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Community



**“You are the best of the nations raised up for (the benefit of) mankind;
you enjoy what is right and forbid the wrong and believe in Allah...”
(3:110)**

INSIDE! // WORKING FOR THE COMMUNITY // MUSLIM CONTRIBUTIONS
TO AUSTRALIA // A “COUPLE” OF ISSUES // FAT & COLESTEROL // ROLE
MODELS IN ISLAM // SOUNDS OF LIGHT // THE FABRIC OF SOCIETY // SA
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“Charity does not decrease wealth...” [Muslim]

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May Allah reward you

Bismillah

In the name of Allah, most Gracious, most Merciful

The Messenger of Allah, PBUH, as narrated by Jaber, RA, said, “The best among people is the one who is the most available to help them.” (Saheeh)

As we can see from this saying, the status of us all, as Muslims, is narrowly related to our usefulness to other people. Our actions define us and our faith. The commitment to sacrifice our time and efforts for others, offer them our hand, only for one reason - for the sake of Allah's pleasure, hoping that He, the Almighty, will put us down in the book of the useful and available to help others - what a mission and what a reward!

As Muslims, we have our obligations towards other Muslims, and obligations towards our fellow non - Muslims. There are so many ways for a Muslim to be useful and available for help in his community, for all those who need his help, and they are many, many more than we can imagine.

How to help and be useful to others? Let everyone do what he/she is best at. Let those who know tell it to those who do not, let those who do something easily help those who find it hard. Let us help those who do not understand to gain the ability to understand. Sometimes the best thing we can do is to prevent damage, no matter what it is called and where it comes from. Sometimes all others need is our smile and a warm word, the charity even a rich man is in need of.

Our community will be as prosperous as much as we make it such and we will be prosperous as much as our community is. It is a circle and it all comes back to us and our availability to help others and be useful.

May Allah make us of those who are the role-models for the pious. Ameen!

Ensar

Imam Ensar Cutahija
Adelaide City Masjid

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Community

"You are the best of the nations raised up for (the benefit of) mankind; you enjoin what is right and forbid the wrong and believe in Allah..." (3:110)

By Abu Obaydah

In the name of Allah we begin, and we thank Allah for whatever he bestowed upon us, and we ask Allah to pray on his messenger Muhammad (pbuh).

Accepting Islam requires commitment to Islam which requires proper creed, worship, and morals and observance of the Islamic guidelines for family life and personal self-discipline. In addition, true commitment requires every Muslim to dedicate his or her life for Islam and the community.

There are three broad categories of people:

The Materialists

The first group is secular in both ideology and practice. Regarding these people the Qur'an says: "And they say, 'There is nothing beyond our life in this world, for we shall not be raised from the dead'" [6:29]

"And they say, 'What is there but our life in this world? We shall die as we come to life, and nothing but Time can destroy us.' But of that they have no knowledge, they merely conjecture" [45:24]

A philosopher once said, "This universe was not created by either God or man. It has existed in the past and will be a torch of life that burns and dies in the future in accordance with the governing laws of nature." Lenin commented laconically, "This is

a pleasant description of dialectical materialism." When mankind ignores the existence of life after death, where all the deeds are accountable, the material world will be man's greatest goal and have the highest priority in his drive for knowledge. They will work for it and drown in their desires for its delights without limit.

The Functional Atheists

These people claim to be Believers but are captives of materialism. They believe formally in Allah and the afterlife, and even think they are doing good, but their belief, worship (if any), and morals are pretentious and have no practical effect in life. Basically these people are materialists even though they may perform spiritual acts. Functionally, these people are atheists.

The True Committed Muslims

view themselves as living only temporarily in the world. They understand the real meaning of life and the value of this world compared to the hereafter. The Qur'an says, "What is the life of this world but play and amusement? But best is the home in the hereafter for those who are righteous. Will you not then understand" [6:32] This worldly life can not deter them from pursuing the purpose of their creation in this life. Allah says in the Qur'an, "I have created Jinn and men only that they may serve Me" [51:56] The True Believer conceives the world as a field of struggle. His life, knowledge, business, wealth, home, thoughts are devoted to obeying Allah and fulfilling His will.

In contrast, the materialist uses the same capabilities to fulfill his selfish desires. This is evident in most of the achievements of modern civilization. The goal of this civilization is to maximize human pleasure and not to develop man and the universe toward peace and harmony. Most of the human inventions, such as the automobile, aeroplane, refrigerator, dryer, washer, furniture, clothes, music, and thousands of industrial products are designed to fulfill the human desire for physical ease and enjoyment. Islam encourages scientific and industrial research, development, and production, but only in accordance with moral guidelines in order to assure that our material progress will not cause harm and instead will benefit the entire community of man.

Those who live by Islam and for Islam must follow the teachings of Islam, so that its teachings in their lives are distinguishable from the non-Islamic patterns of others.

A life committed to Islam is:

1) Action-Oriented

Commitment to practical action is essential because faith is not a mere idea but it is rooted in your heart so that its truthfulness can be proved by action. Allah, the Almighty, has said, "Verily man is in loss, except such as have faith and do good works" [103:2-3]. He also says, "Do you enjoin right conduct on people, and forget (to practice it) yourselves, and yet you study the Book? Will you not understand?" [3:44] Finally, He says, "Grievously odious is it in the sight of Allah that you do not practice what you preach" [61:3]

"Unity is a blessing and disunity is destruction."

Al-Ghazali said, "Two men bring disaster to me, a virtuous man with his falsehood and an ignorant man with his adoration. The latter dupes people with his adoration and the former dupes people with his falsehood". The Prophet (pbuh) reminded the believers: Be a person who practices wisdom and not one who merely talks about it.

