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HAPPY DAYS ARE HERE AGAIN!

How wonderful to feel the spirit of Ramadaan again!

Thank Allah Subhanahu wa Ta'aala, for this blessed gift, this inspirational, motivational, purgatory, and spiritually uplifting phenomenon called Ramadaan. It is nearly impossible to adequately cover all the virtues and excellences contained in this sacred month.

Let us start at least with some reference to Fasting, as this is one of the 'pillars' of Islam. Fasting at any other time in the year is good and is rewarded by Allah, but it is this month of fasting, in Ramadaan, that is considered as one of the five pillars of Islam.

The month Ramadaan is holy because Allah explains that "the month of Ramadaan is when the Qur'an was revealed". In honour of this reality, the entire month is spent fasting, resembling an attitude of submission and thanksgiving. Extending this attitude further, there is the Taraweeh prayer, performed once a year, only in Ramadaan, where usually the entire Qur'an is recited nightly, spread over the whole month. In the last ten days and nights, the pious seclude themselves in the mosques, or homes, to fulfill I'tikaaf, to seek Laylatul Qadr (the "Night of Power") whose reward is more than rewards accumulated for over a thousand months.

Again, Laylatul Qadr falls exclusively in Ramadaan. In essence it is a celebration of the revelation of the most perfect and enduring, final

message of the Creator of the universe, preserved as a Solution, and Mercy unto all. It is this same Qur'an that declares God's final messenger in the "light" of "and what have We sent you as (Oh Muhammad) but as mercy unto the universe?"

The office of Final Messenger of God was also conferred upon Prophet Muhammad (ﷺ) on Laylatul Qadr. It is prudently realised then that both the Qur'an and the Messenger to convey its message, are thus honoured and referenced by "Verily, we revealed it on the Night of Power."

Let us hasten to do whatever we can, even a bare minimum, to secure a share from the unlimited blessings of the month. Fasting, revising Qur'an, and good conduct, kindness, and Charity, combined with the timeous observation of the five obligatory Salaah as well as the taraweeh and other, will not only earn points but most of all, will cleanse and nourish you physically and spiritually.

While we enjoy the opportunities knocking at every Ramadaan moment, let us pray for our muslim brothers elsewhere, particularly those suffering at the hands of oppressors. May Allah save the ummah and grant us victory wherever we are challenged and through Islam fill our hearts with love for one another!

RAMADAAN MUBARAK

NATIONAL INDEPENDENT HALAAL TRUST



"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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BIRTH OF THE NEW MOON FOR SHAWAAL 1439 WEDNESDAY 13 JUNE 2018 @ 21:45

HAZRAT MUS'AB IBN UMAIR ﷺ

Mus'ab Ibn Umair can indeed be described as the flower of the Quraish. He was young, handsome and charming. Born into a very wealthy family, he grew up in ample luxury.

The news of Muhammed (ﷺ) and his message (ﷺ) was spreading fast in Makkah. People talked about it everywhere. Mus'ab always listened attentively to what was being said. His common-sense and wisdom had generated a great interest and curiosity in Islam. He soon discovered that the prophet (ﷺ) and his (ﷺ) followers were meeting secretly at As-Safaa in Dar-al-Arkam. Enthusiastic to find out more, he also attended the meeting there when he arrived the glorious Prophet (ﷺ) was eloquently reciting the captivating verses of the holy Quraan. As soon as these verses had reached his ears, its beauty and magnificence had overcome him with ecstasy. His heart became filled with pleasure as it readily accepted and submitted itself to Islam. Mus'ab was very pleased with his new faith but had decided to keep it a secret out of fear of his mother. She was a very strong and harsh personality who easily generated fear and terror in any heart.

This was however not an easy task as all the eyes of Makkah were at that time anxiously keeping watch over the progression of Islam. Mus'ab's mother soon heard about his involvement in Islam.

When questioned about it by his family and the nobles of Makkah, Mus'ab stood with his hands held high and confirmed his conviction in Islam. His mother was enraged and decided to chain and lock him up in one of the rooms of her house. Mus'ab remained there until he heard about the emigration to Abyssinia. He managed to escape & join some of the Muslims there. On his later return to Makkah his mother tried to lock him up once again. She withdrew any support of him and ever refused to feed him. Mus'ab however stood fast and refused to renounce his religion. He instead showed greater passion and determination and offered feverishly intense opposition. His mother soon realized the sincerity and might of his determination and had no option but to give up. As she turned him out of the house, he pleaded with to accept Islam. She blatantly refused. All her ties were cut off from him and she declared that she was no longer his mother.

This did not change Mus'ab's mind in anyway but his life itself had changed significantly. The graceful Mus'ab who was always beautifully adorned and luxuriously pampered, now wore tattered clothing and went for days without food. The fragrance of this flower still however lingered, not through his material charm, but through the sweetness and strength of his invincible faith. His dwellings and adornment had become dimmed but his eyes remained ignited and sparkled brilliantly with Noor of Imaan.

Mus'ab's radiance attracted the honour of leading the first Envoy to Madinah. The destiny of Islam had been placed in his hands. The Prophet (ﷺ) had entrusted him with the crucial task of conveying Islam to the Ansaar (People of Madinah) and preparing for the great Hijrah. The piety, sincerity and wisdom of Mus'ab easily inspired the hearts of the people of Madinah. It was not long before they began to embrace Islam in great numbers. Mus'ab managed to overcome any opposition with astounding ease and with the most amazing skill. Mus'ab had ensured the first Envoy of the Prophet (ﷺ) was a great Success.

As the years passed and Islam spread, the rage of the opposition also increased. This led to the Battle of Badr and thereafter to the Battle of Uhud. The Prophet (ﷺ) had chosen none other than Mus'ab to hold the flag of Islam in the battle of Uhud. Mus'ab held the flag high, shouting "ALLAHU AKBAR", as he furiously attacked the enemy. He wanted to draw attention towards himself and away from the prophet (ﷺ). In the second half of the battle, the enemy achieved the upper hand. A knight known as Ibn Quma'ah reached Mus'ab and cut off his right hand. Mus'ab would not however be disheartened. He lifted the flag in his left hand and continued to fight. His left hand was also cut off. Still undetermined, he lifted the flag with his upper arms to his chest. His concern and love for the Prophet (ﷺ) would not allow him to surrender.

