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Apr/May/June 2015

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Testimony *of Faith*

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Bismillah

In the name of Allah, Most Gracious, Most Merciful

We have witnessed recent abuse and misplacement of the declaration of Islamic faith, Shahadah, that unfortunately caused serious and massive confusion and misunderstanding among non-Muslims and Muslims alike.

Someone who simply repeats the Shahadah, is in the same position as a student admitted to a prestigious university. He has overcome a great hurdle and is to be commended. However, unless he understands the significance of the action he has undertaken, applies himself, and works hard toward achieving his goal, he will fail: not only in this life but in the Hereafter as well.

A Muslim is always aware of the fact that the mere rejection of a single Word of Allah revealed in the Holy Quran or taught by the Messenger, PBUH, is equivalent to denouncing faith. Moreover, the rejection also involves claiming something to be of this beautiful religion whereas in fact is not. This is a lie against Allah and His Messenger, PBUH, which attracts serious and severe consequences in this life and the Hereafter. Indeed, every Muslim must realise that Allah's laws are a reflection of His perfection and have been revealed for all ages and all societies.

Therefore, one must declare the Shahadah out of firm belief, being ready to stand behind it with his practice, obeying the Commands of Allah and avoiding His prohibitions.

The narration reported by `Ubadah ibn Al-Samit reads: *"Whoever testifies there is no deity other than Allah, alone with no partner, that Muhammad is His Servant and Messenger, that Jesus is Allah's Servant and Messenger and His Word which He bestowed upon Maryam (Mary) and a spirit from Him, and that Paradise is true and Hell is true - Allah shall admit them into Paradise according to their deeds."*

We ask Allah to make us of those who will bear Shahadah in their hearts, understand its requirements, live according to it and die with it on their lips. Ameen!

Ensar

Imam Ensar Cutahija
Adelaide City Masjid

Contents.

Feature	
Bismillah	1
Working for the community	2-4
Knowledge	
Tafseerul Qur'an	6
Hadith	7
The Friendly Reminder	7
Daily Dua	7
The Sunnah	7
Dawah	
Peace be upon you	8
Invest in your akhira	9
Medical Clinic	
The Flu & Vaccination	10
Pain Relievers	11
Islamic History	
Human rights in Islam	12
Abdul Rahman Al Sumait	13
Community	
Ramadan Prep	14
Al Fajr Quranic Institute	14
IICSA Counselling	15
Year12 Muslim Awards	16
Aspiring Leaders Umrah Tour	16
Muslim Tech	17
Living La ilaaha ilallah	20
Sports	
SA Central's Score Board	21
Generation 'Y'	
Kids Corner	22
Street Talk - Where do I belong?	23
Muslim Show Comic	23
Body/Mind/Soul	
A nation of strong believers	24
Turkish Pide	25
Pumpkin	25
Muslim Index	26-37
3 Month Prayer Times - Pull Out	18-19

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Testimony of Faith

"Islam has been built on five pillars: **Testifying that there is no God but Allah and Muhammad is the Messenger of Allah...**"

By Dr Jamal Badawi

The meaning and significance of the first pillar of Islam

The first pillar means that in order for a person to be a Muslim he would have to confess with full conviction without compulsion or pressure of the mind and heart that there is no deity but the one God, Allah, and that Muhammad is his messenger. More specifically the formula goes like this "I bear witness that there is no deity but Allah and I bear witness that Muhammad is his servant and messenger." The mere uttering of this with conviction allows a person to automatically enter into Islam without the need for a specific ritual or priestly pronouncement. It is a person's right to accept with conviction God as his master, his friend, his companion, his guide. This right doesn't need the approval or accept of anyone because it is a matter between the creature and his creator.

What the Quran say about the nature of God

The formula of creed which admits a person to Islam starts with negation as it says that there is no deity but the one God, Allah. This has some significance because the fact that it starts with negation rather than affirmation shows that for a Muslim it is not enough to say that there is a God but it is important to negate that any creature shares any of the divine attributes with the creator.

In that sense we can say that God is the universal creator and sustainer of this universe and that He is the absolute Sovran or power in this universe and he has no partner or helper. Thirdly we need to realize that the nature of God is definitely far beyond our limited human imagination and perception. God is not limited to the material, space or time. The Muslim regards it as erroneous to take any images for God whether human or otherwise as He is beyond material images.

It follows that the transcendence of God is contradictory not contradictory to his closeness to mankind because as the Quran indicates God is close to us, He guides us and whenever we chose His path He aids us and helps us continue on the right path. He reciprocates and values our love for Him.

An example can be found in (2:255) in the Quran "Allah. There is no god but He, the Living, the Self-subsisting, Eternal. No slumber can seize Him nor Sleep. He is all things in the heavens and on earth. Who is there can intercede in His presence except as He permitted? He knoweth what (appeared to His creatures as) before or after or behind them. Nor shall they compass aught of His knowledge except as He willeth. His Throne doth extend over the heavens and the earth, and He feeleth no fatigue in guarding and preserving them for He is the Most High, the Supreme (in glory)." This is one of the most beautiful and widely quoted verse called Ayatul Kursi.

There are a few more quotes in (42:11) "There is nothing whatever like unto Him, and He is the One that hears and sees (all things)." Another example is in (6:103) "No vision can grasp Him, but His grasp is over all vision: He is above all comprehension, yet is acquainted with all things." In one of the shortest chapters, 112, of the Quran it says "Say: He is Allah, the One and Only; Allah, the Eternal, Absolute; He begetteth not, nor is He begotten; And there is none like unto Him."

On the point that his closeness to man is not contradictory to his transcendence we read in (50:16) "It was We Who created man, and We know what dark suggestions his soul makes to him: for We are nearer to him than (his) jugular vein." These are just a few samples of what the Quran states in regards to the attributes of God.

The second part of the testimony "I bear witness that Muhammad is the servant and messenger of Allah."

This is a logical follow up to the belief in God. As we mentioned before God cares for us and guides us and wants us to achieve felicity in this life and hereafter. It follows then that He must have a way that He communicates this kind of guidance to us and the most effective way of communicating this information through prophets. The Muslims believe that God chose model human beings throughout history and sent them as His prophets. This process started all the way from Adam (PBUH), regarded as the first prophet, all the way through Noah, Abraham, Jacob, Isaac, Ishmael, Moses, Jesus and finally Prophet Muhammad (PBUH).

It is a person's right to accept with conviction Allah as his master, his friend, his companion, his guide.

