

# Al Kawsar

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## SAVING LIVES, TO SAVE MANKIND

وَمَنْ أَحْيَاهَا فَكَأَنَّمَا أَحْيَا النَّاسَ جَمِيعًا

*He who has saved one life is regarded as if he saved the entire mankind.*

In recent days much has been reported about OPERATION HYDRATE and the goodwill it is creating, providing water relief in some serious drought-stricken areas. Some argue that it's the duty of government, but a group of well-wishers stepped forward to mobilise one of the most ambitious public funded projects to date, supplying bottled drinking water to those affected by the shortages.

Needless to say, the muslim presence in this is rather conspicuous, with Saaberie Chishty also doing its share along with other organisations. Never hesitant to help out any welfare or humanitarian project, this popular group have been running a community ambulance service for almost 30 years.

Once again, it stepped forward when government had failed. An ambulance in any non-white suburb would hardly have been a priority on the action list of those callous councillors during the dark days of apartheid. It took guts and determination to start Saaberie Chishty's ambulance mission.

Eventually the people responded, and the businesses also clubbed in when they saw the scale of relief offered and the importance of saving lives, more so since the target was predominantly poor people who couldn't afford a normal ambulance call out.

It's no secret, the informal settlements, the disadvantaged, who seldom paid for the service, were it's biggest users. This put huge financial demands on the society who resorted to staging fund-raising functions to pay the bills.

We salute this group of dedicated workers who are ever prepared to sacrifice, to dedicate and serve whenever the need arises.

They will be hosting a banquet with a comedy show on 9 April at UNISA Hall, Ormonde to raise much-needed funds, once again. This is how they survive. No state funding yet. Let's give them our full support and wish them success in their noble aspirations.

They do us, the community, proud!

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**DELIVERIES TO ALL AREAS**

# TALHA BIN UBAIDULLAH ﷺ

(In The Battle of Uhud)

Talha bin Ubaidullah (رضي الله عنه) had missed the Battle of Badr. It had happened unexpectedly while he had been sent on a different mission by the Prophet ﷺ. He was upset at having missed such an important event in the defense of Islam. When he returned, the Prophet ﷺ and his companions were already on the way back from Badr. But because of his sincerity in Allah's cause, he was given the good news that he would get the same reward as those who had fought. Talha (رضي الله عنه) was eager to participate in the Battle of Uhud. So significant was the role played by him, that whenever that day was mentioned, Abu Bakr (رضي الله عنه) referred to it as 'The day of Talha bin Ubaidullah'.

At one point during the battle of Uhud, the Messenger of Allah ﷺ had only nine people around him, two Muhajireen and seven Ansar. The idolators had heard Muhammad ﷺ's voice and recognized him. While he was surrounded by only these nine men, the Kuffar attacked him with all their might. Talha bin Ubaidullah (رضي الله عنه) was one of the people who was with the Messenger of Allah (sal Allahu alaihi wa sallam) at this time. In trying to push back the idolators and protect the Prophet ﷺ all seven of the Ansar were killed.

The Kuffar focused their attack on the Prophet ﷺ and attacked him with sword and by pelting stones. One of the Prophet's teeth broke, his lip was cut, his forehead was cleaved, and two rings of his interlocking iron-ringed helmet penetrated into his cheek. At this time it was Talha bin Ubaidullah and Sad bin Abi Waqqas (رضي الله عنه) alone, who protected the Prophet ﷺ. They fought so courageously and fiercely that they were able to repel the squad of Kuffar attacking the Prophet ﷺ.

Talha bin Ubaidullah (رضي الله عنه) fought as much as eleven men till he sustained nearly seventy wounds and blows, and his fingers were cut off. As his fingers were struck he said, "Be they struck off!" The Prophet ﷺ said, "If you had said Bismillah, the angels would have raised you up (to heaven) before the people's very eyes."

When Abu Bakr and Abi Ubaida al-Jarrah (رضي الله عنه) reached Allah's Messenger ﷺ he told them to hurry to their friend, Talha bin Ubaidullah, who was lying wounded in a grove. He had ten sword strokes on his body. The Prophet ﷺ said: "See to your brother. He has proved to be worthy of being housed in Paradise." Abu Bakr and Abi Ubaida al-Jarrah (رضي الله عنه) first attended to the Messenger of ALLAH ﷺ and then turned their attention to Talha bin Ubaidullah (رضي الله عنه) who was bleeding profusely.

One of Talha's hands was paralyzed as a result of having used it as a shield to protect the Prophet ﷺ against arrows. [Sahih Bukhari]

"After the battle, when Allah's Messenger returned to Medina, he stood upon the pulpit, praised ALLAH Almighty and thanked Him for His countless blessings, and he then recited: 'Among the believers are men who have been true to their covenant with ALLAH. Some have fulfilled their vows, while others await their end, yielding to no changes.' Someone stood up and said, 'O Messenger of ALLAH, who are such people?' At that moment, Talha arrived at the Masjid, and he was wearing a green robe under a green cloak. He ﷺ said, 'O questioner, here is one of them.'

