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THE VOICE OF ADELAIDE MUSLIMS

THE
PILLARS OF
Faith
SERIES
#4

Ramadan
Edition

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2,000 COPIES!

Belief in God's Books

"And We have revealed to you the Book in truth, confirming that which preceded it of the Scripture and as a criterion over it." (5:48)



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INSIDE! // BELIEF IN GOD'S BOOKS // I WAS SENT TO PERFECT GOOD CHARACTER // RAMADAN WORKPLACE PRODUCTIVITY // WOMEN'S RIGHTS IN ISLAM // SOCIAL PATTERNS IN DAWAH // SAMORI TURE' // FIBRE & BOWEL HEALTH // ASTRONOMY OF RAMADAN // ADELAIDE THUNDER FC // WHO ARE THE SUCCESSFUL ONES // FISH OIL // MUSLIM INDEX + MORE!

PULL OUT

THREE MONTH PRAYER TIMES INSIDE

IICSA would like to wish you a RAMADAN MUBARAK

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Bismillah

In the Name of Allah (God), Most Gracious, Most Merciful

Allah the Almighty said:

And We sent not before you any but men, whom We sent revelation. So ask of those who know the Scripture, if you know not. With clear signs and Books. And We have also sent down unto you the Reminder (ie: the Qur'an), that you may explain clearly to men what is sent down to them, and that they may give thought. (Surah Al-Nahl, V: 43-44)

Each book was revealed by Allah to these messengers who then passed His words onto their people. While the Pages of Abraham peace be upon him (PBUH) had been entirely lost, the Psalms, Torah and Gospel according to Islam are no longer in their original state. They have been added to, cannot be traced directly to their prophets, or were simply altered.

Allah the Almighty said:

Verily, We, it is We Who have sent down the Reminder (ie: the Qur'an) and surely, We will guard it. (Surah Al-Hijr, V: 9)
This is the promise given by Allah only in relation to the Qur'an and it stays valid and actual until the Day of Judgement. The Qur'an affirms the core message present in the former books. It verifies that each contained divine guidance and elaborates upon their beliefs. When addressing their followers, the Qur'an shows its respect for them by calling them Ahl al Kitab (People of the Book). At the same time, it points out the alterations and reinforces the correct message. This is why the Qur'an is the Mosaddiq and Mohaimin (Confirmer and Rectifier).

Despite their differences, the central beliefs in all four books are the same. Each text preaches that there is only one God. They share the concept that Allah sends prophets to teach the common people how to live their lives according to His instructions.

While each holy book is greatly significant to its people, every Muslim must believe in them as well. After all, they were sent down by the One God, with one purpose: to guide people to His worship which enables them to lead righteous lives. And, although all four books are, by now, very different, they are still bound, as one, by the same message: There is no God, but Allah, One and the Only One.

Ensar

Imam Ensar Cutahija

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Belief in God's Books

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

By Sheikh Ali Al-Tantawi (1909-1999)

The Qur'an

The Qur'an is the miracle of Muhammed peace be upon him (PBUH), it can never be produced by a human being and it can only come from God. Consequently, whoever claims the Qur'an was written by Muhammed (PBUH), he has given him a divine attribute.

Muhammed (PBUH) didn't know how to read or write, never entered a school, in fact there were no schools where he used to live. He didn't live in a big city that belonged to a civilisation at his time, he lived in a village in the middle of mountains in a desert that was unknown to Rome or Persia. Mecca was also not exposed to the philosophy of the Greeks or the Romans, or to the literature of India and Persia. He lived in a village that didn't have a scholar or a researcher, he didn't travel to big cities, he only travelled to other small cities in Syria like Bosra and Hauran and remained for few days. Can such a man come out with the Qur'an ?!

In the history of Mankind, you will never come across a man who had the same circumstances as Muhammed (PBUH) and conveyed such a book. A book that excels in its literature style, perfect in the area of law

and legislation, contains knowledge about the creator and the unseen world that no one could have discovered through reasoning and intellect. A book that reveals universal laws and phenomena that were discovered after hundreds of years, and some have not been discovered yet. God challenges in the Qur'an all mankind to produce ten verses or a chapter similar to what exists in the Qur'an, no one succeeded yet and no one will.

There is a story of a man who became a Muslim when he heard the following verse: Yes, We are Able to put together in perfect order the tips of his fingers (Al-Qiyama: verse 4) He thought “Why the word fingertips mentioned here”, fingertips have fingerprints. A fingerprint is an amazing miracle, think about how many people exist on earth, you will never find two fingerprints that match. This fact was discovered recently and it was not known at all prior to the times of the prophet Muhammed (PBUH). Therefore, this fact which is mentioned in the Qur'an is certainly a revelation from God, and the Qur'an is the words of God. The Qur'an contains hundreds of such examples and hints that are still being discovered, and the more we ponder upon the Qur'an, the more of its secrets get revealed.

Miracles of previous prophets occurred once and ended, but the miracle of prophet Muhammed (PBUH) is still present and people see it every day. Contemplating the Qur'an should be an ongoing task, it should be carried out by a linguist, a jurist, an astronomer, a psychologist, a sociologist, a historian, each one of them will discover that it is the word of God from his unique perspective.

The Books

We believe in the Qur'an and all other revealed books mentioned in the Qur'an, such as the scriptures of Abraham, the Torah (Book of Moses), the book of David and the Bible (Book of Jesus). The Qur'an leads all previous books, and by referring to the Qur'an you can find out the distortions that happened to the previous books.

And We have revealed to you the Book in truth, confirming that which preceded it of the Scripture and as a criterion over it. (5:48) We believe in what was mentioned in the previous books as long as it gets confirmed by the Qur'an, and if the current scriptures have some content that contradicts what is in the Qur'an, we conclude that the content is distorted.

