

SOUTH AUSTRALIA'S ONLY DIRECT MUSLIM PUBLICATION

FREE!

Light of Adelaide

THE VOICE OF ADELAIDE MUSLIMS

5 PILLARS
SERIES

An IJCSA Publication

Issue 18

July/Aug/Sept 2015

\$0.00

NOW 3,000 COPIES!

Prayer

“...so worship Me and
establish prayer for My remembrance”
(20:14)

FREE SAMSUNG TABLET **WINNER ANNOUNCED!**

 Like us on Facebook

INSIDE! // ESTABLISHING PRAYER // WHY ARE REVERTS TESTED? //
BREAKING BAD HABITS IN RAMADAN // RAMADAN DIET // MERCY // A MAN
ON A MISSION // RAMADAN LEGACY // MY GRAND IFTAR // KIDS CORNER
// SCORE BOARD // CHOC BROWNIES // JOINT BLESSINGS // RAMADAN
REHAB // MUSLIM INDEX + MUCH MORE!



PULL OUT

THREE MONTH PRAYER TIMES INSIDE

For all your Migration and Education needs contact;

Connect with Australia Migration Services

- Family Visas – Partner/ Parent/Child and all family visa categories
- Tourist Visas
- Student Visas
- Protection visas
- 457/Employer Sponsored Visas
- Business Migration
- Appeals at the Migration and Refugee Review Tribunals (MRT/RRT)
- Skilled Migration Visas

Experienced migration consultancy assisting clients by providing up to date expert advice on all Temporary and Permanent Migration visas.

Call us today to book an appointment and have all your queries and visa issues resolved by a registered Migration Agent qualified with a Master of Migration Law and Practice.



Connect with
Australia
Migration Services

Suite 6, 77 Prospect Road, Prospect SA 5082
08 8344 5904 | 0421 024 839
zouheirm@camsaus.com | www.camsaus.com

Bismillah

In the name of Allah, Most Gracious, Most Merciful

The prayer was the obligation observed by all the prophets, peace be upon them all, their followers, Muslims of all the eras and historical periods, confirmed and explained by the message of Muhammad (pbuh), and will remain as a pillar of this beautiful religion and obligatory until the Day of Judgement.

Allah the Almighty informed us what He said to Musa (pbuh), in a direct dialogue between the Lord of Universe and His obedient servant: **“...so worship Me and establish prayer for My remembrance.”** (Ta Ha, 14)

The message was short and concise, but sufficient as a guidance to all future generations: the true worship, obedience and remembrance of Allah are impossible without observing this crucial landmark of Islam.

The Salat gives every Muslim the chance to communicate with his Lord.

The Messenger of Allah (pbuh), informed us that Allah, the Almighty, says: “When my servant says in his prayer: ‘All praise is for Allah, the Lord of the worlds,’ I say: ‘My slave has praised Me.’” When he says: “The Merciful, the Compassionate, Lord of the Day of Judgment,” I say: “My servant has glorified Me.” When he says: “You Alone we worship and Your refuge we seek,” I say: “This is between Me and My servant.” When he says: ‘Show us the Straight Path,’ I say: “This is for My servant, and I give My servant what he wants.”

The importance of the prayer cannot be over stressed. Apart from observing it, a Muslim reminds and warns others of its irreplaceable value. Here he begins, as with everything else, with his own family, as instructed by Allah, the Almighty: **“And enjoin prayer upon your family and be steadfast therein.”** (Ta Ha, 132)

We ask Allah the Almighty to make us of those who will always observe the prayer, the way it should be observed and of those who will attract His Mercy. Ameen!

Ensar

Imam Ensar Cutahija
Adelaide City Masjid

Contents.

Feature	
Bismillah	1
Prayer	2-4
Knowledge	
Tafseerul Qur'an	6
Hadith	7
The Friendly Reminder	7
Daily Dua	7
The Sunnah	7
Dawah	
Why are reverts tested?	8
Dawah Article	9
Medical Clinic	
Ramadan Diet	10
Breaking bad habits	11
Islamic History	
Mercy	12
Ahmed Deedat	13
Community	
Al Fajr Quranic Institute	14
Ramadan TV	14
JP Services	15
My Grand Iftar	16
Muslim Tech	17
When I can't pray	20
Sports	
SA Central's Score Board	21
Generation 'Y'	
Kids Corner	22
Street Talk - Ramadan Rehab	23
Muslim Show Comic	23
Body/Mind/Soul	
Joint Blessings	24
Chocolate Brownies	25
Pomegranate	25
Muslim Index	26-37
3 Month Prayer Times - Pull Out	18-19

Editorial.

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

Contributors.
Ahmed Bassal, Mohammed Hassan, Jannah Kuning, Hasan Yunich, Khaled Dahak Dawud Perrotta, Sarah Younes, AlFalah Dhanji, Samer Abukwaik, Blarra Jeroff, Sophia Kafrawi, Ensar Cutahija.

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

Publisher.
The Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End SA 5031
P: 08 7226 6268 E: info@iicsa.com.au W: www.iicsa.com.au

Light of Adelaide is a quarterly publication. Views expressed by authors are not necessarily those of the publisher. Copyright 2015 Light of Adelaide Magazine. All rights reserved. This publication cannot be reproduced without the prior written consent of the publisher.



“...so worship Me and establish prayer for My remembrance.” (20:14)

By Dr Jamal Badawi

The term salah in Arabic which is the original for what is termed prayer in English is a lot more comprehensive. When one checks the dictionary, prayer means something like supplication, petition, humbleness and invocation. In that sense the Muslim term salah includes but is not exclusive to the meanings for the English term prayer.

Purity and Hygiene (Inward & Outward)

Prayers are not limited to the ritualistic or formal part of it, but when properly understood it has a far reaching impact on the attitude, behavior and life of the believer.

“Indeed, prayer prohibits immorality and wrongdoing, and the remembrance of Allah is greater”

Allah’s Messenger (pbuh) said, “If there was a river at the door of anyone of you and he took a bath in it five times a day, would you notice any dirt on him?” They said, “Not a trace of dirt would be left.” The Prophet (pbuh) added, “That is the example of the five prayers with which Allah blots out (annuls) evil deeds.”

Before a person performs the prayers by way of preparation, he has to wash at least, and I am talking about the bare minimum, the face, hands, rub over the hair and wash the feet. This washing before prayers is called wudu and is usually translated as ablution.

If we really reflect on the meaning of ablution prior to prayers, we find that first of all it is a kind of psychological preparation. A Muslim’s prayer is one of the most noble if not the most noble acts that any human can have by communicating directly with God without any intermediary. If we as human beings consider it adequate and polite to get ready when we want to meet somebody who is great among humans, then when we are going to stand in front of God in supplication it is even more adequate to have this psychological preparation.

The Prophet emphasized the importance of ablution as a spiritual act. As the Prophet said that when one gets ready for prayer and really washes completely and perfectly before prayer one’s sins flow out of their body every time they wash their body parts until they also come out of finger nails. In a sense then symbolically, when we get ready for the prayer we are washing our face and our eyes which might have committed something that is not appropriate. In a way we are repeating this symbolic act of repentance and purification (Muslims do not believe in original sin) as we are constantly attempting to cleanse ourselves and to pray to God for forgiveness and improvement in our life.

The more perfect and complete form of ablution as taught by Prophet Muhammad (pbuh) and as communicated to him through angel Gabriel, is to start by washing the hands to the wrist three times. This is followed with rinsing the mouth three times, preferably also brushing or cleaning the teeth, then after this rinsing out the nostrils three times, then washing the face three times, all the way from the forehead to the chin and from ear to ear. Then one should wash the right arm to the elbow three times then the same process is repeated for the left arm, the next step is wetting the hand and gently rubbing over the hair and then washing the ears with the index finger on the inside and the thumb on the outside. The last step is washing the right foot and then the left foot. This is the most complete form of performing ablution.

These acts of worship even though they may be purely a matter of obedience and submission to the will of God carry lots of wisdom and reason. The attitude of the believer is that if a divine command is given they would follow it as it is. The revelation doesn’t prohibit one from trying to seek some understanding of possible reasons but a person doesn’t put the reasons as a prerequisite to following them.

