

'Al Kawsar

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رمضان RAMADAAN 1435/2014

Oh its Ramadaan - Let's do it again!

Samoosas, pies, pizza, bhajias, puri-patta, haleem, grilled chops, masala roast chicken, steaks, prawns curry, falooda, fruit salad, sharbat, tea, and to add life...coke! Oh yeah bring it on!

The world loves Ramadaan. Commerce salutes. All the chains splash their 'mubarak' messages to this usually maligned religious group. Walk into any butcher, bakery, green-grocer, or supermarket during Ramadaan, and see why!

Even the local newspapers have their editions bursting with Ramadaan hype and ads. Follow up with a bumper Eid-issue, and that's good business for everyone!

Hey, never mind what the narrow-minded folks are saying, for me Ramadaan is a great social phenomenon!

Suddenly friends and relatives plan get-togethers and have (as the pakis and papas would say)... iftaar-parties!

Neighbours actually greet, even a subtle nod will do. Housewives enquire about each other and share ideas about seeing through the month.

And one things for sure. Who can escape the temptation during working hours to talk about food? So sharing menus and recipes jam the mobile networks (putting smiles on their faces too!).

What about the kids? Shame! Let them get whatever they want! Alhamdulillah, we are

teaching them to fast. Steers, McDonalds, KFC, Romans, Wimpy, Akhalwayas, here we come!

At the end of the day its Eid, everyday. Yes Iftaar is Eid. It can go on through the night. Must stop at the square, though. After taraweesh. Must get some sizzling tikka chicken or seekh kabaabs from those food guys! Who can resist that atmosphere with such an aroma rising up to the sky? (Drool!)

And Sehri?

Psst! There are people who have this Eid also. A freshly-cooked hot meal. With roti. Freshly fried on the tava!

So gear up! Or should I say stock up! Make space in the freezer. Well the old stuff can go to the beggars. Their luck. Even they love Ramadaan!

The excitement is there. Oh and don't forget to take your pot to the masjid on Sundays. They give haleem. And if its a rich masjid, they also give naan. Hang on, some give rose milk-sharbat also.

Nice! I can't wait for Ramadaan! By the way what was that they were talking about in the Jumu'ah lecture? On the radio too.

Taqwa?

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HAZRAT ABDULLAAH IBN MAS'UD ﷺ

The First Reciter of Qur'an

Alhamdulillah Ramadaan is the illuminated month of the Quraan and Hazrat Abdullah Ibn Masud is one of the brightest and most beautiful stars of the quraan. Abdullah ibn Masud ﷺ was one of the first converts to Islam and one of the closest companions of our Beloved ﷺ. He was a poor, weak, hired shepherd boy but became a great leader in Islam, an invincible believer, a reservoir of knowledge and a beacon of light. Before his Islam he never dared to pass by a session attended by any Quraish nobleman except with hastened steps and a bowed head, but after Islam he was capable of going to the Ka'bah, where the elite Quraish congregated and standing among them reading the Qur'aan in a loud, beautiful, impressive voice.

He went on reciting while the Quraish were thunderstruck, not believing their own eyes or ears. They could not imagine that the one challenging their pride was just one of their hired shepherd boys. 'Abd Allaah Ibn Mas'uud was the first one to recite Qur'aan publicly in Makkah after the Prophet ﷺ. It happened one day that the Prophet's Companions were gathered with the Prophet ﷺ. They said, "By Allah, the Quraish have never heard the Qur'aan being recited to them before. Isn't there any man to recite it so that they may hear it?" Thereupon 'Abd Allaah Ibn Mas'uud said, "I." They said, "We are afraid they may harm you." We want a man with a strong family to protect him from those people if they want to harm him." He said, "Let me go, Allaah will protect me." Ibn Mas'uud went to the Maqaam at the Ka'bah and recited < In the Name of Allah, the Most Beneficent, the Most Merciful, The Most Beneficent! Has taught the Qur'aan... > and he went on reciting. The Quraish gazed at him and said, "What does Ibn Umm 'Abd say? He is reciting some of what Muhammad came with." They went to him and began to beat him in the face while he was reciting till he finished whatever Allaah wished him to recite from the surah. He returned to his friends with a wounded face and body, and they told him, "This is what we were afraid would happen to you." He answered them, "Those enemies of Allaah have never been more worthless to me than this moment, and if you wish I will go back to them and do the same tomorrow." They said, "No, it is enough for you. You have made them hear what they hated.