The fact that a Muslim, in the first Pillar of Islam, confesses that Muhammad is the messenger of God is simply an expression that Prophet Muhammad was the last catalyst of all prophets and that God has completed his message, perfected it and made it more comprehensive in terms of providing total guidance for life through this last prophet. A Muslim's acceptance of the second half of the testimony implies acceptance and belief in all prophets who proceeded the last prophet.

According to the Quran the Muslim is obliged as an Article of Faith to believe in all prophets. This belief

is one of the acts or righteousness. Even though the Quran mentions that some prophets had more of a role to play than others that in terms of brotherhood it emphasizes that we should not make a distinction between them as it appears in (2:285) "We make no distinction (they say) between one and another of His apostles." And they say: "We hear, and we obey: (We seek) Thy forgiveness, our Lord, and to Thee is the end of all journeys." Believing in Prophet Muhammad implies the belief in the previous prophets. The Quran is full of praise of the moral character, struggle, and nature of prophets throughout history. The Quran and Hadeth makes it clear that no shameful or moral sin is attributed to any of the prophets. For a Muslim to accuse any prophet of moral sins that blemish their character and their role would be contrary to the text of Quran. No one is saying they were anything but human but they were the best models for humanity. The five great prophets Noah, Abraham, Moses, Jesus and Muhammad are praised in the Quran. By virtue of faith a Muslim has to accept the prophets.

In fact we do not only find this connection through the Quran but we might recall that the whole third series titled Muhammad in the Bible pointed out that the advent of Prophet Muhammad has already been prophesied by many prophets throughout history and particularly by the Israelite prophets including Moses, Jesus and Abraham (PBUT). If one recalls we went into great detail to point out that even in the Bible in its present form there is talk of the great nation who will come from the descend of Ishmael who is the grandfather of Prophet Muhammad. We described how the Bible mentions the place in Arabia and Becca (Mecca) which the prophet will come from. There was also a description of the nature of the revelation that would come to him and of the Ka'aba the Holy



Shrine in Mecca. We discussed the prophecy made by Prophet Jesus (PBUH) who is again highly regarded and respected by Muslims as one of the greatest five prophets. All prophets of the past have prophesied the advent and coming of Prophet Muhammad (PBUH) and they ordained their followers to follow him because he would receive the same essential message in a more complete form. In that sense if we take scriptures in their proper we will find that the prophets are presented there as brothers like links in the same chain which has been completed and perfected through the advent of Prophet Muhammad (PBUH).

Are there are other beliefs that are related to this first pillar that are over and above the belief in Allah and the belief in Prophet Muhammad.

As a result of the Five Pillars and especially the first one, believing in God and the prophets of God, there are four addition Articles of Faith so that there are six total Articles of Faith that the Muslim must believe in. The articles of Faith are first the belief in the oneness and uniqueness of God, the belief in the angels of God, the belief in the scriptures revealed by God, he belief in the prophets of God, the belief in The Day of Judgment or life after death, and finally the belief in measure. The previous series dealt with these Articles of Faith in greater detail.

The belief in the first Pillar of Islam implies that one believes in God and that He cares for them. If one believes that He cares for them then they believe

that He sent prophets, and if one believes in prophets then one has to accept the scriptures that the prophets received. If one believes in revelation they have to believe in angels because the archangel Gabriel was the angel who carried the revelation to the prophets and then one has to believe in The Day of Judgment. In the end they all relate to one another.

Is there a place in the Quran or sayings of Prophet Muhammad that mention these beliefs and require the Muslim to accept them?

There is one famous Hadeth known as Gabriel's Hadeth where Gabriel came in the form of a human being to Prophet Muhammad (PBUH) while he was sitting in front of people and Gabriel asked him questions that covered many things including both the five Pillars of Islam and the six Articles of Faith. Gabriel asked Muhammad "tell me what is Islam." So Muhammad told him the Pillars of Islam (Oneness of Allah, prayer, fasting, poor's due, and the pilgrimage). Then he asked him "what is faith?" The Prophet replied that faith was to believe in God, His angels, His Books, His prophets, The Day of Judgment, and due-measure. Then he asked him "what is excellence?" He said excellence is to worship God as if one sees him but if one doesn't see Him one should feel that he sees you.

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“
SAY: HE IS
ALLAH THE ONE
AND ONLY
”
QUR'AN (112:1)

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EXPLANATION OF THE HOLY QUR'AN

"So, know for sure that there is no god but Allah, and seek forgiveness for your fault, and for (the faults of) the believing men and believing women. And Allah knows your moving from place to place and your permanent abode."
(Muhammad 47:19)

In this verse the address is to the Holy Prophet and he is, through an imperative verb, commanded to know that there is no object of worship besides Allah. It is quite obvious that every Muslim has the knowledge of this - let alone the leader of the Holy Prophets SAW who should have its knowledge more profoundly. Then why is he enjoined to acquire this knowledge? There can be two responses to this question: it can either mean that the Holy Prophet SAW is enjoined to be steadfast in his worship of Allah or it could mean that he must fulfill the demands of his knowledge.

Qurtubi cites the incident of Sufyain Ibn 'Uyaynah RA who was asked about the significance of knowledge, he replied: Did you not read verse 19 of Surah Muhammad: 'So, know for sure (O' Holy Prophet) that there is no god but Allah, and seek forgiveness for your fault. It is required in this verse that knowledge should be acquired before action. Similarly, on other occasions in the Quran, first it is enjoined to acquire knowledge and then to fulfill its corresponding demands. For example, in [57:20] Holy Quran Says: "Know that the present life is but a sport and a diversion" "Then it was said "Race to forgiveness from your Lord" [57:21]. In Surah Anfal, the Quran says: "Know that your wealth and children are a trial..." The demand of this knowledge is mentioned in Surah At-Taghabun (Verse 14) "...so be fearful of Him." Thus on these occasions first the knowledge of different things are imparted, and then it is enjoined to fulfill the demands of that knowledge.

In this context, although the Holy Prophet had prior knowledge of the Oneness of Allah, the injunction here is for the Holy Prophet to fulfill the demand of this fundamental knowledge, that is to do Istighfar.

Note

Saqidna Abu Bakr Siddiq RA reports that Allah's Messenger SAW said: Recite la-ila-ha-illallah and istighfar frequently because Iblis (Satan) says, 'I got people involved in sins and destroyed them, but they destroyed me by reciting la-ila-ha-illallah, so I got them involved in false and baseless thoughts and notions which they pursue as true, authentic and righteous, (for instance, the common religious innovations (bid'at), because they treat them as righteous,) hence, they do not feel any need to repent for their practice of innovations.

