

Al Kaḥṣār

PALESTINE

WE GOT TO DO
SOMETHING !

Volume 17 Number 10



1727 Lenasia 1820



011854-4543



011854-7886



SHAWAAL 1435/2014

WHAT EID!

"Allah! Allah! How can I watch this? I consider myself a traitor, a coward, a munaafiq! May Allah forgive us for being so selfish and comfortable while our own family of muslims are being dehumanised!"

This is how I felt after viewing a few clips a friend from India sent me, two weeks ago.

Cold statistics tell you nothing. Being there, being one of them, is another story. The noises, the screams, the terror! Yes, the terror!

Hamas is a terrorist organisation? Where is the proof? The only clear terrorist organisation, apparently, in that part of the world, is the State of Israel! And every government in the world that supports it openly, like America, and covertly, like Saudi Arabia!

The tortoise-like muslim world must wake up, stand up, and be counted. Fear none but Allah, and prove your claim as members of the family, the nation of Islam! The UMMAH!

The ummah of Sayyidina Muhammad Mustafa ﷺ, the followers of his Sahaba ؓ, like Ali, who confronted the ancestors of the zionists at Khyber and Khalid, who marshaled the fall of the Persian and Roman empires. Like Salahuddin, in much later times, who defended Islam and the holy lands against the Christian invaders.

What eid are we to celebrate, when we know well about the sufferings of our muslim brethren across the globe. They can hardly be in a position or state of celebration in Palestine or Syria.

Let us spend our time and means creating support systems and representation in this global struggle!

At every level. It is time!

عيد مبارك

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HAZRAT USAAMAH IBN ZAID ﷺ

Umar Ibn Al-Khattaab ؓ, Commander of the Faithful, sat down to distribute money from the treasury among the Muslims. It was `Abd Allah Ibn `Umar's ؓ turn, and `Umar gave him his share. Then it was the turn of Usaamah Ibn Zaid. `Umar gave him double of what he gave his son `Abd Allah. As `Umar gave people according to their merit and endeavor, `Abd Allah Ibn `Umar was afraid that his position was not as highly acknowledged as he desired, to be one of the closest to ALLAH through his obedience, endeavor, piety, and asceticism. Therefore, he asked his father, "You preferred Usaamah, although I experienced with the Messenger of ALLAH ﷺ what he did not." Umar answered, "Usaamah was more beloved by the Prophet ﷺ than you were, and his father was more beloved by the Prophet ﷺ than your father was.

Who was it? It was Usaamah Ibn Zaid who has been called among the Prophet's Companions "The Beloved Son of the Beloved". His father was Zaid Ibn Haarithah ؓ the Prophet's ﷺ servant, who preferred the Prophet ﷺ over own his father, mother and kin. He was with him when the Prophet ﷺ stood in front of a large group of Companions saying, "I let you bear witness that Zaid is my son, inheriting from me and I inheriting from him." His name remained Zaid Ibn Muhammad until the practice of child adoption was abolished by the Qur'aan. Usaamah ؓ had all the great characteristics which enabled him to be so close to the Prophet's ﷺ heart and beloved in his eyes. He was the son of two generous Muslims belonging to the first to accept Islam, at the same time, were the closest and most loyal to the Messenger of ALLAH ﷺ. As one of the true sons of Islam, he was nurtured from his first days by Islam. Despite his young and tender age, he was a firm believer and a staunch Muslim fulfilling all the duties of his faith.

On the day of the Conquest of Makkah, the Prophet's ﷺ Companion who was riding behind him on horseback was that dark-skinned, snub-nosed Usaamah Ibn Zaid. Among the most victorious days of Islam was the day of the Conquest of Makkah. On that day, on the Prophet's ﷺ right and left were Bilaal and Usaamah, two dark-skinned men; however ALLAH's word which they carried in their pure, virtuous hearts made them deserving of all kinds of merit and elevated position. Usaamah had not yet reached the age of 20 when the Prophet ﷺ ordered him to be head of an army which had among its soldiers Abu Bakr ؓ and `Umar ؓ. A growl spread around among a group of Muslims who were distressed by this matter and who found it too much for a youth such as Usaamah Ibn Zaid to command

an army which included a large number of Muhaajiruun and elderly Ansaar. Their whispers reached the Messenger of Allah ﷺ, so He ﷺ ascended the pulpit, thanked and praised ALLAH and then said, "Some people criticized Usaamah's army command; they criticized his father's command before him. His father deserved to be the commander as well as Usaamah. He is the most beloved to me next to his father, and I hope he is among the virtuous ones. I request you to treat him well."

The Prophet ﷺ made pardah to this mundane world and the army set off towards its destination; however the Prophet ﷺ had left his wise testament to his Companions: "Fulfill Usaamah's commission. Despite the new circumstances created by the Prophet's ﷺ demise, Abu Bakr As-siddiq ؓ, the first caliph, insisted upon fulfilling the Prophet's ﷺ testament. Usaamah's army set off to its destination; the caliph only requested Usaamah to allow `Umar ؓ to stay behind to be with him in Al-Madiinah to help with the affairs of the Muslims. At the same time, the Roman (Byzantine) emperor heard the news of the Prophet's ﷺ demise and that an army headed by Usaamah Ibn Zaid was attacking the borders of Syria. He could not hide his astonishment and wonder about the strength of the Muslims, whose plans and potential were not affected by the Prophet's ﷺ demise. Consequently, the Romans abstained from utilizing the Syrian borders as a leaping point upon Islam's center in the Arabian Peninsula, and thereby their power began to shrink. Usaamah's army returned safely without any casualties so that the Muslims said, "We've never seen a safer army than Usaamah's." It was by the Prophet ﷺ himself that Usaamah had been taught the lesson of his life, a very wise lesson. Usaamah lived according to its wisdom from the Prophet's demise until he himself left our world during the latter phase of Mu'aawiyah's caliphate.