The Prophet's ﷺ prophecy about him which said, "You are a learned boy" was true. Indeed, Allaah endowed him with knowledge till he became the most learned of this Ummah and the best one to know Qur'aan by heart. Ibn Mas'uud described himself saying, "I in fact took from the mouth of Allaah's Messenger more than seventy surahs of the Qur'aan. The Almighty endowed him with a wonderful talent for reciting and understanding Qur'aan to the extent that made the Prophet ﷺ direct his Companions to follow his example. The Prophet ﷺ said, "Stick to the method of Ibn Umm 'Abd." He recommended that they imitate his way of reciting

and learn it from him. The Prophet ﷺ said, "Whoever wants to hear Qur'aan as fresh as it was revealed, let him hear it from Ibn Umm 'Abd," and said, "Whoever wants to read Qur'aan as fresh as it was revealed, let him read it in the way Ibn Umm 'Abd does." The Commander of the Faithful 'Umar Ibn Al-Kattaab ﷺ said about him, "He was filled with knowledge." Also Abu Muusaa Al-AsrTariy ﷺ said about him, "Don't ask me about any matter as long as you have this scholar among you." He was not only praised for his knowledge of Qur'aan and jurisprudence, but also for his piety and God-consciousness. Hudhaifah ﷺ said about him, "I have never seen anyone more like the Prophet ﷺ in his way of life and characteristics than Ibn Mas'uud."

The Prophet's ﷺ Companions said about him, "He was admitted to the company of the Prophet ﷺ, whereas we were detained, and he was present in his company, whereas we were absent." This means he used to have more privileges than the others. He used to enter the Prophet's house and sit with him more than anybody else. He was the one the Prophet ﷺ entrusted with his secrets to the extent that he was entitled "The Secretary."

Although he seldom mentioned the Prophet ﷺ after his death, in most cases when he did mention him, he began to tremble and shake, and all the signs of worry and perplexity appeared on him. This occurred whenever his lips began to murmur, "I heard the Prophet ﷺ say ..." lest he should forget or change one single letter of what was said. Ibn Mas'uud ﷺ never missed the company of the Prophet ﷺ either while travelling or at home. He participated in all the battles, and on the Day of Badr his role was significant, especially with Abu Jahl. Allaah endowed Ibn Mas'uud with wisdom along with his piety. He had an insight that enabled him to see facts beyond the surface, and the capability to express such facts in an intelligent style.

That was 'Abd Allaah Ibn Mas'uud, the Prophet's ﷺ Companion, and that is but one glimpse of the heroic life he lived in the way of Allah, His Prophet and His religion. It was Allaah's bounty on him that he was counted among the first ten Companions of the Prophet ﷺ who were promised to enter Paradise while they were still alive. He participated in all the victorious wars with the Prophet ﷺ and his caliphs. He witnessed how the two greatest empires opened their gates in submission to the banners of Islam. He saw the high positions and lucrative money pouring into the hands of the Muslims, but his mind was never obsessed by such matters. Instead, he was pre-occupied with how to fulfil the pledge he offered to the Prophet ﷺ, and he was also never tempted to give up the life of humbleness and self-denial that he used to lead. He possessed a kind heart, a noble soul, and a strong faith. Such a man was guided by Allaah, educated by the Prophet ﷺ, and enlightened by Qur'an.

HOW IMPORTANT IS COURAGE

SISTER S. BEMATH

Many of us are poor imitations of what we ought to be . . .

It is a fact of life that all successful people have one trait in common—courage. Without it there is little hope for achievement and fulfilment. We can never be our true selves until we learn to be courageous. Courage enables us to face difficulty, danger or pain in a way that allows us to maintain control over a situation. We can build courage by identifying things that frighten or challenge us and thinking of strategies for coping with them. We can also build courage by remembering that nothing can harm us unless ALLAH wills it and nothing can benefit us unless ALLAH wills it. Many of us are poor imitations of what we ought to be, our actions often governed by other people's opinions—hardly a satisfactory way to control one's destiny.

So what is courage and how can it transform the routine lives most of us seem to lead? It is not just mastering of fear. Courage requires us to remain steadfast in our beliefs. It asks that we stand by the convictions we express and never give in an inch, no matter what the cost. It can be likened to taking a blank sheet of paper and writing the first sentence of novel; to saying “No” when “Yes” is so much easier. It is the force which thrusts life onwards. It is to be cultivated and nurtured. If you know what you want to do with your life, take your first step forward today. Deep down most of us know what we want, we simply lack the courage to take that first step, so we procrastinate. And, together with indecision, procrastination can prevent you from ever achieving anything.