2) Problem-Oriented

A committed Muslim is aware of problems encountered by other Muslims and joins them in seeking solution. The Prophet (s) said "Move together with the book of Allah wherever it takes (You). Whoever does not pay special attention to the problems of Muslims, is not one of us. You are a corner of the corners of Islam, so don't let it be

attacked from your corner. Allah, the Almighty, has said, "But honor belongs to Allah and His Messenger, and to the Believers" [63:8] So lose not heart, nor fall into despair, for you must gain mastery if you are true in faith. [3:139]

Believing in Islam means to work in solidarity with others toward teaching the truths of Islam, enjoining right and combating wrong, establishing the Islamic personality and family, and establishing the Islamic community. Allah, the almighty, has said: [Allah to Moses], "We will certainly strengthen your arm through your brother." [28:35] "Help one another in righteousness and piety, but help not one another in sin and rancor" [5:2] The Prophet (pbuh) said, "A Muslim working with another Muslim may be compared to a strong building. Everybody is reinforcing each other. Allah's help is with the community. Verily, a fox will eat only a sheep who is away from the community"

You must be with the Muslim community and their leader. Unity is a blessing and disunity is destruction. Working for Islam means to reform oneself so that one's life teaches others true belief and Islamic behaviour. Working for Islam equally means to form an Islamic community that is committed to the Islamic way of thinking and Islamic way of life, and at the same time call others toward Islam - truth, peace, and justice. These responsibilities are obligatory not merely for the entire Muslim community but for every individual Muslim. Every individual who is careless or lazy in working for Islam is sinful. These sins of omission will not be forgiven until they take a quick action to carry out all their responsibilities and Islamic duties.

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



ISLAMIC CONTRIBUTIONS IN BUILDING AUSTRALIA

“YOU ARE THE BEST OF THE NATIONS RAISED UP FOR (THE BENEFIT OF) MANKIND...”

By Amanda Brown

The above verse from the Holy Qur'an best illustrates that the Muslim community can and should be of benefit to all other communities. Then who can benefit the most except for those who have the biggest need? Australia in the early years of settlement was indeed in great need.

Australia was claimed as a colony for the British in 1788. Through the first century of this nation there were very few rail lines, the roads that existed were dirt, there were no airplanes and cars were a long way from becoming common. European immigrants were flowing to Australia in order to build a better life for themselves; however the harsh reality was that for those living inland, life was very isolated. Droughts would deplete stock and crops and floods would take what was left. By the 1850s it was clear that horses and bullocks simply could not cope in Australian conditions such as sandy deserts, extreme heat and drought, only the camel can flourish in such conditions. One of the first invitations issued for Cameleers was to assist in the 1860-61 Burke and Wills Expedition, where the intention was to cross from Melbourne to the Gulf of Carpentaria. Cameleers were invited to assist on several other expeditions thereafter up until 1940, helping to chart and tame this large land.

Between the 1860s and the 1920s an estimated 2,000 Cameleers arrived in Australia from Afghanistan, Baluchistan and the North West region of India (now Pakistan).

These locations were foreign and exotic to the European settlers and so all Cameleers were (and largely still are) generalised as “Afghans”. Of these men a minority was Sikh but the overwhelming majority was Muslim. The men came on 2-3 year contracts with most going home at the completion; however an estimated 100 Cameleers stayed in Australia, pursuing business opportunities, taking local wives and raising families. During the influx of Cameleers they, in conjunction with some European entrepreneurs, imported more than 20,000 camels on top of those which were being bred in the north of South Australia. The Cameleers took what was needed, to where it was needed. Cargo included but was not limited to wool, water, stock feed, mineral ore, medicine and food stores.

In 1961 explorer Michael Terry discovered an authentic packsaddle of the Cameleer era, which he donated to the Sydney Powerhouse Museum. The packsaddles were handcrafted by the Cameleers and were so efficient that the design has never needed changing. The design allowed the camels to carry loads weighing up to 600 kilograms daily for hundreds of kilometres.

Today Australia is an established country, the continent has been connected, however the social and business scenes are still evolving. Muslims are making many positive contributions in both areas. There is abundant inspiration to be found in our many Brothers and Sisters whom Allah (swt) has granted success.

Let us acquaint ourselves with some better known personalities:

Ahmed Fahour, born in Lebanon and migrated to Australia with his parents in 1970. Mr Fahour is currently the Managing Director and CEO of Australia Post, the executive chairman of Startrack and the director of the Carlton Football Club.

Bachar Houli has become a leading influence for many young Australian Muslims; his dedication and commitment to his AFL career has enabled him to become a primary figure in his Muslim community. He currently works one day a week as an AFL cultural ambassador.

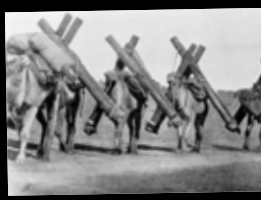
John Killeen is an intensive care paramedic practising in Canberra where he also works as an international vehicle safety consultant. John's award winning high-visibility markings are now displayed on emergency vehicles throughout the world.

Dr Ahmed Hassan performs and teaches paediatric and adult eye surgery in Melbourne. He has also worked for the Royal Flying Doctor Service in the Northern Territory, where he provided needed medical care to our most remote communities.

Dr Hass Dellal OAM is the Executive Director of the Australian Multicultural Foundation, which runs community programs and advises governments on how to support diverse communities. He is currently involved in philanthropic work with the Scanlon Foundation in promoting social cohesion and is a member of the Australian Multicultural Advisory Council.

There are also countless Brothers and Sisters excelling in their field who are not identifiable in the mainstream media, for example in the fields of research and medicine, where they have made many personal sacrifices and worked very hard.

As a result many lives have been saved and the quality of many more has been improved. Having taken a brief look at the contributions of Muslims to Australian infrastructure, business and culture in the past and at the present; now would seem to be an appropriate time to ask ourselves some questions concerning our own contributions.



EXPLANATION OF THE HOLY QUR'AN

"Be good to parents and to kinsmen and orphans and the needy and the close neighbour and the distant neighbour and the companion at your side and the wayfarer and to those owned by you. Surely, Allah does not like those who are arrogant, proud"
(An-Nisa 4:36)

The rights of the orphans and the needy

The third group mentioned in the verse is that of 'the orphans and the needy' whose rights were already taken up in some detail earlier in the Surah. But, by recalling it under the general head of relatives, the hint given is that one should consider helping orphaned children and helpless people as necessary as one would do for his or her own relatives.