In A.H. 54 Usaamah longed to meet with ALLAH. On that day the gates of Paradise opened to receive one of the most reverent and pious believers.

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GAZA - Auschwitz and Guantanamo in one!

Before you make any opinions about the conflict in Israel and Gaza, please check these facts and figures:

1. Gaza was invaded by Israel in 1967 & ever since Israel is illegally occupying the whole of the Gaza strip.

2. Gaza is surrounded on three sides by Israel who has blocked all these three sides by Israeli army & Navy.

One side is border of Egypt where the Egyptian army along with Israeli & UN observers & monitors blocks the entry of any body from/to Gaza.

Gaza is literally huge prison where not even a bird can enter without Israel's permission.

3. Gaza has no sea port or airport or even a train station.

4. Gaza residents cannot leave Gaza as they don't even have passports. Plus there are Israeli checkpoints at every place. Also no one from any country can enter Gaza without Israel's permission which is impossible to get, forget about ordinary man even the top politicians of powerful countries had been denied entry in Gaza by Israel. Gaza is a place which is totally cutoff from the rest of the world.

5. Each and every daily use commodities comes through these Israeli check points. Even the milk, wheat medicines all items come through these Israeli check points. Israel charge taxes on all the items which goes through these check points.

6. Gaza is like a big jail. It is entire country under seize. Even inside Gaza Israel have several check posts at important junctions. The Israeli army harasses and humiliates Gaza citizens every day as the Gaza citizens cross these check posts.

7. The UN has urged Israel numerous times to remove this illegal seizure of Gaza but Israel never listen to UN. More than 50 resolutions have been passed by UN against Israel but with USA always on its side so Israel just doesn't care.

8. The food and essentials are always in short supply in Gaza as Israel delays, discourages and harass its imports in Gaza. Shops don't have enough rations, hospitals don't

have enough and essential medicines. Power is in short supply, petrol and gas is in shortage. The inflation is highest in the world in Gaza as a result of it. The poverty is rising at the highest rate also. The Gaza children's are among the worst malnutrition children now.

9. There are no specialized doctors or equipments to treat the serious injury or disease in any hospitals. Every now and then Israeli army bomb Gaza and the innocent civilians get hurt during bombing. These wounded civilians plead and beg in the check points to let them out for treatment but they kind Israeli army never let them. So the wounds which could have been treated become more severe and often the wounded becomes handicapped for the rest of their lives.

10. Once a thriving society and rich people now have become beggars & prisoners in their own country. Can you imagine the trauma the humiliation the harassment the pain in the hearts of these people who have been invaded and made prisoners and slaves in their own country?

They have been struggling for their independence since almost 50 years now. With each passing day Israel is constructing new settlements for its Israeli citizens in their land. With each passing day their hope of independence, a hope to live a normal life like any other human is fading away. Every night they sleep in pain and every morning they wake up with sorrows.

In the pretext of peace talks Israel actually is delaying their independence to capture more and more of their land everyday by constructing new Israeli homes and settlements. The Palestinians know this and they are watching it helplessly. Just like a goat watch the lion eats its children but can do nothing. They are shedding tears of blood. With Israeli soldiers harassing them, cursing them, abusing them mocking them, hurting them, killing them everyday in their very own land, all Palestinians can do is watch and cry.

What suggestions do you have now? The western paid media is making and broadcasting news in such a manner that one should feel as if Gaza residence are the one who are occupying Israel and Israel is fighting for the freedom of its citizens.

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QUNOOT-E-NAAZILAH

A POWERFUL MEANS OF INVITING DIVINE ASSISTANCE

Qunoot Naazilah is a special Du'aa, which is made at a time of severe crisis or calamity, which has befallen the Muslim Ummah. The Qunoot Naazilah can also be recited when the Muslims are afflicted with natural disasters such as epidemics, earthquakes, etc.

اَللّٰهُمَّ اهْدِنَا فِيمَنْ هَدَيْتَ، وَ عَافِنَا فِيمَنْ عَافَيْتَ، وَ تَوَلَّنَا فِيمَنْ تَوَلَّيْتَ، وَ بَارِكْ لَنَا فِيمَا اَعْطَيْتَ، وَ قِنَا هَرَمًا قَضَيْتَ، فَإِنَّكَ تَقْضِيْ وَلَا يُقْضٰى عَلَيْكَ، اِنَّهٗ لَا يَدُلُّ مِنْ وَّالَيْتَ، وَلَا يَعْزُ مِنْ عَادَيْتَ، فَبَارَكْتَ رَحْمَةً وَ تَعَالَيْتَ، نَسْتَغْفِرُكَ وَ تَتُوبُ اِلَيْكَ، وَصَلَّى اللّٰهُ عَلَى النَّبِيِّ الْكَرِيْمِ اَللّٰهُمَّ اِجْزِ الْاِسْلَامَ وَ الْمُسْلِمِيْنَ، اَللّٰهُمَّ اَيِّدِ الْاِسْلَامَ وَ الْمُسْلِمِيْنَ اَللّٰهُمَّ اَنْصُرِ الْاِسْلَامَ وَ الْمُسْلِمِيْنَ وَ اَنْجِزْ وَ عَنَّاكَ وَ كَانَ حَقًّا عَلَيْنَا نَصْرُ الْمُؤْمِنِيْنَ، اَللّٰهُمَّ اَلْبِ بَيْنَ قُلُوْبِ الْمُؤْمِنِيْنَ، وَ اَصْلِحْ ذَاتَ بَيْنِهِمْ وَ اَنْصُرْهُمْ عَلَى عَدُوِّكَ وَ عَثُوْتِهِمْ، اَللّٰهُمَّ اَهْلِكِ الْكُفْرَ الَّذِيْنَ يَصْلُوْنَ عَنْ سَبِيْلِكَ، وَ يَكْذِبُوْنَ رُسُلَكَ، وَ يَقَاتِلُوْنَ اَوْلِيَاءَكَ، اَللّٰهُمَّ عَافِ بَيْنَ كَلِمَتِهِمْ وَ زَلِزِلْ اَقْلَامَهُمْ، اَللّٰهُمَّ فَرِّقْ جَمْعَهُمْ وَ عَرِّبْ بِلَادَهُمْ، اَللّٰهُمَّ اَلْقِ فِيْ قُلُوْبِهِمُ الرَّغْبَ، اَللّٰهُمَّ اَنْزِلْ بِهِمْ نَاسَكَ الَّذِيْ لَا تَرْتَدُّ عَنْ الْقَوْمِ الْمُخْرِمِيْنَ، وَصَلِّ اللّٰهُ تَعَالٰى عَلَى سَيِّدِنَا مُحَمَّدٍ وَ عَلَى اٰلِهِ وَ اَصْحَابِهِ اَجْمَعِيْنَ،