Once you know what you want, make up your mind to look ahead—with courage. Some people are always planning to do great things; they declare they know exactly what they want and how to go about it. Yet somehow they never get started; never get past the preparatory stage because fear enters the picture. They lack the courage to step into the unknown. If you are such a person, make up your mind to put fear behind you, to go ahead, to make decisions. When you've made your decision, it's time for action. Pluck up your courage and ACT! DON'T let yourself down.

Let me give you a practical illustration. Let's assume you feel you should be promoted. You work hard and keep hoping. But that's not good enough. Your employer probably takes it for granted that you're satisfied, so it's up to you to set the wheels in motion concerning your future. Speak to your employer. Ask to consider you for a better position when one is available. Be bold. Explain why you deserve promotion. If your employer refuses even to consider your request you must either accept the situation or look for another job which will give you the opportunities you're looking for.

No matter how difficult it may seem. Make the choice to live consciously. Do not succumb to that half-conscious

realm of fear-based thinking, filling your life with distractions to avoid facing what you feel in those silent spaces between your thoughts. Either exercise your human endowment of courage and progressively build strength to face your deepest, darkest fears to live as the empowered being you truly are, or admit that your fears are too much for you, and embrace life as a mouse. But make this choice consciously and with full awareness of its consequences. If you are going to allow fear to win the battle for your life, then proclaim it the victor and forfeit the match. If you simply avoid living consciously and courageously, then that is equivalent to giving up on life itself, where your continued existence becomes little more than a waiting period before physical death—the nothing as opposed to the daring adventure of life.

Courage, according to the Qur'aan Kareem, requires fearing nothing and no one other than ALLAH; not hesitating to act in the way which conforms the nearest to ALLAH'S good pleasure, and showing determination. Amongst the most important characteristics of the faithful are that they do not give up when faced with difficulty, and fear nothing and no one but ALLAH. They know that there is no power other than HE. This fosters courage in them, to overcome any kind of fear. An example of such exemplary behaviour is given in the Qur'aan Kareem:

(It is the practice of those) who preach the Messages of ALLAH, and fear HIM, and fear none but ALLAH: And ALLAH suffices as a Reckoner. (Qur'aan 32, Verse 39)

Don't give up without embracing the daring adventure your life is meant to be. You may go broke. You may experience failure and rejection repeatedly. You may endure multiple dysfunctional relationships. But these are all milestones along the path of a life lived courageously. They are your private victories, carving a deeper space within you to be filled with an abundance of joy, happiness, and fulfilment.

A rose only becomes beautiful and gives fragrance when it opens up and blooms. Its greatest tragedy is to stay in a tight-closed bud, never fulfilling its potential... So, recognize your potential and utilize them. That is strength undefeatable!

Hanif's

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FACTS AND VIRTUES OF TAHAJJUD SALAAH

Among the most virtuous Nafl (voluntary prayers) is the Tahajjud Prayer or Qiyamulail. It is part of the established Sunnah of Rasulullah ﷺ.

Ordering Rasulullah ﷺ to perform Tahajjud, Allah Almighty says:

"And during a part of the night, pray Tahajjud beyond what is incumbent on you; maybe your Lord will raise you to a position of great glory." (Qur'an: Al-Isra' 17:79)

This order, although it was specifically directed to Rasulullah ﷺ also encourages all Muslims to practice it. Moreover, performing the Tahajjud Prayers regularly qualifies one as one of the righteous and makes one earn Allah's bounty and mercy. In praising those who perform the late night Prayers, Allah says:

"And they who pass the night prostrating themselves before their Lord and standing" (Qur'an Al-Furqan 25:64) There are a number of Ahadeeth that reinforce the importance of Tahajjud.

Hazrat Abdullah ibn Salam ؓ reported:

"When the Rasulullah ﷺ came to Madinah, the people gathered around him and I was one of them. I looked at his face and understood that it was not the face of a liar. The first words I heard him say were: 'O people, extend the salutations, feed the people, keep the ties of kinship, and pray during the night while the others sleep, and you will enter Paradise in peace.'" (At-Tirmidzi)

Hazrat Salman Al-Farsi ؓ quoted Rasulullah ﷺ as saying:

"Observe the night Prayer; it was the practice of the righteous before you and it brings you closer to your Lord and it is penance for evil deeds and erases the sins and repels disease from the body." (At-Tabarani)

ETIQUETTE OF SALAAH

Although it can be performed before sleeping but it is highly recommended to read it in the latter part of the night, just before the time of Fajr Salaah sets in. Upon going to sleep, one should make the intention to perform the Prayers. Hazrat Abu Ad-Darda' ؓ quoted Rasulullah ﷺ as saying:

"Whoever goes to his bed with the intention of getting up and praying during the night, but, being overcome by sleep, fails to do that, he will have recorded for him what he has intended, and his sleep will be reckoned as a charity (an act of mercy) for him from his Lord." (An-Nasa'i and Ibn Majah)

On waking up, it is recommended that one wipes the face, use a miswaak (toothbrush), and look to the sky and make the supplication which has been reported from The Rasulullah ﷺ.

