

SOUTH AUSTRALIA'S ONLY DIRECT MUSLIM PUBLICATION

FREE!

Light of Adelaide

THE VOICE OF ADELAIDE MUSLIMS

*Ramadan
Edition*

An IICSA Publication

Issue 14

July/Aug/Sept 2014

\$0.00

NOW 3,000 COPIES!

Family Ties

"WHOEVER BELIEVES IN
ALLAH AND THE LAST DAY
LET HIM MAINTAIN THE
BONDS OF KINSHIP"
PROPHET MUHAMMAD
(PBUH)

INSIDE! // FAMILY TIES // THE SUNNAH // STRAIGHT DAWAH TIPS //
DIABETES // TAFSEER // HADITH // FAST BENEFITS // YOUR DUA //
SUPER GLUE // DOING MORE THIS RAMADAN // LOCAL NEWS // TIPS
FOR REVERTS // MUSLIM TECH // STREET TALK // MEXICAN FAJITAS //
FOOD FOR THOUGHT // MUSLIM INDEX + MUCH MORE!



PULL OUT

THREE MONTH PRAYER TIMES INSIDE

Need help in migration matters?



We are an established migration consultancy in the heart of Adelaide city with extensive experience in providing expert advice on permanent and temporary residence in Australia.

We specialise in:
Student visas, skilled visas, visitor visas, family visas, humanitarian visas, Migration & Refugee Review Tribunals Representation (MRT & RRT)

Our registered agents can provide advice in a number of languages. Give us a call or email to book a no-obligation consultation to assess your needs.

Registered female agent available to assist with sisters' enquiries.

Address: Suite 512, Epworth Building, 33 Pirie Street Adelaide SA 5000

Office: +61 08 7073 4922

Mobile: +61 434 289 251

Email: enquiry@migrationprospects.com.au

Web: www.migrationprospects.com.au

Migration Agents
Registration Number 0965164
ABN 33 242 048 757

Bismillah

In the Name of Allah Most Gracious Most Merciful

A strong society is based upon strong individuals, and on the other hand, a strong society is a guarantee for individuals to gain a true strength. The very first and most important link in this chain, are our relatives. When Allah the Almighty permitted His Messenger, PBUH, to commence with public revealing of his message, He said to him in the Quran, "And warn your tribe of near kindred" (Ash Shuara', 214).

This incident had clearly indicated the importance of one's relationship with his relatives, even in the early stage of the Revelation.

What many people are unaware of is the seriousness of the cutting off these ties, which is viewed a major sin in Islam. Warning about this, the Messenger of Allah, PBUH, said: "There is no sin that Allah more swiftly punishes for in this life, in addition to what Allah keeps as punishment for the sinner in the Hereafter, than the sin of transgression and cutting off relations with relatives." (Ahmad, Abu Dawud, At-Tirmithi, Ibn Majah)

A man came to the Messenger of Allah, PBUH, and said, "O messenger of Allah, I have relatives with whom I keep good relations, but they cut off relations with me, I forgive them, but they oppress me, I do good to them, but they treat me badly, should I get even with them?" The Messenger PBUH replied, "No, if you do so all the relations will be cut off this way. On the contrary, be generous and keep in touch with them, you will always have support from Allah as long as you stay this way." (Ahmad)

Our dear guest, the month of Ramadan, the month of forgiveness and Allah's mercy, is coming to us. Let us use it as a great opportunity to rectify all our mistakes and wrong doings towards our relatives, asking Allah the Almighty for forgiveness and a better state for every Muslim of this ummah!

Ensar.

Imam Ensar Cutahija
Opening Word

Contents.

Feature	
Bismillah	1
Family Ties	2-4
Knowledge	
Tafseerul Qur'an	6
Hadith	7
The Friendly Reminder	7
Daily Dua	7
The Sunnah	7
Dawah	
Dont be a vending machine	8
Tips for the reverts	9
Medical Clinic	
Fasting with Diabetes	10
A Healthy Ramadan	11
Ramadan	
Why do we do it?	12
Always ask for the best	13
Doing more this Ramadan	14
Productive Ramadan	15
Community	
Super Glue	16
Local News	20
Muslim Tech	21
Islamic History	
Knowledge in Islam Pt 2	22
Sports	
SA Central's Score Board	23
Generation 'Y'	
Kids Corner	24
Street Talk	25
Body/Mind/Soul	
Food for thought	26
Mexican Fajitas	27
Strawberries	27
Muslim Index	28-36
3 Month Prayer Times - Pull Out	18-19

Editorial.

Editorial.
Director Mohammed Hassan
Editor in Chief Ahmed Bassal
Creative Director Mohammed Hassan
Sales & Marketing Ali Kadir

Contributors.
Hani Abul Khair, Ahmed Bassal, Mohammed Hassan, Jannah Kuning, Hasan Yunich, Patrick Ernst, Dawud Perrotta, Mohammad Gadi, Blarra Jeroff, Sophia Kafrawi,

Advertising.
To advertise contact Light of Adelaide on 0452 320 110 or email info@iicsa.com.au or visit www.iicsa.com.au/lightofadelaide

Publisher.
The Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End SA 5032
P: 08 7226 6268 E: info@iicsa.com.au W: www.iicsa.com.au

Light of Adelaide is a quarterly publication. Views expressed by authors are not necessarily those of the publisher. Copyright 2013-14 Light of Adelaide Magazine. All rights reserved. This publication cannot be reproduced without the prior written consent of the publisher.

Family Ties

“WHOEVER BELIEVES IN ALLAH AND THE LAST DAY, LET HIM MAINTAIN THE BONDS OF KINSHIP” - PROPHET MUHAMMAD (PBUH)

By Abu Obaydah

In the name of Allah we start, and we thank Allah for whatever he bestowed upon us, and we ask Allah to pray on his final messenger Muhammad PBUH. Islam has placed tremendous emphasis on the establishment, maintenance and preservation of family kinship – the relationship between family members. Various Qur’anic verses and Ahadith instruct Muslims to be kind, merciful, affectionate and caring towards parents and relatives.

Although almost all religions advocate maintenance of family ties, Islam has taken it really high. A Muslim is commanded to also be kind to their non-Muslim relatives. Similarly, they are required to be kind to those relatives who are unpleasant or harsh towards them.

Maintaining the bonds of kinship enjoys extraordinary importance in Islam. Conversely, severing family ties can lead one to a disastrous end. Due to the importance Islam has accorded to maintaining family ties, the rewards and benefits of doing so are indeed great. Similarly, neglect and severing family ties can have disastrous consequences on a person’s life. It therefore becomes imperative that every Muslim is soundly educated regarding this important obligation.

THE IMPORTANCE OF FAMILY TIES

Mutual dependence is an important facet of human existence on earth. Mankind could not have survived without this co-existence. The fact that Allah created the wife of Adam PBUH as a partner is a classical example to prove the need for interdependence. This reality is manifest in every facet of human existence.

Communication, interaction and interdependence between human beings is an essential requirement for a normal and harmonious society. At every point in one’s life a person will be interacting with other people. Generally, the people one will come into contact with more often are his family members. Due to the frequent contact resulting from a family relationship, it is imperative that one is always on good terms with family members.

The importance of maintaining harmonious relationships with all family members is highlighted in the following verse: “and respect Allah through whom you ask one another and the wombs (Arham)” (4:1)

In this verse, the instruction of keeping family ties follows directly after the instruction of fearing Allah Ta’ala, hence highlighting its importance in the sight of Allah Ta’ala. In another verse it is mentioned, “And worship Allah and do not assign partners with Him and be good unto parents and family members and the orphans and the destitute and the near neighbour and the distant neighbour and the traveller and your slaves. And Allah does not love one who is haughty and proud.” (4:36)

The great number of Ahadith that instruct family kinship emphasizes the matter even further. “Whoever believes in Allah and the last day, let him maintain the bonds of kinship.” (Bukhari)

FACTORS THAT MAINTAIN FAMILY UNITY

Practical acts should be considered to maintain family unity. Sometimes we disagree with others including our family members, which should not cause any disconnect in the relations. The mature muslim will always look at the bigger picture and try to maintain even the least connectedness especially if continuous interaction can cause dispute. Some practical points to keep relations include:

Regular Visits - In an era when the words “no time” have become a formidable cliché, Muslims are duty

bound to keep close contact with family relatives by visiting each other regularly. The trend today is to visit someone if there is some material or worldly benefit, or only if they keep contact with us. Relatives should be visited solely for the pleasure of Allah Ta’ala and to create and maintain love in the family. We should not visit people just if they visit us, but we visit them even if they don’t.

Mutual Assistance – Assisting one’s relatives carries two reward; one reward for assisting and one reward for bonding family ties. These noble qualities will also be a practical means of guidance for the children. In this way family relationships are strengthened and can be maintained for generations. Certain people feel uncomfortable to assist relatives if they require financial help in the form of Zakaat, etc. This manner of thought should be corrected.

Allah says: “I shall keep connection with him who maintains you (kinship) and sever connection with him who severs you.”

The Messenger of Allah PBUH said, “Sadaqah given to a poor person is an ordinary sadaqah, but sadaqah given to a relative serves two purposes: one as a sadaqah and secondly, an act of upholding family kinship.” (Tirmithi)

The Messenger of Allah PBUH said, “Whoever desires to have expansion in his sustenance and a prolonged life, should treat his relatives with kindness.” (Bukhari & Muslim)

Baring in mind that zakat can’t be given to the relatives that one of us is obliged to support like parents, wives, kids and so on, but optional sadaqah can be given.