*We believe in the
Qur'an and all
other revealed
books mentioned
in the Qur'an,
such as the
scriptures of
Abraham,
the Torah, the
book of David
and the Bible.*

He has certainly succeeded who purifies himself, And mentions the name of his Lord and prays, But you prefer the worldly life, Indeed, this is in the former scriptures, The scriptures of Abraham and Moses. (Al- Ala: Verse 14-19)

The Torah was revealed from God and it has guidance to all Mankind, God says in the Qur'an: “Indeed, We sent down the Torah, in which was guidance and light.” (Al-Maidah: verse 44)

The Qur'an mentions about some of the laws in the Torah: “And We ordained for them therein a life for a life, an eye for an eye, a

nose for a nose, an ear for an ear, a tooth for a tooth, and for wounds is legal retribution.” (Al-Maidah: verse 45)

The prophet Muhammed (PBUH) was mentioned in the Torah: “Those who follow the Messenger, the unlettered prophet, whom they find written in what they have of the Torah” (Al-Araf: verse 157)

The Qur'an also talks about the Psalm and the Gospel: “And We have already written in the book [of Psalms] after the [previous] mention that the land [of Paradise] is inherited by My righteous servants.” (Al-Anbiya: verse 105)

And We sent, following in their footsteps, Jesus, the son of Mary, confirming that which came before him in the Torah; and We gave him the Gospel, in which was guidance and light and confirming that which preceded it of the Torah as guidance and instruction for the righteous. (Al-Maidah: verse 46).

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



“I was sent to perfect good character”



By Abu Ibrahim

Remember when you were at the masjid as a seven-year-old kid and couldn't contain your excitement, so you would run around in the masjid so innocently? I remember being a child in the masjid and causing so much drama for my parents to the point where they would waver back and forth between whether to stay for taraweeh during Ramadan or just leave because I was causing so much of a headache. Now remember when you were that child and some big, bearded, elderly uncle or hijab-wearing auntie came up to you and told you to stop, or maybe he/she yelled at your parents for not having proper control of you? Now recall that feeling you got about that uncle or auntie? Weren't you put off by them? Didn't you start to harbor some resentment towards them, and possibly towards “religious” people, for being so stern with you and your parents?

Let's fast-forward to today where we are that adult and we see children running around in our masjids. Have we become that “uncle” or “auntie” who berates those children running rampant throughout the masjid? Now, I'm not going to get into the merits of whether or not it's a good idea to have children running around in the masjid or whether it's preferred (or not preferred) to let our children rule the masjid. What I do want to discuss is the importance of good manners and how we come across to others.

Though we may have sincere and righteous intentions, many of us have misplaced our beautiful manners. Absolutely, it is very important to advise our fellow brothers and sisters, for indeed, the reminder benefits the believer. After all, we advise each other because we love each and want the best for one another. We don't or at least shouldn't be advising each other to show off our knowledge or to berate one another. In reality, we should be thankful that we are in the situation to

advise someone. We should be humbled that Allah (SWT) has blessed us to be in the position of giving advice to someone. We should be thankful that Allah (SWT) is using us as a tool for the guidance of another human being. After all, wasn't there a time in our lives where someone who was more “religious” than us advised us in a positive manner, which led to us coming closer to this beautiful religion? Allah (SWT) used that person to guide you and, now perhaps you are being used to guide another.

“...I guarantee a house in the highest part of Jannah for one who has good manners.”

However, the way or manner in which we convey our message to others can be just as, if not more, important as the actual words we use for the advice we give. As a brother, I know it is hard to receive advice and it's not always appreciated. Personally, I find it easier to accept advice given to me if I find the person advising me showing earnest concern and sincerity. It's true that when we honestly advise someone, our sincerity and concern will show in how we say it. There's a difference between empathy and sympathy. Sympathy entails showing compassion, while empathy entails putting yourself in another person's shoes and seeing things from their perspective. So if we are to advise our fellow brother and sister, we should strive to exhibit empathy and show our concern to that person. We should want the best for them and their families.

Good manners is absolutely the best way to advise anyone, whether it's to a Muslim or a non-Muslim. Some of our pious predecessors used to study manners twice as long as they would study knowledge. Ask yourself, “How much time have I personally devoted to

purifying my character?” Indeed, our good manners are sometimes the reason for people accepting Islam. Indonesia, the largest Muslim country on earth, accepted Islam through the manners and character of the Muslim traders who journeyed there. When you hear about the manners of the Sahaba [companions of the Prophet Muhammad (S.A.W.)], it truly is humbling to see how amazing their character was. They wouldn't dare raise their voice in front of the Prophet (S.A.W.). Now, our situation is radically different. Some converts even confess that if they had met Muslims in their communities before they became Muslim, they may have never accepted Islam! How sad is the state of our manners now?!

The Prophet Muhammad (S.A.W.) himself had the absolute best of manners. It has been said that even if the poorest person would come to speak to him (S.A.W.), he (S.A.W.) would face them with his body, making them feel important. Haven't we heard about how the Prophet Muhammad (S.A.W.) interacted with the man who came and urinated in the masjid? If we truly want to emulate the actions of our Prophet (S.A.W.) and implement his Sunnah, shouldn't we make an extra effort when it comes to having good manners and a purified character?

Often times, it's the wrath of the bearded brothers or hijab-wearing sisters that people fear, whether it's in the masjid or the community (see the opening paragraph). Isn't it time to change that? Yes, we should advise one another and implement enjoining the good and forbidding the evil. However, let's make sure we do it in a beneficial way, in'sha'Allah! Being “religious” doesn't mean being harsh, rather being “religious” means striving to have a beautiful heart. It means one is working towards having the best of manners and the best character. A reminder to myself first and foremost, in'sha'Allah, I hope and pray that we can all have a beautiful character.

May Allah (SWT) allow us all to have the best of manners, Ameen!



WORKPLACE PRODUCTIVITY: FACT & advice for RAMADAN

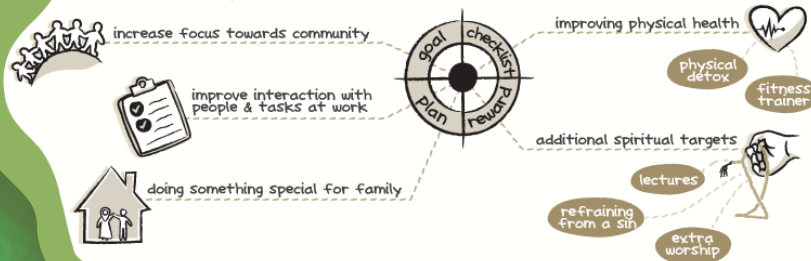
Ramadan Special

Once again our brothers and sisters from Productive Muslims give us some very practical tips on how to make the most of our working day during Ramadan since this year in Australia we will most likely be breaking our fast at work. May Allah reward them all.

