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An IICSA Publication

Issue 12

Jan/Feb/March 2014

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Love & Mercy



"And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you love and mercy. Indeed in that are signs for a people who give thought."
(30:21)

INSIDE! // LOVE & MERCY // EASY ON THE REVERTS // DEFEATING ANGER IN RELATIONSHIPS // SUMMER SKIN CARE // HADITH // IICSA HAJJ '13 // MUSLIM AGED CARE // FRUITS OF RIGHTEOUS WIFE // ISLAMIC HISTORY // A NEW SEASON // ETIQUETTE OF EATING // CHOC & CHERRY ROULADE // MUSLIM INDEX + MUCH MORE!



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Bismillah

Assalaamu 'Alaykum

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

As the editor in chief, on behalf of all Light of Adelaide staff, contributors, writers, and volunteers, I welcome you to our latest issue.

As the light of Adelaide continues to grow, we will continually seek out the best people and the best content to deliver to you every quarter.

For this reason, we are now looking for fresh new team members to join us in spreading the "Light" into the hearts and homes of Adelaide's Muslim community.

Why write for the magazine?

The reward from Allah!
 You can start to polish your writing skills
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If you are a fan of the written word (remember the first word revealed in the Quran was "read"), want to hone your skills, and build a strong foundation for books, articles, or blogs you may work on in future, this is your chance.

Email a brief resume, with a cover letter explaining your reasons for wanting to join our team, to: info@iicsa.com.au
 Although no experience is necessary, if you do have any examples of your work (even a school or uni assignment) feel free to attach it.

Enjoy this issue!

I ask Allah SWT to bless you all, your families, and the believers everywhere.

And may the peace and blessings of Allah SWT be upon you all.

Ahmed Bassal

Ahmed Bassal
Editor In Chief

Light of Adelaide
THE VOICE OF ADELAIDE MUSLIMS



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3 Month Prayer Times - Pull Out

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Editorial.

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Love & Mercy

"...and He placed between you love and mercy. Indeed in that are signs for a people who give thought."
(30:21)

By Abu Obaydah

We start in the name of Allah and thank Him for all that He has granted us from blessings that we notice and we don't notice.

The best to start with is the verse from the Quran in Surat Ar-Room "And of His signs is that He created for you from yourselves mates that you may find tranquillity in them; and He placed between you affection and mercy. Indeed in that are signs for a people who give thought" (30:21).

People are well aware of their feelings towards the opposite sex; indeed, they are often preoccupied with this relationship. Very often they are motivated to a certain action but they seldom remember that it is God who created their spouses and gave them emotions and feelings. He has made the relationship between the two a source of physical and emotional comfort, stability, spiritual friendship, and reassurance. The gentle Quranic expression of this relationship profoundly inspires our hearts in a different translation, "so that you might incline towards them, and He engenders love and tenderness between you." (Verse 21).

The enemy of this relationship is Shaytan, whose best achievement is to separate the married people through clashes and fights. If we just look at the practical steps of Shaytan we will find that he always makes the opposite gender appealing when there is no lawful relationship, but he will start

working on separating them as soon as they have a lawful relationship through marriage.

Thus, we need to realize that any dispute will happen between the husband and the wife will be driven by Shaytan in a way. So, we will learn here some golden rules that will help avoid any serious dispute between the spouses, and we encourage that these rules be discussed between the spouses before the start of their marriage life.

1) Marriage is a long term contract, we should always think that we will have this marriage until the end of life so we close the door on Shaytan for any chance of divorce

2) The source that we all refer to at the time of dispute is Islam, we will agree to choose an imam or a knowledgeable person to ask about any issue if we cannot come to an agreement ourselves.

3) The husband should not mention his in-laws in a bad way as well the wife should not mention her in-laws in a bad way.

4) None of the husband or the wife has the right to raise his or her voice on the other part in public in front of any other family member or foreign person.

5) The husband should not feel shame to apologise for the wife, Imam Ahmad when he buried his wife said: I didn't have any dispute with my wife during our full life. Some scholars said that the best way to face the dispute with your wife is always to apologize even if you were not wrong, this will force your wife to come back and apologize after she cools down, and this way we avoid any serious fight.

6) Don't argue in public under any circumstances.

7) Do not humiliate in public, and not even in private.

8) Do not mention private life to others, the Prophet PBUH mentioned that from the worst people in the Day of Judgment a man meets his wife or she meets him then they expose the secret. It is very important that none of the partners mention or complain about the other partner to external parties.

9) The Man is responsible for providing the family and house financially and that is not from the responsibilities of the wife. Thus, it is important to

distribute the responsibilities between the partners, husband to work and bring money to support the family and wife to look after the house and the kids. None of the responsibilities is more important than the other. Both are important and valued.

10) The final decision should be in the hands of the husband in general.

11) Both partners should give time to talk, it is important to discuss what happened during the day with each other even though it might seem unimportant.

12) Do not go to sleep until a problem has been resolved, don't let it fester for days.

13) Do not compare spouses to other people. One of the most common causes of divorce in the world is the partner comparing his partner with someone else. No one is complete and so we should be satisfied with what Allah has given us.

"...stay away from any sin, as any sin will cause dispute between you and your spouse"

14) Do not expect that spouse knows what you think. You have to be clear when communicating and not expecting something that you haven't already asked for. Say clearly what your expectations are, that way you give your spouse a fair chance to meet them.

15) Accept the call for bed every time as this will solve the problem if it exists

16) Do not betray trust, as you don't want your partner to betray your trust in them, then do not betray his trust in you.

17) Approach problems with intention to solve them not with intention to prove you are right and the other is wrong.

18) Do not use the words Never, Ever, Always. Like, "I have never or ever seen good from you" or "you always do the same mistake"

19) Give the right of the other first. We all have needs, but if we care about the needs of the other partner first then the partner will be happy to give you what you ask when you ask. If each person is thinking about the needs of the other one, you will have a beautiful life.

20) Encourage each other to do good. For example to attend beneficial lectures, donate, visit sick, etc...

21) Do not rush to say "Divorce". Start with the idea that this is not an option.

22) Learn to thank the other person. Every day thank your wife for preparing the food, for cleaning the house, for taking care of the kids and so on. And the wife should thank the husband for spending his time working to provide them with their needs.

23) Do not remember every mistake. Try to skip ten mistakes then mention one, as we are all not complete and we all make mistakes.

24) Connect your relatives and your spouse relatives.

25) After marriage do not say "I" but say "We". Let the feeling be that you are not living alone anymore but you have an important partner in your life that you must consult in almost everything.

26) Give your partner a CAR every day; Care, Attention, and Respect.

With these golden rules in marriage, everyone should know his duties and his rights and the partners should return back to these rules every time they have a dispute. This way we ensure the happiness and continuation of the life in sha Allah.