Abundant Greeting – Increasing salaam to each other creates love. The Messenger of Allah PBUH has urged Muslims to spread salaam. Those who

initiate salaam are protected from pride and haughtiness.

Exchanging Gifts - Showering relatives with gifts is also an effective method of generating love between people. The Messenger of Allah PBUH said, “Exchange gifts with one another, you will create love and goodwill amongst yourselves.” (Abu Ya’laa)

COMMON FACTORS THAT CONTRIBUTE TO FAMILY DISSENSION

Some incidents might happen and will cause dispute between relatives such as:

Marriage Breakdown – This is the single most factor that has disrupted family life and created discord in communities. The separation of two individuals directly impacts on both families, and in this way the discord permeates the entire community.

It is incumbent upon couples to understand the reality and commitment of marriage and its impact on society. If the couple have no other option but to divorce, this procedure should be carried out in a dignified Islamic manner, and any animosity or hard feelings should be minimised.

Business Upheavals – This is also a major contributor to family problems and disunity. Material interests and love for the world take precedence and people do not realise the consequences of their words and actions. Ignorance and authority play a major role, and wealth of the orphans, innocent and weak is usurped. Application of Islam is required in sensitive business issues. At all times the family unity should be maintained as top priority.

Estate Matters – The demise of a family member is sometimes the spark that leads to endless misery for families when the deceased’s estate is not distributed correctly. Hence it is imperative for Muslims to keep their financial matters in order, thereby not leaving an opportunity for family discord. Scholars should be consulted in this regard for proper Islamic guidance in the field of Islamic inheritance and estate distribution. In Australia, we can have our will written to be implemented in Islamic way, which will avoid any dispute between family members on this issue.

than oppression and severing family ties.” (Tirmithi) A Hadith highlights the rank and importance of this duty: “Rahim (family ties) is a word derived from Allah’s special quality, Ar Rahman (The Compassionate One). And Allah says: ‘I shall keep connection with him who maintains you and sever connection with him who severs you.’” (Bukhari)

A person should love someone solely for the pleasure of Allah Ta'ala. If there is need to dislike someone for some reasons this should also be for the pleasure of Allah Ta'ala. In both cases, this should not be a reason for breaking the ties of the family relations. Remember, even if you dislike something from a relative of you, keep the minimum relation with him as it is not permissible for us to disconnect from our muslim brothers and sisters for more than three days.

Family disputes and differences should be resolved early and amicably. Procrastination in resolving family matters can lead to explosive situations. Wise people should be consulted in good faith and the matter should be put forward factually, honestly and sincerely.

Finally, Imams and Islamic centres should assist individuals who are experiencing social difficulties, so feel free to contact any of them for your personal matter.

Got something to say?
Email us at: info@iicsa.com.au

Just as the reward and rank for maintaining family unity is great and fulfilling, similarly the warnings and sin for severing and breaking ties is equally detrimental. Allah Ta'ala has cursed the one severing family ties, "And those who break the covenant of Allah, after its ratification, and sever that which Allah has commanded to be joined (i.e. they sever the bond of kinship and are not good to their relatives) and work mischief in the land, on them is the curse, and for them is the unhappy home (i.e. Hell)" (13:25)

A cursed person is one who is deprived of the mercy of Allah Ta'ala. This sin is punishable in this world as well as in the Hereafter. "There is no sin more deserving of having punishment meted out by Allah to its perpetrator in advance in this world along with what He has for him in the next world



Adelaide's
Biggest!

Eid

**Prayer
& Festival**

FREE
ENTRY!

(Eid Al-Fitr)

Follow the Sunnah this Eid and join the Muslim community in praying and celebrating Eid outdoors!
***Check iicsa.com.au or IICSA Facebook for confirmed date of Eid**

Eid Al-Fitr Prayer @ 8:30am

Free Drinks, Dates & Jumping Castles

**YOU CAN PAY YOUR
\$10 ZAKAT AL FITR HERE**

FUN FOR THE WHOLE FAMILY!
FREE ENTRY!

NEW LOCATION

Festival 11:00am - 5:00pm

**Delicious Food, Rides (Big & Small), Clothing, Henna, Sweets,
Live Performances, Coffee/Tea, Animals, Toys and More!**

Visit www.iicsa.com.au for more details

MAJOR SPONSOR



Supported by



MAJOR SPONSOR



For more info call Hasan on 0421 228 748. For stall booking call Basil on 0425 855 140

EXPLANATION OF THE HOLY QUR'AN



*“Allah commands to do justice and be good, and to give relatives (their due), and forbids from shameless acts, evil deeds and transgression. He exhorts you so that you may be receptive to advice.”
(An-Nahl : 90)*

Commentary

This is the most comprehensive verse of the Holy Quran where the essence of the entire range of Islamic teachings has been condensed into a few words.

The Command To Do Three Things

Allah commands us to do three things in this verse. These are: (1) to do justice, (2) to be good, (3) to give relatives (their due). Then, He forbids three things. These are: (1) Shameful acts, (2) evil deeds, (3) transgression. The Islamic legal sense of these six words, and their limits, are being explained as follows:

Al-'Adl: The real and literal meaning of this word is to make equal. The equitable judgement of officials in the disputed cases of people is called “Al-'Adl” or justice. The statement: “and that when you judge between people, judge with fairness” (4:58) in the Holy Quran carries this very sense and, in view of this, the word Al-Adl also refers to moderation (al-i'tidal) between the two extremes of excess (al-ifat) and deficiency (at-tafreet).

Then, very much in congruity with this sense, some Tafsir authorities have explained “Al-'Adl” at this place as the equality of the outward and the inward state of a person, that is, what one says or does through the obvious organs of his body should also be compatible with what he believes in and lives by. However, the truth of the matter is that the word “Al-Adl” here has been used in its general sense which is inclusive of all these forms and shades reported from different Tafsir authorities.

Al-Ihsan: The real and literal meaning of “Al-Ihsan” is to make something good. It has two kinds: (1) that one makes deeds or morals and habits become good and perfect in one's own person; (2) that one deals with the other person nicely, decently and favourably. To cover this second sense, Arabic usage takes: (ila) as the preposition after it, as it appears in a verse of the Qur'an: “be good as Allah has been good to you” (28:77).

Give relatives (their due): The third command given in this verse is to give relatives (their due). The word “itta” used in the text means to give something - with the added sense of giving as gift or presentation in good grace. The word: “al-qurba” means relationship or kinship, and “dhil-qurba” means relatives or kin. Thus, the command: comes to mean to give something to relatives. That which has to be given has not been spelled out here. However, there is another verse in the Quran where the object does find mention “give the relative his due” (17:26). Obviously, the same object applies here too, that is, relatives be given their due. Included under this 'due' is serving them financially, as well as serving them physically, and visiting them when sick, and taking care of them when in need, and the giving of verbal comfort and the expression of concern and sympathy too. Though, giving relatives their due was included under the spectrum of the word “Al-Ihsan”, yet it has been mentioned separately in order to place stress on its added importance.

“Hadith”

Abu Hurayra reported that the Messenger of Allah, may Allah bless him and grant him peace, said:

“Allah Almighty created creation. When He had finished it, ties of kinship rose up. Allah said, ‘Stop!’ They said, ‘This is the place for anyone seeking refuge with You from being cut off’ Allah said: ‘Are you not content that I should maintain connections with the one who maintains connection with you and I should cut off the one who cuts you off?’ It replied, ‘Yes indeed, my Lord.’ He said, ‘You have that.’”

This hadith teaches us the seriousness of cutting off ties with family and relatives. Whoever cuts off ties with family, Allah will cut ties with him/her. It is Allah who decreed that so-and-so be related to so-and-so. That in itself is enough to respect that relation.

The Friendly Reminder.

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

For those who say “Allah hasn't guided me yet” or “may Allah guide me” without doing anything about it; Allah says: **“And those who STRIVE in Our (cause),- We will certainly GUIDE them to our Paths: For verily Allah is with those who do right” (29:69)**

In order to be guided, we need to strive for guidance, if you seek it while having sincere intentions and CONFIRM them by physically taking action, only then, through your striving will you find guidance.

Subhanallah!

- The Friendly Reminder

DAILY DUA'

THE WEAPON OF THE BELIEVER

By Abu Imran

This edition of Daily Dua is more a practical lesson. How are your familial relations? How connected are you with all of your family? What have you tried to make stronger connections?

Allah says: **“Had you given away all the riches of the earth you could not have joined their hearts, but it is Allah who joined their hearts.”** (Anfal:63)

This is a reminder that we need to fulfil and try everything within our abilities, but must not forget Allah in the equation and ask Him sincerely. The sincere dua is our key to success regarding our lives, and our families in this case. He alone can guide, soften and unite hearts. Indeed, He is All Mighty, All Wise.



