



## Shiraz Auto

Cnr. Nirvana Drive and Protea Avenue  
Ext. 8 Lenasia 1827  
Tel: 011 213-1100, Fax: 011 213-1180  
e-mail: info@shirazauto.co.za

Franchised Dealers for Mercedes-Benz

Volume 20 Number 9

1727 Lenasia 1820 ☎ 011854-4543

☎ 011854-7886 رَمَضَانَ RAMADAAN 1438/2017

# You Were Given The Qur'an This Blessed Month

For muslims around the world, going into Ramadaan with apprehension and guilt is hardly the spirit we should be feeling at this time. It would be heartless not to feel anything for the victims of Manchester or their families, but the same must also apply for the victims of terror in Syria, Palestine, Iraq, Kashmir, Somalia, Yemen, and so on and so forth.

Who should carry the blame? Not muslims, jews, christians or hindus. The world is guilty and the world is responsible for its evils. Corruption, lies, deceit, injustice, and inhumane oppression, are the norm and standard of civilisation in this era. The world, its leaders, and their supporters are collectively responsible for all the misery caused by wars, famine, disease and poverty. So its about time muslims were cleared from wearing the collar of guilt while evil politicians manipulate the world's nations making us appear and become the targeted scapegoats, causing us to pay with our lives and honour just to practice and uphold our religion.

Stop being apologetic!

The only blemish we should clear is that we are slowly turning away from Islam. The sophisticated propaganda and our gross inclination towards materialism has blinded us

from our mandate as a middle nation divinely commanded to execute good and forbid evil. We are lured into the lifestyles of the heedless, lacking in discernment, in denial of the sunnah of the last Messenger (ﷺ) of God.

This Ramadaan let us return to the Qur'an! It's recitation must carry us beyond the melodies and spiritual appeasement, towards understanding its message, and living by its teachings. This is the testament of Allah, the complete and final, preserved and protected Book, sent as the Criterion for the guidance and salvation of every creature in His creation. In the end, this same Qur'an will be the criterion on the Day of Judgement.

So let them fight for domination of nations, for wealth and power, for the world and its illusions. Let us be true to the Qur'an, its honour, its ordinance, and the example of Muhammad Mustafa (ﷺ) the enduring blueprint of Islam until the end of time!

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ

هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ مِّنَ الْهُدَى وَالْفُرْقَانِ ؕ

The month of Ramadaan in which was revealed the Quran, a guidance for mankind, and clear proofs of the guidance, and the criterion.

BIRTH OF THE NEW MOON FOR SHAWAAL 1438 SAT. 24 JUNE 2017 @ 04:32

## 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)*

FOR ALL YOUR HALAAL QUERIES CONTACT US ON:

GAUTENG:

TEL: (011) 854-4381

FAX: (011) 852-4300

EMAIL: niht@halaal.org.za

DURBAN:

TEL: (031) 207-7864

FAX: (031) 207-7865

EMAIL: nihtkzn@mighty.co.za

Or visit our website at:

[www.halaal.org.za](http://www.halaal.org.za)



# HAZRAT SAYYIDAH FATIMA ﷺ

(THE PRINCESS OF PARADISE)

Glancing at the Beloved Family of our Master ﷺ, our eyes lower down in the respect of Sayyidah Fatima ﷺ, the youngest and most beloved daughter of the Blessed Prophet ﷺ

She is one that innocence adores her, chastity ventures pride in her, and modesty with folded hands stands before her. Her name is Fatima and Zahrah (having gleaming and luminous face), Batool (aloof from the worldly pleasures), Tahirah (chaste and modest) are her titles. Hadrat Sayyidah Fatima ﷺ was very calm, serene and sober even in her childhood and she never participated in games etc. She would spend most of her times in the exalted company of her Parents and ask such questions, which bespeak her intelligence and maturity. She showed her full detachment from all allurements and fascinations of worldly life. As a child, she used to accompany Him ﷺ through the narrow streets of Makkatul Mukarrama, visiting the Ka'bah or attending the secret meetings of the early Muslims who had embraced Islam and pledged allegiance to her father. Once, she accompanied her father to the Masjid al-Haraam. Sayyiduna Rasulullah ﷺ began to pray in front of the Ka'bah. A group of Quraysh chiefs gathered around the Holy Prophet ﷺ. Uqbah bin Abi Mu'ayt brought the entrails of a slaughtered animal and threw it on the shoulders of the Beloved Habeeb ﷺ. Sayyidah Fatima ﷺ, a ten year old girl, went up to her father and removed the filth. Then, in a firm and angry voice she lashed out against Abu Jahl and his colleagues. They could not utter a single word.