Last line (your moving from place to place and your mutaqallab lexically means "turning around or turning over". The word mathwai means "permanent resting Permanent abode. Human beings are confronted by two types of conditions: in the one case their involvement in something is temporary, and in the other case it is permanent. Likewise, in some places man's stay is temporary and in other places it is permanent. In the concluding phrase of the current verse, the word mutaqallab has been used to describe "temporary" mathwa is used to describe "permanent". Thus this verse signifies that Allah is fully aware of all conditions of human beings.

"Hadith"

Abu Hurairah (May Allah be pleased with him) reported: Messenger of Allah (pbuh) said: "Iman has sixty odd or seventy odd branches. The uppermost of all these is the Testimony of Faith: 'La ilaha illallah' (there is no true god except Allah) while the least of them is the removal of harmful object from the road. And shyness is a branch of Iman." [Bukhari and Muslim].

Belief resides in every action of good moral conduct no matter how small it may seem. Moreover it is within the Testimony of Faith (Shahadah) that such undeclared belief finds validation. Just as all branches of a tree resonate forth from its trunk, so too does righteousness find purpose rooted in recognising the meaning of the Testimony (Shahadah).

The Friendly Reminder.

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

By Abdullah

Sometimes when we learn a lesson *"the hard way"* we would complain about it. We would often say "there were other ways I could have been taught".

We believe that Allah knows BEST and sometimes (u really know deep down) the only way you would have learnt this lesson *IS* the hard way. So be patient with what comes and submit and accept the decree of Allah and know that it is all khair and for your own good.

We ask Allah to make of those who accept all his plans and will. Ameen.

DAILY DUA'

THE WEAPON OF THE BELIEVER

The shahadah is a subjective declaration of servitude towards Allah, through faith and actions. We must consistently strive for the betterment of our own faith and actions and dua is a helpful tool which can be utilised.

The Prophet (pbuh) used to say: *Allahumma laka aslamtu wabika amantu wa'alaika tawakkaltu wa ilaika anabtu wabika khasomtut. Allahumma inni a'oozu bi'azabika laa ilaaha illa anta antudillani antal hayyul ladhi laa yamootu wal jinnu wal insu yamootun.* [Sahih Muslim]

O Allah, I have surrendered to you, and I put my faith in you, and I put my trust in you, and I have turned to you, and I have contested my opponents for your sake. O Allah, verily, I seek refuge in your power from going astray, for there is no God but you. You are the Living who never dies while the jinn and humans die.



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)

The Faith, like any electronic device, needs constant recharging. One of the ways to recharge your faith is to not neglect your prayers. You should make it a point to pray every prayer on time, especially Fajr and Isha.

Prophet Mohammed (PBUH) said: **"No prayer is more burdensome to the hypocrites than the Fajr (dawn) prayer and the 'Isha' (night) prayer; and if they knew their merits, they would come to them even if they had to crawl to do so."** [Bukhari and Muslim]

Prayer is just one of the ways in which you can help recharge your Faith and prevent the hardening of the heart or be known as one of the hypocrites.

Peace be upon you

Asslamou Alaykum and welcome to the New Look Introduction to Islam Page.

InshaAllah this is a new collaboration with the Introduction to Islam Foundation which Alhamdulillah has now reach a national level conducting courses for New Muslims as well as Non Muslims.

More exciting things to come in the future issues inshaAllah.

When we look at the five pillars of Islam, something important becomes clear. The first of the pillars, "There is no God but Allah and Muhammad PBUH is His messenger" is a belief; there is no action that is associated with this pillar specifically. The remaining four pillars, praying, fasting, charity, and the pilgrimage, are all actions that we take. So in a way, we could say that Islam is one part theory, four parts practice. However, when you think about all five, you will also realise that the first one, the testimony of faith, is absolutely the most important one. Once someone accepts this simple truth and enters into Islam, this simple belief has a lasting impact on their lives. Once someone enters Islam, they have entered into the mercy of Allah SWT, they have walked through a door, and started on the path to the pleasure of Allah and to paradise in sha Allah. As Muslims, we cannot place any barriers in the way of people on their way to entering into the mercy of Allah SWT.

Often reverts have not yet been exposed to many of the rulings in Islam, and so it's impossible for them to be convinced about them or to follow them.

A revert might not be praying or fasting yet, they might even have lifelong habits that are forbidden in Islam, such as drinking alcohol. Even in these cases, we should encourage them to say their shahada, and enter into the mercy of Allah SWT. In time, they will learn to pray and fast, and in time we hope that Allah SWT will guide them out of their habits that, but that should not prevent them for saying their shahada if they believe it, and the sooner the better. We do not have to wait for someone to be convinced about, and practicing, every aspect of Islam before they walk through the front door. If they believe in their hearts that there is only one God, and that Muhammad PBUH is His messenger, then they should say so, declare it to the world, and embark on the life changing journey that follows. All of the practices of Islam, both the halal and haram, will come later through continuous learning, and working their way closer to Allah SWT and His pleasure.

We know that prophet Muhammad PBUH told us the incredible reward for helping someone to find their way to Islam, but what about if we are the reason why someone is NOT becoming Muslim? The door to the mercy of Allah SWT is always upon, let's not take it upon ourselves to close that door for them by telling them all the things they have to believe, say, and do, before we encourage them to say the shahada. If they are convinced, help them take that step and refer them to the Intro to Islam classes at IICSA to learn the rest (call on 7226 6268)

May Allah SWT make us among those who usher people into the doors of His mercy. Ameen.

Walaikum Salaam Wa Rahmatullahi Wa Barakatuhu.

Ahmed Bassal
Founder & Director
Introduction to Islam Foundation



Support Group

Invest in your Akhira

By Abu Aameena



There are many of us in the Muslim community who want everyone to know what we know, the truth.

We want everyone to be presented with the truth of Islam in the best way, to have an opportunity to evaluate it rationally, and to make the right decision and enter Islam. We want everyone to earn the pleasure of Allah SWT and to enter paradise.

Alhamdulillah, these are all good desires.

Some people are involved in dawa by having conversations with people face to face, giving out information in the form of books and DVDs, and building a presence in the online space. All of these activities are yielding a positive result by the will of Allah SWT, and more people than ever are entering into the fold of Islam.

Whether you are able to carry out this work yourself or not, it is vitally important to the dawa movement that you support those who are. Organisations like IICSA and Intro to Islam need your continued support in order to function and fulfil their purpose. If you are very busy with your work or family, that's OK - you don't have to miss out on the massive reward of dawa - you can support these existing projects.