Concentration and Contemplation

“Certainly will the believers have succeeded, They who are during their prayer humbly submissive”

Prayer reflects the whole philosophy and attitude of Islam towards life. A human being is composed mainly of spiritual, intellectual and physical aspects. Islam doesn’t see these elements as conflicting parts but that they should be harmonized together and brought together in submitting to God. In the prayer first of all, one feels that he is in the presence of God. He cleansed himself before hand and finds a clean place to pray, devotes his attention and thinks only about God when he prays. This is one of the greatest experiences of spiritual ecstasy, nobody can really describe it or know what it is like unless one really tastes the feeling that one is directly communicating with God. Now beside the spiritual part a person’s mind is not absent because he is required to think about what he recites.

“This is one of the greatest experiences ...nobody can really describe it ...unless one really tastes the feeling that one is communicating directly with God.”

Usually as humans we use the hands as symbols of power. When we raise these hands in the time of prayer it symbolizes that one is really yielding and submitting to their Lord and that any physical, intellectual or other power that is bestowed on us is all in Your hands as You are greater than we are. In fact the very lifting of the hands is to show that one yields consciously not under pressure and that is why we use the word submission. There is another meaning also to lifting of the hands and it is that

this action is like throwing the world away and that, one is going to concentrate and focus on devotion and worship to God. One doesn’t look at people around them or talk to them or think about eating or drinking as one is only thinking about God. Then placing the hands on top of one another is like one says “In front of You oh Lord I am humble, I am weak, I am nothing.” Also, that when one raises his hands they say Allahu Akbar or that God is the greatest and this shows again the nature of Islam where the physical movement and the utterance of the tongue are consistent, so there is full harmony between the movement and utterance of glorification.

Once he/she has made ablution and establishes the direction of the Kaaba, one is ready to start performing the prayers. Of course both males and females need to make sure they are dressed appropriately. Each prayer is composed of a number of unites. Each unit is called raka’a. I will describe one of those unites. Before one starts the prayer they would have to think in their own heart that they now have the intention to pray before God, worshipping him, supplicating to him in full obedience and submission. Once this intention is there, one raises both hands up towards the side of the head and says Allahu Akbar which means God is the greatest. Then the right hand is placed over the left hand. After this the minimum that is to be recited is the short first chapter of the Quran. For the entire duration of the prayer a Muslim is not supposed to look around or talk to other people or eat or drink. Prayer is total devotion and concentration.

A person does not necessarily have to close his eyes but can look at the place on the floor where he will prostrate. After finishing the recitation one raises his hands again and says Allahu Akbar and



prostrates. In this prostration a person bends himself at the waist and puts his hands on the knees and the back should be flat and the head should be at the same level as the back. There are also certain supplications that are mentioned.

Then the person says Samia Allahu Liman Hamidah which means God hears those who praise Him and raises up to standing position. Then one says "Rabana WaLaka Alhamd" Oh my Lord all praise or thanks are due to you.

Then comes the most beautiful moment in the prayer, which shows complete humility and submission to God. Then one goes down onto hands and knees with the toes facing the direction of the Kaaba, the hands are by the ears as the forehead and the nose touch the ground. While in this position there is another supplication that is made. Then one sits up onto their legs from this position before repeating the same prostration again. This would be the end of the first unit called raka'a.

The unit ranges between two to four depending on the time of day and which prayer is performed. For example the early morning prayer at dawn before sunrise is composed of two units. The noon prayer, afternoon prayer and the late night prayer are four units each. The prayer that is performed after sunset is composed of three units.

So the order of prayer in one day is 2, 4, 4, 3, 4 making a total of 17 units.

The five daily prayers are distributed in such a way that it allows the believer to be in a state of constant remembrance of God throughout his day regardless of other activities or jobs that one may do. This is beautiful in a sense because a believer in Islam is not required to leave his work aside and become an unproductive member in society in order to spend his time in devotional prayers.

It doesn't teach the believer that religion is only one aspect of his life that should not interfere with other activities and only remember God for a couple hours once a week. But rather the course of our activities are beautifully intermingled with the remembrance of God. That is why one notices that each of these prayers, even there are five of them in a day, really don't take much time. It could take as little as three minutes to perform a prayer. The prayers are distributed throughout the day to keep us on our toes and always in a state of remembrance.

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

"...and seek help
in patience
and prayer..."

2015

eid
AL FITR

**PRAYER
& FESTIVAL**

FREE
ENTRY!

PRAYER Fri 17/Sat 18 July*

Bonython Park, Port Road

ZAKAT AL FITR \$10
CAN BE PAID HERE

**Prayer will commence @ 8:30am.
Free Drinks, Dates, & Jumping Castles.**

Follow the Sunnah & join the Muslim community in praying & celebrating Eid outdoors!
*Don't forget to bring your own Prayer Mat! *Date to be confirmed on iicsa.com.au

FESTIVAL Sunday 19 July

Wikaparntu Wirra Park 22 (Anzac Hwy)

Festival from 11am - 5pm
Bigger & Better Rides, Showbags, Delicious Multicultural Food,
Live Entertainment, SA Centrals Fun-Zone, Clothing, Animals,
Toys & Fun for the family!

SPONSORED BY



For stall booking call Umar on 0424 645 459
For more info call Alaa on 0449 586 068
www.iicsa.com.au

Event Sponsor



Human Appeal
INTERNATIONAL - AUSTRALIA

EXPLANATION OF THE HOLY QUR'AN

*"And seek help through patience and prayer.
And it is indeed exacting, but not for the humble in heart
who bear in mind that they are to meet their Lord,
and that to Him they are to return"
(Al Baqara : 45-46)*

Once a man has decided to give up unnecessary desires, the instinctive urge itself loses its intensity in a few days. So, the exercise of patience is not, after all, so difficult. But offering Salah entails submitting oneself to the conditions laid down by the Shari'ah, observing the fixed hours, and giving up the basic human activities and desires, all of which is quite exacting for the instinctive disposition of man. So, one may very well raise an objection here: for the purpose of making it easy for a man to accept Islam and to be steadfast in his faith, the Holy Qur'an prescribes Sabr (patience) and Salah (prayer), but to use this remedy is in itself a difficult thing, especially the Salah and its restriction - now, how can this difficulty be overcome?

The Holy Quran admits that performing Salah regularly and steadfastly is, no doubt, exacting, and proceeds to show the way out of this impasse - Salah is not a burden to the humble in heart. To know the effectiveness of the remedy, we must know the disease, and find out why Salah should be so burdensome. The human heart loves to roam about freely in the vast spaces of thought and fancy; all the organs of the human body being subservient to the heart, it requires them to be equally free. On the other hand, Salah demands the renunciation of such freedom, - and prohibits eating, drinking, walking, talking etc. - a restriction which annoys the heart and is also painful for the human organs governed by it.

In short, Salah is burdensome because the heart enjoys keeping the faculties of thought and imagination in a continuous motion. Motion being the disease, it can only be remedied by its opposite - restfulness. Hence, the Holy Qur'an prescribes Khushu a word which we have rendered into English by the phrase "humbleness in heart", but which actually signifies "the restfulness of the heart."

Now, the question arises as to how one can acquire this restfulness of the heart." Everyone knows through his own experience that, if one deliberately tries to empty one's heart of all kinds of thoughts and fancies, the effort rarely succeeds. The only way to achieve it is that since the human mind cannot move in two directions simultaneously, one should make it absorb itself in one thought alone so that all other thoughts may disappear by themselves without any effort on one's part. So, having prescribed "the restfulness of the heart", the Holy Quran also prescribes a particular thought which will, if one absorbs oneself in it, drive away all other thoughts: once the movement of thought and fancy has been reduced to the restfulness of the heart, the performance of Salah becomes easy; regularity in offering the ordained prayers gradually cures the disease of pride and ambition, and thus the way to the perfecting of one's faith grows smooth. Such is the well-ordered and beautifully integrated art of spiritual medicine that the Holy Qur'an has given us!

"Hadith"

The Messenger of Allah (pbuh) said:

"Let him who believes in Allah and the Last Day speak good, or keep silent; and let him who believes in Allah and the Last Day be generous to his neighbour; and let him who believes in Allah and the Last Day be generous to his guest." (Bukhari)

Some of the scholars have mentioned that all of the Good Manners can be derived from four Hadiths, and they mentioned amongst them this Hadith. The focus of this Hadith is actions; actions of controlling one's speech, actions of being good to your neighbour and actions of being generous to your guests. All these actions lead to the improvement of Muslims' behaviors and manners.