Soon however, a spear went through him and Mus'ab breathed his last breath. After the battle, when the Prophet (ﷺ) saw his body tears dripped from his (ﷺ) blessed eyes. Mus'ab was a great man who lived a great life and died as a great martyr. Yet, all he left behind of his possession was a shredded woolen cloth and an inspirational life story.

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RAMADAAN HEALTH FAQ'S

Here are some frequently asked health questions about fasting during the holy month of Ramadan.

These answers have been put together by medical experts and Islamic scholars and researchers.

Should a person with diabetes fast?

People who have their diabetes under control, either by their diet or using tablets, may fast. However, their GP may require them to change their medication to help them take tablets outside fasting times. Those who need insulin to control their diabetes should not fast.

I get severe migraines when I don't eat and they get worse when I fast. Should I fast?

People with uncontrolled migraines should not fast. However, managing your migraines is possible with the right medicine and certain lifestyle changes. Ask your GP for further advice on controlling your migraines.

Should a person with high or low blood pressure fast?

People with well-controlled high blood pressure may fast. Their GP may require a change to their medicine to help them take tablets outside fasting times. Someone with low blood pressure who is otherwise well and healthy may fast. They must ensure they drink enough fluid and have enough salt.

Is fasting harmful when a woman is expecting a baby? Must pregnant women fast?

There's medical evidence to show that fasting in pregnancy is not a good idea. If a pregnant woman feels strong and healthy enough to fast, especially during the early part of the pregnancy, she may do so. If she doesn't feel well enough to fast, Islamic law gives her clear permission not to fast, and to make up the missed fasts later. If she is unable to do this, she must perform fidyah (a method of compensation for a missed act of worship).

Is Ramadan a good time to quit smoking?

Yes. Smoking is bad for your health. Ramadan is a great opportunity to change unhealthy habits, including smoking. Find out more about stopping smoking.

From what age can children fast safely?

Children are required to fast upon reaching puberty. It isn't harmful. Fasting before this age is tolerated differently depending on the attitude of the parents and the child's general health and nutrition.

Fasting under the age of seven or eight isn't advisable. It's a good idea to make children aware of what fasting involves and to practise fasting for a few hours at a time.

Can I use an asthma inhaler during Ramadan?

Muslim experts differ on this issue. Some say that using an asthma inhaler isn't the same as eating or drinking, and is therefore permitted during fasting. In their view, people with asthma can fast and use their inhalers whenever they need to.

But other scholars say that the inhaler provides small amounts of liquid medicine to the lungs, so it breaks the fast. They say that people with poor control of their asthma

must not fast until good control is achieved. Some people with asthma may opt for longer-acting inhalers so that they can fast. See your GP for further advice.

Can I swim during fasting?

Yes, but do not drink the water. A bath or shower or swimming has no effect on the fast. But no water should be swallowed during any of these activities as that would break the fast.

Can a person fast if they are getting a blood transfusion in hospital?

No. A person receiving a blood transfusion is advised not to fast on medical grounds. They may fast on the days when no transfusions are required.

I am on regular medication. Can I still fast?

If the medicine needs to be taken during fasting, do not fast. If this medication is required as treatment for a short illness, you can compensate for missed fasts by fasting on other days when you are well.

If you are on long-term medication then you could talk to your GP about whether you could change your medication, so that you can take it outside the time of the fast.

If your disease is unstable or poorly controlled, do not fast. Those who are unable to do the missed fasts later, due to the long-term use of medication, should do fidyah.

Does a breastfeeding woman have to fast?

No. Islamic law says a breastfeeding mother does not have to fast. Missed fasts must be compensated for by fasting or fidyah once breastfeeding has stopped.

Can a Muslim patient take tablets, have injections or use patches while fasting?

Taking tablets breaks the fast. However, injections, patches, eardrops and eyedrops do not break the fast as they are not considered to be food and drink (though there are differences of opinion among Muslim scholars on these issues). Islamic law says sick people should not fast.

Could dehydration become so bad that you have to break the fast?

Yes. You could become very dehydrated if you do not drink enough water before the fast. Poor hydration can be made worse by weather conditions, and even everyday activities such as walking to work or housework.

If you produce very little or no urine, feel disoriented and confused, or faint due to dehydration, you must stop fasting and have a drink of water or other fluid. Islam doesn't require you to harm yourself in fulfilling the fast. If a fast is broken, it will need to be compensated for by fasting at a later date.

Can I fast while I have dialysis?

People on peritoneal dialysis must not fast and should perform fidyah. Haemodialysis is performed about three times a week and causes significant shifts of fluids and salts within the body. Such patients must not fast and should perform fidyah.

SCORING BONUS POINTS ...

Assalaamu alaikum

The month of Ramadhan is finally here. This is the month of boundless mercies. This is the month that you should use to score as many bonus points as you can. Take advantage of the opportunities presented to you.

Let me explain how this can be done. I'm sure that many of you feel that you already know enough about what is required of you from Ramadhan. But, indulge me. I'm sure that there may be one or two points that may surprise you!

To many, Ramadhan merely means not eating and, spending more time in prayer. But what is the spirit of Ramadhan? For you to gain enough merit from this blessed month, you should approach each action with more care and thought. Do not go through them mechanically, to appreciate the deeper significance of your actions, would allow you to give it more importance, thus taking much more from it. Let me try to explain my thoughts in a more detailed manner to you.

The whole idea of abstaining from food and drink, should be an action that allows you to feel the hunger that many others feel on a daily basis. Your thoughts should not be around what the Ifthar spread is going to look like; but, rather appreciate and be thankful that you, at least have unlimited choices to feast on. This act should make you even more thankful towards Allah Ta'ala that He has granted you so much.

