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Know Yourself



“O mankind,
you are those in need of Allah, while Allah is the Free of need,
the Praiseworthy”
(35:15)

INSIDE! // KNOW YOURSELF // RAMADAN TIPS // FASTING TIPS //
FASTING BETWEEN RELIGIONS // HADITH // TRAVEL ADVICE //
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In the name of Allah, the Most Gracious, the Most Merciful.

When the prophet (PBUH) taught Abubakr the famous dua "O Allah I have wronged myself abundantly and no one forgives but You, so forgive me..." the dua has a number of lessons in it. We constantly need to be aware that we are continuously committing sins no matter who are we. If believers know their lord Allah SWT as He should be known, then they would know very well that they have not paid back Allah for what He has bestowed upon them.

In one of his speeches, Omar Bin Al-Khattab RAA was quoted saying "I know about my own faults more than I know about other people". This is also practical evidence of those who follow the prophet (PBUH) who said "Tooba (Tree in Paradise) to those who are engaged on their own faults rather than others".

Allah SWT has commanded us in the Quran not to praise or give credit to ourselves but rather praise Allah for anything he bestowed upon us. The Prophet PBUH used to say "Praise be to Allah with whose grace good deeds are completed". A believer should first of all know that he/she is the servant of Allah and as a result there would be a number of things that he/she should acknowledge. The following dua of the Prophet (PBUH) summarizes it all.

'O Allaah you are my Lord, none has the right to be worshipped except you. You created me and I am your servant. I abide to your covenant and promise as best I can. I take refuge in you from the evil that I have committed. I acknowledge your favor upon me and I acknowledge my sin so forgive me for verily none can forgive sins except you.'

K. Yousuf

Khalid Yousuf
Imam of Adelaide City Masjid



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Editorial.

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Know Yourself

"O mankind, you are those in need of Allah, while Allah is the Free of need, the Praiseworthy" (35:15)

By Abu Obaydah

We start in the name of Allah, and by thanking Allah, and we ask Allah to pray on his messenger Muhammad Peace be upon him. The believer always seeks to be close and connected to Allah, and he strives to get closer to Allah by doing obligatory and optional worships, in addition to Dawah to the path of Allah. This will cause that his heart will start to open and some weeds will start to grow in his heart which need to be treated.

In most cases, the believer will start seeing himself better than the others as he is worshiping Allah or doing Dawah while the others are not. And he will start looking at people as sinners and lost, and in this environment he will feel that he is above others and will forget to search for his defects.

That's why, one of the most important characteristics of the companions was that they always used to feel bad about themselves and to blame themselves even if they were doing good deeds. That was the sunnah of the companions, there was not one of them except that he used to think he is a hypocrite. So, the correct start will come from the point where we know ourselves.

There are some diseases that most of the Muslims know, such as envy, arrogance, showing off, etc. There are some diseases that will cause sinful acts such as practical hypocrisy reflected through not fulfilling the promise, lying when talking, etc. Still, there are some diseases that the true believers consider seriously, such as not knowing oneself and not fulfilling the servanthship to Allah SWT.

The fact that if we know about ourselves we will discover that we are in continuous need to Allah's help and support. Allah said (O mankind, you are those in need of Allah, while Allah is the Free of need, the Praiseworthy (35:15). As you feel your need to Allah, you become a real servant of Allah.

People are different in their level of feeling the need of Allah's support. Some people remember their need of Allah when they become sick or need money. But the continuous feeling of his need to Allah will be when someone feels that in every second of his life he needs Allah as he needs the support from Allah continuously (Indeed, Allah holds the heavens and the earth, lest they cease. And if they should cease, no one could hold them [in place] after Him. Indeed, He is Forbearing and Forgiving (35:41).

Everything in this life needs Allah, and as you feel your need to Allah you will feel your servanthship towards Him, and as you feel your need you will feel (La Hawla Wala Quata Illa Billah, There is no might or power except by Allah), which means there is no way to stay away from sins and to perform the worship and obedience except by Allah, and no movement or silence except by the support of Allah.

As you know yourself, you will recognize your need to Allah and will become closer to Him. So what do the words "knowing myself" mean? The meaning here is to know your humanity and what is related to it from shortcomings and diseases such as showing off and satisfaction of oneself.

Unfortunately, if you go anywhere in this world, you will find people saying to you "you have strong power inside you and you can do anything you want", this will cause us to not feel our need of Allah or our shortcomings and will lead us to be satisfied with ourselves.

So, as you get rid of your human characteristics towards feeling your need to Allah, towards getting rid of your defects, towards not being satisfied from your acts, then you will be closer to Allah and satisfying what he asked you (And your Lord says, "Call upon Me; I will respond to you." Indeed, those who disdain My worship will enter Hell and be rendered contemptible (60:40).

Allah asked you to make supplication (Dua) as the messenger PBUH said "Dua'a is worship", (Tirmithi)

So, why is Dua a form of worship? Because the features of worship are to know Allah and to feel your need towards him, and Dua'a is the practical expression of knowing Allah and feeling the need of Him.

As the person feels that Allah is in no need, is the one who gives, the one who supports, the one who feeds, the one who protects, etc, then he will feel his need to Allah and will respond to the call "O mankind, you are those in need of Allah, while Allah is the Free of need, the Praiseworthy" (35:15).

The origin of every sin, every inattention, and every desire, to be satisfied from oneself. As the person becomes satisfied from himself, this will be reflected on lots of diseases, and this is the difference between the believing soul and the deviating one. You will find the companions of the prophet PBUH used to be always scared, one of them said I met 30 companions from "Badr" and there is not one of them except that he fears that he might be a hypocrite. You will find them the most pious people and at the same time fearing that they are not fulfilling their duties towards Allah.

If you read the conversation between the owner of the two gardens in the chapter of the Cave, you will find the disbeliever saying to the believer (And even if I should be brought back to my Lord, I will surely find better than this as a return (18:36) so he is satisfied about himself. While the believers, Allah described them by saying (And they who give what they give while their hearts are fearful because they will be returning to their Lord (23:60). These are the people who do the good deeds and their hearts are afraid, while you will see the disbeliever doing the sins and he is satisfied from himself.

The difference between the believer and the non-believer is that the nonbeliever is always satisfied from himself but the believer is always scared, he does all the good things and is still scared from Allah, scared to be showing off, scared that he had a feeling that will make him lose his reward.

So, the first defect we need to get rid of, is to be satisfied from what we do.

