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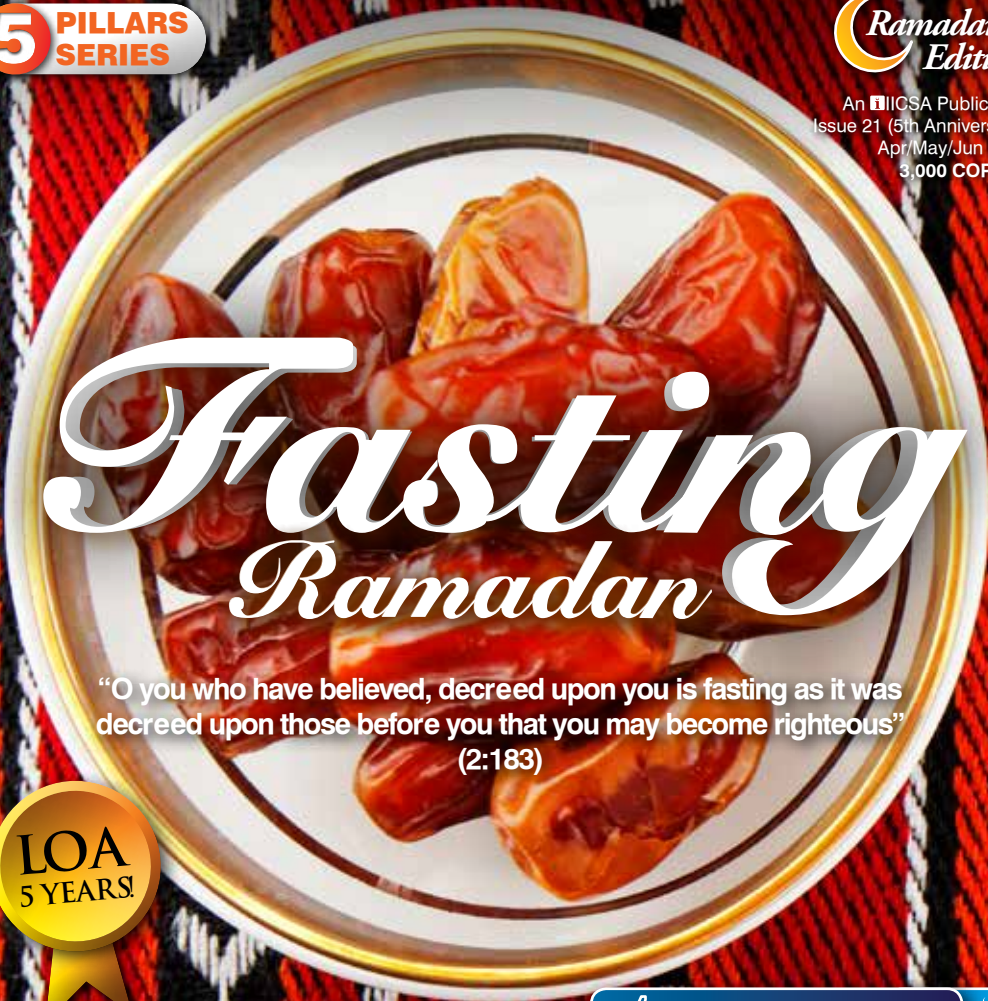
Light of Adelaide

THE VOICE OF ADELAIDE MUSLIMS

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SERIES

Ramadan
Edition

An IICSA Publication
Issue 21 (5th Anniversary)
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Fasting *Ramadan*

“O you who have believed, decreed upon you is fasting as it was
decreed upon those before you that you may become righteous”
(2:183)

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Bismillah

In the Name of Allah, Most Gracious, Most Merciful

O you who believe! Fasting has been prescribed for you as it was prescribed for those before you in order that you become pious. (Al Baqara, 183)

As explained in the verse above, fasting in Ramadan is one of those proofs indicating the strong connection among all the prophets, peace be upon them, their practices, awareness of Allah the Almighty and following the path prescribed by our Merciful Lord.

Jesus (Isa), PBUH, is recorded in the Gospels to have fasted like Moses (Mousa), PBUH: "And he fasted forty days and forty nights, and afterward he was hungry." (Matthew 4:2 & Luke 4:2) Although in most religions, fasting is for expiation of sin or atonement for sin, in Islam its primary task is to bring one closer to Allah, develop his awareness of the One Who had created him, for a man to fulfil his duty, trying to attract the pleasure of the Lord of Universe.

Since our consciousness of Allah the Almighty is the prerequisite and the path to our righteousness, great stress is placed on fasting in Islam. So it does not come as a surprise, when the Messenger Muhammad, PBUH, was asked about it, he said: "Fasting, there is nothing equal to it." (Al-Nasai)

As stressed in the narration from the Messenger of Allah, PBUH, fasting does not involve abstinence from food and drink only neither can it be the purpose of fasting itself. It involves removing all the obstacles that prevent us from achieving the true piety and righteousness, teaching us that our only dependency is the one on Allah the Almighty. This is why a Muslim, when fasting, takes the hunger and thirst as given circumstances and common conditions, not being afraid or worried, thinking of Allah and awaiting for the iftar time even stronger and more determined to please his Creator.

This is why everything related to fasting is a joy: sohr time, fasting itself, iftar time and the time of reward for it in the Hereafter, by Allah's permission.

May Allah make us of those who will benefit from their fasting and achieve the piety! Ameen.

Ensar

Imam Ensar Cutahija

Light of Adelaide
THE VOICE OF ADELAIDE MUSLIMS



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Fasting Ramadan

**“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous”
(2:183)**

By Dr Jamal Badawi

WHAT IS THE MONTH OF RAMADAN?

In the Quran in (2:185) “Ramadan is the (month) in which was sent down the Qur’an, as a guide to mankind, also clear (Signs) for guidance and judgment (Between right and wrong). So every one of you who is present (at his home) during that month should spend it in fasting, but if any one is ill, or on a journey, the prescribed period (Should be made up) by days later. Allah intends every facility for you; He does not want to put to difficulties. (He wants you) to complete the prescribed period, and to glorify Him in that He has guided you; and perchance ye shall be grateful.” It continues in (2:186) “When My servants ask thee concerning Me, I am indeed close (to them): I listen to the prayer of every suppliant when he calleth on Me: Let them also, with a will, Listen to My call, and believe in Me: That they may walk in the right way.”

It is apparent from these two verses in the Quran that there are two basic elements that are significant to the month of fasting. One is historical and the other is spiritual and moral.

From the historical aspect the month of Ramadan, the ninth month in the Islamic calendar which follows the lunar year is the month in which the Quran was revealed to Prophet Muhammad (pbuh) when he was meditating in the cave of Hira’ outside of Mecca. This took place about 1400 years ago. The importance of the month of fasting is not only limited to Muslims but it is very essential event in the history of the world at large.

For the first time in history God chose to send a prophet not to a particular tribe, not to a particular ethnic group and not for a particular time but rather a universal prophet for all mankind and for all times. It is also significant that threw the last Prophet, God chose to reveal His complete will, guidance and way of life to mankind. This was done in the final scripture which is never to be changed or mixed with the philosophies of people. This scripture is authentic and is available till today in exactly the same way and language it was revealed to Prophet Muhammad.

