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“My Child”

“And those who believe and whose offspring follow them in Faith: to them shall We join their offspring, and We shall not decrease the reward of their deeds in anything” (At Tur : 21)

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Bismillah

In the Name of Allah, Most Gracious, Most Merciful

"And those who believe and whose offspring follow them in Faith: to them shall We join their offspring, and We shall not decrease the reward of their deeds in anything" (At Tur, 21)

This life, with all its challenges and experiences, is an "amanah" – a trust from Allah. There is no easy trust in human life, each amanah is something we will be asked about on the day of judgement. One of those great responsibilities, in this worldly life, is having the children, as a direct gift from Him, the Merciful. Giving our children proper Islamic upbringing - "tarbiyah" is a process of continuous care, role modelling, advising, sacrifice, training, criticism, but also smiles, hugs and kisses. It goes much further than it may look, to the future of our children, their children and so on. Having our children brought up and cared for in Islamic fashion, we make their future duty as parents easier and more fruitful.

It is not a nice, large house, a shiny car or a hefty bank account which will provide our children with secure future, but Islamic behaviour and Islamic way of life, which will please Allah, the Creator. Our children are our best investments, the investments for the Hereafter.

The Messenger of Allah PBUH said:
"Your children are the birds in the Paradise. When someone of them meet their parents, will grab them for their clothes and will not leave them until Allah make them all together enter the Paradise." (Muslim)

These are the children that we will be proud of, the children we accepted the trust of their upbringing in this life, the children whose supplication will help us, by Allah's will, after we have died.

And those who say: Our Lord! Bestow on us from our wives and our offspring the comfort of our eyes, and make us leaders of the pious. (Al Forqan, 74) Ameen!

Ensar.

Imam Ensar Cutahija
Opening Word

Light of Adelaide
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"My Child"

"And those who believe and whose offspring follow them in Faith: to them shall We join their offspring, and We shall not decrease the reward of their deeds in anything" (At Tur : 21)

By Abu Obaydah

We start in the name of Allah and thanking Him for everything he bestowed upon us and asking him to send his prayers on the final prophet Muhammad. Our responsibilities as parents for the care and upbringing of our children are mentioned in several verses of the Quran, as well as in the Hadeeth. Allaah Almighty Says (what means): "O you who have believed, protect yourselves and your families from a Fire whose fuel is people and stones..." [Quran 66:6]

How do we protect our families from fire? The only way is to show them the right way and to teach them the difference between right and wrong. An excellent example of this is found in the words of Luqmaan to his son in surat Luqmaan (31) verses 13-19, where he advises him with the following:

- Not to associate partners with Allah.
- To be good and kind to parents.
- To obey parents unless they order what is wrong.
- To understand that all our deeds, however minor, are recorded and will be brought out in the Day of Judgment.
- To be constant in prayer.
- To enjoin what is right and forbid what is wrong.
- To bear what befalls him with patience.
- To avoid pride, arrogance and boastfulness.
- To be modest in manner and speech.

This is a model example of parental responsibility and advice. Luqmaan guides his own son on the path to paradise with simple but memorable words. When Allah mentioned to us this story of Luqmaan teaching his son, it was not just for us to enjoy the story and know what happened in the past, but it is an order from Allah about things we need to teach our kids. Let's ask ourselves, do we really teach our kids these important issues, do we check that our kids are understanding and living these values, or we are just thinking that our responsibility towards our kids is to bring them money. Children are a trust given to us parents. We will be held accountable for this trust on the Day of Judgment. We are essentially responsible for the moral, ethical and the basic and essential religious teachings of our children.

If we fulfil this responsibility, we will be free of the consequences on the Day of Judgment. The children will become better citizens and a pleasure to our eyes, first in this life, and in the Hereafter. Also, every good we teach our children and they do it even after our death will be in our scale in the Day of Judgment. And if they taught their children what we taught them then this as well will be in our scale and so on.

Allah, Almighty Says (what means): "And those who believed and whose descendants followed them in faith – We will join with them their descendants, and We will not deprive them of anything of their deeds. Every person, for what he earned, is retained" [Quran 52:21]

This parental responsibility belongs not only to the father. The Prophet is reported to have said: "Take care! Each of you is a shepherd and each of you shall be asked concerning his flock; a leader is a shepherd of his people, and he shall be asked concerning his flock; and a man is a shepherd of the people of his house, and he shall be asked concerning his flock; and a woman is a shepherd of the house of her husband and over their children, and she shall be asked concerning them." [Al-Bukhaari and Muslim]

Indeed the mother's role may be even greater: while the children are young they are very close to her and dependent upon her, and they spend more time with her than with anyone else. There is an Arabic saying: "The mother is the first school". She may be a good school, an indifferent or even a bad school. She may even be unaware that she

is serving as a role model in her behaviour, and her attitudes. Every mother should be conscious of her role and do her best to make it beneficial for the development of her children as they set out on the journey of life. We all know that the responsibility for being a mother is really heavy, but mothers should always look at the reward and enjoy serving and teaching their kids.

Parental care and guidance are fundamental to child upbringing. Some parents nowadays become so preoccupied with their jobs or with making money or with their social lives that children are often neglected. They may be ignored or left for hours with the television or computer or they may be sent to day-care centers at a very early age to be cared for in groups by other people.

The parents' right to respect from their children is dependent upon the children's right to loving care and guidance of their parents.

"...ensure that children develop a love for Islam, a love for Allah and His Prophet and that they develop a feeling of pride in being Muslim and willingness to strive for the good of others."

It is related that a man once came to 'Umar ibn Al-Khattaab, the second Khaleefah of Islam complaining of his son's disobedience to him. 'Umar summoned the boy and spoke of his disobedience to his father and his neglect of his rights. The boy replied: "O Ameer al-Mu'mineen (Prince of believers)! Hasn't a child rights over his father?" "Certainly", replied 'Umar. "What are they, Ameer al-Mu'mineen?" "That he should choose his mother, give him a good name and teach him the Book (the Quran)." "O Ameer al-Mu'mineen! My father did nothing of this. My mother was a Magian (fire worshipper). He gave me the name of Julalaan (meaning dung beetle or scarab) and he did not teach me a single letter of the Quran."

Turning to the father, 'Umar said: "You have come to me to complain about the disobedience of your son. You have failed in your duty to him before he has failed in his duty to you; you have done wrong to him before he has wronged you."

So, if one day we came across one of our children and he was disobedient then we should know that it was our mistake from the beginning that we didn't fulfil our duties towards him first. What education we should give to our kids during bringing them up in Islam? Allaah Almighty Says (what means): "This day I have perfected for you your religion and completed My favor upon you and have approved for you Islam as religion..." [Quran 5: 3] Education is the process by which children are nurtured as they grow up to develop the Islamic worldview and the Islamic virtues.

Education means to look after, to nurture, to nourish, to help grow and flourish. It implies certain sensitivity towards the child under your care, his emotional and physical needs and capacities. It implies the ability to inspire confidence. It implies the courage to allow and promote creativity and innovation. It implies the ability to trust and not to stifle, to be firm when needed and even to impose sanctions when necessary.

The starting point for education is the example of parents. Small children take their parents as models. If parents are lazy and careless, the children will also take laziness and carelessness as normal. If they tell lies, children will regard lying as normal and acceptable. The same applies to smoking, drinking, rude manners, swearing and all other bad habits. There is no way parents can motivate their children to practice the Islamic virtues if they themselves do not respect the values and try to practice them also. As children grow up, they will only perceive the inconsistency or even hypocrisy in their parents' approach.