1 Approach Ramadan with a POSITIVE mindset



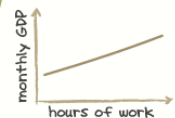
2 Make a realistic Ramadan RESOLUTION



3 Accommodate the NEEDS of yourself & your organisation



4 Challenge negative EXPECTATIONS & PERCEPTIONS of lack of productivity in the workplace



One study shows that economies suffer roughly 4% in monthly GDP per hour of work reduction per day.

5 survey*: Professionals in Muslim countries believe:



- brand recognition
- holding meetings
- planning activities
- administrative work
- awareness campaigns
- company-employee bonding

6 PLAN & sleep & rest



„Working is part of worshipping. The Sharia does not force the employer to reduce working hours. There is no clause that says working hours must be reduced.“

A Director of the Dubai Department of Islamic Affairs

at home
at work

tiredness costs businesses money in lack of productivity
mistakes in some roles can be fatal

7 Undertake a personality DETOX



target which ones you'd like to improve
make a conscious effort to gain the knowledge & skills to practice the change

8 Keep a check on your TEMPER,



irritation & tolerance levels

9 Make your colleagues SMILE



identify your hot buttons
practice restraint strategies in response to them

always deliver on
help them out

tasks
promises

with sincerity

by relieving them of a burden

connect with them
them with the benefits & blessings of Ramadan

10 Use your LUNCH HOUR productively



11 INFORM non-Muslim colleagues about



your upcoming fast
what they should expect
the pleasant & positive experience

12 Maximise the time spent TRAVELLING



listen to audiobooks
listen to Islamic lectures
prepare for the day ahead

13 Exemplify the SPIRIT of Ramadan



exemplify noble values
practice & they will become habits for life

14 Make your own checklist & RATE

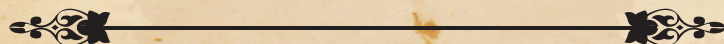
yourself every day on how well you did
☆☆☆☆☆



EXPLANATION OF THE HOLY QUR'AN



Alif-Lam-Mim. Allah: There is no god but He, the Alive, the All-Sustaining. He has revealed to you the Book with the truth confirming what has been before it, and sent down the Torah and Injeel (Gospel) aforetime, as a guidance to mankind. And He sent down the Furqan [the Criterion of right and wrong (this Qur'an)]. Truly, those who have disbelieve in the verses of Allah, for them there is a severe punishment. And Allah is All-Mighty, All-Able of Retribution. (Surah Ale Imran - Verse 1-4)



These first few verses of Surah Al-Imran explain the doctrine of Tauhid, the Oneness of Allah (God). This is the basic point of difference between Islam and other religions as well as between a disbeliever and a true Muslim. Those who believe in the Oneness of Allah (and in all His prophets) are Muslims and those who do not so believe are known as disbelievers or non-Muslims. The first verse of this section presents a rational proof of the Oneness of Allah; the second verse, the reported proof, followed by an answer to some doubts nursed by disbelievers towards the later part.

The first word, Alif Lam Mim at the head of the first verse belongs to the special set of words used by the Qur'an which are words of hidden meaning and are known as Mutashdihat, the real meaning of which is a secret between Allah and His Messenger. In the words (Allah: there is no god but He) means that there is absolutely nothing worthy of worship other than Allah.

Then come the words (the Alive, the All-Sustaining) which lay out a rational proof of the Oneness of Allah. The essence of the argument is that worship means to present oneself before somebody in utter submission and humility. It, therefore, requires that the one who is being worshipped must occupy the highest point of honour and power and who has to be most perfect from all angles. From this it is obvious that anything which cannot sustain its own being, could hardly claim to have any honour or power in its own right. Therefore, it is crystal clear that all things in this world which have no power to come into being by themselves, nor can they sustain it - be they idols carved in stone, or water, or trees, or angels and apostles - none of them is worthy of worship. The only Being worthy of worship is the One who has always been Alive and Present and shall always live and sustain. Such a Being is none but Allah; there is none worthy of worship but Him.

Verse 3 which follows carries the reported proof of the Oneness of Allah. Briefly stated, it means that the principle of Tauhid as described in the Holy Qur'an is not something peculiar to the Qur'an or the Prophet of Islam. On the contrary, Allah Almighty has sent Scriptures such as the Torah and the Injeel (Gospel), and His prophets, in earlier times. And this was what they all professed and this was what they all brought as the message. When the Qur'an came, it simply confirmed their truth. It did not present any new claim which could pose problems for people in its understanding or acceptance.

Source: Maariful Qur'an by Mufti Muhammad Shafi RA

"Hadith"

Narrated Abu Huraira:

The people of the Scripture (Jews) used to recite the Torah in Hebrew and they used to explain it in Arabic to the Muslims. On that Allah's Messenger (pbuh) said, "Do not believe the people of the Scripture or disbelieve them, but say; "We believe in Allah and what is revealed to us." (Quran 2.136). - Sahih Bukhari

As believers, we affirm faith in all the scriptures of Allah that came before us. This is the 3rd of 6 foundational pillars of Eman (Faith).

Nevertheless, we recognise only the preserved Quran as remaining ever-authentic. Its holistic acceptance maintains truth in our belief of all divine scripture yet renders us free from innovation sewn by hand of man and devil alike.

The Friendly Reminder.

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

When faced with a problem, a hypocrite blames everyone but themselves, a believer blames himself. A hypocrite complains to everyone but Allah, a believer complains to Allah. A hypocrite doesn't stop talking about the problem, a believer doesn't stop working on a solution. Let us constantly look at our behavior, speech and actions to see how we react, how we should react and how we WILL react starting from this day forward.

DAILY DUA'

THE WEAPON OF THE BELIEVER

As the theme of this magazine portrays, the scriptures of Allah swt, it paints an important virtue within our religion and that is acquiring beneficial knowledge from the right sources. The prophet (pbuh), used to have specific doas he makes every single morning and amongst them is a powerful doa in which will assist our journey in seeking knowledge.

The dua is:
Allahumma inni as aluka ilman nafia wa rizqan tayyiba wa amalan mutaqabbala

O Allah, I ask you for beneficial knowledge, pure sustenance and accepted deeds. Ameen.



THE SUNNAH

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

With Ramadan only 2 months away it is important to keep in mind that it is not necessary to overeat at the time of breaking the fast. Miqdam bin Madi-karib said: "I heard the Messenger (pbuh) say:

A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third of food, one third for drink and one third for air. [Ibn Majah]

Women's Rights.