When anyone is satisfied from himself, he will not accept any advice as he doesn't see that he is doing wrong. He will not accept someone to enjoin the good with him and forbade the evil. He will commit the sin, will do the mistake and will not feel bad. But

the true pious Muslim will always be not satisfied from himself, he will worship Allah and not be happy from himself, he will do good and will not be satisfied from himself, will say the good word and will not be satisfied from himself, will respond to the bad act with good act and will not be satisfied from himself.

This is the attitude of a Muslim who understands his place with Allah.

If you know yourself, you will not be satisfied from anything you do, and this will drive you to do more and strive to be better, while if you are satisfied from yourself there will be no effort to improve yourself and your relationship with Allah.

This will lead to the feeling that you are complete and people are less level than you, it will lead to arrogance and the feeling that people need to obey you and follow you, then the person will be like God.

It is important for those who work in Dawah to be surrounded by this environment, with people who are striving for the cause of Allah and still not satisfied from themselves. If we live in an environment where everyone is satisfied from himself, the Islamic life will not be straight, and if we don't succeed in creating the environment where everyone knows himself and his defects, and everyone strives to fix it and to save his brothers as well, and the purpose of everybody to get rid of the heart diseases, then we will keep milling around the same place without forward progress.

At the end, I advise myself and everyone, "having an ignorant friend that is not satisfied from himself is better than having a knowledgeable friend who is satisfied from himself, as what ignorance he has the one who is not satisfied from himself, and what knowledge he has the one who is satisfied from himself".

Everyone should look always at his defects and find it and be firm with himself, while he might give excuse to the others, but we should look carefully at our friends

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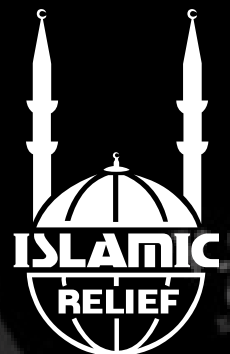
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EXPLANATION OF THE HOLY QUR'AN

*“And indeed We have created man, and We know whatever thoughts his inner self develops, and We are closer to him than (his) jugular vein”
(2af : 16)*

Allah is Nearer to Man than his Jugular Vein: An Analysis

The concluding part of verse [61] says: “closer to him than [his] jugular vein”. The ‘closeness’ in the verse, by consensus of scholars, refers to “nearness in terms of all-encompassing knowledge” not in terms of physical closeness. In this manner, the verse means that Allah’s power and knowledge has so encompassed man from within and without that His power and knowledge is nearer to him than his own jugular vein.

The term “warid” in the Arabic language means “veins”, which supply blood to the entire body. The living creatures’ life depends on it. If the veins or arteries are cut, they lose their soul and die. In short, Allah encompasses complete and full knowledge about everything of man, because He is closer to him than his jugular-vein.

According to the Honorable Sufis, here the term “qurb”, meaning closeness, goes beyond the concept of nearness in terms of knowledge. It is a special type of ‘ittisaa’ (contact or bond or relationship between Allah and His creation) including man who is placed at the centre of the universe the reality and nature of which is not known to anyone, but it does necessarily exist indescribably. Various Qur’anic verses and authentic Prophetic Traditions bear ample testimony to this fact. For example, the Qur’an commands: (and bow-down in sajdah, and come closer) (Al-‘Alaq: 18).

This is just like what the Holy Prophet is reported to have said: “The closest that a servant can be to his Lord is when he is in prostration. Therefore, make abundant supplications (i.e. while prostrating)”. Another Tradition reports that the Holy Prophet Muhammad SAW said: “When My servant performs voluntary prayers, he attains closeness to Me.” On the occasion of migration to Madinah, the Holy Prophet said to Sayyidna Abu Bakr Siddiq R.A. “Allah is with us” (9:40). Holy Prophet Musa said to the children of Israel: “My Lord is with me” (26:62).

This “qurb” or closeness to Allah, which man attains through nearness of obligatory and voluntary works and through his efforts, is reserved exclusively for a believer. Such believers are called “Auliya-Allah, meaning “the friends of Allah”. They are those whom Allah has chosen as His friends. This special bond with Allah is different from the general relationship between Allah and man, whether believer or non-believer. In brief, the above verses and narrations bear testimony to the fact that man has a special type of proximity to his Creator and Master though its reality and nature cannot be perceived. This nearness and proximity cannot be perceived by the ordinary sensation of physical sight, but it is attained through “farasah” of Iman (perspicacity through faith). Tafsiir Mazhari interprets “qurb” and “ittisaa’ in this verse in the same sense. We have learnt earlier the interpretation of the majority of the commentators that it is not physical proximity, but rather the all-encompassing, full and complete knowledge of Allah. Apart from these two interpretations, Ibn-Kathir interprets it in a third way. He says that the pronoun “We” does not refer to the “Being” of Allah, but to His angels who are all the time with man. They know man’s soul so closely that man himself is not so well aware of it. Allah knows best!

HADITH

The Prophet (pbuh) said:

“None of you [truly] believes until he loves for his brother that which he loves for himself.” [Buhkari]

This hadith is strongly correlated with the Golden Rule which is “do as to others what you want to yourself” and that is to love for your brother what you love for yourself.

In this society, we live where people are shy to give advice or get offended to accept advice. When in reality, we should be welcoming in accepting other’s advice and give advice in the best way. This is essential for the fabric of the community and for your personal self.

The Friendly Reminder.

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

By Abu Abdullah

Do we ever tell ourselves that we are doing enough for Islam? Or we are doing too much good deeds?

Prophet Muhammad (pbuh) said: “A believer **never** gets satisfied doing good until he reaches Paradise” (at-Tirmidhi)

A true believer works his/her hardest until they meet Allah.



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DAILY DUA’

THE WEAPON OF THE BELIEVER

By Abu Imran

Knowing yourself goes hand in hand with knowing your Lord. Our Lord is Allah who created all things and has power over all things. This places us in our appropriate position, as a subordinate servant and servant to Allah. In fact, this is the same word that Allah used to address His Prophet in the miraculous journey of al Isra (17:1). This is our status with our Lord and when we remember this and live by it, we will please Allah.

The following dua is to be said morning and evening and reminds us of our humble position of servant before the Lord of all servants.

This dua is one of the best ways to ask forgiveness from Allah SWT.

Transliteration

Allaahumma ‘Anta Rabbee laa ilaaha illaa ‘Anta, khalaaqtanee wa ‘anaa ‘abduka, wa ‘anaa ‘alaa ‘ahdika wa wa’dika mas-tata’tu, ‘a’oothu bika min sharri maa sana’tu, ‘aboo’u laka bini’matika ‘alayya, wa ‘aboo’u bithanbee faghfir lee fa’innahu laa yaghfiruth-thu-nooba illaa ‘Anta.

