

Al Kausar

Volume 22 - No 9
RAMADAN 1440/2019

1727 Lenasia 1820 011 854 4543 011 854 7886

شَهْرُ رَمَضَانَ الَّذِي أُنْزِلَ فِيهِ الْقُرْآنُ

Ramadan is the month in which the Quraan was revealed



The Princess of Paradise

HAZRAT SAYYIDAH FATIMA رضي الله عنها



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

She is one that innocence adores her, chastity ventures pride in her, and modesty with folded hands stands before her. Her name is Fatima and Zahrah (having gleaming and luminous face), Batool (aloof from the worldly pleasures), Tahirah (chaste and modest) are her titles. Hadrat Sayyidah Fatima رضي الله عنها was very calm, serene and sober even in her childhood and she never participated in games etc. She would spend most of her times in the exalted company of her Parents and ask such questions, which bespeak her intelligence and maturity.

She showed her full detachment from all allurements and fascinations of worldly life. As a child, she used to accompany Him r through the narrow streets of Makkatul Mukarrama, visiting the Ka'bah or attending the secret meetings of the early Muslims who had embraced Islam and pledged allegiance to her father. Once, she accompanied her father to the Masjid al-Haraam Sayyiduna Rasullullah ﷺ began to pray in front of the Ka'bah. A group of Quraysh chiefs gathered around the Holy Prophet ﷺ Uqbah bin Abi Mu'ayt brought the entrails of a slaughtered animal and threw it on the shoulders of the Beloved Habeeb ﷺ. Sayyidah Fatima رضي الله عنها, a ten year old girl, went up to her father and removed the filth. Then, in a firm and angry voice she lashed out against Abu Jahl and his colleagues. They could not utter a single word.

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

"Whenever she visited the Beloved Prophet ﷺ, he stood up for her, kissed her and seated her on his place." (Tirmidhi)

The following event also throws light on the extreme love of the Beloved Prophet ﷺ for his daughter. Once Hadrat Ali رضي الله عنه received a proposal to marry the daughter of Abu Jahl. He رضي الله عنه mounted his pulpit and delivered the following sermon whose each and every word bears witness that the Messenger of ALLAH loved his daughter to the core of his heart: "Banu Hashim have sought my consent to marry their daughter to Ali bin Talib. I do not give the consent; I do not give the consent. I do not give the consent. Yes, if Ali wishes, he should first give divorce to my daughter and then marry their daughter. Because my daughter is a part of my body. The thing which disturbs her disturbs me and the thing which distresses her, distresses me." (Muslim)

You can simply perceive the intensity of love of Hadrat Fatima رضي الله عنها for the Beloved Prophet ﷺ that she did not smile after the death of her August Father till she breathed her last breath. (Usdul Ghaba, V: 5, P: 634)

It is also reported By Sayyida Aisha رضي الله عنها that while the Blessed Prophet ﷺ was on his deathbed, he whispered to Hadrat Fatima two times. The first time she wept and the second time she smiled. On inquiry she replied: "He ﷺ informed me that he was leaving this world due to this disease. So, I began to weep, then he informed me that I would be the first in his family to meet him, at this I gave a smile." (Tirmidhi) It is also one of the unique excellences of Hadrat Fatima رضي الله عنها that her progeny resumed the line of descendance of the Blessed Prophet ﷺ and it will remain up to the last Day. The Beloved Prophet ﷺ said: "All the offspring of Adam عليه السلام is attributed to their paternal relatives except the progeny of Fatima, that I am their Father and their paternal link."

Sayyidah Fatima رضي الله عنها learnt from her father the manners and gentle speech. She was kind to the poor. She often gave her food to the needy preferring herself to remain hungry. She had no inclination the materialistic world. She had no craving for the ornaments of this world or the luxuries and comforts of life. Her days and nights would be spent entirely in ibaadah and the glorification of ALLAH. Sayyidah Fatima Zahra was the epitome of piety, the encapsulation of modesty, the leader of sacrifice....On the day of resurrection that a herald will announce : "O People! Lower down your gaze so that Fatima رضي الله عنها the Daughter Of Muhammad ﷺ may pass from here". (Usdul Ghaba, V: 5, P: 524)



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Ramadan

MOULANA ASLAM SULIMAN

Q 1: Can we use toothpaste while Fasting?

A 1. The use of toothpaste will make one's Fast Makrooh.

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

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

A 2. Eating forgetfully or unintentionally something does not invalidate one's Fast. The person must continue Fasting in that manner.

Q 3: If someone Backbites or talks ill of someone else whilst Fasting, what is the position of such a person's fast?

A3. Generally speaking even if one is not Fasting, to backbite against one another is a detestable act in Islam. Though ones' Fast will not break due to Backbiting but the essence and Noor of the Fast is taken away.

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

A4. She will have to make Qada of this Fast after the month of Ramadaan.

Q 5: Do women have to perform taraweeh?

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

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

A6: Perform the Fard salaah first. Only thereafter, you should join the Taraweeh salaah. The missed taraweeh rakaahs must be performed after the Witr salaah is performed alone.

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

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

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

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

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

A9: No, it is not permissible. It will invalidate the i'tikaaf.

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

A10: It is permissible and will not break the i'tikaaf.

Q 13: Can Extraction of teeth or dental procedures be done while fasting?