As the Quran itself indicates that the revelation of the Quran was very important in the history of mankind because it culminates the essential message that was preached by all prophets from Adam, Abraham, Moses, Jesus and finally Muhammad in one final and complete scripture. It also corrects misinterpretations or mixing of previous scriptures given to previous prophets. In that sense the revelation of the Quran represents an event for which not only Muslims but the entire world should be thankful for. I don’t think that anything in the world is worthy of thanks more than guidance than being brought from the state of philosophical and theological riddles to the simple strait forward path of truth. Nothing is better than going “from the darkness unto the light” as the Quran calls it.

The other aspect of Ramadan, as has been shown in the second verse I mentioned above, is mainly spiritual in nature. In this verse God talks about how close He is to mankind and to those who are earnest in seeking his guidance.

HOW FASTING IS OBSERVED

As a general rule the month of Ramadan is observed by abstaining from food, drinks, smoking and sex from dawn (approximately 75 to 90minutes before sunrise) till sunset. When we talk about abstinence we are talking about total and complete abstinence. There is no restriction (other than what is not permissible in Islam) and all foods and drinks are permissible between sunset and dawn. It is only the restriction of common sense that exists during this period for people to avoid indulgence which is contrary to the wisdom and wisdom behind fasting (learning self control) and even the Islamic teachings about eating.

IS FASTING COMPULSORY?

The general rule is that fasting is prescribed on every Muslim male or female who have reached the age of puberty. Since fasting is an act that requires a fair amount of discipline and sacrifice it is desirable for children who are not required to fast to start training gradually so they can get used to fasting. For example in many Muslim countries and even in Canada and the US the children usually start by fasting from dawn to noon or from breakfast to lunch which gets them somewhat used to the concept. As the child grows older and becomes more interested in it they might try fasting a full day or a few days and the following year he may increase the number of days. This kind of gradual learning should be done with lots of motivation and encouragement rather than pressure. With my personal experience as a father my children ask to be woken up in the morning so that they can fast. This kind of practicing allows it to become normal for them by the time they reach the age of adolescence.

“Whoever does not abstain from falsehood in words and deeds, God has no need for him to give up his food and drink.”

There are other exemptions which are temporary and others which are permanent. Examples of temporary exemptions are people who are ill where fasting might aggravate their illness or delay their cure. It is not one of the objectives of Islamic law to put people in greater difficulty or endanger their life like it was mentioned in the verse I cited. So sick people may not fast till they are cured and then they can make up the days they missed.

Obviously another of the compassionate teachings of the Quran is that women during their monthly cycle (they probably feel weaker or tired), women who are pregnant, postnatal time and mothers who are breastfeeding their infants are also not required

to fast provided that they can make up for the days at a later time when the reason for the exemption has been removed.

As far as permanent exemptions they apply to people who would not be able to make up even in the future to make up for their missed days. An example would be a very old person, who would just keep getting older and weaker. In this case a person can substitute for fasting by providing two meals per day for a person. A person who is chronically ill and fasting is harmful to his health can also make this substitution.

DIFFICULTY IN FASTING

If one tries to fast it might be a little hard and difficult in the beginning but once one gets used to fasting it gets easier. Even those who fast year after year find that the first couple of days are a little difficult and that one has to give up bad habits like smoking and drinking coffee. Fasting is a little hard at the very beginning but as one’s system adjust to the fast it stops being that hard. Of course it requires allot of discipline but it is not really impossible or unreasonable for a number of reasons. First of all one is permitted to eat and drink whatever they like between sunset and dawn. If one wakes up as late as possible, and as close as possible to dawn or roughly 75min before sunrise and have a meal it could really help sustain one for the rest of the day. The key point is to train early for fasting because once the person starts training little by little they get used to it and they actually get pleasure out of fasting. Sometimes we undermine how adaptable our body is to certain conditions but we have to have the courage to try it.



THE SIGNIFICANCE OF FASTING

As a religious duty, fasting is an act of worship, submission, obedience to the will of God, it's a kind of dedication and commitment of one's life to the commandments of God and it takes the love of God beyond just a slogan but into an actual practice and sacrifice of lawful things. If there is nothing in fasting but this, it would suffice. In addition to this we find that it is a very important moral lesson that is learned from fasting. If one gets training and is able to restrain themselves from the lawful things in life such as food and drinks then they would be more likely to restrain themselves from committing unlawful acts. One verse in the Quran in (2:183) "O you who believe! Fasting is prescribed to you as it was prescribed to those before you, that you may (learn) self-restraint."

In addition to this we find that fasting teaches other moral virtues as the Prophet of Islam Muhammad (pbuh) was quoted in one Hadith as narrated in Bukhari "whomever does not abstain from falsehood in words and deeds God has no need for him to give up his food and drink." Thus fasting is not just to stop eating and drinking but to teach one's self to be virtuous in other respects of life. In addition the month of fasting is a chance for a person to rededicate his life or atone for forgiveness from God for previous sins and mistakes and that is why the Prophet of Islam says as narrated in Ahmad "whomever fasts Ramadan with faith and in the pursuit of God's pleasure his previous sins will all be forgiven." In a sense then

fasting is a form of Jihad or struggle against the domination of our low desires and their hold on us. Fasting is an annual spiritual cleansing.