When in prayer, do not simply go through the motions, try to create an awareness in yourself that you are in front of your Rabb. You are presenting yourself in front of the Most Supreme who is listening to you, watching you and the One who is the controller of your life. Be aware of each of your actions what do they represent and, are you performing them correctly? Be aware of His presence, just as you would be extra careful not to break traffic or school rules in the presence of an authority figure. You will find that your prayers would be more meaningful to you.

When you give in charity, do not do so grudgingly. What you have is not yours ... it is what Allah Ta'ala has gifted you. It is all the opportunities He has been generous enough to grant you. So, be generous enough to share with others less fortunate. It does not only have to be monetary, assist in all respects. Help make it easy for other individuals in whatever aspect they should need it.

Try to moderate your anger and your tongue. Do not be harsh in your speech rather, walk away from situations that would lead to hurtful words or idle talk like gossiping.

Try to emulate the character and personality of our Nabi ﷺ and his companions. Work on developing good character traits like humility, patience, sincerity, etc.

These are only a few aspects that I've touched on; I'm sure that you would be able to draw on a few more. Keep in mind that this month is an example on how you should be leading your life. So, what changes are you going to try to carry through into your lifestyle after Ramadhan? Use this month as a springboard to incorporating good habits and move towards a new, more meaningful approach to a fulfilled Islamic lifestyle.

Give it a try and see what doors this will open for you. Insha Allah.

... Ramadhan Mubarak from Yasmin Omar!

RAMADAAN'S HEROES

Ramadaan marks the wisaal (death anniversaries) of many sacred personalities, including Bibi Fatimah az-Zahra ؓ the saintly daughter of the holy Prophet ﷺ, and his most honoured wives Bibi Khadija-til-Kubra ؓ and Bibi Aa'isha Siddiqah ؓ. The three are considered the most virtuous and excellent of all women since the arrival of Allah's final Messenger ﷺ, whose achievements exerted no small influence on the future of Islam.

The 21st Ramadaan is widely celebrated in honour of another great personality, Sayyidina Ali ibni Abi-Talib ؓ, the 4th Khalif and one of the most revered from the family and companions of Hazrat Muhammad ﷺ.

The Martyrs of Badr sacrificed their lives in Islam's first holy war, and are exalted till eternity in the pages of the holy Qur'an, for the occasion described as 'Yumul Furqaan'. This sacred day falls on the 17th of Ramadaan (co-inciding with the wisaal of Bibi Aa'isha, ؓ).

It is considered virtuous to remember these noble, saintly, pioneers of our religion, with prayers, discussions or lectures, and any good deed as a token and blessing upon their souls! May Allah reward them endlessly and enshrine their legacy in our hearts!



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HAZRAT ALI عليه السلام - THE LION OF ALLAH

Hazrat Ali عليه السلام belonged to the tribe Quraish and the family of Bani Hashim in Makah. He was born In the Holy Kabah in Mecca on Friday, 13th Rajab 23 BH. He عليه السلام was the son of Hazrat Abu Talib (RA) the uncle of Holy Prophet ﷺ, who had nourished and brought up Hazrat Muhammad ﷺ. His mother Fatima bint-e Asad was also a noble lady belonging to the tribe of Bani Hashim whom the Prophet ﷺ respected as his own mother. When he was born his name was suggested by the Prophet ﷺ that's why his name became more significant. Hazrat Ali عليه السلام had a great honor of being the first cousin of the Prophet ﷺ and was also brought up under His kind and inspiring supervision for most of the time of his life.

First Youth to Accept Islam at the early age of 10: Hazrat Ali (RA) was the first among youth who accepted Islam just at the age of 10. Hazrat Ali عليه السلام was only 10 years old when the Messenger of Allah received the very first Revelation from the Almighty. He ﷺ was directed to start preaching of Islam from His own family. That's why He ﷺ started preaching of Islam from His family and closest relatives. For this purpose, He ﷺ invited all to the meal and asked from all of them that "Who will join me in the cause of Almighty Allah?" The entire gathering remained silent, but the little Ali عليه السلام stood up with great courage and made his firm belief in the Word of Righteousness known in front of all. He عليه السلام said, "Though my eyes are sore, my legs are thin and I am the youngest of all those present here, I will stand by you, O Messenger of Allah." Thus he became the first youth to enter the loop of Islam.

This shows the great valor and insight of Hazrat Ali عليه السلام, who did not care about the travesty of the non-believers and had an excellent amount of understanding of right and wrong at a very early age.

Risking his Life for the Holy Prophet ﷺ: When Holy Prophet ﷺ started preaching Islam everyone was against Him except some of the people in which Hazrat Ali عليه السلام included. Hazrat Ali عليه السلام never lost his courage in collaborating with his cousin and in admitting his love and loyalty towards him. On every occasion, he acted as a shield to the Prophet ﷺ against all odds. A crucial time came when enemies of Prophet ﷺ firmly decided to boycott him and the members of his household. The situation depressed so much that even their lives were in extreme danger. He عليه السلام always protected Prophet Muhammad ﷺ since his childhood. Our beloved Prophet ﷺ also loved him very much. The night when the Holy Prophet was migrating to Medina, his house was surrounded by the bloodthirsty tribesmen, who had plotted to kill him. They were ready to kill any person who came out of the house. In such a situation, the Holy Prophet ﷺ asked Hazrat Ali عليه السلام to sleep on his bed.

Therefore, at night, the Apostle ﷺ asked Hazrat Ali عليه السلام to hand over the entrusted possessions to their owners, as He ﷺ had prepared to leave Makah along with Hazrat Abu Bakr عليه السلام as directed by Allah ﷻ. Hazrat Ali عليه السلام risked his life just for the sake of the Almighty and His Messenger ﷺ as he knew that the disbelievers might slay him while he was resting in the bed of Prophet ﷺ that night. This shows the remarkable and unmatched fearlessness of Hazrat Ali عليه السلام who was not concerned about his own life, rather committed his existence to serving the Holy Prophet ﷺ as he successfully returned all trusts to those they belonged the very next day, and then migrated to Medina.

