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Belief in Destiny

Prophet Muhammed (pbuh) said: "The first thing which God created was the Pen, and He said to it: Write. It responded: What should I write? He said: Write everything that will occur until the Day of Resurrection."
(Abu Dawood)

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Bismillah

In the name of Allah, the most Gracious, the most Merciful.

Indeed, all things We created with predestination. (Qur'an, 54:49)

Everything which occurred in the past, is occurring in the present, and that will occur in the future in this universe was known to Allah before it came to be. Then Allah brought it into being, all in accordance to His Will. The Messenger of Allah, PBUH, said: "A person is not a Muslim until he believes in Qadar, its good and its evil effects – until he knows that whatever happened to him would have never missed him, and what did not happen to him would never have occurred." (Al-Tirmidhi)

The belief in Qadar means to believe in four things:

- 1) To believe that Allah always knew everything the creation would do, and there was never a time in which He did not know.
- 2) To believe that Allah wrote all of this in the Preserved Tablet (Al Lawh Al Mahfooz). The Messenger, PBUH, said: The first thing which Allah created was the Pen, and He said to it: Write. It responded: What should I write? He said: Write everything that will occur until the Day of Resurrection. (Abu Dawood)
- 3) The belief in the Will of Allah which always comes to be, and his Absolute Ability and Power over all things. This is to believe that whatever Allah wills comes to be, and whatever He does not will does not come to be.

4) The belief that there is no creation in the earth or in the heavens except that Allah had created it. There is no Creator, Lord or Sovereign other than Him. This belief is not in opposition to the fact that one must do everything in his means to achieve things. It is important to understand that the means are not the true causes of things, but rather the true cause is the Will of Allah.

May Allah keep us on the right path! Ameen.

Ensar

Ensar Cutahija
Imam of Penshurst Mosque

Light of Adelaide



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Belief in Destiny

Prophet Muhammed (pbuh) said: "The first thing which God created was the Pen, and He said to it: Write. It responded: What should I write? He said: Write everything that will occur until the Day of Resurrection." (Abu Dawood)

By Sheikh Ali Al-Tantawi (1909-1999)

The meaning of Predestination and Divine will

The Quran refers to predestination in many verses, such as:

And there is not a thing but that with Us are its depositories, and We do not send it down except according to a known measure. (Al-Hijr: verse 21)

Verily, all things have We created in proportion and measure (Al-Qamar:49)

He set on the (earth), mountains standing firm, high above it, and bestowed blessings on the earth, and measure therein all things, in four Days, in accordance with (the needs of) those who seek (Sustenance) (Fussilat: verse 10).

He has created everything, and has measured it exactly according to its due measurements (Al-Furqan: verse 2).

Predestination in these verses refers to the universal laws that maintain the order and proportion in all creations, and that everything is created with precise measurements. In addition, the atoms, number of molecules, and the nature of all

creations were predetermined prior to their existence. This predetermination is due to God's eternal knowledge encompassing all of existence including human beings.

The following example will clarify the difference between Predestination "Qadar" and Divine Will "Qadaa". Buildings during construction can have two signs, one refers to the designer and the other refers to the builder who executes the design. The designer draws the building, and sets out all the detailed measurements, the thickness of the walls, the materials to be used and the proportion of the materials, which is similar to Predestination. The builder will then implement all the work planned by the designer, and this is similar to the Divine will. Both the Predestination and the Divine Will belong to God alone. However, due to God's mercy, He allowed supplication and charity to change Predestination if He wills.

Reward and Punishment:

Throughout the history of mankind, the subject of Predestination had many debates and questions especially when it comes to the concept of reward and punishment. The question is: If everything that takes place has been already determined and decided, so what is the point of reward and punishment? Every human being has the intellect to judge things around him and distinguish the good from evil, and he has the will to do good or evil. You can predict that going to a bar might lead to committing adultery, while going to the mosque will lead to purification. And if you are healthy and able to move your body parts, then you can decide to raise your hand and take action to raise it, and no one can claim that he can't raise his hand if he decides to. Therefore, if you are capable to raise your hand, you are also capable of either using it to give charity or to hit someone, and the first act deserves a reward while the latter deserves punishment. Likewise, a student can spend his time prior an exam with playing and watching TV while another can spend it with reading and studying, can someone then

claim that it is unfair for the first student to fail and the second to succeed.

I can move my hands based on my will because God made the muscles of my arm to be under my control, but I can't control the muscles of my heart or stomach. Some students might have better memorisation and comprehension capabilities than others, and some might have better environments and more caring parents than others, and they didn't choose to be born for certain parents and in a certain environment. Therefore, these circumstances and such aspects of our lives were predetermined, and it doesn't contradict the fact that every human being has a free will that is dependent on God's will, limited by his capacity and the circumstances that he can't control.

God is just, and His justice is absolute, and we will be judged based on our free will, and if someone is forced to commit an evil act, he will not be punished.

God is just, and His justice is absolute, and we will be judged based on our free will, and if someone is forced to commit an evil act, he will not be punished. Even the courts in this world that has no perfect justice, they still take into consideration factors such as the circumstances and the motivation of a certain act, what about God's court where there will be absolute justice.

Also, God's justice can't be compared to human being's justice because of our limited knowledge and foresight. For example, a kid might need to take a medicine through a needle, it seems painful and unjust from his perspective, while the doctor and the father look at as a just act because it will bring cure to the kid. A judge can never take a decision before looking into all the stages and details of each case, while other people following the case may not be aware of all the details and therefore might reach wrong conclusions and decisions.

