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## ALLAH IS WITNESS FOR WHAT WE DO, SAY, OR THINK

Floods of articles hit us about these holy months, what they mean, and why we should not deny ourselves the opportunity to benefit from Barakah, stock up for the next world, and reverse the ill fortune and pain we may be suffering.

Ramadaan beckons, and all signs indicate that people are already getting prepared for the trying month ahead. The preparations, though, may not be altogether for the right reasons. Some are making varieties of edibles, the likes of which are only found at lavish feasts, weddings, birthdays, and religious festivals. These mouth-watering treats will be available in large quantities, daily to break fast with.

Meanwhile the entertainment junkies are huffing and puffing to cram as much and as many thrills as time allows, in advance of Ramadaan's austerity. Reminds me of a famous Shakespearean play's opening lines..."If music be the food of love, play on, give me excess of it, that surfeiting, the appetite may sicken, and so die!"

(Who knows this guy may have been a hidden sufi! Sheikhs' peer?)

So all this is happening. When? It's happening now, in this sacred month of Sha'baan. Is this not perhaps a big advantage, that this month is packed with such added blessings as Laylatul Baraat, and examples of pious actions performed by the Holy Prophet (ﷺ), who showed an indicative bias towards it?

The preparations should, in actual fact, have commenced last month, in Rajab. The 'planting of the seeds in Rajab, the watering in Sha'baan, and the harvesting in Ramadaan', should be the table talk in every muslim home. The perception of Ramadaan as a hurdle should be altered. It is, in fact, an opportunity.

The 'haves' and the 'have nots' are equal while fasting. LESS and MORE are equal. Less indulgence in worldliness and sin, but more in spirituality, fasting, prayer and charity. That's the formula.

**LAYLATUL BARAAT SATURDAY 21st MAY**

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# HAZRAT ABU AYUB ANSAARI ﷺ

We will relate the story pertaining to this hero with the Prophet (ﷺ)'s Hijrah to Madinah. It is the end of this Hijrah, which introduces us to the honorable status of Hazrat Abu Ayub ؓ and warns us of the noble fate that lies ahead for this man.

As the Messenger (ﷺ) entered Madinah for the first time riding on his camel, the people enthusiastically & longingly crowded around him. Each one eagerly competed with the other to persuade the Glorious Prophet (ﷺ) of ALLAH to take abode at their homes. The beloved prophet (ﷺ) wisely replied by stating that they should allow the camel to freely roam the streets of Madinah as it was commanded by ALLAH to stop at a certain place.

The crowds anxiously followed the camel through the streets, waiting with baited breath to see where the camel would halt. The camel soon stopped and knelt down at the house of Bani Maalik Ibn An-Njaar. It got up again, circle the place, then once again knelt down and waited. The Prophet (ﷺ) was pleased & dismounted the camel. The resident of the house emerged beaming with joy and gratefulness. It was none other than Hazrat Abu Ayub Al-Ansaary ؓ. This was not the Prophet (ﷺ)'s first meeting with Hazrat Abu Ayub Al-Ansaary ؓ. He was indeed amongst the 70 believers who took oath of allegiance with the Prophet (ﷺ) in the second pledge of Aqaba.

Hazrat Abu Ayub Al-Ansaary ؓ' dwelling had 2 levels. The Prophet (ﷺ) chose to stay on the first floor. However when Hazrat Abu Ayub Al-Ansaary ؓ realized that this meant that he would be dwelling above the Prophet (ﷺ) he pleaded with the Prophet (ﷺ) to move to the second level. Such was his respect for his leader.

When conflict erupted between "Hazrat Ali and Ameer Mu'aawiyah ؓ, he sided with Hazrat Ali without the slightest hesitation. He believed that Hazrat Ali was the rightful Imam who had been chosen by the Muslims. When Hazrat Ali passed away and Hazrat Ameer Mu'aawiyah took over the caliphate, the ascetic, steadfast, and pious Hazrat Abu Ayub Al-Ansaary ؓ held himself aloof. He craved of this world but for a place in the battlefield among the Mujaahiduun who strive in the way of ALLAH.

Hazrat Abu Ayub Al-Ansaary ؓ ensured that he was in the forefront of every battle. He did not hesitate to give his wealth & his life for ALLAH (ﷻ) when the Muslim army marched towards Constantinople; he

was ready and raised his sword high. It was at this battle that he would finally meet his destiny of Shahadat (Martyrdom). Hazrat Abu Ayub Al-Ansaary ؓ was struck down and waited impatiently to meet his Lord.