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

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

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

Q 12: Is Zakaat compulsory on Titanium Jewellery?

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

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

A 14: Taking tablets breaks the fast. However, injections, patches, eardrops and eyedrops do not break the fast as they are not considered to be food and drink (though there are differences of opinion among Muslim scholars on these issues). Islamic law says sick people should not fast.

Q 15: Can I fast while I have dialysis?

A 15: People on peritoneal dialysis must not fast and should perform fidyah. Haemodialysis is performed about three times a week and causes significant shifts of fluids and salts within the body. Such patients must not fast and should perform fidyah.

Q 16: Can I swim during fasting?

A 16: Yes, but do not drink the water. A bath or shower or swimming has no effect on the fast. But no water should be swallowed during any of these activities as that would break the fast.

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

A 17: No. A person receiving a blood transfusion is advised not to fast on medical grounds. They may fast on the days when no transfusions are required.

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VALUE & BENEFITS

OF EATING DATES



The date palm, mentioned more than any other fruit-bearing plant in the Qur'an 22 times.

The Prophet ﷺ was once reported to have said, "People in a house without dates are in a state of hunger." Dates boast many vital nutrients, plus they are fat-free, cholesterol-free, and sodium-free. They contain vitamin A and numerous B-complex vitamins necessary for building healthy body tissue and muscle. Dates also contain many minerals, including magnesium, iron, phosphorus, copper, calcium and potassium. One date contains more potassium per weight than a banana. Additionally, dates have high sugar intake, making them Mother Nature's candy for mortals.

It is recommended to start iftar by eating 2-3 dates as it provides the body with sugar, helping restore low blood sugar after fasting all day. One of the most common reasons for headaches or dizziness during Ramadan is low blood sugar which is why eating less dates is very beneficial at the start of iftar.



WHAT ARE THE BENEFITS OF DATES

Provides vitality: being rich in calories and sugar (80% of the date is made of sugar) as well being easily digested and absorbed they provide you with an immediate source of energy.

Rich in nutrients: dates contain 6 vitamins and 15 minerals and are especially rich in calcium, phosphorus, iron, magnesium and potassium.

Full of fibre: this facilitates digestion and moderates bowel function helping prevent constipation.

Heart Healthy: they have only traces of fat are cholesterol free and can be consumed by all members of the family.

Dates have several other advantages:

- 1.) Reduce blood cholesterol and prevent atherosclerosis because it contains pectin.
- 2.) Prevent the cancer of the large intestine and the prevention of hemorrhoids and facilitate the stages of pregnancy, childbirth and postpartum because it contains fibers and good digestion of fast sugars.

- 3.) To prevent tooth decay because it contains fluorine.
- 4.) Preventing poisoning because it contains sodium and potassium and vitamin C.
- 5.) Treatment of anemia (Alonima) because it contains iron, copper and vitamin B-2.
- 6.) A remedy for rickets and osteomalacia, as it contains calcium and phosphorus, vitamin A.
- 7.) Treatment of anorexia and poor concentration because it contains potassium.
- 8.) A cure for weakness and heart palpitations as it contains magnesium and copper.
- 9.) A treatment for rheumatism and brain cancer, as it contains boron.
- 10.) Anti cancer because it contains selenium and it has been observed that the inhabitants of the oases do not know the cancer.
- 11.) The treatment of erectile dysfunction because it contains boron and a Vitamin A supplement.
- 12.) A cure for dry skin and dry cornea diseases and night blindness through vitamin A..
- 13.) Treatment of nervous gastro-gastroenterology, because it contains vitamin B-1.
- 14.) A remedy for hair loss and eye fatigue and inflammation of the mucous membranes, the oral cavity and inflammation of the lips contain vitamin B-2.
- 15.) A cure for skin infections to contain vitamin niacin.
- 16.) A cure for scurvy, a general weakening of the palpitations of the body and heart and the breathlessness and contraction of the blood vessels and the appearance of red spots on the skin and weakness of the bones and teeth, and in order to contain vitamin C or ascorbic acid 2,
- 17.) Treatment of acidity in the stomach, because it contains chlorine and sodium and potassium.
- 18.) Treatment of the diseases of the gums and the capillary blood vessels poor and weak muscles and cartilage to contain vitamin C.

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BADR

is "YOU MUL FURQAAN"

the greatest battle ever!

Ghazwa –e-Badr (battle of Badr) is the day that marks the the unbeatable glory of Muslim's valor and fearlessness. The day when Allah's help descended towards its pious people who left their homes, families and properties just for the sake and pleasure of Allah, the Lord of the Universe.

The battle of Badr is one of the great events of human history that occurred on Friday, the 17th Day of blessed month of Ramadan in the second year after migration from Makkah to Madinah (624 CE).

It deeply affected men's ideas and conduct. The battle of Badr deserves a place in any history of that period. It was the original cause of all the battles that followed. Many problems lead to the battle of the Badr.

The unfriendly Quraysh:

The Prophet and his companion had migrated to Madinah. They stayed there peacefully; preaching and inviting more people to Islam but Quraysh remained hostile to them and rapid spread of Islam increased their anxiety. They, therefore, always looked for a chance to cause trouble and destroy the resettled Muslims of Madinah.

