

Al Kausar

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بِسْمِ اللَّهِ الَّذِي لَا يَضُرُّهُ شَيْءٌ فِي الْأَرْضِ وَلَا فِي السَّمَاءِ وَهُوَ السَّمِيعُ الْعَلِيمُ

Bismillahil Lazi Laa Yadurru Ma'asmihi Shayun Fil Ardi Wa La Fissamae Wahuwas Sami ul Aleem

In the name of Allah through whose name nothing in the heavens or earth can cause any harm. And He is the one who hears and knows everything

يَا اللَّهُ

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ط

اللَّهُمَّ صَلِّ صَلَاةً كَامِلَةً وَسَلِّمْ سَلَامًا تَامًّا عَلَى سَيِّدِنَا وَمَوْلَانَا مُحَمَّدٍ الَّذِي تَنَحَّلُ بِهِ الْعُقْدُ
وَتَنْفَرِجُ بِهِ الْكُرْبُ وَتُقْضَى بِهِ الْحَوَائِجُ وَتُنَالُ بِهِ الرِّغَائِبُ وَحُسْنُ الْخَوَاتِيمِ ط وَيُسْتَقَى
الْعَمَامُ بِوَجْهِهِ الْكَرِيمِ وَعَلَى آلِهِ وَأَصْحَابِهِ فِي كُلِّ لَمْحَةٍ وَنَفْسٍ مَبْعَدٍ كُلِّ مَعْلُومٍ لَكَ
يَا اللَّهُ يَا اللَّهُ يَا اللَّهُ

**Allahumma swalli salaatan kaamilatan Wa sallim salaaman taamman 'alaa Sayyidina Muhammadi Nilladhee
tanhallu bihil 'uqad wa tanfariju bihil kurab Wa tuqdhaa bihil hawaaj wa tunaalu bihir-raghaaib Wa husnul
khawaatim wa yustasqal ghamaamu biwaj'hihil kareem Wa 'alaa aalihi wa ashabihee fee kulli lamhatin wa-nafas
Bi 'adadi kulli ma'loomin-lak Yaa Allah Yaa Allah Yaa Allah**

O Allah, send the perfect salawat and the complete salaam upon our master and patron Muhammad, by whom the knots are untied, and the afflictions are removed, and the needs are satisfied, and the desired goals are gained as are the best ends, and by whose noble countenance the clouds are watered; and also upon his family and companions, in every moment and breath, according to the number of things in Your Knowledge)

لِي خَمْسَةً أَطْفَى بِهَا حَرَّ الْوَبَاءِ الْحَاطِمَةِ الْمُصْطَفَى وَالْمُرْتَضَى وَابْنَاهُمَا وَالْفَاطِمَةَ

Lee Khamsatun Utfibih Harra Waba Al Hatima Al Mustafa wal Murtaza wab Nahuma wal Fatima

I have the holy five (Panjatan Paak) to help me with freedom from affliction at once, Al Mustafa (Mohammed ﷺ) and Murtaza (Hazrat Ali ؑ) their children (Imam Hassen & Imam Hoosain ؑ) and Fatima ؑ



INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

With the global surge in infection from the corona virus, also known as Covid-19, this month's edition reports on what some countries in the Muslim world are doing about it. All numbers and details were as available at the time of publication, with most countries expecting a rise in the number of infections. In South Africa, an announcement of a State of Disaster by President Cyril Ramaphosa has had many mosques arranging staggered Jumu'ah prayers of up to three readings within 15 minutes of each other, each catering for a maximum of 100 people as directed by government for any public gathering.

Riyadh, SAUDI ARABIA – In the biggest impact for Muslims worldwide, Saudi Arabia has announced that it is temporarily stopping visits for locals to Makkah to perform Umrah as well as visits to the Mosque of the Prophet (SAW) in Madinah to prevent the spread of coronavirus. The Interior Ministry said that the temporary suspension will be reviewed and lifted once "the reasons that called for it, are negated." The decision comes a week after Saudi Arabia temporarily suspended entry for overseas individuals seeking to perform Umrah pilgrimage in Makkah or visiting the Prophet's Mosque in Madinah, as well as tourists traveling from countries where the coronavirus poses a risk as determined by the Kingdom's health authorities.

KARACHI, Pakistan - Pakistani Prime Minister Imran Khan has called upon his countrymen "not to panic" amid a spike in coronavirus cases in the country, warning that the spread of COVID-19 was inevitable and that Pakistan cannot currently afford the economic cost of shutting down its cities. Pakistan has recorded at least 243 cases of the highly contagious coronavirus, most linked to travellers who have returned home from neighbouring Iran, according to government data. It is the highest number of confirmed cases in South Asia, compared with 147 in India, 44 in Sri Lanka, and 22 in Afghanistan. Pakistan confirmed the first two deaths from the coronavirus outbreak in the north-western Khyber Pakhtunkhwa province. The first victim was a 50-year-old man who recently returned to Mardan after performing the Umrah pilgrimage.

Kuwait, UAE - Kuwait has decided to shut down shopping malls, arcades, barbershops and hairdressing salons in yet another bid to contain and tackle the spread of the virus, said government spokesman Tareq Al-Mezrem. He said shopping centres and markets would all be closed with the exception of food stores. Al-Mezrem added that the government would also close children's entertainment centres and arcades; restaurants and coffee shops should not receive more than five customers at once, and people in the queue should leave at least one-metre distance between each other. The spokesman criticised some families who held wedding receptions at their houses, saying that "the aim of closing the wedding halls is to prevent gatherings because meetings help the spread of the virus." The State of Kuwait has donated US\$40 million to the World

Health Organization (WHO) to help fight the spread of coronavirus.

Ramallah, PALESTINE - The Palestinian Prisoner's Society (PPS) has accused the Israeli prison administration of using the coronavirus as a pretext to continue with the imposition of abusive measures against Palestinian prisoners, rather than providing the necessary measurements to help stop the spread of the virus. PPS said the prison's canteens stopped supplying prisoners with 140 products, including cleaning products which are a grave necessity in light of the virus outbreak, particularly amid the lack of hygiene products inside the crowded cells that already lack basic health standards.