Dealing with Predestination texts from the Quran and Hadith:

There are some guidelines we need to consider when dealing with texts from the Quran and Hadith related to Predestination:

- 1) Our understanding of Predestination is based on texts from Quran and hadiths, and we can never comprehend all the details of the Predestination matter. Because parts of it belong to the unseen world which is beyond our comprehension, and it is better not to discuss details that are not mentioned in the Quran or Hadith.
- 2) To acknowledge that Quran is the basis. Hence, if a hadith contradicts a verse in the Quran and we couldn't match between them, the verse in the Quran takes precedence. In such cases, the authenticity of the Hadith has to be verified.
- 3) Any verse in the Quran or an authentic Hadith, can never contradict reality.
- 4) Verses in the Quran that might be understood as if mankind does not have free will, in my opinion, they refer to circumstances beyond the capacity and capability of mankind. Such as:

It is He who forms you in the wombs however He wills. There is no deity except Him, the Exalted in Might, the Wise. (Al-Imran: verse 6)

And your Lord creates what He wills and chooses; not for them was the choice. Exalted is Allah and high above what they associate with Him. (Al-Qasas: verse 68)

And [by] the soul and He who proportioned it, And inspired it [with discernment of] its wickedness and its righteousness (Ashams: verses 7-8)

5) Differentiate between verses that talk about God's will and power, and verses related to reward and punishment.

6) To consider all the verses collectively not separately, which becomes clearly that God provided mankind the free will to choose. For example, reading the verse

He misleads many thereby and guides many thereby (Al-Baqara: verse 26)

The verse might indicate, that guidance and misguidance are imposed on mankind, but if we read the verses:

This is the Book about which there is no doubt, a guidance for those conscious of Allah (Al-Baqara: verse 2)

And He misleads not except the defiantly disobedient (Al-Baqara: verse 26)

The verses indicate that guidance and misguidance are a result of the situation and actions of the human being that are within his capacity and capability. If he seeks piety, the Quran will guide him, and if he seeks evil, the Quran will not benefit him.

How early generations dealt with Predestination

Muslims these days are accused of lacking enthusiasm and energy due to their belief in Predestination. Although it is true that some Muslims lack enthusiasm and energy, it is due to their misunderstanding of Predestination.

The early generations of Muslims understood the verses in a different way, they understood that they have to be hard workers and to exhaust all the opportunities and the means to reach a certain goal, then they become satisfied with the result and never complain about God or envy others because of what they gain, they used to be happy whether they get rich or poor.

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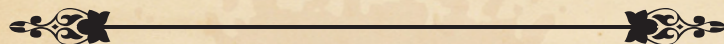
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EXPLANATION OF THE HOLY QUR'AN



Verily, We have created everything according to (Our) predestination (Al-Zamar verse 49)



The word Qadar literally denotes to 'measure' and to create something with a proper measure and proportion. It is possible for this literal sense of the word to apply in the current verse: Allah is the Supreme Sage Who created every species of the existent entity wisely with proper measurement - whether big or small, and in different shapes and sizes. Having created, He maintains the structure of every individual in a very wise measurement: The fingers and toes are not equal in size; the lengths are different; the length and breadth of hands and legs are wisely structured; and their bones, muscles and skins are created flexible to stretch and contract. When we analyse every single part of every single limb and organ of the [human] body, we discern the wondrous vistas of Divine wisdom opening up.

As a theological term, Qadar is used in the sense of Taqdir [Divine predetermination, preordainment, pre-ordering or decree]. Most authorities on Tafsir, on account of some versions of hadith, take the word Qadar here in this sense.

It is recorded in Musnad of Ahmad, Sahih Muslim and Tirmidhi on the authority of Sayyidna Abu Hurairah (RA) that once the pagans of Quraish came to the Holy Prophet (PBUH) debating and arguing with him on the question of taqdir (Predestination). On that occasion this verse was revealed. In the light of this tradition, the verse purports to say that Allah has predetermined the total sum of everything. He created everything with predestined limits before they were created. He knew everything that will occur before it occurred, and recorded everything [time and place, growth and decline] that will occur, before they occurred. Everything that occurs in this world, occurs according to the Divine Plan worked out in Pre-Eternity or Eternity-without-Beginning.

The question of Taqdir, according to Ahl-us-sunnah Wal-Jama'ah, is one of the affirmed and standard articles of faith in Islam. Anyone who denies it outright is an atheist or goes out of the pale Islam, and the sects that deny it by convoluted or twisted interpretation are fasiqin [sinners or transgressors]. Imam Ahmad, Abu Dawud and Tabarani record a Tradition on the authority of Sayyidna Abdullah Ibn 'Umar (RA) that the Messenger (PBUH) said: "Some members of every community are Magians, and the Magians of my Ummah are those who deny Taqdir. If they fall ill, do not visit them; and if they die, do not attend their funerals." (Ruh al-Ma'ani.). Allah, the Pure and Exalted, knows best!

Source: Maariful Qur'an by Mufti Muhammad Shafi RA

"Hadith"

Narated By 'Abdullah bin 'Amr :

The Prophet said, "A Muslim is the one who avoids harming Muslims with his tongue and hands. And a Muhajir (emigrant) is the one who gives up (abandons) all what Allah has forbidden."

A very important reminder today for Muslims regarding how we deal with Allah and with people, be it Muslims or Non-Muslims.

The Friendly Reminder.

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

Imagine working on a Word document for 4 whole weeks, then closing it without saving it! How silly would you feel? Imagine developing great habits of worship, charity, taqwa and self control for 4 whole weeks during Ramadan, then closing that blessed month without saving those habits you developed! Whats more important, the month which Quran was revealed where the gates of Allahs Mercy are open and being given possibly one last opportunity to repent from the sins we insist on doing? Or a Word document? Let us keep things in perspective and not let the blessed month of Ramadan go to waste. May Allah accept our deeds and grant us what was intended from the blessed month of Ramadan and make us better Muslims - Eid Mubarak from The Friendly Reminder.

DAILY DUA'

THE WEAPON OF THE BELIEVER

It is agreeable to all Muslim individuals that the ultimate goal is to achieve success both in this life and the hereafter. Every individual may dwell into different avenues into achieving this, which lies within the boundaries of sunnah, may it be doing acts of charity more, teaching the next generation of the Quran etc.

Allah mentions in the Quran of a dua made by a group of people who will inherit a share of what they have thrived for in surah Al-Baqarah verse 201:

Rabbana aatina fid dunya hasanah, wa fil akhira hasanah, wa qina 'athaban naar.

Translation: "Our Lord, give us good in this world and in the Hereafter, and protect us from the torment of the Fire."