The Beloved Prophet ﷺ loved Hadrat Fatima ﷺ very much. Sayyida Fatima ﷺ took after her father Nabi ﷺ from head to toe. She resembled her father in looks, manners, gait, articulation and character. In other words, she was a living picture of her father. Hadrat Aisha ﷺ says: "I did not see any one resembling the Blessed Prophet ﷺ, regarding all manners, more perfectly than Fatima, the daughter of the Messenger of ALLAH." On another occasion Hadrat Aisha ﷺ narrates: "Then came Fatima whose gait resembles that of the Beloved Messenger ﷺ." (MUSLIM) It was the routine of the Beloved Prophet ﷺ that whenever he returned from a journey: after offering prayer in the Masjid, he went straight to Hadrat Fatima ﷺ house. In short, the love of the Beloved Prophet ﷺ for his cherished daughter was really enviable. "Whenever she visited the Beloved Prophet ﷺ, he stood up for her, kissed her and seated her on his place." (Tirmidhi)

The following event also throws light on the extreme love of the Beloved Prophet ﷺ for his daughter. Once Hadrat Ali ﷺ received a proposal to marry the daughter of Abu Jahl. He ﷺ mounted his pulpit and delivered the following sermon whose each and every word bears witness that the Messenger of

ALLAH loved his daughter to the core of his heart: "Banu Hashim have sought my consent to marry their daughter to Ali bin Talib. I do not give the consent; I do not give the consent. I do not give the consent. Yes, if Ali wishes, he should first give divorce to my daughter and then marry their daughter. Because my daughter is a part of my body. The thing which disturbs her disturbs me and the thing which distresses her, distresses me." (Muslim)

You can simply perceive the intensity of love of Hadrat Fatima ﷺ for the Beloved Prophet ﷺ that she did not smile after the death of her August Father till she breathed her last breath. (Usdul Ghaba, V: 5, P: 634) It is also reported By Sayyida Aisha ﷺ that while the Blessed Prophet ﷺ was on his deathbed, he whispered to Hadrat Fatima two times. The first time she wept and the second time she smiled. On inquiry she replied: "He ﷺ informed me that he was leaving this world due to this disease. So, I began to weep, then he informed me that I would be the first in his family to meet him, at this I gave a smile." (Tirmidhi) It is also one of the unique excellences of Hadrat Fatima ﷺ that her progeny resumed the line of descendance of the Blessed Prophet ﷺ and it will remain up to the last Day. The Beloved Prophet ﷺ said: "All the offspring of Adam ﷺ is attributed to their paternal relatives except the progeny of Fatima, that I am their Father and their paternal link."

Sayyidah Fatima ﷺ learnt from her father the manners and gentle speech. She was kind to the poor. She often gave her food to the needy preferring herself to remain hungry. She had no inclination the materialistic world. She had no craving for the ornaments of this world or the luxuries and comforts of life. Her days and nights would be spent entirely in ibaadah and the glorification of ALLAH. Sayyidah Fatima Zahra was the epitome of piety, the encapsulation of modesty, the leader of sacrifice....- On the day of resurrection that a herald will announce :

"O People! Lower down your gaze so that Fatima ﷺ the Daughter Of Muhammad ﷺ may pass from here". (Usdul Ghaba, V: 5, P: 524)



**SABERA'S**  
POULTRY SHOP & SUPERETTE  
93 Rose Avenue, Ext 2, Lenasia. (Opp. Saaberie Jumma Masjid)

**FOR ALL YOUR**

CUT
CLEANED
WASHED
DEVEINED

CHICKENS

- ✓ Chicken Portions
- ✓ Wings
- ✓ Chicken Mince
- ✓ Spices
- ✓ Savouries



- ✓ Drumsticks
- ✓ Marinated Chicken
- ✓ Chicken Fillets
- ✓ Groceries
- ✓ Archer's & Much More

For Phone Orders Call: 011 852 0649

# THE NOBEL PERSONALITY OF HAZRAT ALI ﷺ

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

Hazrat Ali ﷺ hugged his son, pleased at such a charming expression. The reply from Hazrat Abbas ﷺ 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 ﷺ 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 ﷺ 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 ﷻ

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 ﷺ came forward to fight this man.

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

Just as Hazrat Ali ﷺ 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 ﷺ moved from Amr bin Abdawud's chest and walked away.

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

After the battle of Khandaq was over people asked Hazrat Ali ﷺ the reason why he had spared Amr bin Abdawud's life when he had first overpowered him.

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

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

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 ﷻ only.



**MIDWAY**  
MOTOR SPARES

Cell: 083 558 6519

Shop 5  
Midway Shopping Centre  
Midway, Soweto

Tel: (011) 980-2286  
(011) 980-2856  
Fax: (011) 980-3401

**IQBAL'S**  
MEAT and DELI - LENASIA



HALAAL

12286 Nirvana Drive, Ext. 13 Lenasia  
Telephone: 011 852-3750  
Opposite Shiraz Delta

# HAZRAT HANZALA ﷺ

Abu Aamir had a son named Hanzala, who was exactly opposite of his father. He was a sincere and devoted youth of the Muslim community. When Abu Aamir fled to Makkah, Hanzala married Jamila, the daughter of Abdullah Ubayy, the hypocrite. The amazing thing about this episode is that though their fathers were deadly foes of Islam, this young couple was absolutely devoted to Islamic values and imbued with the teachings of Quran. They were prepared to give any sacrifice for the Holy Prophet (ﷺ) and the manifest religion of Islam.