The rights of the neighbour

The verse describes its two kinds - the close and the distant. A close neighbour' is one who lives next to your house, and 'the distant neighbour' is one who lives at some distance from it. The Holy Prophet SAW said: 'The best and the most superior is the best in relationship with his neighbours'. And a hadith in the Musnad of Ahmad reports: 'It is not permissible for a neighbour to eat his fill while his next door neighbour is hungry.'

The right of the Companion at your side

It includes a travel companion sitting by your side in a rail compartment, an aeroplane, a bus or a car. It also includes a person who is sitting with you in any common meeting. The instruction to treat such a person nicely is significant, the lowest degree of which is that you cause no pain to anyone with your word or deed, you say nothing which may hurt the feelings of the other person, you do nothing which embarrasses, annoys or troubles him, such as, a puff of cigarette blown towards his face, or a spit of things chewed deposited by his side, or a style of sitting which leaves very little space for the other person to sit.

The right of the wayfarer

A wayfarer is a person who, during your travel status, comes to you, or becomes your guest. Since this stranger Muslim or non-Muslim has no relative or friend around in the given situation, the Holy Quran by considering his predicament as a human being - has made the fulfillment of his right too as something obligatory. It means that one should treat him well, as much as possible and convenient.

The rights of bondmen, bondwomen, servants and employees

Concluding the list at number eight, it is said: "and those owned by you" which means bondmen and bondwomen owned. Their right too - that they be treated well - has been made equally obligatory. It means that one should not fall short in making sure that they have food to eat and dress to wear, and also that they are not burdened with jobs beyond their ability to handle. On the same analogy and on the sayings of the Holy Prophet PBUH these rules cover servants and employees as well, for they too have the same right. There should be no stinginess or delay in giving them their due salary, meals and so forth, and also that they are not burdened with jobs beyond their ability.

Arrogance hinders the fulfillment of rights

Anyone falling short of fulfilling the rights of the eight kinds of people serially mentioned earlier, must be none else but the arrogant and the proud - those who have an offensively heightened sense of superiority and those who love lording over others to exact esteem from them. May Allah keep all Muslims safe from it.

"Hadith"

Abu Sa'eed al-Khudree (RA) reported:
The Messenger of Allah (PBUH) said:

"Whosoever of you sees an evil, let him change it with his hand; and if he is not able to do so, then [let him change it] with his tongue; and if he is not able to do so, then with his heart - and that is the weakest of faith." (Muslim)

A monument's strength is the sum of each of its individual pillars, a single discrepant pillar discarding its rightful share of the weight burdens the entire collective. Thus a once proud monolith is left to ruin.

Just as a monument requires its pillars so too does faith mandate action. 'Either an individual adds unto or is an addition unto the world'.

The Friendly Reminder.

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

By Abdullah

If your dealings with people is based on how they deal with you then you are weak and thus your character will have traits of their good but also traits of their bad. Would you willingly accept for people's bad traits to become a part of your character? Have you not heard the words of Rasulallah (saws):

"Do not be people without minds of your own, saying that if others treat you well you will treat them well and that if they do wrong you will do wrong. But (instead) accustom yourselves to do good if people do good and not to do wrong if they do evil." (At-Tirmidhi)

Think of this advice every single time someone says or does something bad to you.

DAILY DUA'

THE WEAPON OF THE BELIEVER

Islam stands atop when it comes to unity, congregational prayers like Friday prayers, and hajj are examples of the advocacy of unity portrayed in Islam. Benefitting the community is an honoured obligation which can be amplified with dua.

These are some duas that we can implement in our daily lives to maximise our input for the community. What best resource for dua then the Quran;

Rabbana la tuzigh quloobana ba'da idh hadaytana wa hab lana milladunka rahmah innaka antal wahhab.

"Our Lord, let not our hearts deviate after You have guided us and grant us from Yourself mercy. Indeed, You are the Bestower."
(Quran 3:8)



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)

Prophet Mohammed (pbuh) said:

"The strongest person is not the one who is strong in wrestling. But the strong person is the one who is able to restrain himself when he is angry." (Bukhari)

The prophet taught us that even anger has manners. We are to remain calm and silent and not scream or shout, just like he did. Many conflicts among the community can be solved by being patient and following this sunnah.

Let's all be patient with our fellow brothers and sisters and remember this sunnah the next time we feel angry.

A "COUPLE" OF ISSUES

By Abu Ameena

When working in Dawa, often people approach you with problems being faced in their daily lives. Some of these problems are unique, but the vast majority are common, repeated, and easily rectified if we take our learning and attitude from Islam.

Allah SWT has given us the answers to all of life's problems – so either we do not know them, or we do not implement them correctly.

Over the years, I have found the below to be the most common issues that people have approached me with, here they are along with some Islamic advice on how to rectify them:

1- Trust issues between a husband and wife

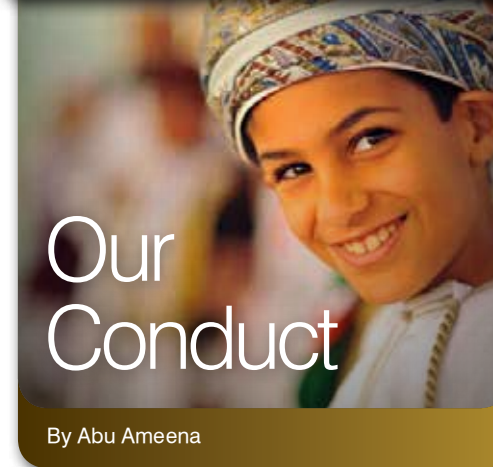
This is by far the most common problem people face, and it is indeed a sign of the times. To resolve this particular issue is something that takes dedication from both parties, as well as time. It takes a lot of work to build something, but only one mistake to tear it down. Do not be disheartened that it will take time and effort to regain trust, instead, commit to work together to restore your relationship. Always be honest with each other, one lie alone will destroy your credibility. At the same time, do not ask about things that you should not ask about, such as the previous sins or mistakes of your spouse. Let the past remain in the past, and remember that if someone has repented and asked Allah for sincere forgiveness, then Allah SWT has forgiven them. If Allah has forgiven someone's past sins, it is not appropriate to ask about them and make that person re-live the sin by having to talk about it.