Marrying to Hazrat Fatima عليه السلام: In the 2nd year of migration to Medina, the Holy Prophet ﷺ got many marital proposals for Hazrat Fatima عليه السلام who was the most beloved daughter of Prophet ﷺ. But He ﷺ finally decided to marry

her to Hazrat Ali عليه السلام with mutual approval.

He عليه السلام got the honor of becoming the Son in Law of Prophet ﷺ and transforming their ever closer relationship with a family bond. Both Hazrat Ali عليه السلام and Hazrat Fatima عليه السلام lived a well-satisfied life and had 5 children, namely: Hassan, Hussain, Zainab, Umm Kalthum, and Mohsin عليه السلام, who died in his early childhood. His son, Imam Hussain عليه السلام had the credit of having the greatest service to the Religion of Islam by standing firm against the unjust ruler, Yazid and sacrificing his life in this cause.

Title of "Asadullah" - The Lion of Allah: Hazrat Ali عليه السلام was the brave man due to his bravery he was popularly known as "Asadullah" (The Lion of Allah). During the war of Khaibar against Jews Muslims tried to capture the strong Jewish Fort at Khaibar. The Messenger ﷺ announced that He would give the charge to that person who loves Allah and His Prophet ﷺ and they also love him. The next day, the authority was awarded to Hazrat Ali عليه السلام upon which everybody was amazed as he looked pale and sick. But Hazrat Muhammad ﷺ believed in his unmatched combating ability and gave him the Muslim command. Jews not only rejected his invitation to Islam but also sent their well known and bravest combatant, Mahrab in front, who challenged Hazrat Ali عليه السلام to fight him. The Arabs witnessed the unbelievable force and power of Hazrat Ali عليه السلام, who killed Mahrab through the vigorous blow of his sword. Then, the Holy Prophet ﷺ gave him the title of "Asadullah", which means "Lion of Allah".

Being Fourth Caliph in Islamic History: After the martyrdom of 3rd caliph Hazrat Usman عليه السلام in the year, 35 A.H Hazrat Ali took the charge and became the fourth caliph of Muslims. This was a great testing time for Hazrat Ali عليه السلام as he had to work not only against the rebellions but also had to maintain peace in the territory. He عليه السلام also had to change the Muslim capital to Kufa, in Iraq, because of great support he has over there. He عليه السلام faced many difficulties during his caliphate. During this short span, he restored afresh the imprints of the simple Islamic mode of life, of equality and of honest earning by hard labor. In spite of being the supreme authority of Islam, he did not mind sitting at shops and selling dates. He wore patched clothes, sat in the company of poor people on the ground and took part of eating food with them. He always endeavored to ensure that the income of Baitul Mal reached the rightful persons as quickly as possible. He was not in favor of growth of government revenue in the treasury. The overall reign of Hazrat Ali عليه السلام lasts for almost 5 years.

Hazrat Ali being a great Scholar of Islam: Hazrat Ali عليه السلام was not only a great warrior but a great scholar as well. The Holy Prophet ﷺ said about him, "I am the city of knowledge and Ali is its gate." He عليه السلام had an incredible amount of command over the teachings of Islam, especially in the Holy Quran. He عليه السلام also had fantastic abilities in public speech and sermons, writing letters, and recording his sayings which are well preserved and followed by the Muslim world till date. Hazrat Ali عليه السلام was a master of Arabic and his writings were as effective as his speech.

Martyrdom of Hazrat Ali عليه السلام: One of the rebels, known as Ibn-e-Muljim, martyred Hazrat Ali عليه السلام using a poisoned sword while He عليه السلام was performing Salah in the mosque on 19th of Ramadan, in 40 A.H. Hazrat Ali عليه السلام spent two restless days on his sick bed in extreme pain and distress. Eventually, the poison spread all over the body and he died on 21st of Ramadan at the time of Morning Prayer. He was buried at Najaf.

SADAQA-TUL-FITR

Sadaqatul Fitr is a special charity of the month of Ramadan. This charity should be given during the month of Ramadan anytime before the Eid-ul-Fitr prayer. Because it can be given until the Eid-ul-Fitr time it is called Sadaqatul Fitr. The Prophet peace be upon him urged Muslims to pay this charity in the month of Ramadan.

Why to give Sadaqatul Fitr?

Various reasons are given by scholars for this charity. Some say that this charity helps the poor and needy and takes care of their needs in the month of Ramadan and also makes it possible for them to celebrate the Id festival with other Muslims.

Another view is expressed that this charity is to atone (as a kaffara) for any mistakes or omissions a person might have done during this blessed month.

Ibn 'Abbas said: The Prophet peace be upon him enjoined Sadaqatul Fitr so that those who fast are purified of their errors and the poor and needy people are enabled to arrange for their basic needs of food, clothing etc. Therefore the Sadaqa of the person who gives before the Id prayer is the real Sadaqa, but if someone delays and gives it afterward his charity will be an ordinary charity (reported by Abu Dawud and Ibn Majah).

Sadaqatul Fitr is obligatory upon every Muslim, whether male or female, minor or major, who possesses property over and above his basic needs and requirements, amounting to the Nisab for Zakat, whether it is subject to Zakat or not. The amount of Nisab for Zakat is about 80 grams of gold or its equivalent in cash value. The head of the household must pay this amount on behalf of his/her own self and on behalf of their spouse, children and even servants.

How much to pay as Sadaqatul Fitr?

The amount of sadaqatul fitr was fixed by the Prophet peace be upon him. It is about 5 pounds of wheat, flour, barley, dates or raisins. Jurists also allow paying cash to the poor and needy. The head of the household must pay this amount on behalf of all the members or the dependant, males or females, adults or children.