The jealousy of the Jews:

As Islam began to spread fast some Jewish monks and learned Rabbis like Abdullah ibn Salam embraced Islam. This inflamed the jealousy of the jews. There were many other reasons as well which includes Power-seeking people like Abdullah ibn Ubayy became very unfriendly towards the Prophet ﷺ and his companions as he was abandoned to be crowned as Prophet ﷺ arrived in Madinah which aroused enmity towards the Muslims. The Quraysh prepare for an actual war, The Quraysh joined hands with Abdullah Bin Ubayy, the hypocrite.

In the month of Shaban 2AH, the Muslims learned that a great trade caravan had started on its return journey from Syria and would be passing Madinah a few weeks later. It was reported

that merchandise in this caravan of 1000 camels was worth 50,000 Dinars. About 70 men accompanied it led by Abu Sufyan bin Harb, one of the worst enemies of Islam in Makkah then.

Abu Sufyan realized at an early stage that the Muslims were planning to attack his caravan which increased his anxiety. He sent a fast-riding courier to Makkah with an urgent request to rescue the caravan.

On receipt of Sufyan's message, the Makkans led by Abu Jahl, set about raising a powerful army consisting about a 1000 armoured soldiers, seven hundred camels and over one hundred horses. However, the caravan reaches Makkah safely but the Muslim army consisting only 313 faithful Muslims 70 camels and two horses. Faced by a powerful army, more than thrice their number, the Muslims now held a council of war. The Prophet r spent the whole night that fell between the sixteenth and the seventeenth of Ramadan, in prayer.

The Prophet ﷺ turned towards Qiblah, raised his hands and earnestly called on Allah, "O Allah! Of this little band of those, who have surrendered themselves to You, is destroyed, You will not be worshipped on earth....."

A sudden rainfall was rejoiced as a sign of favor from Allah which refreshed the men and laid the dust. It made firm the soft sand of the valley which enabled the Muslims to plant their feet firmly.

The battle opened with single combats between Utbah, his son Walid and his brother Shaybah from Quraysh and Hamzah ﷺ, Ali and Ubaydah from Muslims who killed Utbah and Walid with ease while Shaybah wounded Ubaydah "Umair bin Al-Humam was the first martyr on the day of Badr."

Two young boys, the sons of Afra, an Ansari woman killed Abu Jahl. The Muslims won the battle by the help of Allah, in achieving this victory, the Muslims lost fourteen men: six immigrants and eight Ansars.

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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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Our Lady A'isha "the TRUTHFUL"

A standard of feminine Excellence



She was the beloved wife of Rasulallah ﷺ and the daughter of Sayyidina Hazrat Abu Bakr Siddique ؓ. Her mother's name was Umm e Rooman, whose line of descendants joined with that of Rasulallah ﷺ.

The Sacred Marriage

Three years after the tragic and painful death of Hazrat Khadija ؓ, Hazrat Khawla, the wife of Hazrat Usman Mazoun ؓ, suggested that Rasulallah ﷺ should remarry. In reply, Rasulallah ﷺ asked, "Who should I marry?" upon which she presented two names; one was that of Hazrat Aisha, and the other was that of Hazrat Sawda, a mother and 30 year old widow. Rasulallah ﷺ then sent Hazrat Khawla with marriage proposals to both families, and they both gave their consent.

When news reached Hazrat Abu Bakr ؓ, in his immense joy, he wished to clarify a point so he said to Rasulallah ﷺ, "I am your brother." Rasulallah ﷺ then replied, "You are my brother as far as the religion and book of Allah is concerned, and she is legitimate for me." (Bukhari)

Hearing this reply, the happiness of Sayyidina Abu Bakr Siddique ؓ was clearly visible and he gave his consent.

Hazrat Aisha ؓ, at this time, was pre-pubescent but she did not join the auspicious household of Rasulallah ﷺ till maturity.

The relationship between Rasulallah ﷺ and Hazrat Aisha ؓ was friendly, kind and loving. Of all the blessed wives, she was the closest and most favoured. She also took pride as the daughter of the first Caliph of Islam, and the only spinster wife of Rasulallah ﷺ.

Impact of marriage

This holy marriage holds a significant place in the history of Islam. For one, it reinforced the friendship between Rasulallah ﷺ and Hazrat Abu Bakr Siddique ؓ, who had always stood by his friend in hours of distress.

In addition to this, a lady of rare qualities was blessed with Rasulallah ﷺ's presence, and the opportunity to spend her youth with in the auspicious household of the Holy Prophet ﷺ.

An intellectual scholar

In interpreting religious issues, and as a jurist of Sunnah, Hazrat Aisha ؓ was and still is at the forefront. Imam Zuhri said, "Hazrat Aisha ؓ was the most learned person amongst the people. Senior and learned companions used to consult her."

* Hazrat Musa ibne Talha ؓ said, "I did never see anyone more eloquent than Aisha." (Tirmidhi, Vol 2, page 228)

* Hazrat Abu Musa Ashari ؓ said, "We faced no difficulty whose solution was not with Aisha." (Tirmidhi, Vol 2, 228)

* Imam Zuhri ؓ said, "If the knowledge of all men and wives of Rasulallah ﷺ was put together, the knowledge of Aisha would exceed the knowledge of them all."

Thousands of Ahadith have been reported by her, and she even conveyed her decision on religious matters during the reign of the first 3 Caliphs of Islam.

In Islamic jurisprudence, the distinguished theologians and jurists like Imam Abu Hanifa ؓ and Imam Bukhari ؓ followed her principles.

