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Belief in God's Messengers

"The Messenger believes in what has been revealed to him from his Lord, and so do the believers. All believe in Allah, His Angels, His Books and His Messengers, We make no difference between any of His Messengers...." (Quran 2:285)

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Bismillah

In the Name of Allah, Most Gracious, Most Merciful

Allah the Almighty said: The Messenger believes in what has been sent down to him from his Lord, and so do the believers. Each one believes in Allah, His Angels, His Books, and His Messengers. They say: We make no distinction between one another of His Messengers. (The Qur'an 2:285)

Allah conveyed His message to humanity through messengers, peace be upon them all. They form a link between the humans and the heavens, in the sense that Allah has chosen them to deliver His message to humanity. Divine messages were not conveyed to mankind except through them. It is the system of communication between the Creator and the created. Allah does not send the angels to every single individual, nor does He 'open the skies' so people can climb up to receive the message. His way of communication is through human messengers who received the message through the angels. Allah had only sent men as prophets and messengers, which is an honour to humankind given by Allah the Almighty.

He said: And they say: Why was there not sent down to him an angel? But if We had sent down an angel, the matter would have been decided; then they would not be reprieved. And if We had made him an angel, We would have made him a man, and We would have covered them with that in which they cover themselves. (The Qur'an 6:8,9)

Faith in messengers is to firmly believe Allah had chosen the best of the human kind to bear His message and pass it on to humanity. They faithfully delivered the message, without hiding, altering, or corrupting it. Rejecting a messenger is rejecting the One who sent him. Disobeying a messenger is disobeying the One who commanded to obey him.

As we are instructed by Muhammad (PBUH), our teacher and the most honoured among the messengers, they are all brothers and all came with the same message: There is no god but Allah, only deserving to be worshipped, without a partner, all the power and might belong exclusively to Him.

Ensar

Imam Ensar Cutahija

Contents.

Feature	
Bismillah	1
Belief in Messengers	2-4
Prophet Muhammad's Final Sermon	6-7

Knowledge	
Tafseerul Qur'an	8
Hadith	9
The Friendly Reminder	9
Daily Dua	9
The Sunnah	9

Dawah	
My Experience	10
Crash course on Islam	11

Medical Clinic	
Thunderstorm Asthma	12
Diarrhoea	13

Islamic History	
Islamic Science & Technology	14
Mohammad ibn Ashur	15

Community	
Muslim Tech - Quran Companion	16
I hear you my dear sister	20

Sports	
Adelaide Thunder FC Score Board	21

Generation 'Y'	
Kids Corner - Prophetic Family Tree	22
Street Talk - Who are you chasing?	23
Muslim Show Comic	23

Body/Mind/Soul	
Smoking, the silent killer	24
Shakshouka	25
Pineapple	25

Muslim Index	26-37
---------------------	-------

3 Month Prayer Times - Pull Out	18-19
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Belief in God's Messengers

“...We make no difference between any of His Messengers...” (Quran 2:285)

By Sheikh Ali Al-Tantawi (1909-1999)

Belief in the Prophets of God

The prophets are human beings, they are born, they live, eat, drink, get sick and die just like everyone else. Nations in the past questioned the prophets about revelation, and the fact that they were human beings prevented some to believe in the message. God states clearly in the Quran that prophets have no divinity whatsoever, and He is capable of revealing to them His message.

- Have the people been amazed that We revealed [revelation] to a man from among them, [saying], “Warn mankind and give good tidings to those who believe that they will have a [firm] precedence of honour with their Lord”? [But] the disbelievers say, “Indeed, this is an obvious magician.” (Surah Yunus: verse 2)
- Their messengers said to them, “We are only men like you, but Allah confers favour upon whom He wills of His servants. It has never been for us to bring you evidence except by permission of Allah. And upon Allah let the believers rely. (Surah Ibrahim: verse 11)
- And We did not send before you, [O Muhammad], any of the messengers except that they ate food and walked in the markets. And We have made some of you [people] as trial for others - will you have patience? And ever is your Lord, Seeing. (Al-Furqan: verse 20)

Characteristics of Prophets:

Receiving the revelation is what distinguishes the prophets from other people, and this is what God tells the prophet Muhammad peace be upon him (pbuh) in the Quran:

- Say, “I am only a man like you, to whom has been revealed that your god is one God. (Surah Al-Kahf: verse 110)
- This verse negates any other nature prophets may have except the human being nature, and their biological form is similar to normal people, however; prophets excel in morals and character. A question might arise, if prophets are like other human beings in nature, can they make mistakes just like others do?

There are different types of mistakes:

1. A mistake relevant to the message revealed from God can never be committed by a prophet, and prophets are protected from such mistakes as God states in the following verses:

- Nor does he speak from [his own] inclination, It is not but a revelation revealed. (Surah Annajm: verses 3-4)

Also, it is impossible for a prophet to commit an immoral, indecent or unjust act, because God selected them to set a role model for people, made them infallible, and commanded the believers to follow their example.

- There has certainly been for you in the Messenger of Allah an excellent pattern for anyone whose hope is in Allah and the Last Day and [who] remembers Allah often. (Surah Al-Ahzab: verse 21)

2. The prophets may make a mistake when they exercise their own independent judgement in a matter which they have not received divine guidance. Such an error might occur, but God corrects and clarifies such a mistake with revelation. The prophet Muhammad (pbuh) committed such a mistake with the blind companion, and with the prisoners of the battle of Badir. I thought

about the story of the blind companion, and reflected upon it. If the prophet's scenario with the blind companion was to be presented to political leaders and scholars, they wouldn't criticize it or disagree with it, but God comments on this incident in the Quran and corrects the action of prophet Muhammad (pbuh).

- The Prophet frowned and turned away, Because there came to him the blind man. (Surah Abasa: verses 2-3)

In this incident, while the prophet was in a meeting with one of the nobles of his tribe trying to convince him about Islam, one of his followers came to him and asked for his attention on a matter which was not urgent. Delaying it would not cause any harm, so the prophet decided to attend to his question after the meeting. Does the prophet's reaction seem right or wrong? Reasonable or unreasonable? It looks right in the eyes of human beings, however the scale where God judges the actions of mankind is perfect in measurement and justice, and certainly wiser than our judgements. The same concept applies to the prophet's judgement in regards to the prisoners of the battle of Badir, what appears correct to us, might not be the case in the sight of God.

“All prophets were sent to convey the message of worshiping one God, to believe in the day of Judgement, and to obey the commands sent by God.”

