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Belief in Allah

“Say: He is Allah, the One. Allah, the Eternally Besought. He begets not, nor was He begotten; and there is none comparable unto Him.”
(Qur'an : 112)

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"The most beloved of actions to Allah are the most constant ones, even if little in amount"

- Prophet Muhammad (pbuh) [Bukhari]



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May Allah reward you

Bismillah

In the Name of Allah, Most Gracious, Most Merciful

The great advancement in technology and scientific progress made some people ask: "Why do we have to believe in a god, especially that we have everything we need to help us care for ourselves and other things?" Development and advancement in worldly knowledge are signs of the human ability, they may lead to human comfort in one part and to human destruction and misery in other, if not used properly.

A human being is composed of a spirit, body, emotion, intelligence and values. In Islam, Allah shows that there has to be harmony and balance among all of these aspects for a human being to function in harmony with the whole of reality. If there is any defect in the fulfillment of one of these aspects a human being will suffer the consequences. Allah further shows that the core of the fulfillment of all these aspects is the belief in Him because He is the Creator, where our beginnings are and thus, the source of harmony. Personal and social harmony is the desire of the heart of every sound human mind. This is why a mere claiming the belief is never sufficient in Islam, since the belief is a responsibility and requires clearly defined actions ("Those who believe and do good deeds..." is the phrase repeated so many times in the Qur'an)

The belief in Allah has no time limitation. It is an inherent element from the time the soul is implanted in us to give us life. When Allah created Adam, he was made out of clay and then Allah put the soul in him which made him a living being. A human being may exist with the claim that he does not need Allah or believe in Him, but would not live the full meaningful life that Allah wanted for him. This is because without getting to know our Creator we actually cannot get to know ourselves. Allah gave the human being the choice of believing in Him or not, to see which one of us would perform well in this worldly life.

Light of Adelaide

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Ensar

Imam Ensar Cutahija

Belief in Allah

“Say: He is Allah, the One. Allah, the Eternally Besought. He begets not, nor was He begotten; and there is none comparable unto Him.” (Qur’an : 112)

By Sheikh Ali Al-Tantawi (1909-1999)

The Existence of God

“And on earth there are signs (of God’s existence) visible to those who are endowed with inner certainty, just as (there are signs thereof) within your own selves. Can you not, then see?” (51: 20-21).

Deep in our hearts we are all convinced of the existence of God. We call on Him in times of crisis or great difficulty; our instinct urges us to seek His help at such times. The inner self is convinced by intuition and the intellect by logical proof. So why would anyone deny God’s existence?

People are so absorbed with their own lives that they do not want to spend any time what so ever in reflection and contemplation. The self becomes their biggest enemy and they live as if life is a burden they want to unload. Most people, as you have probably noticed, are indulged in the pleasures of life. They eat, drink, sleep and go about their daily work through which they earn material goods for themselves and their families.

But that is not the case with a believer who puts his faith into practice. No practising Muslim, for example, can resign himself to a routine life. On the contrary, such a person has to think and reflect and wonder “Where

did I come from? Where will I go from here? Where does my life begin and end?” He realises that life is not a span of time between the two points of birth and death.

He knows that he existed before birth, in his mother’s womb, and prior to that he was just a drop of sperm which was created from the blood that ran through his y father’s body. His father’s blood was formed from the food he ate, and this food was prepared from the fruits of the earth. So a long chain of unknown factors led to his birth. How then could he create himself through his intellect and will power when, at a certain time, he existed without either? A child is unaware of himself until the age of four. We are unable to remember our birth or the days we spent in our mother’s womb.

It is clear that man existed even before he was aware of himself, and it is absurd to say that man is his own creator. The questions we put to atheists should therefore be:

- Did you create yourself through your own will and intellect?
- Did you force yourself into your mother’s womb?
- Did you choose your own mother?
- Was it you who fetched the midwife to attend to your delivery?
- Were you then created from nothingness and without a creator?

This approach was taken by the Prophet Abraham peace be upon him against his father. His father was a sculptor who used to carve idols of gods out of stone, these idols made by human hands, were worshipped by his people. Abraham was puzzled and began to question himself asking “How could I make a god and then pray to him and ask him to grant me what I want? My reasoning can’t accept that!

The above argument is dealt with very clearly in the Holy Quran: “Or were they created out of naught? Orate they creators?” (52:36). This verse, a proof of Divine eloquence must come as a great blow to the rationalist who denies

the existence of God. When we grew up and became mature we asked “What is nature?” In Arabic, etymologically, the word means ‘something which is made natural.’ Who then, made it natural? Many unbelievers hold that “nature is coincidence - the law of possibilities”.

If you really believe that God exists and that He is the Lord of all the Worlds and the Lord of Sovereignty, you should not worship anyone except Him.

We say that this description of nature can be compared to the story of two men who lost their way in the desert and came across a palace. It was an excellent example of architecture, furnished with exotic carpets, clocks, chandeliers and so on. The two men had following conversation:

- First Man: Somebody must have built this palace.
- Second Man: What an old fashioned comment! This whole place is the work of nature.
- First Man: How could nature have built such a palace?
- Second Man: Well, the stones and rubbish that were originally here were formed into walls and partitions as a result of floods, winds and climatic change.
- First Man: But what about the carpets?
- Second Man: Oh - They were made from the wool that fell off sheep and dyed bymixtures of coloured metals. Then the wool was interwoven and the end product is these carpets.
- First Man: How about the clocks?
- Second Man: Due to certain climatic conditions, iron corroded and formed small round and flat pieces which became clocks.

Wouldn’t you think someone giving such answers was crazy?

Is it a matter of sheer coincidence that the invisible cells in human liver carry out extremely difficult functions? Is it also just coincidence that the human tongue has nine thousand small buds on it which enable us to enjoy the sense of taste? The human ear has one hundred thousand cells that carry out the function of hearing, and the human eye has one hundred and thirty million cells which pick up rays of light.