SubhanALLAH, here we have a true hero!

## Death Claims 'Boeta' Khaiyr

Gyroedien Hendricks, known as 'Boeta' to most, a foundation member of Saaberie Chishty, has passed away.



One of the pioneers of the burial division, Hendricks suffered a heart attack on Wednesday 10 February.

Members of the organisation were shocked to hear the news. Chairman Abbas Sayed expressed his sadness.

"Khaiyr was a stalwart in our society especially

in the burial section. He was a hard worker, dedicated, and never hesitated to lend a hand in all our functions. He was truly our unsung hero!"

He is survived by his wife Kulsum, 3 daughters and 2 grandchildren.



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# THE RED HEART

By Abdurrahman Umar

It could have been the splash of red or the overabundance of hearts or the young man in a designer jeans that caught his eye, but Sheikh Hamaad stopped under the bold "Valentine's day Specials" banner, set his shopping basket on the floor and watched the young man battling to select an appropriate gift from the heaps of hearts, teddy bears and chocolates. Like a busy humming bird he flitted from shelf to shelf struggling to choose.

Sheikh Hamaad approached him as he stood scratching his head, "Asalaamu Alaikum, young man, seems like you're battling to make a choice."

"Eish, Moulana, this is more difficult than I thought. And lucky I only have to choose for two of them," he said, picking up another heart decorated teddy bear, examining the price and putting down with disappointment.

"For your sisters?" Sheikh asked, feigning innocence.

"Naah, just friends, you know how it is. You have to do these things" came the prompt reply.

Sheikh Hamaad remained silent and fixed his gentle gaze on the young man, something more than the loud Billabong T-shirt and hipster jeans told him that this young man had more than a spark of intelligence.

"Tell me, how many Valentine's gifts do your sisters receive?"

"Hey, hey.... Moulana my sisters are not like that. They don't do this boyfriend thing. My sisters...they are pure," exclaimed the young man an angry frown crossing his face. "Just let the guy try and send my sisters one flower and I'll make him eat it. You don't know me!"

"Oh," said Sheikh Hamaad without any apology, "And your mother, how many Valentine's gifts does she get?"

The young man took a step back and glared at Sheikh Hamaad, "La howla wa...." his words swallowed by his anger, "how can you even say such things about my mother? My mother, she doesn't do this stuff. She is like an angel. She is pure. How can you say this?"

Sheikh paused, waiting for the silence to absorb the boy's anger, then said, tauntingly, "So they don't receive any Valentine's gifts or have boyfriend's at all."

"I told you, Moulana, my family is pure and they don't do this junk stuff."

Knowing the moment was right Sheikh but forward his reasoning, "So you really don't like your sisters receiving these gifts or having boyfriends."

"No ways," came the emphatic reply, "not on my life"

"Then don't you think," Sheikh ventured, "that other people would also not like their sisters, mothers or aunts to receive such gifts. Just as you would like your sisters to

remain pure, they would also like their sisters to be pure?"

The young man dropped his head and shifted his feet nervously, "You have a point, Moulana. Didn't ever think of it like that. I don't want to say...but you are right. I shouldn't be polluting other people's family if I don't like my family to be polluted. This is all quite wrong isn't it?"

"Yes, it's quite wrong," without a hint of reprimand in his voice, "this is not our way."

"But," he asked, trying to conceal his embarrassment, "It's not like we doing anything serious. I mean it's only a gift. Not like we doing something physical...so it should be ok, no?"

Without disturbing his calmness, Sheikh Hamaad replied, "Do you like to go fishing?"

"Now you talking my language. Not a Sunday, not one, that we not by the dam," he replied his hands waving with excitement, "We sit the whole day me and my buddies. First we prime the place with milie bombs. Just so the fish know we there. And they come, Moulana. They come for the bait. The whole lot, man....carpe, bass, barbell, you name it. But what's that go to do with buying gifts."

"When Shaytaan wants to trap someone," Sheikh replied serenely, "he first puts some bait. Innocent stuff like gifts, the odd sms, just a hello and then when the time is right ....he will strike and how you say...you fall hook, line and sinker. Then he's got you and it's not long before he reels you in. So it starts with just a little bait. Just like the little gift that seems so innocent – it's the bait."

The young man beamed with this new found revelation and couldn't wait to ask, "You are so right! And you have an amazing way of getting a point across Moulana, you didn't just lecture me but you showed me how it is wrong. Thanks a mil. You must have learnt from a great teacher?"

"No doubt, I learnt from the best of all teachers," Sheikh answered, "In fact, the best of all mankind...The Noblest Messenger of Allah- Rasulallah sallahu alaihi wa salam"

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# HAZRAT SALAHUDDIN AYYUBI ﷺ

The Gentle Hearted Warrior

Gentle hearted Salahuddin Ayyubi became one of the world's greatest warriors by defeating crusaders and capturing the holy city of Jerusalem.