The second important topic for the husband and the wife to address before marriage and remind each others with all the time is the purpose behind the marriage. Unfortunately, shaytan always want us to think that the purpose of marriage is to fulfil

our sexual desire and that's it. That's not true, and we will list the intentions that we must have for our marriage so we will be rewarded for every single moment of our marriage life and Allah will grant us with happiness.

- 1) To form an Islamic family that lives as much as they can within the orders of the one who created us. As with forming a strong family we strengthen the community.
- 2) To increase the number of the Muslims by bringing more children into the world and taking care of them (as in not just to spend money on them) but to teach them Islamic manners and bring them up as constructive members of the community.

- 3) To protect our desires from going to the wrong direction by fulfilling our sexual desires in the permissible way, as the messenger of Allah said, "there is in your sexual relation with your spouse a reward", so one of the companions asked him: "One of us will have intercourse with his wife and will take reward?!", the messenger of Allah answered, "Isn't it the case that if you fulfil your desire in the wrong way you will be sinning? So if you fulfil it in the right way you will get a reward".

These are the main intentions that we must have for our marriage if we want it to be a strong and long lasting marriage. We must understand the secret of happiness in marriage which is not obvious to everybody. This secret is as well the secret of happiness in life, which is as follows:

Happiness is a grace and a gift from our lord Allah, so if we obey Him then we will be granted happiness, but as the sins enter from the door of

the house, the happiness will escape from the window. As the righteous people used to say, "I know my sin from the behaviour of my wife and my car (riding animal)". This means that if a person's behaviour towards Allah becomes worse (they are doing more sins) then they will see the behaviour of their wife and/or car also deteriorate towards them.

This is true, as everything is controlled by Allah, so if we want a continuous happiness in our marriage and in our life, then we must follow the following instructions:

- 1) Correct ourselves before we find our spouse as Allah will send us a partner exactly from our level of practice.
- 2) Choose your partner according to his or her obedience to Allah not according to beauty or wealth.
- 3) Discuss with your partner the correct intention behind your marriage and agree to live for that purpose.
- 4) Discuss with your partner the golden rules for the happy marriage and agree together to follow these rules all the times.
- 5) And finally stay away from any sin, as any sin will cause dispute between you and your spouse.

We all are in need to the blessing of Allah to grant us happiness in our life, so we should always keep making supplication (dua) to Allah to grant us happiness in this life and the hereafter.

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"Discuss with your partner the golden rules for the happy marriage and agree together to follow these rules all the times."

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EXPLANATION OF THE HOLY QUR'AN



“And it is among His signs that He has created for you wives from among yourselves, so that you may find tranquillity in them, and He has created love and kindness between you. Surely in this there are signs for a people who reflect”
(Ar-Rum : 21)

Allah has created women in the same genus as that of man and they are made their wives as lifelong partners. Men and women are created from the same matter, yet there is a world of difference in their build, appearance, looks, character, habits, morals, disposition, and so on. If one seeks to recognize God, this creation provides an excellent example of His supreme power.

The verse has indicated that the effect of married life is peace of mind and comfort; the couple that enjoys it is successful in the object of its creation, while the family that is deprived of peace of mind and tranquillity is unsuccessful in its married life. This could be achieved only when there is a mutual recognition of each other's rights and a sincere effort to fulfil them. Otherwise the demand for meeting one's own rights only will lead to domestic fights and shattering of peace.

It is a common experience that people cannot be corrected only by giving them a set of laws, unless those laws are accompanied by “taqwa” (respect of Allah SWT in their hearts).

Mutual relations between man and woman are of such a delicate and sensitive nature that no law can ensure the fulfilment of their respective rights completely, nor can any court do full justice to it.

It is for this reason that the Holy Prophet has selected those verses of the Quran for the khutbah (sermon) of nikah (marriage) in which stress is laid on piety, respect for Allah, and the Hereafter. Only these qualities in the spouses could stand as a guarantee for the fulfilment of mutual rights.

In addition to this, Allah has not made the conjugal rights merely a matter of rules and regulations, but also a natural and emotional requirement of every man and woman. It is on the same pattern as the mutual rights of parents and children are safeguarded by the natural love they have for each other. Allah has not restricted the relationship between spouses to a legal and religious relationship, but has filled their hearts with love and compassion. The literal meaning of mawaddah is 'liking or friendship', which results in love and affection. Here Allah has used two words - one is mawddah and the other rahmah (mercy). It is possible that mawaddah refers to the young age when spouses are attracted towards each other with love and affection, while rahmah refers to the old age when passions subside and compassion for each other takes over.

The following verse is, “Surely in this there are signs for a people who reflect” (30:21). If all these benefits are taken into consideration, it appears that this relationship contains a number of signs of the divine omnipotence.

Excerpts from Tafseer Maariful Quran by Mufti Muhammad Shafi RA (Mufti Azam Pakistan)

“Hadith”

Abu Hurayrah (raa) reported that Prophet Muhammad (pbuh) said:

“There are three people whom Allah will surely help: a warrior in the cause of Allah, a slave who wants to free himself by a payable contract and whoever seeks chastity by marriage.” [At- Tirmidhi]

How many times do young Muslims in today's society think that getting married is too difficult? Too expensive? Too much family politics? Do they not believe in the words of the Messenger of Allah the truthful? Allah will surely help, in ways unimaginable, those who sincerely have the intention to get married to protect themselves and to help increase the the Muslim ummah.

Be brave, pray istikhara, put your trust in Allah and go for it. May Allah help all those who wish to get married for His sake. Ameen

The Friendly Reminder.

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

If your dealings with people is based on how they deal with you then you are weak and thus your character will have traits of their good but also traits of their bad. Would you willingly accept for people's bad traits to become a part of your character? Have you not heard the words of Rasulallah (saws): **“Do not be people without minds of your own, saying that if others treat you well you will treat them well and that if they do wrong you will do wrong. But (instead) accustom yourselves to do good if people do good and not to do wrong if they do evil.”** (At-Tirmidhi) Think of this advice every single time someone says or does something bad to you.