We need your support now!

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 Introduction to Islam

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The Doctor



By Dr. Al Falah Dhanji

What is influenza?

Known commonly as “the flu”, this is an infection that usually affects the upper airways, caused by the Influenza virus. There are three types of influenza virus, A, B and C, but A and B cause most flu cases. However, each winter the strains of each of these viruses that cause illness can differ.

What are flu symptoms?

Flu can affect adults and children. Symptoms usually include a high temperature, sweating, muscle and joint aches and pains, sore throats, dry coughs, sneezing and headaches. There are flu-like illnesses but influenza virus gives more severe symptoms and can make people have to go to bed with the illness. Sometimes people can develop complications such as chest infections or pneumonia. Complications are more common in young babies, older people and people with other long term illness such as heart disease, lung disease or diabetes. Pregnant women and those with a weak immune system can also be affected. In a very few number of cases people can die from complications. The common cold differs as it is less severe and is usually restricted to the upper airways with runny nose, sneezing and sore throats.

How is flu caught?

There can be flu epidemics and it is spread in a spray droplet form when people cough and sneeze. The virus can enter from the nose and throat and spread to the lung.

What is the treatment?

The flu infection often has to run its course, although there are anti-viral drugs that can be used in severe cases. Treatment usually involves managing symptoms by taking rest, using pain-killers such as paracetamol to ease pain and help with temperature, and maintaining good fluid intake to replace fluids lost in fever. Symptoms may last several days, occasionally longer. A doctor should be consulted if there are any concerns.

Immunisation - the flu vaccination

This is recommended specifically for those most vulnerable such as those with long term illness or disability, the elderly (over 65 years old), pregnant women, those with compromised immunity and those that are carers or healthcare staff. If you are under 65 and healthy you do not need immunisation against the flu.

The vaccine is produced each year to protect against the most dangerous strains for that particular year and so vaccination needs to happen every year. This is often given by your GP or occupational health. The adult immunisation does not usually contain any live virus so you cannot get flu from having the vaccine but you may have some mild side-effects as your body produces a response to the vaccine - which will allow the body to be better protected if faced with the real infection later. These symptoms consist of a mild temperature and some muscle aches. They usually settle in a day or two. Serious reactions such as severe allergic reactions and inflammations of nerve and brain tissue are rare. However, a person should not have the flu vaccination if they have an egg allergy, a previous allergic reaction to the flu vaccine or children with a poor immune system.

The flu vaccination can be given at the same time as other vaccinations, e.g. the pneumonia vaccination in the elderly. It can also be given in pregnancy and breast feeding.



The Pharmacist



By Sophia Kafrawi B.Pharm

What is pain?

Pain is an unpleasant sensation that occurs when a part of the body is damaged, usually by illness or injury. It can be mild or severe, dull or sharp and acute or chronic.

Neuropathic pain is a different type of pain characterised by electric, sharp shooting or tingling sensations that occur when the nerves in the body send pain messages to the brain even though there may be no tissue damage. Neuropathic pain should be reviewed by a Doctor.

Acute vs chronic pain

Acute pain comes on suddenly and lasts no longer than 3 months. Examples include headaches and minor burns. Chronic pain lasts longer than 3 months and may be due to a chronic condition such as arthritis.

Pain relievers (analgesics)

There are many classes of analgesics available to help relieve different types of pain in many different people. It is important to note however that analgesics may not always relieve pain completely but rather it may reduce pain to tolerable levels to allow you to get on with your daily activities. Oral analgesics should only be used short-term for no longer than 7 days and topical anti-inflammatory analgesics (e.g. Voltaren® gel) no longer than 14 days unless otherwise advised.

Classes of analgesics:

Paracetamol treats mild-to-moderate pain and fever, is safe in pregnancy and breastfeeding, suitable from the age of 1 month, and if used as recommended, has a low risk of side effects and interactions compared to other analgesics. Paracetamol should not be given to children for more than 2 days without medical review. It is also important to speak to a Pharmacist before taking other paracetamol-containing products, such as many cough and cold products.

Non-steroidal anti-inflammatory drugs (NSAIDs)

(e.g. ibuprofen, aspirin, diclofenac) treat mild-to-moderate pain, fever and inflammation and are not safe to be taken during pregnancy or if you're trying to become pregnant. Ibuprofen is suitable from the age of 3 months. Common side effects include nausea, indigestion and dizziness.

You should check with a Pharmacist or Doctor before taking NSAIDs as it is not suitable for everyone (e.g. people taking blood-thinning medications) and may cause serious side effects such as ulcers or bleeding in the foodpipe, stomach or intestines, increased blood pressure and reduced kidney function. Stop taking NSAIDs and seek medical advice if you experience swollen ankles, unexplained bruising or heartburn, black faeces or coffee-coloured vomit. Aspirin should not be given for pain or fever to children under 16 years as it has been associated with Reye's syndrome, which is a potentially fatal syndrome.

Opioids - Codeine is the only non-prescription opioid available in low doses with paracetamol, aspirin or ibuprofen that may provide stronger pain relief than paracetamol or an NSAID alone. It can only be obtained from a Pharmacist. Common side effects include nausea, drowsiness and constipation. If not taken correctly or if taken long-term, it can cause addiction and withdrawal symptoms.

Non-medicinal options

Try hot or cold packs, massage, physiotherapy, relaxation or exercise to reduce pain and the amount of analgesics required.

If pain persists or is moderate-severe, see a Doctor as you may require stronger analgesics available only on prescription.

HUMAN RIGHTS IN ISLAM

By Samer Abukwaik

The Islamic civilization established comprehensive rights for people. These rights are entitled to everyone regardless of his/her ethnic background, language, gender or religion. Also, they extend to the environment and all other surroundings including animals, trees and even inanimate.

THE RIGHT TO BE PROTECTED

The life of any person in Islam is very sacred, and the protection this life has many laws and legislations in Islam.

"And We have certainly **honored the children of Adam** and carried them on the land and sea and provided for them of the good things and preferred them over much of what We have created, with preference." Al-Isra: 70

"Allah has made your **blood, your properties and your honor Sacred to one another** like the sanctity of this day of yours in this month of yours, in this town of yours."¹

"Allah would torture those who torture people in the world."²

This torture can be physical or emotional or both and can take different forms and shapes, and all are not allowed in Islam.