THE CELEBRATION OF EID

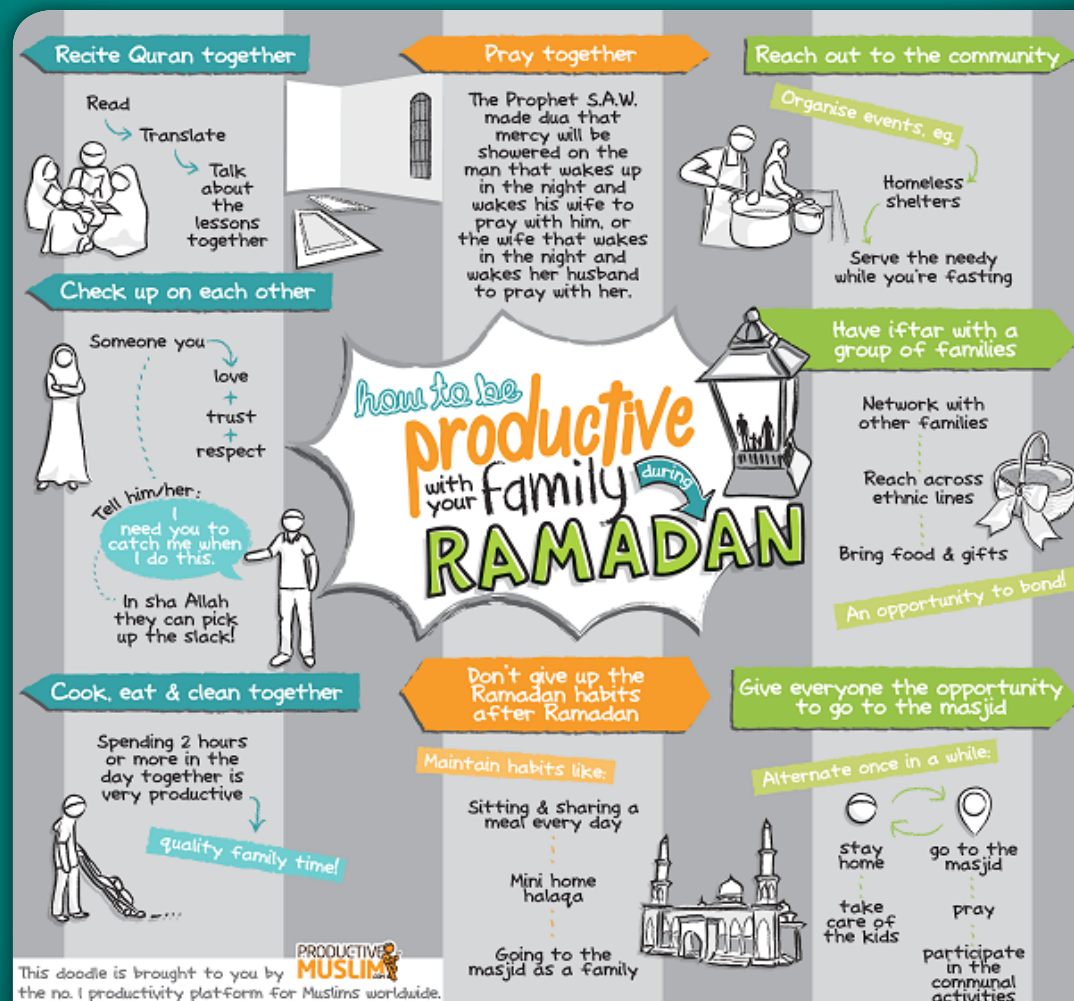
One important aspect that relates to this point is the social aspect (as there is no separation between secular and religious) and that when people fast they feel more compassion for the poor and needy. One can talk for as long as they want on how it feels to be hungry but it is very different when it one's self who is hungry. This is why both in the month of Ramadan and immediately after it ends there is a great celebration of compassion for the poor. There is a charity immediately after Ramadan that is required to be given to the poor and the regular charity (other than the Ramadan charity) is also encouraged to be paid for during the month of fasting. The first morning after the month of fasting which is the first day of the next month a Muslim is encouraged to wake up early in the morning, take a shower, put his best clothes on (or new clothes), go to the mosque for the congregational prayer of Eid (Muslim holiday after fasting). At the prayer people chant glorifications and give thanks to God which is followed by prayers then a short speech is to be given. After that people can go visit friends and relatives and exchange gifts.

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

*Always
remember the essence
of fasting,
getting closer to
Allah.*

Want your family to get closer this Ramadan?

From our brothers at ProductiveMuslim.com is a guide on how to be productive with your family this Ramadan. As we know, the family is the core of the community. May Allah make it a success for us all. Ameen.





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EXPLANATION OF THE HOLY QUR'AN

*"O you who believe, fasting has been enjoined upon you as it was enjoined upon those before you so that you be God-fearing."
(Al Baqarah : 183)*

Literally, Sawm means 'to abstain'. In the terminology of Islamic law, Sawm means 'to abstain from eating, drinking and sexual intercourse; with the conditions that one abstains continuously from dawn to sunset, and that there is an intention to fast'. Therefore, should one eat or drink anything even a minute before sunset, the fast will not be valid. Similarly, if one abstained from all these things throughout the day but made no intention to fast, there will be no fast here too.

Sawm or 'fasting' is an 'ibadah, an act of worship in Islam, regarded as its pillar and sign. The merits of fasting are too numerous to be taken up at this point.

Past communities and the injunction to fast

The verse makes it obligatory for the Muslims to fast in a specified period, but the command in this respect has been accompanied by the statement that the obligation of fasting is not peculiar to them. The fasting had also been enjoined upon the earlier Ummahs (communities of the past prophets). The reference to the earlier Ummahs in the verse shows the importance of fasting on the one hand, and gives an encouragement to the Muslims on the other. It indicates that although there may be some inconvenience in fasting but the same inconvenience was also faced by the earlier communities. This brings a psychological comfort to the Muslims, because if an inconvenience is faced by a large number of people, it becomes easier to bear (Ruh Ma'ani)

The words of the Quran "those before you" have been used in a general sense including all religious communities from Sayyidna Adam to the last of the Prophets Sallahu Alaihi Wassalam. This tells us that, like Salah, fasting has also been enjoined upon every Ummah of every prophet without an exception.

Commentators who interpret "before you" to mean 'the Christians' take it just as an example, not aiming to exclude other communities. (Ruh al Ma'ani)

The verse simply says that fasts have been enjoined on Muslims as were enjoined on past communities. From this it does not necessarily follow that the fasts enjoined upon the earlier communities were fully identical in all respects with the fasts enjoined upon this Ummah. There may have been differences in the number and the timings of the fasts etc. and, actually, there has been such a difference. (Ruh Maani)

By saying "so that you be God-fearing", the text has pointed out to the inherent quality of fasting which contributes significantly to one's ability to become abstaining from the sins and become God-fearing. Fasting grows into man a power, which helps him control his desires, which is really the foundation of Taqwa, the very special term of the Holy Qur'in which has been tentatively translated as fear of God, abstinence, and the warding of evil.

"Hadith"

Abu Hurairah narrated that:
The Prophet (pbuh) said: **"The fast is the day the people fast, the breaking of the fast is the day the people break their fast, and the sacrifice is the day the people sacrifice."**
(Tirmidhi)

Unity, the principle upon which civilisations are forged and the loss of which brings about their destruction. There is but one moon, one annual Ramadan and Indeed One Allah! Why then are there numerous starts and ends to only one Ramadan.

The answer is in the hadith, because we are yet to be a single unified people. You and I have yet to live the words of the Messenger and become the single body the pain of which one part is felt by the whole.

The Friendly Reminder.

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

At times, Allah out of love for His servants, would choose YOU to facilitate a good deed. Even though you didn't intend it, you didn't plan it, you didn't ask for it and you didn't even know about it. To show you how much He loves YOU, He would create a difficulty in someone's life and a need for charity in another person's life and put you in the middle as a means of fulfilling their needs and getting rewarded in the process. It's a gift from Allah. It's a sign Allah wants you to know Him and that He wants good for you. Don't be arrogant, don't think "I don't have time" or "I have enough things to deal with". Be humble, help His servants sincerely to please Him and He will facilitate and satisfy your needs in difficult times as well as those around you. Remember Allah (by doing good deeds) in times of ease and Allah will remember you in times of difficulty.

DAILY DUA'

THE WEAPON OF THE BELIEVER

Prophet Muhammad (pbuh) said: "Allah has promised that anyone who says this three times every morning or evening will be pleased on the Day of Resurrection."
(Narrated by Ahmad)

"Radheetu billaahi Rabban, wa bil-'Islaami deenan, wa bi-Muhammadin (sallallahu 'alayhi wa sallama) Nabiyyan"

I am pleased with Allah as my Lord, with Islam as my religion and with Muhammad (peace and blessings of Allah be upon him) as my Prophet. (Recite three times in Arabic)

May Allah make us pleased in this life and in the hereafter. Ameen.



THE SUNNAH

"Say, (O Muhammad), "If you indeed love Allah, then follow me, (so) Allah will love you and forgive your sins..." (3:31)

As the month of Ramadan is approaching quickly it is always a good idea to increase our worship and good deeds. An act which is mentioned in the Sunnah is the use of the Siwak. The Siwak is a natural toothbrush, toothpaste and dental floss which comes from a small tree called Arak.