This sadaqa should be given during Ramadan any time but before the Eid-ul-Fitr prayers. The sadaqa should be given to the poor and needy. Individuals can also make the payments to Islamic charitable organizations that collect this fund. These organizations then should distribute these funds as

soon as possible so that they reach to the needy people in time.

The following points must be remembered concerning the payment of Sadaqat-ul-fitr.

1. Sadaqat-ul-fitr is obligated on each adult male or female separately, and the relevant adult person himself is responsible to pay it. The husband is not required to

pay Sadaqat-ul-fitr on behalf of his wife nor is the wife supposed to pay it on behalf of her husband. Similarly, a father is not bound to pay Sadaqat-ul-fitr on behalf of his adult children or vice-versa. However, if the head of the family, by his own free will, wishes to pay Sadaqat-ul-fitr for each one of the members of his family, he should seek their authorization for that purpose. In this case the Sadaqat-ul-fitr paid by him will be valid on their behalf. If he did not pay the Sadaqat-ul-fitr on behalf of any of the members of his family, he will not be responsible for it. Rather, it is the duty of every adult member of the family to discharge his own obligation or to request the head of the family to pay it on his or her behalf.

2. It is a Sunnah that the Sadaqat-ul-fitr is paid before performing the 'Eid prayer. It can also be paid before the 'Eid day, but it is not advisable to delay it up to the performance of Eid prayer. However, if a person has failed to pay on its proper time, he should pay it as soon as possible, whereby the obligation will stand discharged.

3. The Sadaqat-ul-fitr is not necessary on behalf of a child who was born after the break of dawn in the 'Eid day, nor is it necessary to pay Sadaqat-ul-fitr on behalf of a person who dies before the dawn of the Eid day.

4. Sadaqat-ul-fitr should be paid only to a person who is entitled to receive Zakah.

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1439 A.H./ 2018

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Hadith narrated by Ibn Umar (Radi Allahu anhu):
Rasulullah صلى الله عليه وسلم enjoined the payment of one Sa' of dates or one Sa' of barley as Fitrah on every Muslim slave or free, male or female, young or old, and he ordered that it be paid before the people went out to offer the Eid prayer. (Bukhari Sharif)

IMPORTANT REMINDERS

1. It must be paid before Eidul Fitr Salaah.
2. It must be paid by those who have the minimum of nisaab of zakaat over and above their need on the day of Eid-ul-Fitr.
3. If the Fitrah is not paid on the date due then the reward for it is lost but the obligation remains.
4. The Fidyah for persons unable to fasts is calculated at the rate of the Fitrah per day of fasts missed.



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RAMADAAN-UL-MUBARAK

BY MOULANA SHAH FAISAL KHAN QADRI MISBAHI



Q1) How many names does the month of Ramadhaan have?

A1) Allahu Akbar! How blessed Ramadhaan is. A renowned exegetist of the Holy Quraan. Mufti Ahmad Yar Khan (رحمہ اللہ) has stated in the exegesis of the Quraan Tafseer-e-Naimi. There are 4 names of this sacred month:

1. Ramadhaan
2. The month of patience
3. The month of sympathy
4. The month of increased sustenance.

Elaborating the following names, he has further stated, "A fast patience whose reward is Allah Ta'aala. As fasts are observed in this month, it is called the month of patience. Sympathy means treating others well. This month is called the month of sympathy because the reward for behaving well (and sympathising) with the Muslims, especially relatives is increased. In this month the sustenance is increased and even the poor enjoy the bounties of Allah, therefore it is called the month of increased sustenance. [Tafsir Nai'mi page 208 vol 2].

Q2) Please inform us about some excellences on I'tikaf?

A2) The beloved and best Prophet (ﷺ) would always try his best to gain the pleasure of Allah. He (ﷺ) would worship abundantly especially in Ramadhaan. As Laylatul Qadr is hidden in Ramadhaan, the prophet of mercy (ﷺ) once did I'tikaf for the entire month in order to search for this night.

Sayyiduna Abu Saeed Khudri (رضی اللہ عنہ) has narrated, "Once RasoolAllah (ﷺ) did I'tikaf from the 1st Ramadhaan to the 20th and then said, 'In search of Laylatul Qadr I spent the first 10 days of Ramadhaan in I'tikaf and then the middle 10 days, then I was told that it is in the last 10 days. Therefore, whoever amongst you wishes to do I'tikaf with me should do so.' [Sahih Muslim page 594 Hadith 1167]

Sayyiduna Hassan Basri (رضی اللہ عنہ) has narrated, "A Mu'takif is granted the reward for performing Haj every day." [Shu'bul Iman page 425 vol 3 Hadith 3968]

Q3) What are some of the blessings of Laylatul Qadr?

A3) Sayyiduna Anas bin Malik (رضی اللہ عنہ) has stated that once the month of Ramadhaan arrives, the Prophet of mercy has said, "A month has come to you in which there is one such night that is better than a thousand months. Whoever is deprived on that night is deprived all goodness and only the one who is deprived, is deprived of its goodness." [Sunan Abu Majah page 298 vol 2]

Sayyiduna Abu Bakr Qaraq (رضی اللہ عنہ) has stated that Sayyiduna Sulaimaan (عليه السلام) and Sayyiduna Zul Qarnain (عليه السلام) has both ruled 500 cities each. Thus, both of them together ruled 1000 cities. Allah has made the worship of this night better than what these two great personalities ruled. [Tafsir Qurtubi page 122 part 30].

May Allah grant us the ability to worship Him abundantly in this blessed month and may He guide us on the straight path! Aameen !

Couplet dedicated to the month of Ramadhaan:

*Maah-e Ramzaan ka chaand zaahir huwa, fazl ki
badliyaan chaar soo chaa gaeen Rahmath-e
kibriya josh par aagay, baarish-e-faiz-o-irfaan
barsa gaeen*

Sooner the crescent of the Glorious Ramadaan appeased, the clouds of divine blessings got spread in all directions. Allah's mercy got into full swing and casted the rain of divine blessings.