THE RIGHT TO BE TREATED WITH JUSTICE

"Indeed, Allah **orders justice and good conduct** and giving to relatives and forbids immorality and bad conduct and oppression. He admonishes you that perhaps you will be reminded." An-Nahl:90

"Indeed, Allah commands you to render trusts to whom they are due and **when you judge between people to judge with justice**. Excellent is that which Allah instructs you. Indeed, Allah is ever Hearing and Seeing." An-Nisaa:58

"O you who have believed, be persistently standing firm for Allah, **witnesses in justice, and do not let the hatred of a people prevent you from being just. Be just; that is nearer to righteousness**. And fear Allah; indeed, Allah is Acquainted with what you do." Al-Maidah: 8

"Al-Ashath informed, there was a dispute about a piece of land between me and a man from the Jews who denied my right. I took him to the Prophet. Allah's Messenger (pbuh) asked me, 'Do you have an evidence?' I said no. He said to the Jew, 'Take an oath.' I said, 'O Allah's Messenger (pbuh)! He will surely take an oath and take my property unjustly.'³

This is an example of how a dispute happens between one of the companions of the prophet and a Jew "who were considered as a minority in Madinah, and who rejected the message of the prophet". Yet, the prophet was not biased at all; he approved the claim of the Jew and the companion lost his property.

Justice is one of the very high principles in Islam, that it acts as root for many other values and principles in Islam. It is not restricted to those who you love or your nation or your relatives, which is easy and common. However, it should even go to those who you have serious conflicts and disputes with, where enmity and hatred has started to develop. This principle in the Islamic civilization is based on revelation, which makes it absolute, unchangeable and never follow the desire of mankind.

1 Sahih al-Bukhari, Vol. 8, Book 73, Hadith 69
2 Sahih Muslim, Book 45, Hadith 155
3 Sahih al-Bukhari, Book 52, Hadith 30

Contemporary Role Models of Islam

By Abu Yaseen

AbdulRahman Al Sumait. A Man worth 11 Million.

All Muslims believe in the testimony of faith, "La ilaha illa Allah"; however their devotion to this testimony can vary. Some Muslims feel satisfied if they remember "La ilaha illa Allah" in occasions like Ramadan, Eid, and Jumaa. Some may work to spread this testimony during their "free time". Others may even decide to pursue a career that would enable them to spend more time spreading this testimony. However, only the elite are able to devote their entire lives for this noble testimony. Dr Abdulrahman AlSumait (1947 – 2013) may Allah have mercy on him, is an exceptional example of a Muslim that devoted his entire life for "La ilaha illa Allah".

Dr AlSumait was born in Kuwait (1947). He studied medicine in Baghdad (1972) and specialised in "diseases of the digestive system" as well as "diseases of hot areas". Despite his success as a medical practitioner, Dr AlSumait decided to dedicate his life to spread the testimony (La ilaha illa Allah) through humanitarian aid and relief work in Africa. Dr AlSumait founded of five charity and welfare institutions. He was also the chairman of four charity/welfare institutions and a member of council for three other institutions. One of the institutions founded by Dr. AlSumait, Direct Aid, has built 124 hospitals, 840 schools, 204 Islamic Centres, 214 women training centres and 5,700 masjids. With the guidance and support of Allah, Dr AlSumait inspired more than 11 million Africans to enter Islam.

May Allah bestow his mercy on Dr Abdulrahman AlSumait and give him the highest of levels in paradise. May Allah also give us the wisdom and guidance to learn from the example set by this great man.

Through Him...
11 Million Accepted Islam
29 Years in Da'wah
6 Million Qur'ans Distributed
860 Schools Built
4 Universities Built
9500 Water Wells Built
204 Islamic Centres Built
124 Hospitals Built
840 Qur'an Schools Built
5700 Mosques Built
95000 Muslim Students
15000 Orphans Sponsored



Have you started preparing for Ramadan?

The Friendly Reminder.

With Ramadan coming up fast, let's make this one the best! Here are 6 easy steps to begin now.

STEP 1) LEARN ABOUT RAMADAN

This will help you ensure you will do things correctly and perfectly for Ramadan.

STEP 2) MAKE A RAMADAN PLAN

Reading Quran, Praying Taraweeh, Iftar invites etc. Knowing what you want to achieve in the month will help you stay focused.

STEP 3) KNOW YOUR LIFE

Study for your exams and do Eid shopping now. Don't spend Ramadan at shopping centres.

STEP 4) PREPARE SPIRITUALLY

Fast now, Pray more, Reading Quran more and give in charity more, right now.

STEP 5) PREPARE YOUR MIND

Fasting is to refrain from more than just what we consume in our mouth. Start working on your patience, words, & manners.

STEP 6) SAY 'GOOD BYE' TO BAD HABITS

Know what bad habits you have and stop them from now, don't wait until Ramadan begins.

Mosques & Prayer Rooms

CENTRAL

Adelaide City Mosque
20 Little Gilbert Street, Adelaide, 5000

University of Adelaide
Level 6 of Union Building House
University of Adelaide

UniSA City East
Playford Building, Level 2
Room P2-22 Female,
Room P2-55A Male

UniSA City West
Sir George Kingston Building,
Level 2, Rooms GK-25/26 (Ground floor)

NORTH

Abu Bakr As-Siddique Mosque
52 Wandana Avenue, Gilles Plains, 5086

Parafield Gardens Mosque
92 Shepherdson Rd,
Parafield Gardens 5107

UniSA Mawson Lakes
Level 2, Building A,
UniSA Campus Mawson Lakes

Elizabeth Mosque
139-141 Hogarth Road, Elizabeth

WEST

Bosnian Mosque
1 Frederick Rd, Royal Park, 5014

Al-Khalil Mosque
Corner of Torrens Rd & Audley St,
Woodville, 5012

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

Adelaide Airport Prayer Room
Domestic Terminal, Level 2

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

SOUTH

Flinders University
Religious centre, Southern end of the
mall, Union Rosetta's building, Flinders
University

Omar ibn Al Khattab Mosque
658 Marion Rd, Park Holme, 5043

EAST

UniSA Magill
Room E1-28 E building,
Swim & Sports Complex

RURAL AREA

Murray Bridge Mosque
83 Old Swanport Road,
Murray Bridge

Renmark Mosque
230 Fourteenth Street, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
Offers Jum'ah Only

Coober Pedy Musallah
Lot 1070 Traeger St,
Coober Pedy 5723

Indeed, those who believe and do righteous deeds and establish prayer and give zakah will have their reward with their Lord, & there will be no fear concerning them, nor will they grieve.

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(Preparation)

Need Advice?

