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## Under The Shadow Of The Sword

Once again the brightness of the day of Eid appears. Another Ramadaan is gone, laden with prayers and laments, again a visitor whose departure was inevitable.

Ramadaan. Not the best in terms of happenings around the world. Challenges and escalating hardship our less fortunate brothers have had to face. War - torn Syria, Iraq , Afghanistan, Yemen, Palestine, all unsettled with political issues and strife. Clearly, muslims are the highlighted target of terror and misery orchestrated to shake the spirit of the ummah into a state of fear, and submission to the satanic status quo of a new world order.

A few years ago, it was mayhem and destruction in Ghaza. After Afghanistan and Iraq, who could have guessed the turnaround in fortune of Syria, Egypt, Libya, or Yemen? Turkey could be next.

ISIS has become the most despised group unanimously disowned by the muslim world, with their rumoured Zionist connection. Killing civilians, destroying assets and infrastructure, openly emulating the US and Israel when they imploded Baghdad and Ghaza to the ground.

And now they are targeting Turkey. The west have always feared Turkey. The nightmare of the Ottoman superpower waiting to regenerate. The plan is apparent. Their sinister agencies have planted the seeds. They will plant bombs. Plant disunity. Leave a stable country in the grips of xenophobic anarchy.

Alarm bells ringing! Will the trumpet be sounded in our lifetime?...Trumpet!... Oops music is haraam!

They killed Amjad Sabri. They have

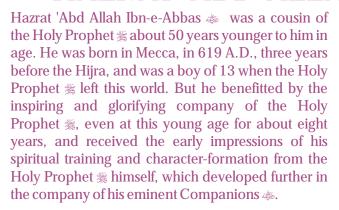
destroyed mazaars like their mentors did. For them Jannatul Baqi was not of any special value! Have you heard the rumour, they would gladly demolish the Roza Mubarak, with the Holy Prophet (\*\*), and his two companions removed and placed in unmarked graves?

Worldly kings, usurpers, sponsors of corrupt beliefs, they are largely responsible for the pathetic situation of the Ummah today. If they were true leaders they would have worked in favour of uniting the Muslims. They would have spoken out fearlessly against the enemies of the muslim world, like Gaddafi did, or even some of previous Iranian leaders. Their mountains of wealth would have funded muslim welfare at both political and social level, until the world showed them respect. But they sponsor conflict within Islam. They fund the enemy. They have redesigned the beautiful religion according to their whims and narrow understanding. Their service to Islam is based on this refurbishment of Islamic ideals, how they have desecrated sacred sites to make way for towers, palaces, and skyscrapers. They have looted the batul-maal of the ummah, turning Haj and Umrah into a Disney - like dollar mine, added to their oil revenue. Who put them in power? It was neither by vote nor muslim consensus, but by the colonial sewage of the British that left them there to serve their kaafir interests.

May Allah free us from them, and return Arabia and Hijaz to the ummah, a united ummah. May this ummah regroup and spearhead an awakening, to honour the amaanah of Allah and His Rasool (\*\*), until what has been foretold comes to be!

Eid Mubarak.

# HAZRAT 'ABD ALLAH IBN-E-ABBAS



Abdullah related the following incident about himself: "Once the Prophet \*\*, was on the point of performing wudu. I hurried to get water ready for him. He was pleased with what I was doing. As he was about to begin Salaat, he indicated that I should stand at his side. However, I stood behind him. When the Salaat was finished, he turned to me & said: 'What prevented you from being at my side, O Abdullah?' 'You are too illustrious & too great in my eyes for me to stand side by side with you, 'I replied. Ibn-e-Abbas was known as 'Hibr-al-Umma' or 'the Doctor' or 'Rabbi of the Community'. He was also called 'the Sea' for the vastness of his knowledge.

The Holy Prophet's wife, Hazrat Maimuna 🚓, was a maternal aunt of Ibn-e-Abbas, and he had the opportunity of observing how devotedly and steadfastly the Holy Prophet # spent the greater part of the night in Tahajjud prayer; whenever he was in Hazrat Maimuna's house. Once he got up to join the Holy Prophet **s** in Tahajjud, and had the personal experience of feeling how the Holy Prophet prolonged his giyam (standing position), so much so that Ibn-e-Abbas felt guite exhausted. The Holy Prophet moticed a lot of promise in this young lad and blessed him. He also prayed to Allah for the grant of unusual knowledge and wisdom to Ibn-e-Abbas and deep insight into the meanings of the Book of God. This prayer was no doubt granted and Ibn-e-Abbas became a very learned man at a very young age.

He was often known as a 'sage in a young age'. Hazrat Umar held him in great esteem and used to tell people "he is the most learned of you all". His son, Ibn 'Umar has, another learned and eminent Companion, used to say about him, "the most learned man among the followers of Muhammad hin the Book that was revealed to Muhammad hazrat Ibn Mas'ud has called him "the best commentator of the Holy Quran." And there are many other similar expressions of the Companions of the Holy Prophet his in recognition of his worth and profound learning. He was the authority for 1660 traditions of the Holy Prophet, his.