The intrigue and fraud of Abdullah Ubayy had reached such a level that outwardly he claimed to be a Muslim and mingled with the other Muslims, but he secretly contacted the Jews of Bani Nuzayr and Bani Quraiza and leaked the secrets of the nascent Muslim community. He used to instigate the Jews to organize a new confrontation against the Messenger of ALLAH (ﷺ). He used to hatch new plots everyday and even on the day Muslims were departing for the Battle of Uhud he absented himself and instigated 300 Muslim soldiers to defect towards hypocrisy. All these people were double-faced. That is, apparently they were something and in reality they were altogether different. Due to his instigation those three hundred militiamen refused to go to the battle. The Holy Prophet (ﷺ) was compelled to take the battleground with only 700 soldiers. By this Abdullah Ubayy intended to weaken and defeat the power of Muslims. This backstabbing was aimed at the destruction and annihilation of Islam. Hanzala had married Jamila on the very day the battle was announced. After his wedding Hanzala came to the Holy Prophet (ﷺ) and sought his permission to participate in Jihad. The Messenger of ALLAH (ﷺ) accorded him the permission. When Hanzala was leaving the next day, his wife asked him to swear before four women of the Ansar community that he has married Jamila and spent the previous night with her. Thus it was to announce that Jamila was the wife of Hanzala and no more a virgin. The aim in taking four women as witnesses was that the

testimony of two women equals that of a man.

Thus Hanzala left his house early the morning next day. Since no water was available for the ritual bath after sexual intercourse Hanzala departed for the battlefield in a condition of ritual impurity (Janabat), though he was very much ashamed to do so. When he arrived in the battlefield he saw Abu Sufyan astride a horse with the polytheistic people surrounding him from all sides.

Hanzala attacked with great ferocity and determination and slashed at the legs of Abu Sufyan's mount. The legs severed, the horse came to the ground bringing with it Abu Sufyan also. But he got up quickly and began to flee. Hanzala chased him but someone shot a spear at him that pierced his back. Though injured, Hanzala wanted to finish off his quarry but the spear had gone very deep and his strength was seeping away. Thus the valiant youth fell down in the vicinity of the corpses of other martyrs like Hamzah (رضي الله عنه) and Abdullah Ibn Hazm. Finally this newly married youth embraced martyrdom and bid adieu to the transient world.

Immediately when the battle was over the Holy Prophet (ﷺ) ran to the body of Hazrat Hanzala and smiled. The companions asked Him (ﷺ) about this. The Messenger of ALLAH (ﷺ) has said that he saw the heavenly Angels giving bath to Hanzala with the water of heaven. That is why from that moment Hanzala came to be referred as the "one bathed by the Angels".

Yes, this was a youth who belonged to the family of Abu Aamir, the monk who was such a valiant young man and had such deep regard for the religion of ALLAH that he gave up the pleasures and comforts of his newly married life and departed for the battlefield early the next morning even though he could not obtain water to perform the ritual bath. Thus, what is so amazing is he was martyred in the way of the Holy Prophet (ﷺ) and given a ritual bath by the angels with heavenly water.



## Motalibs

BUTCHERY and SUPERETTE

40 Gembok Street  
Denush Centre  
Opp. Bus Depot  
or new D.B. Cash & Carry  
Lenasia 1827  
Tel: (011) 852-4203 / 854-6332

Much More Meat For Your Money  
For Quality Meat And Mutton Products  
*Spit Braai Specialist*  
*All Products Are Firstly*  
*M.I.M. Approved*

For The Esaale Sawaab of:

My Peer-o-Murshid

**Al Haj Goolam Mustapha R.A.**

**Mazaar Shareef Zeerust**

**& Late Hajee Cassim Sonvadi**

**From Hajee Goolam Saber  
Sonvadi (Essack)**

072 322 4646 / 083 758 5138 / 011 852 5582



# RAMADAAN-UL-MUBARAK

BY MOULANA SHAH FAISAL KHAN QADRI



Q1) What is the reward for the one fasting in Ramadhaan?

A1) The reward of a good deed is multiplied many times in the month of Ramadhaan. The reward for a Nafl act is equivalent to that of a Fard one, and the reward of a Fard act is multiplied 70 times. In this month even the sleep of a fasting person is considered as an act of worship. The divine Arsh- holding angels say aameen for the Du'aa of a fasting person. According to a Hadith, even the fish in the sea asks for forgiveness for the fasting person until the time of Iftaar.

Q2) How many types of fasts are there?

A2) There are three degrees of fasting

- \* The fasting of common people
- \* The fasting of pious
- \* The fasting of ascetic

The fast of the common people:

The literal meaning of fast is to abstain. While by shariah it implies to abstain from deliberately eating, drinking and intercourse from dawn (subha saadiq) until dusk. This is called the fast of a common man.

The fast of the pious:

In addition in abstaining from eating and drinking and intercourse avoiding all types of evils is the fast of the pious person.