Furthermore, consider the wonders and mysteries of the earth itself. The air that blows round it, the creatures living on it and the wonderful shapes of snowflakes. What beauty and precision! And many of the discoveries have only recently come to our knowledge. The speed of light being three hundred thousand kilometres per second. So, in eight minutes light travels more than the two million kilometres that separate the sun from the earth. And what about the stars whose light reaches us in a duration of a million light years, very light year being equal to ten thousand billion kilometres. Astronomers have little information about these stars, including the galaxy.



This globe surrounds the space containing all the stars, great and small. And, as God Almighty says in the Holy Quran: "We have set up the sky, a roof well guarded". (21: 32)

God alone created everything

The second point regarding faith in God, is to believe that he alone created everything, plants, animals, planets and all that we can see as well as all that exists in the unseen. He has created all this from nothingness, and what's more, has laid down marvellous rules and regulation for everything. God is the Lord of all the worlds. It is He Who has brought them into existence, and it is He Who protects them changing them from one condition to another. And it is He Who has placed the guidance for wise and intelligent people in every particle.

This second issue regarding faith in God is essential and inevitable. But is it enough for someone to simply profess faith in this concept in order to become a believer? If someone tells you that God is the Creator and the Lord, does this mean he is a believer? Of course not. It is not enough to declare faith, as most nations in the past have done. Even the unbelievers of the Qurayshi tribe professed faith. This was the tribe whom the Prophet Muhammad, peace be upon him, was sent to in order to expose the falsehood of their belief in polytheism and to make them believe that the creed they believed in was inferior and unacceptable.

God Is the Lord of the Universe

The third issue concerns God being the Lord of the universe. He has the absolute right of disposal in it Just like the rights of a property-owner. He bestows life and death. Can you protect yourself from death? And can you grant yourself immortality in this world? It is He Who causes illness and gives health. Is it possible, therefore, for you to heal person whom God has deemed incurable? God alone bestows wealth and causes poverty. It is He who brings about floods and droughts. There, were once terrible floods in Italy that

devastated cities. During the same period we heard about frightening droughts in parts of India; crops dried out, cattle died, and water was so scarce it had to be rationed.

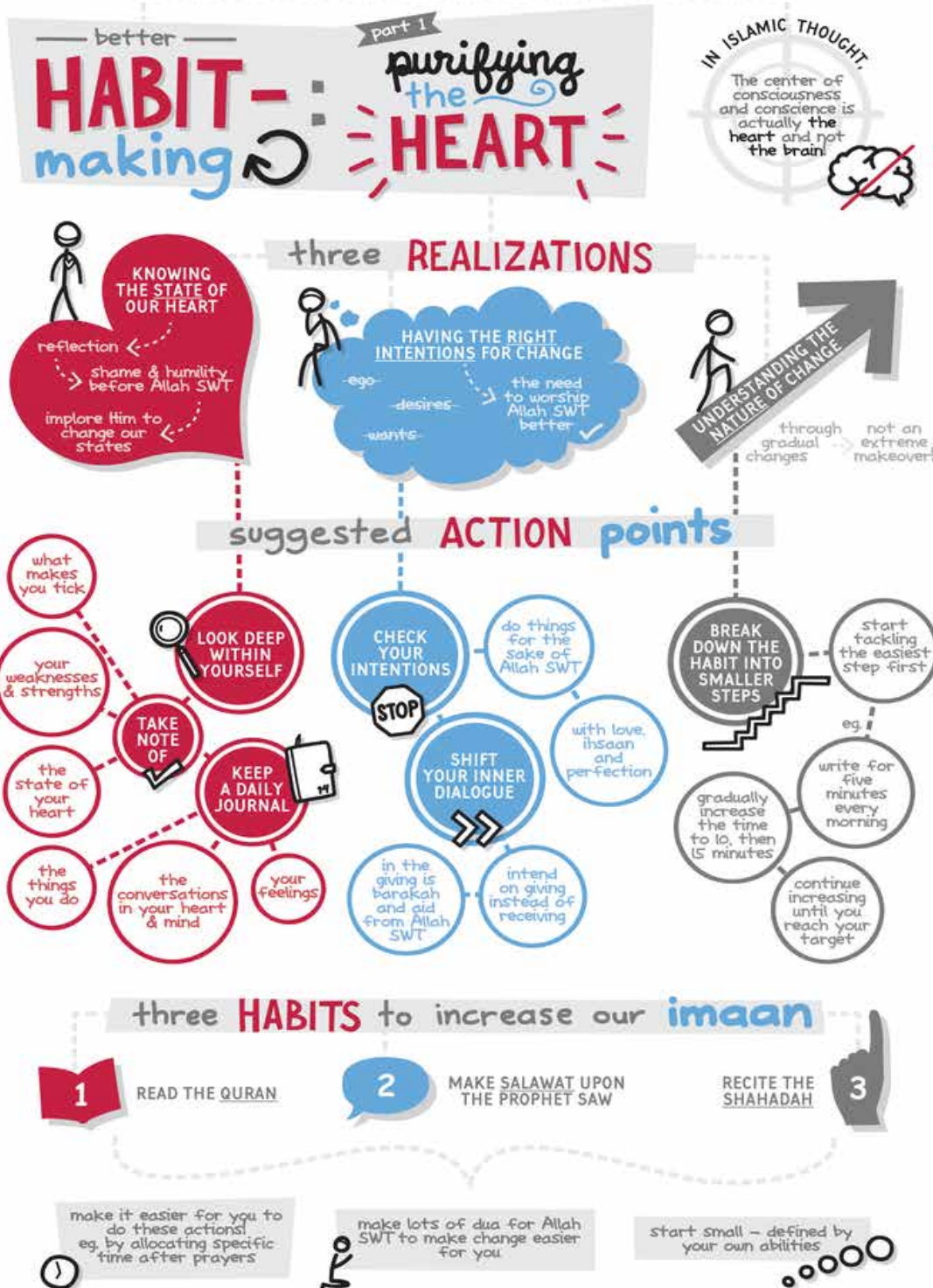
Only God alone is to be worshipped

Most people agree that God is the Lord of the universe and the Absolute Power. But is this enough for a person to be a believer? Of course not. There is yet another issue, the fourth, that only God is to be worshipped. If you really believe that God exists and that He is the Lord of all the Worlds and the Lord of Sovereignty, you should not worship anyone except Him. This means that you should not associate anyone else with Him in any form of worship.