Cairo, EGYPT – There were 16 new confirmed coronavirus cases, bringing the total to 126, the Ministry of Health and Population said. Five patients, all of them Egyptians, had been discharged from the Isolation Hospital after receiving medical care, stressing that their recovery was completed according to the WHO guidelines.

Tripoli, LIBYA - The Head of the Presidential Council of the Libyan Government of National Accord Fayez Al-Sarraj announced a state of emergency and the closure of sea and land ports to prevent the spread of the coronavirus in the country. The measures announced by Al-Sarraj in a televised speech included allocating half a billion Libyan dinars to confront the coronavirus epidemic in the North African nation. They also included the suspension of studies in schools, universities and institutes for a period of two weeks, which can be extended, as well as suspending sports and cultural activities, and closure of wedding venues and cafes.

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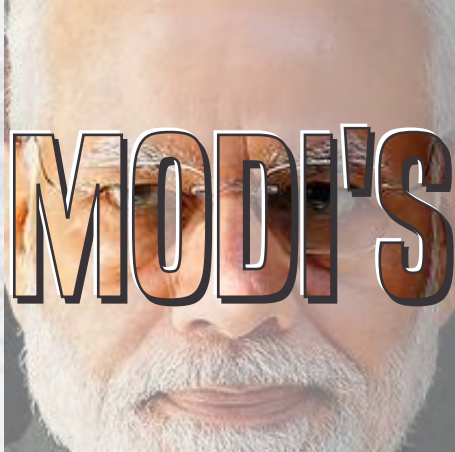
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INFERNO BLAZES IN THE FACE OF INTERNATIONAL SILENCE



Peaceful protests on the streets of the Indian capital, New Delhi, has severely exposed the hypocrisy, fraud and double standards of western imperialism and empire building.

Donald Trump, the champion of western "democracy", when addressing a crowd of Modi-supporters in the State of Gujarat, on a recent visit to India said: "India proudly embraces freedom, liberty, individual rights and the rule of law". Ironically, it was in this very state when Modi was Chief Minister in 2002, that more than 2000 Muslim men, women and children were mercilessly brutalised, maimed and killed. Modi is a member of the Fascist organisation, the Rashtriya Swayamsivak Sangh (RSS) and leader of its political wing, the ruling BJP. Modi was culpable in this pogrom.

Distressingly, history is repeating itself on the streets of Delhi during Trump's visit, but this time, with Modi as India's Prime Minister.

India has recently passed the Citizenship Amendment Act (CAA) and the National Register for Citizens (NRC). These pieces of legislation are unprecedented, unconstitutional, fundamentalist and anti-secularist. The opposing forces on the streets of New Delhi, the supporters of religious nationalism and the supporters of secular-nationalism, will find that these laws will prove as dark a threat to their identities as that which colonialism presented. Trump does not see nor does he understand the reality on the streets of Delhi. He told the crowd at the same gathering that "your unity is an inspiration to the world". Whose freedom and what unity

is Trump referring to?

Nation-wide protests have raged for months in cities across the country. Critics of these laws are of the opinion that they discriminate against minorities and that they seek to enshrine religious discrimination into Indian citizenship.

These latest riots have led to the burning, looting of Muslim homes and businesses and deliberate destruction of mosques. Mainstream media have failed in their responsibilities to inform the world of the grotesque and unimaginable brutality of the attacks on defenceless citizens belonging to minority groups and especially Muslims. Social media platforms have reported in graphic detail, the extent of the vicious and inhuman savagery of these attacks.

The critical question is: In a fascist dispensation, is there room for Justice within a constitutional democracy?

In reality, what's at stake is the definition of democracy: Does majority rule mean that majorities simply rule? Or does genuine democracy require that minorities, whether defined in religious, ethnic, or ideological terms, be granted institutional protection. It's a question with which nations across the world will have to wrestle with. Not least the United States, Britain, and much of Europe.

By: Ibrahim Vawda

Researcher: Media Review Network.
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THE HUMAN TONGUE

BY MOULANA NASIK AHMED BROOD

The Sharpest of all Blunt Objects



As we know the tongue is a muscular hydrostat on the floors of the mouths whose function amongst many is phonetic articulation. There are eight muscles of the human tongue which are classified as either intrinsic or extrinsic. The four intrinsic muscles act to change the shape of the tongue, and are not attached to any bone. The four extrinsic muscles act to change the position of the tongue, and are anchored to a bone.

The tongue has such power that it has the potential to influence positively or negatively, not only one's own life but also the lives of others with whom one comes in contact. Without question, the human tongue is a powerful instrument and in its power it has the ability to be malicious or to be honourable.

Consequently, believers need to carefully guard their tongues for it is an awesome force and influence in one's life. We can build up or we can tear down with our words.

Every time we speak we have that power. It is our choice how we are going to use it - for virtue or for vice. We are all guilty of saying hurtful things in a moment of anger or retaliation. (Maybe now would be good time to make a list of the people we have hurt and plan to apologize). On the other hand, we feel good about ourselves when we encourage people and so do they.

We all are aware of the saying that the 'pen is mightier than the sword'. However, we do not realise that the tongue itself is also mightier than the sword. Moreover, the tongue is more deadly than any sharp object because the tongue is regarded as the sharpest of all blunt objects. It is said that a dull knife is far more dangerous than a sharp one.

The idea being that a dull blade will cut with tearing and great mess, whereas a sharp edge will cut with surgical precision and no tearing. Using the metaphor that: "The tongue is like a sharp knife. It kills without drawing blood", sends a powerful message.

It is saying that words can be very powerful, and can do great damage, can even kill, but without drawing actual blood. If we are mindful of our words, and respect their great power, like a sword, we will hesitate before drawing this deadly weapon. When we get angry, we may speak horrible, deadly words without thinking, and without intending the maliciousness that they will be perceived as.

We must keep our words sheathed and we should wait to speak until we know how to control the words that come out. If we do not keep our tongues in check then automatically we will be suffering with a syndrome which I refer to as 'oral cancer' or 'verbal diarrhoea'. When we are afflicted with this ailment then it becomes challenging to search for an antidote.