Born in Tikrit, Iraq, Salahuddin, his Arabic name is Salah al-Din Yusuf ibn Ayyub. At the age of 14 he joined other members of his family (the Ayyubids) in the service of the Syrian ruler Nur ad-Din. He was brought up by his noble father and talented uncle, Asad-ud-din Shirkhu. Salahuddin was a very intelligent and noble person. He loved peace and never enjoyed fighting battles but he and his uncle were ordered to travel and fight in three expeditions. And when the young boy who didn't like fighting in battles fought, he fought with great bravery and strength.

Between 1164 and 1169 he distinguished himself in the three expeditions sent by Nur ad-Din to aid the decadent Fatimid rulers of Egypt against attacks by the Christian Crusaders based in Palestine. In 1169 he was made commander in chief of the Syrian army and vizier of Egypt. Having revitalized Egypt's economy and reorganized its land and naval forces, Salahuddin repelled the Crusaders and took the offensive against them.

After Nur ad-Din's death in 1174, Salahuddin became head of state, Salahuddin expanded his power in Syria and northern Mesopotamia. Following the submission of Damascus (1174), Halab (Aleppo) (1183), and Mosul (1186), numerous Muslim armies, allied under Salahuddin's command were looking immortal, The Crusaders were not happy by Salahuddin's increasing power and success. Uniting their forces, they planned a decisive attack on Muslim area. Battle of Hittin took place. Muslims won under the leadership of Salahuddin. Thousands of Crusaders were arrested. Salahuddin treated the prisoners with tolerance.

In 1187 CE, Salahuddin conquered Jerusalem.

Thousands of Crusaders were arrested. However, when their mothers, sisters, and wives appealed to Salahuddin, he released them. Many crusaders were ransomed. However, he paid for many of them. In addition, he provided them transport, etc. He allowed neither

massacre nor looting. He gave free pardon to all citizens. He even arranged for their traveling. He granted freedom to Christians to leave the city if they paid a small tribute. Salahuddin paid it, himself, for about ten thousand poor people. His brother paid it for seven thousand people. Salahuddin also allocated one of the gates of the city for people who were too poor to pay anything that they leave from there.

On Friday 27th Rajab 583 AH, Salahuddin entered Jerusalem. After entering the city they went straight to the Mosque and cleaned it. Then for the first time in more than 80 years, the people of Jerusalem heard the Azan (Being prayed aloud) from Al Aqsa Mosque.

In 1189 the nations of Western Europe launched the Third Crusade to win back the holy city. But they failed. On March 4, 1193, Salahuddin passed away in Damascus. He died with no possession of Gold coins, Palaces, Slaves, but The Holy Land of Jerusalem.

He is remembered by Muslims as well as Non-Muslims as a kind hearted un-selfish Warrior. He was a religious person and followed the teachings of Quran (Book of God) and Prophet Muhammad's (ﷺ) teachings regarding War, he treated all of his Prisoners with Respect and dignity, no torture, massacre, mass killing, took place during his time. And unlike all other Sultan's he did not build a single Palace or any building for himself yet he erected mosques, palaces, hospitals, and universities in for his Muslim brothers in Cairo. This is why he is a favourite topic to write on by even Westerners



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# HOW GOD ANSWERS YOUR PRAYERS!

Dr.Ahmed, a well-known doctor, was once on his way to an important medical conference in another city where-in he was going to be granted an award for medical research he had recently done. He was very excited to attend the conference and was desperate to reach as soon as possible . He had worked long and hard on his research and felt his efforts deserved the award he was about to obtain. However, two hours after the plane took off, the pilot announced that there was a problem with the plane and that they were going to make an emergency landing at the nearest airport.

Afraid that he wouldn't make it in time for the conference, Dr.Ahmed immediately went to the Help Desk as soon as the plane landed and explained to the woman at the desk that he was expected to be at a very important conference and that he needed to know the immediate next flight to his destination.

She told him that there was nothing she could do to help him as there wouldn't be another flight to his destination for another ten hours; but suggested he rent a car and drive down to the city as it was only four hours away. Having no other choice, he agreed to the idea despite his hatred for driving long distances.

Dr. Ahmed rented a car and started his journey. However, soon after he left, the weather suddenly changed and a heavy storm began. The pouring rain made it very difficult for him to see and he missed a turn he was supposed to take. After two hours of driving, he was convinced he was lost. Driving in the heavy rain on a deserted road, feeling hungry and tired, he frantically began to look for any sign of civilization. After some time, he finally came across a small tattered house.

Desperate, he got out of the car and knocked on the door.

An old woman opened the door for him. He explained his situation and asked if he could use her telephone. She told him that she didn't have a phone or electricity but that he was welcome to come in for some food and something warm to drink as he had completely lost his way and that it would take him some time to get back on the right road. Hungry, wet and exhausted, the doctor accepted her kind offer and walked in. The woman told him to help himself to some food and hot tea on the table and then excused herself to finish her prayers.