The commander of the army enquired as to what his last wish was. His last wish was remarkable, inconceivable and unimaginable. He asked for his body to be buried at the furthest point within the land of the enemy. Hazrat Abu Ayub Al-Ansaary ؓ explained that they should break through the enemy line until they reached his grave so that he would hear their galloping horses and know that they were victorious. His wish was carried out to the full extent and Hazrat Abu Ayub Al-Ansaary ؓ still lies buried in Constantinople, now known as Istanbul. Hazrat Abu Ayub Al-Ansaary ؓ believed in the victory of the Muslims and longed to see Islam flourish, even after death. Today he lives buried in Istanbul where the sounds of battle are no longer heard but instead the declaration of the greatness of ALLAH is heard, when the Azaan is called 5 times a day. This is what Hazrat Abu Ayub Al-Ansaary ؓ longed to hear after his death and indeed it is well deserved. This hero was there in the Battle of Badr, Uhud, Al-Khandaq and the rest of the battles and wars.

He heard the Prophet (ﷺ) relate a Hadith and he always cherished it. The Prophet (ﷺ) said,

- \* "First - if you perform a prayer; perform it neatly as if it were your last prayer;
- \* Second -, do not utter a word of which you will have to apologize later on;
- \* Third, rid yourself of hope of having whatever is enjoyed by other people."

His overjoyed spirit in its eternal and glorious home in Istanbul answers saying, "This is what ALLAH and his Messenger had promised us and ALLAH and his Messenger spoke the truth...Ameen



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# THE HUMAN TONGUE – The Sharpest of all Blunt Objects

MOULANA NASIK AHMED

As we know the tongue is a muscular hydrostat on the floors of the mouths whose function amongst many is phonetic articulation. There are eight muscles of the human tongue which are classified as either intrinsic or extrinsic. The four intrinsic muscles act to change the shape of the tongue, and are not attached to any bone. The four extrinsic muscles act to change the position of the tongue, and are anchored to a bone. The tongue has such power that it has the potential to influence positively or negatively, not only one's own life but also the lives of others with whom one comes in contact. Without question, the human tongue is a powerful instrument and in its power it has the ability to be malicious or to be honourable. Consequently, believers need to carefully guard their tongues for it is an awesome force and influence in one's life. We can build up or we can tear down with our words. Every time we speak we have that power. It is our choice how we are going to use it - for virtue or for vice. We are all guilty of saying hurtful things in a moment of anger or retaliation. (Maybe now would be good time to make a list of the people we have hurt and plan to apologize). On the other hand, we feel good about ourselves when we encourage people and so do they.

We all are aware of the saying that the 'pen is mightier than the sword'. However, we do not realise that the tongue itself is also mightier than the sword. Moreover, the tongue is more deadly than any sharp object because the tongue is regarded as the sharpest of all blunt objects. It is said that a dull knife is far more dangerous than a sharp one. The idea being that a dull blade will cut with tearing and great mess, whereas a sharp edge will cut with surgical precision and no tearing. Using the metaphor that: "The tongue is like a sharp knife. It kills without drawing blood", sends a powerful message. It is saying that words can be very powerful, and can do great damage, can even kill, but without drawing actual blood. If we are mindful of our words, and respect their great power, like a sword, we will hesitate before drawing this deadly weapon. When we get angry, we may speak horrible, deadly words without thinking, and without intending the maliciousness that they will be perceived as. We must keep our words sheathed and we should wait to speak until we know how to control the words that come out. If we do not keep our tongues in check then automatically we will be suffering with a syndrome which I refer to as 'oral cancer' or 'verbal diarrhoea'. When we are afflicted with this ailment then it becomes challenging to search for an antidote.

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

paradise." (Bukhari & Tirmidhi) It has been said by the pious scholars that a Muslim should not consider himself upright until the heart is upright; and the heart is not upright until the tongue is upright. A great person once said: "The tongue is like an arrow lying in an ambush ready to shoot at its target. So place the bridle of silence on the tongue in order to be safe from all calamities."

Once a chief of a village told a servant to go to the market and to purchase the best piece of meat. The servant obeyed and ran to the market right away. The chief was surprised when the servant came back with the tongue of a large cow that had just been slaughtered. It did not look like it would be good to eat. Yet when prepared by the cooks, the chief was impressed. The meat was truly delicious. It was tender and savoury and quite pleasing to eat. The chief called the servant to him again and said: "The tongue was truly wonderful. Now go to the market again and bring me the worst piece of meat that is sold in the market." The servant obeyed once again. Soon he came back carrying a piece of meat that looked like the first. The chief was surprised that the servant once again brought him a tongue from another cow that had just been slaughtered. The chief was awestruck by the actions of the servant and enquired as to how the best piece of meat and the worst piece of meat could possibly be the same. The servant answered: "The tongue can be beautiful or ugly. It can be sweet or bitter. It depends on the words and sounds that are heard by the listener. If a person's words are kind and sweet, the tongue is at its best. It is delicious to the ear. The sounds of the tongue bring happiness. If the words we say are crude and sharp, they can be hurtful and bitter. They can bring sadness and pain."