Allah Almighty mentions in the Holy Quraan: "Those who turn away from vain talk." (S 23: V 3) and "Not a word is uttered but there is an observer with everyone ready to record it." (S 50: V 18). In these two verses of the Holy Quraan we are informed that the success of a believer is also dependant on their words. Imaam Shaafi (Rahmatullahi Alayhi) has said: "If you wish to speak then it is upon you to think before you speak. If you think there is good in it then speak and if not then do not speak." Nabi (Sallallahu Alayhi Wa Sallam) has said: "Whoever guards what is between their jaws and legs.

I shall guarantee them paradise." (Bukhari & Tirmidhi) It has been said by the pious scholars that a Muslim should not consider himself

upright until the heart is upright; and the heart is not upright until the tongue is upright. A great person once said: "The tongue is like an arrow lying in an ambush ready to shoot at its target. So place the bridle of silence on the tongue in order to be safe from all calamities."

Once a chief of a village told a servant to go to the market and to purchase the best piece of meat. The servant obeyed and ran to the market right away. The chief was surprised when the servant came back with the tongue of a large cow that had just been slaughtered. It did not look like it would be good to eat. Yet when prepared by the cooks, the chief was impressed.

The meat was truly delicious. It was tender and savoury and quite pleasing to eat. The chief called the servant to him again and said: "The tongue was truly wonderful. Now go to the market again and bring me the worst piece of meat that is sold in the market." The servant obeyed once again. Soon he came back carrying a piece of meat that looked like the first.

The chief was surprised that the servant once again brought him a tongue from another cow that had just been slaughtered. The chief was awestruck by the actions of the servant and enquired as to how the best piece of meat and the worst piece of meat could possibly be the same. The servant answered: "The tongue can be beautiful or ugly. It can be sweet or bitter. It depends on the words and sounds that are heard by the listener.

If a person's words are kind and sweet, the tongue is at its best. It is delicious to the ear. The sounds of the tongue bring happiness. If the words we say are crude and sharp, they can be hurtful and bitter. They can bring sadness and pain."

It can therefore be seen that Islam has placed great emphasis on controlling the tongue. We should therefore take heed of the words of wisdom from Islam and try to evade from indulging in unproductive and ineffective discussions. We must always take heed of the fact that our intellect lies behind our tongue. May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam), grant us the ability to utilise our tongue favourably and to safe-guard our tongues from immorality. Ameen!



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HAZRAT SAYED MUHAMMAD KHALID SHAH



Hazrat Sayed Muhammad Khalid Shah Chisti Saberi Jahangiri Kambal Posh ؒ was born in 1935 in the city of Ajmer Shareef in India. He hailed from a very noble family, being direct descendents of the Holy Prophet Hazrat Muhammad ﷺ. His father, Hazrat Sayed Muhammed Iqbal Shah ؒ, and his grandfather, Hazrat Sayed Muhammed Jahangir Shah ؒ, were great Awliya of their time and were very prominent personalities of the CHISHTI SABERI SILSILA. Hazrat Khalid Shah's ؒ mother was also of noble descent

At a very young age he abandoned this world and was placed with this tremendous amount of responsibility. From then onwards, he donned the garment of his Mashaa'ikh, that is the Black Kurta and Tehband (cloth covering the navel to the ankle). Hazrat Khalid Sha ؒ was a tall and beautiful person with an extremely attractive personality. Many non-Muslims accepted Islam at his hands merely by seeing his features. He always bowed his head in humbleness and whenever he spoke or walked he commanded a great deal of respect. Owing to his great personality he was very well respected also by the Mashaa' ikh of other Salasil.

Taking on the immense responsibility of providing guidance to others, he always taught his mureeds and other Muslims to remain steadfast on the Shar' iah. He emphasised on the principles of proper Islamic Adaab -1 to respect the young and the old. Although Hazrat Khalid Shah ؒ had immense resources that were at his disposal, he never abused his position - a quality that was adopted by earlier Mashaa' ikh of the Chistiya Silsila and which Hazrat firmly adhered to. He led a very simple and disciplined life with minimum luxuries and worldly belongings. On many occasions during his inspiring talks he often cried when narrating incidents in the life of the Holy Prophet Muhammad ﷺ and his Sahaba Ikraam ؓ and the Awliya Allah. This was due to his immense love for the Holy Prophet Muhammad r. Due to his great influence, the Chisti Sabri Jahangiri Silsila spread to many countries like India, U.K., Pakistan, South Africa, etc. and places such as Jherruck, Paak Patan, Lahore, Bareilly, Peshawar, etc. In the early sixties, Hazrat Khalid Shah ؒ had the Buland Darwaza constructed at the mazaar of Hazrat Sabir Paak ؒ in Kalyar Shareef, India. The wood for the door was personally purchased by him. Hazrat had once made an intention to make a catera or silver railing to place around the blessed grave of Hazrat Sabir Paak ؒ to prevent the people from leaning onto the grave. Upon helping a Hindu devotee in Kalyar by miraculously

making his deaf and dumb child hear and speak within 3 days, the Hindu had offered to donate silver for the railing. This railing was made by Hazrat's mureeds in Surat in India. Due to his personality many Hindus accepted Islam at his hands in India. Seeing this as a "threat" the government of India banned him from entering India. As a result of this banning order, he was unable himself to present the silver catera in the mazaar of Hazrat Sabir Paak ؒ. Nevertheless, this wish was fulfilled by Hazrat's eldest son, Hazrat Sayed Muhammed Shah Chisti Sabri in 1989.

Hazrat Khalid Shah ؒ now focused his attention to the Murshid of Hazrat Sabir Paak ؒ - Hazrat Baba Farid Ganje Shakar ؒ- in Paak Patan Shareef, Pakistan. Here he established a huge Khanqah known as Kashana-e-Masoodiya Sabireeya Khanqah where the Urs of Hazrat Baba Farid ؒ is grandly celebrated during the first five days of Muharram and which attracts devotees from all parts of the world - India, Pakistan as well as South Africa. In the 1980's, upon the instruction of Hazrat Khalid Shah ؒ, a golden Kalas (a structure mounted on the Dome) was made by his mureeds which was placed on the dome of the mazaar of Hazrat Baba Farid ؒ. In Hyderabad, he was instrumental in establishing the Jashne Eid-e-Meelaad-un Nabi Organization, the Ghareeb-e-Nawaaz Urs Committtee and the Ghareeb Nawaaz Yateemkhana.