The Friendly Reminder.

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

By Abdullah

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

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

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

DAILY DUA'

THE WEAPON OF THE BELIEVER

Salah, the second pillar of Islam, is not just a ritual prayer where Muslims pray five times a day. The crux of salah is a tool for us to utilize in order to connect to Allah, engaging in a deep profound relationship with the verses of Quran. One way to amplify our connection and khusoo in salah is making dua to Allah. Allah says in the Quran, in the dua of Prophet Ibrahim [14:40-41]:

*Rabbi ij'alni muqeemas salati wa min thurriyyati, rabbana wa taqabal du'a.
Rabbana ighfirli wa liwalidayya walil mumeneena yawmul hisaab.*

"O my Lord! Make me one who performs salah and from my offspring. Our lord! And accept my invocation. Our Lord, forgive me and my parents, and the believers the Day the account is established".



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)

Narrated `Abdullah: I asked the Prophet (pbuh) "Which deed is the dearest to Allah?" He replied, "To offer the prayers at their early stated fixed times." (Bukhari)

We perform a number of good deeds daily. It could be charity, reading Quran, making Dhikr, or even smiling at another individual. But the dearest deed to Almighty Allah is the deed of praying the prayers, at the earliest. Many of us push prayers to a later time and complete other tasks before it. This shouldn't be the case as prayer takes precedence over all other tasks. Those who put prayer as their priority over other things will find that the other tasks will have a lot more of the blessings from Allah (swt).

Why are reverts tested?

As Muslims, we know that this life is a test for us. We expect that we will face situations where it will be hard to obey Allah SWT, and that we should make the choice to obey Him of our own free will, no matter the circumstances.

Through a lifetime of Friday sermons, lectures, talks, and advice – we have a steady grasp of this concept.

But what about people who recently revert to Islam?

Allah SWT tells us in the Quran, “Do men think that they will be left alone on saying, ‘We believe’, and that they will not be tested?” [29:2]. Allah SWT is telling us clearly that if we say “We believe” – meaning to believe that there is no god but Allah and that Muhammad is His messenger – that there will be tests to come after that. Allah SWT wants to know that our belief means that we will now make Allah SWT our priority, and will obey Him regardless of difficult circumstances.

Imagine, however, that you were not born Muslim, and then after years of reading, learning, and wondering, you finally accept Islam. All of a sudden your life becomes far more difficult. You may lose your job. You may have a breakdown in your relationship. You may have social problems with your friends, or family, or both.

For someone new to Islam, who doesn't have the benefit of years of learning (even passively) – it might seem to them that God is giving them a sign that their entry into Islam was a bad decision. It may seem to them that God is punishing them for

abandoning their previous faith. It is common for them to think, “Have I made God angry with me? Have I made the wrong decision here?” Is this God's way of telling me to go back to the religion of my past?”

For this reason, it is vitally important that any person who enters into Islam go through some basic training. They must have the opportunity to learn and understand the Sunnah of Allah – His way of dealing with human beings – so that they understand what is happening to their lives after accepting Islam. This simple knowledge will see them persevere and remain true, even in times of hardship, because they want to prove that they absolutely do believe, and that they are absolutely committed to gaining Allah's pleasure and reward.

I encourage anyone who knows a revert to encourage them to take part in classes for reverts, such as IICSA's “Introduction to Islam” course – which is now in its fourth year – to give them that basic foundational understanding, and in sha Allah give them every chance to remain on the correct path.

For information on the Introduction to Islam course, please contact Br Mohammed on 0402 559 558

You won't get oil if
olives aren't pressed.
You won't get juice if
fruits aren't squeezed.
You won't get perfume
if flowers aren't crushed.
When Allah puts you
through tough times,
it is only to get the
good out of you.

Support Group

First Ramadan as a Muslim

By Nourdeen Wildeman

Even though the month of Ramadan is not the beginning or end of the Islamic lunar calendar, for many of us it is the best time to have an annual moment of reflection: Where am I today compared to the end of last Ramadan?

For some of us, we look back at changes in our personal life; we've switched jobs, got married, had the joy of the birth of new life or the mourning of the loss of our loved ones.

For most of us, we look back at our development in regards to practicing Islam; did we read the Quran regularly, did we memorize more, did we intensify our prayers or did we spend more time in the mosque?

But some of us don't compare this year's Ramadan with that of the previous year. They look back at the day on which they accepted Islam by declaring the Islamic testimony of faith. They are looking forward to their very first Ramadan as a Muslim!

It is our duty as a faith community not only to welcome new Muslims but also to support them to perform their acts of worship, of which the fasting during the month Ramadan is one. However, we don't always live up to our responsibilities to do so on a correct way, either because we fully neglect

our responsibility or because with the best intentions we don't do the right thing.

Don't Overemphasize on 'How' We Fast

One of the easiest and most common made mistakes when it comes to preparing a new Muslim for his or her first Ramadan is to spend a lot of time on explaining 'how' we fast.

Don't be shocked; I'm not saying that understanding the rulings of practicing Ramadan are not relevant! They are, without a doubt. But with the quality of books, leaflets, instruction video's and websites such as OnIslam.net available, any new Muslim is most likely able to get at least 95% of that correct by himself or herself. If there are any questions left, those will surface in a natural way and can be addressed by the person who also handles any other question any other month of the year.

As we practice Islam, we aim to follow in the footsteps of Prophet Muhammad (peace be upon him) as much as we can. We aim to always remain within the limits set by our Islamic jurisprudence. Basically, we want to color within the lines. But when we want to support a new Muslim, we must make sure we also focus in our conversations on the color, and not only on the lines.

The Doctor



Ramadan Diet

By Dr. Al Falah Dhanji

Welcome to Ramadan, Alhumdulillah Allah SWT has blessed us with another opportunity to reap the rewards of Ramadan, change our ways, and ask for forgiveness in this month of blessings and mercy.

Fasting can appear daunting at times, especially in the summer months with long hot days. Please remember those less fortunate around the world and those in countries with long fasts. Our fasts are short.

Let's recap on the physiology of fasting, the medical benefits and achieving these.

When fasting, the body completes absorption of nutrients from the last meal after 8 hours. It then turns to stored glucose in liver and muscle, and once depleted starts using fat stores. If the fast is for many days or weeks the body will then use protein (muscle) for energy. However, in Ramadan the suhoor (pre-dawn meal) and iftar (break of fast at dusk) provide a gradual move from glucose to fat, preventing muscle breakdown.

Fasting facilitates burning of body fat, helping weight loss, lowering cholesterol, removing harmful toxins stored in fat and preserving muscle. After several days, endorphin levels are increased improving alertness and mental health.

A balanced diet and adequate fluid are very important between fasts. The kidneys are very efficient at maintaining fluid and salt levels but these can still be lost in perspiration.

Meals containing adequate carbohydrate and some fat prevent breakdown of protein. Food eaten should be from all the major food groups - fruits & vegetables, bread, cereals and potatoes, meat, fish and alternatives and food containing dairy and milk.

Please see the link below for a Healthy Ramadan Meal Plan: www.nhs.uk/Livewell/Healthylramadan/Pages/fastingdietplan.aspx.

Dates, water and juices are added to the meal plans at suhoor and iftar. Dates and juices give a burst of energy and revitalization. Fruit and juices provide vitamins. Starting with water provides rehydration and prevents over-eating.

A good suhoor should include complex carbohydrates and high fibre foods that are filling and breakdown slowly in the gut giving energy though out the day e.g. porridge and wholemeal or wheat cereal. Small amounts of quick release carbohydrate are also helpful eg. toast, crumpets or fruit.

Iftar should be a balanced meal with carbohydrates, protein and a little fat. Chicken, fish, meat are ideal, served with salad and some rice, pitta or pasta. Finish off with a little desert eg. a piece of baklava, indian sweet or fruit.

Care should be taken with caffeine drinks such as tea, coffee and cola as caffeine is a diuretic promoting faster water loss through urination.

Avoid heavy traditional dishes eg. deep fried samosas, pakoras, high sugar and fat indian sweets, high fat paratas, oily curries and greasy pastries. Replace these with baked samosa, oil free chapattis, baked or grilled meats, and milk based deserts such as kheer and rasmalai - but watch the sugar.

Those with chronic disease such as diabetes mellitus, heart disease, renal disease and those on medication should consult their doctors please.