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

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# ISLAMOPHOBIA: THE WEST'S NEW POLITICAL DISEASE

Written by: Ibrahim Vawda

Since 2001, the United States and her Allies have carried out 120 000 air strikes in seven Muslim countries, killing 1.6 million people, mostly civilians. This is 500 times more than the people killed in the 9/11 attacks on the Twin Towers. These wars, occupations and human rights abuses have left almost 60 million people homeless. The US, NATO and their Allies have occupied Afghanistan for 15 years, Iraq for 13 years and destroyed Pakistan, Libya, Syria and Yemen for good measure.

Has anybody, called on non-Muslims to speak out against these unspeakable atrocities or apologise for these barbaric acts carried out by the so-called civilized and developed countries of the world? I will not apologise for the acts of barbarous, brutal and vicious acts of violence by a group of bigots created by the US and her Allies as a result of the above mentioned wars and occupations. Al Qaeeda, Boko Haram, Al Shabab and now IS, all have their roots in the foreign policies of these super powers, based on the hegemony of colonialism, expansionism and Zionism of the West and her regional Allies in the Middle East. Any attempt to portray the atrocities perpetrated by these henchmen of the super powers, as a religious conflict, is being disingenuous and must be treated with the contempt that it deserves.

Islam has become the new political disease in the West. A new wave of Muslim intolerance and antagonism is sweeping through the US and Europe. The far right political gains seen in some parts are alarming. Anti-immigrant, anti-Muslim and extreme right political parties are cashing in on this wave of Islamophobia. In a blinkered world of "us" and "them" they have found in Muslim citizens the "others". It is disheartening that the so-called "civilized" and developed countries which pride themselves in equality and human rights, are allowing themselves to be influenced by the forces of intolerance and hate. It is now open season to malign Muslims because of their religious and cultural practices. Yet Muslim immigrants arriving after the war joined in the effort to rebuild the economies of war-torn Europe in the 1950s.

Deepa Kumar, Associate Professor in Media Studies at Rutgers University, in her book "Islamophobia and the Politics of Empire", identified four groups of people who have projected an image of a vicious and menacing "Muslim enemy". "They include the Neocons, the Zionists, the Christian Right and a group of former Muslims from the Middle East and South Asia. They have all profited from Islam-bashing".

"Terrorism" is a weapon. Generally it is the weapon of the weak. Of those who have no atom bombs, like the ones which were dropped on Hiroshima and Nagasaki, which terrorized the Japanese into surrender. Not understanding the malady, their remedy is worse than the disease itself. Bombing causes destruction, destruction creates new enemies who thirst for revenge. After the Paris attacks, Charlie Hebdo as well as the latest multiple attacks on the streets of the city, it was a sad spectacle to see all the world leaders, the Commanders in Chief of powerful nations, running around like mice in a maze, meeting, speechifying, uttering nonsensical statements, totally unable to deal with the crises.

Muslims are the scape-goats of the international war-on-terror. They're dehumanized, spied on, set up as patsies, hunted down, rounded up, held in detention, kept in isolation, denied bail, restricted in their right to counsel, tried on secret evidence, convicted on bogus charges, given long sentences, and treated harshly as political prisoners. "Muslim women are being denied jobs and girls prevented from attending regular classes just because they wear traditional forms of dress, such as the headscarf. Men can be dismissed for wearing beards associated with Islam.

Arundathi Roy, the celebrated Indian Novelist and International Activist, on Justice: "Think about justice, and don't pick and choose your injustices. Don't say that 'I want justice, but it's okay if the next guy doesn't have it, or the next woman doesn't have it.' Because justice is the keystone to integrity, and integrity is the keystone to real resistance".

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# HAZRAT SAYED MUHAMMAD KHALID SHAH ﷺ

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

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

Taking on the immense responsibility of providing guidance to others, he always taught his mureeds and other Muslims to remain steadfast on the Shar'iah. He emphasised on the principles of proper Islamic Adaab - 1 to respect the young and the old. Although Hazrat Khalid Shah ﷺ had immense resources that were at his disposal, he never abused his position - a quality that was adopted by earlier Mashaa'ikh of the Chistiya Silsila and which Hazrat firmly adhered to. He led a very simple and disciplined life with minimum luxuries and worldly belongings. On many occasions during his inspiring talks he often cried when narrating incidents in the life of the Holy Prophet Muhammad ﷺ and his Sahaba Ikraam ﷺ and the Awliya Allah. This was due to his immense love for the Holy Prophet Muhammad ﷺ.