Translation

O Allah, You are my Lord, there is none worthy of worship but You. You created me and I am your slave. I keep Your covenant, and my pledge to You so far as I am able. I seek refuge in You from the evil of what I have done. I admit to Your blessings upon me, and I admit to my misdeeds. Forgive me, for there is none who may forgive sins but You.

Will you marry me?

Abu Aameena Ibn Adel

A man recently came to IICSA wanting to learn more about Islam. Through conversations with him we discovered that he has been married for years to a Muslim woman. When she told him, before their marriage, that he had to be Muslim to marry her, he said "No Problem".

They went to the local mosque together and he said his shahada so they could be married, and they carried on with their lives as if nothing had happened.

Most Muslims would be shocked to hear this, how can someone "fake" their shahada to marry a Muslim woman?!

However, Allah SWT had a plan all along, and Allah is the best of planners. This particular brother had been a Hindu, and was preoccupied with money. He was constantly praying to the goddess of wealth, Lukshmie, to make him more prosperous. His prayers were always unanswered, and over the years his growing frustration became a source of stress for him.

Over the course of several years, while being married to a Muslim woman and interacting with her and her family, he began to see some merit in the Islamic way of life.

He accepted Islam recently, and genuinely, and performed his Islamic marriage ceremony with his wife for a second time, this time for real.

As he learned more and more about Islam, he began to understand that the desire for money is not the primary driver for a Muslim, and the relationship with Allah SWT is far more precious as a source of happiness than wealth.

As gratitude for Allah, "Shukr" and trust in Allah's plan, "tawakkul", began to fill his heart, they took the place of the desire he had for money, and the frustration at not receiving it. Allah SWT had shown him that all the happiness he desired could be had in his current situation, with just a change of mindset, rather than a change of circumstances.

He asked how soon he had to implement all the commandments and rituals of Islam, he was told to do his best. The Quran was revealed over a 23 year period, gradually and in stages. He was told that he should not be lax in his practice of Islam, but he should strive to do better each day than the day before. He was told that in time, as the love for Allah SWT grows in his heart, he will feel the desire within himself to pray more, to recite more Quran, to be more involved in dawa activities

Approximately one week later, the brother was seen again, this time with no earrings. He said that he took a shower, and as he wiped over his hair and ears, both his earrings fell out at the exact same time. He said to his wife that this must be a sign from Allah, and that he would never put them back in.

He says he is more happy now than he has ever been, and it wasn't money that made him happy, it was knowing his Lord, and having a real relationship with Him.

THE FASTING OF ISLAM & CHRISTIANITY: HISTORY OF FASTING AS AN ORDER FROM ALLAH

By Adam Perrotta

Asalamu Alaikum Warahmatullahi wabarakatu

Fasting is not only related to Islam, previous nations have also fasted. It has been prescribed to them (2:183). Allah SWT prescribing fasting for Muslims and how important it is in being more obedient than previous nations has been suggested as a reason Allah SWT revealed this Ayah.

A hadith is mentioned in Bukhari and Muslim in which Prophet Muhammad PBUH said: "Every believer in Allah who observes fasting for one day for the sake of Allah, Allah will draw his face farther from Hell-fire to the extent of a distance to be covered in seventy years."

Today, different types of Christians fast in different ways. Some do not eat meat or animal products, and some choose different things to abstain from.

It is important for Muslims to fast in accordance with we have been taught by Allah and His messenger, and to not change this compulsory aspect of Islam. If you are unsure about the rules of fasting, what breaks the fast, and what the valid reasons can be for missing a fasting day, feel free to attend the Fiqh class at IICSA, every Tuesday night at 7pm, 19A Logan St City.

Peace be upon those who follow the guidance.



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7 THINGS TO-DO IN TIMES OF HARDSHIP

By Abu Productive

Here are 7 practical steps to help you face any difficult situation:

- 1. Salah.** Make sure you stick to praying on time – 5 times a day. Never miss a salah and do your best to pray each Salah with sincerity as if it's your last salah in this world.
- 2. Read Quran.** This Quran is so beautiful that no matter what difficulties you face, your heart will find peace in it.
- 3. Make Dua.** Especially the dua for removing anxiety.
- 4. Give Sadaqah.** Give lots of charity, as much as you can, because it helps push away hardship. And if you can't give money, even kind words or physical sadaqah can do (i.e. helping people physically or emotionally).
- 5. Set Goals and Have Vision.** Don't let shaytaan play with you and keep replaying the video of your hardship in your mind over and over again. Move on! Set new goals, new projects, and remember you're with Allah, nothing should stop you!
- 6. Wake up Early.** Wake up before fajr and work on your ideas and projects, or simply read Qur'an. Getting busy before day break is a definite way to move away from your hardship and overcome challenges. Get most of your ideas/work done in these early hours, these are blessed hours.
- 7. Hardship is Not Lost.** Remember, Allah will never forget the injustice/hardship you faced, so don't worry about seeking revenge or trying to get justice

The Clinic



Travel Advice

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

I am in Malaysia since 21th April 2013. Alhamdulillah me and my family settled in Penang. We are excited to get back to our home country although we miss our beloved city, Adelaide. We miss Adelaide very much!



In our first 3 weeks in Malaysia. We suffered travel related illness. When I looked back, our preparation was minimal.

I would like to share tips on how to prepare our self and our family on travel related illness. As a Muslim, we are required to prepare as much as we can and then we leave it to Allah. This is the concept of tawakkul.

People who travel overseas have up to a 50 per cent chance of suffering a travel-related illness. While most travel-related illness is minor, some very serious infectious diseases are endemic in some parts of the world. All travellers should be prepared for travel and be aware of health issues and measures to protect themselves from sickness. The most common travel-related illnesses are gastrointestinal diseases usually picked up from poorly prepared foods or untreated water. To avoid diarrhoea, stomach pains, nausea and vomiting associated with these illnesses.

TIPS

1. Use boiled or bottled water, or water purifiers or tablets.
2. Avoid ice in drinks.
3. Avoid unpasteurised milk and dairy products.
4. Avoid fruit and vegetables that have been washed in the local water.
5. Eat thick-skinned fruit and vegetables that you can peel yourself, such as bananas, oranges and mandarins.
6. Make sure food is cooked thoroughly and eat it while it's hot.
7. Avoid shellfishness.
8. Don't buy food from street stalls – hotels and busy restaurants are safest.
9. Take care with personal hygiene.

Some serious infectious diseases such as malaria, yellow fever and dengue fever, are transmitted by insect bites. While there are vaccines and drugs available to help protect against some of these diseases, travellers are advised to always protect against mosquito bite.