The Quran states that men and women were created to be equal parts of a pair. Muhammad said that the rights of women are sacred and that they are the "twin halves of men". Considering women in Britain received the right to vote, inherit and own property thirteen centuries later, Muhammad's campaigns were both radical and revolutionary.

Muslim women gained full ownership over their money, while husbands had the responsibility to provide for them even if their wives were wealthier than them. Women had the right to divorce instantly on returning the dowry, something other religions don't allow. One duty enjoined upon them was that of education. Early Islamic history saw the establishment of Muslim women as scholars, politicians, businesswomen, jurists and doctors.

Fatima al Firhi founded the first university in 859 in Fez, Morocco; Razia al Din ruled the Delhi Sultanate in India in 1236; Umm Darda, a scholar from Syria, taught imams, jurists and even had the 5th Umayyad caliph who ruled from Spain to India as her student. In fact some eight thousand accounts of Muslim female scholars have been documented, many of whom in addition to theology and jurisprudence, were skilled in calligraphy and philosophy, women who not only contributed to their society but actively shaped it.

The fruits of Muhammad's reforms are as visible now as they have been throughout history. Today, Muslim women in Britain are achieving positions of status and respect as lawyers, entrepreneurs, medics and social activists. Remaining true to the ideals cemented 1,430 years ago, Muslim women were and still are role models for future generations.

Sultana Tafadar's Story

"Working as a barrister at a leading human rights firm, I often get asked the question: how are you able to reconcile your choice of profession with Islam's views regarding the role of women? The question usually stems from the false presumption that Islam sees women as unequal to men. This could not be further from the truth. My answer is that there is no conflict to reconcile. Rather my choice of profession is entirely in sync with, and indeed promoted, by Islam.

If you study the rights and status of women in Islam, it is easy to conclude that the laws and practices put in place by Prophet Muhammad were, and still are, revolutionary. He brought recognition to their rights in both the private and public spheres in a society which inflicted the worst kinds of degradations on women. His reforms continue to be revolutionary in that they do not regard men as being the comparator or the benchmark by which equality is measured. Whilst Islam promotes the notion that men and women are spiritual and intellectual equals, it also gives value to the differences between the sexes as strengths rather than weaknesses.

From an Islamic perspective, women are regarded as being particularly suited to engaging in the legal arena. This is not only because we are intellectual equals to men, but also because we were more likely to introduce a level of empathy and thereby give recognition to the human dimensions of justice. I certainly try to adopt this approach in my work.

I believe that a return to the Prophetic legacy would further empower women. We will see the valuable roles we have to perform more clearly, and that to be equal is not to be 'the same as a man', but to be a woman."



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

Inspired by
Muhammad.com

Social Behaviours

Dawah Patterns

By Abu Ameenah

There are various groups and organisations around Australia who have taken on a very special task - that task of being the ones to aid the transition of human beings from non-Muslims to Muslims. They are the people who make themselves available to teach non-Muslims about Islam, help them to take their "Shahada" and enter Islam, and then help them to learn to function as practising Muslims. They play a very important part in the value-chain of "Dawa". There are others who come before them, those who give general lectures about Islam to large groups, or make those lectures available online. Those who write and distribute books and pamphlets also come earlier in the process. Later in the value-chain, are the local Imams and Sheikhs, and those brothers and sisters working to provide regular classes, activities, and social gatherings for all Muslims.

GENERAL INFORMATION

SPECIALISED DAWA TO NON-MUSLIMS

REVERT CARE AND EDUCATION

GENERAL EDUCATION AND
ACTIVITIES FOR ALL MUSLIMS

The individuals and organisations who provide that key transition service, helping people transition from non-Muslim to Muslim, are able to see something that no one else can - and that is trends in reversions to Islam.

As amazing as it sounds, there are visible trends in the volume of people becoming Muslim that may be connected to world events.

Many brothers and sisters in the Da'wa world have noticed and commented on these trends. For example, after the September 11 attacks, there was a surge in the number of reverts.

I am happy to announce that there is a similar surge happening right now, that may be related to recent explicit Islamophobic events, such as the comments about Islam made by Donald Trump, his "Muslim Ban", and the domino effect of comment and conversation around them.

In simple terms, more and more people are investigating Islam as a result of the hateful views of some popular world figures - which leads to a spike in the number of people realising that Islam is the true religion of God, and deciding to make it their way of life.

This trend is only visible to those in the field, but sharing it widely is a good way to remind ourselves that Allah SWT is the best of planners, and there is wisdom in everything that He allows to happen. We may question why Allah SWT does not intervene in certain scenarios, but we should have complete trust that Allah SWT will accomplish His purpose, and concentrate on seeking His pleasure by participating in Dawa.



The Doctor

Preparing for Ramadan



By Dr. Al Falah Dhanji

In sha Allah we will soon be celebrating Ramadan again. This exciting time provokes improvements every year. We should prepare spiritually, mentally and physically to get the best of Ramadan. In this article I will address breakfast and sleep.

Medical Fitness to Fast

Before I start, most people will be fit to fast, but if you have any chronic conditions such as diabetes, heart disease, kidney disease or high blood pressure, please check with your doctor. The same advice applies if you are on medications. Please do this sooner rather than later.

Breakfast

The most commonly perceived aspect about Ramadan is our control over food. To go without food and water between Fajr and Maghreb can be daunting in situations such as hot climates and if working all day. Regulating your meal patterns now may make it easier for you in Ramadan.