TRANSLITERATION

Allaahumahdinaa Feeman Hadayt. Wa Aafinaa Feeman Aafayt. Wa Tawallanaa Feeman Tawallayt. Wa Baarik Lanaa Feemaa A'atayt. Wa Qinaa Sharra Maa Qadhayt. Fa Innaka Taqdhoo Wa Laa Yuqdhoo Alayk. Innahoo Laa Yadhilloo Maw Waalayt. Wa Laa Ya'izzu Man Aadayt. Tabaarakta Rabbanaa Wa Ta Aalayt. Nastaghfiruka Wa Natoobu Ilayk. Wa Sallallaahu Alan Nabiyyil Kareem. Allaahumma A'izzil Islaama Wal Muslimeen. Allaahumma Ayyidil Islaama Wal Muslimeen. Allaahummansuril Islaama Wal Muslimeen. Wa Anjiz Wa'daka Wa Kaana Haqqan Alaynaa Nasrul Mu'mimeen. Allaahumma Alif Bayna Quloobil Mu'mineen. Wa Aslih Dhaata

Baynihim. Wansurhum Alaa Aduwwika Wa Aduwwihim. Allaahumma Ahlikil Kafaratal Ladheena Yasuddoonaa An Sabeelik. Wa Yukadh Dhiboon Rusulak. Wa Yuqaatiloon Auliya'ak. Allaahumma Khaalif Bayna Kalimatihim Wa Zalzil Aqdaamahum. Allaahumma Farriq Jam'ahum Wa Kharrib Bilaadahum. Allaahumma Alqi Fee Quloobi Himurru'b. Allaahumma Anzil Bihim Ba'sakalladhee Laa Tarudduhoo Anil Quamil Mujrimeen. Wa Sallillaahumma Wa Sallim Alaa Sayyidinaa Mohammed Wa Alaa Aalihee Wa Ashaabihee Ajma'een.

TRANSLATION

O Allah! Guide us among those whom You have guided, and grant us protection among those whom You have protected. Befriend us among those whom You have befriended. Grant us blessings in that which You have given us, and save us from the evil which You have ordained. For, surely, You decree matters and no one decrees over You. Indeed the one whom You befriend will never be dishonoured, and the one with whom You have enmity will never be honoured. You are Most Blessed our Lord and You are Most Exalted. We seek Your forgiveness and turn towards You in repentance. And may Allah send salutations upon the most honourable Prophet. O Allah! Grant respect to Islam and the Muslims. O Allah! Assist Islam and the Muslims. O Allah! Help Islam and the

Muslims. Fulfill Your promise (for You have said in the Qur'aan) "It is Our duty to help the believers." O Allah! Create love among the hearts of the believers, set their affairs straight, and aid them against Your enemies and their enemies. O Allah! Destroy the unbelievers, who prevent people from the path of Your religion, reject Your Messengers, and who fight against Your friends. O Allah! Create disunity in their cause and let their feet tremble. O Allah! Split their unity and destroy their cities. O Allah! Instill fear into their hearts. O Allah! Bring down upon them Your punishment, which You do not ward off from a transgressing nation. And O Allah! Send salutations and blessings upon our master Mohammed, and upon his entire family and companions.

THE CALL OF SALAHUDDIN THE HOLY WARRIOR

His Letter to the Muslim Ummah

Following is a letter written by Sultan Salah ad-Din Ayyubi when he started his Jihad against the crusaders more than 9 centuries ago:

"We hope in Allah most high, to whom be praise, who leads the hearts of Muslims to calm what torments them and ruins their prosperity.

Where is the sense of honor of Muslims? The pride of Believers? The Zeal of the Faithful?

We shall never cease to be amazed at how the disbelievers for their part have shown trusts, and it is the Muslims who have been lacking in zeal. Not one of them has responded to the call. Not one intervenes to straighten what is distorted; but observe how far the Franks have gone what unity they have achieved. What aims they pursue. What help they have given. What sums of money they have borrowed and spent. What wealth they have collected and distributed and divided amongst them. There is not a King left in their lands or islands, not a lord or a rich man who has not competed with his neighbors to produce more support and rival his peers in strenuous military efforts. In defense of their religion they consider it a small thing to spend life and soul; and they have kept their infidel brothers supplied with arms and champions of war; and all they have done and all their generosity has been purely out of zeal for him they worship in jealous defense of their faith.

The Muslims on the other hand are weak and demoralized; they have become negligent and lazy, the victims of unproductive stupefaction and completely lacking in enthusiasm. If, Allah forbid, Islam should draw rein, obscure her splendor, blunt her sword, there would be no one, east or west, far or near who would blaze the zeal for Allah's religion, or choose to come to the aid of truth against error.