Prophet Muhammad (PBUH) said, "If I did not feel that it would be difficult upon my Ummah, I would have commanded them to perform miswak with every Wudu." [Mu'jam al-Awsat].

Not only does the miswak have religious benefits such as multiplying your rewards by 70-400 times by using it before prayer but also health benefits such as strengthening general oral health and increasing memory and intelligence.

Support Group



By Asmah Bibi

The New Muslim & Ramadan

The coming of Ramadan brings with it many hopes and fears for the one who believes in Allah. If one feels a colossal rising in their imaan and sees a boost in their spirituality during Ramadan, inshaAllah they have attained some level of success. Ramadan is a time where one can focus on leaving bad habits for new ones and train the mind, body, and soul to return to its true purpose: to worship Allah (swt) through our statements and actions. It is a time of great sacrifice benefit and multiple rewards.

"O People! The month of Allah (Ramadan) has come with its mercies, blessings and forgiveness. Allah has decreed this month the best of all months. The days of this month are the best among the days, and the nights are the best among the nights, and the hours during Ramadan are the best among the hours. This is a month in which you have been invited by Him (to fast and pray). Allah has honored you in it. In every breath you take is a reward of Allah, your sleep is worship, your good deeds are accepted and your invocations are answered. Therefore, you must invoke your Lord in all earnestness with hearts free from sin and evil, and pray that Allah may help you to keep fast, and to recite the Holy Qur'an. Indeed!" [Al-Tirmidhi Hadith 1965]

For many revert Muslim brothers and sisters, this may be the first time they practice fasting and, therefore, feeling a sense of dubiousness and apprehension is part of the territory. However, for some new reverts, a level of worry will arise because they may not be in the best of personal circumstances, or the practicalities of fasting are an issue. Examples may include living at home with a family who is not Muslim (where you are not openly practicing), or where your family and friends are not yet aware that you have become a Muslim. Ramadan can almost become a period of loneliness and isolation for someone who doesn't know where to go for support. Still, you must try to not let this impair your planning and preparing for a Ramadan in which you will potentially benefit, and which could be one of the greatest things that you experience as a new Muslim.

While there are many reverts out there who have become established 'Ramadaners,' it is integral to show support to those who are just starting off. So essentially my first piece advice goes out to those who have been reverted for some time. It's important you take new reverts under your wing as you know what it's like when you start off. Show a degree of empathy and understanding towards them. Go to your local masjid and seek the new reverts out so you can mentor them during Ramadan, explaining and showing them how to do things or helping to answer any queries. This is an opportune time to show how you "love for your brother/sister what you love for yourself," by guiding and helping those reverts who are probably feeling a sense of vulnerability before Ramadan.

For the new revert I have put together some important tips to keep in mind this Ramadan:

Make dua: It's essential you make dua that Allah make your Ramadan easy on you and bless you with knowledge and understanding. Making dua is nothing less than pure benefit for you. You need much support from Allah the Almighty so don't stop asking Him. Ask Him to make your first Ramadan full of blessings and a means for you to attain Jannah and increase your status and reward. Ramadan is full of opportunities for rewards that are manifold, so start making dua now that Allah (swt) blesses you with this.

Attend gatherings of ilm (knowledge): Find out if your local Masjid or Islamic knowledge gatherings are holding talks, especially towards Ramadan, because they are worth attending to gain the knowledge you need surrounding Ramadan and its rulings. This is also an ideal time for you to have any uncertainties surrounding Ramadan and its rulings clarified.

Learn: Read around the subject of Ramadan before Ramadan begins. Analyze and reflect on the Islamic history of some of the events that took place in Ramadan such as the revelation of the holy Quran and the battle of Badr. Allah Azzawajjal gave the Muslims victory in this battle which took place in Ramadan. You also want to psyche yourself up to have a victorious Ramadan, so reading about such matters should help encourage and aid you in becoming victorious. Ultimately this will help boost your imaan before Ramadan. Seeking knowledge is a great act of worship and all acts of worship are good deeds and all good deeds are a means of us increasing our Imaan.

Spend time with your local community: If you have difficulties at home and are worried about how friends and family will react because you are fasting, then try spending your evenings at the Masjid.

Join the Taraweeh congregation: After breaking the fast, stay for the Taraweeh prayer to increase your good deeds and closeness to Allah. It will give you that imaan boost you need to go another day of fasting. The Prophet Muhammed (pbuh) told us, "He who observes optional prayer (Tarawih prayers) throughout Ramadan, out of sincerity of Faith and in the hope of earning reward, will have his past sins pardoned." [Bukhari and Muslim]

Take part in joint iftars: Many brothers who are reverts go to the Masjid for Iftar, which again helps you come into contact with other Muslims in the same position as yourself. Also, if someone offers or invites you for Iftar, do not refuse; for essentially, they will also be rewarded a great reward for giving or offering you the Iftar.

Utilise the special time for dua: Make sure you make dua at the time of breaking your fast because it is highly likely to be answered. This is the time to ask in abundance because this is what Allah (swt) told us via our Prophet Muhammed (pbuh) who said: "Every action of the son of Adam is given

manifold reward, each good deed receiving ten times its like, up to seven hundred times. Allah the Most High said: 'Except for fasting, for it is for Me and I will give recompense for it, he leaves off his desires and his food for Me'. For the fasting person there are two times of joy; a time of joy when he breaks his fast and a time of joy when he meets his Lord, and the smell coming from the mouth of the fasting person is better with Allah than the smell of Musk." [Muslim]. So Allah loves those who fast and rewards those who fast.

Appreciate the blessing and opportunity: Finally, one must be thankful to Allah for being blessed with this most merciful recommendation and it is essential that a new revert reflects on this. Allah tells us in the Quran: "and fast, it is better for you, if only you knew" [2:184]. If Allah (swt) says that something is better for us, it is really better for us; therefore, we should strive to perfect it.

The month of Ramadan, in essence, is a time where worshipping Allah is at its height. For a new revert, it is incumbent to start benefitting from the many benefits and mercies bestowed on us from Allah the Almighty during this great month.



The Doctor

OVER EATING

By Dr. Al Falah Dhanji

Allah says: **"Eat and drink, but be not excessive. Indeed, He does not like those who commit excess."** [Sûrah al-A`râf: 31]

In Ramadan, how many of us over eat? Do we go to excess? Do we spend too much time going buying food, cooking too many dishes, decorating, inviting friends etc? Then we eat too much, throw away left-overs and fall ill? Worse still, do we then feel too lethargic for worship. (1)

Last Ramadan, Burjeal Hospital, UAE treated 50 patients for gastroenteritis, vomiting, stomach pain and diarrhoea, caused by eating too much, too quickly. Many needed medication to ease and even intravenous fluids for diarrhoea and vomiting. (2)

In addition overeating can result in gastritis, bloating, belching, gout and weight gain.

The medical advice is simple. Break the fast initially with just 1 or 3 dates and a glass of water. This allows our stomach to awaken gradually from a sleepy state. The dates give energy and the water rehydrates. Avoid deep fried or spicy foods which causes indigestion or gastritis. Pray the maghreb prayer and then the main meal. I discussed the suhoor and iftar meals in my article last year. Choose your food carefully and eat slowly.