Due to his great influence, the Chisti Sabri Jahangiri Silsila spread to many countries like India, U.K., Pakistan, South Africa, etc. and places such as Jherruck, Paak Patan, Lahore, Bareilly, Peshawar, etc. In the early sixties, Hazrat Khalid Shah ﷺ had the Buland Darwaza constructed at the mazaar of Hazrat Sabir Paak ﷺ in Kalyar Shareef, India. The wood for the door was personally purchased by him. Hazrat had once made an intention to make a catera or silver railing to place around the blessed grave of Hazrat Sabir Paak ﷺ to prevent the people from leaning onto the grave. Upon helping a Hindu devotee in Kalyar by miraculously making his deaf and dumb child hear and speak within 3 days, the Hindu had offered to donate silver for the railing. This railing was made by Hazrat's mureeds in Surat in India. Due to his personality many Hindus accepted Islam at his hands in India. Seeing this as a "threat" the government of India banned him from entering India. As a result of this banning order, he was unable himself to present the silver catera in the mazaar of Hazrat Sabir Paak ﷺ. Nevertheless, this wish was fulfilled by Hazrat's eldest son, Hazrat Sayed Muhammed Shah

Chisti Sabri in 1989.

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

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

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

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# RECOMMENDED WAZIFAS FOR SHABE BARAAT

\* After Asr Salaah Recite 70 Times:

أَسْتَغْفِرُ اللَّهَ رَبِّي مِنْ كُلِّ ذَنْبٍ وَأَتُوبُ إِلَيْهِ  
"Astagh Firullah Rabbi Min Kulli Zam Bin Wa A'tubu Elay"

\* Thereafter Recite 70 Times  
Durood Shareef

اَللّٰهُمَّ صَلِّ عَلٰى مُحَمَّدٍ وَعَلٰى اٰلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ  
"Allahumma Swalle Ala Muhammadew Wa Ala 'ale  
Muhammadew Wa Barik Wa Sallim"

\* Thereafter Recite 70 Times

يَا حَيُّ يَا قَيُّوْمُ  
"Yaa Hayyu Yaa Qayyoom"

\* Just before Sunset  
Recite 40 Times

لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ الْعَلِيِّ الْعَظِيمِ  
"Laa Hawla Walaa Quwata Illa Billa Hil Aliyeel Azeem"

\* Recite the last 3 verses of  
Surah Hashr once:

Bismillah Hir Rahmanir Raheem

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

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

\* Recite the Dua for Shabe Baraat  
as many times as possible

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

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

(اَللّٰهُمَّ) اَعُوْذُ بِعَفْوِكَ مِنْ عِقَابِكَ  
وَاعُوْذُ بِرِضَاكَ مِنْ سَخَطِكَ  
وَاعُوْذُ بِكَ مِنْكَ جَلَّ وَجْهِكَ  
لَا اُحْصِي ثَنَاءً عَلَيْكَ اَنْتَ  
كَمَا اَثْنَيْتَ عَلٰى نَفْسِكَ ط



# SALAATUT TASBEEH

## VIRTUES OF SALAATUT TASBEEH

Salaatut Tasbeeh is a very important form of salaah, as is evident from several ahaadith, wherein Rasulullah ﷺ enjoined it as a matter of great kindness and favour and stressed on its importance. As such, the Ulamaa, Jurists, Muhadditheen, and Sufis throughout the centuries have been particular in offering this Salaah. Sayyiduna Abdullah Ibn Abbaas ؓ has narrated that he was once informed by Rasulullah ﷺ, "O Abbas, Should I not present to you, should I not confer to you, should I not inform you of such an act, which if you practice, Allah ﷻ will forgive all your sins, whether old or new, intentional or unintentional, minor or major, open or secret. (After describing the method of performing this salaah) Nabi ﷺ stated, "If possible, you should offer this salaah once everyday, and if you cannot perform it daily, then offer it on every Friday (weekly), or once a month, or once a year or at least once in your lifetime." [Abu Daawud]

## METHOD OF PERFORMING SALAATUT TASBEEH

This is a four (4) Rakaat Salaah with one Salaam. After Takbeer-e-Tahreemah (i.e. The first Allahu Akbar) and Sana read the following *Tasbeeh* 15 times:

"Had I not thought it difficult for my Ummah, I would have commanded them to use the Miswak (tooth-stick) before every Salaat."  
[Al-Bukhari and Muslim].

The reward of Salaah (prayers) is multiplied 70 times, when miswak is used before prayers.

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

"Subhanalahi wal Hamdulillahi wa laa ilaha illal laahu wallaahu Akbar."

Thereafter reciting Ta'Awuz and Tasmiya read Surah Fatiha, and any other Surah, then read the above *Tasbeeh* 10 times before going into Ruku:

Then go to Ruku. Read the *tasbeeh* of Ruku "Subhana Rabbi'al Azeem" thrice and read the above *Tasbeeh* 10 times.

Stand up from Ruku and after saying "Sami Allahu liman Hamida - Rabbana lakal Hamd", read the above *Tasbeeh* 10 times.

Then go into Sajdah. After "Subhana Rabbi'al 'Ala" thrice read the above *Tasbeeh* 10 times.

Between the two Sajdahs, in the posture of Jalsa read the above *Tasbeeh* 10 times.