Hazrat Khalid Shah ؒ set his blessed foot for the very first time in South Africa in 1966. The Chishti Sabri Silsila in South Africa was already founded in 1944 with the blessing of Hazrat Iqbal Shah ؒ by his mureed, Janab Ibrahim Madari Chisht Sabri. May Almighty Allah shower His infinite Mercy upon his grave. Aameen. He also visited South Africa in 1972, 1976, 1981, 1982, 1983 and 1984. During his visits to South Africa, thousands of people became his mureeds. He also delivered many inspiring talks throughout his visit. The Chishti Sabri Silsila spread throughout South Africa, including Botswana and Lesotho. Hazrat showed a great deal of concern towards his mureeds and well- wishers. He treated the poor and the rich alike and feared none besides Allah. Many respected people and Ulema used to seek Hazrat's advice on various issues. There are numerous Karamats or miracles attributed to him.

During Hazrat Khalid Shah's ؒ latter years his health began to deteriorate. His mureeds persuaded him to come to South Africa to receive expert medical advice, but in spite of all serious attempts to provide the best medical treatment, the Will and Divine Wisdom of Allah took its course. On the 16th of May 1984 (15 SHABAAN 1404 A.H.) Hazrat Khalid Shah ؒ left this mundane world for the Aakhirah. He is buried in Watville Benoni (South Africa) where the Urs is held every year in his honour attracting many devotees from all parts of the country. A beautiful Mazaar Shareef has been built over his Qabar Shareef.



Helping Children Cope with the CORONAVIRUS Stress

BY SHIREEN ISMAIL



[1] Meet children's concerns with validation, compassion

- * Listen carefully to children's concerns and learn where they heard their information. Validate their fears by saying something like, "It can be frightening when a new illness comes around that we don't know everything about."

- * Gently correct any misconceptions they may have heard and encourage them to continue to ask questions.

- * Maintaining a routine can provide children a sense of security. Keeping a usual schedule – including school/home school, activities and chores – will protect mental and physical health.

[2] Stick to developmentally appropriate facts

- * Avoid having adult-level conversations about COVID-19 around children. Similarly, carefully monitor children's exposure to media reports about the virus.

- * Answer questions with brief, developmentally appropriate explanations. For example, you might tell a young child, "Coronavirus is a new type of cold/flu, and so it is important for us to wash our hands more and sneeze in our elbows/tissue to keep healthy."

- * Remind children that doctors and other experts around the world are working hard to stop the virus. This can help kids understand that smart, capable people are taking action.

[3] Reassure kids by empowering them

- * Telling kids how they can help provide a sense of agency and can turn anxiety or stress into an actionable goal.

- * Reassure children that they can protect themselves and others by practicing proper handwashing, cough etiquette and taking other healthy steps.

- * Children can also be included in other family-wide preparations. For example, if you were preparing for the possibility of being home for a while, ask the child what they might want to snack on or what activities they might enjoy during that time.

[4] Look for child-friendly methods

- * Make learning about handwashing and other preventative measures fun. Help kids learn about germs by giving them some lotion and then sprinkling glitter on their hands. Tell them the glitter is like germs, and then ask the child to try to wipe it off with a paper towel or just water. They won't get far! Then you can explain how

soap and warm water removes the glitter – and germs – best.

- * Teach children how long to wash hands for by singing a 20- to 30-second song together. "Happy Birthday" or the "ABCs" are classics. You can also be creative and estimate 20-to-30 seconds of any song the child likes.

[5] Emphasize kindness

- * It is helpful to teach children to continue to be kind to all people, regardless of their country of origin or their appearance. Kindness is always possible – even when they feel afraid.

- * To help children more realistically assess risk, educate children that most people who visit the doctor or wear a mask probably don't have the virus.

- * It is important to remind children that we are all trying our best to stay healthy and it's not anyone's fault if they do get sick.

[6] Remember to model positive behaviour

- * Parents who show good coping skills can help reassure children that they are safe. After all, children learn from their parents how to react in new situations.

- * Remember that children make mistakes. If your child accidentally does not wash their hands or doesn't sneeze into their elbow or a tissue, gently remind them. Scaring children with the potential consequences of their mistakes is not helpful.

- * Adults should model self-care behaviors: Maintain activities and sleep schedules. Eat healthy and practice hand hygiene and cough etiquette.

- * It's also helpful for grownups to limit their own media consumption around Coronavirus (COVID-19) and stick to a few trusted resources such as the Centers for Disease Control to prevent information overload and anxiety.

[7] Watch for behaviour changes

- * Changes in a child's sleep, appetite, interest in being with friends or leaving the house, or levels of reassurance seeking, as well as excessive handwashing can be signs that more help is needed.

- * If basic stress reduction techniques like deep breathing, distraction or guided imagery don't help, reach out to your primary care provider/psychologist/GP etc for additional support.

Adapted from the CHOC children's pediatric psychology

NATIONAL INDEPENDENT HALAAL TRUST



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Hazrath Bayazid Bustami

Rahmatullah hee alay hee



BY MOULANA MAHOMED ASLAM

The month of Shabaan has many merits, virtues and benefits in accordance to the Holy Quraan and Hadith e Mubarak. The Arabic word "Shabaan" has five letters which is worthy of sharing. The letter ("sheen") in the word Shabaan stands for "Sharaf " , meaning Honor or Dignity, the letter (Ayn) in the word stands for "Oloo", meaning high in status, the letter (Baa) in the word stands for "Bir" meaning Goodness, the letter (Alif) in the word stands for " ulfat " meaning Love, the letter (Noon) in the word stands for " Noor " meaning Light. Therefore, Shabaan is a month full of sacredness and immense blessings.

Together with this in mind, in the month of Shabaan, we commemorate the Urs Mubarak of a Great Sheikh e Kaamil, viz Hazrath Bayazid Bustami (rahmatullah hee alay hee) of the Naqshbandi Sufi Order.

Let us learn a lesson from the life of Hazrath Bayazid Bustami (rahmatullah hee alay hee)
One day, when Shaykh Bayazid was walking through a street, suddenly a dog appeared, approaching him slowly. Being cautious and not wanting his clothes to be in contact with the dog, Shaykh Bayazid pulled up his clothes.