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DAILY DUA’

THE WEAPON OF THE BELIEVER

By Abu Imran

Muslims are in need of love and mercy more than ever, especially between us. The problems that occur between us necessitate mercy and love and the remedy to increase this between us is easy: the Prophet PBUH has said that the key to increasing the love between ourselves is connected to the greetings that we give to each other: *“You will not enter paradise until you believe, and you will not believe until you love one another: spread salaam” (the greeting of peace) among you.*” (Muslim)

So the love of another Muslim is tied to belief and our entry to Jannah, which is tied to our greetings. And the greetings of peace that we give are rewarded in different levels. The best of greetings ties the mercy and the blessings of Allah you ask for your fellow Muslim; the next best is followed by the Mercy of Allah and the next best is the Salam itself: “A man came to the

Prophet PBUH and said, ‘Assalaamu alaykum!’ The Prophet returned his greeting and when the man sat down, the Prophet said: ‘Ten’. Another man came and said: ‘Assalaamu alaykum wa rahmatullah’, to which the Prophet also responded, and when the man sat down, He said ‘Twenty’. Another man came and said: ‘Assalaamu alaykum wa rahmatullahi wa barakatuh’. The Prophet returned his greeting, and after the man sat down, he said: ‘Thirty’. (Abu Dawud and Tirmithi)

So spread the Salams, the greetings of peace, and fulfil the love and mercy between us so that as has been narrated by Abdullah ibn Amr ibn al-‘As, the Prophet PBUH said, “The Compassionate One has mercy on those who are merciful. If you show mercy to those who are on the earth, He who is in the heaven will show mercy to you”. (Abu Dawud)

Easy on the Reverts

Abu Aameena Ibn Adel

Alhamdulillah we are seeing new people enter Islam on a daily basis, and this is from Allah SWT. Can you imagine how difficult the journey of a revert to Islam is? Before they enter Islam, they are living their life a certain way, according to the culture of the society they live in. Most of them drink alcohol, have a boyfriend or girlfriend, enjoy going to pubs or clubs with their friends, work in an occupation that is haram, and so on.

All of a sudden Allah SWT opens their eyes to the truth of Islam, and they accept that there is none to be worshiped or obeyed except Allah SWT. Now there are more issues to face. How does a revert tell their partner, spouse, or parents about their decision? What impressions with their loved ones have? What if they have to quit their job?

All of these decisions can be confronting and scary, as it would be for any of us who are in the same position. Add to those major stresses, the fact that they now have to learn some Arabic, and learn to pray, and for the sisters, change the way they dress as well as life-long habits like hair and makeup. It is fair to say that after the long road of first figuring out if Islam is true or not (which often takes years), our revert brothers and sisters may feel they have reached the end of the road when they say their Shahada, but they soon discover they are only at the beginning of a long journey they will be on for the rest of their lives.

If we think about it and imagine how they must feel, we will understand that to embrace Islam is a challenging journey with many obstacles. Imagine if someone told you today that you must dress differently, leave your spouse, and quit your job. On top of that you have to learn Chinese, and find time to pray 5 times a day. These are not minor changes...

So how can someone change every aspect of their lives like this? The answer is simple, and has come directly from the Creator Himself – GRADUALLY!

Allah SWT when He started to send the Quran to Prophet Muhammad PBUH, He did not start with a list of halal and haram. He did not start with hair and makeup. He did not even start with prayer and fasting. For nearly ten years of revelation, Allah SWT only revealed Quran that was focused on 3 topics – that there is only one God, the descriptions of heaven, and the descriptions of hell.

The Muslims were being taught and nurtured in this way for close to 10 years before Allah SWT commanded them to make changes in their lives. The love for Allah SWT has to come first, and then when your beloved asks you, you will have the strength to say "I hear and I obey".

So how then can we expect someone to say their shahada today, change their wife, their dress, quit their job, and become a Mufti overnight?

We all have the good intention to give good advice, this good intention needs to be tempered with wisdom when it comes to reverts. Don't feel the need to correct everything they do. You may make them feel that Islam is too demanding, too difficult, and they may leave Islam altogether because of you – and this has actually happened right here in Adelaide.

They are on a journey, making massive changes to their lives, and they need time to make those changes.

DEFEATING ANGER IN RELATIONSHIPS

By Adam Perrotta

Asalamu Alaikum Warahmatullahi wabarakatu

Relationships between husbands and wives should always be strong. When children look up to their parents, they want to feel safe and trust they have two loving and trustworthy people to open up to about anything on their minds. However, when a relationship between parents is not strong, the child is likely to feel awkward around parents and look for other people to get to know better.

In everyday life, issues come up that test people. How well two parties remain patient and reconcile with one another for the sake of Allah SWT suggests how sincere they are to maintaining a relationship. It is common that after a dispute between two people, one or the other realises how insignificant and futile the argument was. At this time, people learn their mistakes and try to correct them. A quick look at a famous hadith helps us with improving the next time we feel angry and are about to 'throw hammer and tongs' at the other person.

Rasulullah PBUH said: "The strong man is not the one who can overpower others (in wrestling); rather, the strong man is the one who controls himself when he gets angry."

Remembering this will help grudges to dissipate and people to feel no need to waste their breath and later regret it. In sha Allah we all control our anger better; especially in the presence of younger people.

WAKE UP CALL

Allah SWT says in the Quran what could be translated as: "O human being, what has distracted you from your Lord, who is the Most Generous? The One who created you, then proportioned you, then balanced you. fashioning you in whatever form He saw fit."

These 2 verses should penetrate straight to the heart of anyone who believes in God. Allah SWT asks a simple, clear question, to each individual human being.

"O human being" - This means you.

What is it in your life that has distracted you? What is it in your life that you have allowed to become so important, to consume your mind to such a point, that you have neglected Allah SWT?

Who is Allah? - The Most Generous, the One who gave you things no one else could have given you, things you did not earn, and if they were taken away from you, no one could return them. If your sight was taken, who could return it to you? Your health? Your hearing? Your mobility? - Allah SWT is so generous that He has given all this freely.

He is the one who created - subhan Allah - proportioned - subhan Allah - and balanced you - subhan Allah!

So Allah is asking you. Why have you forgotten all of this, and allowed something else to keep you from remembering, thanking, and worshipping the Most Generous?



The Doctor

SKIN CANCERS

By Dr. Mohammad Gadi

Skin cancer accounts for around 80% of all newly diagnosed cancers each year in Australia. The sun, on the one hand is critical to activate Vitamin D synthesis from our skin, but on the other hand can cause skin cancers with too much exposure.

What are skin cancers?

Skin cancers generally can be divided into two – melanoma or non-melanoma. Melanoma occurs when there is an abnormal growth of melanocytes (cells in our skin that are responsible to create melanin – which give our skin its pigmentation). Most melanomas appear as new moles, although some can appear from a mole that is already present. Melanoma is very aggressive; it will start as a mole, then spreads nearby and grow deeper, which can reach the lymph nodes or veins, and finally into the other organs such as the brain/liver/lungs/bones.

Non melanoma skin cancers mostly include squamous cell carcinoma (SCC) and basal cell carcinoma (BCC). The names indicate the different cell of origin they come from in the skin. They usually do not spread beyond the skin, and usually grow much slower. They often present as bleeding skin lesion.

What cause them?

Too much exposure to the sun – especially in summer with the high UV level will hurt the skin cells. These cells subsequently undergo mutation and would have an uncontrolled growth. Higher risk is related to severe sunburns, lighter-coloured skin people, using tanning salons and having many abnormal moles and family history of skin cancer. People with dark skin can also develop skin cancers.

