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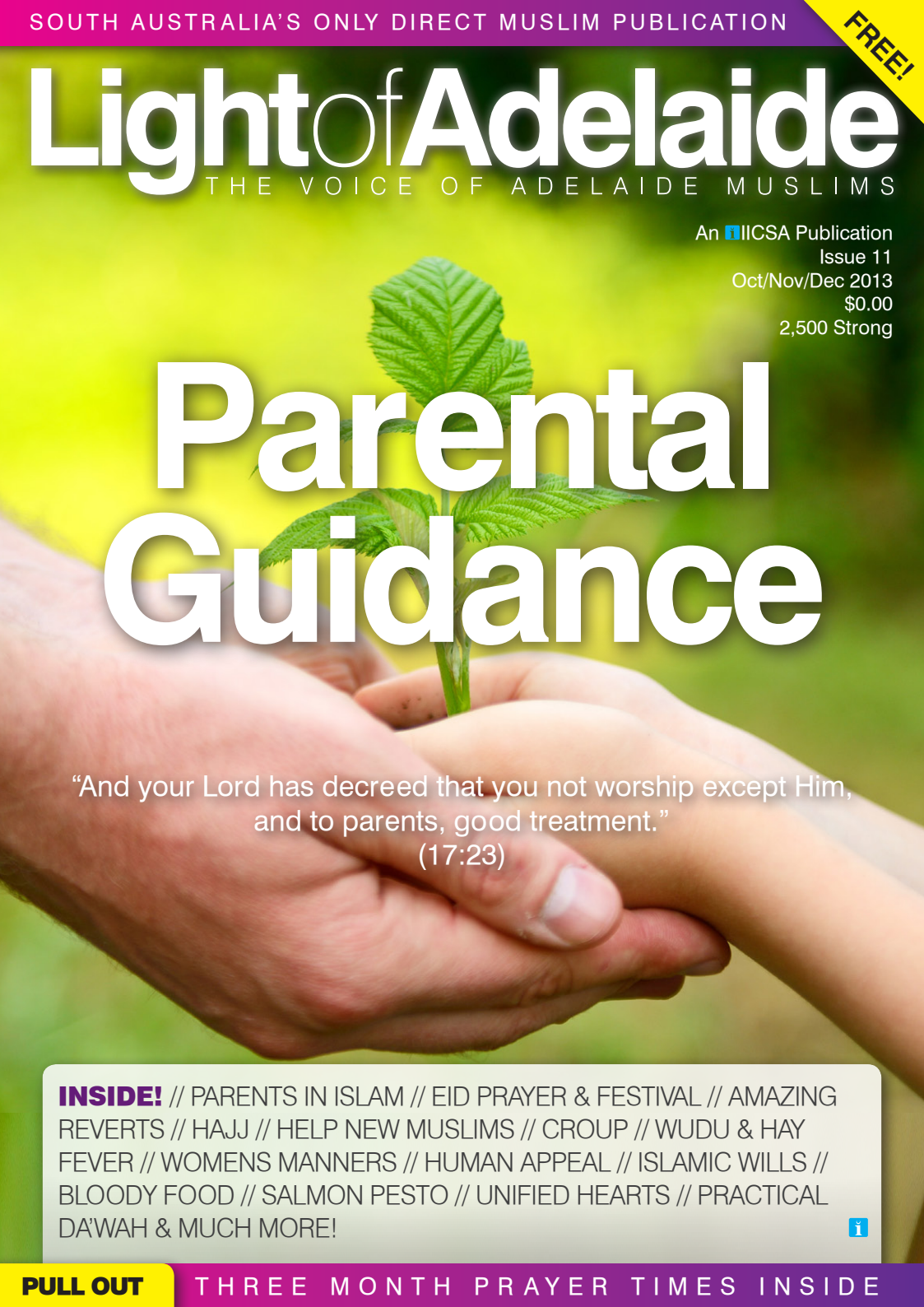
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Parental Guidance

“And your Lord has decreed that you not worship except Him,
and to parents, good treatment.”
(17:23)

INSIDE! // PARENTS IN ISLAM // EID PRAYER & FESTIVAL // AMAZING REVERTS // HAJJ // HELP NEW MUSLIMS // CROUP // WUDU & HAY FEVER // WOMENS MANNERS // HUMAN APPEAL // ISLAMIC WILLS // BLOODY FOOD // SALMON PESTO // UNIFIED HEARTS // PRACTICAL DA'WAH & MUCH MORE!



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Bismillah

Assalaamu 'Alaykum

In the name of Allah, the Most Gracious, the Most Merciful.

When I was young, after long conversations with my parents they would smile and say "you will not understand until you have kids of your own".

As it turns out, some things in life are impossible to explain, until you experience them. Eventually I had a child of my own – and everything changed.

Being a father, I remember watching my wife go through 9 months of pregnancy. As her body transformed, her morning sickness, sore back, fatigue, swelling, and discomfort grew. Then I watched as Allah's miracle of life was born, through pain and anguish, and came screaming into this world. Then I witnessed the feedings every 3 hours, as my wife struggled to keep her eyes open during some of them. Then my child became sick with a fever, and I experienced the heart-wrenching agony of a parent who is watching your own child suffer through fever and illness.

As the years flew by, I witnessed first words, first steps. My heart dropped every time my child came near a table corner or a sharp object. I sprang out of bed at night when I heard a noise that could be an intruder.
I was especially moved by the role of the mother – no father can claim that they have done as much for their children as their own mother – the work of the mother, it seems, is without end.
Of course, my child has not seen, nor experienced all this, and so does not understand. Just like I did not understand myself in my youth.

This is why Allah SWT, being the most just and most compassionate, explains it to us. Many times in the Quran and in the ahadith, the parents are highlighted. This special position given to the parents is not because the parents themselves are perfect, or faultless, or even pious. Some parents are the opposite of all those qualities. Nevertheless, they cared, and gave, for years. They worried. Their hearts were invested in us completely. For that, we owe them, and will always owe them, our kindness and respect.

Abu Ameena

Abu Ameena
Editor

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Editorial.

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Parental Guidance

"And your Lord has decreed that you not worship except Him, and to parents, good treatment." (17:23)

By Abu Obaydah

In the name of Allah, and all thanks, praise, and gratitude belong to Allah, the Lord of the worlds. I ask Allah to send peace and blessings on His final messenger, Muhammad, son of Abdullah PBUH.

Allah says:

"And We have enjoined on man (to be good) to his parents: in travail upon travail did his mother bear him, and in years twain was his weaning: (hear the command), "Show gratitude to Me and to thy parents: to Me is (thy final) Goal." (Quran 31:14)

"And remember We took a covenant from the Children of Israel (to this effect): Worship none but Allah; treat with kindness your parents and kindred, and orphans and those in need; speak fair to the people; be steadfast in prayer; and practice regular charity. Then did ye turn back, except a few among you, and ye backslide (even now)." (Quran 2:83)

Teachings of Prophet Muhammad (pbuh) about parents.