Then go for the second Sajdah. After "Subhana Rabbi'al 'Ala" thrice read the above *Tasbeeh* 10 times.

This will amount to 75 times in one Rakaat.

The remaining three Rakaats should be completed in the same manner and the reciting of the *Tasbeeh* will amount to 300 in the entire 4 Rakaats Salaah.

Don't work too hard to give yourself the best of everything, instead make a greater effort to give ALLAH the best of yourself.

## VISIT THE QABRASTAAN ON THIS NIGHT

Hazrat Ayesha Siddiqah (radi Allahu anha) reports: "One night, which was the 15th of Shabaaan, I did not find the Holy Prophet (sallal laahu alaihi wasallam) in the house so I went in search of him. After a long search, I found him in Baqiah (the cemetery of Madinah) offering Du'a for the deceased and praying for their forgiveness". (Baihaqi)

A special effort must be made to visit the cemetery during this night and pray for the deceased buried therein, as the Holy Prophet (sallal laahu alaihi wasallam) was reported as having visited the cemetery on this night and spending a long time therein, lamenting, reading and praying for the deceased.

Fullfill this important Sunnah and earn its reward !

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## SHABAAN-UL-MUAZZAM

What is the significance of the month of Shabaan?

Answer: Allah's noble Messenger (ﷺ) stated as regards to the holy month of Shabaan, Shabaan is my month and Ramadhaan is the month of Allah.

[Al Jami-us-Saghier pp 301, Hadith 4889]

SubhanAllah! What a great honour the month of Shabaan-ul-Muazzam bears. Above all, this is more than enough to demonstrate its excellence that our Beloved and Blessed Prophet (ﷺ) declared it as my month.

There are 5 Arabic letters in the word Shabaan. Sheen, Ain, Baa, Alif and Noon. His saintly Highness, Sayyiduna Ghous-ul-Aazam (ؑ) has explained these 5 alphabets of Shabaan as: Sheen stands for Sharaf (nobility), Ain for Uluww (Ascension), Baa for Birr (kindness and benevolence), Alif for Ulfat (affection) and Noon for Noor (light). So these are the virtues with which Allah bestows His Servants in this blessed month.

In this month, the doors for good deeds are opened, blessings are showered, wrongdoings are forgiven, expiation is paid for sins and Salaah is invoked extensively upon the Beloved Prophet (ﷺ) and this is the month of sending Salaat upon the most exalted Prophet (ﷺ).

[Ghunya-tut-Talibin p 341-342, vol 1]

Sayyidatuna Ayesha Siddiqah (ؓ) said, "The Blessed Prophet (ﷺ) used to observe fasts on all the days of Shabaan. She (ؓ) further said, "I asked, Ya Rasoolullah (ﷺ)! is Shabaan your favourite month for observing fasts?" The Holy Prophet (ﷺ) replied,

"Allah inscribes the name of every person destined to die in that year and I love that at the time of my passing away I am in the state of fasting."

[Musnad Abu Ya'ala p 277, vol 4, Hadith 4890]

The Mother of the Believers Sayyidatuna Ayesha Siddiqah (ؓ) stated, "I heard the Holy Prophet (ﷺ) saying Allah opens the portals of mercy in four nights, (especially)

1. Night of Eid-ul-Adha
2. Night of Eid-ul-Fitr
3. 15th night of Shabaan- as in this night the names of those destined to die that year, provision of sustenance of people and the names of those who shall perform Haj that year are inscribed.

4. Night of Arafah (the night between the 8th and 9th Zil Haj) until the Fajr Azaan.

[Ad Dur-rul-Mansur p 402, vol 7]

Sayyiduna Ali (ؑ) would often come outside on the 15th night of Shabaan. So once he came out and said while looking towards the sky, "Once, on the 15th night of Shabaan, the great Prophet of Allah, Sayyiduna Dawood (ؑ) raised his gaze towards the sky and said, "This is the time when whoever supplicated to Allah for anything, Allah fulfilled his supplication and whoever asked for forgiveness, Allah forgave him provided the supplicant is not a taxman (a person who unjustly demands tax money), a magician, a soothsayer or a player of music. Then he invoked this supplication: "Oh Allah! O the Rabb of Dawood (ؑ)! whoever asks for Dua to You on this night or seeks forgiveness, forgive him."

May Allah grant us the Taufeeq to respect this month of Shabaan!



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# HAZRAT NASIRUDDIN MAHMOOD

(ROSHAN CHIRAG-E-DELHI)

Hazrat Nasiruddin Mahmood was a 14th century mystic-poet and a Sufi Saint of Chishti Order. He was a murid (disciple) of noted Sufi saint, Hazrat Nizamuddin Auliya, and later khalifa, his successor. He was the last important Sufi of Chishti Order from Delhi.