His reputation as a scholar and expounder of the Holy Quran and of traditions and the decisions of the Caliphs (RA) stood so high that crowds flocked from all parts of the Muslim world to hear his discourses. He gave public lectures one day in a week, on the interpretation of the Quran; another day, on law; the third, on grammar; the fourth, on the history of the Arabs, and the fifth on poetry. He gave an impulse to the study and preservation of pre-Islamic Arab literature and history by frequently quoting verses from the ancient poets to explain and illustrate the difficult passages of the Holy Quran. He possessed a strong memory and remembered a vast material by heart.

Ibn-e-Abbas had gained considerable social and political prominence during the reign of Hazrat Uthman. The Caliph entrusted him with the leadership of the pilgrimage in the year 35 A.H., and it was to this that he owed his fortunate absence from Madina when the Caliph was murdered. He then went over to Hazrat Ali, who frequently employed him as an ambassador and appointed him governor of Basra. In his old age, he was deprived of his eyesight, and he settled down in Taif, where he died in the year 68 A.H. at the age of seventy-one. Hazrat Ibn-e-Abbas did not owe his fame to his political activity, but to his greatly admired knowledge of profane and sacred tradition, of jurisprudence and exegesis of the Holy Quran.



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# SAVE THE CHANGES

During the Mubarak and beautiful month of Ramadaan many have navigated themselves to the Deen of Allah and have brought about substantial positive deeni changes. Now is a critical time to click on the right tab- Save those changes!

Nearly everyone in this age of modern technology has at some stage worked with a P.C. We have used it to draft documents, amend these documents, copied and pasted onto documents, used the 'undo' icon, edited documents, just to mention a few of the time saving operations that we find on this device.

After opening a document that we have worked upon previously and made the necessary changes and improvements a little box appears on the screen asking the question: Do you want to save the changes you have made to this document? You are then given the option of selecting the YES tab or the NO tab. Selecting the YES tab will give you the desired results while selecting the NO tab literally takes you back to square one. All the effort made in editing, improving and shaping the document becomes an exercise in futility.

Don't we all find ourselves in a similar predicament when the blessed month of Ramadaan passes us? Just think of your book of deeds like a document on your P.C. During the month of Ramadaan we have done amongst other things the following-

Increased our Ibaadah and acts of charity; \* Took control of our feelings and emotion;

\* Responded with compassion and sensitivity to the needs of other;

\* Multiplied our good deeds; \* Repented: we have spent many hours on the Musallah begging for Allah's forgiveness for our sins, errors and transgressions.

The vital question that needs to be asked is:

Do we want to save the changes that we have made in the month of Ramadaan? Are we going to press the YES tab or

Pressing the YES tab will leave us with a new, improved version. A version of heightened spirituality, a version of righteousness, a version that is pleasing to our Creator. Pressing the NO tab will take us back to square one; back to our old habits before Ramadaan, back to the life of sin and immorality, back to a life of heedlessness and back to a life subjecting ourselves to the wrath of the Almighty.

How do we improve on this document; the document of our lives, the document of our deeds, the document that we are going to present to Allah the Almighty on the Day of Reckoning? Here are some hints: Copy and Paste from the life of our illustrious master Muhammad Sallallahu alayhi Wasallam.

Use the 'undo' icon by making Taubah immediately after any transgression as the Hadith states "The one who repents from sin is like one who has committed no sin at all"

There may not be a need to do a "spell check" but there is certainly a need to do a "sincerity check" and a "Shari'ah check"? Are we complying?

There may be files and folders that we want to keep while

there could be some others we would not even want others to know exist. Many of us begged Allah to "delete" our sins and dark deeds . We cried before Allah, shed tears of remorse and vowed not to commit those sins in future. Going back to the sins that we have asked Allah's forgiveness for would be like making a visit to the "recycle bin".

What about viruses? P.C. users are also very wary about e-mails they receive and the sites that they visit, fearing the admission of a virus that may pollute their system and cause it to malfunction. The environment and people who we associate with could adversely infect us! Why do we then subject our minds and thoughts to immoral sites and dens of vice which would pollute our moral system and cause us to malfunction? What antivirus software have we installed to ward off the variety of Fitnahs that confront us everyday?

We need to install the right version of the anti-viruses. There is indeed only One version. Without delay install every Command of Allah and the Sunnah of Rasulullah ( Salallaho alaihe wassallam) onto our hardrives (lives). This will allow us to repel the attempts by shaytaan and other evil forces to infect our PC's (souls).

It's Now time to Run the Programs...

Begin By:

Connecting ourselves to the right network. When we need an I.T solution we ago to I.T specialist. We also in our lives need to consult with Ulama and pious people so that we are connected to the right network!

Delete ALL harmful programs Permanently! Lets Repent over past evil deeds and make a firm nivyah (intention) NEVER to Redo those evil deeds.

Ensure that the service provider provides the installation guide for the following programs to be run on your PC:

Dawat (Inviting ourselves, families, communities and humanity towards Allah and help Allah's Deen by striving for it)

Program 2:

Taalim (Learning and teaching Deen)

Program 3:

Ibaadat-Worship (Salaah, Haj, Umrah, Quran, Zikr, Dua and all other forms of Ibadat)

Khidmat- Acts of Charity ( All acts Charity including Zakaah especially helping the Ummah in whatever possible way)

Now lets connect ourselves to Deen of Islam and the Amaal (good actions) that takes place in our Musjids...as no one knows when his or her PC will crash (when we will die)! By performing Good Deeds we will have Permanently Backed Up our records in Jannah (Paradise). Be careful not to engage ourselves in Evil lest we Back-Up our evil deeds in Jahannam (Hell)

Fortunate is the person who has "saved the changes". Extremely unfortunate is the person who has made no changes as he /she has nothing to save.!