I wish you all a blessed Ramadan. May Allah SWT accept all our worship and forgive all our sins. Please remember my family and I in your duas.

The Pharmacist



By Sophia Kafrawi B.Pharm

This article explains the use of the month of Ramadan as an opportunity to rid our bodies of bad habits, specifically smoking and overeating.

Ramadan is a blessed month that brings with it many opportunities. It is a time to heighten our devotion to Allah and is also the perfect opportunity to allow us to practice self-control and cleanse our body and mind from unhealthy habits.

The two unhealthy habits that this article will focus on are **smoking** and **overeating**.

RISKS OF SMOKING

Tobacco smoke contains more than 4,000 chemicals, many of which are toxic and at least 69 are known to cause cancer. Smoking damages almost every organ in the body and in Australia, approximately 19,000 people die every year of smoking-associated diseases.

Nicotine, which is found in tobacco smoke is an addictive drug that makes it hard for people to break the habit of smoking. However, it is assuring to know that quitting at any age has immediate benefits and reduces the chances of developing smoking related diseases.

BENEFITS OF QUITTING SMOKING

The benefits of quitting smoking are not only physical but also help you to make the most of the blessings of Ramadan. Some of these benefits are as follows.

- Carbon monoxide is a harmful chemical in tobacco that replaces some of the oxygen in your blood. Stopping smoking will improve your breathing and make it easier for you to be active during the daylight hours, which is helpful considering your energy levels may already be reduced from fasting.
- Tobacco smoke can dull the senses of taste and smell. Within a few days of quitting smoking, a noticeable difference can be seen as these senses will improve which will allow you to better enjoy eating and appreciate the blessings of food.
- Smoking reduces your general health and weakens your immune system which makes the body more prone to infections. Quitting smoking will strengthen your resistance to infections which will help to allow you to take full advantage of Ramadan in good health.
- Cigarettes are not cheap and by stopping smoking, you will save money, approximately \$3,800 per year for a pack-a-day habit, which could be used on other important expenses or charity.

To help quit smoking and overcome the physical addiction to nicotine and its withdrawal effects, there are many medicinal therapies available. These include non-prescription nicotine based therapies that are available in the form of lozenges, sprays, tablets, patches, gum and inhalers and non-nicotine quitting medicines which are prescribed by a Doctor. Should you be interested, speak to a Pharmacist or Doctor to help you choose the therapy best suited for you and your needs.

RISKS OF OVEREATING

Overeating is when we consume more energy from our diet than what our bodies use up, thus leading to bodies becoming overweight. There are numerous health risks of being overweight, such as Type 2 diabetes, high blood pressure and cholesterol, stroke and heart disease.

BENEFITS OF EATING HEALTHY AND IN MODERATION

Essentially in Ramadan, calorie consumption is decreased overall due to fasting, however, if we continue to overeat, this benefit is reduced. Fasting in Ramadan provides us with the opportunity to practice self-restraint not just from overeating but also eating excessive amounts of unhealthy foods. If continued, this habit of eating healthy foods and in moderation will help you to lose weight and lower your risk of overweight related diseases.

MERCY



By Dr Ragib Al Sirjani

The first eye-catching feature in the Holy Quran, which is Muslims' constitution and their top and most importance source of legislation, is that all its chapters except At-Tawbah (Repentance) chapter, have been opened with basmala (the phrase: Bismillahi ar-Rahman ar-Rahim or in the name of Allah, Most Gracious, Most Merciful).

It is clear for all that opening all Quranic chapters with these two attributes has its obvious denotation on the importance of mercy in the Islamic Sharia. The close linguistic meaning of the two attributes is also unmistakable for everyone. Scholars gave long details and several opinions on the difference between the two word. Allah could have been using another attribute with the attribute of being merciful, such as the Incomparably Great, the Wise, the All-Hearing, the All-Seeing. It was also possible for Allah to use another attribute with another meaning so as to strike a balance for readers in order to prevent the mercy attribute from prevailing, for example, the Compeller, the Lord of Retribution.

The first chapter of the Quran, Al Fatiha or the Opening, the two attributes are also repeated after the basmala. This is the first chapter in the Holy Quran and starting the Quran with this chapter in particular has an obvious denotation, as well.

Surat Al Fatiha must be recited in each single unit in each prayer – Muslims pray five times each day. This means each single Muslim repeats the word Most Merciful at least twice and repeats the word Most Gracious at least twice, too. These are four times in which each worshipper remembers Allah's mercy in each single unit. This means each worshipper repeats the attribute of mercy 68 times a day during a total of 17 prostrations each worshiper makes in his five daily prayers. This gives a perfect image on the high value of that great attribute "Mercy".

In addition, Allah exalted He is sent His Apostle, peace be upon him, only as a mercy for mankind and the entire creation. In the Quran, Allah exalted He is says what means: {We sent thee not, but as a Mercy for all creatures} [The Prophets: 107], and the Prophet's character embodied this clearly and mercy was his logic when dealing with his companions and enemies. The Prophet (pbuh), was encouraging people to be merciful. The Prophet says: "Allah will not give mercy to anyone, except those who give mercy to others".

And the word "others" is general and does include everyone irrespective of race and religion. Scholars say this is general and does include showing mercy toward children and others.

Ibn Battal said: "This hadith encourages people to show mercy toward all the creation, including believers, disbeliever and beasts, be them owned or not. Animals should be supplied with food to eat and water to drink and should not be overloaded or beaten."

The Prophet (pbuh) also said: "Have mercy on those who are on Earth, and the One in Heaven will have mercy on you" and the word "those" refers to everyone on the planet.

The Prophet said: "A woman entered the (Hell) Fire because of a cat which she had tied, neither giving it food nor setting it free to eat from the vermin of the earth".

Contemporary Role Models of Islam

Ahmed Deedat
1918 - 2005



By Abu Yaseen

Ahmed Deedat. A Man with a Mission.

The true message of Islam can sometimes be veiled from the hearts of people by false propaganda. It is the responsibility of the Muslim community to counteract such false propaganda by presenting the true message of Islam and presenting solid proof that clarify misconceptions people may have. However, in doing so, it is essential that a certain etiquette is followed. Allah the Almighty said:

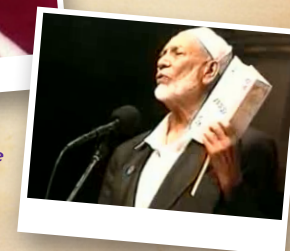
"Do not argue with the People of the Book except only by the best manner, except the unjust among them. Tell them, "We believe in what is revealed to us and to you. Our Lord and your Lord is one. We have submitted ourselves to His will". – (Chapter 29, verse 47)

An exceptional example in modern time was Sheikh Ahmed Deedat (1918 – 2005). Sheikh Ahmad Deedat was born in India. Shortly after his birth, his father immigrated to South Africa. It was not until the age of eight that Ahmed Deedat moved to South Africa to live with his father. At the age of sixteen, extreme poverty forced Ahmed to join the workforce to help support his family. One of the jobs Sheikh Ahmed Deedat undertook was at a Muslim owned store near a Christian seminary. While working at this store, Sheikh Ahmed was often confronted with misconceptions about Islam that he did not know how to respond to. These incidents ignited the flames of his determination to counteract these misconceptions.

One of the books that Sheikh Ahmed Deedat benefitted from at the beginning of his journey was Izharul-Haq, meaning, 'The Truth Revealed'. This book recorded the techniques and enormous success of the efforts of Muslims in India in turning the tables against Christian missionary

harassment during the British subjugation and rule of India. In particular, the idea of holding debates had a profound effect on Sheikh Deedat. And so, he decided to study the different versions of the Bible in English as well as other languages until he was satisfied that he had equipped himself with sufficient knowledge for such debates.

In the 1956, Sheikh Ahmed Deedat sold his business and dedicated himself completely to delivering the message of Islam. He established "As-Salaam", an institute for training propagators of Islam. He was also a founding member of the Islamic propagation centre International (IPCI) in Durban. He conducted classes on Bible studies and authored several books. He also delivered thousands of lectures all over the world and successfully engaged prominent Christian Evangelists in public debates. Several thousand people have come into the fold of Islam as a result of these efforts. May Allah bestow His mercy on Sheikh Ahmed Deedat. May Allah enable us to convey the true message of Islam in the best way as He likes.