Her Elevated Status

Many Ahadith demonstrate her exalted position amongst other women in Islam. Here are a few:

Rasulallah ﷺ said, "You had been shown to me for three successive nights in a dream. An angel brought you wrapped in a piece of white silk and said, 'it is your wife'. I exposed your face and there you were. Then I said, 'if this dream is from Allah, He will fulfil it.'" (Bukhari, Muslim)

* Hazrat Aisha ؓ herself reports that Rasulallah ﷺ said, "O Aisha! This is Jibreel who greets you. Aisha replied, 'be salutations and Mercy of Allah upon him.'" (Bukhari, Muslim)

Another Hadith in the same context:

"Aisha has such superiority over women as 'sareed' (a kind of food) has over other foods." (Bukhari, Muslim)

* Another Hadith also confirms her prestigious status. Hazrat Amr bin Aas said: I submitted, "O Allah's Messenger! Who amongst all the people is the dearest to you?" He said, "Aisha". I asked, "Out of the men?" He said, "Her father." (Tirmidhi)

* Rasulallah ﷺ said, "By Allah, revelation has not been revealed to me in the quilt of any of my wives except hers (Aisha)."

This Hadith emphasises the connection between Rasulallah ﷺ and Hazrat Aisha: Jibreel said, "This (Hazrat Aisha ؓ) is your wife in this world and the hereafter." (Tirmidhi)



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A DOCTOR'S HINT FOR FASTING

DR FAROUK HAFEEJEE -IMA- SOUTH AFRICA

AVOID:

Fried and fatty foods. Foods containing too much sugar. Over-eating especially at suhoor. Too much tea at suhoor: Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.

EAT:

Complex carbohydrates at suhoor so that the food lasts longer making you less hungry. Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium. Almonds are rich in protein and fibre with less fat. Bananas are a good source of potassium, magnesium & carbohydrates.

DRINK:

As much water or fruit juices as possible between iftar and bedtime so that your body may adjust fluid levels in time. Common health issues faced in Ramadhan, their causes, and their remedies:

CONSTIPATION:

Constipation can cause piles (haemorrhoids), fissures (painful cracks in anal canal) and indigestion with a bloated feeling.

Causes: Too much refined foods, too little water and not enough fibre in the diet.

Remedy: Avoid excessive refined foods, increase water intake, use bran in baking and brown flour when making flatbread.

INDIGESTION AND WIND

Causes: Over-eating. Too many fried and fatty foods, spicy foods, and foods that produce wind e.g. eggs, cabbage, lentils. Carbonated drinks like Cola also produce gas.

Remedy: Do not over-eat, drink fruit juices or better still, drink water. Avoid fried foods, add ajmoor to wind-producing foods.

LETHARGY ("low blood pressure")

Excessive sweating, weakness, tiredness, lack of energy, dizziness, especially on getting up from sitting position, pale appearance and feeling faint are symptoms associated with "low blood pressure". This tends to occur towards the afternoon.

Causes: Too little fluid intake, decreased salt intake.

Remedy: Keep cool, increase fluid and salt intake.

Caution: Low blood pressure should be confirmed by taking a

blood pressure reading when symptoms are present. Persons with high blood pressure may need their medication adjusted during Ramadhan. They should consult their doctor.

HEADACHE:

Causes: Caffeine and tobacco-withdrawal, doing too much in one day, lack of sleep, and hunger. Usually occur as the day goes by and worsens at the end of the day. When associated with "low blood pressure", the headache can be quite severe and can also cause nausea before Iftar.

Remedy: Cut down caffeine and tobacco slowly starting a week or two before Ramadhan. Herbal and caffeine-free teas may be substituted. Reorganise your schedule during the Ramadan to have adequate sleep.

LOW BLOOD SUGAR:

Weakness, dizziness, tiredness, poor concentration, perspiring easily, feeling shaky (tremor), unable to perform physical activities, headache, palpitations are symptoms of low blood sugar.

Causes (in non-diabetics): Having too much sugar i.e. refined carbohydrates especially at suhoor. The body produces too much insulin causing the blood glucose to drop.

Remedy: Eat something at suhoor and limit sugar-containing foods and drinks.

Caution: Diabetics may need to adjust their medication in Ramadhan. Consult your doctor.

MUSCLE CRAMPS

Causes: Inadequate intake of calcium, magnesium and potassium foods.

Remedy: Eat foods rich in the above minerals e.g. vegetables, fruit, dairy products, meat and dates.

Caution: Those on high blood pressure medication and with kidney stone problems should consult their doctor.

PEPTIC ULCERS, HEART BURN, GASTRITIS AND HIATUS HERNIA

Increased acid levels in the empty stomach in Ramadhan aggravate the above conditions. It presents a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, coffee, and Cola drinks worsen these conditions. Medications are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadhan.

KIDNEYSTONES

Kidney stones may occur in people who have less liquids to drink. Therefore, it is essential to drink extra liquids to prevent stone formation.

JOINT PAINS

Causes: During Ramadhan, when extra Salaah are performed, the pressure on the knee joints increases. In the elderly and those with arthritis, this may result in pain, stiffness, swelling and discomfort.

Remedy: Lose weight so that the knees do not have to carry any extra load. Exercise the lower limbs before Ramadhan so that they can be prepared for the additional strain. Being physically fit allows greater fulfillment, thus enabling one to be able to perform Salaah with ease.