IMPORTANT: As we don't know the time when our PC will shut down ... Make those Change Now and more important.....Save it!

# LESSONS FOR YOU ...

Assalaamu alaikum

The month of infinite mercies has rushed by, once again. I hope that all of you have taken full advantage of scoring bonus points for the Aakirah. This month was just an example of how you should be spending your life.

I hope that it has instilled in you a deep sense of Allah consciousness. Be appreciative of your life and what Allah has provided for you. Do not be ungrateful and demand what your friends have. Some of your parents may not be to afford to buy you certain things. Do not put undue pressure on them. Be grateful for what they can do for you, it may be more that others' can expect.

Ramadhaan has taught you to keep away from social ills, and to spend more time in ibaadath, continue with it. It will be your guiding light and, everything else will be much easier for you. If you show Allah Ta'ala that you have time for Him, surely He would also give you due consideration.

Involve yourself in helping others. Research has shown that in helping others, it is more rewarding for the one that is giving. So spend you extra time offering your help to those organizations that may need it.

Be kind to those around you, don't be abrasive and harsh in your speech. We tend to hurt those that are the closest to us - the ones we need the most. Do not get into a situation where your harsh words result in the ending of a valuable relationship.

Do things in moderation, especially when it comes to consuming food. Fasting has allowed your body to rest; do not now bombard it with excessive amounts of unhealthy food and drinks.

Remember, even the youth have to keep in mind that tomorrow is not guaranteed it may be your last day in this duniyah. You should not fool yourself with the false hope that you will have enough time to mend your ways when you are older. None of us know how many more years we have in this world. So, saying that you would change your lifestyle when you are 25 or 40 is foolish!

If you inculcate good habits now, it only becomes easier as you grow older. So give yourself a head start in your religious outlook.

Become an example for other individuals. Show your love and pride for your Dheen, so that other individuals would also want to emulate you. If certain friends choose to exclude you, remember that they should not be considered as worthy friends. I know that to many of you, your friend is the most important individual in your life. But, you should always put your Dheen first; friends can be replaced.

If you keep reminding yourself that this world is temporary, and that everything that you experience in it, is only a test you will find that upholding this new you will be easy.

Our time on this Earth is quite short, when you compare it to an eternity in the after life. So, it would be rather foolish of you to waste the opportunities presented to you. The opportunity to secure Jannah!

Don't be a fool! Don't wait around for others to take the first step!

Take a decision now to lead a more spiritual lifestyle and influence those around you to do so. The rewards are innumerable!

Insha Allah, it will be easy for you!

... All the best from Yasmin Omar!

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# **EID-UL-FITR-THE FESTIVAL**

#### The following is Mustahab on Eids day:

- \* To trim the nails.
- \* To have a bath.
- \* To brush the teeth with a Miswaak.
- \* To wear nice clothing preferably new, if not, then freashly washed clothes.
- \* To use attar (scent)
- \* To perform the Fajr Salaah in the Musjid.
- \* To pay the Fitra before the Eid Salaah.
- \* To walk to the Eid gah or Musjid in one route and return on another.
- To eat dates something sweet before going for Eid Salaah.
- To express joy and donate generously.
- To recite the Takbeer on route to the Eid Gah or Musjid.

آللهُ آڪُبَرُ آللهُ آڪَبَرُ لَآ اِ لَهُ اِ لَآ اللهُ وَاللهُ آڪَبَرُ ﴿ اللهُ آڪُبَرُ وَلِلْهِ اِنْحُمَدُ ﴿

Allahu Akbar Allahu Akbar Laailaaha Illallaahu Wal Laahu Akbar Allahu Akbar Wa Lillahil Hamd

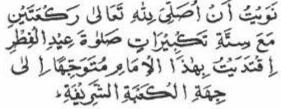
"Allah is the greatest, Allah is the Greatest, there is none worthy of worship besides Allah and Allah is the greatest and to Allah belongs all praise."

### THE EID SALAAH

The Eid Salaah is waajib upon every person on whom Jummah Salaah is waajib. There are only two Rakaats in the Eid Salaah. These two Rakaats are offered as an expression of thanks to the All Mighty Allah for giving us the strenght, courage and taufeeq to keep Fast, performing Taraweeh and I`tikaaf etc. during the Mubarak month of ramadaan. This is also where Allah rewards us for our Fast, patience and sacrifices.

#### NIYAH-INTENTION

Before beginning the Eid Salaah ensure that you have Wudhu. Say the Niyah as follows:



"Nawaytu an Usalliya Lillahi Ta`aala Rakataini Ma`a Sittati Takbeeraati Salaata Eidil Fitri Iqdadaitu Behazal Imaam Mutawajjihan Ila Jihatil Ka`batish Sharifah"

"O Allah I am performinig two Rakaats Eid-ul-Fitr Salaah with six additional Takbeers for You, as a follower behind this Imam facing towards the Holy Kaabah."