Sitting on the table sipping his tea, the doctor watched the woman in the dim light of the candles as she prayed next to what appeared to be a small baby crib. Every time she finished a prayer, she would start another one.

Feeling that the woman might be in need of help, the doctor seized the opportunity to speak as soon as she finished her prayers and told her that he hoped God would answer her prayers.

He then said that he noticed that she had been making a lot of prayers and asked if there was something she needed that he could get for her or help her with. The woman smiled and said that God had answered all her prayers except for one.

She said she didn't know why God hadn't answered this specific prayer yet but perhaps it was because of her weak faith.

The doctor asked if she didn't mind telling him what she needed.

Nodding her head in approval, she said that the child in the crib was her grandson and that both his parents had recently died in a car accident. She said that the child had a very rare type of cancer and that all the doctors she had seen were unable to treat him. She also said that she had been told that there was a doctor who specialized in the type of cancer her grandson had, but there was no way for her to get to this doctor as he lived very far from her; so she has been spending her days and nights praying to God to help her find a way to get to Dr.Ahmed—the doctor who could treat her grandson.

Upon hearing her words, tears began to flow down the doctor's cheeks and he said: 'God is Great, there was a malfunction in the plane, a thunderstorm hit, and I lost my way; and all of this happened because God did not just answer your prayer by helping you find a way to get to Dr.Ahmed, but he brought Dr.Ahmed to your house. I am Dr.Ahmed.'

With tears streaming down her cheeks, the woman raised her hands prayed "oh God, how great and merciful You are!"



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# Racism: Blatant or Subtle?

Written by: Ibrahim Vawda

The recent racist remarks by different shades of South Africans must be condemned in the strongest possible terms. However, South Africans must also face up to the reality that racism is rife, not only in our country but around the world. It has an historic context and is deep-rooted.

Racism is a form of discrimination. Religious, economic, societal and cultural discrimination are other forms. These are all man-made and each one comes with its own painful consequences. We also understand the brutality of the Apartheid system which rained upon the non-whites of this country. Sadly, the developed and powerful countries of the world have used this as a "divide and rule" weapon to further their colonialist, imperialist and expansionist agenda. They have done so for centuries.

If mankind does not want to see the return of Nazism, Fascism and Apartheid, we are going about it the wrong way. In Korea, Vietnam, The Gulf War, Afghanistan, Iraq, Libya, Syria, the Zionist occupation of Lebanon, South and Central America we see the violence of these ideologies ever more present. We witnessed the corruption of Abu Ghraib, drone attacks, Guantanamo and the incompetence of the UN Quartet. We see "price tag" terror attacks carried out by the so-called hilltop youth, in occupied Palestine. We see the lack of accountability by the diverse factions that "manufacture" these wars on defenceless civilians today as bombs explode every day. Britain and Europe stood by for the most part, humiliated by the Americans and Tony Blair acting as points man for George W. Bush. These invasions were and are colonialist, imperialistic, fascist and Nazism in a disguised form.

They are ruthless, pitiless and vicious. Western military forces occupy, Afghanistan, Iraq and Libya. The Balkanisation of Syria and Iraq is imminent. The occupation of historic Palestine and the subsequent suppression and dehumanisation of the Palestinians is worse than South African style Apartheid. The brutal savagery of the treatment of the Rohingya Muslims by the Buddhist Military Regime has been allowed to continue unabated.

In addition to its Pacific Command, European Command and Central Command, the US now has the African Command (AFRICOM) to take care of its military and imperialist interests on the continent.

South African style Apartheid was one form of institutionalising settler colonialism. It entrenched white settlement and white supremacy and relied upon the mass displacement of black people from their lands. It also set out to subjugate and dehumanise the native population. It was devastatingly destructive and stopped short of genocide and ethnic cleansing. On the contrary, Zionism has as its core principle, occupation of land without the inconvenience of the presence of the indigenous inhabitants. Hence ethnic cleansing and genocide remains at the core of Zionism. The Zionist Law of Return is an open invitation for Jews all over the world to migrate to historic Palestine. This Zionist project is a global assault on the local Palestinian population.

Sadly, Nazism, Fascism and Apartheid are alive and well and in full view of the world. The silence of the international community makes them complicit in man's inhumanity to man.

## SO WHO'S BIN JOKIN?

Latest news reports are that five terrorist cell groups have been operating in many of our masjids. They have been identified as: Bin Gossipin', Bin Arguin', Bin Fightin', Bin Complainin', and Bin Missin'. Their leader, Iblis Bin Shaitan, trained these groups to destroy the muslim community. The plan is to enter the masjid disguised as muslims and to work from within to discourage, disrupt, and destroy.

However, there have been reports of a sixth group.

A tiny cell known by the name Bin Prayin' is

actually the only effective counter terrorism force in the masjid. Unlike other terrorist cells, the Bin Prayin' team does not blend in with whoever and whatever comes along. Bin Prayin' does whatever is needed to uplift and encourage the muslim community. We have noticed that the Bin Prayin' cell group has different characteristics than the others. They have Bin Workin', Bin Studyin', Bin Fastin', Bin Givin' and Bin Patiently Perseverin' in the cause of Allah!