The Prophet said, "While three persons were walking, rain began to fall and they had to enter a cave in a mountain. A big rock rolled over and blocked the mouth of the cave. They said to each other, 'Invoke Allah with the best deed you have performed (so Allah might remove the rock)'."

One of them said, 'O Allah! My parents were old and I used to go out for grazing (my animals). On my return I would milk (the animals) and take the milk in a vessel to my parents to drink. After they had drunk from it, I would give it to my children, family and wife. One day I was delayed and on my return I found my parents sleeping, and I disliked to wake them up. The children were crying at my feet (because of hunger). That state of affairs continued till it was dawn. O Allah! If You regard that I did it for Your sake, then please remove this rock so that we may see the sky.' So, the rock was moved a bit. The second said, 'O Allah! You know that I was in love with a cousin of mine, like the deepest love a man may have for a woman, and she told me that I would not get my desire fulfilled unless I paid her one-hundred Dinars (gold pieces). So, I struggled for it till I gathered the desired amount, and when I sat in between her legs, she told me to be afraid of Allah, and asked me not to deflower her except rightfully (by marriage). So, I got up and left her. O Allah! If You regard that I did it for Your sake, kindly remove this rock.' So, two-thirds of the rock was removed.

Then the third man said, 'O Allah! No doubt You know that once I employed a worker for one Faraq (three Sa's) of millet, and when I wanted to pay him, he refused to take it, so I sowed it and from its yield I bought cows and a shepherd. After a time that man came and demanded his money. I said to him: Go to those cows and the shepherd and take them for they are for you. He asked me whether I was joking with him. I told him that I was not joking with him, and all that belonged to him. O Allah! If You regard that I did it sincerely for Your sake, then please remove the rock.' So, the rock was removed completely from the mouth of the cave." (Bukhari-3:418)

Which deed is the dearest to God (Allah)?

I asked the Prophet "Which deed is the dearest to Allah?" He replied, "To offer the prayers at their early stated fixed times." I asked, "What is the next (in goodness)?" He replied, "To be good and dutiful to your parents." I again asked, "What is the next (in goodness)?" He replied, "To participate in Jihad (struggle) in Allah's cause." (Bukhari -Narrated Abdullah bin umar-1:505)

Great sins

The Prophet (pbuh) was asked about the great sins He said:

"They are:

- To join others in worship with Allah,
- To be undutiful to one's parents,
- To kill a person (which Allah has forbidden to kill)
- And to give a false witness." (Bukhari 3-821)

Allah's Apostle said, "Shall I inform you of the biggest of the great sins?" They said, "Yes, O Allah's Apostle!" He said, "To join partners in worship with Allah, and to be Undutiful to one's parents." (Bukhari 8:290)

Allah's Apostle said. "It is one of the greatest sins that a man should curse his parents." It was asked (by the people), "O Allah's Apostle! How does a man curse his parents?" The Prophet said, "The man abuses the father of another man and the latter abuses the father of the former and abuses his mother." (Bukhari 8:4)

He replied,
"They are your
Paradise
and your Hell."

No Paradise for him

Allah's Apostle (peace be upon him) said: Let him be humbled into dust; let him be humbled into dust. It was said: Allah's Messenger, who is he? He said: He who sees either of his parents during their old age or he sees both of them, but he does not enter Paradise. (Muslim 1160)

Allah's Messenger (peace be upon him) said, "He who casts up the favours he has done, he who is disobedient to parents, and he who is addicted to wine will not enter Paradise."

If Parents demand

A man said, "Messenger of Allah (peace be upon him) what rights can parents demand from their children?" He replied, "They are your Paradise and your Hell."

Allah's Messenger (pbuh) instructed me to do ten things saying:

1. Do not associate anything with Allah even if you are killed and burnt on that account.
2. Don't be disobedient to your parents even if they command you to abandon your family and your property (Tirmidhi)

After their death

While we were with the Apostle of Allah! (peace be upon him) a man of Banu Salmah came to Him and said: Apostle of Allah is there any kindness left that I can do to my parents after their death? He replied: Yes, you can invoke blessings on them, forgiveness for them, carry out their final instructions after their death, join ties of relationship which are dependent on them, and honor their friends. (Abu Dawood 2440)

Only place when you can't obey them

"But if they strive to make thee join in worship with Me (God) things of which thou hast no knowledge, obey them not; yet bear them company in this life with justice (and consideration), and follow the way of those who turn to me (in love): in the end the return of you all is to Me, and I will tell you the truth (and meaning) of all that ye did." (Quran 31:15)

"We have enjoined on man kindness to parents: but if they (either of them) strive (to force) thee to join with Me (in worship) anything of which thou hast no knowledge obey them not. Ye have (all) to return to Me and I will tell you (the truth) of all that ye did." (Quran 29:8)



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Prayer & Festival (Al Fitr)

By Abu Ameena

As Muslims, we all love the feeling of attending Eid Prayer. Everyone is dressed in their best, the children are wearing new clothes, and everyone is smiling. To see the Masjid full of people, all crammed in, celebrating Allah's holidays together, is quite a sight. It was only recently that I learned that Prophet Muhammad PBUH used to pray outdoors on Eid day. I was surprised to learn this actually, as all my life I had always prayed Eid at the Masjid, and looked forward to it.

Again, Islamic knowledge came to the rescue, and again I learned something new. Prophet Muhammad PBUH, in his wisdom, did this so that everyone can participate in the Eid festivities and be included in the community. At certain stages of their life, women cannot enter the Masjid. During menstruation, and in the period after birth are 2 examples. So Prophet Muhammad PBUH did this so that every man, woman, and child can enjoy Allah's celebration days. After I learned all this, I went to pray in the park, just to see what it was like.

I was completely blown away, the size of the crowd of Muslims was incredible. There must have been close to 2000 people praying together. After the prayer concluded, everyone was smiling and hugging everyone else. The children ran around with balloons and drinks and snacks made their way around the crowd. People had taken the day off, and brought their breakfast (including coffee and tea, of course!) to the park and settled in for a relaxing morning picnic. So in summary, I will always enjoy praying Eid at the Masjid, but from now on I want to see the crowd at the park continue to increase. It's nice to be surrounded by literally thousands of brothers and sisters.

The Eid Festival seems to get bigger and better every year. The organisers keep trying new systems and procedures to give Adelaide the best possible Eid Festival. The usual line up of food, drinks, ice cream, and sweets surrounded the attendees, all halal of course. Children lined up for rides, big and small, and the live animal attractions including horses, camels, and rabbits, were as popular as ever. Eid is a special time for us all, and now we have the means to come together as one large, undivided, and unified community. Hope to see you all next time insha Allah.