The chapter in the Holy Quran entitled Annaas (Mankind) is a clear refutation to those who do not accept the Oneness of God, even though they believe in His existence, and that He is Lord of all Dominions. I have arrived at a conclusion regarding this chapter. God almighty says: Say, I seek refuge with the Lord and Cherisher of Mankind, the God (or Judge) of mankind. (1 14).

Why has the word 'mankind' been repeated in these verses when the possessive pronoun 'their' could easily have been substituted? I believe - though God knows best - that there are three separate but interconnected issues here. Namely, Our Lord is the Lord of mankind; He is their creator; and He is their Protector: Our Lord is the Ruler of mankind. In other words, He is Absolute Disposer of their affairs. And our Lord is The God of mankind, which means that He alone is to be worshipped. No partner should be set up to be worshipped as an equal to Him. One has to either totally accept or totally reject these three issues. How could you differentiate between three identical issues accepting some while rejecting the others? All three are essential and inseparable.

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An initiative of IICSA

IQRA College is an initiative of the Islamic Information Centre of SA (IICSA), a well established community organisation working for the future of the Muslim and Non-Muslim community. Over the years IICSA has provided the community with many services and activities including: A 400-Student Arabic School, SA Central Soccer Club, Light of Adelaide Magazine, Eid Prayer & Festivals, Ramadan TV as well as many other activities and services.

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EXPLANATION OF THE HOLY QUR'AN



Allah: There is no god but He, the Alive, the All- Sustaining. Neither doze overtakes Him nor sleep. To Him belongs what is in the heavens and what is on the earth. Who can intercede with Him without His permis- sion? He knows what is before them and what is behind them. And they encompass nothing of His knowledge except what He wills. His Kursi (chair) extends to the Heavens and to the Earth, and it does not weary Him to look after them. And he is the High, the Supreme. (Baqarah : 255)



The merits of Ayatal Kursi:

This is the greatest verse of the noble Qur'an. Sayyidna Abu Hurayrah RA has reported the Holy Prophet (SAW) saying: 'There is a verse in Surah Al-Baqarah which is the Sayyidah (the Chief) of the verses of the Qur'an. The Satan leaves the house where it is recited.

According to a hadith in al-Nisai:, the Holy Prophet said: If someone recites Ayatal Kursi after every fard salah, nothing stops him from entering Paradise except death.' It means that, immediately after death, this person will start witnessing the traces of Paradise and its comfort and tranquility.

The General Explanation of the Ayah:

This verse describes the Oneness of Allah's being and attributes in a unique manner – He is living, He hears and sees, He speaks, He is self-existent, He is eternal and everlasting, He is the innovator and creator of the entire universe, He is above changes and effects, He is the master of the whole universe, He is so exalted in His majesty that no one can speak before Him without His permission; He is the wielder of such absolute power that the tremendous function of creating the universe, sustaining it and making it work steadily, does not cause him to tire or relax. So all-encompassing is His knowledge that not the minutest possible atom or drop, open or hidden, could stay out of it. This is, in brief, the core sense of the verse. This verse has ten sentences.

Details of the first two sentences:

The first sentence is: Allah: There is no god but He.' The word, (Allah) is like a /proper noun for Allah's being. It means: 'the Being who combines all perfections and is free of all shortcomings. "There is no god but He" explains this Being. It says that there is absolutely nothing worth worshipping except this Being.

The second sentence is: 'The Alive, the All-Sustaining'. The word 'Hai' means 'the living' in Arabic. Out of the Divine names, the introduction of this word is to emphasize that He is Ever-living and Ever-lasting. He is above and beyond death. The word 'Qayyum' is derived from Qiyam which means 'to stand' and qa'im refers to 'one who stands.' The words, Qayyum and Qayyam are forms of exaggeration. They mean: 'one who himself stands firmly and keeps others sustained and supported, all simultaneously.'

It is not permissible. People who corrupt the name, Abdul-Qayyum (the slave of the Qayyum) by casually using just the second part - Qayyum, commit a grave error resulting in their sinfulness.

"Hadith"

On the authority of Sufyan bin Abdullah (raa) who said: "I said, 'O Messenger of Allah, tell me something about Islam which I can ask of no one but you.' He (peace be upon him) said, 'Say "I believe in Allah" - and then be steadfast."

The instruction from our beloved Prophet s.a.w to say the words "I believe in Allah" is to remind ourselves by stating and restating our belief. However its not enough for belief to end just with the tongue. It should also reflect on the actions and should reach to the heart. If one truly believes in Allah; he will be grateful throughout his/her whole life with all the hardships that he/she faces, he/she will act properly in accordance to Allah's commandments, he/she will have utmost reliance on Allah even if the whole scenario looks impossible to overcome, because he/she know that Allah's got his/her back. Have belief in Allah consistently with your tongue, actions and heart

The Friendly Reminder.

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

If your dealings with people is based on how they deal with you then your character will have traits of their good but also traits of their bad. Would you like for people's bad traits to become a part of your character?

Have you not heard the words of Rasulallah (saws): "Do not be people without minds of your own, saying that if others treat you well you will treat them well and that if they do wrong you will do wrong. But (instead) accustom yourselves to do good if people do good and not to do wrong if they do evil."

Think of this advice every single time someone speaks or acts bad towards you.

DAILY DUA'

THE WEAPON OF THE BELIEVER

Unquestionably, many of us supplicate to Allah for matters that are important but sometimes forget to include the essential need in our prayers. Prophet SAW said: "Surely, in the body there is a lump of flesh where if it is sound, the whole body is sound and if it is not, the whole body is corrupt."

This forgotten piece of flesh is the heart and the very essence of it being sound is the strength of its imaan. Anas RA narrated that asking for an obedient heart was one of the constant dua of our Prophet (pbuh), in his words, he said:

Allahumma ya muqallibal Quloob, thabbit qalbi alaa deenik.

"O turner of the hearts, make my heart firm upon your religion."