This is the moment to cast off laziness, to summon from far and near all those men who have blood in their veins; but we are confident (he speaks about himself and the small party of believers who began with him and then became a large party); but we are confident, thanks to Allah - Alhamdulillah- in the Help that will come from him and entrust ourselves to him in sincerity of purpose and deepest devotion.

In sha Allah, the disbelievers shall perish and the faithful have a sure deliverance."
— Salahuddin Ayyubi 12 CE

"After I die, you will see these Muslims fall apart in disunity, and you will see the Europeans grow strong. The best thing to do for now is to continue the fight until we drive them from the Coast (of Palestine) or die."

These are the Ominous words of Sultan Salah ad-Din about our Ummah. Salahuddin Ayyubi stated this after King Richard of England proposed that Salahuddin Ayyubi's brother, Sayf ad-Dîn (popularly known as

"Safadin" in the West), should marry his sister Joanna. So admirable was Salahuddin Ayyubi's character that his worst enemy who had traveled over 2000 miles to eliminate him, ended up offering his own sister to his family. This is the result of Perfect Islāmic "Akhlaq" and "Adab".

Also, Salahuddin Ayyubi stated in regards to the troubles he endured uniting the entire Muslim world under one banner:

"I do not know what will happen to me, if Allāh wills that the enemy should grow strong. They have established a base from which they can retrieve other lands. you will see these Muslim leaders sitting at the tops of their grandiose towers saying, 'I shall not come down,' until the Muslim world will be destroyed."

How did Salahuddin Ayyubi destroy his enemies, drive the Franks from Jerusalem and most of Palestine, and be written of so well by the European historians whose people he defeated? This is how:

"On July 3 Salāh ad-Dīn performed the Friday prayer in the Mosque of al-Aqsa, He was seen prostrating and repeating his prayers over and over again as his tears soaked the prayer mat."

On February 20, 1193, Salahuddin Ayyubi rode out to meet the Pilgrims returning from the Hajj in Makkah al-Mukarrama. He had longed to perform the Hajj his entire life, but the constant Jihād did not allow such. That night he fell ill and broke out into a tempestuous fever. On the fourth day of his illness they had him bled, which was a tradition of the Prophet (Peace and Blessings of Allah be Upon him). Salahuddin Ayyubi would not stop sweating. On the ninth day of his illness he stopped taking liquids. By March 3 on the eleventh day of his illness, Salahuddin Ayyubi had sweat so much that the bed was soaked and the floor stained. The scholars who witnessed this testified to it being a match to the description of a good death in the Sunnah.

On the morning of March 4, 1193, the Imām Abū Ja'far was reciting from the Qur'ān as Salahuddin Ayyubi's son al-Afdal, and his friend and administrator al-Fāḍil, as well as others looked on. As the Imām reached following verse of Sūrat at-Tawbah, the Qur'ānic chapter most associated with Jihād:

حَسْبِيَ اللَّهُ لَا إِلَهَ إِلَّا هُوَ عَلَيْهِ تَوَكَّلْتُ وَهُوَ رَبُّ الْعَرْشِ الْعَظِيمِ
"Allah suffices me; there is no worship except for Him; only Him have I trusted, and He is the Lord Of The Great Throne."

Hadrat Salahuddin Ayyubi smiled from ear to ear, and breathed his last. Since Salahuddin Ayyubi had given most of his money away for charity when they opened his treasury, they found there was not enough money to pay for his funeral. And so Salahuddin Ayyubi was buried in a magnificent mausoleum in the garden outside the Umayyad Mosque in Damascus, Syria.

Rules and Etiquette - Warfare in Islam

(compiled by Al-Kausar)

The first Islamic military rules were founded during the first era after the Holy Messenger Muhammad ﷺ established an Islamic state in Medina. These were based on the Qur'an and Hadith (traditions of Prophet Muhammad ﷺ).

The main points in these were the justness of war, and the call to jihad. They do not cover the means or approach in detail.

Jihad (Arabic for "struggle") was given a military application after the aggression of the Quraish against Muslims. It was interpreted as the struggle in God's way to be conducted by the Muslim community. Duty to execute jihad being both individual and collective responsibility of the Muslim community.

The nature of the attack is important in the interpretation— that if the Muslim community as a whole is attacked jihad becomes mandatory on all Muslims. Jihad is differentiated further in respect to the requirements within Muslim-governed lands (Dar al-Islam) and non-Muslim lands (Dar al-Harb).

The Islamic military jurisprudence do not conflict with international law, as can be observed.

Ethics of warfare

The fundamental ethos in fighting in the Qur'an is that other communities should be treated as one's own. Fighting is justified for legitimate self-defense, to aid other Muslims and after a violation in the terms of a treaty, but should be stopped if these circumstances stop. The practice of forgiveness is reiterated in between the assertions of the right to self-defense.

During his life, Muhammad ﷺ gave various injunctions to his forces and adopted practices toward the conduct of war. The most important of these were summarized by Muhammad's companion and first Khaliph, Abu Bakr (RA), in the form of ten rules for the Muslim army:

Law of Khaliph Abu Bakr as-Siddiq ؓ

"O people! I charge you with ten rules; learn them well! Stop, O people, that I may give you ten rules for your guidance in the battlefield."

1. Do not commit treachery.
2. Do not deviate from the right path.
3. You must not mutilate dead bodies.
4. Do not kill a child.
5. Do not kill a woman.
6. Do not kill an aged man.
7. Bring no harm to the trees.
8. Do not burn them with fire, especially those which are fruitful.
9. Slay not any animals of the enemy's flock, save for your food.
10. You are going to pass by people who have devoted their lives to monastic services; leave them alone.

According to Tabari, the ten bits of "advise" that Abu Bakr ؓ gave was during the Expedition of Usama bin Zayd ؓ.