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EXPLANATION OF THE HOLY QUR'AN



*“And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], “uff,” and do not repel them but speak to them a noble word.”
(Al Isra' : 23)*

Imam al-Qurtubi says that, in this verse (23), Allah SWT has made it necessary - “wajib” - to respect and treat parents well by combining it with the command to worship Him. This is similar to what has been said in Surat Luqman where the inevitable need to thank Him has been combined with the need to thank one's parents: “Be grateful to Me, and to your parents” (31:14).

This proves that, after the obligation of worshiping the most exalted Allah, obeying parents is most important and being grateful to parents like being grateful to Allah is a duty. This has its confirmation in the Hadith of Sahih Bukhari where a person reportedly asked the Holy Prophet “Which is the most favored deed in the sight of Allah?” He said, “Salah at its preferred time.” The person asked again, “Which is the most favored deed after that?” To that he said, “Treating parents well.” (Qurtubi)

The Rules/Merits of obeying and serving parents in Hadith narratives:

1. “A father is the main gate of Jannah. Now it is up to you to preserve or waste it.” (Tirmidhi)
2. “The pleasure of Allah is in the pleasure of a father and the displeasure of Allah in the displeasure of a father.” (Tirmidhi)
3. A person asked the Holy Prophet: “What rights do parents have on their children?” He said, “They both are your Paradise, or Hell.” It means that obeying and serving parents take one to Jannah and their disobedience and displeasure, to Jahannam. (Ibn Maja)
4. “For one who remained obedient to his parents for the sake of Allah two gates of Paradise shall remain open. For one who disobeyed them two gates of Hell shall remain open, and if he had just one of the two, either father or mother, then, one gate (of Paradise or Hell) shall remain open”
Thereupon, someone asked, “Does the warning of Hell hold good even when the parents have been unjust to this person?” Then he said thrice: “yes, there is that warning of Hell against disobeying and hurting parents even if they were unjust to the son.”
(The outcome is that children have no right to settle scores with parents. If they have been unjust, it does not follow that they too back out from obeying and serving them). (Baihaqi)
5. “An obedient son who looks at his parents with mercy and affection receives the reward of one accepted Hajj against every such look cast.” People around said, “What if he were to look at them like that a hundred times during the day?” He said, “Yes, a hundred times too (he will keep receiving that reward). Allah is great (His treasures never run short).” (Baihaqi)
6. “As for all those other sins, Allah defers whichever He wills up to the Last Day of Qiymah - except the sin of depriving parents of their rights and disobeying them. The punishment for that is given, much before comes the Hereafter, right here in this world as well. (Baihaqi)
7. Muslim scholars and jurists unanimously hold that the obedience to parents is wajib only in what is permissible - and definitely not in what is impermissible or sinful. Says the Hadath: “There is no obedience to the created in the disobedience of the Creator”.

HADITH

Taysala ibn Mayyas said, “I was with the Najadites [Kharijites] when I committed wrong actions which I supposed were major wrong actions. I mentioned that to Ibn ‘Umar. He inquired, ‘What are they?’ I replied, ‘Such-and-such.’ He stated, ‘These are not major wrong actions. There are nine major wrong actions. They are: associating others with Allah, killing someone, desertion from the army when it is advancing, slandering a chaste woman, usury, consuming an orphan's property, heresy in the mosque, scoffing, and causing one's parents to weep through disobedience.’ Ibn ‘Umar then said to me, ‘Do you wish to separate yourself from the Fire? Do you want to enter the Fire?’ By Allah, yes! I replied. He asked, ‘Are your parents still alive?’ I replied, ‘My mother is.’ He said, ‘By Allah, if you speak gently to her and feed her, then you will enter the Garden as long as you avoid the major wrong actions.’”

The Friendly Reminder.

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

By Abu Abdullah

They gave birth to us. They raised us. They fed us. They taught us. They supported us. They advised us. They sacrificed for us. They loved us and still do. One of the biggest blessings of Allah to a person is his/her parents.

May Allah make us do for them in their old age what they did for us in our childhood. May Allah make us patient with them as they were to us. May Allah grant them the highest levels of paradise and forgive us our shortcomings towards them.



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DAILY DUA'

THE WEAPON OF THE BELIEVER

By Abu Imran

Parents are a blessing from Allah. They take care of us in our weak and helpless years, and continue to support us in our growth into adulthood. They then become an opportunity for us to gain His pleasure and reward. Being good to parents has been tied together with faith many times in the Quran (An-Nisa:36, Al-Isra: 23-24, Luqman: 14-15), and Allah has many times stated to do good to parents (Al-Ankabut:8).

Why is this so?

Allah knows best but our parents being an opportunity earn reward from Allah means that it can be trying at times - having to be patient with them in their older age, humoring them, and trying to please them when it seems like they are getting more difficult to deal with. So the chance for reward comes with a test. This is a test we cannot afford to fail.

So one of the best ways to start the process of dutifulness to parents is by making dua for them. If you can keep this in your mind, in sha Allah, it will assist you in making your dua into action, with humility and patience for your parents for the favor that they bestowed upon us, with Allah's permission.

“Rabbirhamhuma kamaa rabbayaanee sagheera”

“My Lord! Bestow on them Your Mercy as they did bring me up when I was young” (Al-Isra, 24)

It is Allah who guides!

Abu Aameena Ibn Adel

I recently met a man who is in his 50's who was considering becoming Muslim after learning about it for a few years. He flew down to Adelaide from Sydney in order to talk about Islam and ask some questions. I got the impression that he was already convinced that Islam is the truth, although he hadn't yet taken the plunge by taking his Shahada. He was hesitant to tell anyone in his family about becoming Muslim, and felt it would adversely impact his work to let his company and colleagues know that he is Muslim. Of course, the answer to these issues is that it is completely up to him to tell or not tell whoever he wants. The important thing is to not see those decisions as a barrier to embracing Islam, and entering into the mercy of Allah SWT.

I asked him "Do you already believe that there is only one God?". He replied "Yes, absolutely". I asked "Do you believe that Muhammad PBUH is the messenger of God?". Again he replied "yes, I do". So I asked him to repeat after me in Arabic in order to make those 2 statements in Arabic – and he said "No I won't do that today."

What happened next happened very quickly, and was not planned by anyone except Allah SWT.

I asked: Do you believe that all the information that has come to you about Islam, the conversations you've had, the things you've read, and the feelings you've had in your heart that have been telling that Islam is the right way, have been a coincidence? Or have they all happened because of Allah?

He replied: No, of course God is the one who is guiding this process. I believe that.

I asked: So if you believe that God has made all this effort to put information in front of you, have your questions answered, and make you feel that you are on the right track, God is holding out a gift for you in an open hand, and inviting you to take it – why would you keep God waiting? And furthermore, why would you rob yourself of spending time within the mercy of Allah SWT?

Allah is guiding you down the path of Islam because it would be better for you, and you are already convinced that it is the truth – so why deprive yourself of submitting yourself to your creator for even one more second? Hasn't God shown you enough?

He replied: In that case, I don't see any reason why I should delay. I am ready, and I am convinced. What do I need to say?