3. When it comes to pure worldly matters, the prophet used to give his own opinion and might make a mistake in things related to medicine, agriculture and manufacturing. Once the prophet (pbuh) suggested pollinating palm trees and it turned out to be wrong, and this is not considered a shortcoming. Regardless of how great or knowledgeable you are, you are not expected to know all the technical details related to all scientific fields. The prophet (pbuh) in the story of palm trees gave the companions his opinion, and didn't tell them it was a religious matter or a revelation that has to be followed, in fact, he told them “you know your life matters better”.

4. Prophets can't predict the future, and God commanded the prophet Muhammad (pbuh) to declare that he has no knowledge about the future.

- Say, [O Muhammad], “I do not tell you that I have the depositories [containing the provision] of Allah or that I know the unseen, nor do I tell you that I am an angel. I only follow what is revealed to me. (Al-Anam: verse 50)
- Say, “I hold not for myself [the power of] benefit or harm, except what Allah has willed. And if I knew the unseen, I could have acquired much wealth, and no harm would have touched me. I am not except a warner and a bringer of good tidings to a people who believe.” (Surah Al-Araf: verse 188)

Different Prophets, One Message

God mentions in the Quran, that He sent a prophet to every previous nation.

- And there was no nation but that there had passed within it a warner. (Surah Fatir: verse 24)
 - And for every nation is a messenger. So when their messenger comes, it will be judged between them in justice, and they will not be wronged. (Surah Yunus: verse 47)
- Some of the prophets are mentioned in the Quran, and some are not mentioned.

• And [We sent] messengers about whom We have related [their stories] to you before and messengers about whom We have not related to you. And Allah spoke to Moses with [direct] speech. (Surah Annisa: verse 164)

All prophets were sent to convey the message of worshiping one God, to believe in the day of Judgement, and to obey the commands sent by God. The foundations of Islam are similar to the foundations of previous religions preached by earlier prophets.

• (He has ordained for you of religion what He enjoined upon Noah and that which We have revealed to you, [O Muhammad], and what We enjoined upon Abraham and Moses and Jesus - to establish the religion and not be divided therein. Difficult for those who associate others with Allah is that to which you invite them. Allah chooses for Himself whom He wills and guides to Himself whoever turns back [to Him] (Surah Ashura: verse 13)

God sent to every nation a prophet who speaks their language, so he can communicate with them and they can understand him.

• And We did not send any messenger except [speaking] in the language of his people to state clearly for them (Surah Ibrahim: verse 4) The seal of the prophets is Muhammad (PBUH), there is no prophet or revelation to come after him, his message is complete, universal and it is meant to be for all nations.

• This day I have perfected for you your religion and completed My favour upon you and have approved for you Islam as religion. (Surah Al-Maidah: verse 3)

Last Testament

Why is the message of the prophet Muhammad (PBUH) sent for all of humankind, while the other prophets were sent to a specific nation? Why would Islam remain the last religion until the last day, while the other religions have changed and been overwritten?

The answer is and God knows best, the Islamic laws are flexible and suitable for all times and places. The creed and obligatory rituals in Islam were legislated by clear and explicit texts, they are fixed and can't be changed because they don't vary according to different times and places. However, constitutions, economic and administrative affairs that are subject to time and place, were legislated with general texts that are more like the foundation of a building, which gives you the flexibility to adjust and amend according to the environment and circumstances as long as the foundation does not change. Therefore, Islam is adaptive and compatible with all times and all societies.

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PROPHET MUHAMMAD'S FINAL SERMON

Prophet Muhammad (peace and blessings be upon him) undertook his farewell pilgrimage in the year 10 A.H. His farewell pilgrimage to Mecca is one of the most significant historical events in the minds of Muslims, for it was the first and last pilgrimage performed by Prophet Muhammad, as well as being the model for performing the fifth pillar of Islam, Hajj.

Prophet Muhammad's final sermon was delivered during the Hajj of the year 632 C.E., the ninth day of Dhul Hijjah, the 12th month of the lunar year, at Arafat, the most blessed day of the year. There were numerous Muslims present with the Prophet during his last pilgrimage when he delivered his last sermon.

Even today, the last sermon of Prophet Muhammad (peace be upon him) is passed to every Muslim in every corner of the world through all possible means of communication. Muslims are reminded of it in mosques and in lectures. Indeed the meanings found in this sermon are astounding, touching upon some of the most important rights Allah Almighty has over humanity, and humanity has over each other. Though the Prophet's soul (peace be upon him) has left this world, his words are still living in our hearts.

After praising and thanking Allah, Prophet Muhammad (peace be upon him) said:

"O People, lend me an attentive ear, for I know not whether after this year, I shall ever be amongst you again. Therefore listen to what I am saying to you very carefully and TAKE THESE WORDS TO THOSE WHO COULD NOT BE PRESENT HERE TODAY."

O People, just as you regard this month, this day, this city as sacred, so regard the life and property of every Muslim as a sacred trust. Return the goods entrusted to you to their rightful owners. Hurt no one so that no one may hurt you. Remember that you will indeed meet your Lord, and that He will indeed reckon your deeds. Allah has forbidden you to take usury (interest); therefore all interest obligations shall henceforth be waived. Your capital, however, is yours to keep. You will neither inflict nor suffer any inequity. Allah has judged that there shall be no interest and that all the interest due to Abbas ibn Abdul Muttalib (Prophet's uncle) shall henceforth be waived...

Beware of Satan, for the safety of your religion. He has lost all hope that he will ever be able to lead you astray in big things, so beware of following him in small things.

O People, it is true that you have certain rights with regard to your women, but they also have rights over you. Remember that you have taken them as your wives only under Allah's trust and with His permission. If they abide by your right then to them belongs the right to be fed and clothed in kindness. Do treat your women well and be kind to them for they are your partners and committed helpers. And it is your right that they do not make friends with any one of whom you do not approve, as well as never to be unchaste.

O People, listen to me in earnest, worship Allah, perform your five daily prayers (salah), fast during the month of Ramadan, and give your wealth in zakat (almsgiving). Perform Hajj if you can afford it.

All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over black nor does a black have any superiority over a white except by piety and good action. Learn that every Muslim is a brother to every Muslim and that the Muslims constitute one brotherhood. Nothing shall be legitimate to a Muslim which belongs to a fellow Muslim unless it was given freely and willingly. Do not, therefore, do injustice to yourselves.

Remember, one day you will appear before Allah and answer for your deeds. So beware, do not stray from the path of righteousness after I am gone.