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 coming to an end, some of us still wish to continue on the path of righteousness, one Sunnah that can help is the fasting of the 6 days of the month of Shawwal.

The Messenger of Allah (peace and blessings of Allah be upon him) said:

"Whoever fasts Ramadhan and follows it with six days of Shawwal, it will be as if he fasted for a lifetime." (Muslim)

Human Rights.

Abuse of human rights continues to this day and Muhammad witnessed similar injustices in seventh century Arabia. Racism, oppression, female infanticide, exploitation of the weak – Muhammad denounced them all and fought against inhumane practices that had become part of a decaying system. In their place he championed freedom, equality, and justice for everyone. "Assist any person who is oppressed, whether he is Muslim or not," he instructed. He made formal agreements with the Christians of Najran and the Jews of Medina promising full protection. The contract with the latter stated they had 'support and the same equal rights as any one of us'. His commitment to justice was such that the Medina Jews asked Muhammad to deal with their cases, which he did according to Jewish law.

Muhammad's principles of safeguarding human rights were applied throughout Muslim lands. Those of other faiths enjoyed protection and control over their places of worship and the freedom to perform their religious ceremonies in peace. The English author historian HG Wells writes in 'A Short History of the World' that the Islamic teachings "brought into existence a society in which hard-heartedness and collective oppression were at the lowest level when compared with all other societies preceding it...Islam is replete with gentleness, tolerance and fraternity".

Muslims today work as human rights lawyers and towards protecting civil liberties and equal opportunities in various organisations. "All mankind is from Adam and Eve" said Muhammad, emphasising the equality between people. Now, 1,430 years later, the duty to protect the rights of every human is as vital as ever.

Inspired by Muhammad?
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“Assist any person
who is oppressed
whether he is Muslim or not
- Prophet Muhammad”

The 1948 UN charter on human rights proclaims "All human beings are born free and equal in dignity and rights", words that echo Muhammad's practices over fourteen centuries ago.



My name is Mariam and my journey to Islam started just a few months ago.

I was interested in this religion and I wanted to know, what is the religion, which orders people to kill each other just because they believe in different things? I wondered, how God can order you to kill someone. I was a Christian and as all Christians do, I was looking for mistakes in Islam, so in future I could be able to defend my religion. I collected some books about Islam, about Jesus in Islam, about Mary in Islam, because as a Christian, these subjects were the most important for me.

I was looking for the websites and forums from where I could get more information and step by step I started to feel freedom. To feel freedom in asking questions and happiness – to get answers. I've been Christian for 24 years and I never dared to ask questions why I'm praying to Jesus? Why I'm praying to Mary? Why I'm praying to some paintings on the wall? Because for every question there was one answer: "you just have to believe". And if I kept asking then I was getting another answer: "you're far away from church, your faith is weak and the devil is in you. How can you doubt your religion?!"

Day by day, getting more and more information, I came to know, that Islam is a religion, which makes you use your brain and heart, which makes you think, giving you the right to ask questions and get logical answers. Something started

happening in me. Mixing up emotions: fear, happiness... You'll agree with me, that changing religion isn't an easy thing and I decided to rely on Allah, because I was sure that He was the only one who could help me in that situation. In that day, I prayed like I've never prayed before, my face was on the floor and I felt that I totally submission myself to Him. I was crying and I couldn't stop and then I felt peace... I took shahadah and alhamdulillah, I fasted Ramadan.

Till now I'm studying Islam and I've found out so many things but there is one, the most important thing that I want to share with you. In the beginning of my journey I read that we all are born as a Muslims, but after based on the country religion, based on a family traditions, based on a family religion, consciously or unconsciously, we are changing ourselves. Same happened with me, I was 7 years old when I was baptized and nobody asked me if I wanted that or not. Before baptizing I couldn't enter the church, I couldn't pray and people were telling to my family that if they will not baptize me as soon as it's possible, devil will have control of me.

Since that time I was asking to myself, why God isn't protecting me without baptizing, what I did wrong??? This is why this case is important for me, I was born as a Muslim and God was protecting me from the beginning, especially when I was a kid and couldn't realize so many things. So, if I like everybody else was born as a Muslim, why people who were born in a Muslim countries, in a Muslim families, are calling me a "New Muslim"? Do you think I'm a "New Muslim"? If there is a family which's child got lost his/her way to home and later he/she found it and went back, will this family call him/her a "new member" of family? r they will say that he/she is a part of family who was lost and now he's/she's found?

It doesn't matter in which country we were born, originally we all are Muslims, and every single person on this earth has the moment when he/she has to realize that he/she belongs to Allah...

The Doctor



Children that exercise

By Dr. Al Falah Dhanji

Ramadan alhumdulillah was a month of Qu'ran, salah, fasting, and good deeds, but did we become less physically active? Possibly, as we may have been more tired after fasting or more involved with the acts of worship. In sha Allah we need to continue with these important acts but we must also restart our routine exercise and encourage our children to do the same. It is important for parents to set a good example by being active and perhaps even doing activities together with their children such as going for regular walks or playing sports such as soccer, netball or basketball in the yard or oval.

So what are the benefits of exercise?

Children that exercise:

- Will develop healthy muscles, bones and joints¹
- Are more likely to feel better about themselves and be happier²
- Are less likely to be stressed²
- Are better able to handle physical and emotional challenges¹
- Will be more attentive and alert at school and have a better outlook on life¹
- Are less likely to be overweight, develop diabetes or high blood pressure and have better cholesterol levels¹
- Will sleep better at night²

There are 3 elements of exercise that should be encouraged:¹

Endurance - such as running games that make the heart beat faster and the breathing heavier, developing the heart and circulation.

Strength - such as push-ups, stomach crunches, helping muscle tone and strength.

Flexibility - such as reaching for toys, gymnastics, allowing muscles and joints to bend and be flexible through movements.

How much exercise?

The National Association for Sport and Physical Exercise (NASPE) recommend the following:¹

- Infants and young children should not be inactive for periods more than 1 hour and school-age children for 2 hours unless sleeping.
- Avoid a sedentary lifestyle and obesity.
- Avoid sitting around too much, in front of the television, computer, with the smart phone, games machine etc.