THE SUNNAH

“Say, (O Muhammad), “If you indeed love Allah, then follow me, (so) Allah will love you and forgive your sins. And Allah is Forgiving and Merciful” (3:31)

Abu Hurairah (raa) heard the Prophet (pbuh) say: **“By Allah! I ask Allah for forgiveness and I repent each day more than seventy times.”** [Bukhari]

Ibn `Abbas (May Allah be pleased with him) said: The Messenger of Allah (PBUH) said: **“If anyone constantly seeks pardon (from Allah), Allah will appoint for him a way out of every distress and a relief from every anxiety, and will provide sustenance for him from where he expects not.”** [Abu Dawud]. Istighfar isn't something we only say when we commit a sin, make it a habit to constantly say it even when your driving, working, shopping etc. Say it sincerely and you will see Allah's blessings open up before you.

Don't be a vending machine!

By Abu Ameenah

Straight Dawa Tips!

Generally when we speak to non Muslims about Islam, they have questions to ask, naturally. It is natural to feel that in order to do dawa, we should answer all these questions in the best possible way – and this is absolutely correct.

However, sometimes it is best to change the topic altogether – not because we cannot answer the question or because we have something to hide – but because we want the person asking to focus their attention on more important matters.

For example, many people enquiring about Islam will ask about why women have to wear hijab. This question is not a difficult one to answer, and there are plenty of well written answers available online. However, let's look at our purpose in having the conversation in the first place, is it to convince the person in front of us that hijab is a good thing, or is it to convince them that Allah SWT is their creator, and that they need to have a relationship of love and obedience with Him?

So as a Da'ia (someone who invites to Islam, which we all should be) – it is a small gain to get someone to see hijab in a positive light – but it is a much larger gain to get them to think about Allah, the fact that He can only be one, and that they should think about what kind of relationship they want to have with Him.

If every person approaching you to ask about Islam gets an answer to the question they asked and nothing more – who is dictating that the conversation is about? You might have a person ask about hijab, then fasting, then make-up, then music, then beards, and finally thank you for your time and walk away. Even if you give great answers to all of those questions, what have you really accomplished? They have stood at your information-vending-machine, and selected all the snacks they want, and walked away.

What have they learned about Allah from this conversation?

So here's a top tip for this issue – make the conversation about tawheed. For the first 10 years of Quran revelation, the main topic was only Tawheed, and not commands of what is permissible and what is forbidden. The love for Allah has to come first, then the desire to obey Him will naturally follow.

So the next time someone asks you about hijab, you can give a short answer about it and then say something along the lines of, "...but that isn't the real issue here. Think about it, if this book, the Quran, is really the book of God, then I'm sure whatever is in there you will be happy to do. If you really believe that God has said something, wouldn't you do it? So the real question is not why should I wear hijab, or even do I agree with wearing hijab, the question becomes 'Is the Quran the word of God?'"

Then the next step is simple. If we investigate and come to the conclusion that the Quran is not the word of God, then you can forget all about hijab and whatever rationally people give you for wearing it. However, if you investigate and come to the conclusion that the Quran must be the word of God, then the reasons are irrelevant anyway, because if we are sure that the command has come from God, we should obey Him regardless." So you have just turned the question of "Why do women have to wear hijab?" into "Is the Quran the word of God?"

Support Group

TIPS FOR THE REVERTS

PART 1

By Brother Alex

Practice Islam as much as you can

"He who loves my Sunnah has loved me, and he who loves me will be with me in Paradise."

-The Prophet Muhammad (pbuh) (Tirmidhi)

As a new Muslim, you will have trouble keeping up with prayers every day, fasting during Ramadan, and the many other practices in this religion. The struggle that we face, with such a radical change in lifestyle, is difficult and will take some time. Awkward moments are bound to happen, don't fret. You are not expected to wake up at 4am every morning to pray tahajjud (extra night prayers). If you have problems with certain practices, then gradually work yourself into the mindset of worship. A counselor once told me when I was young, "How do you eat an elephant? Just One bite at a time." Think of it as one step at a time. Pray to Allah (swt) and ask for Him to make it easy for you and the rest will come naturally.

Keeping up with your devotional practices is something that will strengthen your faith immensely. Read the Qur'an whenever possible. Find a collection of hadith, such as Riyadh us-Saliheen, and read it often. You will start to feel a connection to Allah (swt) and you will become used to Islam as a religion and way of life.

Respect your parents

"Heaven lies under the feet of your mother."

-The Prophet Muhammad (pbuh) (Ahmad, Nasa'i)

Keeping up a good relationship with your family is essential. Try to avoid bringing up or taking part in controversial subjects regarding religion. This is almost unavoidable, but your parents will eventually accept that Islam is not going to turn you into a terrorist if you stay calm during these tense moments. Gradually, your parents will gain some respect and understanding of Islam and may start to become genuinely interested. This is a great sign and insha'Allah, God will make a way for them to accept Islam.

What you do not want to do is act like you know everything, attempt to debate everything, or overly defend yourself in a way that might make you angry or upset. This will just cause heartache and uneasiness. Your priority now should be to work on yourself.

Find a teacher

"For him who follows a path for seeking knowledge, Allah will ease for him the path to Paradise."

-The Prophet Muhammad (pbuh) (Muslim)

Finding a teacher to bounce ideas off of is a great way to learn your deen (religion). I found it is good to find someone with as much knowledge as possible who also has an understanding of the English language and Australian culture. It is difficult to listen to someone with a thick accent or someone with a back-home mentality. When I first accepted Islam, I would drive every day to visit my teacher and I would ask him what seemed like an endless stream of questions. Sometimes he seemed overwhelmed! This is a great way to clarify things you hear on Sheikh Youtube or Google or any part of the Qur'an you are reading at the time.

This will also help you have a real grounding in the Islamic tradition. You will eventually have spent more time learning Islam than most people from Muslim families. Maintain a sense of humility if you do gain a lot of knowledge, as there will always be someone who will be more knowledgeable than you. Learn everything you can in small chunks, no one is asking you to be a scholar!

The Doctor



By Dr. Mohammad Gadi

Diabetes Mellitus is generally divided into two categories; Type 1 and Type 2. Type 1 DM is a condition where there is impaired insulin production by the pancreas, which causes very high blood sugar level. It is usually more common in children / young adults. The treatment is injected insulin regularly with very close monitoring of the blood sugar. Type 2 DM is characterised by 'insulin resistance' – the inability of the insulin to function normally to bring glucose in the blood into cells resulting in high blood sugar level. It is more common in adults, especially related to obesity. The treatments are variable, from lifestyle changes to the use of medications that may help to increase insulin sensitivity or increase insulin production. Insulin and some diabetic medications can sometimes lead to hypoglycaemia and loss of consciousness, so it is very important to have a clear management plan at all times.

In non-diabetic people the levels of glucose are maintained within a narrow physiological range by maintaining the balance between the secretion of insulin and the counter-regulatory hormones such as glucagon. Feeding stimulates the pancreas to secrete insulin which in turn results in storage of glucose in the liver and muscle as glycogen.

In the fasting state, insulin secretion is at a very low level as a result of low glucose levels. This is associated with increased secretion of the counter-regulatory hormones resulting in breakdown of glycogen with resultant restoration of glucose levels within the normal range. Fasting for many hours, however, results in depletion of glycogen stores and this, combined with the low level of insulin, stimulates adipose tissues (fat tissues) to release

fatty acids which are oxidised to generate ketone bodies, which in turn can be utilised by many tissues including skeletal and cardiac muscle as fuel. Compared to starvation process (>24 hrs of fasting consecutive days), fasting in Ramadhan is less likely to result in breakdown of protein in the muscles because the duration is not too long and we have regular boost of carbohydrates with Sahur and Iftar. So, it may result in some weight loss but unlikely to cause significant muscle wasting.

Many muslims with diabetes, do not view themselves as 'sick', and feel and indeed are able to fast in Ramadhan. Being a diabetic is not an absolute contraindication to fasting, because it may actually be beneficial. However, for some diabetics, especially those with type 1 DM, recent hypoglycaemic episodes, poorly controlled diabetes or the ones with concurrent illnesses (such as infection) fasting may potentially lead to life-threatening conditions.

Ramadhan is a special time, to not only improve our taqwa, but also our physical health. For those with diabetes, it is an opportunity to have a closer look with an aim to better manage it. With Ramadhan approaching, it is advisable to those with diabetes to discuss the following issues with their trusted medical doctors: a) to have a thorough assessment to see their degree of physical risk from fasting, b) when they decide to fast, how can they be helped to fast as safely as possible.

Specifically check your HbA1c level, discuss your diabetic medications (whether they should be reduced in dose), and check the recommended types of meals. If you smoke, use this month to quit completely. May Allah make it easy for us to get closer to Him this Ramadhan.



The Pharmacist



By Sophia Kafrawi B.Pharm

As Ramadan is a time when we are required to abstain from food and drink during the daylight hours, how do we ensure that we enjoy this Holy month in good health?

The following are recommendations on how to physically maintain good health to help you to maximise the full spiritual advantage of this blessed month.

Maintaining good nutritional health

Good nutritional health starts with a healthy diet of eating a wide variety of foods to ensure sufficient intake of all essential nutrients, vitamins and minerals. These intake levels are scientifically based on the nutritional requirements of healthy people, also known as Recommended Dietary Intakes (RDIs). Eating a well-balanced diet can help maintain a healthy body weight and decrease the risk of many diet-related diseases, such as type 2 diabetes and cardiovascular disease.

This year, as Ramadan falls within the winter season, good nutrition is not only important for good health but also for maintaining a healthy immune system to fight against infection.