Racha Adab, from Al Arabiya News (3) has suggested a very sensible 9 point strategy for Iftar as follows:

HYDRATE

It is very important to rehydrate at iftar. A glass of water before the meal will mean we eat less as hunger is often confused for thirst. Too much with the meal causes indigestion, so have small sips during the evening.

SMALL START

Start with dates or almonds, eat slowly, pray maghreb, make dua and relax.

SLOW DOWN

Slow everything down. Go slowly to the dining table, let others go ahead. Take less on the plate. Eat slowly, tasting every mouthful, bite slowly, savour. Praise Allah SWT for the food as your eat.. Eating slowly sends signals to the brain of feeling full.

SIT AND EAT

This helps enhance the enjoyment of your food and allows concentration on it. It also presses the stomach so you will eat less.

DON'T HANG AROUND THE TABLE.

Be sociable but get your food and move away.

GOOD SUHOOR

This keeps you going though the day. Have high fibre, include proteins, carbohydrates and good fats such as avocados, olive oil and nuts

EXERCISE

Do not stop in Ramadan. A good time is after iftar, and a 30 minute walk would suffice. Exercise gives energy, prevent over-eating and promotes healthy eating

SUFFICIENT SLEEP

Do not compromise . Sleep earlier, wake up later or nap during the day. Lack of sleep causes us to feel tired and also to eat more.

SET GOALS TO LOSE WEIGHT

This is a good opportunity to loose some weight by eating moderately.

I wish you all a Blessed and Healthy Ramadan. May Allah (swt) guide us, accept your good deeds and forgive us our errors.

(1) "Eat and drink, but be not excessive" - Sheikh Muhammad al-Hamad, islamtoday.net
(2) Iftar gorging leaves hundreds in hospital, Jennifer Bell, July 4, 2015, The National, UAE
(3) Avoid the food coma: 9 ways to curb overeating during Ramadan. By Racha Adib
Special to Al Arabiya News. Saturday, 20 June 2015

The Pharmacist

HEARTBURN AND INDIGESTION

By Sophia Kafrawi B.Pharm

This article explains the conditions of heartburn and indigestion and their treatment options.

WHAT IS HEARTBURN AND INDIGESTION?

Heartburn is a painful, burning feeling rising up from the stomach towards the throat. It is caused by stomach contents flowing back up (refluxing) into the oesophagus (foodpipe) as a result of the valve separating the foodpipe and stomach not closing properly. Heartburn symptoms include regurgitation of food or drink into your mouth, a sudden increase in saliva in your mouth, sore throat, dry cough (especially at night) and an acidic, sour or bitter taste in your mouth.

Frequent heartburn symptoms may be a sign of gastro-oesophageal reflux disease which involves frequent exposure of the oesophagus to refluxed stomach contents resulting in damage to the oesophagus. This condition should be referred to a Doctor.

Indigestion is an uncomfortable feeling in the upper abdomen (belly). Most often it is related to eating and drinking but can also be caused by certain medical conditions, medicines and sometimes no known cause can be found. Indigestion symptoms include upper belly discomfort or pain, burping, nausea, loss of appetite, flatulence, and a bloated or full stomach feeling.

*It is important to always seek professional advice before taking these medicines as they may interfere with other medicines that you take.

RISK FACTORS OF HEARTBURN AND INDIGESTION

Factors that can worsen these conditions include smoking, drinking caffeine, being overweight, certain foods (e.g. fatty and spicy foods), pregnancy, eating quickly, eating large meals, stress and anxiety, some medical conditions such as stomach ulcers and gall stones, and certain medicines such as non-steroidal anti-inflammatory drugs (e.g. ibuprofen, diclofenac) and some antibiotics (e.g. doxycycline).

Simple lifestyle changes you can do to help reduce or avoid these symptoms include smoking cessation, eating smaller meals, eating slowly, eating less fatty and spicy food, drinking less caffeine, keeping to a healthy weight and not eating within 2-3 hours of going to bed.

MEDICINES

There are three classes of medicines available in pharmacy without a prescription that help to relieve and prevent heartburn and indigestion. These three classes of medicines are often used in a step-up approach, starting with the more mild antacids and alginates, and if symptoms persist then moving on to the moderate H2 antagonists, then progressing to the stronger proton pump inhibitors if required.

ANTACIDS AND ALGINATES

Antacids such as aluminium hydroxide, magnesium hydroxide, sodium bicarbonate and calcium carbonate (e.g. Mylanta, Rennie, Gaviscon) neutralise the stomach acid. They are often found in combination or combined with alginates such as sodium alginate (e.g. Gaviscon) which form a coating on top of the stomach contents and reduces acid reflux. Antacids and alginates are usually used for quick relief of occasional symptoms.

H2 ANTAGONISTS

H2 antagonists such as ranitidine (e.g. Zantac) suppress acid secretion in the stomach.

PROTON PUMP INHIBITORS

Proton pump inhibitors such as low dose pantoprazole and omeprazole (e.g. Somac, Losec) reduce gastric acid production in the stomach. They are Pharmacist Only Medicines available only on Pharmacist recommendation and available in packs containing no more than 14 days supply. A Doctor should be consulted if symptoms persist for longer than 14 days.

INDIA'S ISLAMIC SPREAD

By Firas Alkhateeb

THE EARLIEST MUSLIM INDIANS

Even before the life of Prophet Muhammad (Peace Be Upon Him) in the 600s, Arab traders were in contact with India. Merchants would regularly sail to the west coast of India to trade goods such as spices, gold, and African goods. Naturally, when the Arabs began to convert to Islam, they carried their new religion to the shores of India. The first mosque of India, the Cheraman Juma Masjid, was built in 629 (during the life of Prophet Muhammad) in Kerala, by the first Muslim from India, Cheraman Perumal Bhaskara Ravi Varma. Through continued trade between Arab Muslims and Indians, Islam continued to spread in coastal Indian cities and towns, both through immigration and conversion.

مُحَمَّدُ بْنُ قَاسِمٍ

The first great expansion of Islam into India came during the Umayyad Dynasty of caliphs, who were based in Damascus. In 711, the Umayyads appointed a young 17 year old man from Ta'if to extend Islamic civilisation into Sindh: Muhammad bin Qasim.

He encountered little resistance as he made his way into India. When he reached the city of Nerun, on the banks of the Indus River, he was welcomed into the city by the Buddhist monks that controlled it. Most cities along the Indus thus voluntarily came under Muslim control, with no fighting. In some cases, oppressed Buddhist minorities reached out to the Muslims for protection against Hindu governors.

Despite the support and approval of much of the population, the Raja of Sindh, Dahir, opposed the Muslim expansion and mobilized his army against Muhammad bin Qasim. In 712, the two armies met, with a decisive victory for the Muslims. With the victory, all of Sindh came under Muslim control. It is important to note, however, that the population of Sindh was not forced to convert to Islam at all. In fact, for almost everyone, there was no change in day-to-day life. Muhammad bin Qasim promised security and religious freedom to all Hindus and Buddhists under his control.

PATTERNS OF CONVERSION

The successive waves of Muslims penetrating into India followed much the same pattern. Leaders such as Mahmud of Ghazni and Muhammad Tughluq expanded Muslim political domains without altering the religious or social fabric of Indian society.