He was given the title, "Roshan Chirag-e-Delhi", which in Hindi and Urdu, means "Illuminated Lamp of Delhi".

Hazrat Nasiruddin Mahmood Chiragh Dehlavi or Chiragh-e-Delhi was born as Nasiruddin around 1274, at Ayodhya, Uttar Pradesh. His father Sayed Yahya, who traded in Pashmina, and his grand father, Sayed Abdul Latif, first migrated from Khorasan, north-eastern Iran, to Lahore, and thereafter settled in Ayodhya, in Awadh. His father died when he was only nine years of age, thereafter growing up with his mother, he received his early education from Maulana Abdul Karim Sherwani, and later continued it, with Maulana Iftikhar Uddin Gilani.

At age forty, he left Ayodhya for Delhi, where he became the disciple of Khwaja Nizamuddin Auliya, it was here that he stayed for the rest of his life as his murid (disciple), and eventually after his death, became his successor. In time, he also became a known poet in Persian language.

He died in 17 Ramzan 757 Hijri or 1356 AD. at the age of 82, and is buried in a part of Delhi, India which is known as "Chirag-e-Delhi" after him.

One of his noted disciple was Khwaja Bande Nawaz Gesu Daraz, who later moved to Daulatabad around 1398, owing to the attack of Timur on Delhi, and from where at the invitation of Bahamani King, Firuz Shah Bahamani, moved to Gulbarga, Karnataka, where he stayed for the following 22 years of his life, spreading the Chishti Order in the South till his death in November 1422. The Dargah of Khwaja Bande Nawaz, exists today in the city of Gulbarga, as a symbol, multi-religious unity.

During his stay in Delhi, he continued to visit Ayodhya often, where he made a number of disciples, notably, Shaikh Zainuddin Ali Awadhi, Shaikh Fatehullah Awadhi and Allama Kamaluddin Awadhi.

## Dargah:

After his death, his tomb was built by Firuz Shah Tughluq (r. 1351 - 1388), the Sultan of Delhi in 1358, and later two gateways were added on either side of mausoleum. One of noted addition was a mosque built by a later Mughal emperor, Farrukhsiyar, in early 18th century, and popular among both Muslims and Non-Muslims. A humble tomb of the founder of Lodhi dynasty, Bahlul Khan Lodhi (r.1451-89) lies close to the shrine in the present day locality of 'Chirag Delhi' that grew around the tomb, and is still goes by his name, it is very close to the locality of Greater Kailash, in South Delhi.

Chiragh-e-Delhi Dargah is situated in the village of Chiragh Delhi. This township grew up around the Dargah slowly and gradually. The dargah entombs Nasir-ud-Din Mahmud, who was bestowed with the title of "Raushan Chiragh-e-Delhi" (illuminated lamp of Delhi). He was a disciple of Hazrat Nizam-ud-Din and also succeeded him to become the head of the Chishti sect. Nasir-ud-Din Mahmud was a mystic as well as a poet. His compositions have contributed greatly to Urdu poetry. The saint left for the holy abode in the year 1356.

Initially, the main tomb was enclosed within rectangular walls, built of rubble. This chamber was constructed by Muhammad Bin Tughlaq, who later added a small gateway on both sides of the tomb. However, the original Chiragh-e-Delhi Dargah has undergone renovations and repairs a number of times. Now, a twelve-pillared square chamber, enclosed within perforated screens, consists of the tomb of Nasir-ud-Din Mahmud. The chamber has four small domed towers at the corners and is surmounted by a plastered dome, rising from an octagonal drum.

A number of structures, like the Majlis-Khana (assembly hall), Mahfil-Khana (symposium hall), were added to the Delhi Chiragh-e-Delhi Dargah some time back. The structure also comprises of a graveyard, which houses the graves and tombs of several distinguished personalities. Last but not the least, there are a number of mosques situated inside the premises of the dargah. One of these mosques was built by King Farrukhsiyar, in the early 18th century, in the honor of Nasir-ud-Din Mahmud.



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# HOME REMEDIES FOR HAIR LOSS

COMPILED BY HASINA BEGUM SAYED

## 1. Hair Oil Massage

The first step that you can take to reduce hair loss is to massage your scalp with appropriate hair oil. Proper hair and scalp massage will increase blood flow to the hair follicles, condition the scalp, and enhance the strength of your hair's roots. You can use hair oils like coconut or almond oil, olive oil, castor oil, amla oil, or others. Add a few drops of rosemary essential oil to the base oil for better and faster results.

## 2. Indian Gooseberry

For natural and fast hair growth, you can use Indian gooseberry, also known as amla. Indian gooseberry is rich in vitamin C, of which a deficiency in the body can cause hair loss.

The anti-inflammatory, antioxidant, antibacterial, and the exfoliating properties present in Indian gooseberry can help maintain a healthy scalp and promote hair growth.