#### METHOD OF THE EID SALAAH

After the Imam says the first Takbeer (Takbeer-e-Tahrima) recite Thanaa (Subhanakalla-humma). Thereafter the Imam will say three extra Takbeers, raising the hands to the ears with each takbeer, and releasing them to your side after the first and second extra Takbeers. Now, after the third extra Takbeer, fold and place your hand below the navel. The Imam will read Surah Fatiha and a Surah and complete the Rakaat in the usual manner.

In the second Rakaat after Surah Fatiha and the Surah, before going into Ruku, the Imam will say three extra Takbeers, raising your hands to the ear and releasing them to the sides each time. Thereafter the Imam will say Allahu Akbar and go into Ruku, complete the Salaah in the usual manner.

After the Salaah the Imam will make a Dua, and deliver a Khutba. There is no Azaan or Iqamah for Eid Salaah.

"When a man fears something he moves away from it, When he fears Allah he moves closer to Him"





STRICTLY HALAAL

GRILLED OR FRIED, SOMETHING TO BE TRIED

Al Kauŝar Page 6

# WOMEN'S BOAT TO GAZA

Women Sail to Break The Siege on Gaza Written by: Dr Aayesha Soni,

The Gaza strip is a piece of land 41 km long and 6-12 km wide, with a total area of 365 square kilometres. Situated on the Eastern coast of the Mediterranean sea, it has a strong population of 1, 8 million people, making it one of the most densely populated areas in the world as well as having the sixth highest population growth rate in the world, with a rate of 3,2% per year. This piece of land is also the world's largest open air prison, being under complete siege by land, air and sea since 2007. Its neighbours, Israel and Egypt, have been complicit in the persistent and debilitating strangulation of the people of Gaza, with the limitation of all basic goods from entering the region.

A land almost forgotten by mainstream media due to its peoples' suffering having become an almost acceptable norm, it is through social media that we are constantly awakened to the true reality of living in Gaza. Up to twelve hours a day of no electricity, severe water restrictions with a very minimal percentage of Gaza's water even being fit for consumption, and unemployment rates amongst the highest in the world; Gazans are suffering immeasurably under the iron fist of Israel's Apartheid-like laws.

One of the ways that justice-loving people across the world have attempted to break the inhumane siege is via the sea. The Freedom Flotilla Coalition (FFC) was formed in 2009 after Israel's Operation Cast Lead in Gaza during 2008/2009 and in May of 2010 the FFC headed to Gaza with the Mavi Marmara and five other boats. Tragedy struck when the IDF attacked this non-violent humanitarian mission, in international waters, in what can only be labeled an act of piracy. 9 Turkish civilians were killed and at least 400 people and the crew were arrested, robbed, physically abused and detained for unknown crimes in international waters.

Since then, there have been almost annual boats launched from locations around the world in a bid to break the illegal siege of Gaza in a peaceful way. This

is a truly global action and with 11 campaigns represented spanning many countries which include; South Africa, Canada, Norway and Spain. Until now every mission has been intercepted by the IDF and the boats unlawfully confiscated, once again highlighting Israel's absolute disrespect for international law.

2016 is going to be a momentous occasion as the Freedom Flotilla Coalition sends out its first ever Women's Boat to Gaza later this year. These well known women from all over the world intend to break the siege in a bid to awaken the globe to the dire humanitarian crisis that Israel has imposed on Gaza. Their aim is to stand in solidarity with the women of Gaza who are renowned for their strength, courage and unconquerable spirit of resistance. The women of Gaza are the epitome of the resilience and faith, that lies in the heart of every Gazan- they have an invincible hope and steadfastness you will never find in another population in the world, a certainty that despite their devastating circumstances their freedom will soon be a reality.

South Africa has always been a forerunner in its support for the Palestinian people, with the ability to relate intimately to the occupation they endure every day. It is therefore no surprise that there is a working committee, part of the global Women's Boat to Gaza Campaign, based in South Africa who are tirelessly working to bring awareness, endorsements and support to this campaign. We have no doubt that with pure intentions and truth on our side, this historic project will be a huge success.

The defining essence of the Gazans, their will to live, their resolute spirit, their "never say die" attitude and their magnanimity towards visitors is more powerful than all the struggles of a siege the Zionists can muster.

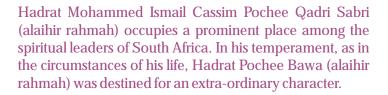
Let us rally behind the women from all over the globe who intend on uniting and bravely defying Israeli terrorism head on to show the world what Gaza must endure every day.





Äl Kauŝar Págè 7

# HADRAT POCHEE BAWA QADRI SABRI 💩



Hadrat Pochee Bawa (alaihir rahmah) was born in Verulam (Durban, South Africa) on the 3rd of Rajab in early 1880 A.D. His father, Cassim Pochee, came to South Africa in the early 1870's and was a great devotee of Hadrat Badsha Peer (alaihir rahmah). At first his parents settled in Newcastle and later moved to Charlestown at the request of Hadrat Badsha Peer (alaihir rahmah).

Hadrat Pochee Bawa (alaihir rahmah) was approximately 7 years old when he was embraced and blessed by Hadrat Badsha Peer (alaihir rahmah) who predicted that "this boy will be like me."

Hadrat Pochee Bawa's (alaihir rahmah) early education was acquired from his father and at a very young age he displayed a great interest in Sufism. Indeed, as predicted by Hadrat Badsha Peer (alaihir rahmah), Hadrat Pochee Bawa (alaihir rahmah) as a youngster showed characteristics of an ideal saint.