May Allah have mercy on you

Opening in August 2015! MUST REGISTER!



The Dawn Quranic Institute would like to announce the establishment of its Adelaide Branch.

Term Start: Monday, 31st Aug
Term End: Sunday, 29th Nov

Enrollment:
Assessment Test & Enrolment:
Sunday, 9th August, 10am-2pm.
(Fees to be paid on day of enrolment)

Fees:
\$250 Per Term Per Person
(discount for multiple family members)

REGISTER NOW:
Online:
www.thedawn.com.au

Office:
Level 1, 53 Henley Beach Rd,
Mile End SA. Ph 7226 6268
Hours: Mon-Fri 9am-5pm

Ages 10+

The Dawn Quranic Institute Est. 2008
Over 1000 Students
5 Branches Australia Wide

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.

ADELAIDE'S MUSLIM COMMUNITY ON TV!

RamadanTV

IS BACK EVERYDAY OF RAMADAN!

Also exciting NEW QUIZ SHOW coming to you this Ramadan!

STARTS
JUNE 17TH

FAJR EPISODE
5:30am-6:00am
IFTAR EPISODE
5:00pm-5:30pm

Quran, Hadith,
Ramadan Reminders,
& SA's Community on TV!
**With Athan at time
of FAJR & IFTAR!**



Want Ramadan TV to come to your family or community Iftar?
Call 0452 320 110

NEED A JP?

IICSA will be available to provide
JP services at IICSA every
Sunday 9:15 am to 10:30 am.

Our JP will also be sitting as the
resident JP at Hindmarsh library
(139 Port Road, Hindmarsh)
every Saturday 1pm to 3pm.

To make a booking, call:
7226 6268



Congratulations to
Abdul Salam Hamid Juma
for winning the tablet!

Samsung
GALAXY
Tab 3



Like us on Facebook

YOU'RE INVITED TO My GRAND IFTAR



Host **your own** fundraising iftar
this Ramadan for the needy!

Register today to receive your **FREE** Host kit
Visit hai.org.au or call 1300 760 155



Community

Muslim Tech



RamadanLegacy

Our team embarked on a journey of taking a blessed month that is over 1,400 years old and creating a digital yet peaceful experience whereby Muslims can enhance their Ramadan.

Ramadan Legacy is a tool that allows Muslims to create, track and build their Ramadan Legacy. Imagine in five years time looking back to see what you felt and achieved five years ago, in Ramadan.

It combines smart technology and beautiful design with spirituality and learning, all to help you organise your worship to make Ramadan easy and enjoyable.



Ramadan Goals

Set your aspirations for Ramadan and the app will encourage you to achieve them.



Ramadan Planner

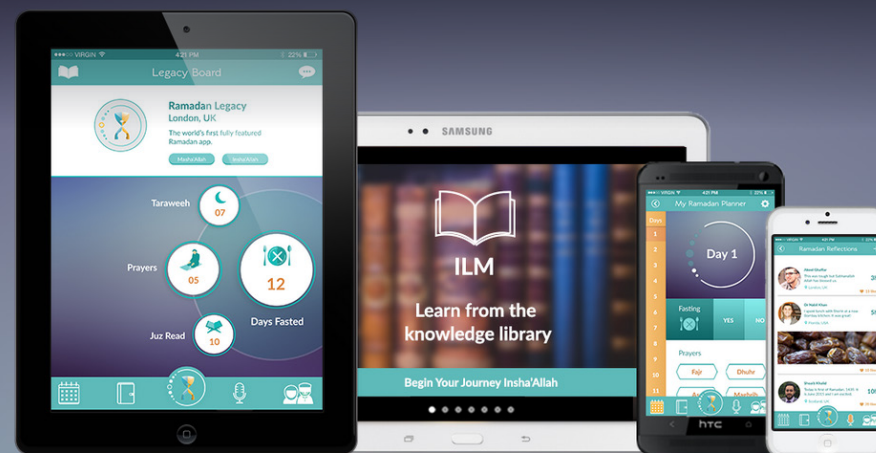
A beautiful 30 day planner giving you a worshipping framework throughout Ramadan.



Knowledge Library

Learn about different topics from the knowledge library.

The World's 1st Fully Featured App For Ramadan



Empowering Muslims to enhance their Ramadan and to continue the Barakah of Ramadan throughout time

ADELAIDE MUSLIM PRAYER TIMES 2015

Light of Adelaide
THE VOICE OF ADELAIDE MUSLIMS
An initiative of IICSA

YOU CAN PAY YOUR ZAKAT AL FITR
24/7 during Ramadan
Call 0452 320 110



eid PRAYER & FESTIVAL
PRAYER: Bonython Park, Port Rd
FESTIVAL: Wikapamtu Wirra Park (Anzac Hwy)
www.iicsa.com.au
FREE ENTRY!

Allah says: "...so worship Me and establish prayer for My remembrance." (20:14)

Level 1, 53 Henley Beach Rd, Mile End Ph 08 7200 2882

July - Ramadan/Shaw wal

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

★ Expected day of Eid Al Fitr (to be announced)

August - Shawwal/Dhul Qa'dah

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

September - Dhul Qa'dah/Dhul Hijjah

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

AusStar Meats

Lamb, Beef, Chicken & Goat

92-100 Manton St Hindmarsh. Ph: 08 8340 9309 or 0433 173 554

Open Thursday-Sunday 8am-5pm We Also cater for Aqiqah & Qurban



ADAM'S halal butcher

LAMB - BEEF - CHICKEN - GOAT & SMALLGOODS

Tues - Sun 9:30AM - 8PM

59B WOODVILLE RD, WOODVILLE. PH 8347 3576

We also cater for Qurban, Aqiqah & Shop Orders

Sisters Section



By Um Asyraf

Keeping the connection with Allah

Salah (prayer) is an invaluable and private moment between the created and the Creator. Yet Allah has ordained a period of rest for all menstruating women from performing it. For some of us, this time of the month contributes to a feeling of disconnection, feebleness and sadness. These sentiments seep into our hearts whose desire is only to perform salah each and every day in our lives - to manifest the love for our Creator and reaching out in supplication for Allah is All-Hearer.

Some misconceptions on this prohibition could have also added to these emotions for example; it is a limitation on women due to our gender and/or we cannot engage in any Islamic activities through the duration of our menses. This is indeed not so. Allah reminded us in surah Al-Mulk:

Should not He who has created know? And He is the Most Kind and Courteous (to His slaves) All-Aware (of everything) [67:14].

The wisdom in this prohibition is that many women suffer from extreme cramps, heavy bleeding, nausea, headaches, and other malaises during their cycle. It is certainly a sign of the compassion of Allah the All-Knowing that women are excused from prayer during this time. Additionally, through

the days of menstruation, each woman will be rewarded for her patience on the fatigue and lassitude she is experiencing. She will be rewarded as if she had done all her creedal duties without any loss. This is according to a hadith narrated by Abu Sa'id Al-Khudri and Abu Huraira that the Prophet (pbuh) had said:

"No fatigue, nor disease, nor sorrow, nor sadness, nor hurt, nor distress befalls a Muslim, even if it were the prick he receives from a thorn, but that Allah expiates some of his sins for that." (Reported by Al-Bukhari.)

This is the pure satisfaction Islam brings to every believing women that no situation brought upon a soul is unjust other than the means for expiation inshaAllah. On the other hand, Islam does not demand the believing women to give up our devoutness or pursuit of Islamic knowledge during this time either. Even though it is true that we cannot perform the ritual prayer, Tawaf (circumambulation of the Ka'bah) and fasting; nonetheless, we can do many other goodly actions like:

1) Make lots of du'a (supplication) to Allah

- The Prophet (pbuh) said: "Du'a is worship." [Abu Dawud]

2) Make lots of Istighfaar (seeking forgiveness from Allah) and dhikr (remembrance of Allah) -

We can do this when we are cooking, cleaning, going to work, going to the shop, etc. Allah says: "O you who have believed, remember Allah with much remembrance." [Surat Al-Ahzab: 33:41]

3) Read beneficial books - Choose books that will help us understand more about Islam, purpose of this life and duties towards our Creator. The Prophet (pbuh) said: "Seeking knowledge is obligatory upon every Muslim." [Sunan Ibn Majah]

4) Listen to the Qur'an frequently - This would help improve our recitation of the Qur'an, revise what has been memorized, and constantly remembering Allah in the heart and mind.

