.
5. Fetal Alcohol Spectrum Disorder (FASD) – alcohol enters the blood stream into the fetus and also enters the breast milk, with risk to impair brain cells development. Newborn babies of drinking mothers will develop growth and cognitive defects. They may have learning and language difficulties, hyperactivity and low IQ.
6. Dependence, tolerance, self-harm – alcohol is an addictive substance.

It is from His Mercy and Wisdom that Allah the Most High prohibits human beings from drinking alcohol. The potential benefit is acknowledged, although very minimal. The tremendous harms, however, go beyond physical medical problems, accidents and injuries to a variety of significant adverse socioeconomic consequences. It is not only limited to those who consume it, but the innocent children, other family members and strangers will bear the burden of its harms.

May Allah protect us and our families. Ameen

Borani Bonjon

tasty
afghani
recipe

Eggplant in tomato yoghurt sauce

By Blarra Jeroff

Ingredients:

- 2 medium eggplants
- 1 can chopped tomatoes
- 5 cloves garlic, roughly chopped
- ½ cup of plain yoghurt
- Chilli flakes
- Dried mint
- Salt and pepper
- Oil for frying

Method:

1. Peel and slice eggplant into 1-1.5cm thick rounds
2. Place in colander and sprinkle generously with salt; leave for at least 30 mins
3. Wash eggplant well and pat dry
4. Heat oil in pan and fry eggplant until brown or half cooked, drain oil on paper towel
5. In a separate large pan heat 1 tbs oil and add garlic; fry for 1 minute
6. Add tomatoes along with salt and pepper and simmer for 10 minutes or until the raw tomato flavour has cooked out
7. Add water if a thinner consistency is desired
8. Place eggplant in sauce (preferably in 1 layer) and simmer gently until eggplant is cooked
9. Just before serving pour over yoghurt and sprinkle with dried mint

Serve and Enjoy!



Sweet Tooth

great
health
benefits

Allah says: “The companions of the right - what are the companions of the right? [They will be] among lote trees with thorns removed, And [banana] trees layered [with fruit].” (Qur’an, 56:27-29)

Bananas contain three natural sugars - sucrose, fructose and glucose combined with fiber. A banana gives an instant, sustained and substantial boost of energy. But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet.

There is nothing that Allah made for us, which is halal, except that it is good for us.



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