The fast of the ascetic:

To refrain from all worldly activities and devote oneself in the worship of Allah is the fast of the ascetic.

Q3) What is the Shari'ah definition of Zakaat?

A3) Zakaat is to give a certain portion of one's wealth (which is made compulsory by Shari'ah) to such a poor Muslim (by making him the owner of such wealth) who is not a Haashmi (the offspring of Sayyiduna Ali, Jafar, Aqeel, Abbas and Harith bin Abdul Mutallib), there must not be any personal benefits in mind and he should only do so for the pleasure of Allah. [Al Durrul Mukhtaar Kitaab-uz-Zakaat, vol 3 pg 204-206]

Q4) Are there different kinds of Zakaat

A4) Yes Zakaat is basically of two types

- \* Zakaat of wealth
- \* Zakaat of people (Sadaqatul Fitr)

Zakaat of wealth is divided into a further two categories:

- \* Zakaat of gold and silver
- \* Zakaat of goods in trade, animals, crop and fruit.

Q5) Upon what type of wealth is Zakaat necessary?

A5) A Zakaat is necessary on three types of wealth:

- \* Gold and silver (currency notes also comes under the same ruling)
- \* Goods in trade
- \* Saaimah (animals which graze in the wild, thus most of the year they graze on the un-bought natural food in the jungle)

## 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 'Yummul 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!

# HAMAS: New manifesto

BY SURAYA DADOO

"We are a dynamic organisation open to change." This was Hamas leader Khaled Meshaal's response when asked what message the organisation was sending with the release of a new political document outlining the movement's general principles and policies.

Released on Monday in the Qatari capital, Doha, the Hamas Political Document is seen as sweeping aside Hamas's 1988 charter. That document, written during the first intifada, conceived of the occupation of Palestine primarily as a religious battle between Muslims and Jews.

Hamas's new manifesto is about the here and now. Meshaal said: "This is a plan of action that reflects our current thinking and vision."

The manifesto is crystal clear about Hamas's vision for Palestine: "A fully sovereign and independent Palestinian state with Jerusalem as its capital along the lines of 4 June 1967, with the return of the refugees."

It states that the Palestinian struggle for liberation is against the colonial ideology of Zionism, not Judaism. Political support for the Palestinian cause is the defining parameter, not religious affiliation.

These seismic changes mean Israel and the United States can no longer beat Hamas with the anti-Semitic, anti-peace, terrorist stick.

As Israel's occupation of the West Bank and East Jerusalem becomes more entrenched, its crushing of resistance more brutal and the blockade of Gaza more suffocating, Hamas is rallying Palestinians towards unity.

The manifesto wants to preserve, develop and rebuild the Palestine Liberation Organisation (PLO) as a national framework for all Palestinians seeking liberation.

Hamas is now speaking in terms that resonate with Palestinians of all political and religious stripes, providing hope and direction to the Palestinian people.

Hamas's adoption of a Palestinian state based on 1967 borders means all Palestinians are united on a single option: a two-state solution. This is the position of Fatah, the PLO and the majority of the political parties that represent Palestinian citizens of Israel.

Could this be the beginning of a Palestinian Congress of the People? As the struggle for freedom in South Africa intensified in the early 1950s, it was the campaign for the Congress of the People and the Freedom Charter that united most of the liberation movements. Hamas's new political document could have a similar effect in the Middle East.

Meshaal defines Hamas as a national liberation movement, and the document outlines and affirms its right under international law to resist the Israeli occupation.

International law, Meshaal explains, was a major focus in drawing up the manifesto. He spent more than nine hours with international law experts scrutinising the document in Arabic and English. The manifesto was discussed by Hamas leaders for more than two years. It is the culmination of the ideological journey Hamas has made over the past decade.

Israeli officials dismissed the policy document before it was even made official. David Keyes, a spokesperson for Prime Minister Benjamin Netanyahu, called the release of the manifesto an attempt by Hamas to "fool the world".

Less than an hour before the press conference was scheduled to begin, organisers were forced to change the venue after a pro-Israel American legal think-tank warned the InterContinental property group that it risked legal liability under US law if it allowed Hamas to use its Doha hotel.

Pro-Israel propagandists began flooding social media with tweets.

These reactions to Hamas's new policies indicate that the greatest fear of the Israeli government and its supporters is not terrorism but the spectre of Palestinian unity and the possibility of peace.

This week, Hamas showed that it is a mature, pragmatic movement committed to a just peace. All Palestinian political actors now stand united on the establishment of a Palestinian state based on the 1967 borders.

It is time for the Israeli government to do the same.

Suraya Dadoo  
Senior Researcher. Media Review Network

\*\*\*This article appeared in the Mail & Guardian 5th May 2017.





All major Credit Cards Accepted

---

**JOBURG AUTO TECH**  
SPECIALISTS IN AUDI & VOLKSWAGEN

---

Address / 41 16th Street, Pageview, Johannesburg  
 web: [www.joburgautotech.co.za](http://www.joburgautotech.co.za)  
 Email: [allyjhauto@telkomsa.net](mailto:allyjhauto@telkomsa.net)  
 Tel: 011 839 2695 Cell: 082 815 6624 Fax: 086 627 6913

# MEDICAL BENEFITS OF FASTING

BY SHAHID ATHAR, M.D.