2- Solving problems their own way

Couples trying to make their own rulings to solve their problems, rather than look to Allah and His messenger for guidance. Too often a husband and wife will have some issues, and come to seek help. They will each tell their side of the story, at length, and highlight every point they feel the other went wrong and what they believe to be the reason. I have been astounded that sometimes at the end of such exchanges, not one person has once mentioned what is halal and haram, nor what is preferred or stipulated in Islam. They both mention what they liked and disliked about the other person's actions, without any regard for what was allowed or disallowed.

As a simple example, imagine a husband very mad at his wife for always always waking him up for Fajr and not letting him sleep. It is a simplistic example, but the message is the same. Of course his wife has every right, in fact Allah SWT loves what she is doing, in waking her husband for fajr even if he is disgruntled. Without knowing that, the husband is complaining about it. If he knew what Allah and His messenger have said on the issue, he will thank her instead. In any disagreement, we should make Islam our compass. Find out from a learned person what Islam says about the issue, and whatever that is, follow it without hesitation. Allah SWT knows best about the human heart, He manufactured it Himself.

Support Group



By Abu Ameena

The field of Dawa is vast. There are many areas a person can choose to devote their time to in order to fulfil the responsibility of spreading the message of Allah SWT, these include areas of dawa to people already within the Muslim community, as well as dawa to people outside the Muslim community.

In either case, our conduct on a daily basis will affect how our message is perceived by our audience, whether they are Muslim or non Muslim. If you know a person who does not exercise, but is always telling you about the benefits of exercise, you may not take their advice too seriously. Similarly, if you know someone who is dishonest, but talks to you about all the reasons why you should be honest, it is likely their advice will fall on deaf ears.

Taking that idea further, if we do not live as Muslims, and conduct ourselves in Islamic ways, how effective will our dawa be? If we are constantly preaching about things we do not do ourselves, we will be seen as hypocrites or fools by those around us – or both.

Allah SWT says in the Quran,

"Do you order people to act properly and forget to practise it yourselves? All while you study the Scripture? Can you not understand?" [2:44]

Our own behaviour is the foundation of all our conversations. Those conversations that will either pull people close to Islam or push people further to Islam are all standing like towers on the foundation that we build through our daily interactions with people.

What kind of foundation will you have to your conversations? If you are sometimes dishonest, and you tell someone that you believe absolutely that the Quran is the true word of God – will they believe you completely or have some residual doubt in their minds? Prophet Muhammad PBUH never lied once, not as a joke, not as a prank, not in any way, shape or form. The quality stood out to such an extent that his nickname, or kunya, was "Al Ameen" – The Trustworthy.

Think back to the first time he made his prophethood public, in the third year after revelation, and remember his words to Quraysh. He stood on a small hill near the Ka'ba and yelled out "Wa Subaha!". This was the equivalent of sounding an alarm, and everyone stopped what they were doing and gathered around to hear what was so important. He addressed the gathered crowd and said "What if I were to tell you that behind this hill, there was an army approaching to attack you?".

The people replied:

"We have never known you to tell a lie"

After 43 years of building the reputation of infallible honesty and integrity, to the point that there was no doubt that whatever Muhammad said would be the truth, no matter how unlikely it may seem, he called out to warn his people about hell fire and give good news of paradise to the believers. Such was the reputation, the foundation of Muhammad PBUH.

Bearing that in mind, what does our foundation, our reputation, look like to the people in our lives?

Only when we start to live Islam will we have the credibility to invite others to Islam.

The Doctor



By Dr. Al Falah Dhanji

"You are the best of the nations raised up for (the benefit of) men; you enjoin what is right and forbid the wrong and believe in Allah" (3:110)

This is my first opportunity to write for LOA, and it's a little different.

Alhamdulillah we are Muslims! I sit in my clinic reflect on this daily. Our beliefs and our practices protect us from many problems, trials, sorrow and distress. If we can hold on to the rope of Allah SWT, ask for His guidance, then we can avoid these situations in sha Allah.

It is very important for parents to teach their children about Islam and the path that Allah SWT has laid before us. If we parents behave well ourselves and nurture our children, in sha Allah they too will grow up and pass on these qualities to their children. In sha Allah they will appreciate all they have, appreciate creation around them and they will be respectful and caring to their parents. They will be good citizens of this beautiful country and of the world at large. May Allah SWT make them rightly guided, upstanding examples of Muslims for non-Muslims to see.

Some of the biggest problems I see are drugs and alcohol, affecting both young adults and older people. Someone said to me that these may not affect our readers. I pray that this will be true, but some of us may see others affected at school, TAFE, university or even at work. These substances can cause accidents on the road and in the home,

lead to fights, addictions, problems with the police, self harm, bad behaviour towards parents, children or neighbours. They are also associated with depression, anxiety, panic attacks and schizophrenia. They damage the brain, lungs, kidneys and the liver. They are associated with life threatening diseases such as Aids and hepatitis. They are so addictive that people steal and even kill for them. May Allah protect us.

God's path will also in sha Allah keep us away from haram relationships between boys and girls. We may see our friends around us have boyfriends or girlfriends but this is not allowed in Islam. Young people are very emotional, hormones can be raging, but we must ask Allah to keep us strong and guided. Such relationships may seem fun, but often lead to emotional upset. There are risks of infectious diseases that can be spread and risk of unexpected pregnancies. May Allah SWT keep us pure.

My final observation is about mental illness such as anxiety and depression. Muslims do get anxious or depressed but what can be better than knowing that all our affairs are in the hands of our creator. He is there every second of the day to help us with any fears or problems. All power belongs to Him. He will test us but never more than we can bear and after every difficulty He promises us ease and comfort, peace and reward. So turn to him with all your problems as only He has the ultimate power.

I will answer any questions in the next issue in sha Allah.

Walaikum Salaam Wa Rahmatullahi Wa Barakatuhu.