It is important not to crush a child's spirit and joy about life by terrorizing him/her, whether physically or psychologically. Children must play. It is the way they learn, and is not in itself something bad. Parents should give the child opportunities to play and to experience the excitement of exploration, of learning and of growing up. At the same time, parents should teach children Islamic manners and etiquette in accordance with the beautiful example of the Prophet.

Such habits include truthfulness and honesty, gentleness, politeness, consideration for others, helpfulness, cleanliness and tidiness.

They also include:

1. Time management & doing things at the right time.
2. Physical exercise for fitness.
3. Mental exercise and developing an appetite for knowledge, understanding and skills.
4. Learning to read and recite the Quran from an early age when the child's memory finds it easy.
5. Development of regular performance of Prayer between the ages of 7 and 10.
6. Taking on responsibilities in the family.
7. Taking on responsibilities in the wider community as children grow up.

Above all, correct education should ensure that children develop a love for Islam, a love for Allaah and His Prophet and that they develop a feeling of pride in being Muslim and willingness to strive for the good of others. They need to realize the benefits of Islam, the foundations on which it is based and their need for Islam. They need to value Islam and live by Islamic values.

It is the responsibility of the parents to experiment with various ways of achieving those goals. Our responsibilities as parents regarding Islamic education and Muslim schools

If parents are to get the best results for their children in Muslim schools, they must know what the Muslim school is trying to do. Parents need to understand that while the school basically may be following a National Curriculum, the teaching approach is expected to be holistic. Therefore it is not just a matter of teaching Islamic Studies, Quran and Arabic under the same roof as Arts and Sciences, but of developing an integrated Islamic perspective on all forms of knowledge right across the curriculum. And this mostly doesn't happen if

the teacher is not Islamically educated or he/she were not Muslims from the beginning. At the same time, the school is trying to cultivate good attitudes, behaviour and manners in accordance with the teachings of Islam.

'Aishah is reported to have said of the Prophet that: "His behavior was the Quran (in practice)". [Ahmad] To take the Prophet as a "beautiful example" means not just to imitate his outward actions or practices but also to base our own motivation and actions on the Quran as he did, in a way that is appropriate to the place and time in which we happen to live.

The approach of a modern Muslim School, located in a modern "secular" or non-Islamic type of environment, cannot be like that of Islamic education of the recent past, when teaching relied much on repetition and memorization and uncritical acceptance of the teachers' word. The Islamic teaching must relate with the society in which the pupils live, with the state of modern knowledge and with the beliefs of other people (probably the majority) in the country where the school is located. If Muslim children are to grow up as witnesses to the truth in a non-Muslim society, they need to understand that society and to develop an objective and critical approach, so that they can appreciate whatever is good in it, avoid its evils and reach out to the non-Muslims, presenting the truths of Islam in a way they can understand Islam and relate to it. So, in a summary, our responsibilities as parents are not just to feed and bring money, but to upbringing a generation that understands what is the meaning of being a Muslim especially in a non-Muslim country.

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EXPLANATION OF THE HOLY QUR'AN



"O those who believe, save yourselves and your families from a fire, the fuel of which is human beings and stones, appointed on which are angels, stern and severe, who do not disobey Allah in what He orders them, and do whatever they are ordered to do. O those who disbelieve, do not make excuses today. You will only be recompensed for what you have been doing."
(Tahreem : 6-7)

Commentary

"O those who believe, save yourselves and your families from a fire"...66:6. This verse addresses the general body of Muslims and enjoins upon them to safeguard themselves and their families from a fire of Hell whose fuel is people and stones. Then the verse goes on to describe the intensity and horror of the Hell-Fire. Towards the end of it the angels in charge of it, whose name is Zabaniyah, are described. They are harsh and terrible from whom no inmate of Hell will be able to rescue himself by force, power, strength, flattery or bribery.

The word "your families" includes your wife, and children. When this verse was revealed, Sayyidna Umar RA inquired: "O Messenger of Allah, we understand how to save ourselves from Hell, that is, we guard ourselves against sins and carry out the Divine injunctions, but how do we safeguard our families from Hell?" The Messenger of Allah replied: "Instruct them to refrain from deeds that Allah has prohibited, and ask them to carry out deeds that Allah has enjoined. This will rescue them from the Hell-Fire." [Ruh-ul-Masni]

Education and Training of Wife and Children: Every Muslim's Responsibility

The jurists have pointed out that, according to the verse under comment, it is the responsibility of every Muslim to educate the wife and children in matters of religious law; obligations, and in matters of halal and haram and train them diligently to act upon them. A hadith says: "May Allah shower His mercy upon a person who says: 'O my wife and children, (be mindful of) your prayers, your fasting, your alms, your indigent, your orphan, your neighbor! It is hopeful that Allah will gather all these with him in Paradise'".

'Your prayers, your fasting' and so on' implies 'Take care of them. Do not ignore them.' The phrase 'Your indigent, your orphan and so on' implies 'Fulfill their rights towards them willingly and readily.' Righteous elders have said that the person deepest in punishment on the Day of Judgment will be the one whose family is ignorant and unaware of the religion. [Ruh-ul Manil

"O those who disbelieve, do not make excuses today. You will only be recompensed for what you have been doing"....66:7. After advising the general body of believers, the current verse turns attention to the non-believers who are asked not to try to make excuses, because they will not be accepted. They will be told that they are merely being repaid for what they did.

Excerpt from Tafseer Maariful Quran by Mufti Muhammad Shafi R.A.

"Hadith"

The Prophet Muhammad (peace be upon him) said:

"Everyone of you is a protector and guardian and responsible for your wards and things under your care and a man is a guardian of his family members, and is accountable for those placed under his charge." (Bukhari and Muslim)

Children are a trust put in the hands of parents who will be answerable before Allah on the Day of Judgment about their children as they are enjoined to satisfy their offspring's spiritual and religious urges in order to produce righteous men and women, to be a consolation for the eyes of their parents in both the present world and Hereafter.

The Friendly Reminder.

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

Allah says:
"Allah does not burden a soul more than it can handle" (2:286)

At times, when we are faced with a situation, we complain that we "can't handle it". If you insist on thinking this way then you don't truly believe in the words of Allah. If you truly believe in Allah's verses, then you will accept any and every situation you find yourself in.

If Allah, by His wisdom, has placed you in a situation, it is intended for a purpose so seek the purpose and by default you are able to handle it, otherwise Allah would not have put you there in the first place.

- The Friendly Reminder

DAILY DUA'

THE WEAPON OF THE BELIEVER

By Abu Imran

The human race, like other animals, have a mechanism that continues its survival: Offspring.

This has occurred since Adam (AS) and will continue as such until the Day of Judgment. One of the major concerns for the parents of the offspring (of which there are many) has been the children's future: how will they live? What will they do? How will they turn out? How can I stand in front of Allah with the lessons I have taught my children? Now we have to do our part to teach and strive to improve the lives of our children but there is a very important key that can help make it easier: Dua.

And what better place than a Dua from the Quran. In a series of verses that mention some attributes of those who will attain the highest reward (Jannah) this Dua is explicitly mentioned.

Surah al Furqan, verse 74:

"rabbana hab lana min azwajina wathurriyyatina qurrata a'yunin waja'alna lilmuttaqeen a'imaman"

"Our Lord! Bestow on us from our wives and our offspring the comfort of our eyes, and make us leaders of the Muttaqun"



Dawah Secrets That Work!