O People, no prophet or apostle will come after me and no new faith will be born. Reason well, therefore, O People, and understand words which I convey to you. I leave behind me two things, the QURAN and my example, the SUNNAH and if you follow these you will never go astray.

All those who listen to me shall pass on my words to others and those to others again; and may the last ones understand my words better than those who listen to me directly. Be my witness, O Allah, that I have conveyed your message to your people"



Inspired by Muhammad? Learn more about him and what he stood for.

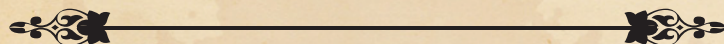
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EXPLANATION OF THE HOLY QUR'AN



And, our Lord, raise in their midst a Messenger from among them, who should recite to them Your verses, and teach them the Book and the wisdom, and make them pure. Indeed You, and You alone, are the All-Mighty, the All-Wise. (Surah Baqarah - Verse 129)



This verse defines the purpose of being sent to the world as the Messenger of Allah and his functions as a prophet. These functions are threefold. Firstly, to recite the verses; secondly, to teach the Book and also to teach "wisdom"; and thirdly, "to purify" the people. Now, let us examine the three.

(1) The verse speaks separately of "reciting" the Holy Qur'an and of "teaching" it. Since "reciting" pertains to the words, and "teaching" to their meanings. The explicit distinction between the two shows that the words of the Holy Qur'an are no less important in themselves and for themselves than their meanings, and that the recitation and preservation of the words is obligatory, and constitutes an act of worship.

(2) According to the present verse, "teaching the Book" is a prophetic function distinct from "reciting the Verses". We can easily infer from it the principle that in order to understand the Holy Quran, it is not sufficient merely to know the Arabic language, but that it also requires the "teaching" of the Holy Prophet (SAW). Even for those who know Arabic very well, understanding can be acquired only through the teaching of the Holy Prophet (SAW), and that to separate the one from the other, and to make an attempt at interpretation on one's own is no more than a self-delusion. There were many other ways of conveying His Book to men. But Allah knows everything, and is All-Wise.

(3) "Purifying the people" is also an essential prophetic function. The Arabic word Tazkiyah denotes purifying a thing or person from all kinds of filth, internal as well as external. One can see for himself what the different kinds of external filth are - the Shariah has clearly defined them. The internal varieties include, on the one hand, false beliefs like infidelity (Kufr), association (Shirk), or total reliance on someone other than Allah, and, on the other hand, pride, vanity, malice, jealousy, love of worldly things, etc. Although the evil nature of such beliefs and tendencies has been fully explained in the Holy Qur'an and the Sunnah, yet in making "the purification of the people" a distinct and separate prophetic function, the present verse indicates that just as a mere knowledge of words and technical terms does not make one the master of a science or art, in the same way a knowledge, or even a proper understanding of its principles does not by itself make one perfect in the science or art concerned. To attain any degree of perfection one must also learn to put the principles into practice, and "realize" them in oneself and for oneself, which again requires the supervision of an authentic teacher and guide. The function of the spiritual guide (Shaykh) is to help the disciple in obeying the injunctions of the Holy Qur'an and the Sunnah so thoroughly that it becomes a matter, not of effort, but of habit - so to say, his very "nature".

"Hadith"

Narated By Abu Said Al-Khudri : Some Ansari persons asked for (something) from Allah's Apostle (p.b.u.h) and he gave them. They again asked him for (something) and he again gave them. And then they asked him and he gave them again till all that was with him finished. And then he said "If I had anything. I would not keep it away from you. (Remember) Whoever abstains from asking others, Allah will make him contented, and whoever tries to make himself self-sufficient, Allah will make him self-sufficient. And whoever remains patient, Allah will make him patient. Nobody can be given a blessing better and greater than patience."

Sahih Bukhari , Book 024, Hadith 548

The Friendly Reminder.

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

True friends are not those who tell us what we 'want' to hear but rather what we 'need' to hear. Friends are responsible to ensure that the friendship results in the improvement of both sides spiritually as well as in other ways.

Those who fear hurting us if the truth is told to us are like those who would rather see us making the wrong decisions in life and then sympathize when we suffer, yet they knew all along how to have saved us.

One true friend is better than a thousand hypocrites making us feel good!

DAILY DUA'

THE WEAPON OF THE BELIEVER

There are thousands of prophets that were sent by Allah to the Earth as mercy for mankind. Amongst the prophets, is a man called Yunus (pbuh) whose story is a famous mention around the world. Yunus (pbuh) made a powerful dua when he was repenting to Allah in the belly of the whale, which Allah mentioned in the Quran Kareem in verse 87 of Surah Anbiya.

The dua is surely one that we should practice making in our lives. The dua is:

'La ilaha illa anta subhanaka innee kuntu mina adhalimeen'

None has the right to be worshipped but You, Exalted are You. Truly I have been of the wrongdoers.'



THE SUNNAH

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

Another Sunnah that we can follow is one that the Prophet (PBUH) would say upon leaving his house. He would say, **"Bismillahi, tawakkaltu 'alallahi, wa laa hawla wa laa quwwata 'illa billah** (In the name of Allah, I put my trust in Allah, there is no help and no strength except in Allah).

Simple words yet the protection that these words can offer is great. Narrated in Abu Dawud and Tirmidi, that whoever recites the above when leaving the house, the words will serve as a protection from our enemy that is Satan.

Social Justice.

Society's wellbeing was paramount to Muhammad who taught that all humans were entitled to the same rights and privileges. "People are as equal as the teeth of a comb," he said, and he practised what he preached.

Muhammad was a social activist of his time. He shook the underpinnings of the unjust society he lived in by bringing about social reforms: he forbade exploitation of the vulnerable, protected the poor by establishing regular charity; and crippled an arrogant class and race-based system by upholding equality.

Welfare and social solidarity are the basis for the progress of a nation. The Islamic civilisation pioneered the implementation of social welfare by establishing institutions to provide support to individuals in all levels of society in a trust system known as waqf. There were institutions for the disabled, the blind, and those in need who would find shelter, food, and education. There were also institutions for mothers of young children – one of Salahuddin's (Saladin) greatest acts of philanthropy was the establishment of two reservoirs by the gate of his fort in Damascus – one of milk and one of fresh drinking water for the mothers to take freely.

Muhammad said: "The best people are those who are most useful to others" and today Muslims still aspire to that maxim through participating in social and community projects. From supporting the homeless in London to working with children with learning disabilities, British Muslims are actively involved in making their communities better for everyone.