1. Mix one tablespoon each of Indian gooseberry or amla pulp and lemon juice.

2. Massage your scalp with the mixture thoroughly. Cover your hair with a shower cap.

3. Leave it on overnight and shampoo your hair in the morning.

## 3. Fenugreek

Fenugreek, also known as methi, is highly effective in treating hair loss. Fenugreek seeds contain hormone antecedents that enhance hair growth and help rebuild hair follicles. They also contain proteins and nicotinic acid that stimulate hair growth.

1. Soak one cup of fenugreek seeds in water overnight.

2. In the morning, grind them to make a paste.

3. Apply the paste to your hair and cover with a shower cap. After about 40 minutes, rinse your hair.

4. Follow this remedy every morning for a month.

## 4. Onion Juice

Onion juice helps treat hair loss due to its high sulfur content, which helps improve blood circulation to the hair follicles, regenerate hair follicles and reduce inflammation. The antibacterial properties in onion juice also help kill germs and parasites, and treat scalp infections that can cause hair loss.

\* Extract the juice of one onion by grating it and then strain it. Apply the juice directly onto the scalp. Leave it on for about 30 minutes, and then wash it off. Finally, shampoo your hair.

\* Mix together three tablespoons of onion juice and two tablespoons of aloe vera gel. You can also add one tablespoon of olive oil. Apply this mixture onto

your scalp and leave it on for at least 30 minutes before rinsing it off and shampooing your hair.

Repeat either of these remedies two or three times a week for several weeks.

## 5. Beetroot

Beetroot juice contains carbohydrates, protein, potassium, phosphorus, calcium and vitamins B and C. All these nutrients are essential for healthy hair growth.

\* Include fresh beetroot juice in your diet. In addition to that, spinach juice, alfalfa juice, lettuce juice, or carrot juice will help keep your hair healthy.

\* Alternatively, grind a few beetroot leaves (boiled in water) along with henna and apply the paste on your scalp. Leave it on for 15 to 20 minutes before rinsing it out. Repeat several times a week.

## 6. Flaxseeds

Flaxseeds are a rich source of omega-3 fatty acids that can prevent further hair loss and encourage hair growth.

\* To manage hair loss, consume one tablespoon of freshly ground flaxseeds with a glass of water daily in the morning. You can also add flaxseeds to your salads, soups, smoothies, and other dishes.

\* You can also simply take flaxseed oil, or apply it onto your hair. When used as hair oil, flaxseed oil can help prevent hair loss as well as strengthen your hair.

## 7. Coconut Milk

Coconut milk is rich in protein and essential fats that promote hair growth and prevent hair loss. When applied to the hair, coconut milk provides quick results.

1. You can make fresh coconut milk at home by adding a freshly grated coconut to a pan of water.

2. Let it simmer for 5 minutes. Then strain it.

3. Once cool, apply the milk thoroughly onto the scalp and into your hair. Leave it on for about 20 minutes and then shampoo your hair.



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# LIBERATING THE LIBERATED

BY FAIZEL KHAMKAR

A new international trend appears to be making inroads. Wits University has gone on record that they have bought into this new trend and intend to implement this trend. Apparently it is in order to remove prejudice and marginalization of the gay and lesbian community a new concept of having toilets desegregated. These toilets will now be used by all irrespective of sex.

In a world that has been liberated from prejudices and replaced it by other prejudices the naive are surely going round in circles. The wild ride on this merry go round may seem exciting but the consequences when the nuts and bolts come of will be disastrous. We now have the situation where the predominant desire to liberate women from all form of prejudice or perceived prejudice is now being compromised by having their freedom prejudiced by having males use of what they rightfully regarded as their private domain. This in reality is the marginalization of the majority of people who practice norms recognized as rights within the country's constitution.

A greater danger is that the target for this experimentation is aimed at those who are at a very vulnerable age, the age of experimenting. Life's lessons teach us that most experiments end up in failure. When the experiments are based on confusion, conjecture and irrational sentiment then the outcome of such experiments is valueless. The outcome has the probability of psychologically scarring many young people who are in fact the potential leaders of the future. Surely this cannot be the intent of any tertiary institute. Furthermore any tertiary institution is benchmarked by its level of academic achievements. When a tertiary institution acts in a way that is far removed from any academic studies then it cannot auger well for such an institution.

Taking into account that tertiary fees are not cheap and many parents become indebted in order to pave a future for their children can such experimentations be justified in not carrying out the mandate of providing for education. The least that parents expect is that of safety (in every aspect) and an environment which would not infringe on their basic rights. We have read

reports on the rape cases taking place in tertiary institutions and as a responsible institution should more care rather than less care not be introduced. Abuse of the vulnerability of both the student and parent by deviating from the mandate of providing higher education is a betrayal of trust. In an area where transparency is claimed to be paramount can the institution dare claim that broad based consultation had taken place. This is breaking into new grounds not implementing policies or conditions agreed upon and such consultative processes are unconditional. The heavy handed way of implementing could serve as an indicator why there is such unrest at almost all the tertiary institutions in our country.