Start by making sure that you have a good breakfast. The term 'breakfast' is used in this article to refer to the suhur (pre-dawn) meal to start your day. The importance of a nutritious breakfast are well documented. Review articles on WebMD and another on Islamweb.net summarise these benefits.¹⁻² A good breakfast can help:

- Provide much of the important nutrients, vitamins and minerals needed during the day
- Lead to better concentration and performance at school and work
- Improve strength and endurance for physical activity
- Lower cholesterol levels and provide better weight management
- Focus the mind to better food choices and a

healthy lifestyle

Type to Suhor to have

Proteins as part of a breakfast can blunt hunger – a study comparing 2 eggs for breakfast as opposed to a bagel showed an increase in satisfaction and a decreased calorie consumption throughout the day, giving better weight control and reduced waist circumference with the eggs.³ Eating protein not only helps with weight loss but also helps you retain lean muscle mass.⁴ For more details please see the article on Islamweb.net for the best suhor to have during Ramadan.²

Sleep

We often under-estimate the importance of sleep. I urge you to read a review article on the National Institutes of Health website which is an eye-opener!⁵ Sleep is important for:

- Both mental and physical health
- Maintaining a strong immune system to fight infections
- Learning and remembering information (new pathways are formed by the brain during sleep)
- Better control of our behaviour and emotions

Children need sleep for normal growth and development where as adults need sleep for healthy brain function.⁵ Lack of sleep leads to mood swings, anger outbursts, sadness, depression and stress.⁵ Sleep deficiency also affects hormonal imbalances causing increased hunger, raising blood sugar levels, increasing the risk of diabetes and obesity.⁵

It is important to go to bed and wake up at the same time, even keeping to the same schedule at the weekends.

Sleep is often sacrificed in Ramadan but a better understanding of its importance will hopefully lead us to organise our time to allow for it. A suggestion may be sleeping early after Isha and getting up for Tahajood (night prayer). Napping in the day can boost alertness and performance but adults should not nap more than 20 minutes in the day and should reduce napping if it affects sleep at night.

I pray that the above advice contributes towards a better Ramadan. May Allah SWT accept all your good deeds. Please keep us all in your duas.

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The Pharmacist

Fibre & Bowel Health

By Sophia Kafrawi B.Pharm

This article explains the importance of fibre in our diet and for a healthy bowel.

What is fibre?

Fibre is a complex carbohydrate found in indigestible plant foods such as fruits, grains, beans and vegetables.¹ There are three different types of fibre: soluble fibre, insoluble fibre and resistant starch.² All three types have benefits and keep our digestive systems healthy.

Benefits of dietary fibre

Soluble fibre helps the body feel fuller for longer by slowing the emptying process in our stomachs.¹ It also helps lower blood cholesterol and stabilise blood sugar levels.² High fibre diets can help diabetics control their blood sugar levels. Foods that contain a high soluble fibre content include barley, fruits, vegetables, dried beans, lentils and oats.²

Insoluble fibre softens bowel contents, supports regular bowel movements and helps keep the bowel healthy.¹ Foods that contain a high insoluble fibre content include cereals, nuts, seeds, wholegrain foods and the skin of fruit and vegetables.²

Resistant starch assists in the production of good bacteria and helps keep the bowel healthy.¹ Foods that contain resistant starch include cooked and cooled potato, rice and pasta, lentils, nuts and seeds and slightly undercooked ("al dente") pasta.²

High fibre foods usually contain many minerals, vitamins and nutrients.² Fibre can also assist in preventing some diseases such as type 2 diabetes, heart disease and bowel cancer.¹

Effects of low fibre

A low fibre diet can contribute to a variety of health problems including constipation, haemorrhoids, irritable bowel syndrome, bowel cancer, diverticular disease, high cholesterol, diabetes and being overweight.²

How much fibre do I need?

Females aged over 18 years should consume at least 25g per day and **males** aged over 18 should consume 30g per day.¹ Eating 5 serves of vegetables and 2 serves of fruit as well as cereal and wholegrain foods every day will help reach this daily recommended target.² Other ways to increase fibre intake include choosing wholegrain and/or high fibre varieties of grain-based foods like pasta, bread and rice, and boosting fibre intake by snacking on nuts and seeds and adding bran or psyllium husk to your cereal or yoghurts.¹

Examples of sources of fibre

Food	Serving Size	Fibre Content
Wholemeal pasta	1 cup	7.9g
Carrot (skin on)	1 cup	6.9g
Brown rice	1 cup	2.7g
Wholegrain bread	1 slice	2.4g
Psyllium husk	1 tablespoon	2.2g

The Australian Nutrition Foundation 2014.¹

Fibre supplements

The best sources of fibre are high fibre foods, however if required, fibre supplements are available.² Common ingredients of fibre supplements include psyllium (Metamucil®), ispaghula (Fybogel®), sterculia (Normacol Plus®), guar gum (Benefiber®) and inulin (Metamucil Fibresure®).²

Some fibre supplements must be taken with plenty of water, check with your Pharmacist and follow label instructions carefully.²

Self care tips

- To avoid gas, bloating and cramping, gradually increase your fibre intake.²
- Eat regular meals to stimulate bowel movement.²
- Exercise at a moderate level for at least 30 minutes on most, if not all days of the week to help faeces pass through the bowel and reduce the likelihood of constipation.²

References:

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ASTRONOMY OF RAMADAN

By Prof. Dr. Mohammed Ilyas (PhD) Adelaide

Based on the works of Professor Dr Mohammad Ilyas¹

THROUGH THE COLLECTIVE EFFORTS MADE GLOBALLY, IT IS REMARKABLE THAT MUSLIMS HAVE TACKLED THE ISSUE OF A UNIFIED ISLAMIC CALENDAR WORLD-WIDE IN A RELATIVELY SHORT PERIOD OF 45 YEARS. THIS GLOBAL EFFORT AIMS AT BRINGING ASTRONOMY CLOSE TO SHARI'AH AND PRACTICALITY FOR THE START OF RAMADHAN AND OTHER ISLAMIC MONTHS.

The Islamic Calendar has a critical role to play. This is due to its involvement in important religious practices and being an important element of Islamic civilisation.

The Islamic lunar calendar is based on the lunar cycle and it is a manifestation of close interaction of science, Shari'ah and society. Unfortunately, the Islamic calendar practices underwent some problems about 70 years ago which resulted in the use of several different methods of calculations worldwide causing public chaos.

During the last Pilgrimage by Prophet Muhammad (peace be upon him), the issue of the correct calendar basis was among the important messages delivered. Thus, this shows us the critical nature of unity of Islam's time system.

This need is now well tackled with a new system through a multi-pronged intensive International Islamic Calendar Programme (IICP) undertaken over the last 45 years. This involved practically all Muslim countries and communities worldwide including major organisations, national Governments in various countries, academic institutions, and a multitude of individuals through 35 books, long term astronomical data and many conferences.

Our primary focus under IICP has been:

- To standardise the basis for calculating the beginning of each Hijri month in every country/ community.
- The basis is to be the scientific 'expected visibility' (imkaneru'yah) of the new crescent moon.
- Use of this information through the systematic use of International Lunar Date Lines (ILDL) in determining sighting reports and the beginning of all months but in particular the months of Ramadan, Shawwal, and DhulHijjah.