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“One who sleeps while their neighbour is hungry is not one of us”

Rupon Miah's Story

"As a frontline worker in a homelessness charity, I come face to face with the raw problems vulnerable young people are confronted with every day.

My faith tells me it's impossible to ignore the suffering of a hungry person on the streets. Even when I was young, I was one of those kids who wanted to change the world. Changing the world for the better is definitely the most enduring lesson I have of Prophet Muhammad. We are told that he was sent as a "mercy to mankind". For millions, the man and his message were about hope and change – despite all of the hardship and suffering he endured, his life was lived with unflinching optimism. When I work with young people in London, I try and encourage them to see their lives with greater optimism, find hope where there was despair.

It is challenging to keep an 'objective' distance from the suffering and problems you experience. It's not always possible and in fact the human side of you has to get involved. The most rewarding part of my job is knowing that I've tried to do something that will bring hope to someone's life. One young boy I met was told all his life that he's not worth it. Now, he is about to enter Imperial College London to study Engineering. He told me "You inspired me". That was a heart melting moment that has never left me. It is said that God will not change a condition of a people until they change what is within themselves, and that's the beginning of the path to justice for yourself and beyond that, for everyone."



I believe in
social justice.
So did Muhammad

An Introduction

A crash course on what Muslims believe.

By IISNA

What Does "Islam" and "Muslim" Mean?

The word "Islam" means the submission or surrender of one's will to the will of the only God worthy of worship. Anyone who voluntarily submits to the will of God as required by Islam is termed as a "Muslim". This was also the way of all the prophets and messengers of God.

Who is "Allah" in Islam?

"Allah" is the Arabic word for God. To Him belong the most beautiful names. Some of the many attributes of God include Him as The:

- One and Only God without any partners
- Praiseworthy
- All-Just
- Most High
- All-Compassionate
- All-Merciful
- All-Powerful

What is the "Qur'an"?

The "Qur'an" is the literal word of God and final revelation/testament revealed to the Prophet Muhammad Peace Be Upon Him (PBUH) through the Angel Gabriel.

What do Muslims believe in?

Muslims believe in 6 articles of faith as follows:

1. God
2. Angels
3. Revealed Books (Eg: The Torah, Gospel & Qur'an).
4. Prophets (Eg: Adam, Noah, Abraham, Moses, Jesus and Muhammad (peace be upon them all))
5. Day of Judgement
6. Divine Destiny

Do Muslims worship Muhammad (PBUH)?

Muslims only worship God alone directly without any intermediaries. Muhammad (PBUH) was a messenger of God just like all the previous ones sent (eg: Abraham, Moses and Jesus). Prophets were sent by God, at least one to every nation in the past in order to convey God's revelation as well as to guide the people onto the straight path to salvation. Messengers and prophets have no divine attributes and so are never worshiped in Islam.

Do Muslims believe in Jesus Christ?

It is an article of faith for each Muslim to believe in Jesus Christ (PBUH). The Islamic view of Jesus (PBUH) is that he was one of the mightiest messengers of God sent with the Gospel and aided with the Holy Spirit (Angel Gabriel). He was born of the virgin mother of Mary. He performed many miracles all by the permission of God as did the other prophets and messengers before. He came to fulfil and teach the same message of monotheism as all the other prophets had done before. Although Muslims respect and love Jesus, they do not worship him. He is not considered the son of God, nor part of a trinity, nor does he share in any of God's perfect attributes. God says: "It is not befitting for Allah to take a son; exalted is He! When he decrees an affair, He only says, 'Be' and it is." (Quran 19:35).



The Doctor

THUNDERSTORM ASTHMA

By Dr. Al Falah Dhanji

Thunderstorm asthma is an acute asthma attack that can happen when there is a local thunderstorm. The following article will explain how this may occur, who is vulnerable and what can be done to prevent and treat such situations.

The phenomenon was first recorded in Birmingham, England in 1983 and reported in the Lancet.¹ Symptoms begin at the time of sudden climatic changes, at the start of a thunderstorm.¹ Further episodes have occurred in Melbourne Australia in 1987, 1989 and now in 2016. Episodes have also been seen in Wagga Wagga, Australia; London, England; Naples, Italy; Atlanta, United States; and Ahvaz, Iran.² At the time of writing this article, 8 people have died in Melbourne following the episode in November 2016 and there are still some victims in a critical state in hospital.³

It is well known that pollen grains can trigger asthma but much of this pollen does not reach the lungs since it is too large and is filtered at the nose. However, some grass allergens can attach to the surface of starch granules which are contained within the pollen grain.⁴ It is thought that the humidity before the thunderstorm causes the pollen grain to absorb the moisture and then burst, releasing these granules and the attached allergens.⁴ The winds caused by thunderstorms then carry these granules at ground level, where they reach our airways, then penetrate deep down to the smallest airways of the lungs and trigger a severe asthma attack.⁴

Other factors that have been implicated include fungal spores and large changes in humidity and temperatures over a short period of time.⁴

So how is it prevented and treated?

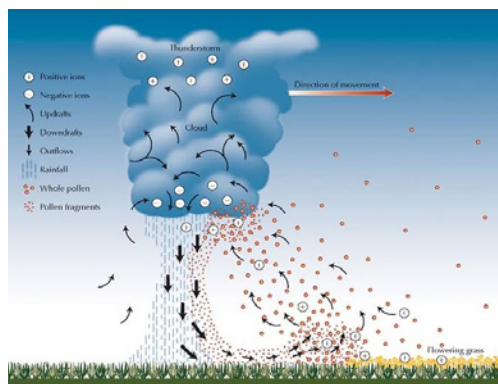
Inhaled steroids (preventer therapy) in asthmatics is an effective method of preventing severe attacks, as evident in the Wagga Wagga study.⁵

For asthmatics - all year round good asthma control is important. Asthmatics who experience exacerbations in spring or have hay fever should use a regular preventer even if they feel well.⁶ Preventers decrease the inflammation in the lungs, thereby preventing an asthma attack.⁷

Taking sensible steps to prevent exposure to allergens may also help, such as staying indoors and keeping the windows of a car closed.⁶

If an asthma attack does occur, then asthmatics should use their reliever puffer such as salbutamol (Ventolin) to dilate the airways.⁸ Patients should have a written tailored action plan from their doctor of what to do if symptoms get worse.⁹

In conclusion thunderstorm asthma is a serious but rare condition with increasing prevalence. It affects those who may have pollen induced hay fever or asthma. Prevention is the best treatment and involves reducing exposure to pollen and for asthmatics to commence taking their steroid preventer inhaler before spring or at the first wheeze.