Sheikh Yusuf Estes

Tip #1 - Say, THANK YOU...

Start by saying "Thank you..", whenever they try to insult Islam with an abusive question like, "How come you Moslems hate Christians?"

Our belief is, the best way to handle the problems of presenting Islam and putting an end to the abusive attitudes of people from other religions, is to follow the way of Muhammad (Peace and blessings be upon him) and stop following the ways of the enemies of Islam. This was his way and we try to follow it.

"Thank you for asking me about my religion!.." Imagine their faces when you come back with something very polite and simple. You continue, "You have an interesting question concerning Islam and I congratulate you for seeking correct knowledge about our faith".

Tip #2 - Now you make a statement that usually commits your listener to stay for the answers, "From your question, it seems you really would like to know the real truth about Islam and as a Muslim, it's my duty to share the message of worshipping God as One God, Alone and without any partners."

Tip #3 - Do not debate or argue. This is against what Allah teaches us in Quran and not what our Prophet (Peace and blessings be upon him) taught us. I advise myself and all of us to stop looking for 'loop-holes' in other religions and not to debate with them if it is not necessary. Actually that is a very poor approach if you really want to help others learn the beauty of Islam.

Tip #4 - Don't be shy or hesitant to bring the proofs of Islam. Our sources are authentic and still available today in original Arabic language. This is most unique to Islam and not available in other ancient religions.

Tip #5 - Listen closely to what the other person is saying and qualify it against what they really mean. Example: "son of god" may not mean the same to all Christians and may even be a good way to open up the dialog of the Unity of God and how He could not really have a "son" as this would imply many strange things.

Tip #6 - Keep in mind sometimes questions contain statements that are false and should not be treated as questions until the falsehood is removed. Example: "Is your mother out of jail, yet?" This cannot be answered with "Yes" or "No" because either way it implies that your mother is or has been in jail and this is not true.

Tip #7 - Watch for positive feed back. Very often while giving the answer, we hear the person we are talking to saying something like, "I didn't know that." Or they might say, "This is actually something good."

Tip #8 - Stay alert and when this occurs you can ask them, "Are you ready to rethink your position?" Or maybe something like, "Are you prepared to worship your God and your Lord without and partners?"

After all, isn't this what Islam is really all about? The most important subject is the worship of Almighty God, without any partners or associates or gods besides Almighty God.

The hard path



By Khalil Abdul Malik

Keeping the heart alive in the path of Dawah

"Do you order righteousness of the people and forget yourselves while you recite the Scripture? Then will you not reason? And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah]" Qur'an [2:44-45]

We get so involved with huge responsibilities and the never ending problem that are asking for our help.

We slow forget our main purpose and reason for existence. That is, to worship Allah. We lose sight and are more focused on the results. Shaytan slowly deludes us.

Then we forget and neglect to maintain our own selves. We get overwhelmed and burnt out by all the responsibilities. Our bodies have a right over us.

We must work tirelessly in the path of Allah, the path of true success. But we must remember the goal and purpose for all these efforts.

A Da'iyah need to maintain these characteristics:

- Turning towards Allah, only. Preferring nothing else. Only looking towards the Akhirah and reward from Allah. Prophet Muhammad (pbuh) said: "The world is a prison for the believers and Paradise for the disbelievers [Sahih Muslim]"
- Constantly on the path to seeking knowledge
- Keeping the heart alive with the remembrance of Allah.

- Dhikr and Quran daily is a must. The barriers between you and Allah will be lifted. Such a deep lesson from surah Ta-ha. When Musa and his brother Haroon were ordered by Allah, to give da'wah to Fir'awn. Allah gave him this one amazing advice. Allah said: "Go, you and your brother, with My signs and do not slacken in My remembrance." [20:42]

- Contemplation of Allah. Reflect on the creation of Allah, the amazing blessings He has bestowed upon us and the purpose of our lives. Time in the Masjid. The house of Allah. Being in the environment of the masjid will amplify your relationship with Allah. Praying on time, forcing oneself to do the extra ibadah.

- The last 10 minutes before Fajr Fighting our Nufs, our desires. This is a requirement to enter Jannah.

"The best of people are those who are best in fulfilling (rights)." (Ibn Majah, Sahih)

- Keeping a balance of fulfilling everybody's rights, family, community. Maintaining your relationships with family makes a huge difference in your relationship with Allah.

Non-Muslims also have a right over you, that we must share the beauty of Islam. Patience (Sabr)

Having the best of Character.

- "There is nothing that will be heavier in the believer's scales on the Day of Judgement than good character. Indeed Allaah hates the wicked and the ill-mouthed person." [Abu Daawood] Imam Ahmad [ibn Hanbal] was asked: "When will the servant [of Allah] find rest?" He said: "With the first step he takes into Paradise."

And who is better in speech than one who invites to Allah and does righteousness and says, "Indeed, I am of the Muslims." [41:33]

Reward of Da'wah:

"But the ones who believe and do righteous deeds - We will admit them to gardens beneath which rivers flow, wherein they will abide forever. [It is] the promise of Allah, [which is] truth, and who is more truthful than Allah in statement." [4:122]

The Doctor



By Dr. Mohammad Gadi

Obesity has become one of the leading causes of morbidity and mortality worldwide, particularly in the western world. One in four children and adolescents in Australia are overweight or obese and the prevalence rates are increasing in Australia and worldwide (National Preventative Health Taskforce 2009).

The pitfall that we, as parents, often do not realise is that we have 'normalised' obesity subconsciously because we are now seeing more overweight/obese children. As a result, we will not recognise this as a problem and we will not be acting to rectify it. Hence, obesity will finally need to be treated when it has already caused many other problems. Without the parents' proactive role, the environment will guide our children into their way to become part of this statistics.

WHAT CAUSES OBESITY?

Without a doubt, genetic predisposition will potentially increase a child's potential to become overweight/obese. However, the environmental factors that lead to the chronic energy imbalance (higher energy input than energy output) are actually more important. It is the environment which determines whether an individual's genetic predisposition to obesity will manifest or not. Some of these environmental influences are high intake of high calories food, sedentary lifestyle, large food portion size, sugar sweetened soft-drinks or juices, heavy marketing of fast foods. For our children, the

rise of high-tech TV and Computer games will glue them to their seats and limit their outdoor physical activities. Parents have become too busy with their work, so would resort more to the fast foods for their children. Unfortunately, in the 21st century the unhealthy choices (around food and physical activity) are the easy choices.

WHAT ARE THE PROBLEMS ARISING FROM CHILD/ ADOLESCENT OBESITY?

Multiple orthopaedic problems (such as ankle sprains), fatty liver disease, hypertension, insulin resistance leading to diabetes mellitus, increased cholesterol, menstrual problems, asthma and sleep apnea. There may also be psychosocial issues, such as teasing, poor self-esteem, eating disorder and risk of depression. These physical problems will manifest into cardiovascular diseases in early adulthood if poorly managed.

HOW TO DIAGNOSE IT?

Obesity is diagnosed based on the child's BMI (body mass index) – which is weight (kg) divided by height (m)². Then the BMI is plotted in the BMI-for-age chart (commonly used one is CDC growth chart for age 2 to 20 years). It is also important to monitor serial BMIs over a period of time. This can be discussed with your doctor more thoroughly. Also, your doctor might want to do more tests if indicated, for example blood test to check the sugar, cholesterol and liver function.

PARENTS AS THE AGENTS FOR CHANGE.