When arriving at a decision did the institute take into account religious sensitivities surrounding such matters. To imply upholding a constitutional right of some should not at the same time be the denying of the constitutional rights of others nor by appeasing a small group and antagonizing a larger group is devoid of sound reasoning, a quality which we could expect from academia.

Make no mistake that this experimentation is the testing of waters in order to attempt the manufacturing of consent. It does require a rocket scientist to understand that this act will be followed up in different locations with the passing of time. The sad reality is that we do not have much choice when we have to answer the call of nature and it is this vulnerability which is being exploited. If Wits University is sincere in what it wants to implement then the test will be to accommodate everybody and build new desegregated toilets rather than rename the existing one.

It is our duty to inform our communities of this development and warn them of the inherent dangers which the fibre of society is being threatened with. We dare not let these issues only be a casual conversation around our braai's. Muslims are firmly embedded in the principle of hayah (sharm) and this is our identity and moral compass.



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# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

New Delhi, INDIA - Vice President Hamid Ansari said the experience of the Indian Muslim minority community living in a secular polity having a composite culture could be a model for others to emulate. "Thinking minds should look beyond questions of identity and dignity in a defensive mode and explore how both can be furthered in a changing India and a changing world," Ansari said, while releasing the book "Fikr" brought out by the National Institute of Faith Leadership. He said the book was an effort to remove widespread prejudices about Islam as a faith and Muslims as a people.

Berlin, GERMANY - Chancellor Angela Merkel has rejected claims by the anti-foreigner Alternative for Germany (AFD) party that Islam was not in line with the nation's constitution and represented a danger to the country. "In Germany, freedom of worship is guaranteed by the constitution and that is true for Muslims in our country", Merkel said at a joint press conference in Berlin with Indonesian President Joko Widodo, the leader of the world's biggest Muslim country, Indonesia. Merkel was speaking after Muslim leaders in Germany compared claims by the AFD that Islam was incompatible with the constitution to views promoted under the Hitler regime.

Berlin, GERMANY - Lutz Bachmann, the founder and leader of the German anti-Islam movement, PEGIDA, was convicted of inciting racial hatred amid intense debate on immigration policies and the social integration of foreigners. He was fined 9,600 euros for calling refugees

"scum". PEGIDA organises regular demonstrations against Islam and asylum seekers.

Rockville, USA - Hundreds of people turned out for a rally hosted by the Coalition of American Muslims for Presidential hopeful Hillary Clinton. Sultan Chowdhury, one of the organisers of the event, said the Coalition wanted to show the political leadership that Muslims are a significant community and participated in the political process. "We believe Hillary reflects the vision of the country and she will be a uniter," Chowdhury said.

Riyadh, SAUDI ARABIA - Binladin Group has reportedly lost billions of riyals since the government refused to grant it additional contracts after last year's crane crash in Makkah, which led to the death of 107 people and for which the firm was found partially responsible. This reportedly resulted in them having to retrench 77 000 expatriate workers in Makkah and Jeddah.

Yangon, MYANMAR - Tin Maung Than, secretary-general of the country's official Muslim body, the Islamic Religious Affairs Council of Myanmar, called for calm after he accused a militia-style monk and his disciples of trying to incite violence by building an unauthorised Buddhist structure in the shadow of a mosque in the country's southeast. Powerful Buddhist monk Thu Zana and his disciples constructed a stupa - a mound-like or hemispherical structure containing Buddhist relics -- in Shwe Gone village in Karen State despite objections from mosque caretakers and regional government officials.

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Khatauli Town, INDIA - Sunil Jain, the former district-unit president of far-right regional Hindu political party Shiv Sena and a staunch supporter of the Hindu nationalist ideology (Hindutva), converted to Islam in Muzaffarnagar district, in the northern Indian state of Uttar Pradesh. Jain, who changed his name to Mohammad Abdul Samad, said he converted to Islam by his own choice and not under any pressure.

Jerusalem, PALESTINE - The United Nations Educational, Scientific and Cultural Organization (UNESCO) has decided to use the Arabic term, the Al-Aqsa Mosque, and has rejected the Israeli term "Temple Mount". The resolution, adopted by a vote of 33 in favour, six against, and 17 abstaining, calls the third holiest site in Islam only by its Arabic name, Al-Aqsa Mosque/Al Haram Al Sharif.

Zagreb, CROATIA - Muslims have marked the 100th anniversary of the recognition of Islam as being equal to other religions in the country. On April 27 1916, the Croatian-Slovenian Province of Austro-Hungarian Empire held a parliamentary session in which Islam was recognised as equal to Roman Catholicism and Orthodoxy. The Croatian parliament held a special session and numerous organisations hosted events to commemorate the occasion.

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