NO MASJID IS EXEMPT! (However, you can spot them if you Bin Lookin' and Bin Goin'....)

# A SERMON OF SHAIKH AHMED KABEER RIFAI

Dear elders! A mystic remains a follower of the true path (*tariqat*) as long as he follows *sunnah*. And when he deviates from the tradition of the Prophet he will go astray from the right path (*TARIQAT*).

## TARIQAT IS NOT LEGACY

My dear! You think that this *Tariqat* is a legacy left by your father. It has come down from your ancestors and will automatically be inherited by you. You have come to believe that this treasure is your *Tariqat*—the woollen robe, the turban, the wand and the personality of a venerable saint. No, by God, Allah has no consideration for such things but looks into your hearts. How does one put Allah's secrets and nearness in your heart for that is a prisoner of a garment, rosary, walking stick and is negligent of Allah. What is the use of such intelligence which is devoid of the light of knowledge?

O' poor man! You do not follow the rules of the *jama'at*, you have only borrowed its clothes. If you had discarded your pride and escaped from your weaknesses, then it would have been much better. But how does one make you understand this. You think your face, your garment is like theirs (*aulia*).

If you had understood the reality, then you would have forsaken your family, your long robe & your turban and would have come to us in search of Allah. Then you would have wrapped yourself up in the clothes of knowledge and you would have discarded all such things which make you forsake Allah.

O' wretched one! You are following your illusion, your vanity and superstition. You are in fact loaded with the filth of arrogance, you cannot take one step on this path. Learn the art of politeness, modesty & humility.

O' foolish one! You have learned the lesson of knowledge but what have you achieved by this? You definitely have earned this rejected world. Your example is that of a person who is trying to buy filth with filth.

Why are you bent on deceiving yourself. And what lies you tell about yourself as a man of Allah and about your disciples. But the truth is that you are not a man of God and your disciples know nothing about the ways of Allah. (*Al Burhan al Muaiyad* p. 42)

## SHARIAT AND TARIQAT ARE SAME

You must not believe what some ignorant say that they belong to the internal world and others to the external life. This is wrong because this faith is a combination of both the internal & external life. What is internal is the essence of the external and the apparent is the protector of the latent. If there were no external condition, where would you hide the internal? Heart cannot function without the body and heart is the light of the body; without the heart, body would be lifeless. Therefore the external is dependent on the internal and vice versa.

Faith intends to reform the hearts of men. If your heart believers in the unity of Allah & divine mission but, at the same time, if you commit crimes, accept interest, tell lies, and are rude in your behaviour, then what is the point of your good intentions & purity of heart.

In the same fashion if you are devoted to Allah, pray and fast, speak the truth and are polite but in your heart your conceal hatred & violence, then what is the point in your being a virtuous person for the show of it?

When you have understood that your internal is the essence of your external behaviour and your external is the guardian of the internal and the two cannot be separated, then you should never accept the dichotomy between the internal and external condition of your existence. For this is deviation and heresy of the worst kind. (*Al Burhan al Muaiyad* p 73).

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

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BY MOULANA  
SHAH FAISAL  
KHAN SAHEB

## RIGHTS OF NEIGHBOURS

Q1- What are the rights of neighbours?

A1- Allah Ta'aala says in His Glorious Book, "And worship Allah, and do not join any partners with Him, and be good to parents, relatives, orphans, the needy and neighbours who are near, neighbours who are distant, the companions beside you, the wayfarer (traveller) and to your bondsmen and bondswomen. Verily Allah loves not the egotistical, the conceited." [Surah 4 Verse 36].

Hadith: it is reported in Sahih Bukhari and Muslim on the authority of Abu Huraira (رضي الله عنه) that Nabi (ﷺ) said, "By Allah, he is not a Mumin. By Allah he is not a true believer!" It was asked, "Who Ya Rasoolullah (ﷺ)?" and Nabi (ﷺ) replied, "That person whose neighbour is not safe from his wretchedness."

Hadith: In Sahih Bukhari and Muslim it is reported on the authority of Ummul Mu'mineen Ayesha Siddiqah (رضي الله عنها) that Nabi (ﷺ) said, "Jibreel constantly advised me regarding the rights of neighbours, until such a time that I felt that the neighbour might be appointed as an heir."

Hadith: Haakim reported in Mustadrak on the authority of Abu Huraira (رضي الله عنه) that Nabi (ﷺ) said, "He who has Imaan in Allah and the last day should honour thy neighbour."

Laws regarding neighbours

The rear wall (or the rear of his house) is in the house of another person (adjoined to another house) and he wishes to put sand onto the wall of his house (i.e. plaster it etc), but the other person is not allowing

him access through his house. Now how would it be possible for him to do this?

The owner of that house will be requested to give permission for him to enter the house and plaster the wall, or he should do the plastering himself and will be paid for having this done.