Evidence has shown that family-based lifestyle interventions provide significant decrease in obesity in children and adolescents compared to self-help. It is imperative that parents are at the centre of the long term behavioural and dietary change. Increasing physical activity and decreasing sedentary behaviour will be more difficult and inconsistent if the parents are not fully involved. This era really pushes parents to be smart and good role-models in dealing with their children and young teenagers. After all, our children are amanah that Allah has entrusted upon us. So let's look after them well to the best of our ability.

The Pharmacist



By Sophia Kafrawi B.Pharm

Australia has an abundance of vitamin D rich sunlight, however nearly one-third of Australia's adult population still suffers from vitamin D deficiency. This issue is quite concerning for Muslims, especially considering that veiled women are among those with the highest rates of vitamin D deficiency. Other groups at risk include those with naturally dark skin, the elderly (particularly if housebound or in residential care), pregnant women, infants of vitamin D deficient mothers, indoor workers, the physically inactive and disabled and people who avoid sun exposure.

Vitamin D is essential for optimal bone and muscle health as it assists with calcium absorption in the body and contributes to muscle strength. When vitamin D levels are normal it helps the body to absorb 30-50% of our dietary calcium in contrast to only 10-15% when vitamin D is deficient. Complications that can arise from vitamin D deficiency include rickets (soft, weak bones in children), osteopenia and osteoporosis (weak, fragile bones in adults) and an increased risk of falls and bone fractures. Interestingly, one Australian study reported Muslim women with osteoporosis to be 2.5 times more likely to have vitamin D deficiency than Caucasian women.

Sources of Vitamin D

The average diet contains only about 10% of our vitamin D requirement. Foods containing the most significant amounts include liver, eggs and oily fish such as salmon, tuna, mackerel and sardines. In Australia few foods are also made containing added vitamin D such as some milks and margarines.

Majority, about 90%, of our vitamin D requirement comes from exposure of the skin to sunlight. This exposure triggers a chemical process in the body which produces vitamin D. Australian sun exposure recommendations vary based on season, location, area of skin exposed and skin type. People with darker skin produce less vitamin D for a given sunlight exposure.

Skin exposure should include the hands, face and arms (or equivalent area of skin which is about 15% of the body surface). The following Table shows the general recommended sun exposure times.

People with moderately fair skin

Summer*: 5-10 Mins

Winter 7-30 Mins (best time 12pm)

How often: 4-6 times a week

People with darker skin

Summer*: 15-60 Mins

Winter: 20 mins-2 Hours (best time 12pm)

How often: 4-6 times a week

Symptoms of vitamin D deficiency

The symptoms can either be non-existent or can present itself as a feeling of tiredness or muscle and/or bone weakness, aches and pains.

Vitamin D testing

Vitamin D levels are determined with a blood test on recommendation by your Doctor. The target range is 60 - 160 nmol/L.

Vitamin D supplements

If adequate sun exposure is not possible, a supplement is advisable. Your Doctor will advise you of your recommended dose depending on your individual deficiency status.

Vitamin D supplements are available without a prescription and should be taken with food to aid its absorption. Supplements should be Vitamin D3 (cholecalciferol) as it is more effective than Vitamin D2 (ergocalciferol).

*NOTE: Ostelin brand supplements are Halal certified. Products include vitamin D capsules and liquids and tablets in combination with calcium. Ask your Pharmacist for more information.

*Safest exposure times are at 10am or 2pm (standard time) or at 11am or 3pm (daylight saving time).

Authority & Friendship as a Muslim Parent

By Jamiatul Ulama - South Africa

"It's better to leave your children self-sufficient than to leave them on the mercy of others." -Prophet Muhammad (Tirmidhi)

Today's parents are struggling to balance the fine line of being best friends with their children while at the same time setting limits and enforcing rules. Due to the "therapization" of society, many parents today feel a deep sense of inadequacy in their role as parents and are unsure about the best way to raise their children. Some parents do not like how their own parents treated them growing up and want a different experience for their children. These parents recognize the old methods of parenting were too rigid and not in favor of building a close relationship with their children. Other parents have targeted specific issues from the way they were raised, like not feeling validated as children and how their voices were not heard, so they try and spare their children the same experience. All of this can be very overwhelming, especially for a new parent. The line between parent and child becomes blurred and children do not have a guide to steer them in the right direction.

Really listening to children and respecting them as individuals will lead to a better sense of self which in turn leads to respect and understanding of parents.

Who's The Parent?

The negative aspect of being best friends with your children is the lack of clarity regarding parental roles. Discipline begins to take a back seat and parents become unsure of when to enforce rules and discipline their children for inappropriate behavior. A blurring of parental/child relationship leads to confusion in the child. Many end up either running the household or becoming the mini-parents to the adults in their lives.

Setting the Boundaries

Although children need to have rational, open minded, and loving parents, they also need parents who can set limits, be willing to be unpopular, and say no. They need to realize that the 4 year old kicking and screaming today because he didn't get his way will not resent them into adulthood. Research has shown children will thrive in environments where clear boundaries exist between children and parents and parental roles are clearly defined. When parents are not willing to assume the parental role, children become anxious and feel lost. When parents do too much for their children and hold their hand for every activity, it teaches kids they are not capable of making good choices. Children become fearful of making decisions on their own and become more dependent. Parents can begin by treating their children the way they want to be treated. Many parents view respect as one sided but kids need to learn what respect feels like and looks like before they can give it back.

'Playing' by the Rules

Parents can also be playful with their children within limits. Children must be able to be playful one minute and set limits the next if need be. It's also very important as a parent to follow through on threats. Consistency is key to building reliability and respect in a relationship. If you say you will go home if the inappropriate behavior continues, you must be willing to go home despite your child's protests.

Overall, it's a great goal to build closer connections with your child. You and your child will benefit from the close relationship. However it's important to recognize the importance of your role as the parental figure as well as the authority figure. School age children need parents to act like parents. When your children are adults, your relationship will then obviously involve less parenting and more friendship.

CHILDREN A VALUABLE INVESTMENT IN BOTH WORLDS

By Ali and Rubana Morshed

All praise be to Allah and peace and blessings be upon the final prophet and messenger PBUH.

Allah's Messenger PBUH said: "when a man dies, his good deeds come to an end except three: ongoing charity, beneficial knowledge and righteous offspring who will pray for him." (Sahih Muslim). The righteous lessons that we teach our children can be passed on from one generation to another and can endure as beneficial knowledge over the years for mankind even after our death.

Parents hold enormous leverage in terms of what they teach their children and accordingly how their children grow up as adults. The Prophet PBUH said: "Allah (SWT) will ask every caretaker about the people under his care, and the man will be asked about the people of his household" (Nasa'i, AbuDa'ud).

According to Islamic traditions, the best gift that parents can provide to their children is education that can help them live as responsible Muslim adults fulfilling the rights of Allah and others. This can lead them to succeed in the hereafter as well. The Prophet PBUH said, "The best gift to children from parents is their correct upbringing" (Tirmidhi). Children can get conflicting messages and can get confused when they do not see parents following the instructions that they give to them, or when out of excessive love for them, parents become so indulgent that they turn a blind eye to their sins and fail to correct them.

When people compliment us on our children, we should always be grateful to Allah for having them rather than feeling pride and Allah says in the Quran: "Therefore remember Me, I will remember you and be grateful to Me and never be ungrateful to Me." (2:152)

Lyrics of the heart

Ya walady (My son)

I raised you as the light of dawn to my eyes
As an address if I missed my way
Tirelessly, countless times, I fed you
with my soul till you were grown
I presented you a sun to spread
into shining dreams like flames
I cared for you my delightful child
when you crawled ever so slowly like star
Today, I put all my trust in Allah
and put you, young man, as a good sign

My son, I need a helping hand
to free me up of my fears
Son, my way has a sure end
and my steps end in my death

I am buried in darkness,
full of shame for my lack of good deeds
in a hole which is stifled by my faults
but hope still exists
When you ask Allah to forgive me.