During the Battle of Siffin, the Khaliph Ali ؓ stated that Islam does not permit Muslims to stop the supply of water to their enemy.

In addition to the Rashidun Khaliphs, hadiths attributed to Prophet Muhammad ﷺ himself suggest that he stated the following regarding the Muslim conquest of Egypt that eventually took place after his death:-

"You are going to enter Egypt a land where qirat (money unit) is used. Be extremely good to them as they have with us close ties and marriage relationships. When you enter

Egypt after my death, recruit many soldiers from among the Egyptians because they are the best soldiers on earth, as they and their wives are permanently on duty until the Day of Resurrection. Be good to the Copts of Egypt; you shall take them over, but they shall be your instrument and help. Be Righteous to God about the Copts."

These principles were upheld by 'Amr ibn al-'As during his conquest of Egypt. A Christian contemporary in the 7th century, John of Nikiû, stated the following regarding the conquest of Alexandria by 'Amr:

"On the twentieth of Maskaram, Theodore and all his troops and officers set out and proceeded to the island of Cyprus, and abandoned the city of Alexandria. And thereupon 'Amr the chief of the Moslem made his entry without effort into the city of Alexandria. And the inhabitants received him with respect; for they were in great tribulation and affliction.

And Abba Benjamin, the patriarch of the Egyptians, returned to the city of Alexandria in the thirteenth year after his flight from the Romans, and he went to the Churches, and inspected all of them.

And every one said: 'This expulsion (of the Romans) and victory of the Moslem is due to the wickedness of the emperor Heraclius and his persecution of the Orthodox through the patriarch Cyrus. This was the cause of the ruin of the Romans and the subjugation of Egypt by the Moslem.

And 'Amr became stronger every day in every field of his activity. And he exacted the taxes which had been determined upon, but he took none of the property of the Churches, and he committed no act of damage or plunder, and he preserved them throughout all his days.

The principles established by the early Khaliphs were also honoured during the Crusades, as exemplified by Sultans such as Salahuddin and Al-Kamil. For example, after Al-Kamil defeated the Franks during the Crusades, Oliverus Scholasticus praised the Islamic laws of war, commenting on how Al-Kamil supplied the defeated Frankish army with food:

"Who could doubt that such goodness, friendship and charity come from God? Men whose parents, sons and daughters, brothers and sisters, had died in agony at our hands, whose lands we took, whom we drove naked from their homes, revived us with their own food when we were dying of hunger and showered us with kindness even when we were in their power.

The early Islamic treatises on international law from the 9th century onwards covered the application of Islamic ethics, Islamic economic jurisprudence and Islamic military jurisprudence to international law, and were concerned with a number of modern international law topics.

These include the law of treaties; the treatment of diplomats, hostages, refugees and prisoners of war; the right of asylum; conduct on the battlefield; protection of women, children and non-combatant civilians; contracts across the lines of battle; the use of poisonous weapons; and devastation of enemy territory.

GREEN TEA - That magical cuppa!

COMPILED BY HASINA BEGUM SAYED

Why Green Tea?

Green tea has been used as a medicine for thousands of years, originating in China but widely used throughout Asia this beverage has a multitude of uses from lowering blood pressure to preventing cancer. The reason that green tea has more health benefits attached to it than black tea is (apparently) due to the processing. Black tea is processed in a way that allows for fermentation whereas green tea's processing avoids the fermentation process. As a result, green tea retains maximum amount of antioxidants and poly-phenols the substances that give green tea its many benefits.

Here's a list of some of its amazing benefits — benefits that you may not have been aware of. Some of these benefits are still being debated, so please do your own research if you want to use green tea for medicinal purposes.

1. **Weight Loss.** Green tea increases the metabolism. The polyphenol found in green tea works to intensify levels of fat oxidation and the rate at which your body turns food into calories.
2. **Diabetes.** Green tea apparently helps regulate glucose levels slowing the rise of blood sugar after eating. This can prevent high insulin spikes and resulting fat storage.
3. **Heart Disease.** Scientists think, green tea works on the lining of blood vessels, helping keep them stay relaxed and better able to withstand changes in blood pressure. It may also protect against the formation of clots, which are the primary cause of heart attacks.
4. **Esophageal Cancer.** It can reduce the risk of esophageal cancer, but it is also widely thought to kill cancer cells in general without damaging the healthy tissue around them.
5. **Cholesterol.** Green tea reduces bad cholesterol in the blood and improves the ratio of good cholesterol to bad cholesterol.
6. **Alzheimer's and Parkinson's.** It is said to delay the deterioration caused by Alzheimer's and Parkinson's. Studies carried out on mice showed that green tea protected brain cells from dying and restored damaged brain cells.
7. **Tooth Decay.** Studies suggests that the chemical antioxidant "catechin" in tea can destroy bacteria and viruses that cause throat infections, dental caries and other dental conditions

8. **Blood Pressure.** Regular consumption of green tea is thought to reduce the risk of high blood pressure.
9. **Depression.** Theanine is an amino acid naturally found in tea leaves. It is this substance that is thought to provide a relaxing and tranquilizing effect and be a great benefit to tea drinkers.
10. **Anti-viral and Anti-bacterial.** Tea catechins are strong antibacterial and antiviral agents which make them effective for treating everything from influenza to cancer. In some studies green tea has been shown to inhibit the spread of many diseases.
11. **Skincare.** Green tea can apparently also help with wrinkles and the signs of aging. This is because of their antioxidant and anti-inflammatory activities. Both animal and human studies have demonstrated that green tea applied topically can reduce sun damage.

How Much?

These are some of the many benefits but the reality is one cup of tea a day will not give you all the abundant gains. The jury is out on how many cups are necessary; some say as little as two cups a day while others five cups — and more still say you can drink up to ten cups a day. If you are thinking of going down this route, you may want to consider taking a green tea supplement instead (it would keep you out of the bathroom).