What symptoms to look out for?

Skin cancers – especially melanoma often do not cause any symptoms in the early period. However we should monitor for any changes in the skin moles.

The ABCDE for early detection:

- Asymmetry: if you draw an imaginary line through the mole, the parts are not equal.
- Border: irregular.
- Colour: uneven with multi-coloured pigmentations, not smooth.
- Diameter: bigger than the eraser tip of a pencil (6-7 mm).
- Evolution: changing characteristics.

You should see your doctors if you have a mole that you are concerned about. Your doctors will have a closer look, often with the aid of a dermatoscope, to then advise whether your skin lesion is suspicious or not. If it looks suspicious, often you will be advised to have it removed or biopsied (if the location is difficult for removal or the size too big). The skin is then sent for pathology to look at the cells under microscope for definitive diagnosis. Excision is usually curative, however if melanoma has spread you often need to have radiotherapy / chemotherapy / more surgery.

What else do you need to do?

- Check your skin regularly and pay attention to the 'unusual' moles or the ones that develop.
- Cover more skin with clothing.
- Use sunscreen – which is at least SPF30. Don't forget your young children too!
- Reduce direct sun exposure at times when the UV level is high – in summer it is between 9am – 5pm.
- Exposure to sun for a few minutes each day in summer is sufficient to prevent Vitamin D deficiency. In winter, it is roughly 2-3 hours/week.

More information

Please visit www.sunsmart.com.au to learn more about skin cancers, UV index, Vitamin D, sunscreens and much more.



The Pharmacist

Summer SkinCare

By Dr Rafie and Dalia Ibrahim

Association of the sun and skin is worth closely attending to, especially in summer. In this season, the sun sends rays and UV light for the longest period, therefore penetrating exposed skin for a longer period of time. UV light activates the skin to produce vitamin D from skin's cholesterol. Vitamin D increases calcium level to support muscle nerve function and build up bone mineral.

The shortage of calcium ions in the blood at times when we are not eating during the day has to be corrected from bone. Therefore, vitamin D maintains constant calcium supply via skin in summer. Nevertheless, focusing on having healthy skin in summer for the younger and also the elderly Muslims could minimize the risk of bone fractures and pain.

This article focuses on skin care which could include acne and eczema care, cellulite, firming and anti-ageing, although the article focuses on skin cleansers and moisturizers. It also addresses sun care, which could include after-sun care, Aloe Vera and sun-screen, lotions and gels.

Pharmaceutical applications

1) Uses of skin cleanse, tone and moisturiser

In the light, the body requires sun for the skin to build healthy bones, but the skin must should also remain moist. Ways to keep healthy skin include cleansing, toning and moisturizing. The use of facial cleanser to remove dirt from the skin is better than bar soap. Therefore, the risk of acne formation could be reduced by using a moisturized cleanser.

A regular bar of soap dries out the skin according to the individual's skin-sensitivity to it.

Cleansers remove dead skin and help control skin dehydration. Moisturizers disperse water and oil which are required by the enzymes of the skin.

2) Uses of sun-locks and sunscreen

It has been proven that sunscreens prevent sunburn. Children in particular should be taught to use sun-block even on a cloudy day in summer. It is also best to avoid the hottest parts of the day (10 am to 2 pm) and promote wearing hats, long sleeve shirts, long pants, sunglasses and using water-resistant sunscreens.

Mild sun burns can be managed with a combination of cooling agents such as calamine lotion, local anesthetics, and Aloe Vera and pain relievers. Short term hydrocortisone cream treatments may be applied.

Broad spectrum sunscreen UVA and UVB radiation products should be used by the patient on medicine-induced photosensitivity such as some antibiotics and antihistamine. Adults and children should also remain in the shade as much as possible during the hottest parts of the day, wearing appropriate clothing and hats.

Disclaimer; this article written by Rafie and Dalia Ibrahim, it Contains pharmacy and pharmaceutical science.



Hajj with IICSA

The Guests of Allah have returned! Take a trip with the 2013 IICSA Hajj Group.



By IICSA Hajj Member

Alhamdulillah we have returned from Hajj. Each year IICSA sets out with a group from Adelaide to perform Hajj. Abu Hurairah (R) states that Prophet Muhammad (SAW) has said, "The Hajji and one who performs Umrah are the Ambassadors of Allah. If they beseech Him, He would respond to them, and if they seek His forgiveness He would forgive them." (Ibn Majah)

As the guest of Allah, a Hajji has the distinguished status of being the ambassador of Allah. He enjoys the special mercy and forgiveness of Allah for responding to His invitation.

Hajj affords the best training grounds for the revival of one's faith and purity of character. It is the most sublime manifestation of the universal brotherhood of the Muslim Ummah. It is a journey of intensified devotion and discipline.

A Hajji is therefore expected to display:

- 1) A dynamic revival of faith and trust in Allah.
- 2) A character infused with humility and purity.
- 3) A compelling concern for the general well-being of the greater Ummah.
- 4) A commitment to fulfil all obligatory observances.
- 5) A pledge to avoid all prohibited deeds.
- 6) An understanding of the purpose of life.
- 7) A conscious endeavour to prepare for the Hereafter.

The performance of Hajj this year was nothing short of amazing. The incredible feeling that one experiences throughout the whole journey, is nothing less than life changing. Our group travelled with Labbayk Travel and we thank them for their experience with assisting our Adelaide group. We had over 30 people in total from Adelaide and had few more joined our program from interstate.

This year we first travelled to Mecca to complete Umrah and then travelled to Madina and then back to Mecca for Hajj Tamattu. Throughout the Umrah/Hajj rituals, one often thinks and is reminded of the sacrifices of those before us, such as Prophet Ibrahim (AS), Prophet Ismael (AS), Hagar, and Prophet Muhammad (SAW), and we are humbled, tried and tested, but the real reminder is that we are nothing without Allah and His Mercy.

We completed the Umrah as a group, everyone together, experiencing the trials and tribulations that come with this blessed invitation from Allah (swt). The beauty of that first sight of the Kaa'ba is a sight beyond belief. A huge smile is planted on your face,

then tears of joy well in your eyes. The Kaa'ba has such a tremendous presence, you stare being in awe of what you are seeing. You stare as tens of thousands of people stand and prostrate in prayer, others circumbulating, and others striving to get closer to kiss the black stone. Allahu Akbar.

We travel a few hundred kilometres to Madinah, the place where the second holiest site on earth for Muslims is situated. The Masjid Alnabawi (the Prophet's Mosque) is situated only a short walk from our hotel. There is a general calmness and serenity about the mosque, and this serenity seems to permeate into the city itself. The mosque would host around two million worshippers, 5 times a day for the duration of the Hajj season and you don't really feel it. There is no chaos, no pushing, no anger, people stream in, pray, sit for a while after to recite Quran, listen to short talks or just to take in the spirit of mosque, and then walk out.