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HAZRAT ALI "LION OF GOD"

رَضِيَ عَنْهُ

LOVE FOR THE SAKE OF ALLAH :

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

Allah ﷻ has not assigned to any man two hearts within his

breast. (Noble Qur'an, 33:4)

With one heart one cannot choose two beloveds. Hazrat Ali ؑ would always spend time with his children.

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

Hazrat Ali ؑ said to Hazrat Abbas, "Say Wahid (one)". Hazrat Ali ؑ then asked him to "say Isnain (Two)". Hazrat Abbas ؑ replied, "I feel ashamed to utter 'two' from the same tongue which just said 'one'". Hazrat Ali ؑ hugged his son, pleased at such a charming expression. The reply from Hazrat Abbas ؑ indicated how deeply devoted he was in his belief in Tawheed, that is, Oneness of Allah ﷻ. A true believer never likes to even imagine any association with Allah ﷻ. Bibi Zainab then asked, "Dear, father, do you love me?" Hazrat Ali ؑ said, "Yes, of course, my children are like a part of my heart". On hearing this, she said, "You also love Allah ﷻ. How can two loves be in one heart of a true believer, the love of Allah ﷻ and that of children?"

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

ANGER MANAGEMENT:

Everything is only for the sake of Allah ﷻ.

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

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

All the Muslims were terrified to fight him and only Hazrat Ali ؑ came forward to fight this man. There was a fierce fight until at last Hazrat Ali ؑ threw Amr bin Abdawud down onto the ground and mounted his chest ready to kill him.

Just as Hazrat Ali ؑ was about to kill this enemy of Islam, he spat on the face of Hazrat Ali ؑ. Everybody was certain that because of this insult, Amr bin Abdawud would meet his death even faster still, but to their amazement, Hazrat Ali ؑ moved from Amr bin Abdawud's chest and walked away. Amr bin Abdawud attacked Hazrat Ali ؑ again and after a short while, Hazrat Ali ؑ again overpowered Amr bin Abdawud and killed him. After the battle of Khandaq was over people asked Hazrat Ali ؑ the reason why he had spared Amr bin Abdawud's life when he had first overpowered him. To which Hazrat Ali ؑ replied that if he had killed him then it would have not been only for the sake of Allah ﷻ but also for the satisfaction of his anger and so he let him free. Then Hazrat Ali ؑ controlled his anger and killed Amr bin Abdawud purely for the sake of Allah ﷻ.

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



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Sadaqatul Fitr

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MEANING: Zakaah al-Fitr is often referred to as Sadaqatul-Fitr. The word Fitr means the same as Iftaar, breaking a fast and it comes from the same root word as Futoor which means breakfast. Thus, Islamically, Sadaqatul-Fitr is the name given to charity which is distributed at the end of the fast of Ramadaan.

CLASSIFICATION: Sadaqah al-Fitr is a duty which is Waajib on every Muslim, whether male or female, minor or adult as long as he/she has the means to do so.

The proof that this form of charity is compulsory can be found in the Sunnah whereby Ibn `Umar reported that the Prophet ﷺ made Sadaqa tul-Fitr compulsory on every slave, freeman, male, female, young and old among the Muslims; one Saa` of dried dates or one Saa` of barely. [Bukharee - Arabic/English, vol. 2, p. 339, no. 579]

The head of the household may pay the required amount for the other members. Abu Sa'eed al-Khudree said, "On behalf of our young and old, free men and slaves, we used to take out during Allah's Messenger's r lifetime one Saa` of grain, cheese or raisins". [Muslim - English transl. vol. 2, p. 469, no. 2155]

SIGNIFICANCE: The significant role played by Zakaah in the circulation of wealth within the Islamic society is also played by the Sadaqatul-Fitr. However, in the case of Sadaqatul-Fitr, each individual is required to calculate how much charity is due from himself and his dependents and go into the community in order to find those who deserve such charity.

Thus, Sadaqatul-Fitr plays a very important role in the development of the bonds of community. The rich are obliged to come in direct contact with the poor, and the poor are put in contact with the extremely poor. This contact between the various levels of society helps to build real bonds of brotherhood and love within the Islamic community and trains those who have, to be generous to those who do not have.

PURPOSE: The main purpose of Sadaqatul-Fitr is to provide those who fasted with the means of making up for their errors during the month of fasting. Sadaqatul-Fitr also provides the poor with a means with which they can celebrate the festival of breaking the fast (Eid ul Fitr) along with the rest of the Muslims.

Ibn Abbaas reported, "The Prophet ﷺ made Sadaqa tul-Fitr compulsory so that those who fasted may be purified of their idle

deeds and shameful talk (committed during Ramadaan) and so that the poor may be fed. Whoever gives it before Salaah will have it accepted as Sadaqatul-Fitr, while he who gives it after the Salaah has given Sadaqah." [Abu Dawood - Eng. transl. vol. 2, p. 421, no. 1605]

Hence, the goal of Sadaqatul-Fitr is the spiritual development of the Believers. By making them give up some of their wealth, the believers are taught the higher moral characteristics of generosity, compassion (sympathy for the unfortunate), gratitude to God and the righteousness. But, since Islam does not neglect man's material need, part of the goal of Sadaqatul-Fitr is the economic well-being of the poorer members of society.