Let us stay connected to Allah the Almighty in all situations and may HE keep us steadfast in our sincere exertions towards HIM.

SCORE BOARD



SACENTRALFC.ORG.AU

By Khaled Dahak

Asallaam alaykum dear brothers and sisters.

SA Centrals Soccer Club wishes you all the very best for coming month Ramadhan. We sincerely hope this month brings your family health and happiness, and brings us all closer to Allah SWT.

Our club is currently in its fifth year, and is experiencing a growth in demand from the community for more teams, increased skills and development of players from all ages and greater professionalism. With that in mind, and learning from our past experiences, the club will be continuing with training nights during the month of Ramadan. This enables parents to bring their children to training after iftar and then parents can go to the Masjid for Isha and Taraweeh prayers. This policy allows the child's development of skills and knowledge of the game to continue to grow during Ramadan, and also does not stop the momentum that has been building during the year. We also take into consideration there is a growing number of the general Australian community, whom have registered their children with SA Centrals. Insha Allah we strive to provide for all our children the best environment within our means, and to cater for the player's development all year round.

Following the glorious and blessed month of Ramadan, SA Centrals will be having a major place at this year's Eid Festivals. Gone are the

days of a lone marquee, desk, chair and poster flapping about in the wind. This year our stalls will have an inflatable Human Foosball field measuring 18m long by 6m wide that promises to bring lots of fun for all, a skills shot sideshow game with great fluffy prizes, the best value for money sausage sizzle in town, a couple of familiar faces promoting the club, and possibly a few stars from Adelaide United FC will be greeting supporters, signing autographs, taking photos with the crowd and possibly turning a sausage or two for the hungry masses.

Another aspect of the club that has changed this year is our new look website. Go to www.sacentralfc.org.au and see photos of past and present players. There are links to competition ladders for the Under 15 and Under 13s teams. A calendar of events that provides viewers with details of upcoming games, training sessions, social gatherings, carnivals and kids fun nights. There is a News and Updates section on the homepage that keeps all informed of important dates and notices. We also have our revamped sponsor's page with links to their websites and businesses, and we encourage you all to support those who support your community.

Ramadan Karim. May Allah's blessings shine always upon you and your loved ones.



WE WOULD LIKE TO SAY THANKYOU TO OUR SPONSORS FOR 2015

KIDS CORNER

PRAYER DOOR HANGER

Want to have the best prayer?

Visit

www.iicsa.com.au/lightofadelaide
and download this colour-in Prayer
door hanger to hang on your
bedroom door everytime you pray,
so no one will disturb you when you
are praying to Allah.



DID YOU KNOW?

That during
Ramadan every good
deed that you do is
multiplied by 70 times!
So make sure you do more
good deeds and don't
forget to give Charity
to the poor.

GOOD
MANNERS

BEING GOOD
TO YOUR PARENTS

OBEYING
ALLAH & HIS
MESSENGER

JANNAH
AHEAD

DID YOU KNOW?

That Prophet
Muhammad (pbuh)
used to break his fast on
3 dates and some water.
Aaaaannnndd.... He used
to like sweets!

Street Talk!

RAMADAN REHAB

I am sure that we all have cherished memories over the Ramadan's we have experienced in the past. Feelings of waking up before Fajr and smelling the fresh suhur that Mum has prepared. Coming home after school and counting down the minutes until Iftar. Sleeping the last ten nights in the masjid and anxiously anticipating Eid. Without doubt, Ramadan is the most amazing month of the year.

But we've all grown up a bit since those days, and it's really time that we put this month into perspective.

This is the month where the course of the world changed, and the words of Allah came down to this earth.

The month where Allah opens the doors of Jannah and locks the doors of Jahannam. The month where any good deed that you do is multiplied by 70+. Above all, it is a time where we can walk out of this month with our sins completely forgiven Inshallah.

It's rehab for the soul. Just like a drug addict goes into an isolated confinement for a while to treat his addiction, Allah gives us this month to cure ourselves from drowning in this Dunya. Sometimes, we forget how kind Allah is in covering our sins and weaknesses. If we were to take a "selfie" of our soul and present it to the world, would we be satisfied? If our sins were stamped on our foreheads, would we even step out of our room?

So the big question is, how am I going to give meaning to my Ramadan this year? Here are a couple of steps that we can, Inshallah find benefit with.

1) Intention: The companions would make dua 6 months before Ramadan, begging Allah that they would live to see it. Don't wait until the night before to prepare yourself. Make a sincere intention NOW with Allah, that this will be the month of reformation.

2) Consistency: It's like a 400m race. If we start off bolting, we will lose energy towards the end. According to what you can handle, pick some special worships that you want to focus on and continue them throughout the month. The Prophet (pbuh) said, "The most beloved of deeds to Allah are those that are most consistent, even if it is small".

3) Dua and seeking Allah's closeness: Leave the world behind you. All the worries, troubles and people. Your soul is yearning for that time alone with Allah. Connect with Him, remember Him and shed tears out of love and fear of Him. Allah completes the passage where He speaks about Ramadan in the Quran with the verse "When my servant asks you concerning Me - Indeed I am near..." (2:186) This is a month of DUA!

4) Drown yourself in oceans of good: Leave your old habits of spending hours on Facebook, watching movies and wasting time. Instead, be amongst people that speak about Allah. Surround yourself in an environment of the Quran. Seek knowledge about the virtues and benefits of Ramadan. Read the biography and description of our beloved Muhammad (pbuh). This will have a big effect on the heart.

Brothers and sisters, lets really try and make this a meaningful Ramadan. O Allah, we ask You that this month will be a means of our entrance into Jannah. Ameen.

MUSLIM SHOW COMIC



**DO NOT LET DUNYA
HOLD YOU BACK
FROM REMEMBERING
ALLAH.**

The blessings of eating together



By Mohammed Hassan

THE MOST BELOVED OF FOOD TO ALLAH IS THAT WHICH IS TOUCHED BY MANY HANDS (SHARED AMONG MANY PEOPLE)

Eating together brings far more benefits than first perceived. Primarily, regularly scheduled family meals give families a specific time every day to share. This is important because hectic schedules of the twenty-first century have resulted in teenagers and children holing up in their rooms with their TV's, laptops and iPods, while parents complain that their children never open up with them.

Communication is the prime benefit in sitting down together as a family over dinner; through it parents gain the opportunity to know what is going on in the lives of their children and kids can feel that their parents are more than just two authoritative figures in their lives.

Another benefit in eating together as a family is that it fosters positive feelings among people; anyone who has ever had a bad day and subsequently required some comfort food and the company of a close friend is a testament to that. Eating with loved ones creates a warm environment that makes it easier to open up, talk and be affectionate with one another. Many times all it takes is good food and good company to have a wonderful time and good food with loved ones can bring about an air of warmth, comfort and mutual love between members of a family and create more of a tight-knit relationship within a family.

A benefit of eating together that is quite rewarding with regards to a person's akhirah is the fact that eating together brings blessings in the food being eaten. Wahshi bin Harb (ra) reported: Some of the companions of the Messenger of Allah (pbuh) said: "We eat but are not satisfied." He (pbuh) said, "Perhaps you eat separately." The Companions replied in the affirmative. He then said: "Eat together and mention the Name of Allah over your food. It will be blessed for you." [Abu Dawud].

In this hadith we are told of two things, if done together, result in Allah (swt) blessing our food and putting barakah in it: saying Bismillah, and eating with others. Family dinners have the potential to increase the barakah of our food, a great blessing only attained when eating together.

This is also exhibited by the following hadith: Abu Hurairah reported that the Messenger of Allah (SAW) said, "The food for two suffices for three; and the food for three suffices for four persons." [Al-Bukhari and Muslim]. This hadith shows that if people share a small amount of food it will be sufficient for them because of the blessing Allah places in the food. In essence, the benefits derived from eating together are multi-fold and contribute to increased communication between members of a family, their good relations, as well as blessings and barakah being placed in their food. As Muslims, these benefits are added to the fact that a deed that brings a family closer to each other is one that is highly meritorious.

Our Prophet (pbuh) said, "He who desires ample provisions and his life be prolonged, should maintain good ties with his blood relations." [Al-Bukhari and Muslim].