A healthy diet consists of eating from the following five food groups: grain foods (e.g. bread, pasta, cereal), vegetables and legumes/beans, fruit, dairy (e.g. reduced fat milk, yoghurt, cheese), and lean meats, fish and poultry (including nuts and seeds).

During the fasting month however, eating a sufficient amount from all these five food groups in order to meet our RDIs may be difficult. In this

case, a multivitamin supplement may be advisable. Multivitamins can help to prevent and treat nutritional deficiencies and promote optimal health. It is important to note however that supplements should not replace a balanced diet and should only be taken to supplement the gaps in nutritional deficiencies.

The following describes the main actions of essential vitamins that are partially or fully obtained from the five food groups which can assist when choosing a multivitamin.

Vitamin A group: Helps form and maintain healthy teeth, bones, skin, soft tissue and mucous membranes.

Vitamin B group: Required by the body to release energy from food, maintains healthy skin, helps vision and is necessary for normal blood and nerve function.

Vitamin C group: The body does not store and is not able to make Vitamin C on its own. It promotes a healthy immune system and wound healing, maintains healthy tissue and helps absorb iron and copper.

Vitamin D group: Approximately 10% of our Vitamin D comes from our diet. It is necessary for healthy bones and strong muscles and helps maintain proper blood levels of calcium and phosphorus.

Vitamin E group: An antioxidant that helps to keep the heart, blood circulation, skin and nervous system in good condition.

Vitamin K group: Involved in normal blood clotting.

Biotin: Essential for the production of hormones and cholesterol and the metabolism of proteins and carbohydrates.

Folate (folic acid): Involved in tissue growth and cell function and the metabolism of proteins.

Drinking plenty of water, around 8.5 cups (1 cup = 250mL) for women and 10.5 cups for men daily, is also essential to avoid dehydration while fasting. Reducing your salt and caffeine intake will also help to prevent dehydration.



Halal Certified Multivitamins.

Blackmores) Kids Mineral Minds, NutriMulti Multi + Wholefood Nutrients, Teen Multi for Guys, Swisse) Men's Ultivite Formula 1, Women's Ultivite Formula 1. The gluten free formulations of these are also Halal.

Fast Benefits



Why do we do it?

By Abu Obaydah

We start in the mentioning the name of Allah, and thanking him for what we bestow upon us, and praying on the messenger of Allah (PBUH).

Imam Ashafie said, "the types of worship are based on the benefits to the creatures". This statement shows you that any worship we do has a benefit that directly influence us. So, our worship is not movements without meanings like we sometimes see in the worship of others.

As we were created for one reason which is to worship Allah and know him, our worship brings us closer to Allah and so closer to the reason behind our creation.

There are many benefits behind fasting, some mention that it teaches patience, it makes you feel with poor people, it teaches you discipline, and so on. I want to mention two main benefits of Ramadan that are of high importance.

Many people know what is right, but they still can't do it, they know the truth but do not implement it, and they know the forbidden but can't avoid it. We call this weakness in their will to follow their beliefs. This is exactly the same as when you see a doctor smoking, he is the most knowledgeable of the dangers of smoking, but he is still smoking because of the weakness of his will. And maybe fasting was prescribed to strengthen the will, so we can do what we already believe in.

Allah has made eating, drinking, and marital relationships permissible outside Ramadan, and made them impermissible during the day of Ramadan. The scholars said that this is to increase the strength of the will of the person. As for someone to leave the permissible during the day of Ramadan, then he will be able to leave the impermissible easily. The disaster happens when someone during the day of Ramadan commits sin, there is no meaning for the fasting of that person.

People find it easier to worship Allah during Ramadan, that is because Ramadan increased the strength of their will to conduct what they believe is better for them. You will find more people praying fajr at the Masjid, praying Taraweeh, donating, and so on. So, one of the biggest benefits of Ramadan is the strengthening of the will.

Another benefit of Ramadan is that it shows the person his reality. We will find some people rich, or strong in their bodies, or doing their normal work with high efficiency, and they are living in an illusion thinking they can do anything they want. This person will be in need during Ramadan to a glass of water and can't have it. This feeling during Ramadan will return the person to his reality, which is that he is in continuous need of Allah. Not a single one of us is self-sufficient.

You might be a well known or important person, but Ramadan will show you your size and reality, it will show you your weakness and need to the support from Allah.

At the end, the servants of Allah are of two types, a servant of gratitude and a servant of force. The servant of gratitude is a servant who worships Allah because he wants to thank him as he feels the blessings on him from Allah. The servant of force, he worships Allah when he is forced to, when he is in need of something. That need may be a job, a car, or for some disaster to be averted. He will worship because he must, if he wants the help of Allah. As soon as the crisis is averted, he will return to his old ways.

You decide which type of servant you want to be.

Beneficial Reminder



Always ask for the best.

Al Khalil Masjid

The Prophet PBUH visited a very sick Muslim man one day, and the Prophet asked him, "did you ask Allah for something?" The man said, "I used to say, 'O Allah, whatever you are going to punish me for in the afterlife, punish me for it in this life instead'" So the Prophet PBUH replied, "Subhan Allah, you cannot bear the punishment of Allah, and it is better to say, 'O Allah give us good in this world and good in the Hereafter and save us from the torment of the Fire'".

It was said that Prophet Yusef (Joseph) PBUH said after spending a long time in prison, "O my Lord you made me stay in the prison for a long time", Allah SWT replied, "You asked for the prison so we gave it to you, and if you had asked for goodness we would have given it to you".

It was stated in the Holy Quran on the tongue of Prophet Yusef PBUH, "My Lord, prison is more to my liking than that to which they invite me" - remember how many times you said something similar.

Imam al-Mawardi, he said, "Destiny is attached to logic. Watch your words and watch what you say, and what you say with your tongue is what you receive, so choose the best of what you require from Allah and make it related to the good of you in this life and the Hereafter"

In a story narrated by Sheikh Ali al-Tantawi, who was a senior Muslim judge, he tells, "I was a judge in Damascus, and it happened one day that we were spending the night at a friend's house, when suddenly I felt anxious, and unable to breathe, so I

excused myself from my friends to leave, but they insisted for me to stay to spend the evening with them. I found that I could not, and I told them that I want to take a walk get some fresh air"

I left my friend's house and started walking by myself in the darkness of the night, and while I was walking I heard someone crying and making dua, the sounds were coming from the back of a nearby hill. I looked there and found a woman who seemed to be miserable and sad. She was crying bitterly and asking Allah for help. I approached her and asked, "What makes you cry sister?" She said, "My husband is a cruel and unjust man, he kicked me out of the House, and took my children away, and swore that he'll not let me see them ever again. I have no place to go" I said to her, "Why not go to the judge and complain?" then she cried a lot and said, "how is a woman like me going to be able to speak to a judge"

Then the Sheikh completed his story while he was crying and said, "The Women was saying that, and she does not know that Allah dragged the judge by the collar of his neck to be standing right in front of her. Who ordered him to come out in the darkness of the night to stand in front of her feet, and to ask her himself about her needs? What kind of dua did she say, that poor woman, so that her dua was answered so quickly?"

So you who feels so miserable, and who thinks that all the doors are closed, just raise your hands to the sky, and don't say "how will my problems going to be solved?!" So ask the one who can hear the footsteps of the ants, and rest assured that something good is awaiting for you after your trial, as Allah will not test you with something that does not have goodness in it for you, even if you thought the opposite, so calm down. Allah is with you.

If it was not for the tests and the trials then Yusef PBUH would have lived with his father and been spoiled, but through the hardships he became the minister of Egypt. So after knowing this, why are you worried?

So once again, rest assured that something good will come after the hardship, something that will astonish you, and take away the bitterness and the pain of the suffering.

Charity in Ramadan



By Ali Kadir



Alhamdulillah (Praise be to God) the month of Ramadan has arrived. The month where the beginning is mercy, the middle is forgiveness and the end is salvation from the fire. This is the month where good deeds are multiplied and sins are forgiven.

The team at Human Appeal International would like to congratulate you with the arrival of this blessed month. We ask Allah (swt) to make us from those who are successful in benefitting from the blessings of this month. We pray that it comes back again and again with security, goodness, and high faith, and we ask Allah to lift the misery of our nation, and guide us to the righteous path.

Ramadan is the month of charity and excellence, it is the time when families gather around and bond, it is the month when the generous spend from what Allah blessed them to ease the life of poor, the weak, the orphans, and the widows.

Allah the most High says: "And they give food out of love for Him to the poor and the orphan and captive, (Saying) "We only feed you for Allah's sake: We do not wish from you neither reward nor thanks" (Al-Insan:8-9)

We remind you of the words of the Prophet Muhammad (pbuh): "The believer's shade on the Day of Resurrection will be his charity, until the judgment of the people finishes." (by Ahmad)

Seize this opportunity during this great month and do more acts of goodness so that you may be rewarded, as the suffering of the Muslims are a lot, their orphans are a lot, and the weak among them are in need of you, and Allah commanded us to help them and stand by their side.

With your support and donations, in Ramadan we are able to reach over 250,000 of the most vulnerable in over 24 countries:

Syria, Palestine, Central Africa, Lebanon, Jordan, Iraq, Kyrgyzstan, Pakistan, Kashmir, Afghanistan, Bangladesh, Burma, India, Sri Lanka, Egypt, Tunisia, Somalia, Sudan, Eritrea, Niger, Senegal, Bosnia and Herzegovina, Kosovo, Indonesia.