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The Pharmacist

DIARRHOEA

By Abu Abdullah

Diarrhoea is defined as an increase in frequency of soft or watery stools relative to normal for an individual.¹

Symptoms:

Symptoms normally begin abruptly and generally resolve within a few days.¹ Sometimes other symptoms can be present such as nausea, poor appetite, abdominal pain, fever and fatigue.²

Causes:

Most common cause of diarrhoea is viral or bacterial infection.¹ Bacterial causes are usually related to food poisoning by ingesting contaminated food in which symptoms present within 12-24 hours.² Certain medical conditions can cause diarrhoea as well.³ Medications can also bring on diarrhoea which will vary in significance and severity depending on the type of medication.¹ Some medications known to cause diarrhoea include the following: ^{1, 3}

- Antibiotics
- Magnesium containing antacids
- Anti-inflammatory medicines
- Some immunosuppressant medicines
- Some osteoporosis medicines

Dangers:

The danger with diarrhoea and or vomiting is the risk of dehydration.² This is especially a concern in the children and elderly population groups.² The most important thing to do is to maintain hydration during an episode to prevent dehydration due to the volume of fluid been excreted out.²

Some of the signs of dehydration include the following: ²

- Dark urine
- Little urine been passed in over 8 hours in adults and 2-3 hours in young children
- Sunken eyes and cheeks
- Cold clammy skin
- Irritable or floppy child
- Babies 'soft spot' on head more sunken than usual

Refer to doctor if: 1

- Unable to keep fluids down (vomiting)
- Presence of fever (>38°C)
- Duration longer than about 2-3 days in children and the elderly
- Severe dehydration in young children and the elderly
- Blood or mucus in stools
- Severe abdominal pains
- Diarrhoea in relation to recent travels
- After course of certain antibiotics (speak with your pharmacist if unsure)

Treatments/Recommendations:

The best thing to do in the acute setting would be to maintain adequate fluid intake to prevent dehydration and let the diarrhoea run its course unless the above referral points apply.¹ There are specially formulated rehydration solutions available in pharmacies to help replenish lost fluids and electrolytes. Make sure to sip on small amounts but frequently to help the body to better absorb the fluids.¹ Cordial or juice is not recommended except for mild cases.² The juice or cordial should be diluted out until the sweetness is barely present to be safely used.²

Avoid going to work if your work involves food preparation until diarrhoea is resolved. There are also other medications available in pharmacies to help slow down the bowel movements, however these are not routinely recommended. These can potential be dangerous, speak with your pharmacist to see if they are suitable for you depending on your situation and the nature of the diarrhoea.

References:

1. Rutter, P, Newby, D, 2016. 'Community Pharmacy Symptoms, Diagnosis and Treatment', 3rd ed. Australia: Elsevier. p160-166.
2. PSA, 2009. 'Fact Card Booklet' Pharmaceutical Society of Australia, p99-100
3. Patient, 2016. 'Acute Diarrhoea in Adults. Chronic cause common diarrhoea' Available at: <http://patient.info/doctor/acute-diarrhoea-in-adults-pro> [Last accessed 18-12-2016].

GREAT ISLAMIC SCIENCE AND TECHNOLOGY AGAIN!

By Prof. Dr. Mohammed Ilyas (PhD) Adelaide

AH! NEITHER THE MULLAH NOR THE JURIST IS AWARE OF THE FACT THAT UNITY OF THOUGHT WITHOUT UNITY OF ACTION IS IMPERFECT. WHAT MAKES A NATION, AND WHAT IT MEANS TO LEAD NATIONS WHAT DO THESE PITIABLE PRAYER LEADERS UNDERSTAND.

- Sir Dr Muhammad Iqbal

Muslims need to be developing an image of productive 'science people' and ensure good technology for effective survival and happy living.

We can recognize the stagnation of science and technology in the world-wide Muslim community as Muslim nations rely heavily on external technology and other expertise for their comfort and security, as well as for developing their societies economically and socially by trading cheaply raw materials.

Advancement in the pursuit of knowledge requires hard work and mental peace which is difficult under conditions of enforced poverty. We also hear complains that, 'the mullah has been preaching that the existing state of affairs is what it is because God has so willed.' In the Abbasid period, there was a conflict between religious establishment and scientific enterprise. Science and its practitioners from then on have been looked at suspiciously as a

basis for secularist-modernist attitude. We need to work on winning back the trust of Islamic religious establishment and demonstrate that science and technology are just supportive welfare tools.

There is also a lack of awareness among Muslim youths about their own scientific heritage; that their civilization had a high point of superiority in nearly every aspect even though that Islamic edge has been lost in recent times. Above all, the reality is closer to economic malice and even with oil money there are concerns:

"Science and scientific research can flourish only when a country is affluent and has a sound and balanced economy. But when agriculture is the dominant sector, then a country will remain poor, and when petroleum is the only source of income, then this economy in the long run also is doomed."

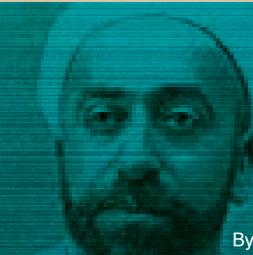
Poverty, high unemployment and poor sanitary conditions afflict large segments of the Muslim World. Considering the disastrous impact of a quarter century of geopolitics on national economies of most Muslim countries who are now saddled with poverty, illiteracy, corruption, and survival struggle and the present limitations of conventional economic and financial resources throughout much of the Muslim community, the situation is indeed worrying.

It is perhaps fair to say that the realization of the Muslim World's science aspirations to a level that they had for a large part of a millennium is closely linked to their national economic development. A strong economy provides the base for creative genius to flourish meaningfully and make use of the resources. For the renaissance, we need creative genius and Muslim community has its fair share in this arena. With an impressive past, there cannot be any difficulty for the Muslims to pick up modern science and technology and contribute to world peace in the twenty-first century as they did during the Muslim reigns of Moghul India and Moorish times in Andalusia.