Hazrat Abu Huzafah ؓ reported:

"Whenever Rasulullah ﷺ intended to go to bed, he would recite: 'With Your name, O Allah, I die and I live.' And when he woke up from his sleep, he would say: 'All the

Praises are for Allah Who has made us alive after He made us die (sleep) and unto Him is the Resurrection.'" (Hadith - Al-Bukhari)

Rasulullah ﷺ used to stand (in the prayer) or pray till both his feet or legs swelled. He was asked why (he offered such an unbearable prayer) and he said, "should I not be a thankful slave." (Hadith-Bukhari)

It is recommended that one wakes up one's family, for Abu Hurairah ؓ quoted Rasulullah ﷺ as saying:

"May Allah bless the man who gets up during the night to pray and wakes up his wife and who, if she refuses to get up, sprinkles water on her face. And may Allah bless the woman who gets up during the night to pray and wakes up her husband and who, if he refuses, sprinkles water on his face." (Hadith-Ahmad)

Rasulullah ﷺ also said:

"If a man wakes his wife and prays during the night or they pray two raka'ats together, they will be recorded among those (men and women) who (constantly) make remembrance of Allah." (Hadith-Abu Dawud)

Recommended Time for Tahajjud

Tahajjud may be performed in the early part of the night, the middle part of the night, or the latter part of the night, but after the obligatory Esha Prayer (night Prayer).

While describing Rasulullah ﷺ way of performing Prayer, Hazrat Anas ؓ said:

"If we wanted to see him praying during the night, we could see him praying. If we wanted to see him sleeping during the night, we could see him sleeping. And sometimes he would fast for so many days that we thought he would not leave fasting throughout that month. And sometimes he would not fast (for so many days) that we thought he would not fast during that month." (Hadith-Al-Bukhari, Ahmad and An-Nasa'i)

It is best to delay this Prayer to the last third portion of the night. Abu Hurairah ؓ quoted Rasulullah ﷺ as saying:

"Our Lord descends to the lowest heaven during the last third of the night, inquiring: 'Who will call on Me so that I may respond to him? Who is asking something of Me so I may give it to him? Who is asking for My forgiveness so I may forgive him?'" (Al-Bukhari)

Hazrat Amr ibn `Absah ؓ reported that he heard Rasulullah ﷺ saying:

"The closest that a servant comes to his Lord is during the middle of the latter portion of the night. If you can be among those who remember Allah the Exalted One at that time, then do so." (At-Tirmidzi)

The Number of Raka'ats in Tahajjud

Tahajjud Prayer does not entail a specific number of raka'ats that must be performed, nor is there any maximum limit that may be performed. But at least two raka'ats should be performed.

THE NOBEL PERSONALITY OF HAZRAT ALI

LOVE FOR THE SAKE OF ALLAH :

The problem of the conflict between the world and the Hereafter and the contradiction between them as two opposite poles, such as the north and the south, which are such that proximity to the one means remoteness from the other, is related to the world of human heart, conscience, human attachment, love and worship. Allah ﷻ has not given two hearts to man:

Allah ﷻ has not assigned to any man two hearts within his breast. (Noble Qur'an, 33:4)
With one heart one cannot choose two beloveds.

Hazrat Ali ؑ would always spend time with his children. Once he was sitting in his house with his two young children, Hazrat Abbas, his son, and Bibi Zainab, his daughter.

Hazrat Ali ؑ said to Hazrat Abbas, "Say Wahid (one)". Hazrat Ali ؑ then asked him to "say Isnain (Two)". Hazrat Abbas ؑ replied, "I feel ashamed to utter 'two' from the same tongue which just said 'one'".

Hazrat Ali ؑ hugged his son, pleased at such a charming expression. The reply from Hazrat Abbas ؑ indicated how deeply devoted he was in his belief in Tawheed, that is, Oneness of Allah ﷻ. A true believer never likes to even imagine any association with Allah ﷻ.