The Pharmacist



By Sophia Kafrawi B.Pharm

Cholesterol and fats (triglycerides) play an important role in the body and are an essential part of healthy eating. In the body, cholesterol is required to make cell membranes, bile salts, hormones and vitamin D. The body also requires a certain amount of triglycerides as a source of energy. However, having too much cholesterol or fat in our blood can increase our chances of developing high blood pressure, heart disease and stroke. The higher your total blood cholesterol level, the higher your risk of heart disease. Ways to lower high cholesterol and triglyceride levels include healthy eating, lifestyle changes and medicines.

CHOLESTEROL AND TRIGLYCERIDES

There are two types of cholesterol, low-density lipoproteins (LDL) and high-density lipoproteins (HDL). LDL is called the 'bad' cholesterol because excess LDL cholesterol can build up in blood vessels and block the flow of blood. HDL is called the 'good' cholesterol as it helps to remove cholesterol from the blood. Triglycerides are used for energy or stored in the body and the excess builds up in body tissues as body fat.

DIETARY FATS

The body converts dietary fats into cholesterol and triglycerides. There are four different types of fats that occur in our food. The healthier fats which include the 'monounsaturated' and 'polyunsaturated' fats and the unhealthy fats which include the 'saturated' and 'trans' fats.

HEALTHY EATING

The healthier monounsaturated fats mainly occur in avocados, fish, some nuts (e.g. macadamias, almonds) and plant and seed oils (e.g. olive, canola). Polyunsaturated fats include omega-3 and omega-6 fats which mainly occur in oily fish (e.g. salmon, tuna), some plant and seed oils (e.g. canola, soybean, sunflower) and some nuts (e.g. pecans, walnuts). These healthier fats reduce the 'bad' cholesterol and increase the 'good' cholesterol in your blood, thus lowering your risk of heart disease.

The unhealthy saturated fats occur mainly in animal foods (e.g. meats, butter, cream, milk) and palm and coconut oils and trans fats occur mainly in commercially baked products (e.g. pies, cakes, pastries) and deep-fried fast foods (e.g. chips). These unhealthy fats contribute to the build up of fat inside the blood vessel which is a major cause of heart disease.

High LDL cholesterol and triglycerides levels are often caused by eating too much food containing unhealthy fats, therefore, one effective way to reduce cholesterol and triglycerides is to increase your intake of the healthier fats and decrease your intake of the unhealthy fats.

Other ways that can help include eating regular, healthy meals, including plenty of vegetables, fruit and wholegrain foods; limiting foods high in salt, sugar or fat; and using low fat cooking methods, such as grilling, steaming, stir frying and poaching instead of frying.

LIFESTYLE CHANGES

Lifestyle changes you can undertake to lower your LDL cholesterol and triglycerides include:

- Exercising at a moderate level for at least 30 minutes on all or most days of the week
- Maintaining a healthy body weight
- Stopping smoking

MEDICINES

If your cholesterol or triglyceride levels remain high despite a healthy diet and lifestyle, your Doctor may also prescribe a medicine to lower your cholesterol and triglyceride levels.

“IQRA” IS THE BEGINNING

By Samer Abukwaik

When the revelation came the first time to the prophet Mohamed PBUH, that moment defined a new sharp turning point in the history of mankind. It will have an echo that would last for eternity.

Baring in mind, all the different forms and levels of corruption that were rooted in all aspects of life, the revelation and a long and tough journey for the prophet, will start with word READ “IQRA”!

READ “IQRA”

“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, we should ask ourselves. 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, he didn't know how to read, nor how to write Why?

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 and assumptions inherited through their forefathers, and based on unauthentic resources, as Allah SWT describes them in Surat Alnajm, verse 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” which is “knowledge” was mentioned in the Quran almost 779 times including its derivatives.

THE HONEST, THE TRUSTWORTHY

“And indeed, you are of a great moral character”
Surat Al-Qalam:4

Allah SWT selected and prepared the prophet PBUH in a very special way. One of the qualities that made the prophet to stand out even before the revelation, was his character. And out of all the different traits of character he had, being “honest and trustworthy” were the most obvious traits people around him had recognized, to the point where he used to be known and called by the “the honest the trust worthy” at a very early age.

His wife Khadija told the prophet PBUH after he came back shivering from the cave of Hira:

“have the glad tidings, for by Allah, Allah will never disgrace you as you keep good relations with your Kith and kin, speak the truth, help the poor and the destitute, serve your guest generously and assist the deserving, calamity afflicted ones.”

The same man who was very well known for his honesty, will call his people to change their lives and follow a new path, a path full of purity, a path that will eventually lead to paradise.

What happens next will be discussed in the next article in sha Allah.

Contemporary Role Models of Islam

By Abu Yaseen

Seeking role models for inspiration is an intrinsic part of human nature. Allah has emphasised in the Quran the importance of good roles models because they can influence the character, personality and even belief of their admirers. This emphasis is clearly demonstrated in many verses directing us to take Prophet Mohammad PBUH – [Surah 33, verse 21], as well as other prophets [Surah 6, verse 90] as role models.

[Those are the ones whom Allah has guided, so from their guidance take example. Say “I ask of you for this message no payment. It is not but a reminder for the worlds.”]
Surah 6, verse 90

For some people, prophets are perceived as exceptional human beings, at least in terms of their relationship with Allah. Such perception may lead people to give themselves concessions not to precisely follow the footsteps of the prophets. Therefore, Allah has mentioned in the Quran a number of individuals who are not prophets, but have excelled in their obedience to Allah's commandments. These individuals were presented as role models. Examples include Mariam and her family (the family of Imran) [Chapter 2, verse 33 and 41], the wife of Pharaoh [Chapter 66, verse 11], the people of the cave [Chapter 18, verse 13] and others.

Role models mentioned in the Quran are undoubtedly the best role models. However, it may be difficult, especially for the younger generations to relate contemporary issues, challenges and concepts to those of a different era. This can create a gap between the younger generations and the role models mentioned in the Quran. This gap may even be widened when these historical figures are the only role models presented to younger generations, which may lead to a sense of

dissociation towards these role models, or even the values and beliefs they stand for. Therefore, it is important that we look for contemporary roles models who were successful in dealing with issues and challenges that are similar to what we face in our daily lives.