This hadith beautifully illustrates that when one is in the service of his/her family, one is doing an act worthy of reward from Allah, and aiming to strengthen the bonds of family is one of the best acts that can be done in order to receive blessings from Allah. Every deed in Islam is judged according to the intention behind it, and so it should not be so surprising that such an overlooked, commonplace and seemingly menial occurrence such as a daily family dinner has the potential to bring about so many benefits to one's family life.

Chocolate Brownies

By Blarra Jeroff

Everyone loves chocolate! Whether they admit or not. A yummy treat that's simple to make is the original chocolate brownie!

Ingredients:

200g dark chocolate
200g unsalted butter
1 cup brown sugar
3 eggs
3/4 cup plain flour
Pinch of salt

Method:

- 1) In a small saucepan on medium heat melt the butter, sugar and chocolate and let it cool for 10 minutes.
- 2) Whisk in the 3 eggs into the chocolate mixture.
- 3) Mix in the flour, salt and make sure there are no lumps.
- 4) Line a square brownie pan with baking paper and pour mixture in.
- 5) Bake in a pre heated oven at 180 celcius for 20 minutes or until brownie is no longer wobbly in the centre.

You can change this recipe to your liking by adding chopped almonds, macadamias, hazelnuts or even choc chips.



Pomegranate

Mentioned in the Qur'an!

Allah says in the Qur'an:

"And He it is who causes gardens to grow, (both) trellised and untrellised, and palm trees and crops of different (kinds of) food and olives and pomegranates, similar and dissimilar. Eat of (each of) its fruit when it yields and give its due (zakah) on the day of its harvest. And be not excessive. Indeed, He does not like those who commit excess." (Quran 6:141)

Not only is Pomegranate mentioned in Quran as one of the fruits of this world and Paradise but also has many benefits. Some of which are:

- 1) **Prevents heart disease:** Pomegranates are loaded with polyphenols that have powerful antioxidant properties.
- 2) **Lowers blood pressure:** Pomegranates help lower blood pressure by preventing the activity of serum angiotensin-converting enzyme
- 3) **May help prevent cancer:** From prostate cancer to breast cancer, lung cancer and skin cancer, pomegranates can help prevent and treat several forms of cancer.
- 4) **Helps digestion:** To keep your digestive system healthy, you need to include fibre-rich sources in your diet. However, our busy lifestyle and personal liking for junk food have deprived us of the goodness of fibre in fruits and vegetables.
- 5) **Improves immunity:** Being rich in anti-inflammatory compounds, pomegranates are extremely healthy for those suffering from immune-related disorders like rheumatoid arthritis and osteoarthritis.

All of these health benefits make pomegranate a great addition to your diet. The fruit is a bit on the expensive side but so much nutrition definitely makes it worth the price.

Welcome to Muslim Index.

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

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

Food/Services



MOBILE PHONE REPAIRS

Any phone, Any repair!

FREE QUOTES

ON THE SPOT REPAIRS

ALL BRANDS

246 Pulteney St, Adelaide

1300 DIGIMOB

BURGER IT

Seriously Good Burgers



110 O'Connell Street
North Adelaide SA 5006
Order 8267 2612



-we serve halal-

The Best Burgers in Adelaide!
www.burgeritadelaide.com.au

EARN MONEY AND WORK FROM HOME!

Join our family day care today and you can soon enjoy working with children and earning an income from the comfort of your own home.

- ◆ Good Wages
- ◆ Flexible Work Days/Hours
- ◆ We Get You Work!
- ◆ Full Time, Part Time & Casual Care
- ◆ Before & After School Care
- ◆ Emergency Care

326 Findon Rd, Kidman Park SA 5012
Hamid: 0431 407 239 Wael: 0431 004 648
Ph: 08 7225 8737 Email: honeybee_fdc@hotmail.com



Food/Services

LADY BUG BEAUTY CLEANING PTY LTD

Steam carpet upholstery cleaning
Tiles/ grout cleaning
End of lease cleaning
Oven/windows cleaning

Free quote
Call 0427 792 835 today!



For developing & maintaining

- Online Business Software
- SMS Marketing Campaign
- Mobile Apps
- Website

Call Now: 0430 496 430

zahra BOUTIQUE

224D Henley Beach Rd
Torrensville SA 5031 (Bus Stop 7)
Ph : 08 72301090 Mob : 0423 496 729
Facebook : ZahraBoutiqueAdelaide

ISLAMIC CLOTHING / ABAYAS / KAFTANS / DRESSES
SCARVES / HIJABS / SHALWAR KAMEEZ / SKIRTS
PANTS / TOPS / FASHION ACCESSORIES



GEPPS CROSS EXHAUST & AUTOCARE



Please Call (08) 8349 8533

Special is for 4 cylinder passenger cars



Opening Hours: Mon-Fri: 8am - 5pm, Sat: 8am - 2pm
Address: 566 Main North Rd, Gepps Cross SA 5094

JUBBA

SUPERMART & HALAL BUTCHER & GROCERIES

WE SERVE HAND-SLAUGHTERED CHICKEN!

HALAL MEAT & POULTRY
GROCERIES (RICE, BREAD, ETC)
CLOTHING, KITCHENWARE,
HOMEWARE &
MIDDLE EASTERN LOUNGES.
388 TORRENS RD, KILKENNY
PH 08 8268 5568 MOB 0422 833 078



SILLS LEWIS Lawyers

Sari Kheder

Double Degree in Law & Legal Practice
combined with International Studies.

Specialising in:
Criminal Law
Commercial Law
Family Law
Property
Wills & Estates

SPEAKS ENGLISH, ARABIC, KURDISH & TURKISH

68 Commercial Rd, Port Adelaide SA 5015
Ph: 08 8447 7127
Mob: 0401 638 610
Email: sillslewis@optusnet.com.au



RFC Reynella Family Care

General Practice Surgery

Assalamou Alaykum,
We are a friendly, family centred medical practice dedicated to providing a full range of general medical care for all age groups.

Dr. Al-Falah Dhanji

MBBS DFFP DRCOG MRCGP
FRACGP CIDC

Specialist Skills:

Cardiovascular and Diabetic care,
Men's Health and Orthopaedics
and Musculoskeletal Medicine.

General Skills:

Family Medicine, Chronic Disease Management,
Women's Health
and Paediatrics & Minor Surgery.

Qualifications:

BSc(Hons), MB BS, Dip. Family Planning,
Dip. Obstetrics and Gynaecology, MRCGP,
Cert. Diabetes Care, FRACGP



Light up
the lives
of the
needy this
Ramadan



رمضان كريم
Ramadan
Kareem

Feed The Fasting

\$5 per meal



Provides a festive gathering with a complete Iftar to let the needy enjoy their Ramadan.

Zakat Al Fitr

\$10 per person



The compulsory payment of Zakat removes ones sins and provides food to the poor.

Eid Gift & Clothing

\$20 per gift



Bring happiness to a needy child on the special day of Eid with a gift & new clothes.

Zakat Al Maal

2.5%



Fulfil the obligation of your Zakat Al Maal and provide relief to those in need.

Ramadan Food Parcel

\$300 for a family for 1 month



Provides a family with a comprehensive food parcel sufficient for 1 month.

Orphan Sponsorship

\$50 per month



Sponsor an Orphan and be among those who will be in Paradise with the Prophet.

Emergency Relief

Any Amount



Provide urgent relief to those in countries stricken by emergency crisis.

Build a Water Well

From \$500



Provide safe water solutions to the needy. This is a Sadaqa Jariya (ongoing charity).

With your generous donations, we work and change lives in the following 25 countries:

- Syria
- Palestine
- Lebanon
- Yemen
- Jordan
- Iraq
- Kyrgyzstan
- Pakistan
- Kashmir
- Afghanistan
- Bangladesh
- Burma
- India
- Sri Lanka
- Egypt
- Tunisia
- Somalia
- Sudan
- Eritrea
- Niger
- Senegal
- Indonesia
- Bosnia
- Kosovo
- Nepal

Make an appointment today, Call 08 8321 9099

3/216 Old South Road, Old Reynella 5161

Mon - Thurs 8:30am - 7pm, Fri 8:30am - 6pm

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

Adelaide Office: 1/53 Henley Beach Rd, Mile End SA 5031 Ph: (08) 7200 2882

Authentic Middle Eastern Charcoal Kebab



sofra kebab house

Under New Management

middle
eastern
cuisine



kebab | grills | soup | dips | salads | special meals
coffee & tea | sweets
dine in or take away | catering order welcome

Gourmet middle eastern
cuisine with a hint of
YUM!