We can do it again with unity of thought and action:

Muslims have been made Muslims by the tsunami of the West, The agitation of the sea is what nourishes the pearl. - Sir Dr Mohammad Iqbal

Contemporary Role Models of Islam



By Abu Yaseen

MOHAMMAD AL-TAHIR BIN ASHUR

"Allah spoke the Truth, and Burqibah spoke falsehood"

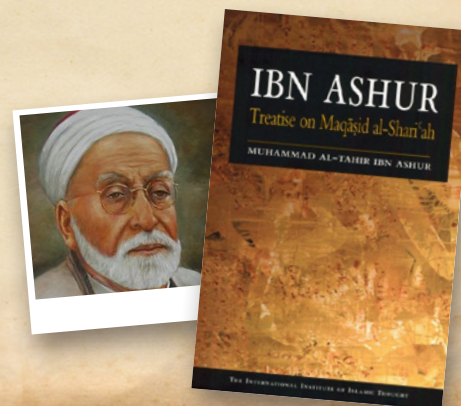
Our beloved prophet, Mohammad, may the peace and blessing of Allah be upon him informed us that amongst the people loved by Allah are two types of people; those who contribute to knowledge and those who are firm on the truth. Our hero, Sheikh Mohammad Al-Tahir bin Ashur was one of the most renowned contemporary scholars that made great contributions to the body of Islamic knowledge. He was also a great example of commitment to the truth, regardless of the consequences.

Shaikh Mohammad Al-Tahir bin Ashur was born in Tunisia in the year 1879 in a family of an Andalusian origin (Andalus is the name for Spain when it was ruled by Muslims). His family valued Islamic knowledge and scholarship, which was evident in his upbringing. By the age of fourteen, Ibn Ashur joined "Al-Zaitouna" University where he learnt Islamic knowledge (Shari'ah), Arabic and French. After graduation, he was appointed as a lecturer at Al-Zaitouna and at Al-Qasidiyah Universities. His high sense of dedication, and exceptional academic output progressed him through the ranks at a steady pace. In the year 1924 he was appointed as the Grand Mufti of Tunisia. In 1932 he was appointed as Shaikhul Islam and in the year 1945 he was appointed as the Chancellor of Al-Zaitouna University, where he reformed many aspects of its educational system by introducing various streams of science, in addition to humanities that were already taught at the university. As result, graduates from Al-Zaitouna were equipped with knowledge in the humanities and scientific streams.

Habib Burqibah was the President of Tunisia when Sheikh Mohammad Al-Tahir bin Ashur was acting as the Grand Mufti. Habib Burqibah believed that fasting of Ramadan reduced productivity of workers, so he requested that the Grand Mufti issues a fatwa to abandon fasting the month of Ramadan. In response to President Burqibah's request, Sheikh Ibn Ashur made a statement on radio confirming that Allah "prescribed for you fasting" (Quran: Surah 2, verse 183) and that "Allah has spoken the truth and Burqibah has spoken falsehood". As a result, he was dismissed from his position as the Grand Mufti.

Sheikh Mohammad Al-Tahir bin Ashur has produced numerous books and publications that had great scientific impact in the field of Shariah. One of his greatest publications is his 30-volume commentary on the Quran (Tafseer) known as Al-Tahrir wa'l-Tanwir (The Verification and Enlightenment). Sheikh bin Ashur spent 39 years of his life writing this magnificent Tafseer, which is now taught at most universities as part of their Islamic studies programs.

May Allah have mercy on the great scholar, Mohammad Al-Tahir bin Ashur, and may Allah make us benefit from the wealth of knowledge he left for us.



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Bosnian Mosque
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Adelaide Airport Prayer Room
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University

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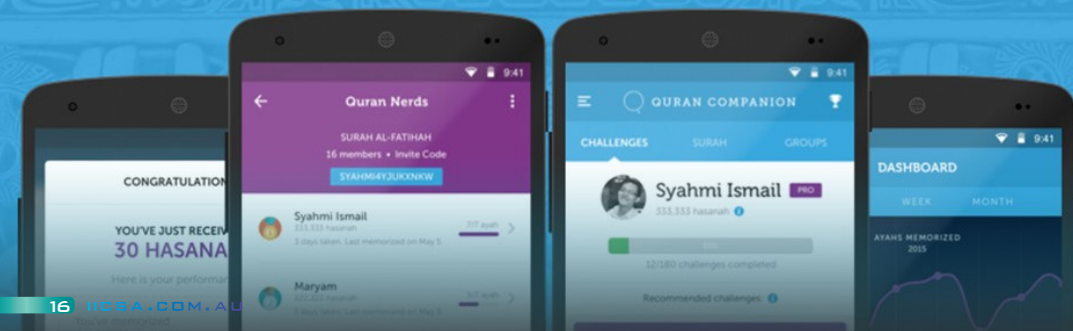
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January - Rabi Al Akhar / Jumada Al Awwal

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

February - Jumada Al Awwal / Jumada Al Akhar

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

March - Jumada Al Akhar / Rajab

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

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Sisters Section

"I HEAR YOU MY SISTER"

Life is Tough but Keep a Strong Faith

My Sister - during tough times, it is common to get swept away by the affliction of the moment. In general, we may find ourselves lost and find it difficult to gather ourselves and move forward. During these trials of faith, we may overlook the active work of Shaytaan injecting fear and sowing doubts in our feeble hearts and minds.

My Sister - Islam teaches us to stay in control and keep our connection with Allah. As Muslims we should also look into the message in the Quran and the guidance from the Prophet for handling such trials in life. Some people say it is not easy but we should never stop persisting to gain.

Be Strong

When all doors appear to have been closed, we should never let our feelings submit to helplessness. Remember this hadith of the Prophet (pbuh); "The strong believer is better and more beloved to Allah than the weak believer, although both are good. Strive to do that which will benefit you and seek the help of Allah, and do not feel helpless. If anything befalls you, do not say 'If only I had done (such and such), of Allah, and do not feel helpless. If anything befalls you, do not say: 'Allah has decreed and what He wills He does,' for 'if the such and such would have happened,' rather say: 'Allah has decreed and what He wills He does,' for 'if only' opens the door to the work of the shaytaan" (Muslim).

Revive Our Faith

We should get back to Quran and remind ourselves that only Allah can let us out of our trials and challenges. We must not give Shaytaan the chance to instil thoughts that could weaken our faith. Allah says in the Quran: "If Allah helps you, none can overcome you; and if He forsakes you, who is there after Him that can help you? ..." (Surah Al-Imran: verse 160).