Another thing to point out is that there is caffeine in green tea — so if you are sensitive to caffeine then one cup should be your limit. Green tea also contains tannins (which can decrease the absorption of iron and folic acid), so if you are pregnant or trying to conceive then green tea may not be ideal for you. You can try mixing green tea with other healthy ingredients such as ginger.

source: lifehack.org



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BY MOULANA
SHAH FAISAL
KHAN SAHEB

Q. What is the excellence of Eid?

A. First of all we congratulate the general Ummah and readers of Al-Kausar especially on the arrival of the divine gift of Eid-ul-Fitr that Allah has bestowed upon us.

ALLAH'S FAVOURS MUST BE REJOICED AND CELEBRATED

The glorious Quraan commands us to rejoice over the bounties and mercy of Allah: Say; "only Allah's grace and his mercy on it so let them rejoice". (Surah yunus 58)

The Holy month of Ramadaan is a month full of mercy, Forgiveness and Freedom from Hell. It is such a blessed and sacred month which the divine law was revealed in the form of the Holy Quraan for the betterment, reformation and the eternal salvation for the whole of humanity. It is a month in which every Muslims faith is tested therefore having found a perfect code of life in the form of the Holy Quraan, and succeeded in the exam of a whole month feeling and expressing happiness is a natural matter for a muslim. For this reason we have been given the opportunity to celebrate Eid-ul-Fitr immediately after the departure of this blessed month.

Q. HOW SHOULD I PREPARE FOR THE DAY OF EID?

A. The following are desirable acts.

- * Cutting the hair according to the sunnah
- * Cutting of the nails
- * Having a bath
- * Wearing new or cleaned clothes
- * To apply fragrance (Itr)
- * offering Fajr salaah in the masjid
- * Before going to the Eidgah to eat some dates

in odd numbers such as 3, 5, and 7 etc...if nothing is eaten there is no sin

- * Going to the Eid gah on one route and on returning on another route.
- * Giving Sadaqah-tul-Fitr to the poor and needy
- * Expressing happiness
- * And many things like showing respect to all.

Q. When must the 6 fasts of shawaal be kept?

A. There are great virtues of keeping the 6 fasts after Eid.

FAST THROUGHOUT THE YEAR

Sayyyidina Sawbaan ؓ narrates that the Prophet ﷺ said: "The one fasting 6 days after Eid-ul-Fitr (In shawaal) it is though he has fasted for the entire year, because whoever does one good deed gets 10 rewards". (Ibn-e-Majah)

By the grace of Allah through his beloved Prophet ﷺ how easy it is for us to earn rewards of fasting for an entire year. Every Muslim must take full advantage of this opportunity. The wisdom behind the reward of fasting for an entire year is that Allah bestows for him 10 times the reward; this is due to the mercy of Allah. Allah Ta'aala has said: "Whosoever brings one good deed, for him are 10 rewards". (Surah An'aam 6:160).

The above verse makes it clear that the fasts of Ramadaan are equivalent to 60 fasts. Therefore one will earn the reward of fasting the entire year.

Huzoor Sadrush Shariah wrote in his famous book Bahaar-e-Shariat: It is better to keep these 6 Fasts separately but there is no harm if one keeps it consecutively after Eid-ul-Fitr. A person can keep the 6 fasts on any day in the month of Shawaal besides on the day of Eid.

Eid ul Adha is a celebration of Haj and the sacrifice of Hazrat Ebrahim and Hazrat Ismail ؑ. Eid Meelad-un-Nabi ﷺ is the birthday of our Nabi ﷺ and obviously the greatest of all the Eids.



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RIGHTEOUS BLOSSOMS

BY SHEIKH ZUZE ISHAAQ - HEAD OF DAWAH ACTIVITIES AT ORANGE FARM

We bid farewell to yet another blessed eventful Ramadan here at Saaberie Chishty Dawah Centre. Today we observe Eidul-Fitr as a token of gratitude for having been granted the opportunity of fasting and carrying out ibadah during the blessed month with all Praise of Almighty Allah, our Creator, Most Exalted, All-Knowing and All-wise, and salutations be upon His Rasool Hazrat Muhammad ﷺ, His Followers and all the pious Believers.

Eidul-Fitr is the time of goodness, virtues and righteous blossoms throughout the Muslim communities. Greetings and congratulations to all with special wordings of the day. Allah Almighty sends much glad tidings down to the believers. Ramadan has offered us a comprehensive programme for our spiritual overhaul and it has left us now, wherein here it was so magnificent spending much of our time dedicated to our daily activities and sacrifices which now bless us all.

As we ponder over many occurrences during the month of Ramadan, we were busy seeking Allah's Mercy, Forgiveness and protection from Hell fire, and we have been blessed having the whole Qur'an read during Taraweeh prayers daily and with a better attendance from all, both male and female Muswalis, and it was of divine grace. It was beneficial to us all to embrace such good fortune, let the spirit of fasting last in us throughout the year and to the following year to come- inshaa Allah.

Our fasting gave us Taqwa since our Taraweeh prayers were blessed with divine providence and our iftaar was served with devotion as our Dawah Centre provided iftaar packs to up-to 250 children on daily basis including a vast number of Muswalis as well. Most of all, our prayers were full of supplications, adoration and thanksgiving. During Lailatul-Qadr, was of a night long program of recitation, Zikr and lecture, and all Muslims were treated with love, sweet dishes and delicious prepared Suhoor. I wish to place on rewind

the commitment and dedication displayed by all here, at all times. May Allah accept the worship from us and from you! Ameen!

Once again Saaberie Chishty Society-Lenasia (Moulana Sayed Yusuf) helps reigns firmly as much of the success of our Ramadan for the sake of Almighty Allah, with deep sterling efforts, we are highly indebted to all of our sponsors who have contributed to encouragement and uplift-ment of all, an unforgettable provision to the poor community families and Muswalis here. A served sense of unity was observed where all did participate in this special act of worship and togetherness.