Ash-hadu Anna La Ilaha Illa Allah, Wa Ash-hadu Anna Muhammad Rasool Allah
I testify that there is no God except Allah, and that Muhammad is His messenger.

"Welcome to Islam my brother", I said to him, as he fought to hold back tears in his eyes from the overwhelming mercy of Allah descending upon him.

It is always a powerful thing to witness, the submission of one human being to Allah, may Allah SWT make us all witness it often, Ameen.

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

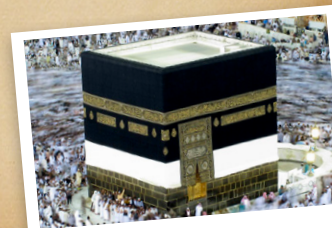
By Adam Perrotta

Asalamu Alaikum Warahmatullahi wabarakatu

Prophet Ibrahim (as) was devoted to worshipping only one God. As part of this, anything God Almighty (Allah SWT) told him to do, he did so without any doubt. When Allah (SWT) asked him to sacrifice his son (Prophet Ismail (as)), Prophet Ibrahim (as) had steadfastness and trust in Allah (SWT) to fulfil his Creator's order. Traditions say that blindfolded, he couldn't bear looking. Miraculously, when he took the blindfold off, a sheep was in the place of his son. From this point, the Qurban (sacrifice of an animal) began and still continues today.

After not seeing each other for a while Ibrahim (as) re-united with Ismail (as) in the city of Makkah. Upon Allah's command, they both built the Ka'bah. Following this, Ibrahim (as) followed Allah's (SWT) order to instruct mankind to perform Hajj (pilgrimage to Makkah) (22:27). As a result, people did so like some of the Quraish. However, the duties of Hajj were not yet perfected and as time passed, people began neglecting Allah (SWT) orders through subsequent Prophets. The coming of Prophet Muhammad (saws) signalled the completeness of Hajj, as Allah (SWT) says: ...This day, I have perfected your religion for you, completed My Favour upon you, and have chosen for you Islam as your religion... (5:3).

Doing Hajj once in one's life is compulsory and the fifth pillar of Islam.



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The Doctor



By Dr. Mohammad Gadi

Winter is the period where we see a lot more people with common cold symptoms. It is really because people are more confined to closed areas due to the cold weather, so infection can spread easier. Children, in particular, tend to develop cold and cough at this time of the year especially if they go to child care.

One condition that parents need to know is croup. It is a term used to describe infection that affects the larynx in the trachea – the main area through which we breathe. It most commonly affects children between 6 months and 3 years. It causes a cough that sounds like a dog or seal barking. In most children, croup will go away on its own. However, some children will need to be seen by a doctor.

What are the symptoms?

Croup usually begins like a regular cold – they start with a runny nose and then would develop the barking cough after a day or two. They can develop fever (temperature $>38^{\circ}\text{C}$). Their voice can become hoarse. Their breathing can become wheezy or whistling, especially when they move around. They tend to become more restless at night as they feel uncomfortable.

When should I take my child to the doctor?

You need to go to the Emergency Department or call an ambulance (000) if your child becomes blue or very pale, is having difficulty breathing, cannot speak or cry, or is becoming unresponsive. You need to attend your local doctor if any concerns, or if your child has the following:

- High pitched or whistling breathing even at rest.
- Increased effort to breathe – which can be visible when the muscles between the ribs or below the ribcage are caving inwards.
- Drooling or having trouble swallowing.
- Less than 3 months and is having fever $>38^{\circ}\text{C}$.

How is croup treated?

Croup is most likely caused by virus, so antibiotics will not generally be prescribed because antibiotics do not work on viruses. The aim of treatment is on making sure your child can breathe better. Short term Oral steroid is now usually prescribed even for mild croup as it has been shown to reduce hospital admission rates and prevent re-presentation. Steroid helps to reduce the swelling and to open up the airways.

What else can I do to help my child feel better?

Simple measures can be done including:

- Use a humidifier, or steam inhalation by putting hot water in a bucket and add a few drops of eucalyptus oil. You can also try sitting in the bathroom where the hot water is running in the shower.
- Use simple over the counter medication for the fever, for example paracetamol or ibuprofen.
- Ensure your child drinks plenty of fluid.
- If your child is old enough, give him or her warm clear liquids to soothe the throat and help clear the mucus.

Can we prevent it?

Viruses that cause croup can potentially be spread easily from person to person. The virus would live in the droplets that go into the air when someone sick coughs or sneezes. Being diligent with hand hygiene – washing your hands and your children's hands with soap and water regularly will help. Also try to stay away from other people who are sick. The key advice would be recognising the symptoms early and getting a medical review as soon as possible.



The Pharmacist



By Dr Rafie Ibrahim

Hay fever season is well underway, meaning misery for about 30 million suffers around the world. The rising pollen count increases risk of hay fever disease, which can be reduced by an act of ablution in the Muslim community and or medical treatment.

While the bee may love pollen, hay fever sufferers certainly do not. When certain pollen parts come into contact with the tissue inside the nose, they trigger an immune reaction that can cause congestion, sneezing, itching, and a runny nose. Therefore, removal of these pollens from the nose by ablution acts to stop symptoms. Nighttime ablution can also prevent entrance of pollens, which could find their way through hair polluted pillows.

Adjuvant ablution with over the counter (OTC) or non-prescribed medications can be a very effective approach to treat people with hay fever. Since some of those medications contain steroids and are not. Steroids drugs that generate effective repose from DNA activity to the receptors of the drug-disease target. The lower or upper regulation of receptors activity by steroids may not be specific to where we wanted them to be. Therefore excessive use of steroids tends to generate plenty of side effects. Some of these side effects from the use of nasal corticosteroid sprays seem to be some increased risk for cataracts and glaucoma, particularly in those people with a family history of these diseases, or who are otherwise prone to these diseases. It is recommended that these people undergo routine annual eye exams by a qualified optometrist or ophthalmologist. The majority of side effects from topical steroids occur within the nose at the site

of local application. These side effects commonly include nasal irritation and nose bleeds. Should these symptoms occur, if bleeding and irritation continue to occur, the nasal steroid should not be used any longer.

Allergy nasal sprays (e.g. Rhinocort) are the most effective medications for the treatment of nasal allergy symptoms. They're even better than hay fever tablets. Nasal sprays do, however, have a downside - they need to be used routinely to get the best results, and many people do not like the idea of putting a medication in their nose. To correctly use a nasal spray:

- Remove any mucus in the nasal passages by blowing your nose.
- Shake the bottle of nose spray and the remove cap.
- Tilt your head down (look towards the floor).
- Hold the spray bottle in the palm of one hand and place the tip of the nozzle in the opposite nostril. (The nozzle will then point to the outer part of the nostril.)
- As you spray the medication, sniff gently as if smelling food or a flower. Snorting the spray can cause the medication to go into the throat.
- Repeat sprays as needed until the prescribed amount is delivered into each nostril.