Believe in the Qadr of Allah

When facing difficulties, sometimes we might feel a tinge of unfairness. We feel we have tried our best, prayed to Allah and do what a Muslim woman should yet we face trial after trial. In this circumstance, we should remind ourselves that believing in al-Qadr (Allah's divine will and decree) both good and bad is one of the pillars of Iman. It should be a respite to us that only Allah is the master of our destiny and that Allah does what He wills for reasons that are only known to Him.¹

Ask for Allah's Mercy and Forgiveness

As believers we should recognise that only Allah's Grace and Mercy can take us out from challenging situations.² At the same time, ask for Allah's forgiveness as HE commanded us.³

Remain Patient

A state of patience requires that we resort not to complain. We remember Allah in good and bad times. We can learn from Prophet Yusuf (A.S.) various ordeals in life whose reward was a large kingdom in his later years.⁴

Lastly, let us always remember to recite this verse each time a trial comes in our way: "Nothing shall ever happen to us except what Allah has ordained for us. He is our Protector." And in Allah let the believers put their trust" (Surah At-Tawbah: verse 51).

Umm Asyiraaf

Quran References: 1. Surah Al-Hadid: Verses 22 – 23. 2. Surah Al-Baqarah: Verse 64
3. Surah Al-Hud: Verse 3 4. Surah Yusuf: Verse 90

SCORE BOARD



WE HAVE EXCITING NEWS FOR YOU!

But before we release our new plans for the season in 2017 we would like to start off this article by thanking everybody who has supported SA CENTRALS FC over the past six years. Parents, players, sponsors, coaches, volunteers and assistants. This could not have been done without the help of Allah (SWT) firstly and of course your continuous efforts and contributions.

We recently also had our Family Fun Day at the Adelaide Shores Football Center which was a great day for the club and our community, Allhamdulillah. Adelaide United superstars Tarek Elrich and Mark Ochieng came along to meet the players and were a part of the atmosphere which was a great gesture. We invited Adelaide Vipers FC to come along and play a scratch match with our Under 15's team which we ended up winning 3-1. There was a BBQ, activities for kids and all our guests were given awards in acknowledgement of their participation. We also received a special mention in the Advertiser!! A big thanks to the FFSA, Steps Migration and Life Without Barriers for helping sponsor and promote the event. Inshallah this event becomes an opportunity for us to collaborate with other organisations and clubs to spread a positive message. Allhamdulillah, last season our Under 15's team won the league which made them back to back champions!

Now, for the exciting news! We will be changing our name to.... get ready.... Adelaide Thunder FC! Inshallah this season we will be coming out with a fresh, dynamic and exciting new look. We really hope, Inshallah, that this change of name will mark the beginning of a new era for our club. We hope to improve our coaching and management and we really hope that you, as parents, can jump on board to help us achieve this goal! Currently this season we are looking to have teams for Under 8's, Under 11's, Under 13's, Under 15's and Amateurs. Places are running out quickly so we urge that you contact us quickly to secure your child's position. We are looking to start our pre-season in the middle of January and are planning a rigorous and healthy program to ensure that our boys are ready for the up and coming season.

Finally, we have, and will always be on the lookout for volunteers and coaches to help us. So, if you know anybody that is interested in helping with the club please contact 0435 252 951 or email sacentralfc@gmail.com.

We look forward to 2017!

Wasalam



KIDS CORNER

TEST YOUR KNOWLEDGE!

Do you know the Prophets of Allah?

Fill in the missing ones in order! *Bismillah!*



From Adam to Muhammad, all total 124,000 Prophets (Nabi). Out of 124,000 Prophets, only 313 are Messengers (Rasul). Out of 313 Messengers, only 25 is a must known and there are 5 who are extra special. Note that every Messenger is Prophet, but not every Prophet is Messenger.

Street Talk!

DO NOT WASTE YOUR YOUTH

Who are you chasing?

I want to share with you a story. I was at the gym the other day and I noticed this one guy who was trying so hard on this piece of equipment. I'm sure you can imagine the scene, he was attempting to pull over a 100kg, his face was red, sweat was rolling down his forehead and he was blurting out words like 'argh' and 'uff' to let off some of his steam. But there was one thing I noticed that was interesting, he had placed a picture of his body builder role model in front of him and the only thing that kept him going was the thought of "I wanna be like this guy one day."

Following this, it really made me think, as young Muslims who do we look up to? Especially during the tough times, when things are hard, ask yourself who do I seek inspiration from? Nine times out of ten we have role models who might be movie stars, entertainers, sport players, models or singers.

Imagine you were to see this role model of yours at the airport, what's the most that this person would do amongst all his/her other fans? Would he/she recognise you? Would they have concern for you? However, in this article I would like to remind you of the best role model who we have. The Prophet Muhammad (SAW). I know... you might have heard this answer before. But I am not telling you that he is the best role model... ALLAH IS. "In the Messenger of Allah there is the BEST example..." (33:21).

To put the reality of this into perspective, think about this hadith. On the Day of Judgement, when everybody is running, scared, alone, worried, sweating and crying all of humanity will run to Adam (AS) and plea for help, asking him to ask Allah (SWT) for the Day of Judgement to begin. Then they will go to Nuh (AS) and he will refuse, then Ibrahim (AS), then Musa (AS) and then 'Isa (AS) and they will all refuse. All of the Prophets will say "Go to Muhammad" (SAW). So, if all of humanity will run to Rasulullah (SAW) on the Day of Judgement, the question is, who are you running to now?

Abn Uthman

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Tobacco: The Silent Killer



By Dr Abu Nibras

Allah describes in Quran, "...he [the Prophet] enjoins upon them what is right and forbids them what is wrong and makes lawful for them the good things and prohibits for them the evil..." (Quran 7:157)

In recent times, as the dangers of tobacco use have come to be proven beyond any doubt, scholars have become more unanimous in pronouncing tobacco use clearly haram (forbidden) to believers. According to Qur'an and Hadith, all intoxicants are haram. As tobacco is an intoxicating substance, it is haram too.

Allah states, "Don't make your own hands the cause of your own destruction" (Quran 2:195); "And do not kill yourselves" (Quran 4:29). It is universally understood that cigarette smoking causes a number of health problems that often ultimately result in death. Hence, it is nothing but a way of self destruction.