Unexpectedly, the dog was communicating to Shaykh Bayazid with a human like voice," If my fur is dry and accidentally comes into contact with your clothes, there is no need for you to have your clothes cleansed. However, if my skin happens to be wet, all you need to do is to have your clothes cleansed the way God has prescribed it to be cleansed. But then the prejudice attitude inside

you will not be washed away even if you use all the water obtained from seven rivers. The internal or spiritual sins are difficult to clean."

Shaykh Bayazid said," Dear dog, you are very intelligent. Please come and stay with me for a while."

"No, we can't stay together as I'm being despised and humiliated by humans while you are glorified in this world. Furthermore, I do not store any food for the next day while you store your needs for the whole year," replied the dog.

Hearing the words of wisdom from the dog, Shaykh Bayazid whispered to himself:" If even a dog refuses to accompany me, am I eligible to be close to Allah and attend His functions? All Praises is for Allah who has shown all the flaws in me and guiding human beings through the minor things.

Lesson from the DOG:- It's important that we discard the "dog" from our own NAFS e AMMARA (lower self) and become proper servants of Allah. A dog is always obedient and loyal to its Master irrespective if its given food and water or taken care of. We, humans are granted THINGS that we want or need but how many of us are thankful, obedient and loyal creations of ALLAH. The Dog sacrifices its sleep by staying awake the entire night safeguarding your house against perpetrators or criminals. How much sacrifice do we give in upkeeping and safeguarding our DEEN against the forces of EVIL ?

Makes you think doesn't it


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Sayyidah A'isha

bint Abu Bakr (RA)

Women Empowerment



Sayyidah A'isha (رضي الله عنها) was the daughter of Hazrat Bakr (رضي الله عنه), a close friend of the Prophet Muhammad (ﷺ). Sayyidah A'isha (RA) in her youthful years married Prophet Muhammad (ﷺ). This marriage lightened Prophet Muhammad (ﷺ)'s heart after a long period of grief and sorrow in which he had lost both his beloved first wife, Sayyidah Khadija (رضي الله عنها) and his devoted uncle, Hazrat Abu Talib (رضي الله عنه). Sayyidah A'isha (رضي الله عنها) was the only wife of Prophet Muhammad (ﷺ) who previously had not been married.

Marrying at a tender age allowed Sayyidah A'isha (رضي الله عنها) to grow up as the wife of the Prophet Muhammad (ﷺ). In this way she learnt abundantly from the Prophet (ﷺ)'s example and intimately shared with him the journey of heart and soul. During her time as the Prophet (ﷺ)'s wife, Sayyidah A'isha (رضي الله عنها) acquired knowledge and learnt the most important sources of Allah (ﷻ)'s guidance, namely, the Quran and the Sunnah of the Prophet Muhammad (ﷺ). She memorised the revelation and had her own script of the Quran written after the passing on of Prophet Muhammad (ﷺ).

The Revelation of the Glorious Quran often occurred when the couple was together. Sayyidah A'isha (رضي الله عنها) would engage the Prophet (ﷺ) and ask questions or discuss the revelations and the actions of the Prophet (ﷺ). From an early age she observed innumerable conversations between Prophet Muhammad (ﷺ) and her parents. Many of the conversations were about the revelations and the emerging needs of the community. Her intelligence enabled Sayyidah A'isha (رضي الله عنها) to easily learn the evolving Quran by heart and to memorize the additional verses at the time of revelation.

Sayyidah A'isha (رضي الله عنها) became after Sayyidah Khadija (رضي الله عنها) the Prophet (ﷺ)'s favourite wife. The Prophet Muhammad (ﷺ)'s unwell period was spent in Sayyidah A'isha (رضي الله عنها)'s hut and he remained for many hours resting his head on her lap. Both her husband, Prophet Muhammad (ﷺ) and her father, Hazrat Abu Bakr (رضي الله عنه) passed on in Sayyidah A'isha (رضي الله عنها)'s arms. Prior to the death of Prophet Muhammad (ﷺ), Sayyidah A'isha (رضي الله عنها) had a dream of three moons setting in her room and indeed the dream became apparent. For her husband, Prophet Muhammad (ﷺ), her father Hazrat Abu Bakr (رضي الله عنه) and the second caliph, Umar (رضي الله عنه) were all three buried under the floor of her room. This created immense shyness for Sayyidah A'isha (رضي الله عنها), and she partitioned and curtained off the burial sights in her room and would not enter without enwrapping herself with her veil.

An incident occurred when Hazrat Uthman (رضي الله عنه) the caliph who followed Umar (رضي الله عنه) a few years later was murdered. Hazrat Ali (رضي الله عنه) was in the position of caliph at that point, and Sayyidah A'isha (رضي الله عنها) was concerned that Hazrat Ali (رضي الله عنه) was not actively bringing the murderers of Uthman (رضي الله عنه) to justice. Sayyidah A'isha (رضي الله عنها) was convinced by two companions to journey into battle against Hazrat Ali (رضي الله عنه). When the army was passing a certain town, the barking of a dog reminded her of something the Prophet (ﷺ) had said to her in caution, years earlier. She started to doubt the rightfulness of their endeavour and was keen to turn back. However, the battle ensued, and when defeated, her own brother who sided with Hazrat Ali (رضي الله عنه) assisted her off her camel and she was given a safe passage back to Medina. Sayyidah A'isha (رضي الله عنها) for many years regretted her participation in the rebellious battle.

Subsequent to the passing on of the Prophet (ﷺ) many of the learned companions of the Prophet (ﷺ) and their followers benefited from

Sayyidah A'isha (رضي الله عنها)'s knowledge, Abu Musa Al-Ashari (رضي الله عنه) once said, "If we companions of the Messenger of Allah Almighty had any difficulty on a matter, we asked Sayyidah A'isha (رضي الله عنها) about it".

Sayyidah A'isha (رضي الله عنها) the daughter of the first caliph Hazrat Abu Bakr (رضي الله عنه) and the wife of the Prophet Muhammad (ﷺ) was actively immersed in the following.

§ Sayyidah A'isha (رضي الله عنها) established the fundamental rules of Arab Islamic ethics.