Hadrat Pochee Bawa (alaihir rahmah) was a Mureed and Khalifa of Hadrat Shah Mohammed Fazl Hassen (alaihir rahmah) in the Qadri Saberi Silsila of Rampur, India. Hadrat Pochee Bawa (alaihir rahmah) was also instrumental in guiding many people towards the Divine Path and gave advice to people on day-to-day matters.

Hadrat Pochee Bawa (alaihir rahmah) had an overwhelming love for the Holy Prophet (sallal laahu alaihi wasallam) and the Ahle Bait (ridwanullahi ajma'in). He also had great love and respect for Huzoor Sayyiduna Ghous-ul-Azam (alaihir rahmah), Hadrat Zindaa Shah Madaar (alaihir rahmah) and particularly that of Hadrat Saabir Paak (alaihir rahmah).

Having fulfilled his mission as a true servant of Allah,

Hadrat Pochee Bawa (alaihir rahmah) breathed his last on Thursday, 29th Ramadaan (April 1959) at the age of 75. He was buried on Eid Day, 1st Shawaal (6th April 1959) before Jummah Salaah.

A Mazaar has been recently erected over the tomb of the saint which has been attracting the multitude of Muslims and non-Muslims for Ziyarat daily as well as during his annual Ur's Shareef which has been in progress for the past 36 years.

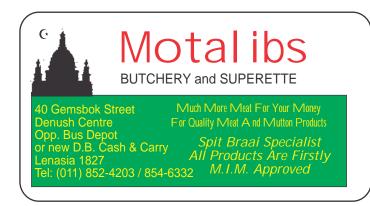
His Mazaar Shareef is to be found in Charlestown Cemetery. To this day his immortal glory continues to inspire thousands of grieved hearts by his spiritual blessings. A monumental miracle for the world to experience and learn lessons of love and peace from such an exalted soul.

### THE FASTS OF SHAWWAAL

Hazrat Abu Ayyub reported that Rasullullah said: "If anyone who has kept the fasts in Ramadhaan, follows them up with six(optional) fasts of Shawwaal then (he will get reward for the fasts of a year but if he does that always) it is as if he fasted all his life. (Muslim)

Hazrat Sauban reported that Rasullullah has said that: "Joining six days of the fasts of shawwaal is equal to the fast of the whole year. Each good act is equal to ten such acts." (Ibn Majah, Nasai)

It means that the reward of each good deed is atleast multiplied ten times. Therefore, thirty days of the fasts of Ramadhaan is thus equal to three hundred days and the six days of Shawwaal is equal to sixty. Thus, making the total of three hundred and sixty, which is the number of days in the lunar Islamic year.





Páge 8

# BENEFITS OF CAYENNE PEPPER

l. Helps Digestion

One of the major cayenne pepper benefits is the positive effect it has on the digestive system. Cayenne pepper helps produce saliva, which is important for excellent digestion as well as preventing bad breath. Consuming cayenne pepper stimulates our salivary glands, which is needed to begin the digestive process.

Cayenne pepper also stimulates the flow of enzyme production, which is essential for our digestive system to work properly. It also stimulates gastric juices that aid the body's ability to metabolize food and toxins.

2. Relieves Migraine Pain

Researchers suggest that cayenne pepper, due to its spice, is able to stimulate a pain response in a different part of the body. Once this happens, the brain puts its attention on that new site and will no longer concentrate on the pain in the head, which causes the migraine.

After this initial pain reaction from the cayenne pepper, the nerve fibers have a depleted substance P, or pain chemical, and the sensation of pain is lessened. You are basically tricking your body to "feel pain" somewhere else, so that the head is no longer

the main focus for pain chemicals.

. Prevents Blood Clots

Blood clots are blockages in your arteries and blood vessels that limit blood flow through your circulatory system. Cayenne encourages fibrinolytic activity and helps prevent blood clots. This is also the reason why cayenne pepper is effective in preventing heart attacks. The capsaicin in cayenne pepper helps to clear away artery-narrowing lipid deposits, and dilates arteries and blood vessels to clear away clots.

4. Provides Detox Support Cayenne pepper benefits include its ability to stimulate circulation and eliminate acidity. Cayenne pepper restores the circulatory system by opening the capillaries and regulating blood sugar; it also helps the digestive system that moves bacteria and toxins out of the body. Cayenne pepper also increases body temperature and boosts your metabolism.

5. Relieves Joint and Nerve Pain Cayenne power has very powerful pain-relieving properties when applied to the skin. It reduces the amount of substance P, a chemical that carries pain messages to the brain. When there is less substance P, the pain messages no longer reach the brain and you feel relief.

Studies have found that cayenne pepper relieves pain after surgery, such as a mastectomy or an amputation. It also alleviates pain from nerve damage in the feet or legs from diabetes, lower back injuries, osteoarthritis and rheumatoid arthritis, as well as fibromyalgia symptoms like joint or muscle

6. Supports Weight Loss Studies have found that consuming cayenne pepper for breakfast creates less appetite, so people eat less calories during the day. It also burns excess fat because it's a metabolic booster. As one of the key

anti-inflammatory foods, cayenne pepper benefits also include weight loss. Cayenne pepper has the power to soothe inflammation and bloating that comes from allergies, food sensitivities and

infections.