My son, you are the only one whose
my hope is flowing in his blood
I can still benefit from your obedience
It is my bridge to more good deeds

My son, your mother suffered so much
to delicately clothe you up
Oh fruit of my heart help us
in haste with your gentle efforts
Is there any reward for goodness
other than constant righteousness?

From the bottom of my heart beat,
Your Father.

Orphans



Orphan Sponsorship

making a real difference

By Mohammad Kandil

All children have the right to be clothed, fed, protected and educated. Yet sadly, millions of children around the world are denied these basic necessities.

In countries where war, famine and poverty are common, millions of children end up without one or both parents to provide them with a home, safety, and, most importantly, love.

Islamic Relief Australia is a non-profit humanitarian aid organisation. We believe that each child deserves the best possible chance at life. Through our orphan sponsorship program we support over 37,000 orphans around the world.

Orphans are among the most vulnerable in our society, and supporting them is the duty of the Islamic community. The Prophet himself told us:

"I and the guardian of an orphan are like these two in Paradise."

(He indicated with his index and middle fingers) - The Prophet Muhammad

Children who receive Islamic Relief sponsorship face hardship in accessing educational, health, nutritional and other basic needs. We meet those needs and provide food, books, healthcare, medicine and vaccinations, among other necessities, to these children and their families.

Islamic Relief's support also includes providing monthly financial supplements, and ensuring access to education for all sponsored children of school age. Islamic Relief also supplies Ramadan and Qurbani food packages.

To make sure every dollar counts, local Islamic Relief social workers visit orphans regularly to ensure that sponsor support is being utilized appropriately.

There are 153 million orphans worldwide. That's more than seven times the population of Australia. Islamic Relief wants to help every child reach their full potential. We need your support to reach this goal.

To learn more or sponsor an orphan today call 1300 308 554 or visit www.islamic-relief.com.au

Khalil's story

On 3 January 2009, five-year old Khalil Abdel Rhaman Al Masamha from Gaza went to the nearby mosque. He waited outside for his father and eldest brother to finish their prayers. This was to be their last prayer. Without warning, the mosque was bombed and Khalil was suddenly left fatherless. His mother, already on the edge of poverty, struggled to maintain a household with a breadwinner.

Eight months later, a generous donor gave regular cash assistance as part of their Islamic Relief Australia sponsorship package. This donation was a dream come true for Khalil and his family, providing them with food, healthcare, medicine and access to education. Khalil has gone on to improve at school and benefit from the security provided by the generosity of his sponsor.

IICSA Arabic School



Help Build Generations

By Br. Mohammed

Assalamou Alaykum

Prophet Muhammad (pbuh) said: "If a human dies, then his good deeds stop except for three: a Sadaqa Jariya (continuous charity), a beneficial knowledge, or a righteous child who prays for him." [Muslim]

Alhamdulillah the IICSA Arabic School has been established now for almost 5 years teaching over 320 students, every Saturday, aged 5 and above, Quran, Arabic, Islamic Studies, Manners and Seerah.

Although we are doing our best to keep school fees as cheap as possible for the students and their families, however this comes at a cost.

Which is why we have developed sponsorship packages for the Arabic school for those who wish to donate to a Sadaqa Jariya (ongoing charity).

Your generous donation will help ease the burden off the families who can't afford the small amount of school fees and will help build a generation of sound, practising educated Muslim who are set to benefit the world wherever they are.

May Allah reward you all.

IICSA Arabic School

Weekend Arabic School teaching over 320 students Quran, Arabic and Islam.

BSB 065 124 Acc No. 1027 9234

Commonwealth Bank



Sponsor a Student per year.

\$130



Sponsor a Teacher per year

\$800



Stationery for 1 Class per year

\$200



Expenses for 1 Class per year

\$300



Class Room Rent per year

\$700



Adelaide Office:

Level 1, 53 Henley Beach Rd, Mile End
 Ph: 08 7200 2882 Fax: 08 7131 9209
 Email: sa@humanappeal.org.au
 Monday - Friday 9am - 5pm
We are located inside IICSA.

Light of Adelaide
 THE VOICE OF ADELAIDE MUSLIMS

A Division of the
 Islamic Information Centre of SA

Adelaide Muslim Prayer Times

"Our Lord! Bestow on us from our wives and our offspring the comfort of our eyes"



Ph: 08 8268 8222
553 Torrens Rd, St Clair SA 5011

April - Jumada Al Akhar/Rajab

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

May - Rajab/Shab'an

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

June - Sha'ban/Ramadan

Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1 Sun	5:46	7:14	12:14	2:54	5:16	6:37
2 Mon	5:46	7:14	12:14	2:54	5:15	6:37
3 Tue	5:47	7:15	12:14	2:54	5:15	6:37
4 Wed	5:47	7:16	12:14	2:53	5:15	6:37
5 Thu	5:47	7:16	12:15	2:53	5:15	6:37
6 Fri	5:48	7:17	12:15	2:53	5:15	6:36
7 Sat	5:48	7:17	12:15	2:53	5:14	6:36
8 Sun	5:49	7:18	12:15	2:53	5:14	6:36
9 Mon	5:49	7:18	12:15	2:53	5:14	6:36
10 Tue	5:50	7:19	12:15	2:53	5:14	6:36
11 Wed	5:50	7:19	12:16	2:53	5:14	6:36
12 Thu	5:50	7:20	12:16	2:53	5:14	6:36
13 Fri	5:51	7:20	12:16	2:53	5:14	6:36
14 Sat	5:51	7:20	12:16	2:53	5:14	6:36
15 Sun	5:51	7:21	12:16	2:53	5:14	6:37
16 Mon	5:52	7:21	12:17	2:53	5:14	6:37
17 Tue	5:52	7:22	12:17	2:53	5:14	6:37
18 Wed	5:52	7:22	12:17	2:54	5:14	6:37
19 Thu	5:53	7:22	12:17	2:54	5:15	6:37
20 Fri	5:53	7:22	12:18	2:54	5:15	6:37
21 Sat	5:53	7:23	12:18	2:54	5:15	6:38
22 Sun	5:53	7:23	12:18	2:54	5:15	6:38
23 Mon	5:53	7:23	12:18	2:55	5:15	6:38
24 Tue	5:54	7:23	12:18	2:55	5:16	6:38
25 Wed	5:54	7:23	12:19	2:55	5:16	6:39
26 Thu	5:54	7:23	12:19	2:55	5:16	6:39
27 Fri	5:54	7:24	12:19	2:56	5:17	6:39
28 Sat	5:54	7:24	12:19	2:56	5:17	6:39
29 Sun	5:54	7:24	12:20	2:56	5:17	6:40
30 Mon	5:54	7:24	12:20	2:57	5:18	6:40

حلال

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حلال
 HALAL

Sisters Section

MOTHER OF A MISSION!

By Nur Jannah Kuning

Raising a child in a progressively challenging world can be agonizing at times. In search of a formula towards a resilient and productive parent-child relationship is often met with a clinically popular statement; "There is no best or right way to create a strong relationship with your child as each family has to figure it out for themselves". Yet, in Islam the tips and guidelines are distinct - exemplified through none other than the Prophet Muhammad (pbuh). Prophet Muhammad (pbuh) is the model for the whole of humanity. His attitude and mannerisms towards children was always compassionate and merciful.