Come in & try our NEW
Menu including Kebab,
Falafel, Manoush, Wraps,
Foccacias, Burgers,
Sweets as well as our
signature Lebanese meals.

Dine in or Take away.

Catering for all your
functions.



Open 6 days (Closed Mondays)
60 West Terrace Adelaide (08) 8212 1105



Shop 6, 582 Goodwood Road, Colonel Light Gardens SA 5041
Ph 08 8177 1458 hello@sumaccafe.com.au www.sumaccafe.com.au

"Your friendly dental clinic"



WE OFFER ALL ASPECTS OF GENERAL DENTAL SERVICE FOR YOUR FAMILY.

- Check up and clean
- Filling
- Extraction (inc. wisdom teeth)
- Root canal treatment
- Tooth whitening
- Mouthguard and nightguard
- Veneer
- Crown and bridge
- Full and partial Denture, and denture repair/refit
- Implant restoration
- Retainer

New patient having dental cover with any private health fund for the first visit (comprehensive examination, 2xrays, scale and clean) – NO GAP

Eligible children between 2-17 ages for Medicare Child Dental Benefits Schedule (CDBS) \$1000 for 2 years– bulk billing (which means NO out of pocket money for parents to pay up to \$1000)

New patient WITHOUT any private health fund for the first visit (comprehensive examination, 2xrays, scale and clean) – \$149

NIB Saudi Overseas Student Health Cover (OSHC) with dental cover \$5500 – NO GAP plus bonus free take-home tooth whitening kit (value \$600) after successful completion of treatment plan.

Excellent patient referral rewards scheme – CALL US NOW
Phone: 08 7225 1385 Email: premiumdentalcare.au@gmail.com
Address: Level 9/195 North Terrace, Adelaide SA 5000



When we stop fasting,
they don't.

Share your relief
with those who need it most



\$50

PALESTINE (GAZA),
PALESTINE (WEST
BANK), SYRIA, IRAQ,
LEBANON & YEMEN.



\$70

BANGLADESH,
INDONESIA,
AFGHANISTAN,
MYANMAR & PAKISTAN.



\$100

ETHIOPIA, SOMALIA,
SOUTH SUDAN, SUDAN
& MALI.

DONATE YOUR ZAKAT

CALL 1300 308 554
ISLAMIC-RELIEF.COM.AU

Ramadan Mubarak

Services



emali
early learning centre

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

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

Hectorville	Salisbury	Broadview	Athol Park	Brighton NEW!
38 Montacute Road Hectorville SA 5073 P (08) 8365 7571	60 Winzor Street Salisbury SA 5108 P (08) 8258 5880	611 Regency Road Broadview SA 5083 P (08) 8266 6895	13 Gateshead Street Athol Park SA 5012 P (08) 8447 6333	397 Brighton Rd Brighton SA 5048 P (08) 8358 5384

For more information visit www.emali.com.au

Do you have an Islamic Will?

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

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

Belal Moraby is a Muslim Lawyer qualified to take instructions in Wills and Estate planning.

He can also assist you with employment and workplace matters.

\$270 per person
\$405 per couple

tindallgaskbentley
lawyers

Free Call: 1800 730 TGB (842)
tgb.com.au

tgb

- personal injuries
- workcover
- family & divorce
- wills & estates
- criminal & disciplinary
- business & property

Adelaide • Reynella • Salisbury • Mt Barker • Pt Lincoln • Whyalla • Perth • Darwin

Oz Migration Services

Free Visa
Assessment!

عندك سؤال؟
سنعطيك
الجواب مجاناً

نحن باستطاعتنا المساعدة

*Thinking of
making Australia
your home?*

Call 1800 801 081

Services

allphones

ALL TYPES OF PHONE BRANDS



SPECIAL OFFER #1
\$50 Red Sim Only. NOW \$35!
Add a \$50 Red Sim Only to your Vodafone account and save! Inc. 3GB Data!

SPECIAL OFFER #2
Sign up @ **ALLPHONES** to a **NEW Vodafone \$70 Red Plan** or higher, over 24 months and receive a **WISH eGift Card**.

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



**Adil Saeed
Manager**
0403 713 439

Allphones Arndale
Shop 128, Arndale Central
Cnr Torrens Rd & Hanson Rd,
Kilkenny SA 5009

Allphones Citicentre
155 Rundle Mall
Adelaide SA 5000



www.allphones.com.au

**SULTAN
COLA**

WITH BLACK SEED
EXTRACT



SULTAN-COLA.COM



FOR WHOLESALE ENQUIRIES CALL 0416 615 315

Services

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



Mawson Lakes Medical Centre

Health care for the whole family

Serving Mawson Lakes since 2004

+ NEW
SKIN
CANCER
CLINIC

WE ARE A BULK BILLING CLINIC

OVERSEAS STUDENTS PAY NO GAP & DIRECTLY BILLED VIA OVERSEAS STUDENT HEALTH COVER (OSHC).

CONVENIENTLY LOCATED IN FRONT OF UNISA MAWSON LAKES CAMPUS/LIBRARY

Comprehensive General/Family Medical Services

(including General Medicine, Women health and Paediatrics)

Affiliated Specialist Centre-Physiotherapist, Podiatrist, Hand Specialist,

Clinpath pathology, Psychologist, Psychiatrist, ENT Surgeon,

Orthopaedic Surgeon + More services available!



Mawson Lakes Medical Centre Bigger and Better!

Alhamdulillah Phase 2 extension completed.

Mon - Fri 8am - 9pm, Sat - Sun 9am - 5pm

12 Main Street, The Promenade,

Mawson Lakes SA 5095 (Opposite Target)

Ph 08 8359 5133 Fax 08 8359 7004



WE HAVE MALE & FEMALE GPs

(AFTERHOURS FEMALE DOCTOR ALSO AVAILABLE)



Public Accountants & Business Advisors

Accounting TEK Financial Services 1 - your financial solution



Accountant: Ahmed Ali

Level 1, Suite 6, 166-168 Grange Road,
Flinders Park SA 5025

P: (08) 8241 7677 E: mail@atek.com.au

SERVICES AVAILABLE

INCOME TAX RETURN PREPARATION (ALL TYPES)

(Preparation of Personal, Partnership, Trust, Company
and Self Managed Superannuation (SMSF) Tax Returns)

Fast refunds via electronic lodgment

14 days tax refund service

Tax Planning advice

GST ADVICE & RETURNS

• BAS, IAS preparation

MYOB/QUICKBOOKS SET-UP & SUPPORT

Cash flow & budget

ACCOUNTING & BOOKKEEPING

- General Accounting Advice
- Preparation of Financial Statements
- Maintenance of Accounting Records

BUSINESS STRUCTURES

- Establishment of Partnerships, Trusts, Companies
and Superannuation Funds.

CASH FLOW & BUDGET

Authentic ZamZam Water from Makkah



\$3.50
each



EACH ZAMZAM
4 LIFE BOTTLE...



HELPS BUILD A WATER WELL...



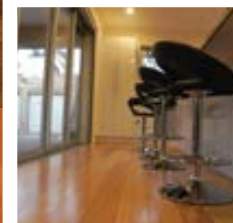
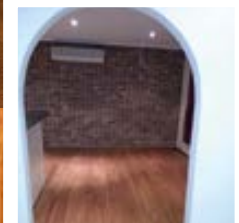
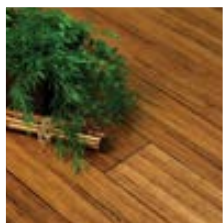
AND SAVES LIVES!

For wholesale and retail enquiries, please contact 7200 2882

zamzam4life.com.au



The Floating Timber Floors Specialists in Adelaide



- BAMBOO FLOORING
- LAMINATE FLOORING
- VINYL FLOORING

- ENGINEERED
TIMBER FLOORING
- UNDERLAY

- STAIR NOISING
- INSTALLATION
SERVICES

169 Grand Junction Road,
Ottoway, SA 5013
Phone: (08) 8123 0926
Email: sales@floorndecor.com.au

Opening Hours

Mon-Fri 9 am – 5 pm
Sat 10 am – 4 pm
Sun By Appointment

floorndecor.com.au