Alhamdulillah, IICSA now offers Counselling services with the guidance of Qualified Counsellor Sheikh Ansar Cutahija (Imam of City Masjid).

Islamic counselling covers (but not limited to) the following:

Individual counselling (challenges in children, youth, adults and seniors) **Family counselling** (marital, sexual, parental and sibling issues) **Group counselling**, **Career counselling** (challenges in your career) **Islamic conflict management** (dealing with disputes or unsettled issues between individuals).

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To make an appointment, Call 08 7226 6268



IICSA
Counselling
Service

High Achievers



The 8th Annual
**Year 12
Muslim
Achievement
Awards**

By Human Appeal

Working towards educated generations who will benefit the world.

Alhamdulillah for the first time in Adelaide, Human Appeal ran their first annual Year 12 Muslim Achievement Awards ceremony for those students who received an ATAR score of 90 or above.

By the grace of Allah, we received 8 applicants with scores of 90 and above.

The event was filled with glowing faces and proud but humble parents as well as representatives from the West Torrens Council as well as community leaders and supporters. Each student was awarded with a certificate and an ASUS tablet/laptop to begin their University studies with.

We ask Allah that he benefits the world with your knowledge and that you revive the knowledge of that which is still undiscovered. Ameen.

Congratulations to the following students:

Jawahir Baraki
Ali Bayati
Araj Haider
Obaida Abul Khair
Eman Elhelw
Zainab Ayubi
Hiam Mehio
Wala Hamid Haj Ali

Future Leaders



By Human Appeal

A life changing journey of spiritual, academic and leadership growth.

Human Appeal International Australia with Deen Academy hosted a group of young Muslim Australians on an Umrah leadership development tour of 5 cities - Mecca, Medina, Amman, Istanbul and Dubai. The Tour took place from 10 to 26 February 2015, comprising 15 participants from Sydney, Melbourne, Adelaide and Canberra.

The group of young university student leaders were led and mentored on the trip by Bashar Al-Jamal, regional director of HAlA and Dr Zac Matthews, principal instructor with DA.

The group of future leaders went through amazing cities, discovered amazing history, saw real world situations, helped Syrian refugees, survived snow storms, and were giving a real life leadership mentorship. As they put it, it was "a trip of a lifetime".

Now that they are back from this life changing trip, they are set on changing the world. Check out their trip on www.hai.org.au



Muslim Tech



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"Islam is to testify that there is no God but Allah and Muhammad is the Messenger of Allah..."

April - Jumada Al Akhar/Rajab

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

May - Rajab/Shab'an

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

June - Sha'ban/Ramadan

	Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	Mon	5:45	7:14	12:14	2:54	5:16	6:37
2	Tue	5:46	7:14	12:14	2:54	5:15	6:37
3	Wed	5:46	7:15	12:14	2:54	5:15	6:37
4	Thu	5:47	7:15	12:14	2:54	5:15	6:37
5	Fri	5:47	7:16	12:14	2:53	5:15	6:37
6	Sat	5:48	7:17	12:15	2:53	5:15	6:36
7	Sun	5:48	7:17	12:15	2:53	5:14	6:36
8	Mon	5:49	7:18	12:15	2:53	5:14	6:36
9	Tue	5:49	7:18	12:15	2:53	5:14	6:36
10	Wed	5:49	7:19	12:15	2:53	5:14	6:36
11	Thu	5:50	7:19	12:16	2:53	5:14	6:36
12	Fri	5:50	7:20	12:16	2:53	5:14	6:36
13	Sat	5:51	7:20	12:16	2:53	5:14	6:36
14	Sun	5:51	7:20	12:16	2:53	5:14	6:36
15	Mon	5:51	7:21	12:16	2:53	5:14	6:36
16	Tue	5:52	7:21	12:17	2:53	5:14	6:37
17	Wed ★	5:52	7:21	12:17	2:53	5:14	6:37
18	Thu	5:52	7:22	12:17	2:54	5:14	6:37
19	Fri	5:52	7:22	12:17	2:54	5:15	6:37
20	Sat	5:53	7:22	12:18	2:54	5:15	6:37
21	Sun	5:53	7:23	12:18	2:54	5:15	6:37
22	Mon	5:53	7:23	12:18	2:54	5:15	6:38
23	Tue	5:53	7:23	12:18	2:55	5:15	6:38
24	Wed	5:54	7:23	12:18	2:55	5:16	6:38
25	Thu	5:54	7:23	12:19	2:55	5:16	6:38
26	Fri	5:54	7:23	12:19	2:55	5:16	6:39
27	Sat	5:54	7:24	12:19	2:56	5:17	6:39
28	Sun	5:54	7:24	12:19	2:56	5:17	6:39
29	Mon	5:54	7:24	12:19	2:56	5:17	6:40
30	Tue	5:54	7:24	12:20	2:57	5:18	6:40

★ - Estimate First day of Ramadan (to be confirmed by Imams)

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Sisters Section



LIVING LAA ILAAHA ILALLAH

By Um Asyraaf

Say: "I believe in Allah"
and then be steadfast.
- Prophet Muhammad

Every Muslim discerns the key to Jannah is through the declaration of Shahadah; La ilaaha illallah, Muhammad Rasulallah. This key opens to a whole new life of a believer that is both of fear and hope. The fear that often fills in the heart of a believer is the danger of not remaining firm on the deen. As practising Muslim women, the fear of facing the trial of desires and doubtful actions when we are busy with our life routines often beleaguers us. This is also the exceptional case for us living in a society where the deen of Allah (swt) is not prevalent over the lives of people to the point that the status of a person is like what the Prophet (pbuh) described, "Holding onto his deen is like holding onto ember (a burning piece of coal)."

At the same time, we hold on to the hope in the mercy of Allah. Living life in Shahadah is an ongoing process of building the firmness in the deen of Allah (swt) on the heart. There are numerous ways we can endeavour to implement consistently and the three most important and recommended deeds are highlighted here.

First

Recite, memorize, reflect and act upon the verses of the Qur'an. The Book of Allah to mankind's guidance, is like the soul in relation to the body. When we abandon its recitation and does not act in accordance to its laws, we are akin to a state of spiritual death. Allah (swt) says in Surah Al-Isra (17:82); "And We send down of the Qur'an that which is healing and mercy for the believers..."

The Qur'an is the main source of firmness. It embeds the belief in Allah (swt), purifies the soul with a tie to Allah, and comforts the heart of the believer so that it does not weaken during trials. The Qur'an provides the right perspectives and values, so we will be able to view the situations around us with the right perspectives, and look into things with the absolute true and impartial standard so we would not lose control and go astray.