THE SUNNAH

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

The Prophet Muhammed (PBUH) was of the best in conduct and character, and whilst we often seek to emulate him in worship most of us often neglect to follow his example of being a generous person.

Abu Huraira reported that the Prophet (PBUH) said, "**Generosity is near to Allah, near to Paradise, near to the people, and far from the Hellfire...**"

There are many opportunities for us to be generous during the month of Ramadan; to be generous with our food and share it with other people who are fasting and to be generous with our wealth and spend it for the sake of Allah.

Support Group



The New Muslim & New Friends

By Aisha Stacey

The Prophet Muhammad, may the mercy and blessings of God be upon him, often spoke to his companions about the value of good companionship. He emphasized the need to surround ourselves with good people. People who hold the same values and beliefs that we do, make the best friends and companions. Differences of opinion, different lifestyles and interests may make our friendships interesting and sometimes challenging but if the core value system is not the same the friendship itself probably has no solid foundation.

For the believer, the solid foundation must always be Islam; the irrefutable truth that there is no god worthy of worship but Allah and that Muhammad is His messenger. Every believer, past, present and future is linked by this fundamental truth. Prophet Muhammad spoke about this bond on many occasions.

The example of the believers, in their mutual love and mercy for one another is like the example of one body, if one part feels pain, then all of the body suffers in sleeplessness and fever."

The believer to the believer is like a solid building, one part supporting the other.

Friendship and companionship are important in Islam. A good friend is one who accepts your shortcomings, but at the same time guides and supports you. A good friend is one who accommodates your faults but corrects them where possible. A good friend is one who will love and forgive you for the sake of God.

It is important to choose your friends carefully. Prophet Muhammad warned the believers about this too. He said that a person would be influenced by his friends, and he warned that everyone should look carefully at those they consider to be their friends.

What we can understand from this is that it is easy to be influenced by the people around us. It is easy to take on their mannerisms and qualities without even being aware of it. If these are good qualities then it is a good thing but what if the people you consider friends have pushed you away from the remembrance of God? This could be a disaster, and God warns about it in the Quran.

"And (remember) the Day when the wrong-doer (oppressor, polytheist etc.) will bite on his hand, he will say: 'Oh! Would that I had taken a path with the Messenger. Ah! Woe to me! Would that I had never taken so-and-so as a friend! He indeed led me astray from the Reminder (the Quran) after it had come to me.'" (Quran 25:27)

Prophet Muhammad also reiterated this point when he told the story of the blacksmith and the perfume seller.

The example of a good companion (friend) in comparison with a bad one is like that of one who sells musk and the blacksmith. From the first, you would either buy musk or enjoy its good smell, while from the blacksmith you would either get burned or smell a bad scent.

Once we have found good friends it is important to keep and maintain the friendship. Believers are connected by their love of God and His messenger and this entails certain responsibilities. A person must be prepared to overlook some of the faults of his brother or sister in Islam; he must be prepared to give them excuses for any incorrect or bad behaviour they see in them.

This does not mean however you should turn a blind eye to sin. No, rather it means that you must maintain the ties of friendship while seeking to understand and help those who have gone astray. Believers must never embarrass or publicly harass one another. They must never expose each other's faults. Kindness and mercy must be evident in all dealings.

Whoever conceals (the fault of) a Muslim, God will conceal his fault on the Day of Judgment."

Islamic scholar, Ibn Mazin said, "The Believer seeks excuses for his brothers, whilst the hypocrite seeks out their faults." And Hamdun al-Qassar said, "If one of your brothers' commits an error, then seek ninety excuses for him, and if not, then you are the blameworthy one."

"Man is influenced by the faith of his friends. Therefore, be careful whom you befriend."
- Prophet Muhammad (pbuh)

In his traditions, Prophet Muhammad said, "A person visited his brother in another town and God sent an angel to wait for him on his way. The angel said, "Where do you intend to go?" the man answered, "I intend to go to my brother in this town." The angel said, "Have you done any favour to him, the repayment of which you intend to get?" He said: "No, I love him for the sake of God, the Exalted and Glorious." Thereupon the angel said, "I am a messenger to you from God to inform you that God loves you as you love him."

Believers should never be envious of one another, they should always be happy when the blessings of God fall upon their friends and companions. The Prophet, may the mercy and blessings of God be upon him, said:

None of you truly believes until he wishes for his brother what he wishes for himself.

The Muslim's prayer for his absent brother will be answered. There is an angel at his head who, whenever he prays for his brother, says, Ameen, and you shall have likewise.

Do not have malice against a Muslim; do not be envious of other Muslims; do not go against a Muslim and forsake him. Oh the slaves of Allah! Be like brothers with each other. It is not violable for a Muslim to desert his brother for over three days.

A believer loves all other believers for the sake of God. He desires for them what he desires for himself. A believer is tolerant of others mistakes or shortcomings and is forgiving. There is no anger, envy, hatred or malice between believers. Believers are kind, loyal and generous to one another and they pray for each other.

It may sound too good to be true, doesn't it? This however is Islam. It is a way of life that expects every person to respect every other person. Islam says you are part of a community and it is your right and your responsibility to be the very best person that you can be. Seeking good companions and maintaining good relationships is a responsibility that each believer has to himself, his community and to God. Seek companions who are seeking paradise in the hereafter.

"Content yourself with those who pray to their Lord morning and evening, seeking His approval, and do not let your eyes turn away from them out of desire for the attractions of this worldly life, and do not yield to those whose hearts We have made heedless of Our remembrance, those who follow their own low desires, those whose ways are unbridled." (Quran 18:28)



The Doctor

ASTHMA

By Dr. Al Falah Dhanji

A common condition affecting breathing, with wheezing, cough, chest tightness and shortness of breath.

What is asthma?

Asthma affects smaller airways of the lungs, causing a temporary narrowing.

The symptoms:

Commonly coughing, wheezing, breathlessness or chest tightness. Symptoms can be mild to severe, last hours to weeks, occur at different times of the days, different seasons, after exercise or associate with triggers.

Mild untreated asthma - mild wheezing and coughing, comes and goes, possibly with colds, hay fever or exercise. Possible night cough.