Also, it is well-known that hay fever exacerbates asthma, and wudu is believed to be a mechanism that furthermore decreases the incidence of asthma.

During hay fever season individuals taking regular asthma medication are recommended to keep up with regular ablution, and seeking further consultation with a pharmacist to avoid drug -drug or drug diseases interaction.

Considering the rising cost of medication and rising pollen counts, regular wudu is believed to be a successful and economical means of controlling hay fever and preventing asthma attacks. Hay fever ablution control and prevention is where one of the real values of being a Muslim offers a feasible opportunity to stay in good health. Just perform regular exceptional Wudu during spring and talk to your doctor or pharmacist if hay fever persists.

A Woman's Manners

By Zeena Lateef

Assalamu Alaikum Wa Rhamatuhi Wa Barakatuh

Our beloved Prophet PBUH emphasised the importance of good manners when he reminded us that "the most beloved of Allah's servants to Allah are those with the best manners" (Bukhari: Book of Good Manners). Other Hadiths tell us that our Prophet was sent to perfect noble character.

Good manners goes beyond saying "salaam", "please" and "thank you" to also stop gossiping, back biting, judging others, jealousy and lying.

We do not realise that gossiping and jealousy have an impact on our homes. The way we talk about people could lead to our kids behaving the same way towards someone they dislike. We should strive to set a benchmark for what is respectable and acceptable.

Bad manners could also lead to the break -down of sisterhood in a community. How often have we attended a party or function and gossiped about a sister because of what she is wearing, the dish she cooked or how her children are doing?

Perhaps the saddest aspect of the decline of good manners is we do not realise that gossiping and jealousy are bad behaviours. These days the definition of a good Muslim woman is someone that dresses appropriately, prays and fasts. These things are of course very important and should not be neglected.

However, we must include Islamic teachings and practices in everything that we do. This can be summarised by the hadith "Be careful of suspicion, for it is the most mistaken of all speech. Do not spy on others, compete amongst

yourselves, envy one another, or despise one another. Rather, be servants of Allah and brothers" (Bukhari and Muslim). This Hadith of our Prophet shows us what is expected of our behaviour.

Allah SWT reminds us in Surat Al-Mu'minun that believers are "those who turn away from worthless talk".

We must also strive to be more like our sisterly heroes in Islam. The wives of the Prophet PBUH were honourable, respectable women of faith who did not engage in gossip and jealousy. Khadija Bint Khuwaylid RAA was the first woman to accept Islam, Aisha Bint Abu Bakr RAA was a teacher who narrated Hadith and passed on Islamic knowledge and practices and Fatima Bint Muhammad RAA was known for her patience and honesty. Despite their high status they lacked arrogance. They adorned themselves with jewels of honesty, integrity, humility and piety.

To improve our character we must start at the beginning. In Islam we are told that action without intention is meaningless.

We can:

1. Understand the motives for our bad behaviour – what makes us act the way we do?
2. Understand jealousy – it is the cause of gossip and back biting. Why are we jealous of our neighbours, friends etc.
3. Accepting that everything comes from Allah SWT – is it right to be jealous of someone because of what Allah SWT has given them?

We should:

1. Be aware of the Shaytan and how easily you can be manipulated into doing bad things
2. Do some thikr and don't spread bad thoughts to others.
3. Remind ourselves that gossip is not always the truth. You might be spreading lies about someone.
4. Stop judging others

Re-connect with sisters and get blessings in your home by:

- A. Helping to a sister in need
- B. Organising a Quran night or Islamic gathering at home.
- C. Joining volunteer programs to visit sick and elderly patient.

IICSA IS MOVING TO A NEW BIGGER CENTRE!

Alhamdoulillah, with the expansion of services provided to the community, IICSA is finding itself moving to a bigger premises.

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**Islamic
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Adelaide Muslim Prayer Times

“And your Lord has decreed that you not worship except Him, and to parents, good treatment.” (17:23)

October - Dhul Qadah/Dhul Hijjah

November - Dhul Hijjah/Muharram

December - Muharram/Safar

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

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

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

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We are Human Appeal



Who are we?

By Yeasra Baroudi

Human Appeal International was founded with a sole purpose - to help those in need. Its principles are based on the teachings of Islam: kindness, generosity, selflessness, compassion, benevolence and brotherhood. Whether its answering phones, greeting donors in the office, or organising events, we always strive to ensure that these teachings are put into practice. This is no ordinary 9-5 job, its a trust that has been given to us and we always aim to fulfil it.

Helping our brothers and sisters is an obligation, not an option. We are tested in times of poverty and in times of prosperity, and we are certainly capable of pleasing Allah SWT no matter what our personal circumstances may be. We have been working tirelessly for the past 21 years in Australia through our Sydney, Melbourne and Adelaide offices and it is always reassuring to know that when disaster does befall our brothers

and sisters around the world, that there are people like you who take the initiative to assist them. This is pretty extraordinary considering we are the land 'Down Under' and so distant, yet it is humbling to know that our hearts are always with those in need.

What we do

We at Human Appeal International are fortunate in that we have a long established history with resources available to implement many projects throughout the world.

Some of our life changing projects are:

- Orphan Sponsorship
- Digging Water Wells
- Sadaqa (Voluntary Charity)
- Zakat Al Maal
- Medical Aid
- Aqeeqa (providing meat to the poor)
- Education Programs
- Building Mosques
- Qurban (Eid Sacrifice)
- Income Generation

How we achieve this

Presently we work in over 24 countries, but if disaster strikes anywhere around the world we ensure that through our grassroots partners across the globe and readily accessible supplies, we are able to reach some of the world's most isolated communities. Our staff are always on hand to answer any of your inquiries, feel free to call us on 1300 760 155 to speak to one of our dedicated staff or simply email us and InshaAllah we will get back to you with the answers you need.

Human Appeal International Australia



Always with you on the road to goodness.

Islamic Wills



By Belal Moraby

There is no question that every Australian who owns assets should prepare a Will.

However, as Muslims, what are our religious obligations on the question of inheritance?

When seeking Islamic knowledge Muslims are required to follow what is contained in the Quran, and where the answer is unclear we then consider Hadith and only after considering both sources do we consider rulings of the qualified Muslim scholars.

We therefore start with the Quran. Chapter 4 of the Quran – Surah An-Nisa is devoted to the Islamic laws of inheritance. It addresses the rules concerning potential beneficiaries (ie. which of the relatives of the deceased are entitled to inherit, and the relevant amounts). It explicitly provides for certain classes of family members as well as orphans.

The fact that Allah SWT has devoted a part of this chapter [AKH2] [AKH3] to rules of inheritance is reason to conclude that Muslims are obligated to learn such rules and give their estate in accordance with same. It also explicitly states in Surah An-Nisa that such rules are the limits set by Allah and that those who follow them will be admitted to Paradise.