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VICTORY FOR WOMEN HAZRAT AISHA SIDDIQAH ﷺ

She was the beloved wife of Rasulallah ﷺ and the daughter of Sayyidina Hazrat Abu Bakr Siddique ؓ. Her mother's name was Umm e Rooman, whose line of descendants joined with that of Rasulallah ﷺ.

She was the only spinster wife of Rasulallah ﷺ.

The Sacred Marriage

Three years after the tragic and painful death of Hazrat Khadija ؓ, Hazrat Khawla, the wife of Hazrat Usman Mazoun, suggested that Rasulallah ﷺ should remarry. In reply, Rasulallah ﷺ asked, "Who should I marry?" upon which she presented two names; one was that of Hazrat Aisha, and the other was that of Hazrat Sawda, a mother and 30 year old widow. Rasulallah ﷺ then sent Hazrat Khawla with marriage proposals to both families, and they both gave their consent.

When news reached Hazrat Abu Bakr, in his immense joy, he wished to clarify a point so he said to Rasulallah ﷺ, "I am your brother." Rasulallah ﷺ then replied, "You are my brother as far as the religion and book of Allah is concerned, and she is legitimate for me." (Bukhari)

Hearing this reply, the happiness of Sayyidina Abu Bakr Siddique was clearly visible and he gave his consent.

Hazrat Aisha, at this time, was pre-pubescent but she did not join the auspicious household of Rasulallah ﷺ till maturity.

The relationship between Rasulallah ﷺ and Hazrat Aisha was friendly, kind and loving. Of all the blessed wives, she was the closest and most favoured. She also took pride as the daughter of the first Caliph of Islam, and the only virgin wife of Rasulallah ﷺ.

Impact of marriage

This holy marriage holds a significant place in the history of Islam. For one, it reinforced the friendship between Rasulallah ﷺ and Hazrat Abu Bakr Siddique, who had always stood by his friend in hours of distress.

In addition to this, a lady of rare qualities was blessed with Rasulallah ﷺ's presence, and the opportunity to spend her youth with in the auspicious household of the Holy Prophet ﷺ.

An intellectual scholar

In interpreting religious issues, and as a jurist of Sunnah, Hazrat Aisha was and still is at the forefront. Imam Zuhri said, "Hazrat Aisha was the most learned person amongst the people. Senior and learned companions used to

consult her."

* Hazrat Musa ibne Talha ؓ said, "I did never see anyone more eloquent than Aisha." (Tirmidhi, Vol 2, page 228)

* Hazrat Abu Musa Ashari ؓ said, "We faced no difficulty whose solution was not with Aisha." (Tirmidhi, Vol 2, page 228)

* Imam Zuhri ؓ said, "If the knowledge of all men and wives of Rasulallah ﷺ was put together, the knowledge of Aisha would exceed the knowledge of them all."

Thousands of Ahadith have been reported by her, and she even conveyed her decision on religious matters during the reign of the first 3 Caliphs of Islam.

In Islamic jurisprudence, the distinguished theologians and jurists like Imam Abu Hanifa ؓ and Imam Bukhari ؓ followed her principles.

Her Elevated Status

Many Ahadith demonstrate her exalted position amongst other women in Islam. Here are a few:

Rasulallah ﷺ said, "You had been shown to me for three successive nights in a dream. An angel brought you wrapped in a piece of white silk and said, 'it is your wife'. I exposed your face and there you were. Then I said, 'if this dream is from Allah, He will fulfil it.'" (Bukhari, Muslim)

* Hazrat Aisha herself reports that Rasulallah ﷺ said, "O Aisha! This is Jibreel who greets you. Aisha replied, 'be salutations and Mercy of Allah upon him.'" (Bukhari, Muslim)

Another Hadith in the same context:

"Aisha has such superiority over women as 'sareed' (a kind of food) has over other foods." (Bukhari, Muslim)

* Another Hadith also confirms her prestigious status. Hazrat Amr bin Aas said: I submitted, "O Allah's Messenger! Who amongst all the people is the dearest to you?" He said, "Aisha". I asked, "Out of the men?" He said, "Her father." (Tirmidhi)

* Rasulallah ﷺ said, "By Allah, revelation has not been revealed to me in the quilt of any of my wives except hers (Aisha)."

This Hadith emphasises the connection between Rasulallah ﷺ and Hazrat Aisha: Jibreel said, "This (Hazrat Aisha) is your wife in this world and the hereafter." (Tirmidhi)





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FREEDOM DAY AND PALESTINE

BY IQBAL JASSAT

Radio talk shows in South Africa have entrenched themselves as powerful platforms affording listeners means to engage, debate and question.

And in the tradition of robustness, free speech spares no holy cows. As South Africa commemorates "Freedom Day", marking 24 years since that fateful event which saw millions of people in long queues waiting to cast their votes.

The country's first democratic election, not only sealed a window to an ugly past, it allowed millions of disenfranchised blacks to reclaim honour and dignity which was trampled underfoot by decades of colonialism. Reclaiming the rights to full citizenship lies at the heart of "Freedom Day".

Interestingly but not surprising, many of the sentiments expressed by callers pointed to the shallowness of the transition from apartheid to democracy. The brutal reality of an unequal society wherein the majority remain shackled in landless, homeless and jobless straits while the elite among the white population continue to dominate the economic powerhouse, is a reminder of freedom awaiting completion.

Freedom incomplete fails to fulfil aspirations. Despair and frustration find expression in countrywide protests as ex ANC MP Andrew Feinstein tweeted:

"Despite all our problems, SA is a better place than it could ever have been under apartheid. The challenges are huge - poverty, inequality, injustice, corruption to name a few - but recent protests show many are willing to demand real change <https://t.co/TtpebeJX68>"

What I found equally encouraging from callers was the concern that though the attainment of economic freedom remained elusive, the struggle for fundamental human rights and liberation from Israel's colonialism for the Palestinians could not be ignored.