TIPS

1. Wear mosquito repellent that contains at least 30 per cent DEET.
2. Stay indoors between dusk and dawn. The mosquitoes carrying the malaria parasite generally feed at this time.
3. Apply repellent, such as permethrin, to your clothes and bedding.
4. Wear socks, long pants, and long-sleeve shirts when outdoors.
5. Use a bed net.
6. Stay in air-conditioned, screened accommodation.

You may want to arrange vaccinations or medications to protect against diseases such as hepatitis, typhoid or malaria. In fact, some countries legally require travellers to have certain vaccinations, such as yellow fever. As you will need to have some vaccinations weeks or months before travel, it is best to see your doctor six to eight weeks before you go. However, if you have to travel at short notice, you can still have some vaccines.

When you are planning to travel, be prepared and aware of health issues when travelling.

Zaki Ibrahim
Penang, Malaysia

IICSA Arabic School



Let's memorise the Quran!

By Muhammad Gadi

Memorising the Quran brings many rewards and will elevate our status in Paradise. Allah also says in the Quran, Al Qamar (54) verse 17: 'And We have certainly made Quran easy to remember, so is there any who will remember?' Truly this is what we find as millions of Muslims around the world from different age and background have memorised the entire Quran – Maashaa Allah!

There are many different ways in memorising the Quran that the scholars advise. This will not try to explain all of them in details, but let us take some lessons from the common theme to help us in this journey.

Correct intention. We know that our action is judged by our intention, so refresh that intention in your heart every day – that you are doing this to seek Allah's pleasure. Correct intention is like the car's engine – it will drive you to keep going in the journey.

Be consistent. The idea is to make memorising the Quran a routine in your life. Being consistent means doing the same thing every time – if you memorise two lines every day to make a page per week, then do not skip any day. Once it becomes your habit, your journey will become much easier Inshaa Allah.

Persist in it. Never give up. The most difficult time will be the early period. Remember the rewards. Use the many people in the world who have done it as an encouragement.

Avoid sins. The Quran is like light. It penetrates a clean heart much easier. Sins are like imaginary black dots on a glass – the more sins you do the more black dots there will be that will cover the light from shining through.

Find a good environment. Minimise any noise. It can be a clean bright room or a nice backyard.

Find a good time. Many people say early in the morning after praying Fajr is the best time as your body and mind are at the freshest.

Use the same mushaf. Keep to the same copy of the Quran that you use to memorise. The page and where the verses are located will become clues that strengthen your memory.

Don't jump around. Easiest would be to start from Juz 30 and going upwards.

Repetition. Repeat the verses you are memorising at least 10 times.

Link the verses. Once you have memorised a part of a chapter, before memorising the next part try to link the previous part in your memory. Don't memorise in blocks.

Revision is key. This cannot be stressed enough. The more you recite what you memorise the stronger it will be in your memory. Recite them in your Salat.

Find good company. It can be your spouse or friend or teacher – that will listen and correct your recitation.

Make du'a. Allah has the power to make anything difficult becomes easy. Let's pray for His help in this journey.



Sisters Section

Who am I?



By Aise Sert

Assalamu Alaikum Wa Rhamatuhi Wa Barakatuh

La Illah Il'Allah, Muhammed'un Rasullah.
'I testify that there is no God but Allah, and Prophet Mohammed (SAW) is our last and final messenger' Each of us know that to be a Muslim, we must firstly pronounce the Shahada, it is not just a testament of the tongue that is between our two lips, but also the tongue that speaks for our soul and our heart. "Those who believe, and whose hearts find satisfaction in the remembrance of Allah. For without doubt in the remembrance of Allah do hearts find satisfaction."

[Surah 13 Ar Ra'ad (The Thunder), Verse 28]
Before one can attempt to understand themselves or understand the purpose of their journey in life, one needs to truly understand their relationship with The Almighty. One needs to develop a love, a yearning desire to their Creator, for without this love – one will never truly appreciate the true meaning of life.

A great way to spark this love, is to understand the limitless Rahmah of Allah (SWT) toward His slave. Growing up, we may remember the constant reminders from our elders about Allah (SWT): 'Don't lie, Allah will punish you' 'If you don't read Quran and pray, you will burn in hellfire'

While there may have some truth to it, comments like these, generate a fear towards our Creator,

this fear can subconsciously damage our relationship with Him. When this relationship is tarnished, ones own understanding of themselves begins to deteriorate. Life begins to be an aimless journey. We begin to find contentment with investment in things that merely have monetary value. We should fear the punishment of Allah, but first be taught to love Him and be mindful of His everlasting Mercy. He so eloquently reminds us with the following engraved on The Majestic's Throne "My Mercy overcomes My Anger"

It isn't until we embark on our own journey of self discovery that we begin to realise, our identity is so closely related to understanding our relationship with our Beloved. The Creator of the heart, Knows about it, He is Al-Alim, The Knower of all things, we can be adamant of this through the following verse: "It was We Who created man, and We know what dark suggestions his soul makes to him: for We are nearer to him than his jugular vein." [50:16]

It is the understanding that despite our flaws and our mistakes, our Majestic Creator sends messages to us through the Quran and due to His Mercy, He sent the last and final Messenger (SAW). Narrated Abu Huraira: I heard Allah's Apostle saying, Allah divided Mercy into one-hundred parts and He kept its ninety-nine parts with Him and sent down its one part on the earth, and because of that, its one single part, His creations are Merciful to each other, so that even the mare lifts up its hoofs away from its baby animal, lest it should trample on it."

It is we, who need to take the time to know our Creator. By knowing Him, His Power, His Mercy, His Compassion, and recognising Him as being the Forgiver, Sufficient, Guider, Afflicter, Benefiter, The Everlasting, you can comprehend on a humanistic level, the Creators abilities. We can begin to accept Him to be the one who trials us and the one who gives us ease.

Allah does not burden any human being with more than he is well able to bear [2:286]

Knowing our purpose in dunya, means knowing Allah on a spiritual level. The very highly respected Sheikh Ahmad Abdo once said: "If you want to know where Allah places you, take a look at where you place Allah in your life"

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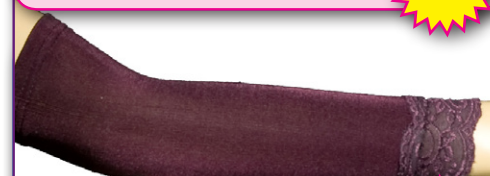
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Adelaide Muslim Prayer Times

"O mankind, you are those in need of Allah, while Allah is the Free of need, the Praiseworthy" (35:15)

July - Sha'ban/Ramadan

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

August - Ramadan/Shaw wal

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

September - Shaw wal/Dhul Qa'dah

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

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Crisis



Help for the Burmese!