ASTRONOMY

Through the Qur'anic verse:

"The number of months In the sight of Allah is twelve (in a year) So ordained by Him the day He created The heavens and the earth; Of them four are sacred That is the straight usage."

(Al Qur'an: 9:36)

The many possibilities linked to the basis of using the lunar calendar was narrowed down to just one, thereby converging to the single way of usage by combining sighting and calculations of expected visibility.

Hence, this verse established the natural time regulation into the Shari'ah domain of 'Lawful and Prohibited' perspective.

This practice of using science and Shari'ah is well reflected by a quotation by 6th Century (Hijrah) Jurist Qadi Ibn Rushd: *"What is dictated by analogy and experience is that the new moon cannot be seen when the sun has not disappeared yet, unless it is far away from it, for at that time it is greater than the arc of vision, though it varies growing greater or lesser, but it is unlikely"*.

In order to establish a local calendar according to Shari'ah, we need to make astronomical calculations based on the science of 'expected visibility' of the new crescent moon.

In layman's terms, the astronomical calculations should be made to show astronomically, that the moon is located at least above the local horizon at the time of local sunset in a way that is seen by the observer from the surface as depicted in figure¹. The moon crescent has to be relatively higher up from the horizon compared to the sun since the moon is not a self-lighted body. The higher the moon, the bigger and brighter the crescent with enough contrast from the background sky to become visible. The moon's light is seen by reflection of sunlight in a way we can shine a torch on something in the dark to see it. The new crescent will not be visible in A (figure 1) due to the lack of contrast and glare of the sun, it will only be visible in B when it is higher above with a larger crescent. The moon is always half lit with sunlight, however the moon phases seen are due to the angle of the moon with respect to the earth and sun as illustrated in figure 2.

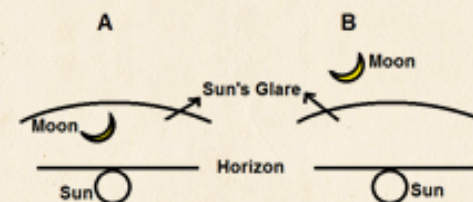


Figure 1: Diagram of the new crescent moon.²

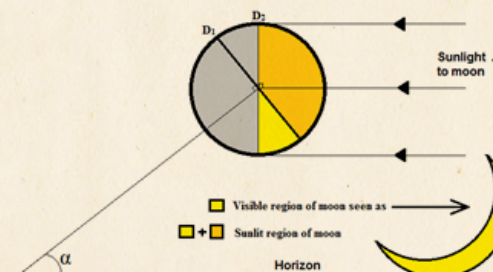


Figure 2: Explanation for different phases of the moon¹

Indeed, we can make good calculations about the predictability of the new moon's visibility all over the world on any evening which translates into a line of global visibility which is now widely known as International Lunar Date Lines (ILDL).

It is easy to ascertain sighting reports against the expected visibility calculations with the help of global visibility ILDL data and regional calendar data which are made available through International Islamic Calendar Programme (IICP) 35 year calendar series and other venues.

Although we need to implement unified 'expected visibility' criterion for every place or region, but can make practical simplifications with 'ekhtlaf al-matale' consideration [one sighting is sufficient for a whole region sharing same night] provided by Shari'ah.

The 'Imkan Al-Ru'yah' system been established through many conference resolutions over the world throughout the last 3 decades. The new system has become operational in national calendars in many Muslim countries as a result.

Accordingly, the dates for important occasions like the beginning and end of Ramadan and Hajj follow the new astronomical Imkan Al-Ru'yah calculation system even though small variations in the quantum of criterion need a little more work and time. This shows a great progress in the global implementation of a unified Islamic Calendar basis.

God willing we should be able to narrow down appropriately slight variations we experience, since continuing astronomical education and training is progressing well.

When the Gregorian improvement was introduced to the Christian Solar calendar in 1582 C.E., it took England and the Colonies nearly 200 years to adopt it. For the Islamic calendar we have adopted a great deal more challenging astronomy in the last 45 years. The Muslims are moving forward with modern astronomy.

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Contemporary Role Models of Islam

By Abu Yaseen

SAMORI TURE'

"Since when did you enslave people though they were born from their mothers in freedom?!"

Allah created us, humans and elevated our status over all creatures so that we may worship Him alone. He granted us freedom, and decreed that we are slaves to none, except Him, Allah The All-Mighty. Omar bin Alkhattab, may Allah be pleased with him said, reprimanding one of his governors (Amr bin Al-A'as) for mistreating one of his subjects: "Since when did you enslave people though they were born from their mothers in freedom?!" In this article, our focus turns to Africa, to a true Muslim who spent his life upholding the Islamic banners of freedom and justice. This man was Samori Ture'.

Samori Ture' was born between 1830 and 1835 in the south-eastern part of Kankan, which is present-day's Guinea. He accepted Islam at an early age.

Until his early twenties, he worked as a trader. In 1849, his mother was captured during a slave raid by the Cisse' clan. He offered to serve the military forces of the Cisse's clan for seven years in exchange for his mother's freedom.

Ture' joined the army of his people, the Malinke' people. During his military service, he showed high potential and great leadership skills, which allowed him to excel in the ranks. Driven by his vision of creating unity amongst his people, Ture' organised the chiefdoms under his authority to establish the Wassoulou empire, a great Islamic empire that spanned over parts of present-day Guinea, Sierra Leone, Mali and Ivory Coast (1852 – 1882). He became known by Almami which translates to religious leader (of a Muslim Empire).

In the 1880's, the Wassoulou empire reached its peak. However, French colonialism felt its authority in the African continent may be threatened by such presence, and thus waged war against the Wassoulou empire. Despite his limited numbers and supplies, Samori Ture' continued his resistance against French colonialism until 1898, when he was captured by the French and exiled to Gabon. In 1900, Samori Ture' passed away after a long life of struggle for freedom and justice.

May Allah bestow his mercy upon this great Muslim leader who spent his entire life upholding the banners of freedom justice.