In Islam, children are considered a great blessing from Allah and an amanah (trust) given to the family. Islam clearly outlines the Rights of Children and identifies the parent-child relationship as the most vital one after the husband-and-wife relationship. Children, born in the state of fitrah (Sahih Muslim), can be molded into virtuous and morally upright people only with a positive and tender approach.

As a true Muslim with great love for our children, we will take time to consider these 3 matters from the many examples as shown by the Prophet Muhammad (pbuh):

1) Understand our Responsibilities towards our Children

"O you who believe, save yourselves and your family from a Fire whose fuel is Men and Stones..." (At-Tahrim; 66:6)

We would also put in high regards the responsibility that the Prophet (pbuh) has placed upon us: 'Each of you is a shepherd and each of you is responsible for his flock. The leader is a shepherd and is responsible for his flock; a man is the shepherd of his family and is responsible for his flock; a woman is the shepherd in the house of her husband and is responsible for her flock; the servant is the shepherd of his master's wealth and is responsible for it. Each of you is a shepherd and is responsible for his flock.' (Bukhari and Muslim)

The home ambience creates a milieu of inspiration and change where personalities and predispositions in each child are formed. This rationalizes the importance of nurturing our children by giving attention to their physical, mental and spiritual well-being on the basis of the Islamic principles and the teachings of the Qur'an.

2) Love all our Children the Same – Equally

The Prophet (pbuh) stresses the importance of treating our children equally. This is the basis in building a positive self-esteem, tolerance and a caring character in our children, free from inferiority. This is described in the following hadith by Bukhari and Muslim narrated from al-Nu'man ibn Bashir (ra): My father brought me to the Prophet (s) and said, 'I have given this son of mine a slave I have.' The Prophet (s) asked him, 'Have you given each of your children the same?' He said, 'No.' so the Prophet (s) told him: 'Then take the slave back.'

3) Demonstrate and instill good behavior and attitudes

To mold a virtuous and morally upright child will take the parents to be the same as; "Righteousness comes from Allah and good manners come from parents" (Bukhari). We have to conscientiously and consistently set a good example by; treating them well with patience and fairness; showing genuine mercy, humility, love and interest; and; offering advice, encouragement and guidance.

Only with a positive and tender approach that our children become the strong, virtuous and morally upright child that will give and assume the same responsibilities entrusted to us. May Allah protect our children whenever and wherever they are, Al-humma Aamiin.

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
mail, 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 Steet, 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.

You can now donate to IICSA with PayPal!

Now donating to IICSA for the sake of Allah is easier than ever - our PayPal account is set up and ready to accept donations. Download the Paypal app on your mobile device for donations on the go. Email: theiicsa@gmail.com

May Allah reward you

IICSA Sisters Activities!

Event	FunXercise	Share-A-Gem
What is it?	Live a healthy lifestyle by exercising through sports in sisterhood fun.	Spread and feel the sisterhood through sharing ideas and spending time together
Who is it for?	Girls 13 years - 21 years	Adult sisters age 18 years and above
When is it?	First 3 Fridays of every month 6:30pm - 8:30pm	Every 4th Friday of every month 6pm - 8pm
Where is it?	Sturt Street Community School	IICSA
Cost?	\$3 per person	Free

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 IICSA has once again successfully launched summer school where students from various nationalities including Pakistanis did a wonderful job with memorizing many pages of Quran and learning many new things about Islam. This helps us in discharging our duties as parents to provide them with essential knowledge about Islam and improve their understanding. Summer school or Saturday school alone is not enough of course, at home we should teach our children daily in order to get the most benefit out of Saturday school or summer school.

Adelaide saw visiting scholars from Pakistan, such as well known Scholar Maulana Waseem. Maulana is no stranger to the Muslims in Australia, currently residing in NSW, he has been instrumental in project of Darul uloom College of Victoria. Maulana visited different mosques across Adelaide and visited many people during his week long trip in Late January.

Maulana Zulfikar Ahmed Sahab from Pakistan visited Australia in early February. Adelaide was graced by his presence from 13th Feb to 15th Feb. He attended few gatherings across Adelaide. This was the first time that a renowned Sheikh from the subcontinent has visited Adelaide. He is well known for his effective talks emphasizing spiritual purification and other contemporary issues faced by Muslims.

During their visits, they attended many different gatherings and Muslims of all nationalities were enthusiastically participated. Both the scholars stressed the need to develop Islamic environment for the kids and Muslims in general, stressed the need to understand and discharging the rights and responsibilities we have as a Muslim both in our domestic lives and as citizens of Australia.

Malaysian

By Hisham Sharif

The Prophet (pbuh) exhorted the Muslims to honour a guest and to welcome him cheerfully, entertain him happily according to one's capacity and have full regard of his comfort and rest.

Attending to guests with hospitality is also an important part of Malay culture which is practiced by Malay Muslim family, not just in Malaysia, but by Malay Muslim community all around the world, including in Adelaide.

With the coming of the new students from Malaysia to Adelaide this month, this important sunnah has been revived and practiced. Everything will be taken care of for by the seniors, from picking them up at the airport, registration at the Uni, temporary accommodation until they find a permanent house to live in, teaching them where to buy halal food, where is the closest mosque to go to and even bringing them to see the Kangaroos at the Wildlife Park!

Their parents back home in Malaysia have nothing to worry about as they are in good hands that not just helping them on how to live in Adelaide, but also how to live and be a good successful Muslim in Adelaide.

This has become an important tradition in the Malay community here where when the juniors become seniors, they will treat new students just as how they have been treated by their seniors.

The best thing is, all this is done without expecting any reward; everything is done for the sake of Allah.

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 studying year (2014) as well as welcoming all readers in this great magazine. As you can see that we are trying to continue working, participating and cooperating with all other Islamic communities in Adelaide city.

This month, the Saudi Arabian community celebrated for all new Saudi Arabian students who come to study at different levels of Language, Diploma, Bachelor, master and PhD Degrees in all of South Australian universities. The purpose of this celebration or occasion is to encourage Saudi Arabian male and female students to do their best in their studying, get more experience and when they come back, they will never ever forget these moments of studying life in Australia.

In the next couples of months, The Saudi Arabian students will start new programs for the community 2014 and do scientific workshops not only for Saudi Arabian students in Adelaide but for all communities 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....Amin Amin

Universities



By Khalil Abdul Malik

"Has the time not come for those who believe, that their hearts should become humbly submissive at the remembrance of Allah and what has come down of the truth? And let them not be like those who were given the Scripture before, and a long period passed over them, so their hearts hardened; and many of them are defiantly disobedient." [Quran Surat Al-Hadid, verse 16]

To my dear brothers and sisters at University, we must constantly remind ourselves that:

"Verily, in the remembrance of Allah, do hearts find true peace." [Quran Surat Ar-Ra`d, verse 28]

But as we are studying to further our education and careers at university, for some of us, our Islamic Identity is lost with the non-Muslims.

The biggest problem facing our newest generation is the addiction to Entertainment.

We prefer listening to Music, watching Movies, over spending time with Allah.

We turn away from our creator, the one who gave us life to begin with. The one who sustains us and cares deeply for us. "So which of the favours of your Lord would you deny?" [Quran, Surat Ar-Rahman]

We are being disrespectful and neglectful to our Lord...