The message across many radio stations was clear: we as South Africans who relied on the support of Palestinians - both militarily in the trenches during the armed struggle and political mobilisation, have a responsibility to assist them in every conceivable way.

In other words, despite the shortcomings of our freedom and the enormous burden faced by the majority of people to survive in conditions of colossal disparities, we as an independent sovereign democratic state can and should do more to campaign for Palestine's freedom.

"Freedom Day" thus does not only represent an event which marks a milestone. It in fact serves as a stepping stone to continue striving for full emancipation. For

South Africa and for Palestine.

Freedom, though accompanied by glaring shortcomings, meant the unceremonious defeat of apartheid. It resulted in the end of bantustans and racially defined and legislated laws. Conditions absent here but present in Israel. A presence of such magnitude that it overwhelms every aspect of Palestinian life.

All that South Africa said good-riddance to, unfortunately dictate the terms in Israel whereby Palestinians suffer discrimination, dispossession, disenfranchisement and severe repression. Prominent South Africans - from trade union activists to media personalities, who have experienced and witnessed the effects of apartheid in Israel, have without hesitation renounced it.

Much to the dismay of the Netanyahu regime, having condemned the denial of fundamental rights, these activists, in response to the call by Palestinians, have endorsed #BDS (Boycott, Divestment and Sanctions), to isolate and compel Israel to disband its racist ideology known as Zionism in favour of an all-inclusive democracy.

Freedom commemorations in South Africa, necessarily entails reflecting on the sacrifices made to reach this momentous milestone. It also is an occasion to acknowledge the crucial role of global solidarity movements within the broadbased anti-apartheid alliance.

Back then directed against South Africa's notorious apartheid regime, now against Israel's apartheid regime is the expectation of callers whose voices echo the demands of civil society, labour and the ruling African National Congress ANC.

Indisputably what emerges is the fact that South Africa's freedom cannot be delinked from Palestine's. A constant reminder is the clarion call by Nelson Mandela who declared that without Palestine's freedom, our freedom is incomplete.

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A NON-MUSLIM'S RESEARCH ON FASTING

COMPILED BY HASINA BEGUM SAYED

The Benefits of Fasting

Affecting our physical, mental, emotional and spiritual aspects.

Fasting will:

1. Rest the digestive system
2. Allow for cleansing and detoxification of the body
3. Create a break in eating patterns, while shining a spotlight on them
4. Promote greater mental clarity
5. Cleanse and heal "stuck" emotional patterns
6. Lead to a feeling of physical lightness, increasing energy level
7. Promote an inner stillness, enhancing spiritual connection

Physical effects of fasting

Fasting has been called the "miracle cure" because the list of physical conditions improved by fasting is long and varied. Cited most often are allergies, arthritis, digestive disorders of all kinds, skin conditions, cardiovascular disease, and asthma. Because fasting initiates the body's own healing mechanisms, any ailment may show improvement.

Some Benefits of Fasting

Antiaging effect
 Better attitude
 Better resistance to disease
 Better sleep
 Change of habits
 Clearer planning
 Clearer skin
 Creativity
 Diet changes
 Drug detoxification
 Improved senses
 (vision, hearing, taste)
 Inspiration
 More clarity
 (mentally and emotionally)
 More energy
 More relaxation
 New ideas

Purification

Reduction of allergies
 Rejuvenation
 Rest for digestive organs
 Revitalization
 Right use of will

Spiritual awareness

Weight loss. Fasting can give you more energy. When you've progressed past the stage of dealing with detox symptoms, a fast will have you feeling lighter, more energetic, more enthusiastic, and requiring less sleep.

Mental and emotional benefits of fasting
 Because fasting improves mental clarity and focus, it can become a tool in your life to give you greater freedom, flexibility, and energy to get done the things and projects that are important to you.

Spiritual benefits of fasting

And let's not forget the powerful effects of fasting on our spiritual connection. Another one of the benefits of fasting is that it promotes we take our attention inward, that we listen, become quiet. And that quiet quality time, you with you, will also allow, if you are willing, a greater sense of kinship with your Inner Being.

Without the continual addition of heavy foods into the system (and after any major detox symptoms have passed), the body takes on a lighter, less dense, feeling. This helps to create a subtle separation from ordinary physical reality and all its worldly things, and instead you begin to sense the presense and power of things beyond this world.

Meditation or prayer become clearer, higher states easier to attain, messages or guidance from higher realms clearer. Knowing you are loved and supported every minute of your day and of your life is something you begin to intuitively feel. Recognition that there truly is a higher plan or purpose will become more real as it is intuitively experienced rather than just intellectually understood.

The Holy Prophet ﷺ has said:

"Save yourself from the fire of hell even giving half a date in charity"



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A CHILD IN MAN

BY FAIZEL KHAMKAR

Childish behaviour in grown men is not an unusual occurrence. The toys may change but the relish of toys remains. Some may have moved from corgi toys to upmarket cars and despite the huge difference in value it still remains a toy. Grown men have been known to bring out their childish behaviour when meeting someone from the opposite sex substantially younger than themselves.

Donald Trump made a decision to withdraw The United States of America from a multinational international agreement sanctioned by the United Nations with respect to the nuclear facilities of Iran. He furthermore threatened his allies to do the same or face sanctions from the United States of America. His allies has to date resisted the bully boy tactics and have indicated that they will honour the agreement. It must be noted that in terms of Iran's assertion America has not upheld their part of the agreement whilst on the other hand eleven inspections made by the international energy agency confirmed compliance from the side of Iran. This non compliance of agreements is not something new or unusual by a country notoriously known for dishonouring its word. He had been threatening to do this even during his election campaign but the idea was so childish no one took it seriously. This childish act of Trump must be seen in the light of him taking the country he leads and the power that goes with it as part of his childish possessions.