To contribute to the projects of Ramadan: Zakt Al Maal, Zakat al-Fitr, Iftar, Eid gifts, Orphans, Water Wells, and Sadaqa Jaariya, you can logon to www.hai.org.au or call 08 7200 2882 or visit our Adelaide Office at Level 1, 53 Henley Beach Rd, Mile End SA 5031.

Prophet Muhammad (pbuh) said: "Allah aids His slave, as long as His slave is aiding his brother."

We ask Allah to bless you, your wealth, and your family.

Ramadan Kareem

Wassalamou Alaykum wa Rahmatullahi wa Barakatuh.

visit www.hai.org.au



Want to make the most out of this Ramadan?



Towards a Productive Ummah!

From our brothers at ProductiveMuslim.com is a guide to developing spiritual habits this Ramadan to make it spiritually uplifting and productive. We ask Allah to make it a success for us all. Ameen.



For more beneficial tips on productivity and self-development, log on to www.productivemuslim.com

Sisters Section

Super Glue!

By Um Asyraf

Keeping a warm and positive relationship with our kinship is one of the ways to preserve our ummah and nation at large. As believing Muslim women, we should view the efforts of maintaining kinship as one of our life's agenda. It would not only create a harmonious ambience surrounding the lives of our children; at the same time, it characterizes the community and the ummah in its nature and structure.

Maintaining Kinship – Our Duty

Maintaining the ties of kinship is one of the major values in Islam. Allah (swt) says: "O mankind! Be dutiful to your Lord, Who created you from a single person (Adam) and from him he created his wife (Hawwa), and from them both He created many men & women; and fear Allah through Whom you demand, and (do not cut the relations of) womb (kinship, blood relations). Surely Allah is Ever an All-Watcher over you." (4:1) This verse has lucidly enlightened that maintaining kinship is not a recommendation instead an order from our Creator.

Establishing Kinship – Our Role

One of the main constraints in our current life is that we don't have time for others. Our daily activities are centered on building our own family, and become selective of people we call friends. Our lives are becoming distant to the real purpose of life which Allah has ordered us to lead – building the Ummah. Accordingly, one of the easiest ways to perform our mission in life is to help maintain kinship. Muslim women can take on this responsibility through various ways in which the law in Sharia permits; for example:

- 1) Maintain good relations with relatives by showing respect, care and sympathy. Visit them at times of sickness and be a good support at times of trials.
 - 2) Help them emotionally and physically. By being there for them when they need us, inadvertently, we may help them cope with their challenges. In significance, we will be taking lessons from their challenges as well.
 - 3) Buy them gifts within your means. It is the thought that counts. The Prophet (PBUH), said: "Give gifts to one another, for gifts take away rancour."
 - 4) Help them financially during tough times. If we were to spend our money that had been given by Allah, then our relatives command their due. Allah says: "They ask you (O Muhammad) what they should spend. Say: Whatever you spend of good must be for parents and kindred and orphans and Al-Masakin (the poor) and the wayfarer and whatever you do of good deeds, truly Allah knows it well." (2:215)
- Additionally, by sharing what was given to us by Allah will not decrease our wealth. The Prophet (pbuh) said: "He who would like to increase his provisions and remain mentioned with goodness among the people should maintain good ties with his kinship."
- 5) Have patience in maintaining kinship even if they do not maintain their relation with us. The Prophet (pbuh) said "The person who perfectly maintains the ties of kinship is not the one who does it because he get recompense by his relative. But the one who truly maintains the bonds of kinship is the one who persist in doing so, even though others have severed the ties of kinship with him".

Values in Establishing Kinship – Our Gain

Our role is defined and implementing it is an ongoing exertion. In solace we know, in an environment where strong kinship is maintained, principled and righteous characteristics grow and; faithful, dependable and trustworthy generations are established. We may face with the challenges in our zeal to maintain kinship. However, the gains are aplenty. It isn't the gain we may see today, but in faith we know it would be there for those who are resilient in their efforts to uphold the trust given by Allah. The Prophet (pbuh) said; "Kinship is derived from Allah. If anyone maintains ties of kinship, Allah maintains ties with him. If anyone cuts them off, Allah cuts him off." And, Ibn Umar said, "If someone fears his Lord and maintains ties of kinship, his term of life will be prolonged, he will have abundant wealth and his family will love him." Allahu 'alam

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.

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

Teachers Wanted!

Teach Quran, Arabic & Islamic Studies & get paid!
Males and Females needed. No teaching experience necessary.
Certified training provided by the Education Department of SA.
Age of students taught 5-15.

Interested?

Contact: IICSA Arabic School on **7226 6268** or **0435 435 587**
or email admin@iicsa.com.au



Human Appeal
INTERNATIONAL - AUSTRALIA

PAY YOUR ZAKAT AL FITR
24/7 during Ramadan
Call 0452 320 110
Adelaide Office:
Level 1, 53 Henley Beach Rd, Mile End
Ph: 08 7200 2882 Fax: 08 7131 9209
Email: sa@humanappeal.org.au

Light of Adelaide
THE VOICE OF ADELAIDE MUSLIMS

Adelaide Muslim Prayer Times

"Whoever believes in Allah and the Last Day, let him maintain the bonds of kinship"

A Division of the



Adelaide's Biggest!

Eid

Eid Al-Fitr

Prayer & Festival

PRAYER: Bonython Park
FESTIVAL: Rymill Park
www.iicsa.com.au

FREE ENTRY!

July - Ramadan/Shawwal

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

August - Shawwal/Dhul Qa'dah

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

September - Dhul Qa'dah/Dhul Hijjah

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

حلال

ADAM'S halal butcher

LAMB - BEEF - CHICKEN - GOAT
& SMALLGOODS

Tues - Sun 9:30AM - 8PM

59B WOODVILLE RD, WOODVILLE. PH 8347 3576

We also cater for Qurban, Aqiqah & Shop Orders

AusStar Meats

Lamb, Beef, Chicken, Goat & Deer

92-100 Manton St Hindmarsh. Ph: 0433 173 554

Open Thursday-Sunday 9am-5pm

حلال
HALAL

Local News



Brought to you by **iNEWS**

With the permission of Allah Eid Festival is getting a revamp! We will be moving to a beautiful location, Rymil Park off Bartels Road. After all the events held in Bonython Park it is time to look to an exciting and fun event at Rymil Park. Rymil Park is beautiful and enjoyable for everyone and only a short distance from the City.

With all actions of Muslims, we should remember that Allah is watching and must be acting with the best manners. Some of which are:

- 1) Following the directions of the staff and marshals on the day.
- 2) Obey road rules.
- 3) Not inconveniencing people with our actions.
- 4) Being patient with everything that befalls us.
- 5) Having good manners to those we know and those we don't.

And most importantly make dua for all the Muslims

We need to keep in mind that some people became Muslim from the normal everyday actions of the Prophet Muhammad (pbuh). So here we learn that our everyday conduct in public is dawah. So as Muslims, it is a trust that we act in public like we are giving someone Dawah.

May Allah bless you all and Inshallah we will catch you at Rymil Park for another fantastic Eid Festival!

Muslim Tech



By Ihsaan Fusion

Join millions of Muslims from all around the world who benefit from the du'aas (supplications) in "Fortress of a Muslim" on a daily basis. MyDu'aa is the first fully-featured application to bring you the complete collection of authentic du'aas compiled in Fortress of a Muslim ... all with a unique and user-friendly experience.

IT FEATURES:

COMPLETE COLLECTION from Hisnul Muslim

(Fortress of a Muslim)

- 285+ authentic du'aas (with more coming soon)
- Duaa's for every occasion

READ & CONNECT

- Arabic
 - Transliteration
 - English Translation
- ### LISTEN & LEARN
- High quality audio
 - Beautiful recitations for each du'aa
 - Looping feature to assist with memorization

MYFAVORITES

- Quickly bookmark any du'aa with a single tap
- Favorites section for easy access to your personal compilation

SHARING MADE EASY

- Facebook
- E-Mail
- Text Message
- AirDrop
- Clipboard

AVAILABLE FOR:

IPHONE & ANDROID

Search for: **IhsaanFusion**

RamadanTV

ADELAIDE'S MUSLIM COMMUNITY ON TV!

IS BACK!

Everyday of Ramadan!

STARTS JUNE 28TH

FAJR EPISODE
5:30am-6:00am

IFTAR EPISODE
5:10pm-5:40pm

Quran, Hadith,
Ramadan Reminders,
& SA's Community on TV!

**With Athan at time
of FAJR & IFTAR!**

Islamic Information
Centre of SA
www.iicsa.com.au

CHANNEL
44
adelaide television

MyDu'aa

The must-have app for every Muslim with a smart phone

Fortress of the Muslim in your hand.

Easy Arabic, English & Transliteration.

Audio for each dua.

Send Dua via: SMS, Email & Facebook.

Apple & Android.

THE STORY OF KNOWLEDGE IN ISLAM PART 2

By Samer Abukwaik

Islam emphasizes the importance of knowledge, and Islam came as a starting point for a new era. An era where mankind will live a life based on knowledge, a knowledge that will bring truth, guidance and wisdom.

However, misconceptions along the way emerged and lead to strict the knowledge in Islam to very specific areas such as the Sharia Sciences, and turned a blind eye on all other sciences of life. This was definitely one of the main reasons behind the collapse of the Islamic civilization.