But only when we finally make that decision. When we decide to give up these worthless things in Dunya, in order to please our Lord. When we submit to Allah, and prefer nothing else. When we turn towards only Allah. That is the moment our hearts start tasting the sweetness of Iman.

We will finally find fulfillment and true happiness. We will be connecting with our Lord, our Creator. May Allah make us of those whose hearts are soft and tremble in the remembrance of Him. Ameen.

THE STORY OF KNOWLEDGE IN ISLAM

By Samer Abukwaik

When did the story of knowledge begin in Islam?
Does Islam recognize the value of knowledge?
How broad is the spectrum of knowledge in Islam?
Did the Muslims have a civilization?
If yes, what were the ingredients of the Islamic civilization?
Was the Islamic Civilization based only on faith, or was it faith, knowledge and character ?

THE PEN

It was narrated by Al-Tirmithi, that Ubadah Ibn Alsamit said: I heard the prophet PBUH say The first thing Allah created was the pen. Allah said to it: Write what was decreed about everything till the Last hour comes*.

The fact that the pen was created before the creation of mankind implies the importance of knowledge, and what impact it will have on the destiny of mankind.

Also, the pen was and will remain the very first tool to produce and transfer knowledge and thoughts from human minds into books and papers. The title of Surah number 68 in the Quran is "The Pen", the opening of the surah is "Nun. By the pen and what they inscribe". Why would Allah SWT choose the pen out of many things he created, and to swear by it?! Why would a whole surah in the Quran to be titled with the "Pen"?!

There is a solid connection between the pen and knowledge, and this was emphasized in Islam even prior the creation of mankind. And it had a massive impact on how the muslims think and interact with life, which lead to a civilization that was on the top of all other civilization at a certain stage.

READ

"Read In the Name of your Lord, Who has created, Has created man from a clot, Read And your Lord is the Most Generous, Who has taught by the pen, Has taught man that which he knew not"
Surat Al-Alaq (1-5)

Knowing that those were the very first verses revealed to the prophet PBUH, triggers a question. Why did Allah SWT choose the word "read" to start a new revelation and a new era in the life of mankind? Why a topic has to do with reading, understanding and knowledge out of many other topics? Despite the fact that the prophet PBUH was illiterate, didn't know how to read, nor how to write. Also, the arabs at that time did not have any interest or any relationship with any type of knowledge what so ever, in fact, their lives in all aspects used to be dominated by illusions, assumptions and inherited through their forefathers, as Allah SWT describes them in Surat Alnajm: 23 "They follow not except assumption and what themselves desire".

Hence, it was very clear that the word "read" is a primary key to understand the religion of Islam, and consequently to understand life and what's coming after life. Also, the word "read" at that time was like a declaration that a new era will start based on knowledge and wisdom not assumptions and illusions. The word "read" in that environment at that time, was indeed a real scientific revolution.

Also, some scholars found out that the word "ilm - علم" which is "knowledge" was mentioned in the Quran almost 779 times including its derivatives!

REFLECT...

NOTE: The article is based on the book "Knowledge and the building of Nations" by Dr. Ragib AlSirjani

* Sahih AlJamie - AlAlbani

SCORE BOARD



By Patrick Ernst (Club President)

Asallaam alaykum.

SA Centrals are off to a good start this year, Alhamdullilah. We are training hard, two times per week, Wednesday and Friday. Our official training site will be SAWSA Park on Greenhill Rd, Adelaide. For those who do not know the ground, it is between Sir Lewis Cohen Ave and Peacock Rd. Last season, we also played our games on this ground but at times, due to overuse, it was unplayable. This year we have booked Cowandilla Primary School for our games.

We have played two trial games so far and, Alhamdullilah, won both games. Our Under 12s and Under 14s both played Croydon Kings. For a small club, these early wins show that we have both the skills and the heart to play well. I had trouble thinking of an interesting topic for this article based on 'parents being kind to children' but, Alhamdullilah, Allah provided. We saw that there were a lot of Muslim kids playing for Croydon Kings and for other clubs in Adelaide. Of course there is nothing wrong with that and maybe they are getting some services at other clubs which we cannot yet provide. Allah knows best. I was given the information that Croydon Kings charge their players \$768 each per season and that this must be paid before the season starts. Do you know that SA Centrals only charges \$250 per player and we provide home and away uniforms, jacket, sports bag and bottle and FFSA registration? We try to be flexible and help - do you think other teams are so forgiving? No!

One of our coaches was last year a coach for one of Adelaide's premier clubs. He said this to me, 'that for all the extra fees these clubs are not providing any more than we give'. In fact he said that his old club only gave one uniform and a ball. Look what else those other clubs provide; clubrooms with bar facilities, gender mixed teams, coaches who teach their players to claim the ball as theirs for every out and for every foul even when they are at fault, parents who have chosen to bring alcohol to games, and attitudes which are not in harmony with what God has commanded.

Look at what we provide with our kit to players. Our training is essentially the same and I can assure everyone, we win games! Our fees are lower and affordable by all. We provide a bus service for families who find transport difficult at a very reasonable fee. Our coaches provide Islamic advice and guidance to our growing boys. We have some very experienced coaches who are developing great teams, with players the equal or better of other clubs deriving haram income. And last and the best, our players, coaches and supporters worship our Rabb as He has decreed and as taught by our Nabi sallallahu alahi wasallam as you can see in this photo. Why would you want anything less?

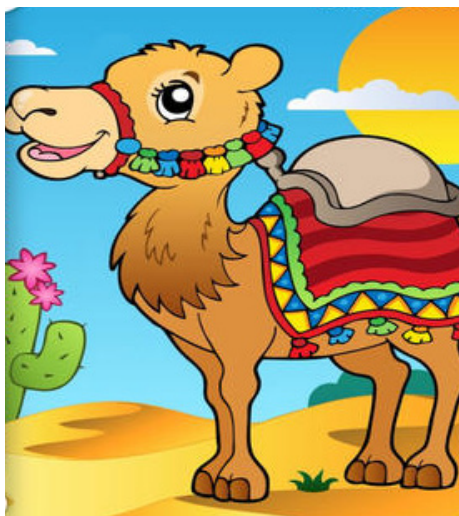
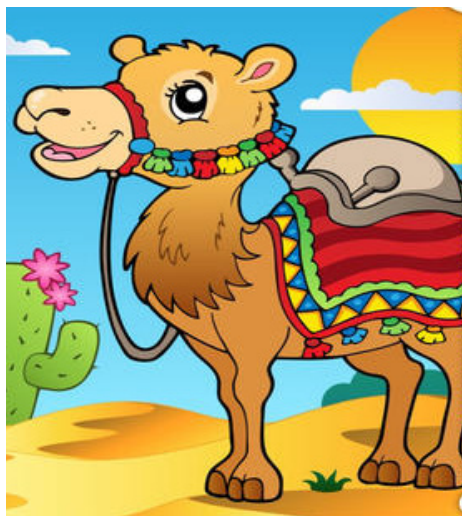


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THE LEGENDARY YOUTH

Dear Youth,

The best generation that Allah prepared to carry the honor of this message was the Sahaba. In their lives, there are many inspirational lessons we can draw from them that relate to our lives. Reading about their boldness, bravery, humility, tenacity, determination and insight only increase our desire to work for Jannah.

Among them, there was a youth by the name of Musab ibn Umayr. Before Islam, he was one of the most 'famous' of people in Makkah. His fashion was of the highest standards, his shoes were imported from Yemen, which is the 'Giorgio Armani' of today and his perfume was so strong that it could be smelt two days after he was present. He had reputation, fame, beauty, charm and wealth, which is exactly what our youth are aspiring to today. What more could you want, right?