Most Muslims do not fast because of medical benefits but because it has been ordained to them in the Quran. The medical benefits of fasting are as a result of fasting. Fasting in general has been used in medicine for medical reasons including weight management, for rest of the digestive tract and for lowering lipids. There are many adverse effects of total fasting as well as so-called crash diets. Islamic fasting is different from such diet plans because in Ramadan fasting, there is no malnutrition or inadequate calorie intake. The caloric intake of Muslims during Ramadan is at or slightly below the national requirement guidelines. In addition, the fasting in Ramadan is voluntarily taken and is not a prescribed imposition from the physician.

Ramadan is a month of self-regulation and self-training, with the hope that this training will last beyond the end of Ramadan. If the lessons learned during Ramadan, whether in terms of dietary intake or righteousness, are carried on after Ramadan, it is beneficial for one's entire life. Moreover, the type of food taken during Ramadan does not have any selective criteria of crash diets such as those which are protein only or fruit only type diets. Everything that is permissible is taken in moderate quantities.

The only difference between Ramadan and total fasting is the timing of the food; during Ramadan, we basically miss lunch and take an early breakfast and do not eat until dusk. Abstinence from water during this period is not bad at all and in fact, it causes concentration of all fluids within the body, producing slight dehydration. The body has its own water conservation mechanism; in fact, it has been shown that slight dehydration and water conservation, at least in plant life, improve their longevity.

The physiological effect of fasting includes lower of blood sugar, lowering of cholesterol and lowering of the systolic blood pressure. In fact, Ramadan fasting would be an ideal recommendation for treatment of mild to moderate, stable, non-insulin diabetes, obesity and essential hypertension. In 1994 the first International Congress on "Health and Ramadan", held in Casablanca, entered 50 research papers from all over the world, from Muslim and non-Muslim researchers who have done extensive studies on the medical ethics of fasting. While improvement in many medical conditions was noted; however, in no way did fasting worsen any patients' health or baseline medical condition. On the other hand, patients who are suffering from severe diseases, whether diabetes or coronary artery disease, kidney stones, etc., are exempt from fasting and should not try to fast.

There are psychological effects of fasting as well. There is a peace and tranquility for those who fast during the month of Ramadan. Personal hostility is at a minimum, and the crime rate decreases. This psychological improvement could be related to better stabilization of blood glucose during fasting as hypoglycemia after eating, aggravates behavior changes.

Recitation of the Quran not only produces a tranquility of heart and mind, but improves the memory. Therefore, I encourage my Muslim patients to fast in the month of Ramadan, but they must do it under medical supervision. Healthy adult Muslims should not fear becoming weak by fasting, but instead it should improve their health and stamina.

## DIABETES MELLITUS AND RAMADAN FASTING

Diabetes mellitus affects people of all faiths. Muslims are no exception. Many diabetic Muslims have a desire to fast during the month of Ramadan, although if they cannot for health reasons, they have a valid exemption. The dilemma for physicians and Muslim scholars is whether or not Muslim diabetic patients (1) should be allowed to fast if they decide to; (2) can fast safely; (3) can be helped to fast if they decide to; (4) can have their disease monitored at home; and (5) are going to derive any benefit or harm to their health. Fasting during Ramadan by a Muslim diabetic patient is neither his right nor Islamic obligation, but only a privilege to be allowed by his physician, at the patient's request, knowing all the dangers and assuming full responsibility in dietary compliance and glucose monitoring, with good communication between the physician and the patient.

## PSYCHOLOGICAL STATE OF DIABETES DURING RAMADAN

Diabetes mellitus itself adversely affects patients' psychological states by changes in glucose metabolism, blood and CSF osmolality, needs for discipline and compliance, fear of long term complications and threat of hypoglycemic attacks and the possibility of dehydration and coma.

On the other hand, fasting during Ramadan has a tranquilizing effect on the mind, producing inner peace and decrease in anger and hostility. Fasting Muslims realize that manifestations of anger may take away the blessings of fasting or even nullify them.

Diabetics know that stress increases the blood glucose by increasing the catecholamine level and any tool to lower the stress ; ie., biofeedback or relaxation improves diabetic control. Thus, Islamic fasting during Ramadan should have a potentially beneficial effect with regard to diabetic control.

## Al Waaris Foods



SHOP No 7, PROTEA CENTRE  
PROTEA AVENUE, EXT 8 LENASIA  
TEL: 854-2601 : 854-6966/7

**STRICTLY HALAAL**

**GRILLED OR FRIED, SOMETHING TO BE TRIED**

# BENEFITS OF FASTING

COMPILED BY HASINA BEGUM SAYED

## 1. Fasting Promotes detoxification

Processed foods contain lots of additives. These additives may become toxins in the body. Some of them promote production of advanced glycation end products (AGEs). Most of these toxins are stored in fats. Fat is burnt during fasting, especially when it is prolonged. And the toxins are released. The liver, kidneys and other organs in the body are involved in detoxification.