§ She declared that noble qualities of character were:-

§ honesty of speech,

§ reliability,

§ truthfulness,

§ steadfastness in misfortune,

§ the provision of protection for friend and neighbour,

§ readiness to give aid in the ups and downs of life,

§ feeding the poor,

§ treating slaves/workers with kindness,

§ and to revere ones' parents.

§ Sayyidah A'isha (رضي الله عنها) reported that the Messenger (ﷺ) said, "Certainly the most perfect of the faithful in faith is one who is the best of them in conduct and is the most pleasant of them to his/her family".

§ Sayyidah A'isha (رضي الله عنها) would receive visitors from far and wide who came to her to learn and understand the Quran and the sayings of the Prophet (ﷺ).

§ Sayyidah A'isha (رضي الله عنها) reported to have conveyed over two thousand sayings (Hadith). She was also well versed in medicine, history and poetry.

§ The small room became the classroom to many young children, women and men of the community.

One was considered very blessed to have been able to study with Sayyidah A'isha (رضي الله عنها). She continued to live her life in the manner she experienced life with Prophet Muhammad (ﷺ). She often fasted and she distributed government treasury to those in need. She immersed herself in prayer and additional prayers. At night during Sayyidah A'isha's (رضي الله عنها) marriage she observed prayers with Prophet Muhammad (ﷺ) and tears cascading down their cheeks as they worshipped their Lord.

Sayyidah A'isha (رضي الله عنها) wished to be buried at night in the communal cemetery, Al-Baqi on the outskirts of Medina. Although at night, thousands attended, to honour Sayyidah A'isha (رضي الله عنها)'s passing on, out of love and respect for the 'Beautiful Mother of the Faithful'.

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Germs: Prevent Their Spread

COMPILED BY HASINA BEGUM SAYED

Here are some simple tips to help keep respiratory infections and many other contagious diseases from spreading, especially during the cough, cold and "flu" season.

About respiratory infections

Respiratory infections affect the nose, throat and lungs; they include influenza (the "flu"), colds and pertussis (whooping cough). The germs (viruses and bacteria) that cause these infections are spread from person to person in droplets from the nose, throat and lungs of someone who is sick. You can help stop the spread of these germs by practicing "respiratory etiquette," or good health manners.

Keep your germs to yourself:

- Cover your nose and mouth with a tissue when sneezing, coughing or blowing your nose.
- Discard used tissues in the trash as soon as you can.
- Always wash your hands after sneezing, blowing your nose, or coughing, or after touching used tissues or handkerchiefs.
- Use warm water and soap to wash your hands. If you don't have soap and water, use alcohol-base hand gel or disposable wipes.
- Try to stay home if you have a cough and fever.
- See your doctor as soon as you can if you have a cough and fever, and follow their instructions. Take medicine as prescribed and get lots of rest.
- If asked, use face masks provided in your doctor's office or clinic's waiting room.

Keep the germs away:

- Wash your hands before eating, or touching your eyes, nose or mouth.
- Wash your hands after touching anyone who is sneezing, coughing or blowing their nose.
- Don't share things like towels, lipstick, toys, or anything else that might be contaminated with respiratory germs.
- Don't share food, utensils or beverage containers with others

FOODS TO BOOST YOUR IMMUNE SYSTEM

Blueberries contain a type of flavonoid called anthocyanin, which has antioxidant properties that can help boost a person's immune system. A 2016 study noted that flavonoids play an essential role in the respiratory tract's immune defense system. Researchers found that people who ate foods rich in flavonoids were less likely to get an upper respiratory tract infection, or common cold, than those who did not.

2. Dark chocolate

Dark chocolate contains an antioxidant called theobromine, which may help to boost the immune system by protecting the body's cells from free radicals.

Despite its potential benefits, dark chocolate is high in calories and saturated fat, so it is important to eat it in moderation.

3. Turmeric

Turmeric is a yellow spice that many people use in cooking. It is also present in some alternative medicines. Consuming turmeric may improve a person's immune response. This is due to the qualities of curcumin, a compound in turmeric. According to a 2017 review, curcumin has antioxidant and anti-inflammatory effects.

4. Oily fish

Salmon, tuna, pilchards, and other oily fish are a rich source of omega-3 fatty acids. According to a 2014 report, long-term intake of omega-3 fatty acids may reduce the risk of rheumatoid arthritis (RA).

5. Broccoli

Broccoli is another source of vitamin C. It also contains potent antioxidants, such as sulforaphane. For these reasons, it is a good choice of vegetable to eat regularly to support immune system health.

6. Sweet potatoes

Sweet potatoes are rich in beta carotene, a type of antioxidant that gives the skin of the potatoes its orange color. Beta carotene is a source of vitamin A. It helps to make skin healthy and may even provide some protection against skin damage from ultraviolet (UV) rays.

7. Spinach

Spinach may boost the immune system, as it contains many essential nutrients and antioxidants, including:

- flavonoids · carotenoids · vitamin C · vitamin E

Vitamins C and E can help support the immune system. Research also indicates that flavonoids may help to prevent the common cold in otherwise healthy people.

8. Ginger

People use ginger in a variety of dishes and desserts, as well as in teas. According to a review, ginger has anti-inflammatory and antioxidative properties and is likely to offer health benefits. However, more research is necessary to confirm whether or not it can effectively prevent illness.

9. Garlic

Garlic may help to prevent colds. Garlic is a common home remedy for the prevention of colds and other illness.

10. Green tea

Green tea contains only a small amount of caffeine, so people can enjoy it as an alternative to black tea or coffee. Drinking it may also strengthen the immune system.

As with blueberries, green tea contains flavonoids, which may reduce the risk of a cold.

11. Kefir

Kefir is a fermented drink that contains live cultures of bacteria that are beneficial for health.

Initial research suggests that drinking kefir may boost the immune system. According to a 2017 review, various studies have shown that regular consumption of kefir can help with:

- fighting bacteria
- reducing inflammation
- increasing antioxidant activity

The majority of the research that supports this was carried out on animals or in a laboratory.

12. Sunflower seeds

Sunflower seeds can make a tasty addition to salads or breakfast bowls. They are a rich source of vitamin E, an antioxidant. In the same way as other antioxidants, vitamin E improves immune function. It does this by fighting off free radicals, which can damage cells.