The overwhelming emotions that overcomes you when presented with the bounties from Allah of praying in the Rawda, and greeting Prophet Muhammad (SAW) in front of his burial place and bearing witness that he fulfilled his duties of conveying the Message. Words cannot describe, but we wish this journey for every Muslim.

After a few days, we travel back to Mecca, in preparation for Hajj. Heading to Mina from Azizya, we are constantly reminded by our amir, as I am sure thousands of other amirs are reminding the millions of other pilgrims, "The next few days you will face difficulties and challenges. Sacrifices the likes of which you'd never had to do before. So

remember one thing. Who are you making this journey for? Allah knows your struggles and your sacrifices. Your remembering this will turn your hardships into sweetness."

The absolute beauty of the day of Arafa, when just before the sun sets, you literally feel you are on a planet that is not Earth. We empty our hearts with supplications to Allah (swt) to forgive us and accept our Hajj. The sun sets on the day of Arafa, the tears dry and one feels a inward euphoria, like a light has entered your heart, and your thinking not with your brain, but with your heart and your heart is telling you, "This is the meaning of life, complete submission to Allah".

From the night spent on the ground in Muzdalifa under the billions star hotel, to symbolically stoning the devil at Jamarat, the endless thirst for zam zam water, and tasting the Prophet's favourite ajwa dates, these bounties Allah (swt) has bestowed on us, and the many many more, we thank Allah (swt) and we make du'aa that next Hajj, Allah (swt) invites you.



Muslim Aged Care

IICSA ASSESSING THE NEED IN SOUTH AUSTRALIA

By Mahjabeen Ahmad

The Islamic Information Centre of South Australia (IICSA) is committed to serving the Muslim community in South Australia. As part of its commitment, IICSA has been looking at ways to facilitate the provision of appropriate aged care services to the Muslim community in the State. As a first step toward this goal, Alhamdulillah, IICSA released a report on Muslim aged care in April, 2013. The report can be accessed via the link:

www.iicsa.com.au/mainsite/images/documents/Muslim_Aged_Care_Final_Report2013.pdf



Following the recommendations made in the report, IICSA has met with a mainstream aged care service provider to initiate discussions about providing appropriate services to the Muslim community. Also as part of those recommendations, IICSA is inviting you to participate in a brief need assessment survey. Please read on...

Overview of aged care services

Aged care is largely funded and regulated by the Australian government; however, users of aged care services are expected to make a financial contribution to the cost of their care. The majority of aged care providers are comprised of religious, charitable, or community organisations and state and local governments and they provide community care and residential care.

The *community aged care package* aims to provide a range of basic maintenance and support services for older people to enable them to continue to live independently in their homes and remain part of their local community. The program offers services such as:

- Nursing care
- Allied health services like podiatry, physiotherapy and speech pathology
- Domestic assistance, including help with cleaning, washing and shopping
- Personal care, such as help with bathing, dressing, grooming and eating
- Social support
- Home maintenance
- Home modifications
- Assistance with food preparation at home
- Delivery of meals
- Transport
- Assessment, client care coordination and case management
- Counselling, information and advocacy services
- Centre-based day care, and
- Support for carers including respite services.

When people are no longer able to maintain themselves or be maintained by others in their own homes because they require intensive and continued support, they move into a residential care setting which is the only place where such support is available. The two main types of residential aged care are high care (formerly nursing home) and low care (formerly hostel).

Low level care includes personal care services (help with activities of daily living such as dressing, eating and bathing); accommodation; support services (cleaning, laundry, and meals); and some allied health services, such as physiotherapy. Nursing care can be given when required. Mostly, people in low level care can walk or move about on their own.

High level care is provided to people who need almost complete assistance with most activities of daily living. They are provided with 24 hour nursing care combined with accommodation; support services; personal care services including help with toileting, bathing and moving around; and allied health services.

The eligibility for different care packages is assessed by independent and multidisciplinary *Aged Care Assessment Teams (ACATs)*. People can only receive access to residential aged care or community-based aged care services after formal assessment of some essential factors by the ACAT, such as medical condition, physical capability, cognitive/behavioural aspects, social factors, physical environmental factors, and personal choice.

“They are provided with 24 hour nursing care combined with accommodation; ... including help with toileting, bathing and moving around...”

The need for the Muslim community to be involved

Islam puts a premium on filial piety. We want the best for our parents and our elderly; we do not want to send our loved ones off to a facility; we consider it to be a privilege to be able to care for them ourselves.

The sad reality is, as family structures change and care needs progress, caring for the aged at home may become increasingly difficult without proper support. IICSA would like to help Muslim families to get the right support so that our parents can continue to receive the care that they need and deserve.

Older Muslims and their families may be reluctant to seek assistance, unlikely to search for and access available services, or to identify additional services that may be needed. They may not even know about services that exist. Just as the Muslim community must have a good understanding of the choices provided under current aged care arrangements, the service providers, too, need to have an appreciation of what Muslims want in terms of enhanced choice.

Therefore, it is important that our Muslim brothers and sisters participate in identifying the demand for services by sharing their concerns and needs with IICSA who would then liaise with the service provider and determine the next steps.

IICSA seeks your cooperation; please help by emailing your answers to the following questions by January 31, 2014 to: info@iicsa.com.au

• *Do you or any one in your family require aged care services? If so, what kind of services do you need? (Please refer to the earlier section titled Overview of aged care services.) Your answers will help IICSA determine the actual need.*

• *Would you like to be an aged care volunteer? If you do, IICSA can facilitate training/support for you to be able to do this.*

• *Do you have training/qualification to work in the aged care sector? IICSA can refer you to relevant organisations so that a pool of Muslim care workers is developed to serve Muslim clients in their homes or in an aged care facility.*

Jazakum Allahu Khairan.



Adelaide Muslim Prayer Times

"...and He placed between you love and mercy. Indeed in that are signs for a people who give thought." (30:21)

January - Safar/Rabi Al-Awwal

February - Rabi Al-Akhar/ Jumada Al-Awwal

March - Jumada Al-Awwal

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

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

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

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PULL OUT

Sisters Section

The Fruits of choosing a Righteous Wife

By Aise Sert

Assalamu Alaikum Wa Rahmatullahi Wa Barakatuh

A 15 year old today can hardly be considered as a source of sound advice, yet at that exact age, Imam Shaaffie RAA, was certified to give Fatwa. Was it the fact that he went to the most prestigious school in his district? Was it that he learnt from the TV or Shaykh Google? Or was he just born with such knowledge?

It was his mother, Fatimah RAA who instilled in him this magnitude of knowledge while he was still very young.