Because pre-Islamic India was entirely based on a caste system in which society was broken into separate parts, conversion to Islam happened in a step-by-step process. Often, entire castes would convert to Islam at a time. The equality Islam provided was more attractive than the caste system's organized racism. In the caste system, who you are born to determines your position in society. By converting to Islam, people had the opportunity to move up in society, and no longer were subservient to the Brahman caste.

Traditionally, when people wanted to escape the caste system, they would move to the major population centres and convert to Buddhism. When Islam became an option, however, people began to convert to Islam instead of Buddhism, while still leaving the caste system. The myths of Islam violently destroying Buddhism in India are simply false. Buddhists were tolerated under Muslim rule and no evidence exists that shows forced conversions or violence against them.

Islam is an integral part of India and its history. As the Indian subcontinent remains today a multi-ethnic and multi-religious place, it is important to understand the position Islam has in the region. The political claims that some making regarding Islam as if it is an invading religion and foreign to the people of India need to be defied with the truth of Islam's peaceful spread throughout India.

Contemporary Role Models of Islam

Sheikh Mahmoud Khalil Al-Husari

The pioneer of Recitation.

Muslims are encouraged to pioneer their fields in order to serve the community in the best possible way. The prophet, peace be upon him said: "Allah loves if some does his work to perfect it". A great example of a Muslim figure who perfected work and pioneered his field is Sheikh Mahmoud Khalil Al-Husari.

Sheikh Mahmoud Khalil Al-Husari was one of the most famous reciters of the holy Quran and a pioneer in that field. He was the first to recite the Quran in the Congress (USA), at the Royal Palace in London and at the United Nations headquarters in New York. He travelled the world to spread the word of Allah around the world by reciting the Quran and teaching it. His excellent Tajweed and beautiful voice always captured the hearts of his audience and connected them to the words of Allah.

Mahmoud Khalil Al-Husari was born in 1917 in the state of "Gharbiyyah", Egypt. He joined a Quran school at the age of four. By the age of ten, Mahmoud Khalil Al-Husari memorised the entire Quran. From this point onwards, he directed his focus to Islamic studies and specialised in Quranic studies. By the age of 20, he completed the study of the 10 recitations. In 1944 he was selected to be the main reciter at the Quran Radio station in Egypt. In 1959 he was appointed by Al-Azhar university as part of the council reviewing Quran prints in Egypt.

Sheikh Mahmoud Al-Husari dedicated a great portion of his time and wealth in teaching Quran and in supporting mosques and institutions that serve this cause. He was the first to record the entire Quran in many recitation including "Hafs", "Qaloon", "Al-Doori" and "Warsh". He was also the first to produce an audio recording to help children

memorise the Quran (Al-Mus'haf Al-mu'alim). In this recording, the Sheikh recites the Quran clearly and slowly to allow children to repeat after his recitation. To this date, Sheikh Al-Husari's "Al-Mus'haf Al-mu'alim" remains one of the very few audio resources to help children memorise the entire Quran (can be accessed freely on https://archive.org/details/Al-Husaree_Almoalim as well as other websites)

Sheikh Al-Husari was very concerned with his children's Quranic education. His son, Dr Mohammad Al-Husari mentioned that his father, Sheikh Mahmoud Al-Husari focused on their Islamic education from their early childhood and motivated them by linking their weekly allowances to their performance in memorising the Quran. He also assigned private tutors to teach his children the Quran during the school holidays.

Towards the end of his life, he focused on establishing Quran schools in his village. In his will, he dedicated a third of his wealth to serve the Quran and the students of the Quran. On Monday, the 24th of November 1980, after performing Isha prayer, Sheikh Al-Husari was struck with a heart attack, and shortly he passed away.

May Allah bestow his mercy on the great reciter, Sheikh Mahmoud Khalil Al-Husari, and may He bless us with the knowledge and ability to serve his holy book, the Quran.



By Abu Yaseen

Muslim Tech



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By Northcube AB

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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
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Coober Pedy Musallah
Lot 1070 Traeger St,
Coober Pedy 5723

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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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April - Jumada Al Akhar / Rajab

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

May - Rajab / Sha'ban

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

June - Sha'ban / Ramadan

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

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Sisters Section

ALIVE
this Ramadan!

By Um Asyraaf

Ramadan is a time for renewing faith and purifying heart and soul for all Muslims around the world. It is also a time for reflection, spiritual renewal and peace. As we are entering the month of Ramadan, it is even more important to make time from our daily routine to ponder upon a crucial question. A question that will help develop and increase our understanding of the spirit of Ramadan and understanding its countless blessings. Let us ask ourselves...

"If this was our last Ramadan, how will we spend each second of it?"

If we knew this Ramadan will be our last, we will be busy thinking, strategizing and packing our spiritual luggage rather than busy thinking about worldly matters; like, collecting recipes for iftar, stocking food for the month or peeking at the weighing machine hoping to lose some pounds. Our major concerns would be aplenty and we will have further trail of endless questions...

- Are we ready to see Allah?
- Have we set our intention right for each and everything we have done in this life?
- How do we maximise our time for doing good in the last given month of Ramadan?
- How do we abstain from matters that will bring the displeasure of Allah?, and
- How to return to Allah with a healthy and sound heart; Qalbun Saleem? (Ash-Shuara; 26:87-89).

If this is our last Ramadan, let us make a plan to stay **A.L.I.V.E**

Ask Allah subhana wa ta'ala...

- Keep us firm and sincere in our intention
- Keep us steadfast and consistent in our worship
- Accept our efforts and supplications
- Surround us with righteous friends
- Preserve us till the last day of Ramadan

Love – Rekindle it...

- Love Allah – obey and submit to HIM in all matters
- Love the Prophet – study and live his Sunnah, accept and spread his mission (see An-Nisa; 4:69)
- Love the Believers – enjoining the right and forbidding evil and maintaining ties of sisterhood and brotherhood over race, culture and colour of our skin. (At-Taubah; 9:71, Al-Hujurat; 49:13)

Intensify our worship...

- Recite and/or listen to the Quran abundantly
- Never once miss the obligatory prayers
- Draw closer to Allah by doing voluntary prayers
- Do dhikr (remembrance) of Allah

Volunteer your time, wealth and resources...

- Reach out to those who need our help. How best than to end our lives in the state of giving and helping the ummah. The beauty of working for Allah's sake is that we are already rewarded for our intentions! The Prophet (pbuh) said: *"Allah says, If My slave intends to do a bad deed then (O Angels) do not write it unless he does it; if he does it, then write it as it is, but if he refrains from doing it for My Sake, then write it as a good deed (in his account). (On the other hand) if he intends to do a good deed, but does not do it, then write a good deed (in his account), and if he does it, then write it for him (in his account) as ten good deeds up to seven-hundred times."* (Bukhari)

Empy your heart of all grudges and instead ...

- Forgive others
- Be thankful of your life and the blessings in it
- Focus on Allah subhana wa ta'ala ~ His Majesty, Mercy, Bounties and the final meeting with HIM.

Imagine Sisters - if this is truly our last Ramadan, how hard will we exert ourselves to safeguard our fasting month? May our Ramadan this year be better than the last in sha Allah.