13. Almonds

Almonds are another excellent source of vitamin E. They also contain manganese, magnesium, and fiber. A small handful or a quarter of a cup of almonds is a healthful snack that may benefit the immune system.

14. Oranges or kiwifruit (kiwis)

Oranges and kiwis are an excellent source of vitamin C, which is the vitamin that many people turn to when they feel a cold developing. While scientists are still not sure exactly how it helps, vitamin C may reduce the duration of common cold symptoms and improve the function of the human immune system.

15. Red bell pepper

For people trying to avoid the sugar in fruit, red bell peppers are an excellent alternative source of vitamin C.

Stir-frying and roasting both preserve the nutrient content of red bell peppers better than steaming or boiling, according to a study on cooking methods.

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S'AD IBN ABI WAQQAS

رضي الله عنه

The First Muslim to have Shot an Arrow for Islam

S'ad Ibn Abi Waqqas (رضي الله عنه) came from a rich and noble family. People compare him to a young lion. He was very fond of his mother. One morning the genial Abu Bakr (رضي الله عنه) invited him to Islam. He explained that Muhammad ibn Abdullah the son of his late cousin Aminah bint Wahb had been given revelations and was sent with the religion of guidance and truth. Abu Bakr (رضي الله عنه) then took him to Muhammad (ﷺ). S'ad was overwhelmed and he was amongst the early Muslims to accept Islam.

While the Prophet (ﷺ) was delighted with S'ad's acceptance of Islam, others including and especially his mother were not. S'ad (رضي الله عنه) relates: "When my mother heard the news of my Islam, she flew into a rage. 'Don't do (such a thing), my mother,' I said, 'for I would not give up my religion for anything.' However, she went on with her threat... For days she neither ate nor drank. She became weak. I said to her: 'Ya Ummaah! In spite of my strong love for you, my love for ALLAH and His Messenger (ﷺ) is indeed stronger. By ALLAH, if you had a thousand souls and one soul after another were to depart, I would not abandon this my religion for anything.' By his determination she relented unwillingly ate and drank." S'ad ibn Abi Waqqas (رضي الله عنه) was to play a distinguished role in many of the engagements that took place both during the time of the Prophet (ﷺ) and after. He fought at Badr together with his young brother Umayr (رضي الله عنه) who had cried to be allowed to accompany the Muslim army for he was only in his early teens. S'ad (رضي الله عنه) returned to Madinah alone for Umayr (رضي الله عنه) was one of the fourteen Muslim martyrs who fell in the battle. At the Battle of Uhud, S'ad (رضي الله عنه) was specially chosen as one of the best archers together with Zayd and others. S'ad (رضي الله عنه) was one of those who fought vigorously in defense of the Prophet (ﷺ) after some Muslims had left their positions.

In the Khalifat of Umar (رضي الله عنه), he dispatched an army to confront the Persians at Qadisiyyah. Umar (رضي الله عنه) wanted nothing less than an end to Sasanian power, which for centuries had dominated the region. Bands of Mujahidin then converged on Madinah from every part of the Muslim domain. When they had all gathered, Umar (رضي الله عنه) consulted the leading Muslims about the appointment of a commander-in-chief over the mighty army. Umar (رضي الله عنه) himself thought of leading the army but Ali suggested that the Muslims were in great need of him and he should not endanger his life. S'ad (رضي الله عنه) was then chosen as commander and Abdur-Rahman ibn Awf (رضي الله عنه), one of the veterans among the Sahabah said: "You have chosen well! Who is there like S'ad?" The three thousand strong army set off. Among them were ninety-nine veterans of Badr, more than three hundred of those who took the Pledge of Riffwan (Satisfaction) at Hudaibiyyah and three hundred of those who had participated in the liberation of Makkah with the noble Prophet (ﷺ) and others. The army camped at Qadisiyyah near Hira. Against them the Persians had mobilized a force of 120 000 men under the leadership of their most brilliant commander, Rustum.

S'ad (رضي الله عنه) understood well the gravity of the impending battle and kept in close contact with the military high command in Madinah. Although commander-in-chief, he understood the importance of shura. S'ad did as Umar (رضي الله عنه) instructed and sent delegations of Muslims first to Yazdagird and then to Rustum, inviting them to accept Islam or to pay the jizyah to guarantee their protection and peaceful existence or to choose war if they so desired. The Muslim delegation returned to their commander-in-chief. It was clear that war was now inevitable. On this particular day S'ad (رضي الله عنه) was seriously ill and could hardly move. Despite his illness, S'ad (رضي الله عنه) got up and stood before his army and addressed them. He began his speech with a verse from the glorious Quran: "And indeed after having exhorted (man), We have laid it down in all the books of Divine wisdom that My righteous servants shall inherit the earth." (Surah al-Anbiyaa, 21:105). S'ad (رضي الله عنه) directed his soldiers and spurred them on with shouts of ALLAHU AKBAR and La hawla wa la quwwata ilia billah (there is no power or might save with ALLAH). For four days the battle raged. The Muslims displayed valor and skill. But a Persian elephant corps wrought havoc in the ranks of the Muslims. The ferocious battle was only resolved when several renowned Muslim warriors made a rush in the direction of the Persian commander. A storm arose and the canopy of Rustam was blown into the river. As he tried to flee he was detected and slain. Complete confusion reigned among the Persians and they fled in disarray. The Battle of Qadisiyyah is one of the major decisive battles of world history. It sealed the fate of the Sasanian Empire just as the Battle of Yarmuk had sealed the fate of the Byzantine Empire in the east.

Two years after Qadisiyyah, S'ad (رضي الله عنه) went on to take the Sasanian capital. By then he had recovered his health. The taking of Ctesiphon was accomplished after a brilliant crossing of the Tigris River while it was in flood. S'ad (رضي الله عنه) has thus gone down in the annals of history as the Hero of Qadisiyyah and the Conqueror of Ctesiphon. He lived until he was almost eighty years old. He was blessed with much influence and wealth but as the time of death approached in the year 54 AH, he asked his son to open a box in which he had kept a course woolen jubbah and said: "Shroud me in this, for in this (jubbah) I met the Mushrikin on the day of Badr and in it I desire to meet My ALLAH (ﷻ) in

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CERTAINTY

BY FAIZEL KHAMKER

In any crisis whether internationally, nationally, regionally or even in the home environment the absence of certainty denies decisive action and without decisive action any intervention becomes meaningless or ineffective.