7. Works as Anti-Irritant Cayenne pepper benefits include its anti-irritant properties, making it effective in easing ulcers, upset stomachs, cough and even potentially cure diarrhea. The common belief is that cayenne pepper, when consumed in excessive amounts, leads to gastric ulcers because of its irritant and acid-secreting nature. People with ulcers are actually advised to limit or avoid using cayenne pepper; however, investigations carried out in recent years have revealed that chili, or its active principle "capsaicin," is not the cause for the formation of ulcer symptoms but a benefactor.

Studies have found that cayenne pepper does not stimulate, but inhibits acid secretion, stimulates alkali and mucus secretions and particularly gastric mucosal blood flow, which helps in the prevention and healing of ulcers.

8. Treats Psoriasis

Psoriasis occurs when skin cells replicate too quickly, and it results in swollen patches under the skin covered with whitish scales on top. The scaly patches are areas of inflammation and excessive skin production.

9. Boosts Metabolism

Cayenne pepper benefits also include its ability to regulate your metabolism. Cayenne pepper has been found to effectively suppress hunger and normalize glucose levels.

10. Fights Cold and Flu

Cayenne pepper benefits include being full of beta carotene and antioxidants that support your immune system. It aids in breaking up and moving congested mucus, and once this nasty mucus leaves the body, the symptoms of the flu or cold will diminish. Besides helping you beat a cold or flu, cayenne pepper also raises your body temperature, which makes you sweat and increases the activity of your immune system. As a vitamin C food in cayenne pepper will also help you to kick that nasty cold.

11. Source of Vitamin A

Vitamin A plays a critical role in maintaining healthy vision, neurological function and healthy skin; it is an antioxidant that reduces inflammation by fighting free radicals. Studies have repeatedly shown that antioxidants like vitamin A are vital to good health and longevity; they benefit eye health, boost immunity and foster cell growth.

# AMJAD WAS SLAIN BY TALIBAN

Amjad Sabri, who has been shot dead in Karachi aged 45, was one of Pakistan's most famous singers; a master of qawwali, a form of Islamic devotional music, he gained a following throughout South Asia, including Pakistan, Bangladesh and India, and among diaspora communities from the subcontinent.

Qawwali music is derived from Sufism, a mystical branch of Islam which has numerous followers in Pakistan and which is based on a philosophy of tolerance and peace. The early Muslim preachers who came to the Indian subcontinent tended to assimilate with the local culture, and created a more colourful version of Islam, embracing art, music and dance, which contrasts with the puritanical creed of today's Taliban.

Qawwali involves the repetitive and intensely emotional singing of spiritual poetry, usually in praise of Allah, or of Muslim teachers and saints. Songs often convey a relationship between the singer and God that is intensely personal, almost as if they are lovers. The singing is accompanied by a portable harmonium and a tabla, a sort of drum. Performances of qawwali often involve the audience clapping and swaying in time to the music.

Born in Karachi on December 23 1970, Amjad Farid Sabri hailed from a long line of qawwali singers. His father, Ghulam Farid Sabri, and uncle, Maqbool Ahmed Sabri, had risen to prominence in the 1960s and 1970s, when they reworked the traditional style of qawwali and also introduced the genre to the west, becoming the first qawwali singers to tour America. The family traces its musical lineage to the 16th century, claiming to be direct descendants of Mian Tansen, a famous musician at the court of the Mughal emperor Akbar the Great.

The family migrated to Pakistan in 1947, since when it has been based in Karachi.

Amjad Sabri carried on the tradition established by his father and uncle, travelling widely to India, America and Europe, and becoming known as the "rock star" of qawwali due to the contemporary touches he added to the songs. Qawwalis such as Bhar do jholi and Taajdar-e-Haram, which he performed at shows in India and Pakistan, became popular hits.

In recent years, however, Sufi followers in Pakistan (and further afield in countries such as Bangladesh) have been targeted by the more militant forms of Islam that have gained a foothold. Sufi shrines and gatherings have been bombed, including, in 2010, the shrine of the Sufi saint Abdullah Shah Ghazi in Karachi. The same year an attack by the Taliban on the famous Data Darbar shrine in the eastern city of Lahore left 42 people dead.

Sabri appears to have become a target of the militants in 2014 when the High Court in Islamabad, responding to a petition filed by a group linked to the city's hardline Red Mosque, issued a notice of blasphemy to two private television channels which had played a qawwali, sung by Sabri, that referred to the Prophet Mohammed, during a morning show. Sabri was named in the complaint.

On Wednesday, Sabri was travelling by car to a television studio in Karachi when he and a companion were fired upon by two gunmen riding a motorcycle, leaving them critically injured.

Both men died later in hospital.

The Hakimullah Mehsud faction, a splinter group of the Taliban, has claimed responsibility for the murder, a spokesman for the outfit explaining that it killed Sabri because he was a "blasphemer".

He is survived by his wife and five children.

Amjad Sabri, born December 23 1970, died June 22 2016



My Peer-o-Murshid

Al Haj Goolam Mustapha R.A.