Moderate untreated asthma - longer, frequent episodes, coughing, wheezing, breathlessness and chest tightness, affecting most days, usually worse at night and early morning, disturbing sleep. There may be long symptom-free periods.

Severe untreated asthma - increased wheezing, tight chest, difficulty breathing and talking. Severe episodes occur in moderately untreated asthmatics and very occasionally in mild asthmatics.

The cause:

Inflammation - narrows smaller lung airways and increases mucus production - making air flow difficult.

Triggers making asthma worse:

Colds, coughs and chest infections
Pollen, moulds, hay-fever.

Exercise - but exercise is important in asthma
Medication, e.g. anti-inflammatories e.g. nurofen.
Beta-blockers e.g. atenolol, eye drops.
Smoking, cigarette smoke
Chemicals, air pollution.
Certain pillows, mattresses
Stress, anxiety
Animal - cats, dogs, horses
House dust mite
Certain foods - uncommon.

Making a Diagnosis

Symptoms can be obvious but 2 tests also used:
Spirometry - breathing test, looking at the ability to blow air into a machine, measuring airway narrowing. Results can be normal if symptoms are not present. Peak Flow Meter - a small hand held device. 2 weeks diary is kept and values plotted showing morning and evening variability.

Treatments

Inhalers - most commonly used to prevent and treat symptoms. Tablets may also be used.

Reliever Inhaler (e.g. ventolin) will quickly open the airway and ease the symptoms.
Preventer Inhaler (e.g. qvar) used daily, prevent symptoms. Usually low dose steroid reducing inflammation in the lungs.
Long Acting Bronchodilator (e.g. salmeterol) Used additionally to preventers, keeping airways open longer.
Spacer devices may help with inhaler technique.

Tablets/Liquids (e.g. Singulair) Used as preventer, keeping airways open but also used in hay fever.
Steroid tablets (eg. prednisolone) - used in severe or prolonged asthma attacks. Short steroid courses are unlikely to cause side-effects.

Treatment Plans and Asthma Action Plans:

These help in treatment self-management and advise on adjusting medication. Written plans have proved beneficial in reducing illness.

Does asthma go away?

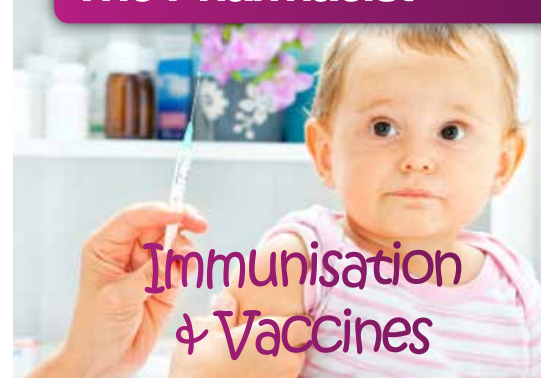
Although there is no cure, 50% of children may grow out of asthma. Most adults can be symptom free much of the time.

General points

Inhaler technique is very important. Attend regular reviews with your doctor. See a doctor if symptoms not fully controlled or if severe symptoms. A flu vaccination is recommended every autumn.

Reference : patient.co.uk. <http://patient.info/health/asthma-leaflet>

The Pharmacist



By Sophia Kafrawi B.Pharm

This article explains immunisations and the role of vaccines.

What is immunisation and the role of vaccines?

Immunisation is the process by which a person's immune system is strengthened against or made resistant to an infectious disease via the administration of **vaccines**.

Vaccines are products that contain small doses of either a live but weakened virus; a killed bacteria or virus, or small parts of bacteria; or a modified toxin produced by bacteria that are administered to produce immunity from a disease. Hence, vaccines cause immunisation.

Vaccinations work by stimulating a person's immune system to build resistance against a specific disease without actually causing the person to suffer from the symptoms of the disease. Therefore, if and when the person comes into contact with the disease their immune system will respond to prevent the development of the disease.

Why immunise?

Immunisation protects people against harmful diseases before they come into contact with them. It is the safest and most effective way to protect your health as well as the health of people around you by reducing the spread of disease. By increasing the number of people being vaccinated, this also reduces the risk of diseases being spread to infants too young to be immunised and those who are not able to be immunised for medical reasons.

Furthermore, if enough people are immunised against a disease, this can allow diseases that are easily spread to die out.

Immunisation has been proven to be very effective in controlling and eliminating life-threatening diseases. Worldwide, immunisation is estimated to prevent approximately three million deaths each year. Since the introduction of vaccination for children in Australia, deaths from vaccine-preventable diseases have fallen by 99 per cent. The Government's Immunise Australia Program funds free vaccination programs including the National Immunisation Program Schedule which currently provides vaccines against 16 diseases.

Safety of vaccines

In general, no medicine, including vaccines can be considered 100 per cent safe. However, it is important to note that before vaccines are made available, they undergo safety testing which involves the administration of the vaccine to thousands of people in clinical trials to test and monitor their safety. Once a vaccine is in use, it is continuously monitored for safety and effectiveness for as long as it is available for use.

Furthermore, vaccines that are registered for use in Australia are rigorously evaluated to ensure that they are effective, comply with strict manufacturing and production standards, and undergo stringent safety research and testing to ensure a strong safety record of not only the vaccines themselves but also their other components, such as the preservatives and additives.

Side effects of immunisation

Many people experience minor side effects following immunisation. Common side effects include mild fever, unsettled behaviour (in children), and soreness, redness and swelling at the injection site. Most of these however last only a short time. To help relieve these side effects in children, ensure that your child is not overdressed if they are hot, is well hydrated by giving extra fluids and if required, give paracetamol to help ease soreness and fever. Serious reactions to immunisations such as febrile seizure (a seizure caused by a fever in children) are rare but if they do occur a Doctor should be consulted immediately.

THE BEGINNING OF THE PAPER INDUSTRY

By Muslim Heritage

Paper, originally, was brought by the Muslims from China. From an art, the Muslims developed it into a major industry. Paper mills flourished across the Muslim World. The impact of Muslim manufacture of paper paved the way for the printing revolution.