To clarify this concept, imagine the following scenario: a fifteen year-old teenager reading about generosity in Islam, and the only examples presented were for companions (may Allah be pleased with them) giving for the sake of Allah one hundred camels, or one thousand dirhams or a garden of palm trees. Surely, the teenager will understand that these companions were generous. However, it is unlikely that he/she would comprehend the magnitude of their generosity. This is simply because the dollar-value (a contemporary measure of generosity a teenager can relate to) of one hundred camels, a thousand dirhams or a garden of palm trees is unknown to the teenager, which may not provide enough inspiration to the teenager to become generous. Hence, the example set by the companion is undermined from the teenager's point of view.

Because of the importance of this topic, this section we will be dedicated to contemporary role models of Islam. InshaAllah, we will present snapshots of their life and highlight some of their major contributions towards the Ummah as well as their local communities.



Malcolm X



Abdul Rahman Sumait

Charity Concert



Alhamdulillah, Sounds of light 2014 came back with a bang! Running through 4 cities over 4 days, this entertainment spectacular gathered a crowd of over 7,000 people Australia wide and brought life changing sponsorship to over 2300 orphans from around the world.

The list of warm hearted entertainers who came together from around the world for this noble cause included the famous Maher Zain, Imam Siraj Wahhaj, Preacher Moss and Raef, as well as local talent Izzat Mahadi, Kamal Saleh and Farid Sanullah. They set the night alight with their spectacular voices, humour and reminders of doing good. The heart felt messages struck a chord with the audience as they pledged and donated generously.

The crowds across Sydney, Melbourne, Adelaide and Perth loved the atmosphere and all came out with a smile and a happy heart.

Most importantly, the orphans sponsored through this event benefit the most and now, from your generous donations, have hope for a better education, a better life and a better future. The things we normally take for granted.

For those that didn't get a chance to attend the event, you can still help and sponsor needy orphans around the world by calling us on 1300 760 155 or by visiting www.hai.org.au

Finally, From the bottom of our hearts, we ask Allah that He accepts from everyone who donated and helped and to reward everyone involved abundantly.

Your brothers and sisters from Human Appeal International Australia.

Garden College



By Garden College

By the grace of Allah (s.w.t) we take a great pleasure in sharing the blessings of the opening of our campus in Term 1, 2015 with you all. We will be operating the College from Reception to Year 06 and extending to secondary year levels in the following years.

We have 25 years' experience in Islamic Education with ILIM COLLEGE in Melbourne and IRFAN COLLEGE in Sydney serving up to 2000 students.

The College's mission is to provide a safe and caring learning environment that equips our students with the educational, life skills and positive attitudes to meet all the challenges and responsibilities with life after school. Our mission is a combination of organisational and community values blended with Islamic teachings.

We would like to invite all parents to come and visit our brand new campus based in Parafield Gardens and gain more information about the college.

Garden College
92 Shepherdson Rd, Parafield Gardens SA 5107
T: 08 8285 3975 E: info@gardencollege.com.au
www.facebook.com/gardencollege



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.

Support ICISA's work of spreading the true message of Islam by donating to any one of the projects below and receive the same reward insha'Allah!



ICISA
The main organising body of Muslim activities in Adelaide.
BSB 065 124 Acc No. 1027 9226



Light of Adelaide
Adelaide's only Muslim Publication with 12,000 copies and readership of 20,000.
BSB 065 102 Acc No. 1034 4602



ICISA Arabic School
Weekend Arabic School teaching over 400 students Quran, Arabic and Islam.
BSB 065 124 Acc No. 1027 9234



Eid Festival
Adelaide's premier Eid Prayer & Festival Creating an Islamic festive environment.
BSB 065 102 Acc No. 1034 4573



SA Centrals FC
Muslim Soccer club creating healthy, fit and well mannered environment.
BSB 065 004 Acc No. 1065 5537



ICISA Dawah
Working in spreading the true message of Islam to Muslims and Non Muslims.
BSB 065 102 Acc No. 1034 6114



ICISA Funeral & Hardship
A fund to ease the difficulties and hardships of the Muslim community.
BSB 065 124 Acc No. 1033 3229



Message TV
Weekly Islamic TV Program on Ch 44 for Muslims and Non Muslims.
BSB 065102 Acc No. 1036 5171

**Prophet Muhammad (pbuh) said:
"Sadaqa extinguishes sins just as water extinguishes fire" [Abu Dawud]**

Local News



Brought to you by **iNEWS**

AN IMPORTANT MESSAGE FROM THE SOUTH AUSTRALIAN POLICE

The Australian terrorist Alert Level has been raised to HIGH as a result of a heightened terrorist risk to Australia. While it is important that the public is aware of the increased threat, people should continue to go about their lives as normal.

SA Police accepts that this news may cause a level of anxiety and concern and we would like you to know that community safety is our absolute highest priority.

Unfortunately it is possible that some people in our community may unfairly blame particular ethnic communities or religions for the increased terrorist threat. SA Police want you to know, we are here to ensure community safety and will not tolerate race or hate crimes.

SA Police support the notion that nothing about terrorism is Islamic, terrorism is committed by criminals intent on advancing their own criminal goals. We believe it is important that you know that

SA Police acknowledge that the vast majority of Muslims are community minded citizens positively contributing to a safe and peaceful Australia. If you become aware of, or are the victim of abuse or intimidation or a crime is committed against you, we encourage you to report it to police. Whilst it might be that that type of behaviour may not always amount to a crime, it is important that we know about it, so we can continue our efforts to stop the behaviour.

SA Police know that we have a common goal and that is to live in a safe and peaceful environment. In helping to keep South Australia safe, we also ask, that if you:

Become aware of any person planning terrorist activity or planning to travel to foreign countries to take part in fighting or, if you know of anyone who has firearms or explosives illegally or, excess amounts of chemicals that you report it immediately to:

- Any police officer,
- Crime Stoppers on 1800 333 000
- The National Security Hotline on 1800 123 400

If your information is life threatening please call 000 or if it needs an urgent police response to you then call 131 444. All of the above options are available 24 hours a day.