The spirit of Islam here at the Dawah Centre is derived from the Holy Qur'an and the Sunnah, therefore our manner of expressing joy on this day is a family love-life. Muslims from all over Orange Farm come together and gather here in their large numbers for the prayer and we do extent our prayer facility to accommodate all. After the Eid Namaaz, tasteful tea and cakes is served to all, and later with a delicious lunch. Later this blessed day we equip ourselves and Madressa children with sports activities around our centre grounds. All activities here bring happiness and blessings, as they constitute our Islamic way of life.

Lastly- our Dawah Centre sends utmost supplications daily to our brethren Muslims who are facing hardships, who are being persecuted and murdered everyday in the middle east and all countries...

May Allah Almighty safeguard us all and May He give Sabr to those who have lost their families...Ameen!

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"O Mankind ! Eat of the lawful and good things from what is in the earth, and follow not the evil. Surely he is an open enemy to you (S2: V168)

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COMPANIONSHIP IN ISLAM

MOULANA NASIK AHMED BROOD

Allah Almighty has made human beings in such a way that no man likes to live in isolation. Nobody is an island. Every person requires companionship. This is something very unique which Allah Almighty has placed in the nature of human beings. The well-known boxer, Muhammad Ali, once said: "Friendship is the hardest thing in the world to explain. It is not something you learn in school. But if you have not learned the meaning of friendship, you really have not learned anything." It is said that man, by nature, is a gregarious animal. Islam has identified and recognised that a person is in need of companionship and this is where Islam has given us certain guidelines regarding companionship.

Allah Almighty has mentioned in the Holy Quraan: "Friends on that day shall be foes to one another, except the pious ones." (S 43: V 67) This verse of the Holy Quraan clearly indicates that friendship and companionship of the believers will be beneficial on the Day of Judgement, but only for the believers. Thus the attachment to Nabi (Sallallahu Alayhi Wa Sallam) or the Awliyaah – e – Kiraam will definitely be beneficial. The Holy Prophet (Sallallahu Alayhi Wa Sallam) has mentioned: "A man is upon the religion of his best friend, so let one of you look at whom he befriends." (Abu Dawood) The person whom we presume to be our true friend, on the Day of Judgement he can turn around and be our greatest foe. The only exception to that rule will be a companion who has piety. If we have a friend who is righteous in this world then he/she will remain as our true friend on the Day of Judgement. This type of companionship will continuously flourish. Someone once mentioned that the word "FRIENDS" can actually be an acronym for:

F – Fight with you to be on the right path
R – Respect you for having good character
I – Include you in all the right things
E – Encourage you to constantly do the right thing
N – Need you to be there for them
D – Deserve you because you are the personification of true friendship
S – Stand by you in doing that which will take you both to Paradise

A teacher once mentioned to a student: "Making a million friends is not a miracle. The miracle is to make a friend who will stand by you when millions are against you." However, those so called close friends who take you away from righteousness in this world will be your worst of enemies in the Akhirah. The reason being because each one will accuse the other and will say: "Because of you I have to suffer here! Because of you I am in problems! Because of you I am being punished! Because of you I am being disgraced here on the Day of Judgement! I wish I

had never known you! I wish I had never befriended you! I wish I had nothing to do with you in the Dunyah!" And that friend will say the same thing to him. "You telling me but you were worse than me." They will fight and argue with one another on the Day of Judgement. This is where we need to understand that a friend's eye is a good mirror. So therefore, when it comes to the issue of companionship, we have certain guidelines in Islam.

We all have friends, so much so that even our work colleagues are our friends. However, when we select someone to be our closest friend/companion then we should ensure that that person is worthy of such close companionship. It is said that Imaam Ghazaali has mentioned: "If you are looking for a close and true companion, then you must look for certain qualities in that person." He then made mention of some of those qualities with a small detail about it. Since there have been a number of qualities that have been mentioned, only four of these qualities will be given preference. The qualities are as follows:

- 1) Someone who is intelligent
- 2) Someone who has good character and good manners
- 3) Someone who is not greedy
- 4) Someone who is not corrupt in their Aqeedah

The first quality: Someone who is intelligent

The caption of this quality clearly indicates that a person should not make a foolish person as their close companion. Because a foolish friend will make you land up in problems, but an intelligent friend will help you get out of a problem which you are in. The intelligent friend will strategize and make a plan to get you out of your problem/s. The measure of intelligence is the ability to bring about change in benefiting people for good reasons. We must always remember that an intelligent person is never afraid or ashamed to find errors in his understanding of things.

The second quality:

TO BE CONTINUED



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ABNORMAL BEHAVIOUR

BY FAIZEL KHAMKAR

Three Israeli teenagers disappeared and were later found to have been killed after suspicion of hostage taking. This is a normal event in an abnormal world. This statement may seem careless on first glance. However if we honestly reflect on the global position how much normality can we claim exists in this world. We are living in a world where murder, looting, mass killings, social disorder, usurpation of land resources and abuses to humanity in all forms have become the norm. No nation state can claim immunity from daily atrocities committed with impunity. All these events take place in an era where we claim to have reached the highest level of civilization through technology and democracy.

The level of reciprocation firstly after the suspected hostage taking and thereafter the confirmed deaths of these youth shows and reflects this abnormality. How can you punish by death and destruction a whole community on the basis of suspicion? Suspicion which in any event is not based on evidence but rather prejudice and fueled by an agenda of greed and power. Can justice be executed on the premise of hate and revenge for being sidelined by the international community as a result of your own actions? What about the two Palestinian children that were brutally killed no more than one week prior to the three Israelis.