CONDITIONS: Sadaqatul-Fitr is only Waajib for a particular period of time. If one misses the time period without a good reason, he has sinned and can not make it up. This form of charity becomes obligatory from sunset on the last day of fasting and remains obligatory until the beginning of Salaah tal-Eid (i.e. shortly after sunrise on the following day).

However, it can be paid prior to the above mentioned period, as many of the companions of the Prophet ﷺ used to pay Sadaqatul-Fitr a couple days before the Eid.

Naafi reported that the Prophet's ﷺ companion Ibn `Umar used to give it to those who would accept it and the people used to give it a day or two before the Eid. [Bukharee - Arabic/English, Vol. 2, p.339 579]

Ibn `Umar reported that the Prophet ﷺ order that it (Sadaqa tul-Fitr) be given before people go to make the Salaah (Eid).

And Ibn `Abbas reported that the Prophet ﷺ said, "Whoever gives it before the Salaah will have it accepted as Sadaqa tul-Fitr, while he who gives it after the Salaah (will not, for it will only be considered as) ordinary charity. Therefore, one who forgets to pay this Sadaqatul-Fitr on time should do so as soon as possible even though it will not be counted as Sadaqatul-Fitr.

RATE: The amount of Sadaqatul-Fitr is the same for everyone regardless of their different income brackets. The minimum amount is one Saa` (two handfuls) of food, grain or dried fruit for each member of the family. This calculation is based on Ibn `Umar's report that the Prophet ﷺ made Sadaqatul-Fitr compulsory and payable by a Saa` of dried dates or a Saa` of barley. Sadaqatul-Fitr for the year 1440 / 2019 is R30-00 for the Hanafis and R40-00 for the Shafis.

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I'tikaf

SECLUSION FOR THE REMEMBRANCE OF ALLAH

The meaning of I'tikaf is to seclude oneself in the masjid with the express intention (niyyah) of I'tikaf, for the remembrance of Allah, even though for a few seconds only.

Objects and Advantages of I'tikaf The reward of I'tikaf is great. The mere fact that Rasulullah ﷺ always performed it is sufficient to explain the virtues that are attached to it. The example of the one that resides in the masjid in I'tikaf is like the person who, having gone to a high personage to appeal for his needs, remains there until it is granted. He thus says to Allah: "O Allah! I have placed my humble request before You and have faith in Your generosity; and I shall not move from here until my request is granted by You." When someone comes begging at the door and then refuses to leave until his request is granted, it is certain that even the most selfish person will eventually accede to one's request; and how much more Merciful is Allah.

In every moment of I'tikaf one remains in Ibadah (worship), even when asleep, one is still in His service, striving for nearness to Him. Allah says, according to a hadith, "Whoever draws near to Me an arms length, then I draw nearer to him two arm lengths; and whoever draws nearer to Me by walking, I draw nearer to him by running."

It is also deduced from the various narrations that one of the major objects of I'tikaf during Ramadan is to search for Laylatul Qadr (the Night of Power). What better manner can there be than to remain in ibadah at all times, whether one is awake or asleep, to obtain the reward of 1,000 months (over 83 years) of worship. Furthermore, in I'tikaf one is free from all daily tasks and thus has all the time to devote to zikrullah (remembrance of Allah) and meditation.

Virtues of I'tikaf Ibn 'Abbas relates that the Messenger of Allah said: "The person performing I'tikaf remains free from sins and he is indeed given the same reward as all those who do righteous deeds (in spite of his not having done those deeds as a result of having been secluded in the masjid)."

In Kashful-Ghumma, Allamah Sha'rani relates a hadith wherein Rasulullah ﷺ said: "Whoever performs I'tikaf for the final ten days of Ramadan, for him is the reward of two Haj and two 'Umrah, and whoever performs I'tikaf from Maghrib until 'Isha, doing nothing else except performing salaah and reciting the Qur'an, Allah will prepare a place for him in Jannah."

Conditions of I'tikaf

1. to be a Muslim. 2. To be sane, 3. To be pure and clean from major impurity, monthly menses, and bleeding of childbirth, 4. To perform I'tikaf in a masjid (for males only), 5. To form the niyyah (intention) for I'tikaf. 6. To fast for

Note: Women may observe I'tikaf in the home. It is also not necessary

to have reached the age of puberty to observe I'tikaf; therefore an intelligent child (male or female) may observe I'tikaf.

It is advisable for everyone who comes to join the congregational prayers to form an intention of I'tikaf upon entering the masjid. This will mean that as long as he remains busy with salah, zikr, listening to religious lectures, etc. He also receives the reward for I'tikaf.

When a Mu'takif could leave the Masjid or place of I'tikaf: The Mu'takif (a person in I'tikaf) could leave the defined masjid area for the following reasons only. If he/she leaves for any reason other than the under mentioned then the I'tikaf will terminate forthwith. When going out for these necessities do not spend more time than is absolutely required. Return as soon as possible.

- To answer the call of nature when necessary.
- To perform wudhu when the wudhu' terminates (breaks). It is not permissible to leave the masjid to perform wudhu' when one still has wudhu'. When out of the masjid for these necessities it is permissible for one to greet others and to reply to their Salam.
- To perform the wajib bath (due to a wet dream). If one leaves the masjid to have a shower to cool off on a hot day or a bath for Friday, the I'tikaf will be nullified. When going out for wudhu' it is permissible to have a wash while performing wudhu', provided it is done in the same time during which wudhu' is made.