SA Police would appreciate you spreading this information across your networks. South Australia police proudly supports a multicultural society and thank you for your efforts in continuing to contribute to safe and diverse community.

Bryan Fahy
Assistant Commissioner of Police
Security and Emergency Management Service
South Australia Police



Muslim Tech



By Imanimation Studios

MashaAllah! This is just Awesome!

Alhamdulillah finally a high quality App and DVD for our children teaching them how to make Wudu, how to Pray, How to recite Quran with Tajweed and lots of other fun activities.

With "Toy Story" like graphics, Ali and Sumaya teach your children how to read Quran and pray in a way thats easy to understand and fun to learn.

One of the best apps of its kind on the market, Ali and Sumaya's quality and knowledge and made them go worldwide.

We encourage you to check us out and look forward to teaching your child how to recite the book of Allah as Prophet Muhammad (pbuh) did and pray and he prayed.

Available for: **Iphone and Android**
visit www.aliandsumaya.com



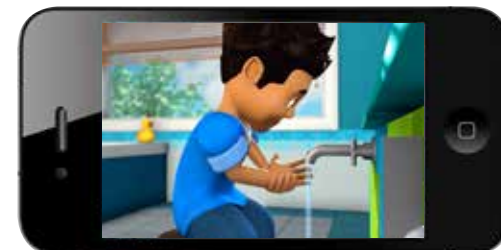
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Makhaarij Map



Qalqalah



**LEARN TO PRAY & READ
QURAN WITH ALI & SUMAYA!**



ADELAIDE MUSLIM PRAYER TIMES 2015

Light of Adelaide
THE VOICE OF ADELAIDE MUSLIMS

A Division of the
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Support IICSA's work of spreading the true message of Islam by donating and receive the same reward insha'Allah!

Acc Name: Islamic Information Centre of SA BSB 065 124 Acc No. 1027 9226



"You are the best of the nations raised up for (the benefit of) men..." (3:110)

January - Rabi Al Awwal/Rabi Al Akhar

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

February - Rabi Al Akhar/Jumada Al Awwal

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

March - Jumada Al Awwal/Jumada Al Akhar

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

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Sisters Section

THE
FABRIC
OF
SOCIETY

By Um Asyraaf

The role of the Muslim woman is distinctly defined and outlined in Islam. Her prime role is with the upbringing of her children and in being a dutiful wife. She is encouraged to carry out all the duties entrusted to her by Allah SWT with devotion and enthusiasm. The rewards and merits attached to accepting and assuming her primary duties are beyond tangible materials as reflected in the hadith:

Abu Huraira narrated The Prophet PBUH said, "The righteous among the women of Quraish are those who are kind to their young ones and who look after their husband's property."

Conversely, the woman's role is not only being a mother and a wife. Islam permits the women to perform Hajj (pilgrimage), to seek knowledge, take up employment and even run her own business. Muslim women are part of society, thus, they have a significant role to contribute in the development towards a truly Islamic society and beyond. In Islam, a woman is seen as an honour and an invaluable part of the Ummah. The activities she can engage in are varied and in some cases duties upon her which she must not compromise. Allah says:

"The believers, men and women, are protecting friends of one another; they join the ma'ruf (that which Allah commands) and forbid people from munkar (that which Allah prohibits); they perform salat, and give the zakat, and obey Allah and His Messenger. Allah will have mercy on them. Surely Allah is All mighty, All wise" (At Taubah: 71).

In history, there are many women who excelled in their own fields of knowledge:

1) Khadija b Khuwaylid (ra) was not only a businesswoman but had also played a central role in supporting and propagating the new faith of Islam and has the distinction of being the first Muslim. The Prophet PBUH himself has said: "God Almighty never granted me anyone better in this life than her. She accepted me when people rejected me; she believed in me when people doubted me; she shared her wealth with me when people deprived me; and God granted me children only through her" (Sahih Muslim).

2) Aisha bint Abi Bakr (ra), wife of the Prophet also played a major role as a transmitter of Islamic teachings and is widely renowned as one of the major narrators of ahadith.

3) Nusayba b Ka'b (ra), one of the earliest converts to Islam in Medina was most remembered for taking part in the Battle of Uhud, in which she carried sword and shield and fought against the Meccans. She shielded the Prophet Muhammad from enemies during the battle and even sustained several lance wounds and arrows as she cast herself in front of him to protect him.

4) Zainab Al Ghazali (closer to our current times) showed her commitment to the responsibility of carrying the da'wah for Islam to the community. Her focus of da'wah is seen to be rooted in her own words; "... God in our souls is greater than our souls, and His da'wah is dearer to us than ourselves..." and she further explains "...Those who have assumed the difficulties of this way and know - God willing - the secret behind the teachings of the Quran and Sunnah will never deviate from truth, good deeds and da'wah..."

Muslim women make up half of society and they are responsible for the nurturing, guidance and reformation of the subsequent generations of men and women. It is the women who helped imbue principles and faith into the souls of the nation. Allah SWT had ordained upon this Ummah the noble task of enjoining the ma'ruf and forbidding the munkar. The Muslim women must undertake this duty earnestly and with as much zeal as she carries out the other duties ordained by Allah SWT.

Wallahu'alam.

SCORE BOARD


www.sacentralfc.org.au

By Khaled Dahak

Asallaam alaykum dear brothers and sisters.

SA Centrals Soccer club announces

Training starts 6pm every Wednesday and Friday at Cowandilla Primary School, 21 Jenkins Street, Cowandilla.

SA Centrals Soccer Club continues its plan in fostering Islamic brotherhood, bringing Australia's communities together through sport and volunteering, providing our children and youth a healthy environment to play the global game, and to provide them with direction and support, to inspire and be the leaders of tomorrow.

Teams in 2015 are Under 17s to Under 7s.

Places are limited and filling fast.

For further information please contact Dawood on 0435 252 951.