Summary of NASPE Daily Recommendations

Infants - Recommendation: No specific time, encourage motor development

Toddlers - Recommendation: 1.5 hours (30 minutes planned and 60 minutes unstructured physical)

Pre-school - Recommendation: 2 hours (60 minutes planned and 60 minutes unstructured physical)

School age - Recommendation: 1 hours plus bursts of 15 minutes or more

According to the American Academy of Paediatrics, one of the best ways to get children to be active is to limit their sedentary time, especially watching TV. For children under 18 months, discourage all screen time except video chatting. For children 2-5 years old, limit screen time to 1 hour or less. TVs, computers, smart phones and video games should be kept out of bedrooms and turned off at meal times. Watch good quality television with your children and discuss it with them to help them understand.

So in summary:

- Children should be encouraged to take part in physical activities and these will help them develop physically, mentally, emotionally and help prevent childhood obesity.
- Parents need to lead by example and take part in physical activity too, encouraging activity together such as family walks, walking to school or the shops, taking the steps rather than the escalator.
- Limit screen time and keep screens out of bedrooms.
- Encourage a healthy diet to go with the exercise.
- Keep it regular, keep it fun.

Reference:

1) Gavin, M.L., 2016, 'Kids and Exercise'. Available at: <https://kidshealth.org/en/parents/exercise.html> [Last Accessed 12-05-17].

2) Medlineplus, 2017, 'Exercise for Children' Available at: <https://medlineplus.gov/exercise/forchildren.html> [Last Accessed 12-05-17]

The Pharmacist



By Sophia Kafrawi B.Pharm

This article explains plaque, tooth decay, gum disease and self-care tips for maintaining good oral health.

What is plaque?

Plaque is a thin, colourless sticky film of bacteria that builds up on teeth and causes that 'fuzzy feeling'.¹ Plaque develops when sugary and starchy foods such as milk, soft drinks, candy and breads are frequently left on the teeth.² The bacteria in plaque digests sugar and starch and produces acids that destroy tooth enamel (the outer layer of each tooth), resulting in tooth decay.^{1,2} Plaque bacteria can also damage gums and develop on the teeth roots under the gum which can further cause breakdown of the bone supporting the tooth.^{1,2}

Plaque is soft and can be removed by constant brushing and flossing but as it quickly re-forms, frequent tooth and gum cleaning is required.¹ Plaque that is left on teeth for more than a few days can harden into calculus (tartar) and serve as a breeding place for bacteria.¹ Calculus needs to be removed by a dentist.¹

Tooth decay (dental caries)

Tooth decay is the destruction of tooth caused by acids produced by plaque bacteria and may lead to a cavity (hole) in the tooth.^{1,3}

Symptoms of tooth decay include no symptoms at all but can progress to symptoms that can include pain (when eating or biting down), toothache and holes or pits in teeth.¹ **Treatments of tooth decay** may include a filling (fills the cavity), tooth

extraction, a crown (covers and protects the whole tooth) or a root canal (removes the tooth's nerve and pulp and replaces it with a filling).¹

Gum disease (periodontal disease)

Periodontal disease affects the gum and other tissues that surround and support your teeth.⁴ It is most commonly caused by bacteria in plaque and calculus.¹ The three stages of gum disease – from the least to most severe form – are gingivitis, periodontitis and advanced periodontitis.⁴

Gum disease can be painless so it is important to be aware of the **signs and symptoms** which can include red, swollen, tender or bleeding gums, loose teeth, sensitive gums or teeth, receding gums, bad breath or bad taste in the mouth and visible pus surrounding the teeth and gums.^{1,4}

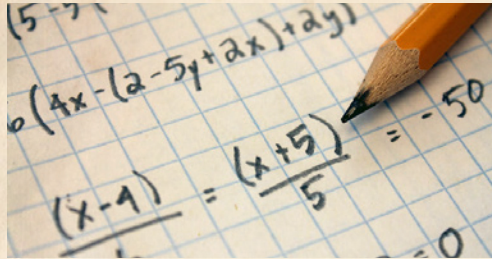
Treatment includes plaque and calculus removal by a dentist and regular, thorough tooth brushing.¹

Self care tips to prevent tooth decay and gum disease:

- Brush teeth, at least twice a day (morning and bedtime).¹ Rinse mouth out with water after meals if you cannot brush.¹
- **Brushing technique (with a toothbrush):**
 - Use a toothbrush with a small head and soft bristles.¹
 - Place toothbrush at a 45-degree angle to your teeth, aiming the bristles toward the gum line.¹ Move the brush in a back and forth motion to clean each tooth individually.⁵
 - Brush the front, back and chewing surface (top) of each tooth.¹
 - Brush the tongue to remove odour-causing bacteria.⁵
- Use a toothpaste containing fluoride (a mineral that strengthens tooth enamel).¹ Low fluoride toothpaste is recommended for children aged 18 months to 6 years while children under 18 months should not use toothpaste.¹
- Floss between teeth daily.¹
- Drink plenty of tap water as it contains fluoride.¹
- Have your teeth checked by a dentist at least once (preferably twice) a year.¹
- Limit sugary and starchy food intake.
- Do not smoke as smoking increases the risk of developing gum disease and oral cancer.¹

References: 1 – Pharmaceutical Society of Australia 2011, Self Care Fact Card Booklet, Pharmaceutical Society of Australia. 2 – WebMD, 2017, 'Plaque and Your Teeth', Available at: <http://www.webmd.com/oral-health/guide/plaque-and-your-teeth>, Last Accessed 25-04-17. 3 – WebMD, 2017, 'Preventing Tooth Decay', Available at: <http://www.webmd.com/oral-health/guide/tooth-decay-prevention>, Last Accessed 25-04-17. 4 – Colgate, 2017, 'Periodontal Disease: Causes And Prevention', Colgate-Palmolive Company, Available at: <http://www.colgate.com/en/us/oral-health/conditions/gum-disease/article/what-is-periodontal-disease>, Last Accessed 25-04-17. 5 – Colgate, 2017, 'How To Brush', Colgate-Palmolive Company, Available at: <http://www.colgate.com/en/us/oral-health/basics/brushing-and-flossing/article/how-to-brush>, Last Accessed 25-04-17.