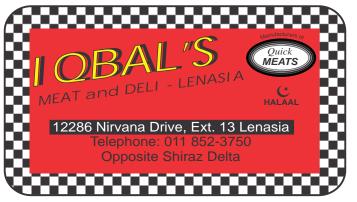
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& Late Hajee Cassim Sonvadi

From Hajee Goolam Saber Sonvadi (Essack)

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Äl Kauŝar Págė 10



BY MOULANA SHAH FAISAL KHAN SAHEB

### **EID-UL-FITR**

Q1) What are the blessings of Eid-ul-Fitr?

A1) SubhanAllah! We have learnt that Ramadhaan is the month of mercy, forgiveness and freedom from hell. Therefore we have been given the opportunity to celebrate Eid-ul-Fitr immediately after the departure of this blessed month. Celebrating Eid-ul-Fitr is a mustahab act, so we should celebrate the bounties and mercy of Allah Ta'aala. The Quraan also persuades us to rejoice over the bounties and mercy of Allah Ta'aala, the 58th verse of Surah Yunus, para 11 says,

"Say you, only Allah's grace and only His mercy, on it therefore, let them rejoice."

[Kanzul Imaan-translation of Quraan]

Dear Islamic Brothers! Allah Ta'aala has bestowed upon us a great bounty in the form of Eid-ul-Fitr immediately after Ramadhaan. This blessed Eid has many virtues. Sayyiduna Abdullah Ibn Abbas has narrated, "The blessed night of Eid-ul-Fitr is referred to as the Layla-tul-Jaizah, the "Night of Reward". On the morning of Eid, Allah Ta'aala sends angels to every city where they stand at the end of every street and call out, 'Oh Ummah of Muhammad !! Come to the court of Beneficient Allah who grants in abundance and forgives even the most severe sin'."

Allah then says to his servants, "Oh my servants! Ask for whatever you want! I swear by my honour and Glory! I will grant you whatever you ask for about your hereafter in this gathering (of Eid Salaah) today. And whatever you want regarding the world, I will see your betterment (i.e. I will do what is best for you). I swear by my honour I will conceal your mistakes as long as you abide by my

commandments. I swear by my honour I will not humiliate you with the sinners so return to your homes forgiven. You have pleased me and I am pleased with you.

[Attarghib Wattarhib Vol 2 Page 60, Hadith 23]

Sayyiduna Muaaz bin Jabal & has said, "The one spending the following five nights worshipping Allah, heaven becomes wajib for him."

- 1. The nights of the 8th, 9th and 10th Zil Haj. (3 nights)
- 2. 15th night of Shabaan (Shabe Baraat)
- 3. The night of Eid-ul-Fitr.

[Attarghib Wattarhib Vol 2, Page 98, Hadith 2]

Sayyiduna Wahb bin Munabbeh has said, "Satan screams and cries on the occasion of Eid every year. Seeing him cry, the other Satans gather around him and ask, 'O Master! Why are you so furious and disappointed today?' He replies, 'Regretfully Allah has forgiven the Ummah of Muhammad today, so make them indulge in satisfying their carnal desires'." [Mukashafa-tul-Qulub Page 308]

On the day of Eid, some people came to the house of Sayyiduna Umar Farook Azam to meet and greet him, but the door was closed and the sound of crying was emanating from the house. When the door was opened, they asked him surprisingly, "O Ameer-ul-Mumineen! Today is Eid and everyone is delighted. Why are you crying?" He replied wiping his tears, "Oh people this is the day of Eid (celebration) as well as the day of Wa'id (warning). Indeed this is Eid for one whose Salaah and fasts have been accepted and the day of warning for the one whose Salaah and fasts have been rejected! I don't know whether my worship has been accepted or rejected."

May Allah grant us the Taufeeq to earn reward on this blessed day! Aameen!

BIRTH OF THE NEW MOON FOR ZIL QAD 1437 TUESDAY 2 AUG 2016 @ 22:46

### NATIONAL INDEPENDENT HALAAL TRUST

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

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Äl Kauŝar Pāgē 11

### **BREXIT**

BY FAIZEL KHAMKAR

A referendum held in Britain to decide on whether Britain should remain in the European Union or exit it brings to light realities in the world of politics often forgotten or ignored. The ultimate outcome of this referendum would not change these realities.

When the political approach is based on controlling power and when this approach leads to the disconnection with the people then the desired power becomes endangered. This in turn can lead to either autocracy (in whatever guise) or loss of that position which provides power. The outcome of this referendum will undoubtedly see many political heads roll. These will be replaced by new heads and the way the system is designed the new heads could be far from what the populace demands or respects. It is anticipated that Boris Johnson (the British equivalent of Donald Trump) will gain maximum political gain. We have to remember that the primal reason for the calling of the referendum was to negate the threat of Johnson to the political hold Cameroon had in his own political party. It was not the European membership that is at the heart of the matter rather the policy on immigrants (caused by British support on destabilising the Middle East).

Deceit is the DNA of the politician as well as the driving force of politics. The referendum was the result of internal divisions of a political party yet the whole country now becomes embroiled to a national discussion as a subversion of the reality. The UK Independence Party is a non player at this point of time and to throw their political agenda as a reason is deceptive. The reality is twofold; firstly to show who is the "boss" mentality and secondly to subvert from what is becoming an obvious failed foreign policy. The British populace generally is more politically astute than their American counterparts and the failed foreign policy as well as leadership ability is questioned more readily and a red herring is thrown out to create some kind of plausibility.