Paper, originally, was brought by the Muslims from China.

It followed the battle of Talas (751) fought between Chinese and Muslims, when Chinese prisoners revealed the secret of papermaking to the Muslims. From an art, the Muslims developed it into a major industry.

The Muslims employed linen as a substitute for the bark of the mulberry, which the Chinese used. Linen rags were disintegrated, saturated with water, and made to ferment.

The boiled rags were then cleared of alkaline residue and much of the dirt, and then the rags were beaten to a pulp by the use of a trip hammer, an improved method of maceration invented by the Muslims.

Many paper mills were built in Baghdad, and from there, the industry spread to various parts of the world. The paper mills constructed in Damascus were the major sources of supply to Europe, where as production increased, paper became cheaper and more available, and of better quality.

The technology of papermaking which first flourished in Iraq, Syria and Palestine, spread to the West. The first paper mill in Africa was built in Egypt around 850. A paper mill was built in Morocco from where it reached Spain in 950. The centre of fabrication there was Xatiba. From Spain and Sicily papermaking spread to the Christians in Spain and Italy. The first written reference to paper in the Christian West seems to be in the pseudonymous Theophilus Presbyter's "The Art of the Painter" (first half of the 12th century). In 1293 the first paper mill in Bologna was set up. The first use of paper in England was in 1309, then Germany in the late stages of the 14th century; although, down to the close of the Middle Ages, the most important papermaking centres were in North Italy.

Of course, paper seems so ordinary today, but its use is fundamental to modern civilisation. By making use of this new material, paper, and manufacturing it on a large scale, devising new methods for its production, in the words of Pedersen: the Muslims: 'accomplished a feat of crucial significance not only to the history of the Islamic book but also to the whole world of books.'

The decisive impact of Muslim manufacture of paper was, obviously, and directly to bring about a revolution in prepare the way for the invention of printing.



Contemporary Role Models of Islam

By Abu Yaseen

MUHAMMAD ALI THE CHAMP!

Prophet Muhammad (peace be upon him) said: "The strong believer is better and more beloved to Allah than the weak believer, while there is good in both". Many scholars have interpreted this hadith to highlight the importance of on different aspects of strength (including faith, physical, intellectual, financial, etc) because a strong person is able to act upon his belief and influence others than a weak person. A great contemporary example of a Muslim who had physical strength that was wisely used for the sake of Allah was the great boxing champion, Muhammad Ali (1942 – 2016).

Muhammad Ali was one of the greatest athletes in the twentieth century. He won several boxing titles including the Summer Olympics gold medal in boxing (1960), as well as the WBC and the WBA heavy weight titles (1964). He was named "Sportsman of the Century" by Sports Illustrated and the Sports Personality of the Century by the BBC.

Muhammad Ali's journey to Islam started in 1960, when he joined the Nation of Islam. The message of the National of Islam focused on racial

separation, which is deviant from the true Islam. In 1964, he changed his name from Cassius Clay to Muhammad Ali. Shortly after the assassination of his spiritual mentor and friend, Malcolm X, Muhammad Ali distanced himself from the teaching of the Nation of Islam and aligned with the true Islam, which abolishes any form of racial discrimination. In 1972, Muhammad Ali went to Hajj, where he was inspired by the diversity and equity of Islam.

Ali's successful career as an athlete did not stop him from inviting people to the religion of Allah, Islam. On countless occasion, Muhammad Ali would highlight that the reason behind his success is his belief and the blessing of Allah. His eloquent speak and logic, paired with his fame as the world boxing champion, opened the hearts of the audience to his dawa.

Early symptoms of Parkinson's disease showed on the great boxer in 1984, which brought his career as a boxer to an end. Muhammad Ali continued to fight his illness for twenty two years. On the 4th of June 2016. His death was a marked event around the world which reminded everyone of the greatness of Islam.

May Allah bestow his mercy on Muhammad Ali and elevate his status in the Hereafter. May Allah give us the ability to follow his steps in using our strengths to spread the word of Allah.



Muslim Tech



Daily Budget

By C Ruttinger

Are you looking for a clean and easy budget app which will help you save money and is actually fun to use?
Then you have to try Daily Budget Original!

HOW IT WORKS:

- The app will calculate your "Daily Budget" based on your income and fixed costs.
- If you save today, your budget will be that much smaller/bigger on tomorrow.
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The money will be deducted from your budget automatically each day.

- Know your next days budgets at a glance.
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THE RESULT:

- Watch your budget grow as you stay below your daily income.
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FEATURES:

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- Big Spendings (helps to save up for bigger purchases)
- Powerful analysis graphs
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- Projected savings

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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

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

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"Whoever builds a mosque for Allah, Allah will build for him likewise in Paradise."
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"Say: He is Allah, the One. Allah, the Eternally Besought. He begets not, nor was He begotten; and there is none comparable unto Him." (Qur'an : 112)

1/53 Henley Beach Rd, Mile End or call us on **Ph 08 7200 2882**

July - Ramadan / Shawwal

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

August - Shawwal / Dhul Qa'dah

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

September - Dhul Qa'dah / Dhul Hijjah

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

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Sisters Section

Do we mean...

...what we say?

By Um Asyraaf

When we say 'Amantu billah' (I believe in Allah), it means we have chosen Allah above everything else. It is like we have implanted a gravity device in our feet, chaining us to the ground. This device sets our life equilibrium. The challenges we face will not push us deeper than the ground and our successes do not allow us to float and wander in the clouds of self-satisfaction and pride. The chain keep us down, humble, on solid ground.

When we say we believe, it means we love Allah. We offer ourselves to remain obedient and adhering to the commandments of Allah and fear transgressing against Allah. We conscientiously dress ourselves with Istiqamah – to stand up and to be straight, being firm of our Islamic beliefs in our hearts. Even when we are pushed to the corner, or we started to question who we are and what matters most, we choose Islam – a religion we can safely own.