MUSLIM INVENTIONS THAT CHANGED THE WORLD



ALGEBRA

While many secondary school students struggling through math classes may not particularly appreciate the importance of algebra, it is one of the most important contributions of the Muslim Golden Age to the modern world. It was developed by the great scientist and mathematician, Muhammad ibn Musa al-Khawarizmi, who lived from 780 to 850 in Persia and Iraq.

In his monumental book, *Al-Kitāb al-mukhtaṣar fī ḥisāb al-jabr wa-l-muqābala* (English: *The Compendious Book on Calculation by Completion and Balancing*), he set forth the basic principles of algebraic equations. The name of the book itself contains the word “al-jabr”, meaning “completion”, from which the Latin word algebra is derived. In the book, al-Khawarizmi explains how to use algebraic equations with unknown variables to solve real-world problems such as zakat calculation and inheritance division. A unique aspect of his reasoning for developing algebra is the desire to make calculations mandated by Islamic law easier to complete in a world without calculators and computers.

Al-Khawarizmi's books were translated into Latin in Europe in the 1000s and 1100s, where he was known as *Algoritmi* (the word algorithm is based on his name and his mathematical works). Without his work in developing algebra, modern practical applications of math, such as engineering, would not be possible. His works were used as math textbooks in European universities for hundreds of years after his death.



UNIVERSITY

Speaking of universities, that is also an invention made possible by the Muslim world. Early on in Islamic history, mosques doubled as schools. The same people who led prayers would teach groups of students about Islamic sciences such as Quran, fiqh (jurisprudence), and hadith. As the Muslim world grew however, there needed to be formal institutions, known as madrasas, dedicated to the education of students.

The first formal madrasa was al-Karaouine, founded in 859 by Fatima al-Fihri in Fes, Morocco. Her school attracted some of the leading scholars of North Africa, as well as the land's brightest students. At al-Karaouine, students were taught by teachers for a number of years in a variety of subjects ranging from secular to religious sciences. At the end of the program, if the teachers deemed their students qualified, they would grant them a certificate known as an *ijaza*, which recognizes that the student understood the material and is now qualified to teach it.

These first degree-granting educational institutes quickly spread throughout the Muslim world. Al-Azhar University was founded in Cairo in 970, and in the 1000s, the Seljuks established dozens of madrasas throughout the Middle East. The concept of institutes that grant certificates of completion (degrees) spread into Europe through Muslim Spain, where European students would travel to study. The Universities of Bologna in Italy and Oxford in England were founded in the 11th and 12th centuries and continued the Muslim tradition of granting degrees to students who deserved them, and using it as a judge of a person's qualifications in a particular subject.



THE CAMERA

It's hard to imagine a world without photography. Billion dollar companies like Instagram and Canon are based on the idea of capturing light from a scene, creating an image from it, and reproducing that image with the best 360 cameras you can find for a full immersive experience. But doing so is impossible without the trailblazing work of the 11th century Muslim scientist, Ibn al-Haytham, who developed the field of optics and described how the first cameras work.

Working in the imperial city of Cairo in the early 1000s, Ibn al-Haytham was one of the greatest scientists of all time. To regulate scientific advancements, he developed the scientific method, the basic process by which all scientific research is conducted. When he was put under house arrest by the Fatimid ruler al-Hakim, he had the time and ability to study how light works. His research partially focused on how the pinhole camera worked. Ibn al-Haytham was the first scientist to realize that when a tiny hole is put onto the side of a lightproof box, rays of light from the outside are projected through that pinhole into the box and onto the back wall of it. He realized that the smaller the pinhole (aperture), the sharper the image quality, giving him the ability to build cameras that were incredibly accurate and sharp when capturing an image.

Ibn al-Haytham's discoveries regarding cameras and how to project and capture images led to the modern development of cameras around the same concepts. Without his research into how light travels through apertures and is projected by them, the modern mechanisms inside everyone's cameras would not exist.



COFFEE

About 1,600,000,000 cups of coffee are consumed every day around the world. Billions of people rely on it as part of their daily routines. And yet, very few people are aware of the Muslim origins of this ubiquitous drink.

According to the historical record, in the 1400s coffee became a very popular drink among Muslims in Yemen, in the southern Arabian Peninsula. Legend goes that a shepherd (some say in Yemen, some say in Ethiopia) noticed that his goats became very energetic and jumpy when they ate beans from a particular tree. He had the courage to try them himself, noticing they gave him an energy boost. Over time, the tradition of roasting the beans and immersing them in water to create a sour yet powerful drink developed, and thus, coffee was born.

Regardless of whether or not the story of the shepherd ever really happened, coffee found its way from the highlands of Yemen to the rest of the Ottoman Empire, the premier Muslim empire of the 15th century. Coffeehouses specializing in the new drink began to spring up in all the major cities of the Muslim world: Cairo, Istanbul, Damascus, Baghdad. From the Muslim world, the drink found its way into Europe through the great merchant city of Venice. Although it was at first denounced as the “Muslim drink” by Catholic authorities, coffee became a part of European culture.

From a Yemeni/Ethiopian shepherd to shaping European political thought to over 1 billion cups per day, this Muslim innovation is one of the most important inventions of human history.

Contemporary Role Models of Islam

By Abu Yaseen

KAMAL SANANIRI & AMINA QUTB

A true love story with Allah as the goal.

In Islam, there is great focus on the family, however there is specific emphasis on the husband-and-wife relationship. Allah has described this relationship as a sacred bond and a solemn covenant (ميثاقاً عليظاً), which is ought to be respected and cherished. A great example of a couple that have cherished this bond despite their circumstances are Kamal Sananiri and Amina Qutb.

In 1954, during the time of the Egyptian president, Gamal AbdelNaser, Kamal Sananiri was sentenced with 25 years in jail for his political stance calling for reform within the community and government. During his sentence, he proposed to Amina, though her brother, Sayyed, who happens to be his in-mate in prison. Sayyed consulted with his sister, Amina, who was in her twenties at the time. Amina organised a time to visit Kamal in his prison, and after their first meeting, the couple felt assured that they have found their second half. However, Kamal had close to twenty years remaining in his sentence at the time. Nonetheless, Amina was willing to wait for him either until he is pardoned, or until he completes his unjust sentence. So, despite their circumstances, the couple went ahead with the engagement.