After Fatimah's husband passed away, she made the migration from Gaza to Mecca, while Imam Shaaffie was still only an infant. Even though she was not able to afford the pay wage of the teacher, she put precedence on him becoming a Hafiz, and by age 7 he memorised the Quran.

There is nothing to say that our children cannot become a Hafiz or a scholar, but take this as an example of a mother who single handedly raised her child. Allah SWT guides those whom He chooses, there is also the Hadith that states "tie your camel first, and then trust Allah".

She is a prime example of dedication to motherhood, if we take mothers such as Aysha RAA, Khadija RAA, and Marriam RAA as role models of how they took pride in raising their children, then we can begin to understand the role of the mother.

Allah's messenger (PBUH) said: "Upon death, man's deeds will stop except for three deeds, namely: a continuous charitable fund, endowment or goodwill - knowledge left for people to benefit from - and pious righteous and God-fearing child who continuously prays Allah, the Almighty, for the soul of his parents." (Muslim)

Some things to consider:

1) If you're not married, then ask yourself the question "can this person be the father of my children?", not only in the physical sense, but by being a leader of a practicing Muslim household.

2) Know your children's teachers, this cannot be emphasized enough. Find someone you trust, know they are qualified, or have the proper knowledge to teach.

3) Be mindful of who your children mix with. As Prophet Mohammed (SAW) says "tell me who your friends are, and I will tell you who you are". Whether we like it or not, friends have an influence on us, no matter what age we reach or how established we think we are.

4) Be a role model for them. The way you interact with them and others, is the behaviour they will emulate.

5) Culture tells us to respect our elders, but Islam tells us to respect everyone regardless of your date of birth, after all it is a two way road. Aisha (RA) reported: "whenever the Prophet PBUH went in to see his daughter Fatima RAA, she would rise in his honour. Then she would take his hand and kiss it, and make him sit in her own seat. And whenever she entered the presence of the Prophet PBUH, he would stand up in her honour, take her hand and kiss it, and make her sit in his own place"

6) Last but not least, make Dua for them, never under estimate the power of Dua. "Verily your Lord is Generous and Shy. If His servant raises his hands to Him (in supplication) He becomes shy to return them empty" (Ahmad, Abu Dawood, Tirmidhi)



IICSA Marriage Service

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Contact IICSA for their marriage service.
Visit www.iicsa.com.au and go to Services.
May Allah make it easy for you.

Mosques & Prayer Rooms

CENTRAL

Adelaide City Mosque
20 Little Gilbert Street, Adelaide, 5000

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

Parafield Gardens Mosque
92 Shepherdson Rd,
Parafield Gardens 5107

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

Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End

Adelaide Airport Prayer Room
Domestic Terminal, Level 2

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

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

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 Street, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
Offers Jum'ah Only

Coober Pedy Musallah
Lot 1070 Traeger St,
Coober Pedy 5723

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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May Allah reward you



**Islamic
Information
Centre of SA**

Pakistani

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 Brothers and Sisters.

Alhamdulillah we have started the Hijri year of 1435. As usual, IICSA has started off with Arabic school with a number of classes for kids and adults. It is highly recommended for Adults to not only seek admission of their kids but also for themselves so they refresh the basic concepts and knowledge of Islam. It is also requested to render any help to IICSA both physically (by volunteering) and financially so IICSA can continue to operate and provide the much-needed education to our kids, their parents and to the New Muslims in our community.

Here I also want to emphasize the need to collaborate with IICSA as many refugees are now coming to SA. These people come from different countries hence not only Pakistani Community but other Muslim communities as well. Hence everyone is encouraged to collaborate with IICSA in helping the needy. IICSA give money to pensioners who cannot pay their rent, pay for medications for people who cannot afford them, provide meals for those who cannot feed their children. If they cannot come to their fellow Muslims for help, who can they come to?

As Allah SWT said in the Quran "... and they feed, out of love for Him, the needy, and the orphan, and the prisoner, saying 'we feed you because we desire the pleasure of our Lord, we do not need from you a reward, nor your thanks..."

Malaysian

Dr Azarisman Mohd Shah (Risman)
Clinical Research Fellow in Cardiac Imaging, Royal Adelaide Hospital
President, FAMSU South Australia 2012-2013

We have reaffirmed our pledge or "Shahada" to Allah SWT, we have prayed our night prayers, we have physically completed the fast of Ramadan and we have paid our dues in the Zakat Al-Fitr. We have, in essence completed four of the five pillars of Islam through the simple passage of the month of Ramadhan, and followed by the festivities of Eid al Adha. We pray that Allah accepts and rewards our deeds, forgives our wrongdoing and grants us "taqwa" – God consciousness.

The Malaysian community in Adelaide has been abuzz with organizing open houses, visiting each other, sharing each other's food and company and generally spreading goodwill. Open houses are a particular quirk within the Malaysian Muslim community wherein the concept of visiting each other has become a national preoccupation. This is seen in Malaysia especially where even the non-Muslims hold open houses, invite their Muslim friends over and themselves frequent their Muslim friends' homes.

This is a great example for everyone to emulate as it promotes greater communal interaction between people of different races and faiths. We have a saying in Malay which says – "If you don't know someone, how can you get to love him?" Social interaction in an amicable social setting allows for greater communication and thus opens channels for greater understanding for each other's cultures, nuances, preferences and prohibitions. This engenders greater opportunities to introduce Islam to the non-Muslims. Is there any better subject for small talk?

Who is better in speech than one who calls (men) to Allah, works righteousness, and says "I am of those who bow in Islam"? (Fussilat, 41:33)

Saudi

By Wael Holbah
(PhD-TESOL student at Flinders University)

In the name of Allah the most Gracious the most Merciful

First of all, on behalf of Saudi Arabian community in Adelaide, South Australia, I would like to welcome all Muslims for the new Hijri year as well as welcoming all readers in this great magazine. As we can see that we are trying to participate and cooperate with all Islamic festivals especially for Ramadan and Al-hajj in Adelaide city.

Last month, the Saudi Arabian community celebrated graduation day for all Saudi Arabian students who studied and finished their different levels of Language, Diploma, Bachelor, Masters and PhD Degrees in all South Australian universities. The purpose of this celebration or occasion is to encourage Saudis to do their best at work when they come back and they will never ever forget this happiness moment of their graduations.

Within the next couples of months, The Saudi Arabian students will vote for a new president of the community for 2014 and start new programs and future plans for not only Saudi Arabian students in Adelaide but for all community in South Australia. Also, one of the future plans is how to encourage new Saudi Arabian students to learn English, organize their times and make things easy for them while they are in Adelaide.

All in all, may Allah accept our words and deeds as well as assist us to help others in a great and proper way, Ameen.

Universities



By Khalil Abdul Malik

"Have this world in your hand, but Allah in your heart."