By Khaled Dahak

Bismillahir Rahmanir Raheem
The Muslims of Adelaide say a big AsSalamu Alaykum to our dear Rohingya brothers and sisters. The Rohingans, having fled torture, persecution, discrimination and mass killings in Burma, months or even years in transit to Australia, and then many months in Australian detention centres, are now being released into our community. Alhamdulillah.

It has only been a couple of months now, since the first of the Rohingans have started life in their new Adelaide surrounds. Imagine coming out of detention, with nothing but the clothes you have on, provided a couple hundred dollars to live on for a couple weeks, placed into emergency accommodation for a maximum of 6 weeks, after which you are essentially told you are on your own. Alhamdulillah. You need to find a place to stay asap, or you are homeless. Alhamdulillah. In your second fortnight, you are provided approximately \$12 a day to budget for food, transport and other expenses, all whilst in search of rental property. Alhamdulillah. All this and you don't even speak English. Alhamdulillah for everything.

Becoming aware of our brothers and sisters plight, Muslims in the Adelaide community have begun helping the Rohingans, with assistance finding private rental accommodation, donations providing food, clothing, bedding, furniture and kitchen essentials. MashaAllaah, brothers are giving up their time, to pick up and transport goods donated by the community from all over South Australia, to furnish new Rohingya homes.

Just recently, 3 Muslim brothers collected cash donations, loaded a trailer full of donated goods and drove all the way from Sydney to Adelaide to help the new members of our community. Allahu Akbar, Allahu Akbar, Allahu Akbar. May Allah grant them Al-Jannah Firdaus.

Dear brothers and sisters of Adelaide, Alhamdulillah, the Rohingans struggle continues, with a meagre income provided by the Australian government, no work rights and many more being released into the Australian community, we continue to ask for your assistance in donating beds, warm clothing, blankets, furniture, fridges and other household essentials.

In the Glorious Qur'an, Allah says, "Those who believed and emigrated, and strove in the cause of Allah, as well as those who hosted them and gave them refuge, and supported them, these are the true believers. They have deserved forgiveness and a generous recompense." (Quran 8:74).

For further information and assistance with transporting donated goods, please contact brothers Daniel 0408280714 or Khalid 0407698270.

For cash donations, please direct your deposit to:

IICSA Funeral & Hardship Fund
BSB 065124
Acc No. 10333229
Commonwealth Bank

Please be sure to add the word "BURMA" in the description field when donating cash.

Jazakum Allah Khayr.



Solution



By Daniel Fuller

"Baitul Khair", also known as "The House of Care" is a newly formed not-for-profit organization based in Adelaide. Baitul Khair has been providing emergency relief and support for refugees coming to Adelaide from Afghanistan and Burma, among other places.

Baitul Khair aims at providing the needs of its community people who are undergoing crises such as poverty, scarcity, supporting the destitute, the homeless, spreading equity and removing all traces of discrimination. The organization is inspired by Islamic values envisioning a world where social responsibilities are fulfilled, community is empowered and that people bond, work and respond as one towards the suffering of their brothers and sisters.

The organization seeks to improve and enhance the condition of its people and the members are actively involved in promoting community services, working together to alleviate crisis and scarcity, and providing immediate assistance to all those in need.

In recent weeks Baitul Khair has been inundated with generous donations of clothes, food, household appliances, mattresses, beds, and more. Those donations have been distributed free of charge to those in need, who have come to Australia seeking a better life.

In sha Allah, in the coming weeks and months we aim to build closer ties with Islamic Mosques and organizations, to tie the community together into a network of helpers for those in need.

Baitul Khair is currently accepting donations of any kind, whether money, clothes, homewares, or appliances, and connecting those much needed resources to brothers and sisters who literally have no possessions, and have come out of detention centres or have been allowed refugee status here in Australia. It is hard to describe how little they have, with many only owning the clothes on their backs at the time they contact Baitul Khair.

This service is necessary, and a responsibility for all Muslims to support. Abu Hurairah RAA reported that the Prophet (PBUH) said: "He who removes from a believer one of his difficulties of this world, Allah will remove one of his troubles on the Day of Resurrection; and he who finds relief for a hard-pressed person, Allah will make things easy for him on the Day of Resurrection; he who covers up (the faults and sins) of a Muslim, Allah will cover up (his faults and sins) in this world and in the Hereafter. Allah supports His slave as long as the slave is supportive of his brother..." [Muslim]

Please contact Baitul Khair to find out how you can help.

Daniel Fuller
0408 280 714
For photos and updates,
like us on Facebook.
www.facebook.com/thehouseofcare



The good in community

By Abu Abdullah

Just because you grow your beard longer than others it doesn't mean that you are better than the them. Just because you read a particular book doesn't mean that you are better than the others.

There is some good among all Muslims; every one of them has a portion of the good, so, try - if you are able - to collect all of the good from them.

People in the past used to study from a large group of the scholars, so, their Hadith instructor is different from their Tafsir instructor, and their instructor in spiritual nurturing is different from their Arabic language instructor.

Take from some brothers their manners, and imagine if we were to follow their path in respecting the people, and their manners with the scholars. These brothers have very good speech, as they convey what they say and work magic on the hearts with their manners, and cause any envy one might have against them to vanish.

Take from some brothers their purification of their hearts, their remembrance of Allah and detachment from worldly affairs. Many problems we face today among the Muslims can be abolished if we applied these.

Take from those who follow the authentic, their beliefs. Collect within yourself all that is good, become a student, and do not restrict the truth to your own shaykh... Take from this person, and take from that person; respect the people, and give them the credit they are due, and put them in their proper categories..."

Certain differences among Muslims should be seen and used as a source of benefit and not a source of division.

Malaysian Community

By Danial Ariff Shaari (Bachelor of Laws)

Assalamualaikum warahmatullahi wabarakatuh. Alhamdulillah, I survived three years of doing my Bachelor of Laws and I am now in my final year. It has been quite wonderful, and nothing can describe the feelings in a word, but surely this is not the best of the world.

This wonderful moment would never have come if I do not get the chance at the first place. Being a sponsored student by the government, it means this chance comes with responsibility. Examination is now around the corner. Therefore most students are at the peak of putting efforts, translated into staying up at night, staying at the university until the corridor is empty, and lots of time spent for revising and consulting with lecturers and studying with course mates.