The tobacco epidemic is one of the biggest public health threats the world has ever faced, killing around 6 million people a year.¹ Of the 6 million deaths, more than 600,000 are the result of non-smokers being exposed to second-hand smoke.¹ Second-hand smoke is the smoke that fills enclosed spaces when people burn tobacco products such as cigarettes.¹ Tobacco smoke contains more than 4000 chemicals with at least 250 harmful and more than 50 cancer causing components.¹

We are all aware of the unlawful things and cigarette has been found to harm nearly every bodily organ and organ system in the body.² Smoking can cause cancer almost anywhere in our body such as the lungs, oesophagus, larynx,

mouth, throat, kidney, bladder, liver, pancreas, stomach, cervix, colon, and rectum.²⁻⁴

Besides cancer, smoking is known to increase the risk of developing heart disease, stroke, diabetes, osteoporosis and rheumatoid arthritis amongst many others.⁴ Smokers are at higher risk of developing pneumonia, tuberculosis, and other airway infections.²⁻⁴ So it's time we should all agree to the fact that smoking is unlawful.

Allah commands, "...But spend not wastefully (your wealth) in the manner of a spendthrift. Verily spendthrifts are brothers of the devils..." (Quran 17:26-27) Smoking is a waste of money; smokers burn their wealth for no good reason except harming their own body. Practically, there is no difference between the person who smokes and the person who commits suicide.

Because of its addictive nature, quitting tobacco can be often difficult. However, with the help of Allah and strong personal commitment, it is possible.

Other measures which can be helpful include:⁵⁻⁶

- Minimise contact with smokers
- Try not to accept any cigarette from anyone
- Drink plenty of water to reduce withdrawal symptoms
- Busy yourself with other endeavours (e.g. exercise, sports, time in mosque etc)
- Take expert advice (e.g. See your GP or organisation proving this service) to minimize withdrawal symptoms.

Above all remember the words of Allah, "Those who strive hard in Our Cause, We will surely guide them to Our Paths." (Quran 29:69)

References:

1. World Health Organization, 2016, 'Tobacco' Available at: <http://www.who.int/mediacentre/factsheets/fs339/en/> [Last accessed 05-12-16].
2. US Department of Health and Human Services, 2014, 'The Health Consequences of Smoking—50 Years of Progress: A Report of the Surgeon General', Available at: <https://www.surgeongeneral.gov/library/reports/50-years-of-progress/> [Last accessed 05-12-16].
3. US Department of Health and Human Services, 2010 'How Tobacco Smoke Causes Disease: The Biology and Behavioural Basis for Smoking-Attributable Disease: A Report of the Surgeon General', Available at: <https://www.ncbi.nlm.nih.gov/books/NBK53017/> [Last accessed 05-12-16].
4. US Department of Health and Human Services, 2004, 'The Health Consequences of Smoking', Available at: <https://www.ncbi.nlm.nih.gov/books/NBK44695/> [Last accessed 05-12-16].
5. Nutrition Australia, 2016, 'Water and quitting smoking' Available at: <http://www.nutritionaustralia.org/national/resources/water-and-quitting-smoking> [Last accessed 06-12-16].
6. Quit Victoria, 2016, 'Triggers' Available at: <http://www.quit.org.au/staying-quit/triggers> [Last accessed 06-12-16].

Shakshouka

This middle eastern breakfast dish is healthy and delicious.

Another variation is to add sliced sujuk to the sauce. Serve with crusty french bread or Lebanese bread

Ingredients:

- 1 onion, finely diced
- 2-3 garlic cloves, minced
- 5 large tomatoes, finely diced
- 1 tbs tomato paste
- 1 tbs capsicum paste
- Salt and pepper
- Chilli flakes (optional)
- 6 free range eggs
- Parsley to garnish

Method

- 1- In large non stick pan heat oil and saute onion and garlic until browned then add the tomato and capsicum paste and saute another minute.
- 2- Add the chopped tomatoes, salt, pepper and chilli and cover and simmer for 10-15 minutes.
- 3- Crack eggs into the tomato sauce and cover and let simmer for 3-4 minutes or until eggs are cooked to your liking.
- 4- Garnish with chopped parsley and serve with bread.



Pineapple

Hidden Secrets!

As summer has approached us, we do what we can to keep our bodies cool and something as simple as chilling some super sweet pineapples can do the job! Juiced or as a snack, it's delicious and has all the benefits you need this summer!

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Reference: Organic Facts, 2013, "Health Benefits of Pineapples" Available at: <https://www.organicfacts.net/health-benefits/fruit/pineapples.html> [Accessed 29 Nov. 2016].



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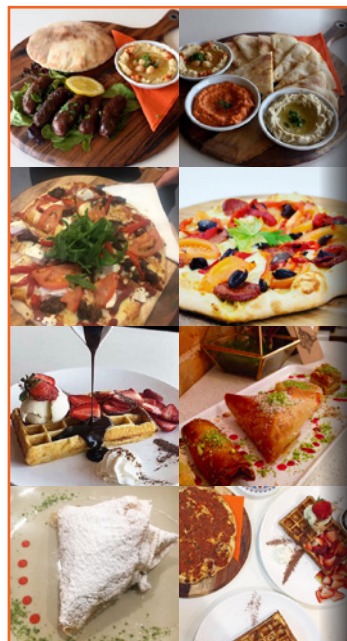
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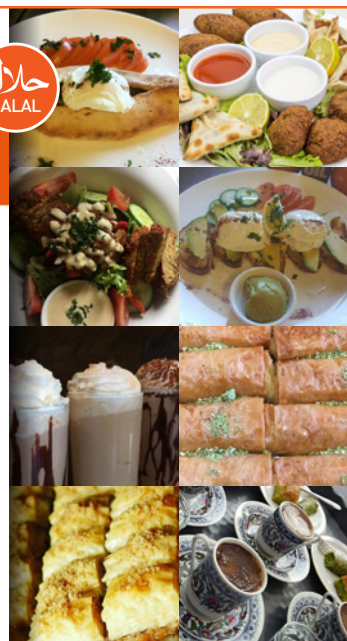
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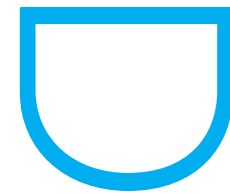
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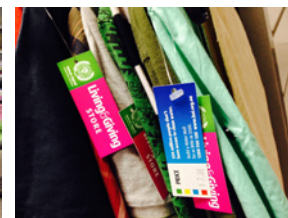
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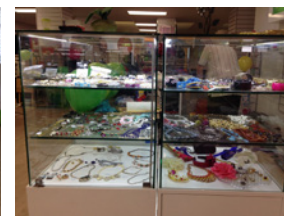
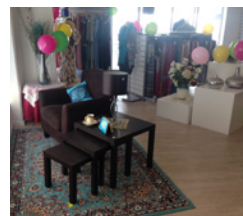


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