This is a beautiful quote mentioned by Sheikh Tawfique Chowdhury (CEO of Mercy Mission). It is a phrase that all Muslims should live by. Work hard to gather the wealth of this Temporary life (Dunya) in your hands but use it purely for the sake of bringing success to Islam, helping others and pleasing Allah, alone. We should remove ourselves from the love of having these worldly attachments, whether it is money, success or fame, and seek only the love of Allah in our hearts.

As Muslims, we are ordered to pursue "Ihsan" (Excellence) and seek the highest levels of knowledge. "Whosoever follows a path to seek knowledge, Allah will make easy for him a path to Paradise." [Sahih Muslim]

Imam Shafi'i (R.A.) said "After the obligatory deeds, nothing is more beloved to Allah than studying knowledge." Knowledge is an extremely powerful tool that can truly empower us. It has the ability to completely change our world. Thus seeking knowledge is crucial and important in our Islamic society. So the Muslim University students will play a massive role in the future development and success of Islam, in sha Allah.

Alhamdulillah, the Muslim University students have just completed their final exams and assignments for the year, and we understand that all this hard work should be done with the intention of bringing honor and success to Islam.

Muslim University students require a delicate balance of studies, taking care of their dunya (worldly affairs) and worshiping Allah. This can be extremely difficult to get right and motivation can be very difficult at times. But with persistence and the right frame of mind, we can show the world that Muslims are intellectual beings and capable of achieving anything, in sha Allah. But our motivation and success is driven for the hereafter and a love for Allah.

May Allah guide us to the righteous path and make our hearts soft in His remembrance. Ameen.

THE IMPORTANCE OF STUDYING HISTORY

By Samer Abukwaik

1. REFLECTION AND UNDERSTANDING

History was for long in the minds of many people, communicated as a pile of figures and names to be memorized. Whereas the purpose of studying history is to extract lessons and build a better understanding, which leads to a clearer vision. History is not about memorization, it is about reflection and understanding.

"So relate the stories that perhaps they will give thought" (7:176)

"There was certainly in their stories a lesson for those of understanding." (12:111)

The Quran has emphasized the importance of history in many other verses, and gave us guidance and direction on how to interact with this science. In fact some scholars came to realize that one third of the Quran is stories!

Very well known Islamic Scholars like Al-Tabari, Al-Thahabi, Ibn-Katheir, Ibn-Khaldoon, although they excelled in many Islamic sciences like Quran Interpretation and Fiqh, they were also historians. Books like "The Beginning and the End" written by Ibn-Kathir, "The History of Nations and Kings" written by Al-Tabari, and the list goes on.

2. LINK AND IDENTITY

Nations build huge museums and write books to prove they have history, even if it was a bad history. Muslims have a history that makes them proud and honored, and it starts with the life of our Prophet PBUH, followed by his companions who continued the mission and made a turning point in human history. Their lives manifested the core values and concepts that we believe in, and that shape our identity and our way of thinking.

3. PLANNING AND DECISION MAKING

The universe and the life of all mankind follow a specific order and laws created by Allah SWT. These laws have been the same and will remain the same forever.

"But you will never find in the law of Allah any change, and you will never find in the law of Allah any alteration." (35:43)

This is a mercy from Allah SWT, to help us think logically and plan for our work. For instance, the water boils at a certain temperature (100 °C) and it will keep boiling at this temperature until the last day on this earth.

Imagine if the boiling temperature changes every day, how difficult our life will be. Same applies to the sun, everyday it rises from the east and sets in the west.

Similarly, there are laws that control the rise and fall of nations and civilizations, and this applies to Islamic and non Islamic nations. As a believer, I should not start from zero and repeat the same mistakes done by other nations, and I should detect the laws and reasons that caused a nation to fail or succeed, and use them to achieve my own goals. For instance, any nation that builds a civilization without justice whether it is Islamic or non Islamic, you can predict it to vanish and not to last for too long no matter how glamour it may seem.

Ibn Taymiya said: "Allah SWT will give victory for a just nation even if they are disbelievers, and will never give victory for an oppressive nation even if they are Muslims".

Note: This article was inspired by the lectures and books of Dr.Ragib Alsirjani

SCORE BOARD



By Patrick Ernst (Club President)

Alhamdulillah, SA Centrals have started registrations and our preparation for the upcoming 2014 soccer season. In sha Allah, we are looking forward to a bright and successful year.

We held tryouts and a player registration event on 27th of October, at Cowandilla Primary School. There was a bit of confusion with bookings for the school – the Bangladeshi community was holding a community event there on the same day! Alhamdulillah, they kindly allowed us to share the grounds, may Allah reward them for their kindness. The event was enjoyed by everyone there. The players got to meet and train with their new coaches. A large number of new players registered, especially at the under 7 to 9 age groups. We had a sausage sizzle – with salad this time!

We have just had a swimming event, held at Woodville as part of our team building exercises and community events program. In sha Allah, we will have more in the near future. We have decided to start pre-season training immediately. This will be every Friday evening at 6:30 through to 8:00 at Cowandilla Primary School.

If you haven't registered your child, please contact or came to the Friday training. Our goal is to have a full team in each age group from Under 7 to Under 11 – the Small Sided Games and also Under 12 up for the Junior State League competition. This season, we are also planning to have two adult teams. Anyone who is interested in playing and getting fit should join in.

So, please help YOUR community team and promote the club and ask your friends if they will play for SA Centrals.

In 2014, we are making some changes to our training and playing venues. Last season, the SAWSA park ground got very chopped up from overuse– too many teams were using it. This season we are proposing that our regular training on Wednesdays and Fridays will be at SAWSA Park but our games on Sunday will be held at Cowandilla Primary.

This year's fees have been set at \$250. This is a small rise over last year. The fee includes FFSA registration, 2 soccer kits (for home and away) of shorts, shirts and socks, tracksuit top and a SA Centrals bag and water bottle. We are also thinking about providing each player with a training ball which they will be responsible for. There will be discounted fees for registering more than one player in the club.

Fees must be paid before the season starts but we are happy to talk to parents about payment options. The IICSA bus will be available to transport players but there will be a small fee per trip – or pay ahead per month or for the season to secure your place.

This year, all club information will, in sha Allah be on the website at www.sacentralsfc.org.au. Please use this website for any enquiries or information including game schedules throughout the year.



KIDS CORNER

HIDDEN WORDS

GUESS WHAT THE SECRET WORDS SAY?

HINT: YOU SAY IT BEFORE YOU DO ANYTHING!

[illegible]

OBEYING ALLAH & HIS MESSENGER



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Street Talk!

Dear Youth,

How many times have you seen an elderly person come up to you and say "I wish I was your age again?" Usually we don't think much of it, because a majority of us are living in denial of reality.