Looking at it as a whole, HD (high distinction) should be in our hands in sha Allah, high achievers are what we are trying to become, and excellence in academic platform is a triumph we want to gain. But we speak less we speak of something even bigger, something even more worthy to strive for, something that is meant for us, as Muslims, that is the true success in the hereafter. Allah S.W.T. says; "Let there arise out of you a group of people inviting to all that is good (Islam) enjoining all that is good and forbidding all that is evil. And it is they who are the successful." (Ali-Imraan : 104)

In our lives, we are prepared to sacrifice many things just to become successful in this dunya, we sacrifice our time for study, career, social life and personal desires. However, when it comes to becoming successful in the eyes of Allah SWT and successful in the hereafter, we care less. It is as if we are not living in this world for His sake and for His reward, when in fact we are Muslims and His servants but we are not acting like one.

This life is a chance for us to carry out our responsibility, which is to do as many good deeds as possible and to avoid doing any sins. May Allah grant us success in this dunya, and may Allah take into account everything we do in this dunya as part of our sacrifice for the success in akhirah, in sha Allah.

WAllahu a'alam.

Saudi Community

By Wael Ali Holbah (PHD student, Flinders Uni)

Assalam Alaikom Wa Rahmatu Allah Wa Barakatu

In regards to Saudi Arabian community in Adelaide, we have some of religious, fun and scientific activities which we have conducted in Adelaide. Regarding to religious activities, we invited some scholars from Saudi Arabia through Skype, with cooperation of Omer Bin Alkhatib mosque, to give talks. The purpose of these activities is to increase our iman and remembrance of the Allah, noble Quran and followed the Sunnah of the prophet Mohammed, PBUH.

Regarding to some sports and having fun activities, we conducted a volleyball competition and the winners received prizes. The purpose of these activities is to encourage different learners to have fun and create a pleasant environment with happy brotherhood.

Regarding to scientific activities, we conducted an initial emergency course to help people learn how to help others in emergency case and in under a dangerous positions. The purpose of these scientific activities is to help learners to have different scientific and academic skills to obtain benefits on such various skills.

Finally, in the next couple of months we will prepare ourselves for Ramadan and try to help students around Adelaide to break their fasts with free food in different locations (e.g. In the Islamic centre, Flinders University praying rooms, etc.) for the whole month of Ramadan in sha Allah.

Pakistani Community

By Fahim Ghouri

In last few months we saw gatherings focused on collecting donations for the Syrian refugees. People attended these gatherings from many different nationalities and backgrounds and from all walks of life. Such events show the importance of collaboration amongst Muslim communities and a practical demonstration of the saying of Prophet Muhammad SAW which means Muslims are like one body, if one part of the body aches, the whole body feels the pain. This showed that Pakistanis, Somalis, Jordanians, Saudis etc etc everyone felt the pain of their brothers and sisters and wished a peaceful life for them by helping them with whatever means they can.

You will agree that such collaboration is difficult to sustain and improve until we have the faith in our hearts strong enough to proudly practice Islam and be a role model to the society. Such knowledge is acquired in the company of the Righteous people, the Ulema and Shaykhs. it is therefore strongly encouraged to gather and try to attend the bayans by the visiting Scholars as organised by different Islamic associations in Adelaide. We are in constant need of learning Islam and the way of life Islam expects us to have so we can be effective Ambassadors of our countries/Culture and Religion.

May Allah make us a Muslim who is a role model to the society by following the Sunnah of Prophet Muhammad (SAW). Ameen.

QUR'AN COMPETITION

SATURDAY 20TH OF JULY

CATEGORY 1: AGES 5-8 YEARS OLD - 7 PAGES (JUZ AMMA)

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University Students

By Khalil Abdul Malik

When it comes to Da'wah (Inviting to Islam) in this day and age, we can do a lot more than just give out pamphlets. We need to understand what type of psychology and mechanisms are being used in this day and age, to influence people's thinking. This will give our Da'wah, a lot more effectiveness and impact. Allah teaches us in the Qur'an: In the time of Jesus (AS), Medicine was powerful. So Allah SWT gave Isa (Jesus) What? The ability to make the deaf able to hear, the blind able to see and the dead to be brought back to life. How was this possible? By the permission and will of Allah.

In the time of Moses, magic was powerful. So Allah gave Moses the ability to:

- Defeat the magic of the magicians, at that time.
- Turn his staff into a snake and also part the sea of water.

What about in the time of the greatest Prophet of all, Prophet Muhammad (PBUH)? The Arab's had a love for speech and poetry. So Allah gave Prophet Muhammad (PBUH) the beautiful and miraculous Qur'an. It was on a whole new level of language, impact, soothing sound and rhythm that stunned the people in amazement.

In this time which we live today, what is the way information is spread all over the world? ... The mass Media. Which is visuals, graphics and audio.

This is the way to grab the people's attention and make a huge impact on their deep thoughts about what our true purpose in life is.

At the moment, we are currently preparing for our largest Da'wah event of the year, Islam Awareness Week 2013 (September 2nd - 6th).

Our main focus in our Da'wah work is delivering the beautiful and perfect message of Islam, in a way that speaks volumes to the University Students.

To revive the Da'wah movement, using powerful, effective media techniques. We wish to spread the message of achieving peace and tranquility in the remembrance of the Lord of the worlds, Allah Azawajal, insha'allah by His will and ultimate power.

Immigration Dept.

Information on migrating to Australia available online.



A new campaign asks Australian communities to tell their family and friends overseas about the risks of travelling to Australia by boat and about the options for migrating to Australia through regular channels.

As part of a wider anti-people smuggling communication campaign, the Department of Immigration and Citizenship has launched 'Don't be sorry' – a campaign that seeks to provide diaspora communities in Australia with information on changes to migration policy and the options available for their friends and family overseas who may be thinking of migrating to Australia.

Important messages from the campaign include:

- There are a significantly increased number of humanitarian (refugee) visas available.
- There are an extra 4000 visas for people who want to be reunited with their family in Australia.
- Australia has started sending people who arrive by boat to Nauru and Papua New Guinea for the processing of protection (asylum) claims.

More information is available in seven languages on the campaign website, including information on the process for applying for a visa through the Special Humanitarian Program and the Family stream of Australia's migration program.

If you have friends and family overseas who are thinking of coming to Australia by boat, visit www.australia.gov.au/dontbesorry to find out more about their migration options. Don't let them risk their lives, or their money, by paying a people smuggler.

Sports

SCORE BOARD



By Patrick Ernst (Club President)

Asallaam alaykum everyone. I'm very happy to be able to give you another report on the progress of our community soccer club, SA Central.