SCORE BOARD

Assalamou Alaykum,

One of the most obvious lessons that can be learned from sports is the importance of teamwork to achieve a goal. The teams that go on to win championships are not usually the most talented, but work well together and complement each other's strengths and weaknesses. They may have a leader, but all the players have to work together, many times putting aside their egos for the greater good. This example can be applied to nearly every group structure in life. Be it a single family or a large community, all members need to work together to achieve a common goal.

Another lesson is that sports help us realise that everyone has a role. Great teams have that awesome all-around skilled player like Zinedene Zidane or Michael Jordan, but they also have players that are known as role players. These players can't do everything well and usually don't end up on the highlight reel, but they can do one thing and they can do it well. These types of personalities are the best complements to their leaders because they can be counted on in their field of specialty time after time.

A very important lesson we can also learn from observing sports is the importance of perseverance. Perseverance is an important quality for everyone to have in life, and in today's society following sports is a good way to witness it. It is a trait possessed by all of our noble Prophets (peace and blessings be upon them all) and is a key virtue to have in order to lead a

successful life. During the course of a season or even a single game, a team will experience victories along with disappointments. Even those teams who finish with a perfect record have faced some form of adversity, either internal or from another team. The key point to be taken away from this idea is that in life we will have struggles and triumphs. No one's journey is perfectly smooth and there are going to be obstacles to overcome if greatness is to be achieved. Clubs and teams that understand this will never let a missed shot or a bad game get them down. They will always give it their best even if the situation looks its bleakest. All that matters to them is to reach their goals at the end of the season, so the ups and downs don't bother them too much.

With close to 150 players this year, SA Centrals Soccer Club is seeking your support in our continued search for coaching staff, assistant coaches and other vital volunteer roles. We seek the support of our community in providing our children a sporting environment that champions teamwork, respect and leadership, so our kids can reach their full potential. Interested persons to call 0407 698 270 or email us at sacentralfc@gmail.com

Jazak Allah Khayr

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DID YOU KNOW?

Prophet Muhammed (saws) used to spend the last 10 days/nights in the Masjid (i'tikaf) praying, reading quran, making dua, remembering Allah and asking for forgiveness.

GOOD MANNERS

BEING GOOD TO YOUR PARENTS

JANNAH AHEAD

OBEYING ALLAH & HIS MESSENGER

DID YOU KNOW?

There is a special night during the last 10 nights of Ramadan called Laylatul Qadr. Prophet Muhammad said: "Whoever performs the night prayer on the night of Qadr with iman and seeking reward will have all his past sins forgiven."

Street Talk!

But wait, there's more!

Its always beautiful to see people change, for the better of course. You might know of somebody that was doing everything under the sun. Partying, into gangs, smoking, disrespecting parents and etc. However, there comes a moment in that same persons life when all of a sudden he or she does a 180 degree turn and makes a conscious decision to change and come back to Allah (swt). There can be different reasons for this...Maybe it came as a result of a dream, a talk, a death in the family or just being fed up with a life that is going nowhere. Allah (swt) guides people in different ways and He alone is the One that can change a heart.

This person now becomes a sort of inspiration or role model to those that are younger than him. People begin to think to themselves "Wow, if he done it then, what is stopping me from changing?" It is at this point that the real challenge actually starts. Because there are certain obstacles that are going to stand in your way once you decide to become a practicing Muslim. Some of them are more obvious than others. Friends and the urge to commit sin are amongst those obstacles that are slightly more obvious. However, the biggest enemy you and I need to be aware and cautious of is the enemy that Allah warns us of, and that of course is shaytaan.

Allah, The Most High says: "Verily, he (shaytaan) is an open enemy to you." (2:168)

Take some time to think about that for a second. Lets take the example of a boxing match. A boxer will take every opportunity to study his opponent. He will watch all of his fights, analyse his weak points, go in to the ring with a game plan and train long hours for the fight. In the same way we need to know the tricks, plots and cunning plans of shaytaan. Amongst one of his more discrete tricks is that he will try and corrupt your intention, and this disease is so subtle that, if someone doesnt have a teacher or a source for their knowledge to help them identify these diseases, it can easily grow unchecked and then lead to disaster.

Unfortunately, we see a lot of young Muslims who have taken this amazing 180 degree turn, but don't have a source for their knowledge. So where does it come from? YouTube, fatwas on Google and three week intensive courses. Then all of a sudden there emerged as self-qualified scholar. This know it all attitude will cause an attitude to grow within the individual which goes something like "I am on the right and everybody else is wrong." This is not Islam, as true knowledge is meant to humble us and make us realise how little we know. Imam Malik (rh) used to say "saying I don't know is half of knowledge."

Ramadan Styles

SPRINT



BEGINNING OF RAMADAN



FIRST THIRD



MIDDLE



FINAL THIRD



6 DAYS OF SHAWAL



MARATHON



@themuslimshow

Halal Sustenance: An Obligation



By Dr Abu Nibras

Earning through impermissible means causes great damage to a person and his family, both in this life and in the hereafter. It is one of the obligations upon every Muslim is that he earns for himself and his family a pure and halal sustenance. Abu-Hurayrah (RA) narrated that the Prophet (PBUH) said:

“O People! Allah is al-Tayyib (Pure), He only accepts that which is pure!” Allah(SWT) has commanded the believers what He has commanded the Messengers, for He said, “O Messengers! Eat from the pure foods, and do right,” and He said, “O you who believe! Eat from the pure and good foods We have given you.” (Ahmed, Muslim, al-Tirmidhi)

From this hadith, we learn that both the prophets and the believers have been commanded to eat from tayyibat (pure), or the pure things. Purity is achieved when one earns his sustenance in a halal manner, and then uses it to buy halal food.

Another hadith affirms the above: “Whoever gives charity equivalent to a date, from his pure earnings - and Allah only accepts pure - Allah will accept it with His right hand, then He will nurture it for its companion, like one of you nurtures his foal, until it becomes like a mountain.” (al-Bukhari)

So charity that is given from impure earnings will not be accepted by Allah, no matter how much is given, whereas charity given from pure earnings will be accepted by Allah, even if equivalent to a date!

The Companions were very careful about how they earned their sustenance. Once, a servant of Abu Bakr's came to him with some food, so he ate

from it. The servant then asked him, “Do you know where this came from?” He replied, “From where?” The servant responded, “I practised astrology once in the times of Jahiliyyah (period of ignorance) - even though I am not an expert in it, except that I managed to trick the other person. (Meaning that he was not an astrologer by profession but pretended to be one in order to gain some money. The practice of astrology is itself a form of shirk, this money was tainted by the evil of astrology and the evil of cheating.) So he paid me and gave me what we ate!” Hearing this, Abu Bakr (RA) put his finger in his mouth and forced himself to vomit up the food until there was nothing left in his stomach. (al-Mishkat)

Another indication of the piety of the early generation, Sa'ad ibn Abi Waqas (RA), one of the famous Companions of the Prophet (PBUH), was once asked, “Why is it that your prayers are responded to, among all of the other Companions?” So he replied, “I do not raise to my mouth a morsel except that I know where it came from and where it came out of.” (Sharh al-Arba' in)

The early Muslims strived their utmost to ensure that every single coin that they earned was pure and halal. In another hadith, Prophet (PBUH) predicted, “A time will come in which a person will not care whether what he (earned) was through halal or through haram.” (al-Bukhari).

How admirable, then, is the money when earned through halal means and spent in halal things! And how evil it is, when earned through haram means and spent in haram things!