Bibi Zainab then asked, "Dear, father, do you love me?" Hazrat Ali ؑ said, "Yes, of course, my children are like a part of my heart". On hearing this, she said, "You also love Allah ﷻ. How can two loves be in one heart of a true believer, the love of Allah ﷻ and that of children?"

Hazrat Ali ؑ smiled and replied, "Love Allah ﷻ and for the sake of His love, you love His creatures; children and fellow beings too. I love you for the sake of Allah ﷻ."

ANGER MANAGEMENT:

Everything is only for the sake of Allah I

In the battle of Khandaq, the Muslims dug a ditch around themselves for their defense, so that the enemy could not get across.

A man from the enemy side called Amr bin Abdawud who was known for his strength, courage and art of fighting managed to get across the ditch.

All the Muslims were terrified to fight him and only Hazrat Ali y came forward to fight this man.

There was a fierce fight until at last Hazrat Ali y threw Amr bin Abdawud down onto the ground and mounted his chest ready to kill him.

Just as Hazrat Ali y was about to kill this enemy of Islam, he spat on the face of Hazrat Ali .

Everybody was certain that because of this insult, Amr bin Abdawud would meet his death even faster still, but to their amazement, Hazrat Ali y moved from Amr bin Abdawud's chest and walked away.

Amr bin Abdawud attacked Hazrat Ali y again and after a short while, Hazrat Ali y again overpowered Amr bin Abdawud and killed him.

After the battle of Khandaq was over people asked Hazrat Ali t the reason why he had spared Amr bin Abdawud's life when he had first overpowered him.

To which Hazrat Ali y replied that if he had killed him then it would have not been only for the sake of Allah I but also for the satisfaction of his anger and so he let him free.

Then Hazrat Ali y controlled his anger and killed Amr bin Abdawud purely for the sake of Allah I.

Moral of the Story: Although your intention may be pure to begin with it can very easily change so always make sure you do things for the sake of Allah I only.

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RAMADAAN RELATED

MOULANA ASLAM SULIMAN



Q 1: Can we use toothpaste while Fasting?

A 1: The use of toothpaste will make one's Fast Makrooh. Some People argue that one's mouth smell after they have slept (ie after Sehri and Fajr). Using of Miswaak will suffice for the cleansing of the Mouth. Remember we are told that the breath of a Fasting person is more Fragrant in the sight of Allah than the smell of MUSK.

Q 2: A person accidentally ate something while Fasting? What should he do?

A 2: Eating forgetfully or unintentionally something while Fasting invalidates one's Fast. The person must make up the fast in that manner.

Q 3: A person talks ill of someone while Fasting, what is the effect on his fast?

A 3: Talking ill of someone while Fasting is Makrooh but it does not break the fast. Even if one is not fasting, talking ill of someone is a detestable action. If one is fasting and talks ill of someone, the fast will not be broken. One should avoid this and focus on the Fast.

Q 4: A lady experiences Haiz just about 2 minutes before Iftaar. Is her Fast Counted?

A 4: She will have to make Qada of this Fast after the month of Ramadaan.

Q 5: Do women have to perform taraweeh?

A 5: It is sunnah-e-Mu'akkadah upon both males and females. It is sinful to leave out performing taraweeh.

Q 6: I have missed my Fard Esha salaah in the Masjid. Taraweeh has commenced, What do I do?

A 6: Perform the Fard salaah first. Only thereafter, you should join the Taraweeh salaah. The missed taraweeh rakaahs must be performed after the Witr salaah is performed alone.

Q 7: Is it permissible to take an injection while fasting and does that nullify the fast?

A 7: It is permissible to take an injection during fasting. The injection does not nullify the fast.

Q 8: Does the emission of semen("wet dream") invalidate the i'tikaaf?

A 8: The i'tikaaf is valid. Ghusl should be taken as soon as possible to purify oneself.

Q 9: Can one leave the masjid to take a bath specifically only to cool oneself whilst in i'tikaaf?

A 9: No, it is not permissible. It will invalidate the i'tikaaf.

Q 10: Is it permissible to leave the masjid to pass wind, when in I'tikaaf?

A 10: It is permissible and will not break the i'tikaaf.

Q 11: How should one take out Zakaat on "Dead Stock"?

A 11: Work out the "Market Value" of the Stock and take out 2.5 % Zakaat. Example. A person bought 1000 batteries in 2005 @ R 2.00 each. This Stock has been lying in his business for five years (cannot sell). He needs to find out what is the Market Value of these Batteries (eg now valued @ R 1 each). Therefore, Zakaat will be 2.5 % of R 1000.00, which will be R 25.00.