When a Mu'takif cannot leave the Masjid or place of I'tikaf: If he does leave, even though for a few seconds, either intentionally or unintentionally, his I'tikaf will be nullified. a). Because of illness or fear. b). To visit the sick. c). To attend a Janazah salaah. d). To extinguish a fire or save a drowning person outside of the masjid area. e). To wash hands, gargle, and brush teeth or to expectorate (spit). (These should all be done while performing wudhu'). To fetch a glass of water. f). To assist the caretaker in his duties outside the masjid area. [Note: in situations (a) and (d) it will be permissible to leave the masjid but the I'tikaf will be nullified and for example, if it is a wajib I'tikaf, then qaza will be necessary.]

What is allowed during I'tikaf?

The following are allowed in the masjid during the I'tikaf: a. To eat and sleep b. To change clothes. c. To clip the nails or trim the moustache. d. To recite the Qur'an aloud or recite tasbeeh or zikr with a raised voice if it does not disturb others. e. To have religious discussions and lectures and to speak about lawful matters.

What is disallowed during I'tikaf?

The following are not allowed in the masjid during the I'tikaf:

- To talk about worldly affairs, backbite or tell an untruth.
- To remain silent and regard it as 'ibadah. c. To shave the beard.



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LAYLATUL QADR

The Sanctimonious Night of Grace

BY MOULANA SHAH FAISAL KHAN

Question 1- What are the blessings of Laylatul Qadr?

Answer 1- Alhamdulillah, the blessed night of Qadr in the blessed month of Ramadhan has many blessings. Sayyiduna Ismail Haqi has stated, "This is a night of peace, people are protected from many troubles such as illness, evil, calamities, storms, thunders, lightning and other things. In fact, everything that descends in this night contains peace, benefit and goodness. In this night the devil cannot make people do evil and no magician's magic work, this night is full of peace." [Ruh-ul-Bayaan Vol 10 page 485]

Sayyiduna Ubayd ibn Imraan said, "One night while I was making Wudhu at the Red Sea, I tasted the water which was sweeter than honey. I was extremely surprised. When I told Sayyiduna Uthmaan about it, he said, 'Oh Ubayd, it would be Laylatul Qadr'. He further said, 'Whoever spends this night remembering Allah it is as if he worshipped for more than a thousand months and Allah will forgive all his sins.' [Tazkira-tul-Wa'izin Page 626]

Question 2- What are the signs of Laylatul Qadr and why was Laylatul Qadr kept a secret?

Answer 2- Sayyiduna Ubadah bin Samit asked the Noble Prophet about Laylatul Qadr. Rasoolullah replied, "Laylatul Qadr is in the odd nights of the last ten days of Ramadhan, i.e. 21st, 23rd, 25th, 27th, 29th or the last night of Ramadhan, whoever worships in this night with faith in order to earn reward will be forgiven for all his previous sins.

Some of its signs are as follows:

- * the night will be open, bright and extremely clear
- * it is neither too hot nor too cold
- * the weather is quite normal on this night
- * the moon is clearly visible
- * the devils are not struck with stars the whole night.

One of the reasons why Laylatul Qadr was kept a secret, because it is as if Allah says, "I kept this night a secret so people would struggle hard to acquire it and earn reward for their struggles."

Question 3- What should you do on Laylatul Qadr?

Answer 3- Mother of the Believers Sayyidatuna Ayesha Siddiqah narrated that she asked the Prophet of Mankind, the Peace of our hearts and minds, Most Generous and Most Kind, "Ya Rasoolullah what should I recite if I find Laylatul Qadr?" The Holy Prophet replied, "make this Dua

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POLITICAL REVIEW

BY FAIZEL KHAMKAR

TROUBLE IN THE NORTH OF AFRICA

Sudan has been on the boiling point for the last few months and massive protests have seen the overthrow of Omar Al Bashir. The military then stepped in and formed an interim government. The first impression is that this response had a remarkable resemblance to what had happened in Egypt. However the massive protest continued to ensure that the military did not take control of the country. Subsequently it was agreed upon that an interim coalition government will take control of the country. There has been mixed reaction to this overthrow with the Western countries on the one hand being pleased and on the other hand the African Union threatening to expel Sudan from the organization. The media typically only showed the joy and jubilation of the protesters in a similar way that they did with the downfall of Saddam Hussain and Muammar Gaddafi.

The question to ask is: "Is this in the best interest of the country or its populace". We only have to look at Libya and Iraq. Libya which never gained any form of security and peace since the fall of Gaddafi is once more in an escalated military confrontational position. Whilst the populace of Libya is in dire straits the neo colonialist are plundering the country of its wealth. We have to accept that Al Bashir was far from the ideal leader and there are a lot of skeletons in his closet and as a result in no uncertain terms are neither his leadership applauded nor his overthrow defended. However desperate people or those people that are misled of promises of greener pastures to ease them of desperate positions can be expected to act in a manner which could lead to a path of greater desperation. This then leads to the question of the hidden hand behind the overthrow.