**SA Centrals
Pre Season
2015 training
begins
Wednesday
14th Jan 2015**



KIDS CORNER**LOVE THE EARTH!**

**THE PROPHET (PBUH) SAID:
"IF A MUSLIM PLANTS A TREE OR
SOWS SEEDS, AND THEN A BIRD, OR A
PERSON OR AN ANIMAL EATS FROM IT,
IT IS REGARDED AS A CHARITABLE GIFT
(SADAQAH) FOR HIM." (BUKHARI)**

WHAT YOU NEED!

- Buy a plant from any Garden or Hardware store.
- Find a nice spot in your soil patch
 - Dig a hole with your hands
- Remove plant from container and place into soil
 - Fill hole with soil
 - Water every day.

**OBEYING
ALLAH & HIS
MESSENGER**



**BEING GOOD
TO YOUR PARENTS**

GOOD MANNERS

Street Talk!**ROAD 2 HAPPINESS**

How many times have you turned on the news or read an article of somebody who died in a car crash or may have even committed suicide? These incidents can occur as a result of making the wrong decisions or hanging around the wrong people. A majority of the time it happens to young people, just like you and me. But what lead them to make these decisions? In this society, you find a majority of young people chasing happiness in all the wrong places. They want to find contentment inside themselves. Couple that with the fact that social media and entertainment are trying to shape the minds of an entire generation to believe that they will only live once. Do what you want, say what you want, eat what you want, dress how you want. It's all about me. This way of thinking only leads to a life of emptiness, a life of depression and a life of tragedy.

My brothers and sisters, Allah has created this life and set the most perfect limits to it. Whenever people turn away from Allah and exceed the limits that He Himself has placed will live the most terrible of lives. Allah, The King Himself says:

"Whoever turns away from My remembrance – indeed he will have a depressed life" (20:124)

The Quran is the real deal in the 21st century. As youth, we need to become people that believe that this book is the solution to all the

problems of humanity. This critical age can either be a time of breaking the rules and chasing the illusion of happiness or it can be a time when we stand firm hold on to the truth and see past the illusion.

A million dollars and all the luxuries in the world will never be able to buy the feeling of making takbir in front of Allah or prostrating before Him. Spending 8 hours in rundle mall doesn't equate to the happiness I get from spending 10 minutes in the Masjid. Not even for a second. Your heart will NEVER be find peace and happiness unless it knows Allah. You won't ever find happiness in a Haram life; you will only find it in a Halal one.

Read what Allah says "Verily, in the remembrance of Allah do hearts find rest..." (Qur'an 13:28)

Allah has shown us both the paths with their outcomes and it is upon us to make the decision.

Without doubt, the Quran is the solution for the problems of humanity. But most Muslims only become to realize this once they are older. Once they have tasted the darkness of a life without knowing Allah.

It's a lifestyle that just teaches people to live from one Friday to the next.

show
us the
straight
path

Qur'an 1:6

Street Talk is in an initiative of **ICSAYOUTH**

The Balancing Act



By Dr Mohammad Gadi

The Qur'ân has not restricted itself in merely mentioning the permissible and impermissible foods but goes to the extent of giving useful tips regarding a balanced diet, a diet which contains most if not all the useful ingredients required for the growth, strengthening and repairing of the human body. These ingredients include animal protein, fat, calcium, iron, salts, etc. The most balanced diets consist of meat, fish, fresh milk, cheese and fruit. Both direct and indirect references have been made regarding the afore mentioned.

The reference regarding the importance of meat protein in the human diet is given in the following verse:

“And the cattle, He has created them for you, in them there is warmth (clothing) and numerous benefits, and of them you eat.” (16:5)

In this verse special reference has been given to the importance of eating despite having said, “...numerous benefits...”. Reference regarding other types of meat has also been given such as the meat of birds (ie. Chicken etc) in the following verse:

“And the flesh of birds that they desire.” (56:21)

Fish has always been considered as a food of very high protein and is very important for human consumption. Allah says:

“And from them both (fresh and salt water) you eat fresh tender meat (fish).” (35:12)

The usefulness of fresh milk is stressed in these words:

“And verily in the cattle there is a lesson for you. We give you to drink of that which is in their bellies, from between excretion and blood, pure milk, palatable to the drinkers.” (16:66)

The benefits of fruits as good nourishment can be understood from this verse:

“And from the fruits of date palms and grapes, you desire strong drink and a goodly provision.” (16:67)

Similarly there are verses which cover the whole range of fruits, salads, and vegetables which also play an important role in a nutritious, balanced diet:

“It is He who sends down rain from the sky, and with it We bring forth vegetation of all kinds, and out of it We bring forth thick clustered grain. And out of the date palm and its spate come clusters of dates hanging low and near, and gardens of grapes, olives and pomegranates each similar (in kind) yet different (in variety and taste). Look at their fruits when they begin to bear, and the ripeness thereof.” (6:99)

Islam, being a complete religion, also teaches and advises the believer as to what the best method of eating is. The believers are advised to be moderate in every aspect of life. Direct reference has been made in the Noble Qur'ân regarding moderation in eating and drinking.

“And eat and drink, but waste not in extravagance, certainly He (Allah) likes not those who waste in extravagance.” (7:31)



Kawap

UYGHUR
Shish Kebabs

By Blarra Jeroff

These famous skewers of succulent lamb are one of the signature dishes of Turkistani cuisine. Enjoy with rice and salad or traditional naan.

Ingredients:

- 1 kg of cubed lamb (including some fat pieces)
- 1 large onion, minced
- 2 large tomatoes, pureed
- 1 heaping tbs cumin powder
- 1 tsp black pepper
- 1-2 tsp of chilli powder/flakes
- 1 tbs salt
- 1-2 tbs vegetable oil

Method:

- 1) In a food processor, puree onion and tomatoes and place in a large mixing bowl
- 2) Combine the rest of the ingredients in the bowl except the meat
- 3) Cut lamb to uniform pieces and mix in with the marinade and refrigerate for a minimum of 4 hours, preferably overnight
- 4) Skewer lamb onto metal skewers and cook on coal bbq
- 5) Whilst on bbq, dust lightly with extra cumin, chilli and salt if needed
- 6) Serve with rice and salad or fresh naan

Don't forget to say Bismillah before you eat and make sure you eat with your right hand.



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