There is also the possibility that absolute certainty cannot be ascertained and this case scenario would be the most likelihood. The third possibility of absolute uncertainty exists and this position should be one to avoid at all cost. It is apparent from the above that knowledge is key in reaching a stage where decisions can be made reasonably comfortably.

We find ourselves having to seek clarity with regard to COVID 19 in this country in order to reach a position of certainty in order to reach decisions. The very nature of the virus has left a lot of grey or uncertain areas and thus compromised the final decision making which would then place the certainty under the second category mentioned above.

What is known and more specifically the threat is enough to demand actions to be instituted and because of the uncertain elements further requires constant monitoring and assessments. Furthermore decisions need to be made at all different levels from the national level to the individual. The decisions taken at the different levels therefore require a transparent all inclusive sharing of knowledge.

The government of this country finds itself in a more comfortable position in its decision making as it is able to draw from the knowledge of other countries that experienced this phenomenon before this country.

What would be important is the risk analysis obtained from specialists in various fields in order to plan effectively not only for the moment but also going forward. It is also important to prioritise the knowledge required and as much as the cause of the virus is important under normal circumstances the saving of lives will be prioritised.

Once the position is stabilised only then must an in depth study be made as to the cause, however optimism after the crisis has been dealt with should not put this part of the study on hold. The step

which follows is the buy in of the intervention by everyone and this should be done by a massive spread of knowledge in a manner that is understandable by all. It is understood that the unfortunate part is that the whole populace is not in reach of technology in order to spread the message to critical areas namely the rural areas.

Business will be negatively effective and most stock exchanges have shown losses in excess of twenty five percent, however they together with small and informal business will have to make huge sacrifices for the greater good.

The uncertainty in the whole process of adequate intervention lies within this sector. Unhappiness amongst the workforce has surfaced as they are compromised in terms of safety at work and in travelling to work.

This is the most vulnerable area in the combat of COVID 19 and historically business prioritised profit before humankind and a major shift in thinking would be required. This could be a key reason for many countries having a complete lockdown. What is certain that once this crisis has been overcome than the redistribution of wealth and opportunities must be addressed?

CORVID 19 has highlighted the vulnerability of the poor and the working class at the lower level. The strategy of slowing down the virus may have to be applied to the 4G revolution in order to bring the masses to a point where their everyday affairs are stabilised including having adequate water and sanitation.

An important tool in the fight against the Corona virus is where the citizenry obtains certainty of peace of mind. This will come from two sources namely the spiritual and the moral... The first of these two sources and the one most neglected in the narratives of the media is the spiritual side.

Many people have gone beyond careful to neurotic and this cannot bring about good as it can and will lead to panic and panic leads to pandemonium. This particular area must be brought to the table in order to obtain an all inclusive and lasting solution. The political leadership and the religious/cultural groupings must engage in intensive discussions on equal footing in order to reach a solution.

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RECOMMENDED WAZIFAS FOR SHABE BARAAT

After Asr Salaah Recite 70 Times:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ ؕ

"Astagh Firullah Rabbi Min Kulli Zam Bin Wa A'tubu Elay"

Thereafter Recite 70
Times Durood Shareef

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ ؕ

"Allahumma Swalle Ala Muhammadew Wa Ala 'ale Muhammadew Wa Barik Wa Sallim"

Thereafter Recite 70 Times

"Yaa Hayyu Yaa Qayyum"

يَا حَيُّ . يَا قَيُّوْم .

Just before Sunset Recite 40 Times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ ؕ

"Laa Hawla Walaa Quwata Illa Billa Hil Aliyeel Azeem"

Recite the last 3 verses of Surah Hashr once:

Bismillah Hir Rahmanir Raheem

Huwal Laahul Lazi Laailaaha illaahu,
A'alimul Ghaibi Wash Shahadati Huwar
Rahmanur Raheem-Huwal Laahul Lazi
Laailaaha illaahu, Al Malikul Quddusus
Salaamul Mo'minul Muhayminul Azizul
Jabbaarul Mutakabbir, Subhaanal Laahi
Amma Yushrikoon. Huwal Laahul Khaaliqul
Baari-ul Musawwiru Lahul Asthma-ul-Husna
Yusabbihu Lahu Mafis Samaawaati Wal
Ard Wahuwal Azizul Hakeem.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ ؕ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ عِلْمُ
الْغَيْبِ وَالشَّهَادَةِ هُوَ الرَّحْمَنُ الرَّحِيمُ ؕ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ ۚ الْمَلِكُ
الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ
الْعَزِيزُ الْجَبَّارُ الْمُتَكَبِّرُ ۚ سُبْحَانَ اللَّهِ عَمَّا
يُشْرِكُونَ . هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ
لَهُ الْأَسْمَاءُ الْحُسْنَى ۚ يُسَبِّحُ لَهُ مَا فِي
السَّمَوَاتِ وَالْأَرْضِ ۚ وَهُوَ الْعَزِيزُ الْحَكِيمُ ؕ

Recite the Dua for Shabe Baraat as many times as possible

(Allahumma) A'oozu bi Afwika Min Iqaabika
Wa A'oozu Biradaka Min Sakhatika Wa A'oozu
Bika Minka Jalla Wajhuka Laa Ohsi Sanaa'an
.Alayka Anta Kama Asnaita Ala Nafsik

O Allah I seek protection in Your forgiveness
from Your wrath and I seek shelter in Your
pleasure from Your displeasure and I seek
. Glory be to You I safety with You from You
cannot fully praise You as You have praised
.Yourself

(اَللّٰهُمَّ) اَعُوْذُ بِعَفْوِكَ مِنْ عِقَابِكَ
وَ اَعُوْذُ بِرِضَاكَ مِنْ سَخَطِكَ
وَ اَعُوْذُ بِكَ مِنْكَ جَلَّ وَجْهَكَ
لَا اُحْصِي ثَنَاءً عَلَيْكَ اَنْتَ
كَمَا اَتَيْتَ عَلٰى نَفْسِكَ ؕ