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
mail, 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 St, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
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Coober Pedy 5723

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"And We have revealed to you the Book in truth, confirming that which preceded it of the Scripture and as a criterion over it." (5:48)

April - Rajab / Sha'ban

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

May - Sha'ban / Ramadan

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

June - Ramadan / Shawwal

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

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Sisters Section

"I BELIEVE, I HEAR & I OBEY"

Believe in the revealed books of Allah is to recognize the obligation for all the followers of Muhammad (pbuh) to follow the Quran both outwardly and inwardly, and to cling on to it, and give it its due.¹ It isn't only by the utterance of the tongue. The belief is governed by a divine system that influences the heart and mind which then transpired through one's corporal actions. Once we say we believe in the revealed book of Allah, we should bring the Qur'an ALIVE in our lives.

I am ALIVE with Allah

Allah becomes our Soul Priority. We know that Allah knows absolutely everything and He knows our every thought. We know how to seek guidance from Him on what to believe, how to live a good life, how to act and how to please Him. We know that when we follow the true guidance, we will attain success and inner peace. We know that Allah is not dependent on us; we are dependent on Him. We also know giving up something so as to please Allah is equivalent to having difficulties now in order to prosper ultimately, in the next life. We know the relationship with Allah is one that needs no intermediary and He is always there hearing, near.²

I am ALIVE with my family

We know family relationships in Islam are just one of the great blessings of Allah which we are encouraged to enjoy freely and be the best to our family.³ We know that it constitutes two major relationships; husband-wife relationship and parent-child relationship; each carry equal importance yet exist in different but overlapping dimensions. We know that the husband-wife relationship is created for us so we might find rest, love and mercy in each other.⁴ We also know that the parent-child relationship is a duty assigned to us for proper and well treatment of our children.⁵ Through this duty, Allah provides sustenance and commanded our children to obey and care for us.⁶ We know that family is considered a cornerstone of whole society in Islam. Being a complete social institution, it helps build the society.

I am ALIVE with Others

We know life is based on interaction and communication between people (family, community and society) and we are to live with others in harmony regardless of our differences.⁷ We know that the true Muslim is distinguished by loving others for the sake of Allah, a love that is uncontaminated by any worldly interests or motives.⁸ We also know that from the very beginning of the Islamic history, Muslim women have played vital roles in the propagation of the Divine Message; Deen ul Islam. From the sacrifices of Sumayyah (R.A) to the collected Abadith of 'A'ishah (R.A), women have been active and influential in the spreading of this religion, the process which is called "Da'wah" in Arabic. We know we have to take care of ourselves, our home and others.

I am ALIVE with Nature and the Environment

We know everything we see around us has been designed for a purpose by Allah Al-Musawwir.⁹ We know everything in the universe is extraordinarily homogenous and balanced and that we are given power and control in some spheres to some limit to help manage them fairly and justly. We know that Islam renounce the efforts that lead to environment degradation, pollution, destruction, misuse, depletion of resources, and every kind of corruption on earth. We know that we are to exercise proper use of natural resources around us for our well-being, benefit and prosperity.

When we believe, we hear and we obey.

Umm Asyraf

SCORE BOARD



Our 2017 season is only around the corner and we have officially commenced our pre-season training every Wednesday and Friday Night from 6:30pm to 8:00pm at SAWSA park (corner of Greenhill & peacock road).

All of our players are excited and are training hard in preparation for the start of the season! The season will commence towards the end of March inshallah and we have officially registered 7 teams, which include: Under 9's, Under 11's, Under 12's, Under 13's, Under 15 a's, Under 15 b's and Amateurs. We would like to take this opportunity to inform you that we STILL HAVE SPOTS AVAILABLE for Under 11's, Under 12's, Under 15b's and Amateurs. If you are interested in registering yourself, or your child, please contact 0435 252 951 OR 0431 740 701 to have your spots confirmed because places are filling up really FAST!

Over the past few weeks our Under 15 boys have gone through a rigorous and exciting pre-season program under the mentorship and experience of brother Sam Binetti who is our official fitness coach. The program included runs at Semaphore, hikes at Shepherds Hill and other forms of intense training at Montefiore Hill in the city. Not only is it a great opportunity for the boys to enhance themselves physically, but it also serves as a great bonding session. We are very privileged to receive such high quality training, and we ask Allah to reward brother Sam for his hard work and effort.

We are looking forward to see our Under 9 players participate in their first pre-season game on the 16th of February at the Campbelltown Soccer Club! Alongside that, we are also looking to organise various pre-season games for all teams across the board. Parents, we encourage you to get out there this season and support your children during training and at games. We want to move away from being a kind of child care service and venture into a professional club. So please, we encourage you to help out and participate this season!

We would also like to inform you all that our new Nike air strike balls have arrived and we are looking to have the players use them sometime before the start of the season. Also, our new and improved uniforms have arrived, which will also be given out to players before the season. For all players that have registered, players WILL ONLY receive their uniforms once a payment has been made, so please take note.

A big thankyou to all of our sponsors this year, Human Appeal International, RocWall, FitWorld, Dental at Hilton, Al-Medina Groceries and Butchers, Queenz Pizza and Sofra Kebab house. May Allah reward you for your ongoing contribution and support and we encourage all readers to support these fantastic businesses!

Finally, what can you expect to see from us this year? More of an online presence with an updated website, including live updates on Facebook and more photos, a monthly e-newsletter which will be sent out to all parents, Family fun days and BBQ's throughout the course of the season and more!

If you have any enquiries about the club please contact 0431 740 701 or 0435 252 951. Alternatively you can email adelaidethunderfc@gmail.com. We are looking for coaches with experience, players and volunteers to make this club grow!



References: 1 - Surah Al-An'am; 6:155 2 - Surah Saba; 34:50 3 - at-Tirmidhi and Ibn Majah 4 - Surah Ar-Rum; 30:21 5 - Al-Isra'; 17:31 6 - Al-Isra'; 17:23-25 7 - Surah Al-Hujurat; 49:13 8 - Sahih al-Bukhari and Sahih Muslim 9 - Al-Hasbi; 59:24

KIDS CORNER

TEST YOUR KNOWLEDGE!

Do you know which scriptures belonged to who?
And also in what order they were revealed?
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the prophet and in what order.

Bismillah!



musa

1

Muhammad

2

'ISA

3

DAWOOD

4

Ibraheem

5

Street Talk!

DO NOT WASTE YOUR YOUTH

Who are the successful?