Q 12: Is Zakaat compulsory on Titanium Jewellery?

A 12: No, Zakaat is not compulsory on Titanium Jewellery. However, if it is bought for resale, then Zakaat must be taken out.

Q 13: Can extra procedures be done while fasting?

A 13: These are allowed: food particles, etc. but great care must be taken that no material is swallowed. If water, blood, mucus, or plaque, or filling matter is accidentally swallowed, then the fast will be broken. It is generally advised, in view of the above, that one should avoid these procedures while fasting.

Q 14: Can a Muslim patient take tablets, have injections or use patches while fasting?

A 14: 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.

Q 15: Can I fast while I have dialysis?

A 15: 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.

Q 16: Can I swim during fasting?

A 16: 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.

Q 17: Can a person fast if they are getting a blood transfusion in hospital?

A 17: 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.

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.

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SADAQATUL FITRA

1435A.H./2014

R33-00 per person

Hadith narrated by Ibn Umar ؓ:

Allah's Apostle ﷺ enjoined the payment of one Sa' of dates or one Sa' of barley as Sadaqa-tul-Fitr 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 that have the minimum of nisaab of zakaat over and above their need on the day of Eidul Fitr
3. If the Sadaqatul Fitr is not paid on the date due then the reward for it is lost but the obligation remains.
4. The fidyah for lost fasts (expiation) is calculated at the rate of the Sadaqatul Fitr per day of fasts missed.

SHARING ISLAMIC ENTHUSIASM

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

Here we give sense of life, during this time we have an outstanding involvement in Islamic work. Every year during this blessed month, it gives us new tools, frameworks and techniques to drive deeper in Islam, as education proceeds, and best of reputation from non-Muslims who exhibits their positive aspects towards fasting, and it does strengthen our commitment to be the successful, unchangeable developing Muslims.

Dawah Centre has maintained its spiritual character ever since its formative period, for anyone to enjoy fully the rights given by Islam (the love of Almighty Allah that ties people together for his sake). In this month it is the season of earning the Hereafter, a huge

with Dawah days, the powerful gift on Lailatul Meeraj, we have been warmed and clothed with Blanket Distribution, night of salvation on the Lailatul Qadrat and now with the blessed month of Ramadan (Taraweeh and the Night of Power), we will witness the full house attendance during Taraweel prayers, as it is a discipline of sacrifice not to miss these special prayers with congregation each night. And transport is arranged to take these Muswalis back to their homes that shows how Dawah Centre is inspiring and efficacious.

This Ramadan establishes the system of Islam for the human service and individualism, as it will wipe away our sins and present before us a clean slate of life, in which our daily routine will increase in continuous receiving of blessings, a God given chance...as it has also spiritual enlightenment and reward.

Dawah Centre staff members equip themselves to much of their primary work that includes feeding daily the fasting Muswalis and classes that will be subjected to an open and honest engagement about Islam and fasting, since a lot of people will frequent the Centre in this month. However this will provide encouragement to those who will be willing to embrace a natural way of life and this Islamic work, will stretch for many years to come inshaah-Allah!

Ramadan demonstrates reverence since sharing food is an essential part of our religion especially this time, sweet dishes are sponsored from Lenasia (Saaberie Chishty Society) to the Centre and food parcels are distributed to the fasting Muslims and empathizing to the less fortunate people, a special dedication and commitment- It is indeed a sharing of Islamic enthusiasm...

It has been the Qudra of Allah Ta'alah that we came from all the way for His Praise and we will continue with such blessed activities, community engagement

Much of Dawah centre work becomes possible with the upper hand from Saaberie Chishty Society- Lenasia, whose efforts are tireless, their affection discharge the duties of brotherhood, and all this is implicit in Prophet Muhammad (saw) saying; 'No one of the of you has attained faith when he loves for his brother what he loves for himself'

I pray that we will all benefit in this blessed month, May all people see the beauty of Islam every day, with every activity for the sake of Almighty Allah...

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JUSTICE - The Truth in Action

MOULANA NASIK AHMED BROOD

Justice is a concept of moral rightness based on ethics, rationality, law, natural law, religion, equity and fairness. Understandings of justice differ in every culture, as cultures are usually dependent upon a shared history, mythology and/or religion. Each culture's ethics create values which influence the notion of justice. However, in Islam, justice is the authoritative command of Allah Almighty. In Arabic the word “Adl” refers to justice. In Islamic theology, the word “Adl” refers to Allah Almighty's divine justice.