THE MISSION

"And when your Lord said to the angels, 'Indeed, I will make upon the earth a guardian' (2:30)
"He has produced you from the earth and settled you in it" (11:61)

Allah SWT gave mankind a critical mission on earth, to nurture, build and construct all aspects of life. How can we discover the treasures in this earth, or establish a life on earth without seeking knowledge in all areas of life and implementing all sciences such as law, medicine, engineering, economics, management, technology and the list goes on. How can we fulfill the mission Allah SWT gave to us when the concept of worshiping Allah SWT is restricted to prayer, fasting, Haj, and similar rituals.

THE COMPASS

"Except for those who have believed and done righteous deeds and advised each other to truth and advised each other to patience" (103:3)

The prophet PBUH said "Actions are to be judged only by intentions and a man will have only what he intended." Sahih Bukari.

To discover and cultivate all the sciences of life is one of the forms of worshiping Allah SWT, if the intention is pure, sincere, and it falls in the circle of righteous deeds. One of the major attributes of the Islamic civilization, where it has a spirit and boundaries based on a divine source, is that it is the only civilization that existed on earth with a religious foundation, while other civilizations were based on manmade philosophies and ideas.

The Islamic vision of life and sciences is positive, responsible and constructive. There are no contradictions at all between science and religion, in fact it draws a picture where religion and science co-exist without conflict.

THE HOUSE OF WISDOM

The house of wisdom is one of the examples in the history of Islam, where religion and life meet to form a golden era and encourage sciences in all aspects of life.

It was established by the Caliph Harun Al-Rashid in Bagdad in the second Hijri century. It was a huge library that contained thousands of books from all over the world such as India, Persia and Greece. The library was divided into rooms, some for books and reading, some for lectures and others for publishing and translation. Not surprisingly, most of the books were in the areas of medicine, mathematics, chemistry, philosophy and astronomy.

Baghdad at that time was the absolute destination for knowledge seekers from all corners on earth.

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

Image: The House of Wisdom in Baghdad, Iraq.

SCORE BOARD



By Patrick Ernst (Club President)

Asallaam alaykum dear brothers and sisters.

This season, Alhamdulillah, is progressing in a very positive way for our club, SA Central Soccer Club. When I look back at the challenges, the changes and the results of our efforts over the last 4 seasons, I am very happy with our development.

Our teams have performed very well this season. We are fielding under 7, 9 and 10, under 12 and under 14 Junior Soccer League teams and A and B Division 4 adult teams in the SA Amateur League completion.

The most outstanding results are coming from our Under 12 team. The U12's have won every match other than 1 draw in the league games and are currently top of the table. They have been very competitive but also demonstrate on the field great team spirit and good manners to the opposition.

The Under 14's had a fairly slow start but soon got their confidence. We are now seeing good results with some wins and draws. The boys are working as a team and playing well against some very strong clubs. In sha Allah they will continue to improve as the season moves on.

Our open teams are doing well in the Amateur League, with the A team currently sitting 3rd ladder. We can hope that this position will improve as the team is bonding well as a team. The B team are younger and less experienced but, again, are performing well. It is really worth it to come to our home ground at Cowandilla Primary School on Sundays from 1:00pm when we have our home games. It is great entertainment (with a playground for young children) and is a great support for the players.

Our youngest players in the Miniroos small-sided competitions are having a great time. They are learning a lot of new soccer skills and how to play as a team. They have had some wins and some losses but it is all a learning experience for them. We can all look forward to seeing

these young boys grow and develop as good players and great teammates in the coming years in sha Allah.

Ramadan is nearly here and, of course, this does have an effect on our club, as we celebrate this wonderful month. Matches for Under 14s & Under 12s have been rescheduled to be played outside the month of Ramadhan but Amateurs, U10s, 9s & 7s will continue as normal with matches on Sundays.

We do not want the boys to lose their skills and fitness during Ramadan. The weather will be cool so easy for them to train after iftar. I am asking all parents to make sure your boys attend the training and be responsible to the teams. Ramadan is not about being unhealthy – it is about the efforts that we put into our fasting, our worship and our beneficial activities.

RAMADAN TRAINING ON WEDNESDAY AND FRIDAY IS STILL ON.



KIDS CORNER

IMPORTANT DUA'S FOR RAMADAN

WHEN BREAKING YOUR FAST:

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ الْعُرُوقُ، وَتَبَّتِ الْأَجْرُ إِنْ شَاءَ اللَّهُ

Thahabadh-dhama'u wabtallatil-'urooqu,
wa thabatal-'ajru 'inshaa'Allaah

The thirst is gone, the veins are moistened and the reward is confirmed, if Allah wills.

AFTER EATING:

الْحَمْدُ لِلَّهِ الَّذِي أَطْعَمَنِي هَذَا وَرَزَقَنِيهِ مِنْ غَيْرِ حَوْلٍ مِنِّي وَلَا قُوَّةَ

Alhamdu lillaahil-lathee 'at'amanee haathaa, wa
razaqaneehi, min ghayri hawlin minnee wa laa
quwwatin

Praise is to Allah Who has given me this food and sustained me with it though I was unable to do it and powerless.

MEMORISE ME!

ON LAYLATUL QADR:

اللَّهُمَّ إِنَّكَ عَفُوٌّ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

Allahumma innaka 'afuwun tuhibul
'afwa fa'fu 'anni

O Allah, You are Oft-Pardoning and
You love to pardon, so pardon me.

WHEN ENTERING THE MASJID:

أَعُوذُ بِاللَّهِ الْعَظِيمِ، وَبِوَجْهِهِ الْكَرِيمِ، وَسُلْطَانِهِ الْقَدِيمِ، مِنَ
الشَّيْطَانِ الرَّجِيمِ. [بِسْمِ اللَّهِ، وَالصَّلَاةِ وَالسَّلَامِ عَلَى رَسُولِ
اللَّهِ] اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

A'oothu billaahil-'Adheem, wa bi-Wajhihil-Kareem,
wa Sultaanihil-qadeem, minash-Shaytaanir-rajeem.
[Bismillaahi, wassalaatu] [Wassalaamu 'alaaRasool-
lillaahi] Allaahum-maftah lee 'abwaaba rahmatika.

I seek refuge in Almighty Allah, by His Noble Face,
by His primordial power, from Satan the outcast. [In
the Name of Allah, and blessings.] [And peace be
upon the Messenger of Allah.] O Allah, open before
me the doors of Your mercy.

OBEYING
ALLAH & HIS
MESSENGER

JANNAH
AHEAD

BEING GOOD
TO YOUR PARENTS
GOOD MANNERS

Street Talk!

A MESSAGE TO THE YOUTH THIS RAMADAN

So you have just been given the opportunity of a lifetime! You're at Rundle Mall, and you have 3 hours to buy whatever you want on an un-limited credit card! What would you think of someone who misuses or even rejects this amazing offer? Crazy? Insane? In such a situation there's no time to waste right? Every minute you waste could be a pair of Nike shoes you miss out on, or a new ps4 or whatever...

But this is material only. It's all going to end. How then do you feel if the Lord of the Worlds has been extending His Invitation to YOU, every year with an opportunity to gain the key to Jannah, and you have been wasting every single minute of it?

Ask yourself, how many Ramadan's have I wasted? How many months have went by and I still listen to music, still watch TV, still spend hours on facebook, still talk behind backs, yeah I go to the occasional taraweeh but only to see my friends.

Hasn't Allah, despite your ignorance and short sightedness been the One who allowed you to live this month to repent, reflect and come clean with Him? Can't the situation become any clearer?

My brother, my sister...This Ramadan, Allah is inviting you!

Most of us young people see this as a month of eating, when in fact it's the total opposite. It goes far beyond that! Let us understand the beauty of this month through a simple example. When your computer has too many viruses, internet become slow, programs become un-reliable and it might even get hacked! So you re-start it on "safe mode" right? Similarly, Allah is giving us 30 days to REFLECT over ourselves, drop our egos, kill our pride, STOP OUR SINS, refine our character, fix the relationships with our parents, clean our intention and GET CLOSER TO ALLAH. So Ramadan acts as that much needed 'Virus check on the soul.'

A lot of us fall short to our desires, and even though we realize we are doing wrong, its 'too hard' to stop. Ramadan is that push you have been waiting for. Practically, we need to set a program for ourselves this month! Let's have the intention that this Ramadan (If Allah gives us life) might be our last!

- 1) **Intention** – Everything in Islam starts from the intention, This is between you and Allah.
- 2) **Quran** –become a companion of the Quran. Listen, read and learn about this book. Put a suitable program for yourself. 10 pages a day. If you can't read, then learn! Be consistent, See the difference!
- 3) **Struggle** – Struggle against your desire to eat, see, hear and do Haram. Strive for any opportunity to get rewards. (Make Dhikr, Masjid, pray Sunnah) Keep your foot on the accelerator!
- 4) **Dua** – Don't ignore the problems you have, all you need is Allah. Be constant in your request. He is the One that said "I am Near, I will respond to the one who calls upon Me." (2:186)
- 5) **Consistency** – Ramadan is what you need to change. Let this be a change for good.

May Allah help us to come closer to Him this Ramadan. Ameen.

is LIFE JUST
A GAME?



Food for thought...



By Dr Mohammad Gadi

Just like anything else in life, we should have a clear approach to food and drink that is in accordance with what Allah wants from us. The reason is clear; when we try to follow the path which Allah wants us to take, we will reap the rewards in this world and in the hereafter. Let's think about the following authentic narrations.