Hospitals are regarded as a place where comfort for the ill can be sought. Furthermore these institutions are vital in any society and is recognized as such by the world to such an extent that its safety and security has been sanctioned by international law. For the abnormal Israelis however, this sanctity has no place in their lives.

Having made great capital of the holocaust and promoting this through using a variety of rhetoric's such as "never again" it has now become the norm for the victims to become perpetrators of genocide and ethnic cleansing. This abnormality has reached such a level that professional help may not be enough. The only future which can be visualised is the same as that which the Americans are experiencing, namely having violence perpetrated by its own on its own. This is a direct consequence of attempting to normalize

abnormal behavior. Having lost all sense of humanity only increases abnormal behaviour. We are in an era where mental disease is of one kind or another is on the increase. In the United States of America it has been reported that seven hundred and thirty thousand prison inmates (for minor offences) went to prison in order to look for care and medication for mental illness. It is expected that these figures would increase. Where society has lost its moral compass and starts to embrace abnormality then these disturbing trends must be expected.

For the benefit of the denialist of the reality of what is happening, the above statement is proven by the treatment of aid workers in the area of mass human destruction. Medical aid workers from the European Union have been barred from assisting, hospitals and ambulances has been targeted and destroyed, medicinal aid which is urgently required as a matter of life and death is being denied. Can anyone other than the abnormal show pride in these actions.

The old scientific theory of life attracts like also seems to be proven in this case. The United States of America is making the normal muted sounds being the most accomplished student in human abnormality hopes to make its mark in history by brokering peace yet has subtly condoned this mass murder and carnage. The apartheid era in South Africa showed that abnormality and peace are not soul mates. The illegal Egyptian regime who has been blocking the Rafa border to ensure that no Palestinian can have safety from that area as well as ensuring that no humane aid can be accessed for the besieged Palestinians also wants to act as a peace broker. The same abnormal crew who did not hesitate to mow down its own people, wants to bring about a facade in terms of its respectability.

Who really wants and can trust an abnormal person or nation state except the abnormal. We can hear the sound of relief and satisfaction from the billions of Muslims who still cares and have maintained intact qualities of humanity.




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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

The blessed month of Ramadan this year has seen the greatest turmoil, death and destruction ever in most of the Muslim countries across the globe.

The Middle East has been particularly hard hit as Israel faced global condemnation for its attacks in Palestine; Iraq was facing a huge civil war with a self-proclaimed Caliph demanding allegiance from Muslims everywhere; and rebel groups continued to wreak havoc in Yemen, as the focus shifted away from Afghanistan and Pakistan, where trouble continued as well.

At the time of going to print, the beleaguered Israeli Parliament had approved an Egyptian ceasefire plan with Hamas but the Palestinian group responded with suspicion. Mahmoud Abbas, the Palestinian president, welcomed the initiative. He said he valued Egyptian efforts and called on all parties to commit so as to preserve Palestinian blood. The plan calls for a ceasefire to begin within 12 hours of "unconditional acceptance" by all sides, followed by the opening of Gaza's border crossings and talks in Cairo within two days.

In Baghdad, the Iraqi army launched an assault to retake the rebel-held city of Tikrit. The operation was part of a two-and-a-half week long Iraqi offensive aimed at taking back the city, which fell to rebels led by the Islamic State group in June. Since the start of the rebellion led by the Islamic State group in June, both the government and the fighters have made conflicting claims of control over several towns, which are difficult to independently verify.

In Tripoli, fighting between rival

armed groups continued as government spokesman Ahmed Lamine said the Libyan government was considering the possibility to bring international forces to enhance security. Rival militias have clashed for control of the airport. The powerful Zintan armed group, has been in control of the airport since the fall of Muammar Gaddafi, was still holding it. Militias, many of which originate from rebel forces that fought Gaddafi, have become powerful players in post-war Libya, filling a void left by weak police and security and cooperating with the government to provide order. In Sana'a, fighters from a Yemeni Shia rebel group took control of the north-western city of Amran, about 70 km north of the capital, where they have been fighting for weeks with conservative Sunnis from one of the country's largest tribes. Yemen's President Abdrabuh Mansur Hadi has sacked the military chiefs of two regions following sweeping advances by Houthi rebels and a surge in Al-Qaeda attacks.

In Mogadishu, Somali troops retook the presidential palace after al-Shabab fighters forced their way in and exchanged heavy gunfire with soldiers and guards. After more than two hours of fighting, Somalia's presidency said that "the shameful attack" had been foiled by Somalia's armed forces fighting alongside African Union peacekeepers. Al-Shabab claimed responsibility for the attack.

In Kenya, gunmen killed at least 29 people in two separate attacks in coastal towns killing 29 people near the scene of another attack last month that left 65 people dead. A



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spokesman for Somalia's al-Shabab armed group claimed responsibility for the attack.

In Abuja, Nigeria, Pakistani rights activist Malala Yousafzai, who survived being shot in the head by the Taliban for campaigning for girls' education, pledged to help free a group of school girls abducted by militants. Malala met with parents of the more than 200 girls who were kidnapped by militant group Boko Haram from a school in the north-eastern village of Chibok in April. Boko Haram, a Taliban-inspired movement, says they are fighting to establish an Islamic state in religiously mixed Nigeria.

In Cairo, the leader of the Muslim Brotherhood in Egypt, Mohamed Badie, was sentenced to life in prison for inciting violence in street protests last year. Presiding judge Hassan Farid, said the 70-year-old incited violence "to achieve terrorist goals" following the removal of the Brotherhood's Mohamed Morsi from the presidency in July 2013. A further 36 Brotherhood members were given the same sentence at the Cairo trial, while 10 others were sentenced to death. Many of the co-defendants were tried in absentia. Badie, who has already received death sentences in two separate cases, was one of thousands of Brotherhood figures and supporters arrested following the army's removal of Morsi.

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