Years passed and Kamal was never pardoned from his sentence. One time, Amina and Kamal's sister visited Kamal in his prison. Apparently the two ladies were treated with disrespect on their way to meet Kamal. At this point Kamal asked Amina if she would prefer to get a divorce, as he would never want to be hurdle in her happiness. Amina wanted to reply to her fiancé, but the prison guard ended

the visit before she could. Amina replied to her fiancé later in a letter affirming that she has chosen to wait regardless of the how long it would be for them to unite.

Years passed, and in 1973 (17 years after Kamal was first sentenced) Kamal was pardoned. The couple were finally united and wedded after a long 12 years' wait. They lived together in happiness, working together for the sake of Allah, reforming both the community and the government. In September 1981, Kamal was prisoned again by the authorities then. During his second prison, Kamal was severely tortured until his soul departed his body in November of the same year. In memory of her beloved husband, Amina authored a set of poems, titled "letters to a martyr". In the opening verses of one of her poems, Amina said:

*"Do you envisage us meeting again,
or has it already,
Taken place in the land of mirages;
Then it withdrew and its shadow vanished,
And turned into torturous memories;
This is what I ask my heart whenever,
The days grow longer from
the day of your departure
But then your memory stares at me, cheerfully
And so it is as if I am listening to the response;
Did we not tread the path of truth together?
So that good can return to the barren land;
So we walked along a thorny path,
Abandoning all of our other ambitions;
We buried our love deep within ourselves,
And we strove on in contentment,
hoping in the reward of Allah;
We had made an agreement to walk together,
Then you hurried,
responding to the call of departure"*

Amina Qutb

May Allah bestow his mercy on Kamal Sananiri and Amina Qutb. May Allah "grant us from among our partners and offspring comfort to our eyes and make us from the righteous." [Al-Furqan, verse 73]

Mosques & Prayer Rooms

CENTRAL

Adelaide City Mosque
20 Little Gilbert Street, Adelaide, 5000

University of Adelaide
Level 6 of Union Building House
University of Adelaide

UniSA City East
Playford Building, Level 2
Room P2-22 Female,
Room P2-55A Male

UniSA City West
Sir George Kingston Building,
Level 2, Rooms GK-25/26 (Ground floor)

NORTH

Abu Bakr As-Siddique Mosque
52 Wandana Avenue, Gilles Plains, 5086

Parafield Gardens Mosque
92 Shepherdson Rd,
Parafield Gardens 5107

UniSA Mawson Lakes
Level 2, Building A,
UniSA Campus Mawson Lakes

Elizabeth Mosque
139-141 Hogarth Road, Elizabeth

WEST

Bosnian Mosque
1 Frederick Rd, Royal Park, 5014

Al-Khalil Mosque
Corner of Torrens Rd & Audley St,
Woodville, 5012

Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End

Adelaide Airport Prayer Room
Domestic Terminal, Level 2

Islamic Da'wah Centre of SA
124 Henley Beach Rd, Torrensview

SOUTH

Flinders University
Religious centre, Southern end of the
mall,
Union Rosetta's building, Flinders
University

Omar ibn Al Khattab Mosque
658 Marion Rd, Park Holme, 5043

EAST

UniSA Magill
Room E1-28 E building,
Swim & Sports Complex

RURAL AREA

Murray Bridge Mosque
83 Old Swanport Road,
Murray Bridge

Renmark Mosque
230 Fourteenth Street, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
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Coober Pedy Musallah
Lot 1070 Traeger St,
Coober Pedy 5723

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

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July - Shawwal / Dhul Qa'dah

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

August - Dhul Qa'dah / Dhul Hijjah

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

September - Dhul Hijjah / Muharram

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

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Sisters Section

Marriage, by Destiny or in My Hand?



"Can I choose whom I want to marry?" or "Allah has decreed whom I will marry?"

These questions aren't strange unless the questioner knows Allah is the All-Knowing, the Most-Wise. Belief in Destiny (Qadr) is an essential part of a Muslim's belief. This belief means knowing that Allah is the Knower of the unseen and the evident and that Allah has decreed all things from eternity. Accordingly, in matters of marriage, it is definitely Qadr. Allah has decreed who will be our family, who will be our spouse, and who will be our children. Either we think our marriage happens by or against our choice, it does not escape the fact that everything that has happened and will happen in the universe is decreed by Allah.

Allah does not tell anyone the details of what will happen to her, good or bad. Hence everyone has to strive to bring goodness to herself and ward off harm from herself. It is not wise to travel a path that leads to the opposite of what we want and then say, "I will never accomplish anything but that which has been decreed for me." This does not imply that we have no will in this world, or that we should not strive to apply the means of attaining happiness and soundness.

Certainly, Allah has a plan for us, but fulfillment of that plan is up to us: the choices we make, as well as our degree of faith, persistence and determination. It wouldn't make sense for Allah to have a plan for us and then leave us stumbling in the dark. In all cases, everything that has and will happen is a test of our gratitude and patience. For example, a person wishes for her marriage to happen, and by the will of Allah it happens. If that marriage is a nice marriage, it is a bounty because the woman and the man are asked to give gratitude. If that marriage is a bad marriage, it is a test of patience. The woman is tested through the man, and the man is tested through the woman.

Allah's plan does not have to be a mystery. If we trust Him, do what He asks, and follow our hearts, His plan will unfold in our lives like a brightly lit path. If we are trying to follow Allah's guidance, but we find ourselves confronted by obstacles and hardship, don't lose heart. The hardship is probably a sign that we are on the right path.

Allah's plan may not bring us recognition, wealth, or physical pleasure. It might involve giving up material comfort. So Allah's plan for us may not be what we would wish it to be. Allah's plan may be so challenging that we may recognize it but decline to follow it. There is wisdom and justice behind every happening, and it is connected to other parts of our destiny that have yet to unfold. Believing and following Allah's plan takes steadfastness, patience and resilience. It is the path to eternal happiness, Jannah, insha'Allah. Thus, fulfilling Allah's plan for us requires that we silence the voice of our own desires, open ourselves to Allah, and look within ourselves with total sincerity. And Allah knows best.