Sometimes age doesn't determine your capability to achieve something. In other words a 17 year old can accomplish what an 85 year old couldn't. The point being, Allah SWT will not ask you how long you lived, it's what you did with your life.

Ultimately, there will come a day where your skin will wrinkle, and your body will weaken, but while Allah has placed time and strength at your disposal the question you need to ask yourself is: "What am I using them for?"

The skills that I have, are they being used for personal gain? Or is my goal in life to use these skills for a greater benefit of Islam?

Honour at this critical age can only be gained by you serving Islam. Look at how the Quran gives examples of Ibrahim PBUH at his young age and the ability to persuade his father to stop worshipping idols, or Yahya PBUH and the wisdom Allah gave him as a result of his steadfastness.

We need to try and be like these individuals, who carried the weight of this message on their shoulders.

Ask yourself one question, "What legacy will I leave behind me 100 years after I die?"



ISLAMIC QUIZ?

1. How many surahs in the Qur'an are named after Prophets of Allah?
 - (a) 8
 - (b) 6
 - (c) 5
 - (d) 10
2. What was the first word in the Qur'an to be revealed to Muhammad (pbuh)?
 - (a) Allah
 - (b) Allah
 - (c) Iqra
 - (d) Qul
3. How long did it take for the Quran to be fully revealed?
 - (a) 5 years
 - (b) 17 years
 - (c) 23 years
 - (d) 40 years

SMS your answers with your full name to
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Answers for previous quiz: c) The Recital b) At-1 in b) The Clear Evidence



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IS YOUR WIFE'S LOVE FOR YOU.
A SIGN OF YOUR LOVE FOR ALLAH
IS DISPLAYED IN YOUR TREATMENT
OF YOUR WIFE.
- YAHYA IBRAHIM**

Etiquette of eating in Islam



By Mohammad Gadi

Eating can be as simple as putting foods in our mouths to fill our stomachs. It can also be a cause for rewards from Allah in addition to relieving hunger. As Muslims, we should try to have the hereafter-oriented frame of thinking in everything that we do including when eating. It all comes down to the intention and the actions – If you intend to eat to maintain your health so you can worship Allah better and you eat as how the Prophet PBUH taught us, then you will get a full stomach and rewards from Allah, the Most Generous.

First and foremost, we need to avoid what Allah and His Messenger have prohibited for us to consume. They include pork, blood, animals already dead before slaughter, meat from animals slaughtered for any other than Allah, alcohol, and predators (e.g. crocodiles, lions).

Allah also orders us to avoid excess when eating and drinking (Quran 20:81).

Let us now look at some teachings of the Prophet PBUH as mentioned in the Book Riyadh as-Saliheen - The Gardens of the Righteous - compiled by Imam Nawawi, in a chapter called 'Etiquette of Eating':

- 1) We should say Bismillah – In the name of Allah - before eating, and to use the right hand and to eat from the closest to us, not reaching to a far part of a platter.
- 2) If we forget to mention the name of Allah at the beginning, then mention it as soon as you remember, even at the end.

3) Mentioning Allah's name before eating repels the devils from eating with us, increases the blessing and sufficiency of the meals.

4) We should thank Allah after we finish eating.

5) Muslims should not be arrogant, even when eating. If we don't like a certain food, then we should not eat it without criticizing it. We can also eat it anyway, and be thankful that we have any food to eat at all.

6) It is an Islamic courtesy to accept invitations for meals, if you are fasting then thank the inviter.

7) If somebody invites you for a meal in a party, and you want to bring a friend with you, you must ask the permission of the host before you bring anybody with you.

8) Eating in a group, with family or friends is more blessed than eating alone. It will bring more satisfaction.

9) Eat or drink while sitting down in an upright position. Don't eat or drink when lying down or reclining.

10) We should not eat or drink while standing up or walking, unless it is difficult to do so.

11) We should not breath into the cup when drinking – rather take a few sips then breathe then have more sips and so on.

12) We should not use gold/silver utensils for eating or drinking.

In another narration the Prophet PBUH taught us to be in moderation when eating and not overfilling the stomach. We should divide it into three-thirds: one-third for food, one-third for drink, and one-third for breathing space.

What beautiful teachings our religion has! Apply these in your meals and see the difference. Eating will no longer become an exercise of the mouth only, but will also become an exercise of the heart as we constantly remember Allah for the bounties and also hope for His blessings in this life and the hereafter.

Choc & Cherry Roulade

YUM!
YUM!
YUM!

By Blarra Jeroff

Ingredients

4 eggs
125 grams dark chocolate, melted
1/2 cup caster sugar
Fresh cherries
250 ml cream

Method

- 1) Separate eggs
- 2) Beat egg yolks with sugar until pale and creamy
- 3) Beat egg whites until stiff peaks form
- 4) Melt chocolate in microwave or over double boiler
- 5) Mix chocolate into egg yolks and then fold in egg whites
- 6) pour into a well greased and lined baking tray and bake at 160 degrees for 15 mins and wait until the cake cools
- 7) Lay a sheet of baking paper on counter and dust with icing sugar. Invert the cake so it comes out
- 8) Beat cream and add melted chocolate if you want a chocolate cream. Spread cream all over cake and add chopped cherries and then using the baking paper carefully roll the cake and refrigerate until serving



Cucumbers

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Muhammad's
favourite

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Thank You Allah!

Part of being grateful to Allah is realising that the food we eat is actually provided for us by Allah, Al Razzaaq (The Sustainer). And in doing so, practically, means that:

- 1) We do not complain about the food that is put before us.
- 2) Thank Allah for providing us with what others don't have.
- 3) Not throwing any left-overs out and making sure we eat all the food.

We ask Allah to make us of His thankful slaves. Ameen.

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SYRIA

WINTER APPEAL

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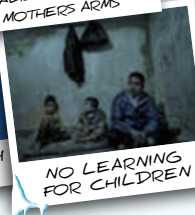
The escalating crisis in Syria has meant **6.5 million people have been forced to leave their homes**. Many have fled with nothing, wandering around the country without food, safe drinking water, heating, fuel or adequate clothing. Last winter was **the coldest in 20 years** in the Middle East! This winter could be the same.

Our primary aim is to provide relief for: Syrian families, refugees, the elderly and the young. Winter is a time when Syrians will be at their most vulnerable. The lack of facilities to help accommodate the large numbers of children has also been difficult in the neighbouring countries. **With over 75% of the refugees being women and children** there is still a lot of work to be done.

Human Appeal is continuing to provide assistance and aid to help these children not miss out on education. We have been paying for students school fees, providing them with the essentials such as; school bags, school uniforms, and stationery. However we cannot do this without your generosity.

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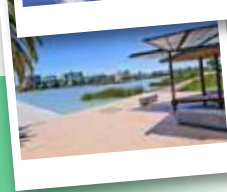
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