We now consider Hadith. In particular, Sahih Bukhari, which is widely accepted by scholars as being the most authentic of all Hadith books. Our beloved Prophet was reported as saying on the authority of Abdullah bin Umar "It is not permissible

for any Muslim who has something to be inherited, to stay for two nights without having his last will and testament written and kept ready with him" (Book 51: Wasaya, 1194).

Given the overwhelming evidence contained in Quran and Hadith establishing that Muslims must prepare Wills in accordance with Allah's rules there is simply no need to consider rulings by scholars. However, for those Muslims who wish to consider the views of contemporary scholars, there are numerous books and Internet sites which contain rulings of Ulema in Saudi Arabia, Lebanon, Malaysia, Pakistan and other countries.

Muslims should be aware that although you are entitled to prepare your own Will – any mistake or impreciseness in the wording of your Will can have devastating consequences. I have seen many cases where Muslim families have suffered emotionally and financially due to improper drafting of a Will and cases where no Will was prepared at all. In the case that you die 'intestate' (ie. leaving no Will) your estate will be administered solely in accordance with South Australian laws concerning intestacy which in most circumstances provide that your estate will be distributed to your nearest relatives. It is likely to cause considerable expense and delay in finalising your estate. Your assets may be frozen until such time as a decision is handed down by the Court. Most importantly, the limits set by Allah will not be satisfied.

In South Australia, the Court will have regard to the testamentary wishes of the testator (ie. person making the Will). Whilst in the case of Islamic Wills the shares to family members may not always be equal, they are typically significant and adequate to provide for their wellbeing. No immediate family members are excluded. Therefore, testamentary provisions made in accordance with Islamic principles cannot be said to be inconsistent with South Australian laws.

I recommend that if you have the means you should approach a lawyer to prepare your Will which in most cases is quite inexpensive.

Allah SWT knows best.

Belal Moraby
Senior Associate – Tindall Gask Bentley Lawyers
(08) 8212 1077

United Hearts

By Samer Abukwaik

A war lasted for years, different languages, cultures and backgrounds, different religions

And yet a unity was formed, in a nutshell, this is the story of European Union (EU)

The European Union consists of 28 countries with a population of over 500 million, on an area of 10 million km²!

The major lessons are:

- It is a proof that there is always a chance for unity, despite all the differences that may exist.
- There will always be a common ground of values and principles, that would form the foundation of unity.
- Diversity can be a source of chaos, dispute and distraction, or a massive source of strength and creativity, if there is good management, and wise leadership.

As a Muslim, there is a mission, to convey the message of Islam and to present an attractive image to all the people of Australia. This can never be achieved if we are divided and lack a common vision.

Our community is rich of talented and energetic youth, highly skilled professionals, and families from different backgrounds and cultures.

Can't we invest in all the strengths that we have for the sake of Allah?
Can't we have a common vision for the sake of Allah?

"If you had spent all that is in the earth, you could not have brought their hearts together; but Allah brought them together. Indeed, He is Exalted in Might and Wise." 63 - Surat Al-Anfal

May Allah bring our hearts together.

Ameen.

Pakistani Community

By Fahim Ghouri

In the name of Allah, and all thanks, praise, and gratitude belong to Allah, the Lord of the worlds. I ask Allah to send peace and blessings on His final messenger, Muhammad, son of Abdullah PBUH.

Assalam Alaikum and Eid Mubarak to you and your families. I hope you had a pleasant Eid ul Fitr. In these days of enjoyment, we must not forget our brothers and sisters in different parts of the world going through extreme hardships in places like Syria, Egypt, Palestine etc. IICSA has organized different events to gather funds for the brothers and they are continuing to do so. It is therefore requested to collaborate generously with IICSA, Human Appeal International to help our brothers and sisters. We must remember the Hadith of Prophet Muhammad SAW when he said that the Muslims are like one body, if any part of the body aches, the whole body feels the pain.

The Pakistani community has been actively involved with many different events organized by IICSA including the Eid Festival. They have also organized different Lectures of Scholars from overseas and interstate. These gatherings are organized to ensure the flame of Iman stays bright in our hearts and that we turn ourselves into a role model for Muslims and non-Muslims alike following the footsteps of our beloved Prophet Muhammad SAW.

From the Parental guidance stand point, I want to recommend parents to bring your kids to the Arabic School at IICSA where many kids are already studying. The environment is such that it brings people of many different nationalities closer to each other and at the same time helps the parents to deliver their duties by giving their children very important and timely Islamic education. School takes place every Saturday, please contact IICSA for details.

University Students

By Khalil Abdul Malik

The University life is a very stressful and demanding life. So, it's really refreshing to see such dedicated Muslim students, spreading Islam and putting in a huge effort giving Da'wah around the University Campus, purely for the sake of Allah. It's one of the things that increases our Iman, both to see and to participate in.

At the beginning of September, we held our annual 'Islam Awareness Week'. This event has been running annually at the University for many years, an annual event in which non-Muslim students can be exposed to Muslim food, Muslim students, and Muslim ideas.

The Qur'an is truly a miracle and an amazing blessing from Allah, the Lord of the worlds. Inspired by this, our theme this year was 'The Qur'an - The Living Miracle'.

We had two interstate sheikhs, as well as prominent local speakers, sharing their sound knowledge of Islam. The University Students set up decorative galleries showcasing Islam, held live Nasheeds and Qur'an recitation as well as providing delicious refreshments and fun activities. We were passionate about uniting people from all different nationalities and backgrounds, to share the true purpose of our lives. Turnouts at the various events was good, with several non-Muslims attending more than one attraction.

Some wisdom we picked up from our interstate guest Sheikh Aslam Abulmael, who graduated from the University of Madinah:

How much of an impact the Qur'an has on our lives, depends on the effort we put in.

If we prefer this world, listening to music, watching movies and disobedience to Allah over listening and reading the Qur'an, then our hearts will really be locked up forever.

But if we put this whole world aside and submit ourselves completely to Allah alone, then we will finally taste that sweetness of Iman when we read the Qur'an, that can make us cry out of sheer pleasure, amazement and fear, all at the same. It is simply beautiful =)

We extended an open hand to anyone wanting to learn with us, ask questions of us, or even just eat with us in the hope that Allah SWT will open their hearts and guide them towards Islam. We want the happiness we feel in serving Allah SWT to be felt by all human beings. No one should be denied the opportunity to make their own free choice to have a connection with the One who created them.

May Allah Grant us all true Happiness and success in this life and in the next, Ameen.

Islamic Information Centre of SA

Summer School 2013

Want to register your child for IICSA's Summer Program these holidays?

Registrations:

Date: Saturday Nov 30th or Dec or 7th

Time: anytime from 10am - 8pm

Location: IICSA

Summer School will begin on Saturday 14th December inshaAllah.

More info will be available on www.iicsa.com.au soon.