Second

Abide by the Islamic body of laws (Ash-Shar'iah). We are given the example of obedience in abiding the Shariah through the behaviour and actions of the Prophet (pbuh), as Allah says in Surah Al-Ahzab (33:21); "There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and [who] remembers Allah often." Allah (swt) also says in Surat Ibrahim, (14:27) 'Allah keeps firm those who believe, with the firm word, in worldly life and in the Hereafter.'

Third

Study the stories of the prophets, reflect upon them, and learn lessons and morals from them. These stories were revealed to make the prophet's heart and the hearts of the believers firm because of what they suffered in carrying the message of Islam. Allah (swt) says in Surat Hud (11:120), "And each [story] We relate to you from the news of the messengers is that by which We make firm your heart. And there has come to you, in this, the truth and an instruction and a reminder for the believers."

Finally, what is best than to ask of Allah (swt) with the supplication of our beloved Prophet (pbuh) "O, Turner of the hearts, turn our hearts to Your obedience."

May we live Life in Shahadah successfully, in sha Allah.

SCORE BOARD



OFFICIAL MEMBER

SACENTRALFC.ORG.AU

By Khaled Dahak

Asallaam alaykum dear brothers and sisters.

SA Centrals Soccer Club welcomes all to the new 2015 soccer season and we are all very excited on the year ahead. Preparations have been fantastic and the level of interest in the club is at an all-time high, with the most ever junior registrations. We are delighted to announce teams registered for the 2015 FFSA Junior State League competition are Under 15s, two Under 13s teams, an Under 11s and two Under 10s teams. The interest for the under 7s has been absolutely enormous with a total of 23 children registered and expectations are high as they develop physical and skills over the coming years.

Our club is very grateful to all our volunteer staff, who put in an enormous effort over the year at the training ground, on match days and behind closed doors. We give thanks to Allah (SWT) and the ummah of Prophet Muhammad SAW, for the guidance and support we receive each minute of each day.

Our club, Your club, is also grateful for the financial support it receives from our sponsors. Many thanks to management and staff, at Human Appeal International Australia, for supporting the Ummah globally and locally, as our major sponsors for the 2015 season. We also give thanks to our sponsors from Islamic Relief, Sofra Kebab House, Sahara Pizza House, MessageTV, Light of Adelaide and Victorious Sports.

With the start of the season already underway, with 2 great wins and a well fought out draw for our JSL teams, we ask all our players' families and friends to come out and support our young stars. Most matches are scheduled for Sunday mornings and details are available at www.sacentralfc.org.au with dates, start times and venues.

SUPPORTING THOSE WHO SUPPORT THE COMMUNITY //



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Light of Adelaide
THE LIGHT OF KNOWLEDGE, HOPE AND FAITH



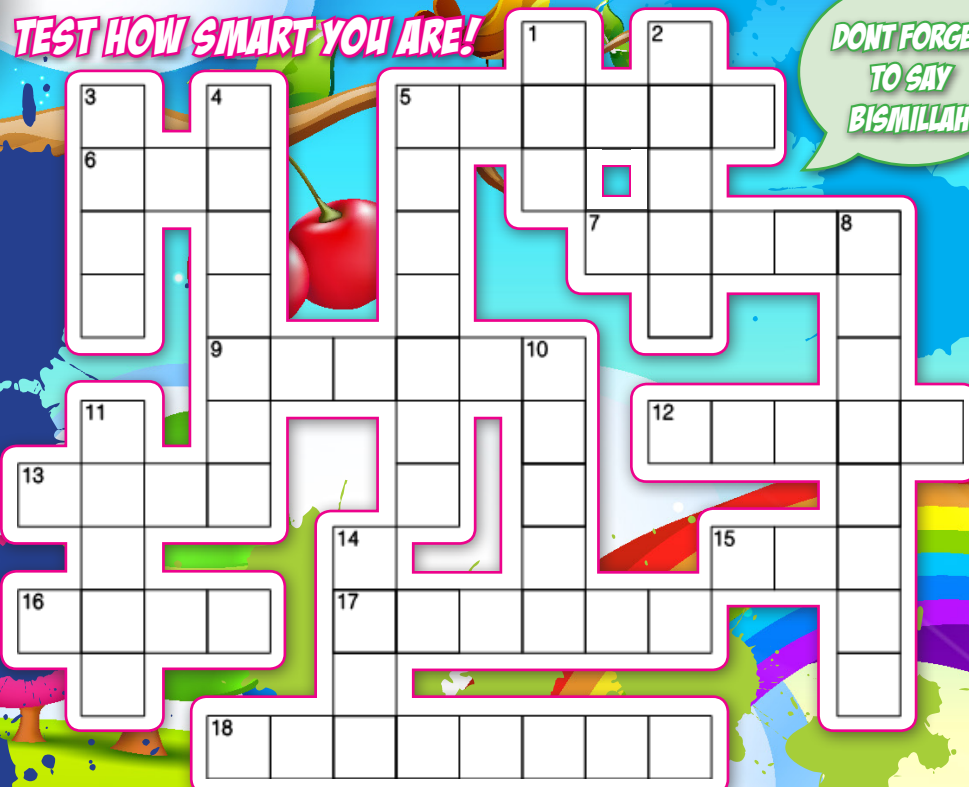
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KIDS CORNER

ISLAMIC CROSSWORD!

TEST HOW SMART YOU ARE!

DON'T FORGET
TO SAY
BISMILLAH



ACROSS

5. A place for Muslims to worship
6. The 3rd prayer of the day
7. Muslims don't eat ____ food
9. The sayings of Muhammad (SAW) were recorded in ____
12. The 2nd pillar of Islam
13. A judge must be ____
15. This prophet guided his people through the sea
17. A person who lives his life according to Allah's will
18. The 9th month in the Islamic Calendar

DOWN

1. The prophet that could cure the blind.
2. The holy book that was revealed to Muhammad SAW
3. Hajar ran between ____ & Marwa
4. A person chosen by Allah to guide mankind towards tawheed
5. Allah created all ____ to worship Him
8. ____ is the last prophet of Allah
10. Muslims only eat ____ food.
11. Prophet ____ was the son of Yaaqub (AS)
14. An ____ leads the prayer

Street Talk!

Where do I belong?

Life is a long train ride with many stops and phases. But with every journey there must ultimately come an end. In this article, let's all take some time to deeply reflect and analyse ourselves. Think about your life, or better yet your existence here on this earth. What purpose have you been put here for? Rarely do you actually find young people questioning themselves, given the busy life that everyone leads. It's almost as if everything that we are surrounded by is pulling us away from this important question.