Al-Miqdam ibn Ma'd reported: I heard the Messenger of Allah, peace and blessings be upon him, say: "There is no vessel which the son of Adam can fill more evil than his stomach, for it is sufficient for him to take a few mouthfuls in order to straighten his back, but if he must, then fill one-third with food, one-third with drink, and one-third with breath." (Sunan Ibn Majah: 3349)

This is the Prophetic approach to eating. Eating is for the purpose of achieving sufficient energy to allow physical activities. It is not like what many of us do these days. When we are bored, we eat. When we see food, we eat. It is rare that we eat when we are hungry and when we do eat we overeat. The virtue of this is really enormous. The obesity epidemic in the world today is mainly caused by overeating, and it has become the main reason for many diseases.

On the authority of Abu Hurairah (radiAllaahu 'anhu) who said: The Messenger of Allah (peace and blessings be upon him) said, "Allah the Almighty is Pure and accepts only that which is pure. And verily Allah has commanded the Believers to do that which He has commanded the Messengers." So the Almighty has said, "O (you) Messengers! Eat of the Tayyibaat [all kinds of good, Halaal (legal) foods], and perform righteous deeds." [Al Mu'minun 23:51]

and the Almighty has said, "O you who believe! Eat of the good things that We have provided you" [Al Baqarah 2:172]

Then he mentioned [the case] of a man who, having journeyed far, is dishevelled and dusty, and who spreads out his hands to the sky saying "O Lord! O Lord!", while his food is Haraam (unlawful), his drink is Haraam, his clothing is Haraam, and he has been nourished with Haraam, so how can [his supplication] be answered ?! [Narrated by Bukhari and Muslim.]

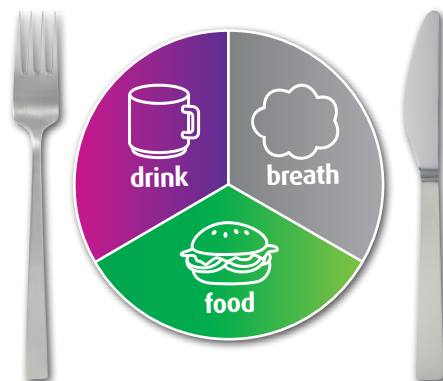
Here we can see that food has a direct relationship with our spirituality.

Firstly, avoiding forbidden food or drink means submission to what Allah wants from us. Certainly it is for the good. We realise now that haram food/drink can also be harmful physically.

Secondly, the act of eating can become an act of worship and will be rewarded if intended to please Allah and done in the manners that our Prophet showed us.

Thirdly, we are constantly reminded that whatever we eat is from Allah and not from our effort. Look at the kinds of foods and drinks available to us; If Allah did not will for those plants and animals to grow, for example, then there won't be food in front of us.

Lastly, the acceptance of our supplication to Allah is affected by what we eat. We should always count our actions and think whether the event that happens to us is potentially from haram food we consume.



Mexicano Fajitas [Chicken]

Healthy & Tasty

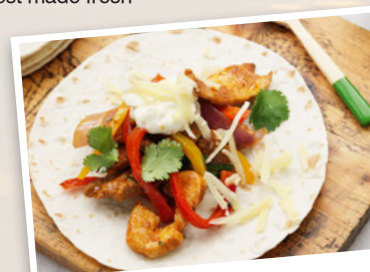
By Blarra Jeroff

Ingredients:

4 chicken thighs, thinly sliced
1 large red onion, thickly sliced
1 green capsicum, sliced
1 red capsicum, sliced
3 garlic cloves, sliced
1 tbs paprika
1 tbs garlic powder
1 tsp dried oregano
2-3 tbs light soy sauce
2-3 tbs cooking oil
Salt and pepper to taste
Tortillas
Sour cream
Shredded lettuce
Guacamole (optional)
Tomato salsa (finely diced tomatoes and red onion with a pinch of salt)

Method:

- 1) In a large non stick pan heat the oil and add the chicken
- 2) Once chicken is cooked and browned add onion, capsicum and garlic and cook for 2-3 minutes
- 3) Once the capsicum has softened slightly add the salt, pepper, garlic powder, oregano and soy sauce and cook for a couple more minutes
- 4) Turn off the heat and you are ready to assemble
- 5) To assemble: Lay a tortilla on a plate and smear a spoon of sour cream, then top with some chicken and capsicum mixture and finally lettuce and tomato salsa. Make sure not to overfill the tortilla as this will be difficult to wrap and eat
- 6) Assemble and wrap each tortilla as you eat as its best made fresh



Strawberry

Great Health Benefits

You'll be surprised to know that some countries around the world actually call strawberries as "the queen of fruits" just because of its great health benefits. Compared to fruits like apples, oranges or bananas, strawberries have the highest amount of nutrients.

1. Help burn stored fat

The red colouring contains anthocyanins, which stimulate the burning of stored fat.

2. Boost short term memory

The anthocyanins boost short term memory by 100 percent in eight weeks

3. Low in Calories – High in Fiber

One cup contains only 54 calories.

4. Lower cardiovascular disease

Flavonoids - which are responsible for the colour and flavour of strawberries - lower the risk for heart disease.

5. Promote bone health

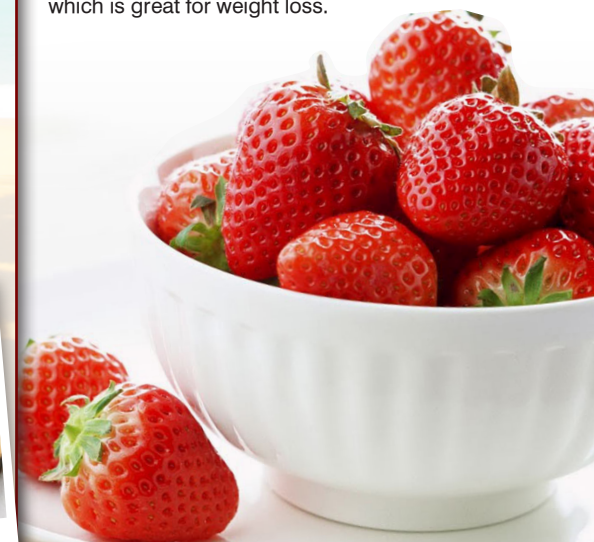
Strawberries contain potassium, vitamin K and magnesium which are important for bone health.

6. Rich in vitamin C

As little as they seem, they are packed with vitamin C – keeping you healthy this winter!

7. Good for weight loss

The compound nitrate found in strawberries promotes blood flow and oxygen in our body, which is great for weight loss.



Welcome to Muslim Index.

An IICSA Initiative to help unite business and customer, seller and buyer.

To advertise, contact 0452 320 110.
We ask Allah (swt) to make it beneficial for all.

sotra

kebab house

Halal Family Restaurant
60 West Terrace Adelaide
(08) 8212 1105



حلال
HALAL

Queen Piza

PIZZA & SEAFOOD

SPECIAL #1 \$29.⁹⁰
2x Large Pizzas
2X Garlic Bread
1.25lt Drink

SPECIAL #2 \$15.⁹⁰
4x Butterfish
1 X Chips

26 DAWES ROAD, ASCOT PARK

Ph 8374 1494

DINE IN - TAKEAWAY - DELIVERY

OPEN

7 DAYS

4PM - 9:30PM

Specials do not include Half/Half & Gourmet

Food/Services

ARYA آریا سوپر مارکت

SUPERMARKET
GROCERY STORE - BUTCHER - BAKERY

**Fresh Lamb, Goat, Beef,
Chicken, Frozen Fish,
Sausages, Fresh Bread, Rice,
Spices, Vegetables, Herbs, Nuts,
Fruits, Kitchenware, Homewares**



4/5, 221 Henley Beach Rd,
Torrensville SA 5031
0411 780 279 or 0422 031 429
CAR PARKING AVAILABLE

OPEN 7 DAYS

Meat Supplier at time of print: South Ozzy Meats

Food/Services

Al Mina
Mediterranean Pastryerie

FINE QUALITY SWEETS

OPEN 7 DAYS 10am-10pm

2/362 Main North Rd, Blair Athol

Ph: 8260 6534

www.alminadesserts.com.au

**MARION RD
FISH & GRILL**

SEAFOOD - BURGERS - CHARCOAL CHICKEN

428 MARION RD PLYMPTON 5038

TUES-SUN 11:30AM - 9PM

PH: 7225 8722

HAND SLAUGHTERED CHICKEN

GUAVA

OPEN
7 DAYS

**HIJABS (ALL KINDS),
CAPS & SLEEVES.**

HIGH QUALITY,
AFFORDABLE PRICES
1/180 RUNDLE ST, ADELAIDE
PH 8227 1128



**TWO BROTHERS
HALAL BUTCHER**

BEEF, LAMB, GOAT & CHICKEN

164 RIDLEY GROVE, WOODVILLE GARDENS
PH: 08 8345 3920

PHONE ORDERS MOB: 0411 762 019



Day 2 Day
supermarket

Butcher | Groceries | Bakery

We provide Halal Meat (Chicken, Beef, Goat & Smallgoods) Groceries, Fresh Bread, Herbs & Spices, Sweets, Kitchenware and much more!