Similarly, if a person's wall falls into the property of another person, and there is a need to pick up the sand etc. from there (then in such a case) the owner of the property should grant permission to pick up the sand etc. and if he does not give permission, then he should haul it over himself. [Alamgiri]

Alhamdulillah, we have learnt the importance and rights of neighbours through the Quraanic verses and Hadith.

May Allah Ta'aala instill the love of neighbours in our hearts and may He grant us the correct understanding of Islam and Islamic laws!

Aameen!



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Programme / Uhlelo

9:00 am Emashini (Juloos March) kusuka eStop sign eDrieziek 3/5  
commencing from the STOP sign in Drieziek 3/5 to the Dawah Centre

10:00 am Kuzobese kufunda abantwana base (Items to be presented by)  
Saaberie Chishty Dawah Centre Learners.

11:00 am Inkulumo kanye nokuboyiswa kwezimpindulo  
C QIRAAT C NAAT C LECTURE BY GUESTS:  
Inkulumo nge Islam (inkolo yokuthula)

12:30 pm Presentation of Awards  
Abantwana bazuphiwa izipho abaphume phambili

1:00 pm Jumuah Salaah - Umthandazo wasemini  
Followed by Salaato Salaam, Dua & Lunch  
Kuzolandela isalaato salaam,  
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# Eating Fruit on Empty Stomach

COMPILED BY HASINA BEGUM SAYED

## EATING FRUIT

We all think eating fruits means just buying fruits, cutting it and just popping it into our mouths. It's not as easy as you think. It's important to know how and \*when\* to eat the fruits.

## IT MEANS NOT EATING FRUITS AFTER YOUR MEALS! FRUITS SHOULD BE EATEN ON AN EMPTY STOMACH

If you eat fruits on empty stomach, it will play a major role to detoxify your system, supplying you with a great deal of energy for weight loss and other life activities.

## FRUIT IS THE MOST IMPORTANT FOOD.

Let's say you eat two slices of bread and then a slice of fruit. The slice of fruit is ready to go straight through the stomach into the intestines, but it is prevented from doing so due to the bread taken before the fruit.

In the meantime the whole meal of bread & fruit rots and ferments and turns to acid.

The minute the fruit comes into contact with the food in the stomach and digestive juices, the entire mass of food begins to spoil.

So please eat your fruits on an \*empty stomach\* or before your meals!

You have heard people complaining:  
Every time I eat watermelon I burp, when I eat durian my stomach bloats up, when I eat a banana I feel like running to the toilet, etc.. etc..

Actually all this will not arise if you eat the fruit on an empty stomach.

The fruit mixes with the putrefying of other food and produces gas and hence you will bloat!

Greying hair, balding, nervous outburst and dark circles under the eyes all these will \*NOT\* happen if you take fruits on an empty stomach.

There is no such thing as some fruits, like orange and lemon are acidic, because all fruits become alkaline in our body, according to Dr. Herbert Shelton who did research on this matter.

If you have mastered the correct way of eating fruits, you have the \*SECRET\* of beauty, longevity, health, energy, happiness and normal weight.

When you need to drink fruit juice - drink only \*fresh\* fruit juice, NOT from the cans, packs or bottles.

Don't even drink juice that has been heated up.

Don't eat cooked fruits because you don't get the nutrients at all.

You only get its taste. Cooking destroys all the vitamins.

But eating a whole fruit is better than drinking the juice.

If you should drink the fresh fruit juice, drink it mouthful by mouthful slowly, because you must let it mix with your saliva before swallowing it.

You can go on a 3-day fruit fast to cleanse or detoxify your body.

Just eat fruits and drink fresh fruit juice throughout the 3 days.

And you will be surprised when your friends tell you how radiant you look!

## KIWI: Tiny but mighty.

This is a good source of potassium, magnesium, vitamin E & fiber. Its vitamin C content is twice that of an orange.

APPLE: An apple a day keeps the doctor away? Although an apple has a low vitamin C content, it has antioxidants & flavonoids which enhances the activity of vitamin C thereby helping to lower the risks of colon cancer, heart attack & stroke.

## STRAWBERRY: Protective Fruit.

Strawberries have the highest total antioxidant power among major fruits & protect the body from cancer-causing, blood vessel-clogging and free radicals.

## ORANGE : Sweetest medicine.

Taking 2-4 oranges a day may help keep colds away, lower cholesterol, prevent & dissolve kidney stones as well as lessens the risk of colon cancer.

WATERMELON: Coolest thirst quencher. Composed of 92% water, it is also packed with a giant dose of glutathione, which helps boost our immune system.

They are also a key source of lycopene the cancer fighting oxidant. Other nutrients found in watermelon are vitamin C & Potassium.

GUAVA & PAPAYA: Top awards for vitamin C. They are the clear winners for their high vitamin C content. Guava is also rich in fiber, which helps prevent constipation. Papaya is rich in carotene; this is good for your eyes.