Hifz School 2013

Intense Quran Memorisation Program
Details Coming Soon!
Keep an eye on
www.iicsa.com.au

6 Steps of practical Da'wah

By Ahmed Bassal

Tip # 1: Make Your Intention Sincere

All work we do should ideally be for the sake of Allah. That includes the task of bringing someone closer to Allah. That of course means this should not be connected to arrogance, thinking you're the teacher and everyone else should be lucky you've embarked on a crusade to save them. Guidance is from Allah. Make Dua and make sincere efforts and remember Allah can also misguide you if He wills.

Tip # 2 : Practice What You Preach

Not practicing what you preach is wrong and you will lose the confidence of anyone, young or old, once they figure you out. Don't do it.

Tip # 3: Use The Quran & Seerah As Dawa Guides

Read and understand those chapters of the Quran which talk about how the Prophets presented the message of Islam to their people. Read the Seerah to see especially how the Prophet Muhammad PBUH brought Islam to so many different people, including young people. Talk to Dawa workers, and check out manuals they may have written, like Yahya Emerick's "How to Tell Others About Islam".

Tip # 4: Talk To People As If You Really Don't Know Them

Don't assume you know someone just by looking at them. You don't know that the Muslim girl in your homeroom who walks through the school's hallways as if they were fashion show catwalks (see Ambe Rehman's perspective on this) is not someone you can talk to about Allah because she looks like a snob. Or that the Muslim guy who you've never seen at Juma at your university is a "bad Muslim". Maybe he was never really taught Islam and has no idea what importance Friday prayers have in Islam, especially for Muslim men.

Tip # 5: Smile

Did you know the Prophet was big on smiling? But many "practicing" Muslims seem to have "their faces on upside down" as one speaker once said - frowning and serious.

Smiling, being polite and kind are all part of the manners of the Prophet, which we must exercise in

our daily lives. If we want to approach others with Islam, we have to make ourselves approachable. Smiling is key to this.

But note that being approachable does not mean being flirtations with the other gender. There are Islamic rules for how men and women should deal with each other which have to be respected. Dawa is no excuse to have long and private conversations and meetings with the other sex, for example. Set up a system where someone expressing an interest in Islam is referred to someone of the same sex.

Tip # 6: Show Them Islam Is Relevant Today, Right Here, Right Now

Young people may think Islam is too "old fashioned" and not in tune with the modern age. Prove this wrong. Show how Islam is really about relating to Allah, which any human being can do, anywhere, anytime. Allah is always closer to you than your jugular vein and He hears and knows everything. Encourage friends to ask Allah's help during tests, exams, and in dealing with problems at home with parents and siblings. Also point out how Islam relates to teenagers: Islam gives you focus and an understanding of who you are and where you are going, which most of "teen culture" does not.



SCORE BOARD



By Patrick Ernst (Club President)

Asallaam alaykum. Alhamdullilah we have reached the end of the 2013 soccer season and can have a well-earned and deserved rest for a little while. In this edition of Light of Adelaide I wanted to recap the year and give thanks for our various successes.

This year has been one of change and growth. We moved from Cowandilla Primary School to the Football Federation's SAWSA Park on Greenhill Road. This move gave us the extra space we needed for training and games and the ground has permanent flood lighting, so no more training in shadows! Visitors to our training nights remarked how organised and active our training was. This year, we purchased a lot of new equipment, balls, activity poles, ladders and other coaching aids. Our coaches used this new equipment with great success, and we saw the skill level of the boys increase a lot since the beginning of the year and we had many wins during the season.

At the beginning of the season, our boys were a bit clumsy but started working well as teamplayers game after game. I noticed something very important and I'll use the Under 13s as an example. In the beginning, the boys would squabble, argue and talk back, to each other and their coach. Dawood often had to give them a talk on manners and Islamic etiquette. By Ramadan these lessons were having an impact – the boys started to play well together. Dawood didn't need to lecture them much and could focus on skills training and finally, alhamdullilah, the team had success on the field.

I would like to personally thank all of our coaches, Obaida, Khalil, Waleed, Basil, Abdusallaam, Dawood and Yahya. For part of the year, we also had Mustafa Zhati helping out coaches with technical direction and I would like to thank him for his contribution. I would also like to thank brothers Khalid Dahak and Mohammed Belbisi for their contributions on the committee and keeping the finances of the club on track. Thanks also to our great sponsors, Al Raya, Al Medina, FAMS and Sojira.

Lastly but perhaps most importantly, I would like to thank those parents who regularly brought their boys out to training and the games and even provided transport for parents who were not able to come. Without the persistent effort, attendance and duas of you all, our club would not have been able to progress and develop as well as it did. Jazakullah Khair

This year, inshaa Allah, we will have try-outs and start registration in October. You will find our stand, inshaa Allah at the Eid Fair on Sunday the 20th October. We are conducting try-outs and taking registrations on 27th October at Cowandilla Primary School from around 12:00. Please come with your families and join in the fun. The children can enjoy the playground and we will have a BBQ for lunch. We will have new uniforms for next year and the player kit will include a bag and other goodies. Make sure you get in early, so we can order kit with your name on it! We are expecting to create 1 team per age group from U7 up. Places in the squads will be limited so please get in quickly.

We will start our preseason training on the 10th November with 1 day per week until January, when we go to 2 days. We will be making this as fun as possible with some beach training and possibly some hiking in the hills. This is to develop fitness, leg strength, personal character building and team spirit.

Lastly, we would like to hear from new potential sponsors. Please support this growing Muslim team and earn Allah's reward.

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TO YOUR PARENTS



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ALLAH & HIS
MESSENGER

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SubhanAllah!

Street Talk!

Undoubtedly, we all profess a love for our parents. After all Allah (swt) caused them to be the source of our being. In other words, without them you wouldn't be here. But the issue is not recognizing our love for them, its putting that love into practice.

The real test begins once you hit the age of 'self-discovery' or what society labels as 'freedom'.

Sadly, what is evident amongst us is that once we get a smell of societal status all of a sudden we are embarrassed by our parents. At this stage, we see ourselves being 'too good' to take advice from them or we ignore them when they offer their opinions.

Sometimes, we cover our disobedience to them with excuses like, they are too harsh on me, they wronged me when I was little, they don't understand me etc...

The truth is no excuse can supersede the words of Our Creator when He said:

"And your Lord has decreed that you worship none but Him and that you be dutiful to your parents." [17:23]

We are convicted by these words, and regulate our lives by them.

Another realistic point we often fail to perceive, is that our character will shape future generations. If you are in a state of disobedience, and are heedless of your parents' reminders now, how will it be when you have children and they are in the same state? Look to yourself for parental advice, because one day you will be one. Your behavior might be evident in your son/daughter.

Remember that Allah is Just and deals with Justice.

"O Allah! Have compassion on them as they brought me up when I was little."

ISLAMIC QUIZ?

1) What is the meaning of the word 'Quran'?

- a) The Book
- b) The Word
- c) The Recital

2) "That the human being is created in the best of moulds" is a verse the Surah...