An essential tool to survive in the political environment is the creation of key alliances. At ground root level this

is called gangs. It is through these alliances that the political shots are called. The greater the influences you have in these alliances the more leverage you have to bully your way through in order to entrench power and loot wealth. This also provides the political licence to act in whatever ways the licensee wishes to enact that despite being blatantly wrong and immoral. Having being part of the European Union for the last forty three years and being rated as having the second most powerful army in the EU provides an inside in the influence Britain yields. On the one hand those in favour of the alliance as it stands will do its utmost to retain this alliance over a period of time whilst on the other hand a new alliance is being forged with right wing elements making their mark in international politics.

Manipulation is a key element in politics. The manipulation of the feelings of the masses is not unknown. In this instance feeling of insecurity, financial loss et al was instilled. This resulted in the assassination of a pro stay lobbyist MP by the name of Jo Cox. This murder reflects the level of emotions which were stirred up. The slump in the exchange rate of the pound after the outcome was announced reflects that the pro faction both within Britain and outside of Britain has still not given up the fight. The aftermath of the outcome will encourage prejudicial action against the foreigners especially against the Muslims. We should not be surprised to see negative reactions from the so called 'immigrant" population such as was witnessed in London a few years ago.

With the need now to reassess the military and financial strengths and finding a way to re align its use for world domination we can expect greater injustices to be perpetrated and witness worse human right violations particularly in the Middle Eastern region. This period of uncertainty will be most effectively used to manipulate the feelings of the global masses.





# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Karachi, PAKISTAN - Thousands of people in Pakistan mourned the death of one of the country's most famous musicians, Amjad Sabri after he was shot dead by armed assailants in broad daylight. Demonstrations against the assassination were also held in various parts of the country. A spokesman for the TTP, the Pakistani branch of the Taliban militant group, claimed responsibility for the 45year-old singer's murder. Nawaz Sharif, Pakistan's prime minister, was among those condemning the killing and ordered an investigation. The 45-year-old singer is survived by his wife and five children. Sabri's brother. who was also in the vehicle, was wounded.

Washington, USA - US President Barack Obama has slammed Presidential hopeful Donald Trump, linking his anti-Muslim rhetoric to a 'shameful' chapter in American history. Trump's call for a Muslim ban is "not the America we want", Obama said as he reacted to Trump's call for surveillance of mosques as part of US law enforcement efforts to prevent terrorism. Trump also repeated his call for a temporary ban on the entry of Muslims into the United States after a US-born Muslim, the son of Afghan immigrants, shot dead 49 people at a nightclub in Orlando, Florida.

Jeddah, SAUDI ARABIA - Three Pakistanis celebrated the advent of Ramadan in a unique, different way. Yaheya Ashfaq, Umer Jan and Qazi Ajmal went to the bottom of the Red Sea off the coast of Jeddah to welcome the month of fasting. They also offered prayers on the floor of the Red Sea amid colourful fish. They

took lanterns, one of them had bought from home, for a full celebration under water. People turn to the lantern (fanoos) as part of the tradition of the holy month.

Sydney, AUSTRALIA - Prime Minister Malcolm Turnbull hosted an Iftaar at his residence. President of the Australian National Imams Council Sheikh Shady Alsuleiman, and more than 70 mostly Muslim guests were invited to the prime minister's official residence to break their Ramadan fast. It was the first time an Australian prime minister hosted such an event.

Jakarta, INDONESIA - State-owned fuel giant Pertamina Company is offering two litres of free petrol to people who read a chapter of the Holy Qur'an during the month of Ramadan. Namaaz rooms were set up in five gas stations in the capital of the world's largest Muslim country to accommodate this project to promote Islam in the society. Participants are required to fill up a registration form before they proceed to the prayer room where they can pick up a copy of the Qur'an and read any chapter they like. The project uses an 'honour system', as the organisers do not monitor a person while he is reading. Two litres of petrol is enough to fill half-a-tank of a motorcycle, which is the most common means of transport in the country.

Islamabad, PAKISTAN - Two Ramadan shows broadcast by private news channels in Pakistan were taken off air by regulators for discussing blasphemy laws. The channels, 'Aaj News' and 'TV One', were said by Pakistan Electronic Media Regulatory Authority to have violated its code of



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conduct by promoting sectarian views and disgracing the holy month of Ramadan. The regulator ordered both channels to cease the programs or face being shut down. In his earlier show, actor and activist Hamza Ali Abbasi discussed the alleged oppression of the Ahmadi community and blasphemy laws. Ahmadis, who believe that the founder of their sect was a prophet, were declared non-Muslims by the Pakistani government in 1974 and now suffer discrimination and violent attacks.

Washington, USA - The renowned Smithsonian Museum has announced that the Holy Qur'an will be the centrepiece of a first-of-its-kind exhibition in the United States as it displays exquisitely decorated manuscripts from one of the top Qur'an collections. It said that 'The Art of the Qur'an: Treasures from the Museum of Turkish and Islamic Arts' will bring 48 manuscripts and folios from a museum in Istanbul together.

Dubai, UAE - An auction to raise money for books for refugee children raised more than \$11 million in Dubai after a century-old cover (kiswa) from the Holy Kaaba woven with gold and silver was sold for \$572,000. It came from the private collection of Dubai ruler Sheikh Mohammed Al-Maktoum.

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