In Islam, justice is a moral virtue and an attribute of human personality. Justice is close to equality in the sense that it creates a state of equilibrium in the distribution of rights and duties. If we look closely to the concept of “Justice” we will be able to see that it captures the essence of all Islamic laws and all Islamic teachings; a word that describes the overriding value that permeates all Islamic values. Allah Almighty has mentioned “Justice” several times in the Holy Quraan. Allah Almighty has mentioned in the Holy Quraan: “Certainly We have sent Our Messengers with clear arguments and have sent down with them the Book and the balance of equity so that men might uphold justice.” (S 57: V 25) The sole purpose of sending the Prophets was to establish justice in the world and end injustice. Broadly speaking, doing justice means giving everyone his due. To guide the people, Allah Almighty sent down the Prophets with clear signs, the Book, and the balance of equity. The Book contains the revelations that spell out what's fair and unfair or right and wrong. The balance of equity refers to our ability to measure and calculate so we can follow the path shown by the Book and explained by the Prophets.

Islam commands us to be just even in the face of strong conflicting emotions. Allah Almighty mentions in the Holy Quraan: "O Believers! Be steadfast in the cause of Allah Almighty, bearing witness with justice; and let not hatred of people prevent you from being just. Be just, that is nearer to piety and fear Allah Almighty. Indeed Allah Almighty is acquainted with what you do." (S 5: V 8) This Aayah of the Holy Quraan clearly expresses the pattern of non-restriction and limit from which one learns that man should execute justice for oneself, one's relations and one's

enemies. To admit and reflect upon one's sins, fulfilling the rights of one's relatives, displaying one's obedience and loyalty to the Holy Prophet (Sallallahu Alayhi Wa Sallam) and being true in the worship of Allah Almighty are all examples of execution of justice.

The concept of justice also extends to being a personal virtue, and one of the standards of moral excellence that a Muslim is encouraged to attain as part of piety. We need to understand something very important in life and that is that if we cannot be just to others then we should not expect others to be just towards us. The sad part of society in today's times are that the elders, who are supposed to be setting positive examples to the younger generation, are in actual fact setting examples which teaches the younger generation how not to exercise justice. This is undoubtedly a sad part of life and when the elders are informed about their errors and those who are younger than them try to rectify those mistakes, the elders tell these younger people that it is none of their "business" and they should not meddle in matters which are of no concern to them. Another reply given by the elder people is that 'we know more and better than you. You are too young to give us advice'. These are the types of replies that are given by the elder people. When we look closely at the responses that are given, not only by the elder people, but also by the youngsters, we can see that people generally do not want to be corrected because they know that their "ego" will be affected and thus they would be feeling small in their inner-self. Unfortunately the Muslims of today pay less attention to the commands of Allah Almighty and the Holy Prophet (Sallallahu Alayhi Wa Sallam) and pay more heed to their selfish and egotistical nature. The strange part about all of this is that we falsely portray and say that we have Islamic ethics, morals and values yet we do the contrary.

May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam) grant us the strength and the ability to incorporate the moral rightness (Justice) in our lives. Aameen!



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TERMINOLOGY

BY FAIZEL KHAMKAR

Islam teaches the Muslim ummah moderation and the Holy Quran describes the Muslim as being balanced. Prayer is recommended at night yet ideally we should spent part of the night in prayer and part of the night in resting. When we keep our fast we do so part of the day and not the whole day or the whole month continuously. Similarly all our actions and spheres of activities should be balanced. This middle path is the path of the Sunnis. The benefit of such moderation is clear for everyone to see. When a group like ISIS who has taken control over a large swath of land in Syria and Iraq and through this action has and is causing great consternation amongst the global political leadership who has planned and plotted control over Iraqi resources they are automatically labelled. In this case "Sunni" insurgents or "Sunni" militants are the labels used by the media at the behest of the affected politicians. The question which needs to be raised is: Are they "Sunnis"?

There are two usages for the term "Sunnis" today. The first being political and the second usage make reference to aqaid. The media and other interested parties use this terminology interchangeably on an ad hoc basis as they deem fit in order to sensationalize their stories and pursuing the interest of the neo colonialist. The reality is that the usage cannot be separated. ISIS has killed with gay abandon in Syria and Iraq. They have decapitated bodies both Muslim and non Muslim alike. They are not averse to meting out torture to whoever they deem opposes them. Furthermore they have proved to be treacherous allies as the Nusra grouping in Syria will testify. Women and children who should be protected from abuse are not spared by this group. To justify these actions as over zealousness or excessive passion for Islam is unwarranted. It cannot even be brushed aside as a weakness of understanding the concept of moderation. We should bear in mind that the Taliban also uses such tactics.