Um Asyraf



Ref: Quran, Surah 59, Verse 23.



SCORE BOARD

Assalamu Alaykum,

We are approaching the middle of the season and we have seen an incredible amount of progress from all of our 6 teams. The Under 9's are beginning to work together as a team and recently won their first game a few weeks ago. We are also seeing a great level of progress from the Under 12's, 13's and 15's, Mashallah! Although all of our teams were eliminated from the cup round, it was encouraging to see that our Under 15A team progressed into the second round, only to lose by one goal.

Throughout the month of Ramadan, training was on Friday Nights with juniors (Under 9's & 11's) continuing their regular games on Sunday. All of the weekend games from Under 12's and above were rescheduled to night games, either on Wednesdays or Fridays, to ensure that all of our players were able to maintain their fast and reap the rewards of the month!

Now to the juicy part of the article! As everyone is aware, we are attempting to take the club in a new direction. We changed the name, uniform and management in hopes of making this club the best Muslim club in South Australia! However, we cannot do this without the help of the parents and of course, you, the community! Unfortunately, we have created a culture within our community in which we don't have as much care as we should. We sometimes think to ourselves "Oh, it's only a Muslim club, so I'll bring my kids 10 minutes before kick off." We really want this attitude to change and in order to bring this club forward, everybody needs to jump on board. To counter this, we will be rostering parents to help out with various responsibilities on a weekly basis, that way, every body is playing a part!

So instead of the coach having to set up the nets, fill out the team sheets, communicate with the referee and call up parents who have not yet dropped off their children – he will have the luxury of only focussing on the betterment of his team, while the other responsibilities will be distributed. We really hope to create a culture in our community in which everybody feels that this club, Adelaide Thunder, is a responsibility that WE all SHARE.

For everybody else reading this article – If you have the slightest experience with soccer, whether you are an ex-player, a coach, or whether you just love the game and want to help out – please do! We welcome all volunteers with open arms! Whatever you can contribute, you will be rewarded greatly by Allah (SWT).

Make sure to check us out on Facebook and stay tuned for our monthly newsletter which is emailed monthly to all parents! A special thanks to all of our sponsors for season 2017!

Please email adelaidethunderfc@gmail.com or call 0435 252 951 for more details!

Thunder on 3, 1...2...3.....THUNDER!



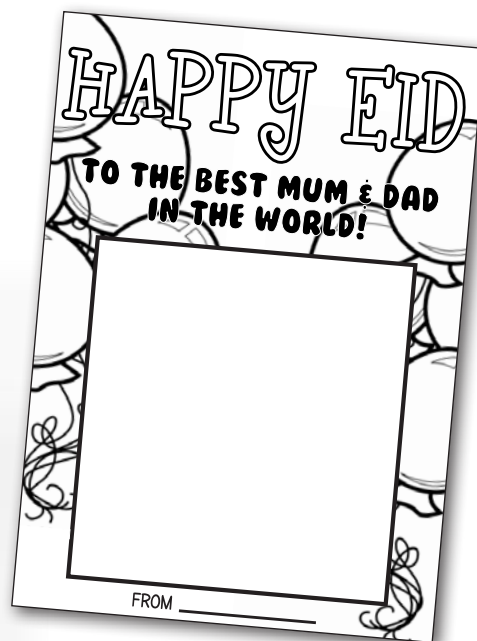
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Effects of your attitude.

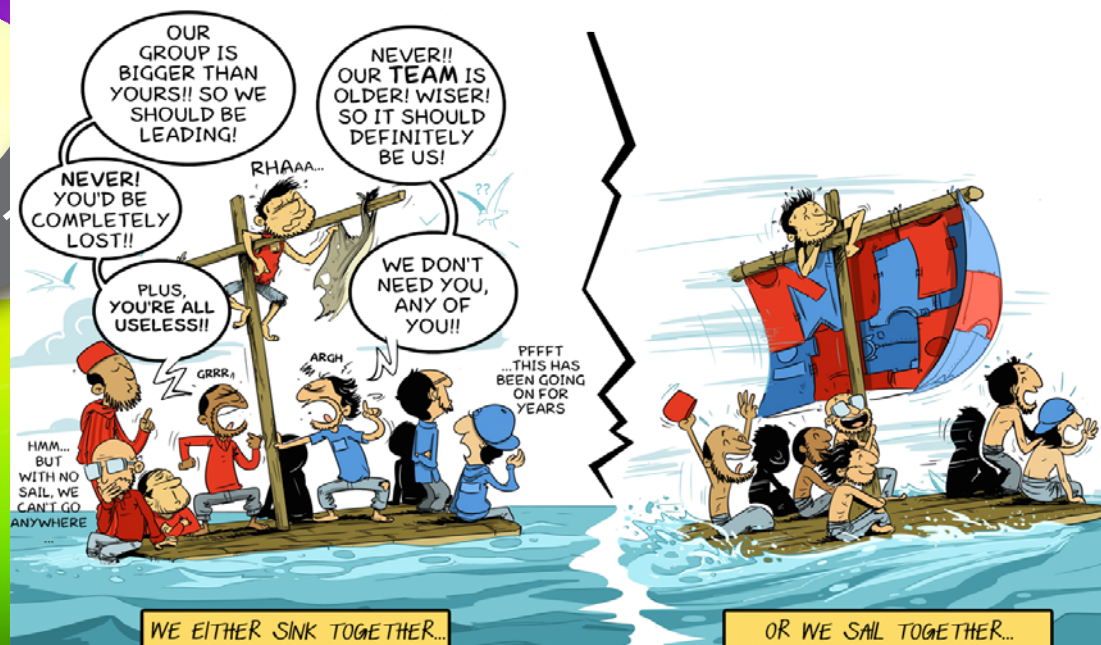
I want you to imagine two examples before we delve into the idea behind this article. Let's say, you see a helpless person sitting on the side of the road, looks rough and seems to be going through a tough time with a cigarette in his hand. When you look closer at the person's face, you recognise him from high school! You could either greet him with a smile and say, "Hey Ahmed, long time no see bro, how are you! Come, get up, let me take you out for lunch!" Or, you could go up to him and say "Is that you Ahmed? What's wrong with you man? You used to pray and now... I mean.... look at you, you've changed!" Ask yourself, would your response be from the first type or the second type?