## 2. Fasting Rests Digestive System

During fasting, the digestive organs rest. The normal physiologic functions continue especially production of digestive secretions, but at reduced rates. This exercise helps to maintain balance of fluids in the body. Breakdown of food takes place at steady rates. Release of energy also follows a gradual pattern. Fasting however does not stop production of acids in the stomach. This is reason patients with peptic ulcer are advised to approach fasting with caution.

## 3. Fasting Resolves Inflammatory Response

Some studies show that fasting promotes resolution of inflammatory diseases and allergies. Examples of such inflammatory diseases are rheumatoid arthritis, arthritis and skin diseases such as psoriasis. Some experts assert that fasting may promote healing of inflammatory bowel diseases such as ulcerative colitis.

## 4. Fasting Reduces Blood Sugar

Fasting increases breakdown of glucose so that the body can get energy. It reduces production of insulin. This rests the pancreas. Glucagon is produced to facilitate the breakdown of glucose. The outcome of fasting is a reduction in blood sugar.

## 5. Fasting Increases Fat breakdown

The first response of the body to fasting is break down of glucose. When the store of glucose is exhausted, ketosis begins. This is break down of fats to release energy. The fats stored in kidney and muscles are broken down to release energy.

## 6. Fasting Corrects high blood Pressure

Fasting is one of the non-drug methods of reducing blood pressure. It helps to reduce the risk of atherosclerosis. Atherosclerosis is clogging of arteries by fat particles. During fasting glucose and later, fat stores are used to produce energy. Metabolic rate is reduced during fasting. The fear-flight hormones such as adrenaline and noradrenaline are also reduced. This keeps the metabolic steady and within limits. The benefit is a reduction in blood pressure.

## 7. Fasting Promotes Weight loss

Fasting promotes rapid weight loss. It reduces the store of fats in the body. However fasting is not a good weight loss strategy. Reducing fat and sugar intake, and increasing fruits and rest are better measures to achieve weight reduction.

## 8. Fasting Promotes Healthy diet

It has been observed that fasting reduces craving for processed foods. It promotes desire for natural foods, especially water and fruits. This is one way fasting promote healthy lifestyle.

## 9. Fasting Boosts Immunity

When an individual is on balanced diet in between fasts, this can boost immunity. Elimination of toxins and reduction in fat store also helps the body. When individuals take fruits to break a fast, they increase the body's store of essential vitamins and minerals. Vitamins A and E are good antioxidants readily available in fruits. They help to boost immunity.

## 10. Fasting May Help to Overcome Addictions

Some authors show that fasting can help addicts reduce their cravings, for nicotine, caffeine and other substance abuse. Although there are other regimens required to resolve addictions, fasting can play a role.



**fourway™**

logistics solutions | maritime corporation | bulk solutions

**Riedwaan Hassiem**

Business Partner

Cell +27 83 781 1364

Fax to email: 086 503 1592

Email: riedwaan@fourway-logistics.com

**Rhiaz Hassiem**

Business Partner

Cell +27 76 630 3485

Fax to email: 086 503 1566

Email: rhiaz@fourway-logistics.com

www.fourway-logistics.com

Office 1, No 2 Fairways Lane, Mount Edgecombe 4305 KZN, RSA

Tel: 031 5022 557 Fax: 031 5024 383

## THE VILLAGE BAKERY



Avenue Road, Fordsburg  
Tel: (011) 836-9700/9

Grand Place Shopping Centre,  
Gembok Street Lenasia  
Tel: (011) 852-6573  
Fax: (011) 854-1778

*The Home of Quality Baked Products*

# 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.

**SUNNI ULAMA COUNCIL**  
**GAUTENG**   
 160 TAJ STREET LAUDIUM 0037 \* TEL: 072 9833 526

# FITRAH

1438 A.H./ 2017

**R33-00** per person

Hadith narrated by Ibn Umar (Radi Allahu anhu):

Rasulullah ﷺ 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 Eidul 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.

# RAMADAAN-UL-MUBARAK

BY YASMIN OMAR

Assalaamu alaikum

The month of countless mercies is once again here. This is the time to score as many bonus points that you can. In this month when Shaytaan is tied up, you have no excuse for not being good. So put your time to good use.

In this month, even the smallest act of kindness, has so much of reward in it. Why wouldn't you want to take advantage of it? Let us look at a few simple examples:

Help around the house and make it easier for your Mom and Dad. Don't put unnecessary demands on them. Go out of your way to make it easier for others. There's lots of rewards in the care and consideration of others.

Be mindful of idle talk, they can very easily lead to gossip. Rather, make it a habit to notice and commend the good in others. We are so easily led into *gi'badh*; this is the time to train yourself into praising instead of disreputing others.

We all tend to be a little short-tempered when our tummy is empty. Let us all try to keep our temper in check and be mindful of our tongues. Just walk away, instead of allowing yourself to get into an argument.