These actions described above are not in conformity with the teachings of Islam and is the antithesis of the practise of the Sunnis. The label given to ISIS is not one of chance but designed to bring about justification for making all Muslims targets of imperialistic aggression. It is clear that such groups have deviated from what Islam teaches but it is the teachings of Islam and not these deviated groups which creates problems

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Success for the Muslim ummah will only be achieved when the reality of these terminologies are understood, embraced and acted upon. This realization will bring about true justice, correct humanitarian values, human dignity and lasting peace. The correction of the inner will bring about a holistic change.

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Baghdad, IRAQ – US Secretary of State John Kerry has met with embattled Iraqi Shia prime minister, Nouri al-Maliki to discuss the crisis in the country as Sunni fighters continued to make gains against government forces in the north of the country. Kerry said the US would not pick or choose who rules Baghdad. The US government has ruled out sending ground troops to aid the Iraqi government against its fight with the Islamic State of Iraq and its Sunni allies, but has kept an option open to use air power.

Cairo, EGYPT - An Egyptian court has confirmed death sentences for 183 Muslim Brotherhood supporters accused of a 2013 attack on a police station. A judge had recommended the death penalty for the 683 defendants, in a widely-criticised mass trial in April. Mohammed Badie, leader of the banned group, was among those whose sentences were upheld. However lawyers said the case is likely to go to Egypt's appeal courts.

London, UK - Muslim groups in the United Kingdom have hit back at the prime minister's suggestion that the community needs to be more "British," saying that Islamic values are in line with those being pushed by David Cameron. The responses to Cameron's remarks come in the wake of the scandal over "Operation Trojan Horse," an alleged extremist plot to impose Muslim cultural norms in some schools in the central UK city of Birmingham.

Lahore, PAKISTAN - A coalition of Pakistani religious leaders has issued

a religious edict declaring honour killings to be a "highly condemnable" and "un-Islamic" action. This followed the murder of a 25-year-old pregnant woman, Farzana Parveen, outside Lahore High Court. "The fatwa should serve as a reminder to those who kill their kin on the name of protecting honour," said the Ulema Council's Secretary-General, Zahid Mehmood Qasim. He said the lady, who was murdered by relatives for marrying the man she loved instead of a cousin selected for her, did not deserve death "because the act falls outside the ambit of the teachings of the Prophet Muhammad, the Quran and Sunnah."

Makkah, SAUDI ARABIA - The Haramain speed train project, which is in the final stages, will change the dynamics of pilgrim transportation between the two holy cities of Makkah and Madinah, said Governor of Makkah Prince Mishaal bin Abdullah. Transport Minister Jabara Al-Seraisy said: "The high speed train system will provide safe and quick transportation for the millions of pilgrims traveling between Makkah and Madinah. The train system will carry more than 20 million passengers every year including pilgrims. It will have five stations and the main station in Makkah will have separate lounges for arrivals and departures, a mosque that can hold 600 worshippers, a helipad and 10 platforms for trains, a lounge for VIP passengers and parking for 500 cars."

Madinah, SAUDI ARABIA - Copies of the Holy Qur'an printed at King Fahd Holy Qur'an Printing Complex in



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Madinah do not have any errors as some social media websites have claimed, according to Muhammad Al-Oufi, Secretary-General of the complex. Sheikh Ishaq Al-Huwaini, a renowned Egyptian scholar, earlier appeared on a YouTube video saying there were some errors in the copies. The statement reiterated that all copies the complex prints are accurate and are checked by over 300 experts.

Kuala Lumpur, MALAYSIA – The country's highest court has dismissed a bid by Malaysian Christians for the right to use the word Allah, ending a long legal battle that has caused religious tensions in the Muslim-majority country. The Catholic Church had been seeking to reverse a government ban on it referring to God by the Arabic word "Allah" in the local Malay-language edition of its Herald newspaper. But a seven-judge panel in the administrative capital Putrajaya upheld a lower court decision siding with the government. The church launched a court case to challenge the directive, arguing "Allah" had been used for centuries in Malay language Bibles and other literature to refer to "God" outside of Islam. But authorities say using "Allah" in non-Muslim literature could confuse Muslims and entice them to convert, which is a crime in Malaysia.

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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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