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# SINCERITY IN DAWAH

BY MOULANA AHMED KHOROLO - SAABERIE CHISHTY DAWAH CENTRE

I would particularly request the Preachers to base their activities on sincerity. No good deed whatever can be accepted by Allah, unless it is based on sincerity. Preachment of Islam is absolutely useless, without been sincere.

Says Rasoolullah ? in this meaning:

"Allah does not see towards your faces, or toward your riches; but He sees towards (the sincerity of) your hearts, and to the nature of your deeds." (Mishkat).

Rasoolullah ? was asked to what is the meaning of "Faith. He answered: "it means Sincerity!" (Targhib).

Hazrath Ma'az (R.A) was given a command Yaman. When He was about to depart, He asked advice of Rasoolullah who said:

"Observe Sincerity in all your religious beliefs and actions, for it will increase the reward of your good deeds."

Another Hadith says:

"Allah accepts only those deeds of His servants, which are based on Sincerity."

Another Hadith says:

"Allah has proclaimed: "I am the most self-respecting and self-sufficient of all the partners of the world; therefore whoever brings a partner to Me, I entrust Him to the same partner, and do not help him at all. Then I am absolutely clear his behaviour."

It has been stated in another Hadith that it will be proclaimed in the Day of Judgement:

"Whoever has brought a partner to Allah in any action, he should demand its reward of the same partner, for Allah is needless of any partner, and therefore He cannot honour any idolater."

Another Hadith says:

"Whoever performs prayer to show other people, he becomes an idolater; and whoever observes Fasts to show people, he also becomes an idolater; and whoever gives alms to show people, he also becomes an idolater (Mishkat)."

To be an idolater means that he does not observe such good deeds sincerely, to please Allah only; but making a show of them he wants to win the favour and appreciation of human beings, which is to bring partners to Allah indirectly.

Another Hadith says in this meaning:

"Certain people will be called first of all for reckoning on the day of Judgement. A martyr will be asked by Allah. "Did I not bestow such and such favours on you?" He will admit those boons and favours. The Allah will ask him: "How did you give thanks to us for those favours?" He will answer: "I went to the Holy War to please you, and was killed therein!" Allah will say: "You lie; you participated in the Holy War, to be called a Hero by people. "Then he will be thrown headlong into the Hell. Then a Scholar will be called and same question will be put to him, and he will admit the favours of Allah. Then he will be asked: "How did you give thanks for our favours?" He will answer "I attained knowledge of Islam to teach it to others, and to please you only. "Allah will say: "You lie; you attained knowledge to be called a "Scholar "and read the Holy Quraan to be called a "Qari. Then he will be thrown headlong into the Hell. Afterwards a rich man will be called, and the same questions will be put to him. He will say: "I always spent money to please Thee! Allah will say: "You lie; you spent money to be called a "generous" man. Then he will be also thrown headlong into the Hell." (Miskat).

Therefore, our Preachers of Islam should always avoid show and vanity, and should render their services only to Please Allah. In this line they should follow the Sunnah of Rasoolullah ? and should not desire to win fame, or favour and appreciation of people. Even if such a vain desire is felt in their mind, they should seek refuge of Allah, and ask His pardon. May Allah grant us Sincerity to serve His Religion to the best of our efforts.

May Allah make us among the sincere Preachers of this beautiful Religion of Islam.





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# ARE WE READY

BY FAIZEL KHAMKAR

The race for the American presidency has just started and one of the candidates is Donald Trump. He has gone on record as saying that Muslims are not welcome in America that "the great wall" of America on its southern border will be built to prevent the Mexicans from entering America, that America will only be interested in intervention in Libya if it gets their oil and other similar racial prejudicial statements were made by this candidate. Onlookers may well be mistaken in viewing this as a comedy or nonfiction drama. Others have taken the view that this melodrama will not last and serious presidential candidates will eventually surface after the preliminary rounds of the election process. After all Donald Trump is a failed business man, a supreme egotist, illiterate in terms of world view and having a warped sense of reality. The realities however send out danger signals. Despite losing in the Iowa preliminaries (which was predicted) he still leads the public polls handsomely. George Bush junior had similar qualities and went on to become president for the maximum number of two terms. The legacy of human lives being lost, mutilation of human beings, plunging the world in an economic crisis and making the world an unsound place is still being lauded in certain circles. With Trump as president the world can only degenerate further. Can anyone imagine him having the power of nuclear warheads that can obliterate the world? This should be seen in the light of his anti China statements. However this probability is real. Are we ready for this eventuality (i.e. Trump being the president of a rogue state with tremendous war capabilities)?