Use your time meaningfully. Read your Qur'aan or recite Durood. Do not spend the day in front of the TV or listening to music. These are not the best ways of spending your time in Ramadhaan.

I am sure that you would be able to think of many more examples that you could put into practise. Remember that this is how you should be for the rest of the year as well. So try to make a real effort into being a kind and considerate person so that you can carry it into the future.

Let's look at drawing up a checklist to help you. You can add more things if you want to. This is a checklist for ONE day; I would like you to make a similar one for each day of Ramadhaan.

Tick or highlight all that you managed to achieve in the day. For those that you could not, try to see what you could do to make up for it on another day.

RAMADHAAN 1438

## CHECKLIST

NAME : .....

☐ Fasting

☐ Read all my Namaaz

☐ Read Qur'aan

☐ Helped Mom / Dad

☐ Controlled my temper

☐ Made someone feel good

☐ .....

Go on; add a few more meaningful items to the list. I am sure that you can, or, ask someone to help you. In this way you can have someone monitor your progress and you theirs.

May you grow in Imaan and make your parents and Rabb proud of you, Insha Allah Ameen.



Southern African Freight & Transport Co-ordination System

Baboo Moideen  
Group CEO

P.O. Box 561451  
Chatsworth, 4030

Tel: 031 409 3319  
Fax: 031 409 1751  
Cell: 082 576 6955  
e-mail: s.m.r@absamail.co.za  
mmoideen@smrlogistics.co.za

**Hanif's** Butchery & Delicatessen  
SINCE 1973

DELI \* BUTCHER \* JUICE / COFFEE BAR \* BILTONG BAR \* SPICE EMPORIUM

* MARINATED MEATS	* AIR DRIED BEEF	* GERMAN SALAMI
* PRE - PACKS	* CHORIZO SAUSAGE	* DRY AGED BEEF
* COLD MEATS	* TURKEY LOAF	* WET AGED BEEF

WE STOCK THE FINEST QUALITY & BREED IN BEEF, LAMB & POULTRY

ADDRESS: 22 CENTRAL ROAD, FORDSBURG  
TEL: 011 492 - 0529 FAX: 011 492 - 0545

DELIVERIES  
TO ALL AREAS

# BROKEN PROMISES

BY FAIZEL KHAMKAR

Experience has taught us that promises made and not kept can have terrible consequences. These consequences become graver if the person or persons to whom the promises have been made place hope or expectations on these promises. Adding fuel to the fire is when the promised item is a desperate need. In many instances the hopes which are built on the promise made takes shape because those that have made the promises have the ability to deliver on the promises. The political understanding for these promises is referred to as being part of the mandate sought when seeking votes.

In South Africa a promise was made in making this country a better place for all. We have heard this slogan many times together with other slogans of a similar nature. This promise was never delivered in a meaningful way or seen to be delivered in a meaningful way. It cannot be denied that the intent was there and a great deal was delivered. However the promise was too big or key role players did not play their part. The gap between the rich and the poor instead of being bridged has widened considerably. The unemployment levels are at a level which can at best be described as unacceptable. The hope which was accepted with a certain sense of patience has now been replaced with an attitude of "now or never". We are witnessing a burning South Africa as a result of these misplaced promises. These last few weeks we have seen violent service delivery strikes on a scale not witnessed before.

One of the consequences of these promises was the development of an unwavering sense of entitlement. Those that were denied in the previous political dispensation saw the opportunity to obtain wealth not dreamed of. These opportunities were taken in a corrupt and unacceptable manner leaving the masses fuming. The masses saw this as an infringement of their entitlement. The capitalist who had secured their future in the new political dispensation also took advantage in unfair pricing and competition practices. The enriching of the rich at the expense of the poor has to be seen as a blatant breach of promise. When the greater promise holds no weight or certainly less weight than opportunist wanting to further their own agenda also take to false promises and stir the

masses up to act in an illegal manner for legitimate rights in order to create an environment which would deliver personal gain without following the hard grind. The resultant racist and xenophobic attacks cannot be denied. What should be questioned is how much did the broken promises contribute to these inhumane and undignified acts.

When these promises cannot be met for whatever reason there will be certain reaction depending on the level of conscience of those that made the promises. Taking into account that we are speaking of a collective the reaction will invariably be different. This then leads to divisions despite covering these cracks there will invariably be dissatisfaction. We can see those cracks appearing in the ranks of the ruling party. These divisions then creates a climate where the will to deliver the promises become corroded. This then leads back to the vicious cycle of dissatisfaction and mindless violence. The violence which we have seen borders on anarchy, if this cycle continues there is a real danger of anarchy setting in. If this happens then we will have a situation where life, property and persons will be in danger.

The international players who feed their greed of this situation will not hesitate to take full advantage at the expense of the poor. That situation in itself is not something any decent person will desire but the dissatisfaction amongst the masses will be further aggravated when this becomes common knowledge. This kind of news together with additional sensational and radical viewpoints can have serious repercussions.