Sudan's neighbour on the other hand went further into a despotic state. It is possible that the events in Sudan may have triggered the disingenuity of changing the country's constitution. The country called for a referendum to change the constitution in a manner that is from transparent and in a ridiculous short space of three days which negated any discussions or public participation. With the deliberate and mischievous banning of the Muslim brotherhood or its perceived agents from the process and thereby overriding any voices of dissent it was expected that the outcome of the referendum would be favourable. Despite the process and procedures being unacceptable by any standards the West has applauded outcome. They would never have accepted this flawed process from any other country. Noted political commentators have clearly raised their concerns that a country's constitution can be changed for the sole purpose of benefitting one person, namely Sisi. The country is now firmly embedded in a military dictatorship. Sisi's hold on power has now extended to another six years together with draconian powers given to the military a Sudan like scenario will not occur. The history of brutality and disregard to the rule of law of Sisi's regime will now continue unabated with the populace placed under the mercy of a brutal egomaniac.

In Algeria we have also seen the abdication of its leader by protest from the populace. With North Africa becoming a pot of boiling water where the outcomes for the populace bleak we need to examine who are the beneficiaries of the outcomes of these events. The number one beneficiary will be the Zionist regime of Israel who is given a freer rein to continue its program of illegal expansions. The second beneficiary would be the neo capitalist who needs the shipping lines going through the Suez Canal to be under their greater control taking into account China's control over the shipping lines in the Far East largely due to its control over Sri Lanka. There is a view that the carnage in Sri Lanka was orchestrated to cause destability in Sri Lanka to enable future actions to negate the Chinese influence over the shipping lines in that region. Greed knows no boundaries nor does it have any limits to immorality. The third beneficiaries would be those that have grabbed power even though their benefits may be short lived.

WILL THIS RAMADAN STIR MUSLIM SOULS TO OPPOSE ENABLERS OF ISRAEL?

BY IQBAL JASSAT EXEC MEMBER MEDIA REVIEW NETWORK

Volume 22 - No 9

Al Kausar
الكاثر

With the approach of Ramadan, Muslims around the world are expected to be engaged in heightened consciousness to inculcate values of justice, empathy for masses of downtrodden and to embody Islam's principles of solidarity with marginalized people.

As the annual journey of fasting from dawn to dusk is intended to instil a high degree of compassion and commitment to eradicate injustice as one of the root causes for poverty, inequality and oppression, many will question whether Muslims who possess the means to do so will rise to the occasion. After all, Ramadan provides an opportunity to introspect in order to overcome spiritual poverty and to devote resources to improve lives. Ajihad indeed!

Yet the levels of repression experienced by humanity in many parts of the world have tragically worsened year on year. Casualties caused by Syria's bloody civil war; unending drone attacks in Afghanistan; refugees fleeing ghoulish nightmares; death and destruction in Yemen, Kashmir, Somalia, Libya, Myanmar...all point to an unending list of horrors recurring, Ramadan after Ramadan.

A case in point most Muslims are familiar with is Palestine. A century of massacres and dispossession and daily atrocities seem not to have woken the Muslim soul. Yet successive Ramadans have witnessed some of the worst brutalities visited upon Palestinians. Strange indeed that in spite of longer hours of intense worship during Ramadan, souls seem to be insulated. And tragically, immunised from shocking reports of "normalization" with Israel by the "custodian of Mecca and Medina".

The re-election of Benjamin Netanyahu to lead the world's most notorious colonial settler regime Israel, has finally confirmed his status as an extremist white supremacist state openly applying racist apartheid policies. Netanyahu's victory in a hotly contested election which has correctly been dubbed as "rightwing vs rightwing", is yet again perched at the helm of racist bigots who like him have thrived in ascending fascist political power.

Whether its Brazil or parts of Europe including the United States, white supremacism is on the rise and their guru is Netanyahu. Some may disagree with this claim by insisting that the chief of rightwing politics is US president Donald Trump.

However the reality is that while Trump may be holding what many understand to be the single most powerful position in the world, he is putty in the hands of Netanyahu. That he is being manipulated to adopt policies that are not in America's interests, is an indication of the power he has to yield to. Though this debate about who in fact is the puppet master may drag on, an additional factor to consider about Netanyahu's ability to act with impunity, is the enabling environment which allows him to play roughshod with the lives of millions of Palestinians.

Just as he has bagged Trump, Netanyahu has connived with unelected Arab despots via various secret deals to capture their fiefdoms. In turn we see how these oligarchs, from Saudi Arabia's Mohamed bin Salman to the UAE's Mohamed bin Zayed, have shamelessly adopted a pro- Israeli stance. That they do so publicly and in league with the dictators of Oman, Bahrain and Egypt, gives a clue of the enabling environment I've referred to. Notwithstanding the enormity of pain and suffering endured by Palestinians at the receiving end of Israel's violent military occupation and unrelenting siege, Arab regimes have turned a blind eye, thus enabling Netanyahu to kill and massacre at will. Their message to the Palestinians is "we don't care about your plight because our thrones matter more".

This is what it boils down to: golden thrones and diamond studded crowns. In other words, having experienced the ignominy of Israeli intervention which forestalled the Arab Spring from running its course, its payback time. Arab dictators are indebted to Israel and in return have to prostrate to Netanyahu.

Whether this Ramadan will truly awaken Muslim consciousness and inspire them to not only intensify their efforts in service of humanity but also to fearlessly oppose the "enablers of oppression", is left to be seen.



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