Key to the current economic dominance and suppression lies in the hold that the dollar has over trade in key areas of trade such as in oil and staple foods such as wheat. An important mechanism to ensure this dominance lies in the International Monetary Fund (IMF) and the World Bank. Historically those that opposed this system such as King Faizel and Saddam Hussain were assassinated. Is this a coincidence? This system is now under attack in a more comprehensive manner. We therefore find that

we have a bank established by BRICS as well as trade formations by various states to establish a stronger and more equitable defence of key resources used for trading. This would obviously not go down well with those that control the dollar. When and if these strategies start to threaten the control of the world's financial system we can expect further economic boycotts, economic wars, illegal regime changes and destabilizing wars. These in turn create an environment in which anarchy takes its roots. Hiding the term anarchy and replacing it with words such as radicalism, extremism or terrorism then creates another platform from which mayhem can be committed. The masses around the world are generally people whose outlook and demeanour is one of a peaceful existence. Being part of the masses are we ready for this eventuality?

To create a protectionist environment for the dollar an international figure who wields power and has no moral compass and who is easily manipulated needs to be found. A person who has a facade of incompetency and even "stupidity" can be utilised to brush off great human rights violations and disrespect of international law and norms. The support for Trump is now more easily understood. This support has obviously been created as the credibility of this candidate is questioned internally. Even though he would be ideal candidate to execute plans to save the dollar there are many standing in the queue. The question is: Are the voters ready to bring in credible leaders who have a strong moral compass?

There is no dearth of people of conscience who are intellectually capable of stirring the conscience to enable the global community to steer itself on the path of justice, fair play and equitable resource allocation. However they need to become more vocal and vociferously so. The world is crying out for this. To keep a sense of international sanity their voices must be raised and acknowledged. Are they ready to take up this challenge?

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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Catonsville, USA - US President Barack Obama spoke warmly about Islam during his speech at the Islamic Society of Baltimore mosque, declaring that attacks on Islam were an attack on all faiths, highlighting at the same time the contributions that Muslims had made to the fabric of American society. "When any religious group is targeted we all have a responsibility to speak up. Islam has always been part of America," Obama said, pointing out that the founding fathers also supported the religion of Islam. "Jefferson and John Adams had their own copies of the Qur'an," he said as he urged Christians to defend Muslim-Americans when their religion was under attack. During his speech, he praised the religion for being a religion of peace, not the hate preached by groups like ISIS. Obama's remarks came as a majority of Americans said in a survey that they believe the next US president should be careful and not criticise Islam as a whole when speaking about Islamic extremists, as Presidential hopeful Donald Trump has done.

Makkah, SAUDI ARABIA - A mute teenage girl in Saudi Arabia has got her voice back at King Abdullah Medical City after five years of being mute. Dr. Ali Abul Oyon, a consultant of speech medicine, said that the girl was referred to the speech and voice clinic, where it was detected that she had lost her voice without any reason. Abdullah Ghabbashi, executive director-general of the hospital, said that restoring the girl's voice after five

years "has proved that our medical services were improving and developing with the help of the medical cadres available here."

New Jersey, USA - Ibtiyah Muhammad, a saber fencer for Team USA, will make history later this year when she becomes the first American to compete in the Olympics wearing a hijab. Ibtiyah, 30, qualified for the Rio 2016 Olympic Games after winning a bronze medal in the saber fencing world cup in Athens. Rio will be Muhammad's first Olympics. She failed to qualify for the 2012 Olympic games in London after she tore a ligament in her hand.

New York, USA - A Muslim woman is suing the Associated Press (AP) over a photograph that was taken of her wearing a hijab because the unauthorised image was later included in a controversial opinion article about headscarves. Fifi Youssef was at Starbucks during a work break when the AP photographer photographed the young woman with her head down, looking at her phone. Youssef, 22, only realised that her image had been captured when it featured in an article in the Washington Post piece encouraging Muslim women not to wear the hijab because it stands for an ideology that "silences women."

Makkah, SAUDI ARABIA - The food wasted in Makkah could feed 17 percent of hungry children in 18 developing countries. There are an estimated 4.8 million starving children in Africa, Asia and Latin American countries, said Ahmad Al-Matrafi, director general of a charity

food project in Makkah. Al-Matrafi said that food wasted at an average wedding was sufficient to feed at least 250 people. He said that during the mid-year holidays, 24 000 people were fed with food collected at weddings and other social events. Thirty percent of Makkah's people do not inform anyone about the availability of surplus food, he said. The charity was trying to create awareness about the situation so that more needy people can be helped, he added.

London, ENGLAND - England is now home to more than three million Muslims for the first time ever. In some parts of London, nearly half the population is now Muslim, according to detailed analysis by the Office for National Statistics (ONS). Based on recent trends, they will be the majority in those areas within a decade. This milestone, which means Muslims represent one in 20 people across the country, will reignite debate about the changing face of Britain amid growing demands for Muslims to integrate further into society.

Istanbul, TURKEY - The country's first female mosque guide, Elif Zeynep Yilmaz, delivers presentations on Islam to foreign tourists visiting the information centre adjacent to Sultanahmet Mosque, also known as the Blue Mosque. "Many of the visitors are shocked to see that I am, as a woman, a responsible person because they have the wrong perception of Muslim women; namely, that we don't participate in daily life and just stay at home," she added.



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