Success is something that we are all searching for. If I were to ask you, think of one person, right now, who you deem to be 'successful.' You might think of a professional multi-millionaire business man, a highly educated individual or even a movie/rap or sports star. Without doubt, from a worldly perspective they may have some degree of success.

But how does Allah, The King, describe success? Because our definition of any given matter shouldn't be based on society, it should be based on revelation from above. He says, in an ayah (verse) that we should all ponder over:

"Then whoever is moved (far) away from Hell and is made to enter into Jannah has succeeded." (Surah Al-Imran, v: 185)

So, from this we gather that ultimate success can only be attained once you have entered into Jannah. Once your soul departs from your body and the Angels of Allah covers your soul in the sweetest of scents and address it by the best of names, then you have attained REAL success.

However, that is not to say that as Muslims we shouldn't aim for the stars in this life. Because Allah recommends us to say:

"Our Lord! Give us the BEST in this life and the BEST in the Hereafter." (Surah Al-Baqarah v: 201)

In fact, as a Muslim, our life revolves around success. 5 times a day we respond to the Adhan (call to prayer), "Come to success, come to success."

And we also have a list of the MOST successful people to follow. Because as mentioned above, real success is ONLY achieved once you make it to Paradise. So why not follow those who have been promised it? ALL the Prophets, From Adam (AS) to Muhammad (SAW) are the MOST successful people in history.

So, Islam gives us the guidelines to success. We should aim high in this life and aim for Jannah. Aim to make every day of your life better and more Productive. May Allah make us from the successful. Ameen.

Ibn Uthman



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Fish Oil: Essential for the body and brain



By Dr Abu Nibras

The importance of eating fish is known to all. It is always considered to be a good source of high protein and vitamin D.1 Allah (God) says, "...And from them both (fresh and salt water) you eat fresh tender meat (fish)..." (Quran 35:12)

Why Fish?

Fish is also one of the best sources of omega-3 fatty acids, which are incredibly important for the human body and brain.1 Fish oil contains vital fatty acids known as Omega-3 polyunsaturated fatty acids, in particular, eicosapentaenoic acid (EPA) and docosahexaenoic acid (DHA).1 These fatty acids are known as "essential fatty acids", which means that our bodies can't manufacture them so we have to obtain them from our diet.1 The American Heart Association (AHA) recommends eating fish (particularly fatty fish such as mackerel, lake trout, herring, sardines, albacore tuna, and salmon) at least two times (two servings) a week which is the best source of Omega-3 fatty acids.2

According to research conducted at Harvard University, omega-3 fatty acid deficiency is officially one of the top 10 causes of death in America, claiming the lives of up to 96,000 people each year.3 Out of the 12 dietary, lifestyle and metabolic risk factors examined in the study, omega-3 fatty acid deficiency ranked as the sixth highest killer of Americans.3

Benefits of Fish Oil

Research into fish oil has found many potential benefits as follows:

Fish oil may help:

- Rheumatoid arthritis patients with their pain and inflammation symptoms.1,6
- Improve literacy and behaviour in children with ADHD (attention deficit hyperactive disorder).6
- Improve amino acid and nutrition content in the brain as well reduce depressive symptoms in adolescents with major depressive disorder.4
- Reduce the risk of developing cancers, including colon, prostate and breast.1

Fish oil may also have other beneficial effects including maintaining good blood pressure, reducing cholesterol levels, reducing risk of developing eye disorders (e.g. macular degeneration) and reducing pain associated with menstruation in addition to many others.1

What if I can't get enough fish through my diet?

If dietary intake is inadequate, fish oil supplements can be a suitable alternative which are available in pharmacies and supermarkets. However please speak with your doctor first to see if adding fish oil is suitable for you since certain people for example diabetics or those on blood thinners need to be extra careful. When selecting the right fish oil, look for good quality fish oil (made using low mercury fish) and halal (halal gelatine capsule or liquid form available).



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Lasagna

A classic family favourite that everyone will love

Ingredients:

- 1/2 kg beef/lamb mince
- 1 onion, diced
- 3-4 garlic cloves, minced
- 1- 1 1/2 cups passata/tomato puree
- Fresh or dried herbs such as basil, thyme, chives and oregano
- Instant lasagna sheets
- Mozarella cheese

Bechamel Sauce

- 3 tbs butter
- 3 tbs plain flour
- 2 1/2 cups milk

Method:

- 1) To make the meat sauce, saute the onion and garlic until browned then add the mince until cooked and brown
 - 2) Add the tomato puree, 1 cup of water, herbs, salt and pepper. Let the sauce simmer for at least 30 minutes until cooked through and there is not too much liquid
 - 3) To make the bechamel sauce: In a pot melt the butter and add the flour, stir for 1-2 minutes, then add in all the milk and whisk to make sure there are no lumps
 - 4) Continue mixing until mixture starts to thicken and has the consistency of cake batter. If the mixture is too thin, put back on heat and whisk in more flour and if too thick add more milk
 - 5) Season the bechamel with salt and pepper
 - 6) To assemble the lasagna: On the bottom of a ceramic oven dish spread a thin layer of sauce then lay one layer of pasta sheets (you may need to break the sheets to fit your oven dish), spread a layer of meat on to the pasta sheets then spread a layer of bechamel
 - 7) Continue layering until the ingredients are finished and finally sprinkle a generous amount of mozarella cheese on top
 - 8) Cover with foil and bake in a 180-200 degree oven for 45 minutes
 - 9) Just before serving remove foil and brown the cheese on the top
- Serve with a garden salad and/or potato fries

Note: A good way to get extra veggies into this dish is to finely dice mushrooms, carrots, zucchini etc and "hide" them in the meat sauce

Avocado

replace butter

Avocados are one of the most popular super foods we find today. People are including them in almost everything, from salads and wraps to smoothies and even brownies. So what makes this fruit such a super food?

Avocados offer nearly 20 vitamins and minerals in every serving, including:^{1,2}
Folate – Important in pregnancy
Lutein – Supports eye health
Potassium – May help control blood pressure
Vitamins B, C & E – Supports immune system

Avocados are also low in sugars, high in fibre and monounsaturated fat ('good' fat).1 These good fats can help lower bad cholesterol provided they are consumed in moderation.¹⁻²

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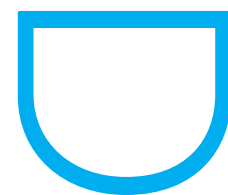
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