Then the news comes to him that Prophet Muhammad PBUH is preaching the about the religion of Allah in Mecca. Back then, Islam was being taught privately, in the house of Al-Arqam where the Prophet Muhammad PBUH would teach parts of the Quran. Musab set out at night in search of the truth, and as soon as he could contemplate over the verses of Allah, his heart was convinced. At that moment, it appeared that Musab possessed a wisdom and determination that superseded his age. In other words, if you are young and you seek the truth, Allah SWT will gift you with traits such as insight, wisdom, determination and understanding to keep you on His path.

He accepted Islam, and after the news of Musab becoming Muslim spread through Mecca it was as if a status was posted on facebook saying "MUSAB JUST ACCEPTED ISLAM." Then his mother, Khunaa, found out, whom he feared the most. As a form of punishment she put shackles on him, deprived him of food, appointed guards to watch him and left him in a dark room. All of this for the sake of Islam! Once the truth enters your heart, and you are attached

to Allah, nothing will shake your faith. Where is this feeling inside of us today?

Eventually Musab was able to escape from his guards and travelled with the Muslims to Abyssinia or modern day Ethiopia. When he returned, his mother then took all of his luxurious possessions away from him, and then uttered the harsh words "I can no longer be your mother." This is not to say that once we start practicing Islam we disregard our parents, but obeying the parents can never come at the cost of displeasing Allah SWT. However, on the road to change you will leave some people behind, but keep going.

The Prophet PBUH then ordered Musab be sent to to Medina, to spread Islam. Through him, Allah guided 70 men and women within the period of 2 years. They all gave their loyalty to the Prophet PBUH and the Muslims migrated to Medina. Look at the honour Allah gives to his servant through sacrifice at young age.

Eventually Musab died in the battle of Uhud, all he had to cover himself was a piece of shredded cloth, so small that if his feet were covered his head would be uncovered and if his head were covered his feet would be uncovered. Upon seeing this the Prophet PBUH cried over him and recited the verse "Among the believers there are men that have been true to their promise to Allah." (33:23)



Halal – The latest food craze!



By Susie Measure (UK)

Meet the Haloodies, a growing group of food lovers who are bored of curries, fed up with kebabs, and long for nothing more exotic than a shepherd's pie. Their increasing spending power has sparked a race among retailers, wholesalers and canny restaurateurs to carve out a chunk of a market that is worth about £420bn globally.

This week an estimated 20,000 Haloodies will congregate in east London at the Halal Food Festival, the world's first gastronomic celebration of halal produce. All of the UK's major supermarket chains are sending scouts to help them find ways to exploit the trend. Attendees can browse food stalls offering anything from hot dogs and sushi to French and Moroccan dishes without worrying how the meat was killed or even transported.

Contrary to stereotypes, not all those planning to go will be Muslim by faith: there is a small but expanding group of people who opt for halal much as they might choose free-range or organic meat. Simon Teal, 32, a scientist at Pfizer who lives in Wimbledon, London, explains why. "The meat has more flavor, and cuts that you flash fry or grill, like lamb chops, are more tender than non-halal meat."

Around 4 per cent of the UK's population is Muslim, yet halal produce comprises more than 15 per cent of all meat sold in the UK, according to Saqib Mohammed, the chief executive of the Halal Food Authority, one of the two main organisations that regulate Britain's halal food industry. "Some is exported but the rest is being consumed by non-Muslims," he said, adding: "Educated non-Muslims are convinced that halal meat is more hygienic."

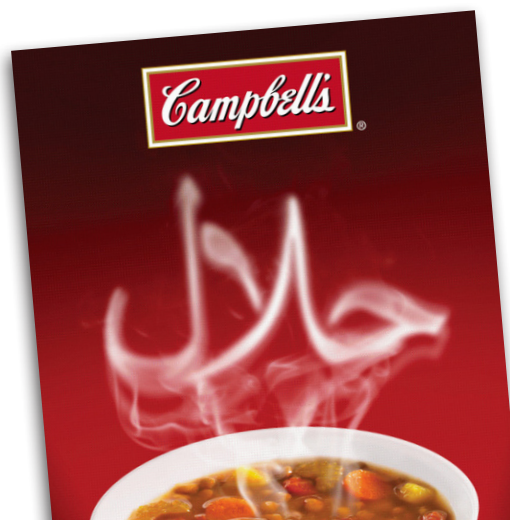
One company seeking to profit from Britain's taste for halal, worth an estimated £3bn, is DB Foods, the country's largest meat wholesaler. It recently converted one of its warehouses to producing halal meat and will this week launch a new online business, halal2go, to sell direct to consumers pledging 100 per cent traceability.

Although halal is most often used in connection with meat, the word simply means "lawful" and refers to any object, not just food, or action or behaviour that is deemed permissible under Islamic law. The issue can be incendiary, however, on both faith and animal welfare grounds. Dr Kausar admitted he is braced for protests. "An element of society will use this to express their anti-Islamic sentiments," he said.

For meat to be considered halal the animal must be alive and healthy before it is killed, crucially with a single cut across the jugular. All the blood must be drained from the body, and the slaughterer must recite a special Islamic prayer as the animal is killed.

Dil Peeling, of Compassion in World Farming, said: "It's always sensitive. Halal principles could lead to better treatment of animals beforehand but there aren't any assurances. We believe, and this is backed by science, that animal should be stunned before they are slaughtered and that can't be guaranteed with halal slaughter, so that is a concern."

Below: An advertising campaign for Halal Campbell's Soup in Europe where millions of Muslims work and live.



Eggplant Rolls cannellini bean dip

Healthy
& Tasty

By Blarra Jeroff

Ingredients

2 large eggplants
400g Can of Cannellini Beans
Small bunch of coriander
1 small clove garlic
Juice of a lemon
Olive oil
Salt
Pepper

Method

- 1) Thinly slice eggplant lengthways roughly 0.5-1cm thickness
- 2) Layer in a colander sprinkling salt on each layer. Let this sit for at least 30 mins
- 3) Rinse eggplant well and pat dry
- 4) Heat olive oil in grill pan and cook eggplant on each side until soft and cooked through
- 5) Drain cannellini beans and process in a food processor along with the coriander, garlic, lemon juice, olive oil, salt and pepper
- 6) Blend mixture until desired consistency is reached
- 7) Spoon a small amount of bean mixture onto one end of eggplant and carefully roll. You can secure with a toothpick if you like
- 8) Serve warm or cold



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3. Digestive Health – Insoluble dietary fibre found in lentils helps prevent constipation and other digestive disorders like irritable bowel syndrome and diverticulosis.
4. Stabilized Blood Sugar – Adding to the many benefits of fibre, soluble fibre traps carbohydrates, slowing down digestion and stabilizing blood sugar levels. This can be especially helpful for those with diabetes, insulin resistance or hypoglycemia.
5. Good Protein – Of all legumes and nuts, lentils contain the third-highest levels of protein.
6. Increases Energy – Lentils increase steady, slow-burning energy due its fibre and complex carbohydrates. Lentils are also a good source of iron, which transports oxygen throughout your body and is key to energy production and metabolism.
7. Weight Loss – Although lentils include all these beneficial nutrients like fibre, protein, minerals and vitamins, they are still low in calories and contain virtually no fat. One cup of cooked lentils only contains about 230 calories, but still leaves you feeling full and satisfied. - NOW THAT'S A BONUS!

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