The promise of Allah (SWT) for those who do 'istiqama is mentioned in Surah Fussilat (v30 – 32), "Verily, those who say, 'Our Lord is Allah (Alone)' and then 'Istaqamu (remained on the right course)', on them, the angels will descend (at the time of their death) (saying), 'Fear you not, nor grieve! But receive the glad tidings of Paradise which you have been promised. We are your guardians in this world's life and in the Hereafter. Therein, you shall have (all) that your souls desire, and therein you shall have (all) for which you ask. An accommodation from (a Lord who is) Oft-Forgiving, Most Merciful."

When we say we believe, it means we always think well of Allah. The Prophet (sal Allahu alaihi wa salam) said, "Allah the Most High said, 'I am as My servant thinks (expects) I am. I am with him when he mentions Me. If he mentions Me to himself, I mention him to Myself; and if he mentions Me in an assembly, I mention him in an assembly greater than it. If he draws near to Me a hand's length, I draw near to him an arm's length. And if he comes to Me walking, I go to him at speed.'" [Bukhari].

A believing heart assumes the best of its Lord, and always expects the best from Him - in times of ease and times of hardship and trust that Allah wants good for him in either situation. This connection of the heart to Allah is like the flow of blood that runs through the body system and is never cut off unless Allah wills it to happen.

When Allah say HE loves us, we can see without doubt, in His infinite Mercy has created everything for us, both in this world and in the next. He is ever pleased with His servants who seek His assistance, and He is displeased when He sees a servant being disobedient and not caring about his actions, and yet He veils His servant's wrong actions while the servant himself does not veil them. He has mercy on His servant while the servant does not have any mercy on himself. Can our hearts not believe and love Him, the One who - and no other than Him - grants rewards, answers prayers, pardons mistakes, forgives sins, veils wrong actions, dispels grief and drives away our sorrow?

So, when we say we believe, do we really mean what we say?



SCORE BOARD

Assalamou Alaykum,

Youth fitness and sports are the key but sometimes parents panic about the possibility of sports-related injuries. But in all reality, exercise is an important health maintenance strategy for children and adolescents if the risk of injury is kept at a minimum with proper prevention measures. Often, an active childhood lays the groundwork for a lifetime of fitness.

Participation in athletics improves overall physical fitness, coordination, self-discipline, and allows children to learn the importance of teamwork. A sedentary lifestyle in young people can have negative health consequences both now and later.

The following are the benefits of exercise for children as listed by Dr. Theodore Ganley, MD, and Carl Sherman in their article "EXERCISE AND CHILDREN'S HEALTH" found in the February 2000 volume of The Physician and Sports Medicine Journal:

- **Weight control:** According to research done in 1991, nearly one-fourth of American children are considered overweight, up 20% from 1981. Increasing physical activity along with reducing caloric intakes has been known as an effective weight-loss strategy, and helps with self-esteem and socialization. Overweight children are at an elevated risk of many health problems, including hypertension, hyperlipidemia, type 2 diabetes, growth hormone dysregulation, and respiratory and orthopedic problems

- **Bone building:** Physical activity and exercise increases bone mineral density, lowering the risk of osteoporosis when the child gets older. The skeleton appears to be most responsive to the effects of activity during growth.

- **Cardiovascular protection:** Although cardiovascular disease doesn't appear until adulthood, risk factors can be present much earlier in life. High blood cholesterol levels in children increase the risk of hypertension in adulthood. A substantial amount of research suggests that children who exercise regularly, significantly reduce their blood cholesterol level.

- **Mental health benefits:** Exercise has a beneficial effect on the mental health of children. It can reduce anxiety, and depression symptoms, increase self-esteem, improve a child's self-image, and help them cope with stress better.

You can clearly see the holistic benefit of a healthy and fit upbringing and in reality the investment on a physical, mental, emotional, spiritual and even academic level, when you make sure and put effort into your child's health.

SA Centrals FC has been established since 2010 and has over 100 players and over the years has been steadily climbing up the ladder and shaking the top teams. To be a part of the team contact Patrick on 0404 883 145.

Wassalamou Alaykum.

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Masjid.....
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Masjid.....
Country.....

1) Masjid Al Haram in Makkah, Saudi Arabia 2) Masjid Al Nabawi in Madinah, Saudi Arabia 3) Masjid Al Aqsa in Jerusalem, Palestine 4) Masjid Quba in Madinah, Saudi Arabia 5) Masjid Al Nabawi in Madinah, Saudi Arabia 6) Masjid Al Nabawi in Madinah, Saudi Arabia

Street Talk!

MAKE THE MOST OF YOUR YOUTH!

My dear Slaves of Allaah, if Allah gives us 60 years to live then it comes to around 22,000 days (60x365). All these days Allah gives us to prepare for one day of interview with Allah. That is on the Day of Judgement. On that day, Allah will ask us some questions and He wants some correct answers. Allah is so merciful that He already told us what the questions will be through Quran and Ahadith. His mercy is so great that He even told us the answers to these questions.

Now imagine, a student goes to write an exam. He opens his exam paper and finds the questions on one side. Then he finds that the answers to the questions are on the other side. Now after writing the exam, if this student still fails then what would we think of him? We would think that he is the dumbest person around. Well, tell you what, on the Day of Judgement, us people who knew the questions and answers will still fail! That is why, this is the time to wake up before we prove ourselves to be the dumbest of people.

Youth is the prime time of our lives. This is where people make important decisions like what to become in the future. Things you do in this time will most likely affect you throughout the rest of your life. That is why, it is important to bring Islam into your life during these days. Many people have the conception that when they get old then they will start practising Islam. Probably you and me also have this feeling.

But look at it this way: If you want to become a famous hockey player then you would start playing right from the youth. As you grow up, you will become better and better. But if you think that you will start playing when you are an old man then the chances of becoming famous is virtually zero. That's the reality. When we become old, we won't have enough energy to even stand up and pray.

Because youth is the prime time of your life, that is why it is very precious to Allah. Allah has prepared a shade on the Day of Judgement for those people who used to worship Allah in their youth. On that Day, there will be no other shade except the shade from the throne of Allah. Imagine standing outside on a very hot day under the sun for hours after hours. You would definitely want some shadow to rest under. But what about that Day when the sun will be much nearer to us and the heat will be much more extreme. Wouldn't you want some shade on that day? Ofcourse you would!