The point that I am trying to get across, is that, as Muslims (especially youth) we share a bond that is so unique, more unique than anything in the world. We just want the best for each other. Whenever we see a person sin, our hearts break, as we would never want to see a person doing any action to displease Allah. But, we also need to remember that behind every person that is sinning, there is a struggle he or she might be going through. This person, might have recently had to see his parents split up, or this person might come from a household that is not so practicing, this person might be struggling with an addiction, or this

person might just be going through the "experimental phase." So be wise in how you deal with people and what you say to them and never EVER put someone off the religion. Allah reminds the companions in the Quran by saying, "And you were on the edge of the Fire, and He saved you from it" (3:103). In other words, if you were someone who used to spend your Saturday nights on Hindley street and now you are off that life, remind yourself, who guided you away from that life? ALLAH did.

The same One that Guided you is the same One that may guide our friend Ahmed who sits on the side of the road with a cigarette or our sister who might be struggling with the Hijab. The point is, don't under estimate anyone and don't ever be discouraging!

Ibn Uthman



Depression – In the light of Islam



By Dr Abu Nibras

When people use the terms “depression” or “clinical depression”, they are generally referring to major depressive disorder. Major depressive disorder is a mood disorder characterised by a depressed mood, a lack of interest in activities normally enjoyed and difficulty in concentrating. If a person experiences the majority of the symptoms for longer than a two-week period, they may be diagnosed with major depressive disorder. Although we can be benefited by Islam even at this stage, we may need professional help as some of us are not motivated enough.

Sadness, sorrow, grief, anxiety, mental lowness, self hatred, hopelessness, having the blues: these can affect even the most optimistic of us at some point in our lives.

Allah (swt) says in Quran “We will certainly test you with some fear and hunger, and some loss of possessions and lives and crops. But give good news to the steadfast.” (2:155) Allah tests His servants according to their level. When He (swt) loves someone more, He (swt) sometimes tests him/her more. If we take a look at the lives of the messengers, we can see the hardship they have gone through, it's hard for us to think about.

To come out of sadness, the following acts can be helpful:

We have to tune up our relationship with Allah (swt). The primary means of strengthening this connection is to offer the five daily prayers with

enthusiasm, devotion and understanding keeping in mind that He (swt) is the one planning everything and the best job of the day is to meet Allah and ask from Him. We have to work on developing our prayer, even have to be careful about wudu (pre-prayer wash).

Secondly, we have to recite Quran with understanding and melody (tartil). If someone starts to recite Quran at least a little everyday with meaning, they will notice a positive change around them. Sura Adh-Duha and An-Nas are recommended by scholars to get guidance from Allah (swt) and stay away from provocation of the devil (Shaitan) at the time of depression.

Thirdly, regular repentance (istigfar). Allah states, “O my people, ask forgiveness from your Lord, and repent to Him. He will release the sky pouring down upon you, and will add strength to your strength. And do not turn away and be wicked.” (11:52)

Dhikr (remembrance) and praying to Allah with the recommended supplications whenever possible. The Messenger of Allah (pbuh) said, “Keep your tongue moist with the remembrance of Allah.” (At-Tirmidhi)

“And never give up hope of Allah's soothing Mercy: truly no one despairs of Allah's soothing Mercy, except those who have no faith.” (Quran, 12:87) There are no people on earth that have no issues to deal with, rather it depends how one copes in response. A true believer should say “Alhamdulillah ‘alaa kulli hal (praise is to Allah in all conditions)”. It is nothing but a test of this temporary world. The Messenger of Allah (pbuh) said “Amazing is the affair of the believer for there is good for him in every matter and this is not the case with anyone except the believer. If he is happy, then he thanks Allah and thus there is good for him, and if he is harmed, then he shows patience and thus there is good for him.” (Muslim)

True believers are always taught the methods of closeness to Allah by which all the sadness will be taken away. He knows that the ultimate sadness will be when a person is cast into hellfire and the ultimate happiness will be when a person receives his book on the day of Judgement in his right hand and he is told for him is paradise.

Turkish Bread



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Ingredients:

- 4 cups plain flour
- ½ cup lukewarm milk
- 1 cup lukewarm water
- 2-3 tbs olive oil
- 2 tsp dry yeast
- 2 tsp salt
- 1 tbs sugar
- For the top:
- 1 egg yolk
- Sesame seeds
- Nigella seeds

Method

- 1- Combine milk, yeast and sugar in a small bowl, mix and set aside for 5 minutes
- 2- In a large mixing bowl combine flour, yeast mixture, salt and oil and mix until a soft dough forms - You may need to add more flour if it is too sticky, however try to limit adding a lot of flour and instead oil your hands to prevent sticking
- 3- Knead the dough for a minimum of 5 minutes until smooth and elastic
- 4- Cover and put in a warm place for 2-3 hours
- 5- Oil a baking tray and using your fingers press and push the dough out to the corners until uniform and level
- 6- Brush top with egg yolk and sprinkle generously with the seeds
- 7- Bake in a 190 degree oven until golden on top or roughly 30 minutes.

Tip: place a bowl of water on the bottom of the oven while baking as this allows the bread to cook with steam and results in a more fluffy bread



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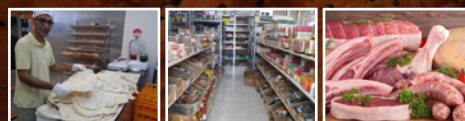
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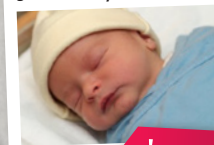
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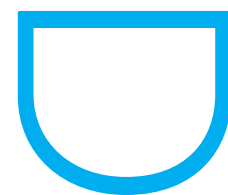
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