2-3/175 Henley Beach Rd, Mile End SA 5031

Ph: 08 8234 0733

Hamid: 0404 878 752 Arif: 0468 332 475

Open 7 Days 10:30am-8:30pm



Meat Supplier at time of print: South Ozzy Meats



Al Madina

HALAL GROCERIES & BUTCHER

10% OFF DURING RAMADAN

**WE SERVE FRESH HALAL
HAND-SLAUGHTERED CHICKEN!**

FRESH GROCERIES, BREAD, SWEETS,
COFFEE, DRINKS, NUTS, DAIRY & MORE!

**QUALITY BUTCHER PROVIDING LAMB,
BEEF, CHICKEN, GOAT & SMALLGOODS.**



WE SUPPLY RESTUARANTS, QURBAN, AQEEQAH & CUSTOM CUTS

26D DAWS RD, ASCOT PARK SA - PH 08 7226 6066 - MOB 0433 197 924

OPEN 7 DAYS 10AM-10PM

Paradise FAMILY MART

**Specialised in Pakistani, Indian & Bangladeshi
Spices, Foods & Groceries. We also provide
Halal Meat (Hand Slaughtered Chicken, Beef
& Goat), Frozen Fish and much more!**

1/645 Lower North East Rd,
Paradise SA 5075

Ph: 08 7070 1097

Mob: 0452 355 446

Mob: 0422 054 333

Agent for Western Union

Open 7 Days 10am-7:30pm



LOVE ON

Cafe & Deli

39 Gladstone road, Mile End, Adelaide, SA-5031

Trading Hours: Every day 7am- 5pm (Closed Tuesday)

Nothing can compare with freshly baked Turkish Toast with hearty scrambled eggs, mushrooms and tomatoes

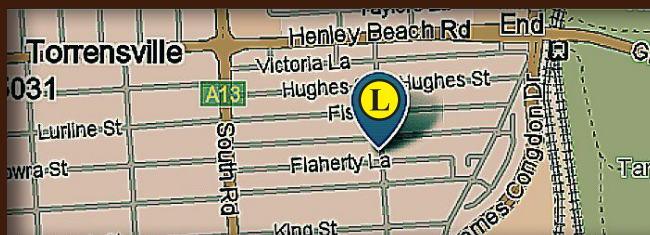


All you need is love. But a little Chocolate now and then doesn't hurt.



Freshly roasted Coffee from Di-bella. Made by SA champion Barista of the year 2009 is worth trying.

The blacker the Berry, the sweeter the Juice.



Contact: 0433 381 348 e-mail: loveoncafe@gmail.com
 Fb page: <http://goo.gl/k16Jk1>



Ramadan
Mubarak

رمضان مبارك

Do more this Ramadan

"Prophet Muhammad (pbuh) was the most generous of people. He was especially generous in Ramadan..."
 (Bukhari)

Donate Now

Call 1300 760 155 or visit
www.hai.org.au today.

You can pay your
Zakat Al-Fitr 24/7
 Call 0452 320 110

1/53 Henley Beach Rd, Mile End SA 5031
 PO Box 187, Torrensville SA 5031
 P 08 7200 2882 F 08 7131 9209
 E sa@humanappeal.org.au

DIRECT DEBIT DONATIONS:
 Human Appeal International
 BSB: 062191 Acc No.: 00903948
 Commonwealth Bank of Australia



Services



Come in and see for yourself why Emali early learning centres are setting the new benchmark in child care services.

- Ages 6 Weeks to 5 Years
- Educational/Development Programs
- Spacious, Indoor & Outdoor
- Fresh Nutritious Meals
- Friendly Qualified Carers
- Purpose Built Facility

Hectorville
38 Montacute Road,
Hectorville SA 5073
P (08) 8365 7571
F (08) 8365 7591

Salisbury
60 Winzor Street,
Salisbury SA 5108
P (08) 8258 5880
F (08) 8258 5803

Broadview
611 Regency Road
Broadview SA 5083
P (08) 8266 6895

Athol Park
13 Gateshead Street
Athol Park SA 5012
P (08) 8447 6333
F (08) 8447 3633

emali
early learning centre
www.emali.com.au

Do you have an Islamic Will?



Tindall Gask Bentley law firm helps Muslims prepare their Will in accordance with Islamic inheritance laws.

"It is the duty of a Muslim who has anything to bequest not to let two nights pass without writing a Will about it" - Sahih al-Bukhari

\$250
per
person

\$350
per
couple

Belal Moraby is the only Muslim lawyer in South Australia qualified to take instructions for Islamic Wills and Estate planning.

He can also help with injury, unfair dismissal and workplace matters.

tindallgaskbentley
lawyers

76 Light Square,
Adelaide

tgb.com.au
8212 1077

Adelaide Reynella Salisbury Mt Barker Whyalla Port Lincoln

Welcare dental clinic

- Bulk Billing for Medicare Child Dental benefits Scheme.
- Eligible children ages 2-17 entitled to \$1000.
- \$0 Gap for Exam and X rays.
- Saturdays and After hours appointment.

157 Tapleys Hill Road, Seaton
Ph: 8244 3144



Services

JORDAN BARBER SHOP

26B DAWS RD,
ASCOT PARK
8277 7782
TUES-FRI 10AM-5PM
SAT-SUN 11AM-3PM

PHOTOGRAPHY WEB DESIGN

0403 710 151
dieselsunday.com



MOBILE PHONE REPAIRS
Any phone, Any repair!
FREE QUOTES
ON THE SPOT REPAIRS
ALL BRANDS

246 Pulteney St, Adelaide

1300 DIGIMOB

Aussie Discount Chemist blakeviewpharmacy

Free Delivery, Free Medication Packs

Your Local Discount Chemist

Tel: 8254 6664

www.blakeviewpharmacy.com.au

82A Main North Road, Blakeview SA, 5114

www.facebook.com/AussieDiscountChemist



Services

"Mawson Lakes Medical Centre wishes
Happy Ramadan & Eid-ul-Fitr to all Muslim
Brothers & Sisters and their families"

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ وَإِذَا مَرَضْتُ فَهُوَ يَشْفِينِي



MAWSON LAKES MEDICAL CENTRE

Health care for the whole family Serving Mawson Lakes since 2004

WE ARE A BULK BILLING CLINIC

OUR GP TEAM WOULD LIKE TO WELCOME DR. TAHIR ARSHAD

(SPEAKS ARABIC FLUENTLY & SPECIAL INTEREST IN DIABETES)

OVERSEAS STUDENTS PAY NO GAP & DIRECTLY BILLED VIA OVERSEAS STUDENT HEALTH COVER (OSHC).
CONVENIENTLY LOCATED IN FRONT OF UNISA MAWSON LAKES CAMPUS/LIBRARY
Comprehensive General/Family Medical Services (including General Medicine, Women health and Paediatrics)
Affiliated Specialist Centre-Physiotherapist, Podiatrist, Hand Specialist, Clinpath pathology, Psychologist,
Psychiatrist, ENT Surgeon, Orthopaedic Surgeon + **More services available!**

Mawson Lakes Medical Centre Bigger and Better!

Alhamdolillah Phase 2 extension completed.



Mon - Fri 8am - 9pm, Sat - Sun 9am - 5pm
12 Main Street, The Promenade,
Mawson Lakes SA 5095 (Opposite Target)
Ph 08 8359 5133 Fax 08 8359 7004

WE HAVE MALE AND FEMALE GPS
(AFTERHOURS FEMALE DOCTOR ALSO AVAILABLE)

allphones
ARNDALE

ALL TYPES OF PHONE BRANDS



Adil Saeed 0403 713 439
Allphones Arndale
Shop 128, Arndale Central
Cnr Torrens Rd & Hanson Rd,
Kilkenny SA 5009
www.allphones.com.au



SPECIAL OFFER #1
2 MONTHS FREE!
IF YOU SWITCH TO VODAFONE!

SPECIAL OFFER #2
3 MONTHS FREE!
IF YOU SWITCH TO VODAFONE & GET A GALAXY S5!

Additional \$49.95 of FREE accessories
with any of the 2 Special Offers.

Fel-Fella

حلال
HALAL

pizza house & take away

MIDDLE EASTERN CUISINE

CATERING FOR EVENTS & OCCASIONS

NOW SERVING FRESH & COOKED

HAND SLAUGHTERED CHICKEN!

SPECIAL #1

1 x Whole Chicken
+ Med Chips
+ 2lt Coke

for only **\$23.90**

Only from 4pm-8pm

SPECIAL #2

2 x Large Pizzas

for only **\$23.90**

Pick up only

Excludes Seafood, Chicken & Gourmet
Only from 4pm-8pm

NOW OPEN FOR LUNCH! (11am)

219a HENLEY BEACH RD, TORRENSVILLE

DINE IN, TAKE AWAY or DELIVERY

Ph 8443 9922

Contact Jamal on 0421 666 337 or 0432 443 031



EMPOWER HER THIS RAMADAN

With your Zakat

**SMS “ZAKAT” TO
0438 44444 0**

OR SCAN

TO PAY YOUR \$10 ZAKAT AL FITR



*Making a World of
Difference*

 [fb.com/IslamicReliefAus](https://www.facebook.com/IslamicReliefAus)

Call 1300 308 554
[islamic-relief.com.au](https://www.islamic-relief.com.au)

Charity No. NSW 21816 | VIC 11867 | SA CCP 1937