This decision together with any decision taken at that level will have consequences. Experts agree that America will have no positive benefit from this decision and on an international scale there could be a path to further wars and loss of life on a massive scale. It only serves to feed an ego so low in self esteem that such an ego needs constant feeding. The stated objective of undoing everything that the previous president had done at whatever costs highlights the child in Trump. The attitude of standing by my deemed friend even in oppression and wrong not taking into consideration that helping someone in wrong cannot be considered true friendship is the challenge of growing out of childhood into the more mature cycles of the average lifespan. This childish trait of Trump is

more than adequately displayed here. On the other hand his friends who were co signatories to the agreement and do not want to play the same game (of betrayal of their word) could end up ostracising Trump in what may end up in a world economic war where neither friend nor foe is easily identifiable.

Despite holding on the bragging rights of being in charge of the most powerful economic country in the world, the reality is that America in bankrupt and the outcome of an economic war may not end up being an assured victory. This is typical of a child holding on to a soccer ball and not wanting to release it because his side is losing the game. This desire for an economic war based on puritanical nationalist viewpoints has never succeeded in the past and no reasons exists to start believing that it would be successful now. What is assured is that billions of innocent people around will end up suffering and in some cases that suffering will be in the extreme. There is also the probability of the economic war leading to fully fledged military confrontations to the extent last seen during world war two. The difference being that the current weaponry available is not only more deadly but holistically more perilous.

We are fully aware of the "I DONT WANT TO PLAY WITH YOU" mentality of children when things do not go their way. In the massive turnover of experienced politicians in the Trump administration who could have provided better council we see this syndrome playing out. This may on the surface seem humorous but the presence of this syndrome in the most powerful office in America cannot be taken lightly as the consequences would be far reaching.

We as the global citizenry need to bring in mechanisms which would prevent those who have not overcome the childish streak of men within themselves from occupying powerful positions in society and at the same time set the example by overcoming our own shortcomings in this respect.

A man asked Rasulullah ﷺ:
"What is the best thing in Islam?"
He said,

***"Feeding others and making
of salaam(greeting) to those whom you
know and those whom you do not know."***

(Hadith - Bukhari, Muslim and others)



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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Gaza, PALESTINE – The deaths at the hands of Israeli forces of 59 Palestinians, including children, babies and women, has been roundly condemned across the globe, except for the US, which opened its Israeli embassy in Jerusalem on the same day. Those killed were among thousands who were protesting the opening of the embassy, which US President Donald Trump moved from Tel Aviv to Jerusalem in a widely criticised move. Hundreds more have been injured, some seriously. Many countries including Britain, France and Russia had already slammed the US decision to move the embassy, while 128 nations supported a UN resolution condemning Washington's recognition of Jerusalem as Israel's capital. But the US's dominance at the UN led to it vetoing a resolution at the international body calling for an international investigation into the killings. South Africa was one of the first nations to react to the attack on Palestinian citizens by withdrawing its ambassador to Israel, joining Turkey which did the same. France, Britain, Russia, Canada, Kuwait, Egypt, Saudi Arabia and Iran were among the other countries voicing their concerns over the Israeli action.

Washington, USA – The decision by United States President Donald Trump to withdraw his country from the nuclear deal with Iran, signed in 2015 by his predecessor Barack Obama, has been decried by even Britain and France, his staunchest allies in the wars in the Middle East and Afghanistan. Trump signed a presidential decree to re-impose sanctions on Tehran, saying the economic sanctions will be at their highest level. The decision to re-impose sanctions has caused fears that European companies that trade with the Iranian government and do


business in the US could be hit with sanctions.

Paris, FRANCE - Muslims on Monday denounced a French manifesto calling for certain verses of the Holy Qur'an to be removed, on the grounds that they incite anti-Semitism and killing of non-Muslims. The head of the Grand Mosque of Paris, Dalil Boubakeur, said the manifesto "subjected French Muslims an unbelievable and unfair trial." He said it created a clear risk of pitching religious communities against one another, adding that France's Muslims are committed to the values of the French Republic and have already condemned, for decades, anti-Semitism and racism against Muslims in all its forms. Former French President Nicolas Sarkozy was among a group of 300 French politicians and artists that issued a manifesto in Le Parisien newspaper, demanding that prominent Muslim leaders denounce certain verses in the Holy Qur'an as outdated.

Makkah, SAUDI ARABIA - Sheikh Saleh Bin Humaid, Imam and Khateeb of the Grand Mosque in Makkah, has warned some television channels and social networking sites against whipping up fanaticism and sectarian sentiments in the society. "It is unfortunate that some channels and some social media, deliberately or unintentionally, publicise slogans that trigger sectarian and regional differences, tribal fanaticism, partisan strife and so on," he said. The Imam described fanaticism as a deadly disease and a grave danger that destroys the meaning of humanity.

Islamabad, PAKISTAN - Pakistan's Acting Secretary of Information and Broadcasting Shafqat Jalil has said that a free and vibrant media is the guarantor of people's rights and

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protector of democracy. He was addressing representatives from 15 countries at the International Conference of News Agencies. Jalil said nothing else had affected the lives of the people more than the media. He added that during a single century, humans had moved from printed newspapers to mobile communications. Now newspapers, TV, radio, and magazines are losing their value as social media dominates. He said that the race for breaking news has ruined the media ethics and the problem is not faced by developing countries only as even advanced countries are grappling with the issue of fake news.

Makkah, SAUDI ARABIA – Authorities in Makkah and Madinah have completed preparations to facilitate the smooth flow of hundreds of thousands of pilgrims who are expected to flock to the holy cities from all over the world during Ramadan, which coincides with the annual summer vacation in many parts of the Arab and Muslim world. There are about 1 314 hotels, with over a million beds, ready to host the pilgrims. More than 80 transport companies will use more than 2 000 buses for more than 25 000 trips to the Grand Mosque on a daily basis. The authorities have arranged parking lots for 2.5 million vehicles at various spots in the holy city. There will be wheelchairs for the worshipers with special needs, and golf carts for transporting elderly and disabled worshipers.

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