Our youth teams are doing very well overall, thanks to solid commitment from our coaches. We are winning games – not all but quite a few and the season is still very new. All of the Small Sided Games (SSG) teams are playing good soccer and are developing into strong teams. Under 13 and 15 teams are finding it harder work, playing against more experienced and fitter sides. Despite this, they are getting reasonable results and we can see improvement every week.

This year we are also fielding an Open team of adults. The Open Team is playing Division 5 in the SA Amateur League and I'm pleased to report they are currently equal 2nd in their division. They are a learning to play together as a strong team and the results are there every week. So far the team has not lost a game Alhamdulillah.

A reminder, Soccer is a winter game and is played in the rain as well as dry conditions. We do take safety issues importantly and will always make sure conditions are safe to play in. There are only two ways the games will be cancelled – the Football Federation will cancel some or all games for a weekend, if they deem conditions are unsafe. SA Central will also cancel home games, on the day, at the field, if we deem the SAWSA Park ground conditions to be unsafe. Attendance at all games is mandatory.

Ramadhan will shortly be here inshaa Allah. Obviously this is a very important yearly period in the lives of Muslims. However, we do not stop our lives during Ramadhan, indeed increase our efforts to do good deeds and earn rewards. We do not stop our work or studies or other beneficial activities during this month. I know from experience that many non-Muslims are surprised and complimentary on how "tough" we are to fast and work or study as well.

This is a great form of dawah – indeed some people suggest that the best of dawah is our actions rather than our words. This Ramadhan, we will continue to train but only on one night, Friday. Training will be from 6:30pm and will end a little earlier than normal, at about 8:00pm. This will give us time to also attend tarawiyah prayers at a mosque. Weather permitting, we will also pray tarawiyah after training, at our ground. Training and coming to games is compulsory for all players.

Our new website is up now. New content is being added to keep you up to date with the club events. Please use this website to get up to date information on who and where we are playing, on the Calendar page.

The site is www.sacentralfc.org.au

Lastly we really need some goals of a suitable size for under 10s and 11s as specified by the FFSA. We currently use Airgoals of 3m x 2m but need to increase these to a set of 4.5m x 2m Airgoals. The cost is approximately \$800 for the set of two. If anyone can help please contact myself of Br Khaled Dahak.

Jazakum Allahu Khair



KIDS CORNER

IS ALLAH PLEASED WITH ME?

Want to see if Allah is pleased with you?
Tick the boxes of what you do during your day and you will
get an idea if you are pleasing Allah or wasting time.

WASTING TIME

- ☐ Delay prayers
- ☐ Play Video Games
- ☐ Watch TV shows
- ☐ Listen to Music
- ☐ Eat junk food
- ☐ Fight with siblings
- ☐ Read non islamic magazine
- ☐ Hours on the internet

Total Ticks...../8

PLEASEING ALLAH

- ☐ Pray on time
- ☐ Read Quran
- ☐ Help my parents
- ☐ Do All my homework
- ☐ Read an Islamic book
- ☐ Call a sick person
- ☐ Clean my room
- ☐ Make dua for the muslims

Total Ticks...../8

Which ticks are more? Wasting time? or Pleasing Allah?

DID YOU KNOW?

Most of the heroes of Islam were good Muslims from when they were children. They honoured Allah when they were young, so Allah honoured them when they grew up.

GOOD
MANNERS

BEING GOOD TO YOUR PARENTS

JANNAH
AHEAD

OBEYING ALLAH & HIS MESSENGER

DID YOU KNOW?

All the great men of Islam were raised by righteous mothers. Righteous mothers produce righteous mothers.

Street Talk!

Dear Youth,

Take this time to think about your life. Whether you're a student at school or university, or perhaps even working. Were all facing different situations that are preventing us from accepting our identity. Whether it is your friends, desires, relationships, pressure, or you might be practicing Islam but internally fear being ridiculed and hence are being dragged down.

Your time might pass by with music, entertainment, movies, face book, parties, sport etc. You know your situation better than anyone... But for a moment, imagine everything around you stopped. Have you ever deeply questioned yourself?

Ask yourself, who am I? who do I love? Who do I look up to? Who do I feel attached to? Who do I serve? What is my conduct like with others? Who are the people around me? How am I using my time? Am I ready to die? What's my relationship with the Prophet Muhammad PBUH? Am I ready to face Allah SWT?

Once you find the answers to these questions, you will begin to really know who you are. And one way to know yourself is to analyze what you're busy in.

Dear reader, did you grasp the fact that you will be questioned for every moment in your life? Once the principal of accountability settles in your mind, you will realize your worth.

"(It will be said): 'Read your Book. You yourself are sufficient as reckoner against you this Day' [17:14]

My brothers and sisters, we are all going to stand before Allah. Take this time to be the Muslim you have always wanted to be.

ISLAMIC QUIZ?

1) What surah did Omar ibn al Khattab read before accepting Islam?

- a) Al Fatiha
- b) Ta Ha
- c) Ar-Rahman

2) Who was the first child to accept Islam?

- a) Ali ibn Abu Talib
- b) Fatimah Bint Muhammad
- c) Mus'ab ibn Umair

3) In which battle did Hamza die?

- a) Battle of Badr
- b) Battle of Uhud
- c) Battle of Tabuk

SMS your answers with your full name to
0406 657 786 for your chance to win an
Islamic DVD valued at \$25!

Answers for previous quiz: a) Surat Al-Baqarah
b) Bakrah c) Surat Al-Tawbah



**YOU KNOW YOU ARE ON THE
SUNNAH WHEN YOU SEEK TO
BRING PEACE BETWEEN OTHERS
IN DISPUTE RATHER THAN STAND
BY AND OBSERVE IN MOCKERY.
- YAHYA IBRAHIM**

Good Food vs Bad Food



By Mohammad Gadi

Allah says in the Quran (2:168), "O mankind! Eat the lawful (Halal) and good (Tayyib) things out of what is in earth, and do not follow the footsteps of the Shaitan; surely he is your clear enemy."

Clearly our Lord instructs us to look after ourselves by eating only that which is halal and "Tayyib". As a general rule all food is halal except that which has been specifically prohibited in the Quran or the teachings of the Prophet. On the other hand, there is no explicit religious guideline as to what is good or bad to eat.

Learning about our body and how the organs work are not specifically for the doctors. Just like if we have a car, we want to know the basic structures and their function so we can look after it. Caring about our body is a sign that we are responsible about this trust that Allah gave us.

When you go to the doctors you are often asked questions about your family history. Some people are predisposed to certain diseases more because of their genetic inheritance. This should be treated as a warning, and make us more careful. When we have family members with diabetes, high cholesterol, stroke or heart disease, it means that if we let loose and be careless we have increased chance of developing the same problems.