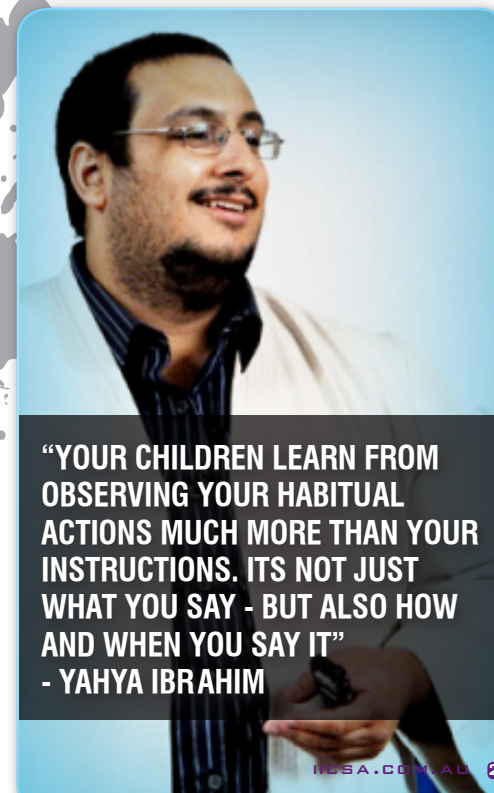
- a) Surah Takathur
- b) Surah At-Tin
- c) Surah 'Asr

3) What is the literal meaning of the Surah Bayyinah, Chapter 98 of the Quran?

- a) The Night Star
- b) The Clear Evidence
- c) The Overwhelming Event

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: b) Ta Ha a) All Ibn Abu Talib b) Battle of Uhud



"YOUR CHILDREN LEARN FROM OBSERVING YOUR HABITUAL ACTIONS MUCH MORE THAN YOUR INSTRUCTIONS. ITS NOT JUST WHAT YOU SAY - BUT ALSO HOW AND WHEN YOU SAY IT"
- YAHYA IBRAHIM

Blood in food and drink – Its harms



By Mohammad Gadi

Allah says in the Quran, “He has only forbidden the dead animals, and blood, and pork, and that over which any other than Allah has been invoked; but whoever is driven to necessity, not desiring, nor the exceeding the limit, no sin shall be upon him; surely Allah is most forgiving, most merciful.” (2:173)

Allah has mentioned specifically here, amongst the forbidden food for muslims to consume is blood. We learn that if there is an explicit prohibition in the Quran or authentic teaching of the Prophet Muhammad (peace be upon him), then there definitely is no question about it. We can investigate and learn about its wisdoms, but it on its own is not a pre-requisite for us to avoid the act or material in question. We should see the wisdoms behind a prohibition as a blessing from Allah so we have better understanding and more belief in Him. When a type of food is forbidden, it will be because Allah protects us from the potential harmful effects of it.

Harms of consuming blood

Blood is essentially a transporting medium of the different proteins, chemicals and waste products that circulate in the body. It carries blood from the intestine to the liver which contains potentially poisonous compounds to be detoxified.

It carries the products of metabolism from all cells in the body to the kidneys to be excreted; these waste products are toxic and will cause physical harms to the organism when reaching a higher level. Amongst them are urea and uric acid. This is similar to the diseased state in someone with upper digestive tract that bleeds into the stomach – the urea will be absorbed and cause significant elevation that will be harmful to the body and potentially can cause encephalopathy and coma.

Blood is a very fertile environment for parasite or other microorganisms to live and grow. So if the blood comes from a sick animal potentially it would have been infected by a certain microorganism, which in turn would infect us when we consume them.

Is blood suitable as a human food?

Blood contains very little simple digestible proteins or fats. It contains haemoglobin, amongst other complex proteins, that will be hard to digest. Moreover, if blood is coagulated its digestion becomes harder as fibrinogen in this case is transformed into fibrin, forming a net that contains red blood cells and fibrin is known to be one of the worst and hardest proteins to be digested. With poor digestion, these foods will certainly cause reactions to the stomach.

Examples of blood food products

It is unbelievable to find that there so many different ways people consume blood in different parts of the world.

In parts of Europe, from Italy to France to England, they have ‘black pudding’ which is sausage from cooked animal blood mixed with fillings that can include meat, rice, cheese, bread or oatmeal. It mostly comes from pig or cattle’s blood. Varieties include ‘drisheen’, ‘moronga’, ‘blutwurst’, ‘kishka’, ‘biroldo’, ‘morcilla’, ‘mustamakkara’, ‘verivorst’ and many types of ‘boudin’.

In China, they have ‘blood tofu’ (‘pinyin’), most often made with pig’s or duck’s blood.

In Indonesia, very occasionally you can find ‘Saren’ or ‘Didih’ which in appearance looks like animal’s liver – but made of cattle’s or chicken’s coagulated blood.

In other parts of the world, they use blood for pancakes, soups and sauces.

It is incumbent upon us to question where the food comes from, especially if we travel to places we are not familiar with. Putting the prohibition aside, let’s not forget that we eat not only to fulfill our desire but also to maintain our health.

Salmon & Pesto

Tasty
and
Healthy

By Blarra Jeroff

Everyone seems to be concerned with their post Ramadan weight so here is a simple healthy recipe that will satisfy the whole family.

Salmon and pesto

Ingredients:

4 portions of tasmanian salmon

Pesto:

Handful of basil leaves
Handful of parsley
1 clove garlic
1/4 cup toasted pine nuts
1/4 cup freshly grated parmesan
1/2 cup olive oil
Juice of a lemon
Salt & Pepper

Method

- 1) Place all pesto ingredients in a small processor and blend until well combined
- 2) Adjust seasoning, lemon juice and oil to taste (should be a loose paste consistency)
- 3) Season both sides of salmon with salt and freshly ground black pepper
- 4) Heat 1 tbs of oil in a wide based non stick pan and pan fry salmon for 3-4 minutes each side or until the centre of each fillet is just pink
- 5) Serve with roast potatoes

Note: You can substitute the basil with any green herb such as rocket, parsley and baby spinach.



Milk

Beneficial
and
in Qur'an

Allah says:

“And indeed, for you in grazing livestock is a lesson. We give you drink from what is in their bellies - between excretion and blood - pure milk, pleasant to drinkers.”
[An Nahl:66]

All dairy products originate with milk. Milk has been mentioned in the Quran four times, twice directly and twice indirectly.

Milk has also been described as a sweet drink of rivers of Paradise.



Ending with a bang!

As Muslims, we all know that whatever Allah gives us we should praise Him for it.

So next time you finish any meal that you have, follow our beloved Prophet Muhammad (pbuh) in saying the following dua:

‘Alhamdulillahil-ladhee ‘at‘amana wasaqaana waja‘alna minal muslimeen’

“All praise belongs to Allah, who fed us and quenched our thirst and made us Muslims”

Ameen!

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UniSA Campus Mawson Lakes

Elizabeth Mosque
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their Lord, & there will be
no fear concerning them,
nor will they grieve.



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