Vietnamese Rice Paper Rolls

By Blarra Jeroff

This recipe is a very healthy lunch option and can be adjusted to whatever ingredients you have on hand.

Ingredients:

1 packet of rice paper
Cooked chicken/prawns/beef
Shredded lettuce
Cucumber, cut to matchsticks
Carrot, shredded thinly
Fresh coriander
Fresh mint

Dipping Sauce:

1/2 cup Light Soy Sauce (halal)
1/2 tsp chilli power
Juice of 1 lime/lemon

Method:

- 1 Prepare all of your vegetables and meat for the filling - you can use any vegetable of your choice including cabbage, capsicum, radish etc. Also cook your meat if you need
- 2 Fill a large bowl or dish with water and dip one rice paper in the water for 5-10 seconds
- 3 Lay softened rice paper on bench and fill with chosen ingredients and herbs
- 4 Roll the rice paper up making sure to fold in the sides making a neat roll
- 5 Continue to roll until ingredients run out
- 6 Mix all the ingredients for the dipping sauce
- 6 Serve with dipping sauce

Note: Rice paper can be found at local supermarkets or asian grocers



Broccoli

Many Health Benefits

Ramadan? Broccoli? Yes! With all the eating habits going out the window during iftar time, Broccoli is a good solution for keeping healthy and regular. Here are some super benefits of it.

Diet aid: Broccoli is a good carb and is high in fiber, which aids in digestion, prevents constipation, maintains low blood sugar, and curbs overeating.

Cholesterol reduction: Like many whole foods, broccoli is packed with soluble fiber that draws cholesterol out of your body.

Powerful antioxidant: Of all the cruciferous vegetables, broccoli stands out as the most concentrated source of vitamin C, plus the flavonoids necessary for vitamin C to recycle effectively.

Bone health: Broccoli contains high levels of both calcium and vitamin K, both of which are important for bone health and prevention of osteoporosis.

Heart health: The anti-inflammatory properties of sulforaphane, one of the isothiocyanates (ITCs) in broccoli, may be able to prevent (or even reverse) some of the damage to blood vessel linings that can be caused by inflammation due to chronic blood sugar problems.

Furthermore, a cup of broccoli has as much protein as a cup of rice or corn with half the calories.

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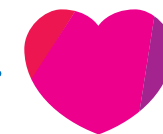
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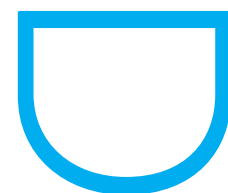
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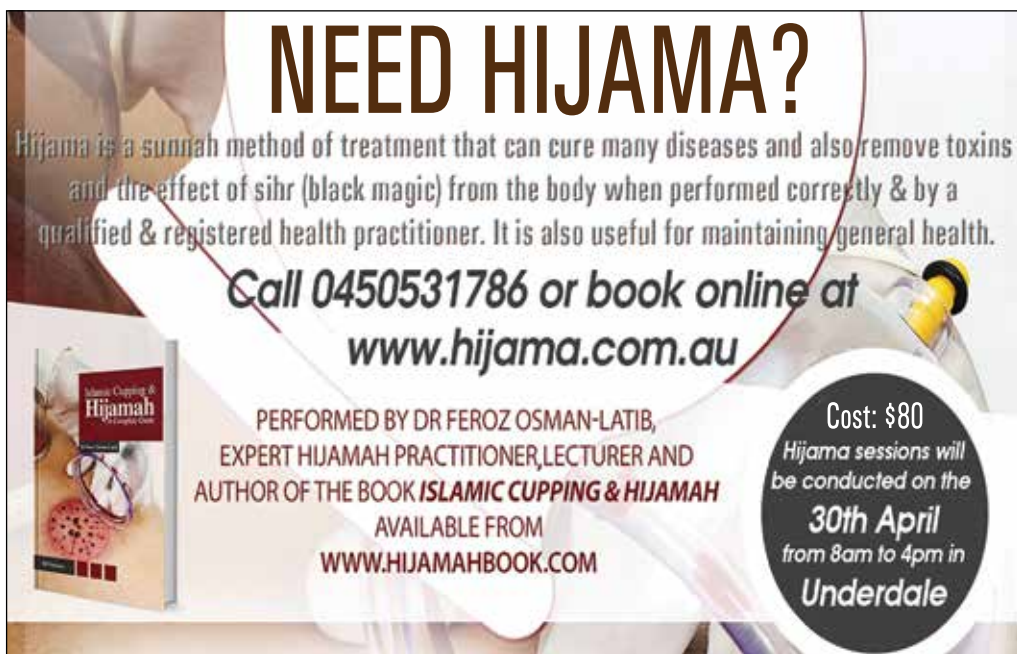
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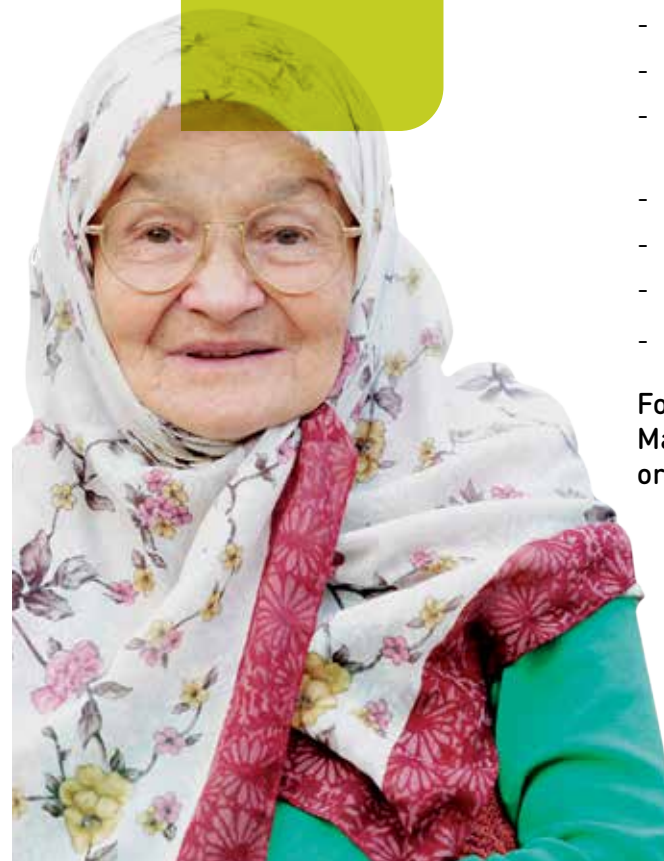
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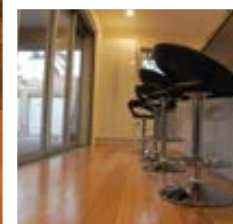
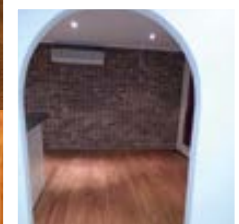
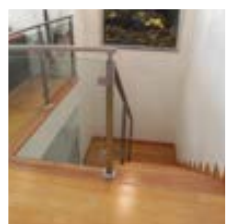
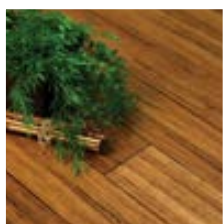
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