A serious and mature approach needs to be advanced in order to address this problem and information needs to be dispersed as to how the unhappy situation of broken promises are abused to serve the needs of a few at the expense of the majority. Furthermore a plan of action with attainable goals must be mapped out to ensure delivery of the promises made and not fulfilled.



Keep **Al Kaṣṣār** alive . . .  
**Al Kaṣṣār** Depends upon sponsorship  
 in the form of advertising which  
 Insha-Allah will bring returns to the  
 business houses in the form of increased  
 sales, and to the proprietors in the form  
 of increased rewards for the hereafter.  
 So place your adverts in **Al Kaṣṣār** Now !  
 Call Fatima on (011) 854-4543



# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Riyadh, SAUDI ARABIA - United States President Donald Trump has called on Muslim nations to take the lead in stamping out terror. Addressing the Arab-Islamic-American Summit in Riyadh during his first state visit abroad since taking office, Trump said: "This not a battle between different faiths, different sects, or different civilisations. This is a battle between barbaric criminals who seek to obliterate human life, and decent people of all religions who seek to protect it. I am proud to announce that the nations here today will be signing an agreement to dry up the financial sources of terrorism. Numerous Islamic scholars have eloquently argued that protecting equality strengthens Arab and Muslim communities. For many centuries, the Middle East has been home to Muslims, Christians and Jews living side-by-side. We must practice tolerance and respect for each other once again," he said.

Riyadh, SAUDI ARABIA - King Salman and US President Donald Trump inaugurated the Global Centre for Combating Extremist Ideology (GCCCEI), which aims to promote moderation and counter the spread of extremism. The centre is "the fruit of collaboration between Muslim countries that believe in the importance of combating terrorism," said Nasir Al-Biqami, secretary general of the GCCCEI in his inaugural speech. The centre monitors and analyses any extremist content as it detects several languages and dialects that are mostly common in addressing these ideologies. The processing and analysing of data is done within six seconds of detecting content that may reflect extremist ideologies.

Jerusalem, PALESTINE - Prisoners in Israeli jails continued their open-ended hunger strike for the 40th consecutive day at the time of going to print. The Media Committee of the Freedom and Dignity Strike said that the Israel Prisons Service (IPS) had shifted a number of striking prisoners from Ashqelon Prison to Barzilai Hospital after they stopped drinking water, causing a noticeable deterioration in their health. Around 1,500 Palestinian prisoners in Israeli jails started an open hunger strike on April 17. The strike, also known as the "Freedom and Dignity" battle, was spearheaded by imprisoned Fatah leader Marwan al-Barghouti, to protest the difficult life conditions endured by Palestinians prisoners in Israeli jails. A number of South African cabinet ministers and veteran leaders also went on hunger strike to show solidarity with Palestinian prisoners in Israeli jails.

Xinjiang, CHINA - Nearly one month after Chinese administration officials announced a ban on Muslim names in the Xinjiang province, human rights observers and experts are saying China is preparing the framework for mass collecting DNA samples of the densely Muslim populated region. Chinese authorities have collected DNA samples from the Muslim population in Xinjiang before, but not on a mass scale. In June 2016, Chinese officials announced that Xinjiang residents are required to submit DNA samples, in addition to their bio-data and voice records in order to obtain passports. Other human rights groups also said the political unrest in the northwest Chinese province is in response to draconian policies implemented by the government. In

June 2015, Chinese authorities prohibited Muslims from fasting and ordered Muslim shopkeepers to keep their businesses open during the month-long fast of Ramadan. Xinjiang is home to the largest Muslim and Uyghur population in China.

Stockholm. NORWAY - The anti-immigrant and libertarian Progress Party (FrP), which is part of the ruling coalition, has voted to ban circumcision for boys under 16 and bar hijabs in public schools. The decisions were taken at the national annual conference of the FrP, in which the advocates of the circumcision ban claimed it causes "mental and physical harm to children." "This is very sad. They [the Progress Party] must know they won't get a majority for this in Parliament. It seems like they want to send a signal that we are unwelcome in the country," said Ervin Kohn, a Jewish community leader. On the Muslim front, the Union of European Turkish Democrats (UETD) Vice Chairman Fatih Zingal said that the decision harms religious freedom in Europe.

Cairo, EGYPT - Egyptian President Abdel Fattah El-Sisi has moved to ease the concerns of Egyptians grappling with rising prices ahead of the Muslim holy month of Ramadan by pledging a raft of economic measures including tax breaks. El-Sisi said his government would introduce tax cuts and increase subsidised food in the coming weeks to help Egyptians struggling amid the highest inflation rates in decades. It was not immediately clear if the measure would be extended beyond the holy month.

## A & A MOTOR SPARES AND ACCESSORIES



*"Your Spares Paradise"*



170 Lenasia Drive  
Lenasia

P.O. Box 996  
Lenasia, 1820

Tel: 852-1110/1 \* 854-2606

Riaz

Super Meat

Quality at its Best

Centre



Alli's Shopping Centre  
Shop 4-6 Circle Road  
Eldorado Park

Tel: (011) 945-4786 Fax: (011) 945-6786

P.O. Box 395 Eldorado Park 1813