It's a question that the Quran provokes us to ask ourselves. Allah says "And in yourselves, will you not then see?" (51:21) If we take our bodies, just as the first point of reflection not only will we be surprised at how complex we have been designed but it will eventually lead us to submit to the perfection by which Allah created us. Our eyes, ears, tongue, hands, feet, skin, heart, bones and blood have all been set in perfect positioning, each feature allowing us to function as humans.

Also, the stages that we have passed through in our lives. From being pregnant in our mother's womb, to birth, to uttering our first words, to childhood, teenage years, marriage, maturity, grey hair, old age and then eventually death. One hundred years ago we were but a thought on this earth, and one hundred years from now we will just be bones

WHERE DO I BELONG?

underground. Think about the statement of Allah when He says "Does man think that We will not assemble his bones?" (75:1)

So let's take a step back and look at the timeline. Our existence, and our departure from this "temporary" life (Dunya) are all dependant on Allah. It all leads back to "There is no God except Allah."

With all that in mind, I want to shift the picture a bit. As youth in this society we are all looking for somewhere to belong. Constantly trying to mould ourselves to be people that we are not. Take one message from this article, you don't belong in nightclubs, you don't belong in the city, you don't belong on the streets, you don't belong to those bad friends. You belong to Allah (swt). He is the One that made YOU, and He is the One that you will return to.

I think once we deeply reflect over the roots of our existence it will enable us to strengthen our identity. Because as young Muslims, we have nothing to hide but we have a whole heap to share. We have a high purpose in this life, so we shouldn't follow our low desires thinking that by doing so we are fulfilling our purpose.

With Islam, life makes sense.

MUSLIM SHOW COMIC



A nation of strong believers



By Aisha Stacey

THE PROPHET MUHAMMAD AND HIS COMPANIONS WERE PHYSICALLY FIT. ISLAM NEEDS STRONG BELIEVERS, NOT WEAK ONES.

Prophet Muhammad (pbuh) said a strong believer was better than a weak believer. He was talking in terms of faith and character but also indicating that physical strength i.e. optimum health and fitness were desirable, providing God gave us the ways and means of attaining such strength. Islam's holistic approach to life and thus health offers us the ability to remain strong and healthy.

Believers in Islam must take care of their spiritual, emotional and physical health. Our bodies, the most complex of machines, are given to us by God as a trust. They should not be abused or neglected but maintained in good order.

Prophet Muhammad advised his followers, to work, to be energetic, and to start their day early, all of which are conditions for a healthy body. He said "O God, make the early morning hours blessed for my nation." Obesity or an inadequate diet, laziness and weakness are all afflictions for which we will be called to account. Even though preventing illness or injury is often out of our control, there are many con-

ditions brought on or made worse by our own lack of attention to diet and fitness. Prophet Muhammad (pbuh) said: "Any action without the remembrance of God is either a diversion or heedlessness excepting four acts: Walking from target to target [archery practice], training a horse, playing with one's family, and learning to swim."

The Prophet Muhammad and his Companions were naturally physically fit. Life was tougher, long distances were covered on foot, men hunted and farmed their food to survive, and there were no useless recreations to produce laziness and waste many hours of otherwise constructive time. The 21st century contains many distractions and forms of entertainment that encourage laziness and induce ill health.

Exercise increases muscle tone, improves flexibility, enhances endurance, strengthens the heart and fights depression. Exercise also helps achieve significant weight loss. Aerobic exercise fights heart disease and high blood pressure, and reduces the risk of diabetes, while weight training increases muscle strength and reduces fat, increases bone density, fights back pain and arthritis, and improves overall mental health.

Respected Islamic scholar Imam Ibnul-Qayyim stated that each bodily organ has its own sport (or movement) that suited it and that horse riding, archery, wrestling and racing, were sports that benefitted the whole body.

Exercise is an integral part of a Muslims life, however it should not come at the expense of religious obligations. In accordance with the holistic approach to life, everything must be done in moderation.

Islam encourages anything that promotes refreshing the mind or revitalising the body provided it does not lead to or involve sin, cause harm, or hamper or delay religious obligations.

A true believer recognises the wonder of the human body and is grateful to the Creator. This gratitude is shown in the care and attention given to maintaining optimum health. Islam's holistic approach to health covers all aspects of the mind, body and soul. A truly health conscious person blends diet, nutrition and exercise with the remembrance of God and an intention to fulfil all their religious obligations.

Turkish Pide

Tasty
& Filling

These famous pides are great for breakfast, lunch or dinner and there are so many choices to fill them with.

Ingredients:

4 cups plain flour
1 tsp salt
1 tbs sugar
1-2 tbs olive oil
1 tbs dry instant yeast
Warm water

Method:

- 1) In a small bowl put 1 1/2 cup of warm water, yeast and sugar and mix well and leave it aside at room temperature for 5-10 mins
- 2) In a large bowl put flour, salt and oil and pour in the water and yeast mixture mix with hands and form a dough
- 3) You may need more flour or more water depending on the flours absorbency
- 4) Knead dough for 5-7 minutes or until soft and smooth. Place in an oiled bowl and cover with cling wrap and leave in a warm place for 1-2 hours.
- 5) Divide dough into smaller portions and form into small balls
- 6) Roll out each ball into oval shapes and top with ingredients of your choice
- 7) Pinch each end and fold down the sides forming a boat shape
- 8) Bake in a preheated oven at 200 degrees Celsius for roughly 15 minutes

Some good topping ideas include sujuk and cheese, chicken, onion and feta cheese, spinach and cheese, cooked minced lamb etc.

Note: Make sure the water isn't too hot or the yeast won't activate. Aim for lukewarm water.



Pumpkin

Prophet
Muhammad
Loved it!

Anas bin Malik (ra) reported that a person invited Allaah's Messenger (pbuh) to a meal. I also went along with him. He brought soup containing pumpkin. Allah's Messenger (pbuh) ate that pumpkin with relish.

Anas said: When I saw that I began to place it before him, and did not eat it (myself).

Anas then said: It was since then that pumpkin was always my favorite (food). (Muslim 5068)

How beautiful is that? Look at the love Anas had for the Messenger of Allah! So much so that what ever he (pbuh) loved, Anas then loved.

Apart from knowing the health benefits of pumpkin, eating it out of love of your beloved prophet (pbuh) will gain you closeness to him in the hereafter.

Allahumma sali wa salim ala Rasulillah.



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