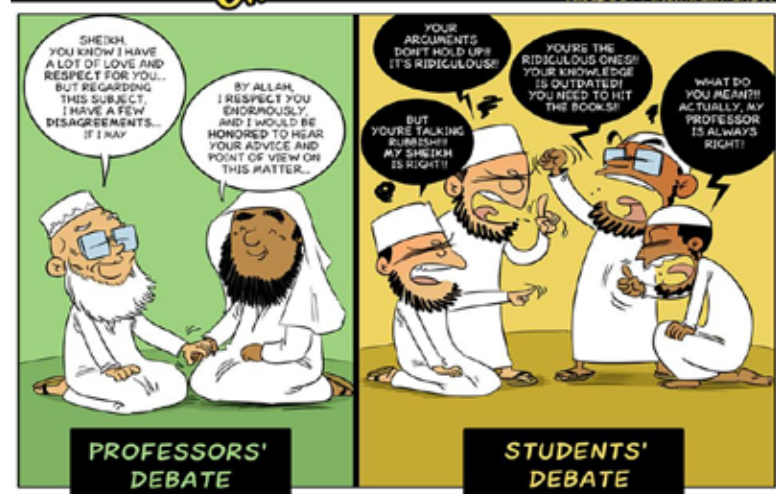
You and I are all weak in terms of keeping our duties to Allah and Allah is aware of that. Allah wants that we keep trying to do our best. If a baby falls down while walking he tries to get up again and walk. He doesn't keep sitting down. Then a day comes when he does start to walk. Similarly, we should keep trying our best and not give up. A day will come when, Inshallah, we will be strong enough to obey Allah in every situation. Let us make a small promise to Allah right now that we will start doing the things for which we were sent to this life. Otherwise, we will be like that dumb guy who will fail the test on the Day of Judgement. May Allah make it easy for us. Ameen.

Knowledge is understanding that a tomato is a fruit.

Wisdom is not putting it in a fruit salad.

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Not only Halal, but Healthy!



By Dr Abu Nibras

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

The reference regarding the importance of meat protein in the human diet is given in the following verse: **"And the cattle, He has created them for you, in them there is warmth (clothing) and numerous benefits, and of them you eat."** (16:5)

In this verse special reference has been given to the importance of eating despite having said "...numerous benefits...". Reference regarding other types of meat has also been given such as the meat of fowls in the following verse: **"And the flesh of fowls that they desire."** (56:21)

Fish has always been considered as a food of very high protein and is very important for human consumption. Allah says: **"And from them both (fresh and salt water) you eat fresh tender meat (fish)."** (35:12)

The usefulness of fresh milk is stressed in these words: **"And verily in the cattle there is a lesson for you. We give you to drink of that which is in their bellies, from between excretion and blood, pure milk, palatable to the drinkers."** (16:66)

The benefits of fruits as good nourishment can be understood from this verse: **"And from the fruits of date palms and grapes, you desire strong drink and a goodly provision."** (16:67)

Similarly there are verses which cover the whole range of fruits, salads, and vegetables which also play an important role in a nutritious, balanced diet: **"It is He who sends down rain from the sky, and with it We bring forth vegetation of all kinds, and out of it We bring forth thick clustered grain. And out of the date palm and its spate come clusters of dates hanging low and near, and gardens of grapes, olives and pomegranates each similar (in kind) yet different (in variety and taste). Look at their fruits when then begin to bear, and the ripeness thereof."** (6:99)

Islam, being a complete religion, also teaches and advises the believer as to what the best method of eating is. The believers are advised to be moderate in every aspect of life. Direct reference has been made in the Noble Qur'an regarding moderation in eating and drinking: **"And eat and drink, but waste not in extravagance, certainly He (Allah) likes not those who waste in extravagance."** (7:31)

MODERATION - THE TEACHINGS OF THE PROPHET MUHAMMAD (PBUH)

The Best of Teachers and the Mercy of the Worlds (peace be upon him) is reported to have clarified the meaning and limit of moderation in a tradition in which he is reported to have said that one's worst weakness is one's belly. If you must eat make sure you fill one third of your stomach with food, one third with water and leave one third for air i.e. leave it empty.

In short, believers are advised to always take care of their stomachs and refrain from foods and practices that might pollute the stomach with various diseases. In order to do so the Holy Prophet (peace be upon him) is reported to have advised believers to always stop eating before their stomachs are completely full i.e. stop eating when the urge to eat more is still present.

Turkistani Lamb Soup

By Blarra Jeroff

Delicious and warming, perfect for the cold weather and Ramadan iftars

Ingredients:

250 grams finely chopped lamb
1-2 pieces of lamb bones (neck or leg pieces)
1 brown onion
1-2 potatoes
1-2 carrots
2-3 large tomatoes
1 zucchini
1 tbs Capsicum paste
Fresh coriander
2 cloves garlic
Salt & pepper

Method:

- 1) In a large pot heat some oil and fry lamb and bones until brown
- 2) Finely dice all vegies and add to the pot. Fry for a couple minutes
- 3) Add a generous amount of salt, pepper and capsicum paste and fry for a further minute then add boiled water to the amount of soup you desire
- 4) Simmer for 30 minutes and taste and adjust seasoning
- 5) Just before serving add minced coriander and garlic and pasta or noodles of your choice and simmer until cooked

Note: Traditionally, homemade noodles are made using a simple plain flour, water and salt dough and then rolled out and cut into small pieces.



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- 1) Helps with weight loss
- 2) Lower the risk of Stroke in women
- 3) The minerals and vitamins in grapefruit help regulate blood pressure and keep your heart healthy
- 4) Due to the present antioxidants, grapefruit helps combat cancer.
- 5) It helps with Digestion & Regularity
- 6) As one of the most hydrating fruits in the world made up of 91% water & full of electrolytes, grapefruit is a great snack to have on hand to keep you hydrated.



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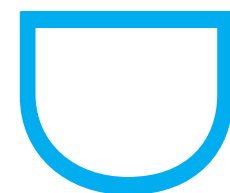
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