According to the Australian Bureau of Statistics, the top two leading causes of death in Australia in 2011 are ischemic heart disease (heart attack) and cerebrovascular disease (stroke), which cover almost a quarter of all deaths registered. Important dietary-related vascular risk factors in these diseases include: hypertension, diabetes, high cholesterol, and obesity.

In most cases these risk factors develop from either eating too much or eating the wrong foods. In simple terms, if we eat more calories than what we use then we will gain weight. Overtime, it results in obesity which will increase the risk of high blood pressure, diabetes and high cholesterol – all of which will lead to narrowing or blockage of important arteries.

It is now time to care about ourselves and be smart – don't be consumed by what is out there. Remember and apply these golden rules (Murtagh, General Practice Patient Education):

1. Eat less fat

High cholesterol is caused by a diet high in saturated fats, as compared with polyunsaturated fats. Select fish, poultry and lean meats; trim excess fat from meat and the skin from poultry. Limit the amount of butter or margarine on vegetables and bread. Use the minimum of cooking fats. Limit the intake of full-cream products (e.g. milk, cheese, cream), fried foods, fatty takeaway and snack foods.

2. Eat less sugar

Avoid or reduce sweet foods such as lollies, sugar, soft drinks, syrups, biscuits and cakes. Reduce the sugar in recipes. Use fresh fruit instead of canned fruit.

3. Eat more fruits and vegetables

Not only they contain high fibre and different vitamins/minerals, they are also rich in antioxidants which have cancer prevention properties.

4. Use less salt

High sodium intake can raise your blood pressure. Use less salty processed foods, including canned vegetables, meats, chips, crackers, sauces and meat pastes. Read labels on canned and packaged foods for their sodium content. Use little salt for cooking and at the table.

5. Drink more water

Use water in preference to soft drinks, coffee and tea, and cordials.

6. Control your weight

A simple calculator of what your ideal weight should be – take away 100 from your height. Eat better and cut down the number and size of servings

Kisir Salad

Tasty
Turkish

By Blarra Jeroff

This Turkish favourite is similar to the Lebanese tabbouli. Enjoy with a piece of grilled chicken for a heart healthy dinner or spooned into lettuce leaves as a light lunch.

Ingredients

- 1 cup bulgur
- 1 cup boiling water
- 1 small red onion
- 2-3 spring onions
- 1 tsp tomato paste
- 1 tbs pepper paste
- Large bunch of parsley
- Small bunch of coriander
- 2-3 tbs olive oil
- 1 tbs pomegranate molasses
- Juice of half a lemon
- Salt and pepper
- 1 small cucumber (optional)
- 1 tomato (optional)

Method

- 1) Pour one cup of boiling water into a bowl with the bulgur. Cover and let it sit for 15 minutes
- 2) Finely chop red onion & sauté in a pan with some olive oil, tomato paste & pepper paste.
- 3) Once onion is soft and browned add this mixture to the bulgur and mix well.
- 4) Finely chop the rest of the ingredients and mix well.
- 5) Add salt, pepper, lemon juice, olive oil and pomegranate molasses to your taste.



Ginger

In Dounya
and in
Akhira

Allah says:

"And they will be given to drink a cup [of wine] whose mixture is of ginger [From] a fountain within Paradise named Salsabeel."
[Surah 76:17-18]

Most frequently used to aid digestion (a common problem during Ramadan), ginger is believed to increase saliva and other digestive fluids, alleviating indigestion and associated problems such as flatulence.



A Blessed Meal!

As Muslims, we all know that everything we do should begin in the name of Allah in order for Allah to bless it.

So next time your making food, beore you begin making it, say "Bismillah" and before you eat it say the the dua that Prophet Muhammad (pbuh) taught us to say before we eat which is:

"Allahumma baarik lana fee ma razqtana wa qinaa 'adhaabannaar"

"O Allah bless that which you give us and protect us from the punishment of Hellfire"

Ameen!

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Happy Ramadan & Eid-ul-Fitr to all Muslim
Brothers & Sisters and their families"

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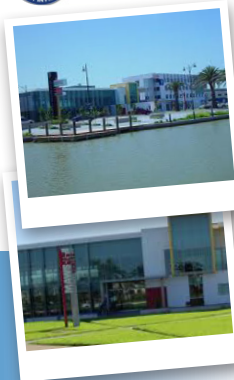
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May Allah reward you

Mosques & Prayer Rooms

CENTRAL

Adelaide City Mosque
20 Little Gilbert Street, Adelaide, 5000
Open for 5 Daily Prayers

University of Adelaide
Level 6 of Union Building House
University of Adelaide

UniSA City East
Playford Building, Level 2
Room P2-22 Female.
Room P2-55A Male

UniSA City West
Sir George Kingston Building,
Level 2. Rooms GK-25/26 (Ground floor)

NORTH

Abu Bakr As-Siddique Mosque
52 Wandana Avenue, Gilles Plains, 5086
Open for 5 Daily Prayers

Parafield Gardens Mosque
92 Shepherdson Rd,
Parafield Gardens 5107
Open for 5 Daily Prayers

UniSA Mawson Lakes
Level 2, Building A,
UniSA Campus Mawson Lakes

Elizabeth Mosque
139-141 Hogarth Road, Elizabeth

WEST

Bosnian Mosque
1 Frederick Rd, Royal Park, 5014

Al-Khalil Mosque
Corner of Torrens Rd & Audley St, Woodville, 5012
Open for 5 Daily Prayers

Islamic Da'wah Centre of SA
124 Henley Beach Rd, Torrensville

Adelaide Airport Prayer Room
Domestic Terminal, Level 2

SOUTH

Flinders University
Religious centre, Southern end of the mall,
Union Rosetta's building, Flinders University

Omar ibn Al Khattab Mosque
658 Marion Rd, Park Holme, 5043
Open for 5 Daily Prayers

EAST

UniSA Magill
Room E1-28 E building,
Swim & Sports Complex

RURAL AREA

Murray Bridge Mosque
83 Old Swanport Road, Murray Bridge

Renmark Mosque
230 Fourteenth Steet, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
Offers Jumuah Only

Cooper Pedy Musallah
Lot 1070 Traeger St, Cooper Pedy 5723
Open for 5 Daily Prayers

**Indeed, those who believe
and do righteous deeds
and establish prayer
and give zakah
will have their reward with
their Lord, & there will be
no fear concerning them,
nor will they grieve.**



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PROPHET MUHAMMAD (PBUH) SAID:
"THE BEST CHARITY IS THAT GIVEN IN RAMADAN"
[at-tirmidhi]



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