

Al Kawsar

"BIG NIGHT"

SHABE BARAAT

THURS. EVENING 11 MAY
Special Programme @

Saaberie Chishty Masjid
JAMIA RAZVIA MASJID
DAWAH CENTRE DRIEZIEK
AFTER MAGHRIB SALAAH
ALL WELCOME

Volume 20 Number 8

1727 Lenasia 1820 011854-4543

011854-7886 شعبان SHABAAN 1438/2017

RAMADAAN...how much or how little, is your choice!

Say a big thanks to Allah that its Sha'abaaan, and Ramadaan is around the corner!

We have survived our ordeals and must now prepare for a great cleansing. From survival to a revival of spirituality that regenerates life, transforming into increased health physically and a brighter mentality all round.

Multiply this individual state of being by the number of muslims fasting across the world, and you will understand why Ramadaan feels so blessed. The positive state brought upon by fasting spreads with positive actions and interaction until the aura of God-consciousness pervades the atmosphere, purgatory even to the air breathed, it would seem.

So uplifting and motivational, to say the least! The plusses and positives are endless. But for the neglectful its a religious lifeline, and perhaps, this is the most common perception. Those trapped in the fast lane of economics, even the under-achiever content in a comfort zone, will respond to the call of the conscience bringing to the fore glimpses of values long-forgotten, stifled by worldliness.

From only filling up weekly for Jumu'ah, the mosques will buzz daily, or nightly, to be precise. The more determined will pray five times every day. Others may only manage the taraweeh. Some will dust their Qur'ans, and get into the flow of reciting. A good time to see how much of your fluency you may have lost. No doubt its recitation is inspirational, no matter how little is attempted.

Leaving the best for last, nothing beats the aromas coming out of a muslim kitchen in Ramadaan. If you have non-muslim neighbours ask them! Its the big prize for fasting. Coming home to a spread of culinary extravagance to feast on is more than appeasing for hunger pangs and debilitating thirst.

So *thats* Ramadaan? Thats *not* how it should be but thats how it is. Thats how life has become. With its imminent arrival lets indulge in some serious soul-searching asking ourselves what has become of us as muslims. Lets just go to the basics for now and try to be better there. The basics. Understand the excellence of Ramadaan, and seek from the Qur'an and the Sunnah of the benevolent messenger Muhammad (ﷺ). No doubt the imams, ulema, and social media will be telling you incessantly about what to do and what not to do, until you become dizzy. It can only happen if you want it to, and when you want it to.

Become conscious and search your conscience. Fine-tune the attitude and become ambitious about your Ramadaan aspirations. Discipline your mind, body, and soul. Its only for a month. A month that goes too quickly. Harness your reserves and be positively submissive to Allah. Prepare now in these precious days of Sha'abaaan. Share the spirit with family and friends!

Then watch the blessings spread!

**BIRTH OF THE NEW MOON FOR
RAMADAAN 1438 THURS. 25 MAY 2017 @ 21:46**



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STRICTLY HALAAL

GRILLED OR FRIED, SOMETHING TO BE TRIED

HAZRAT KHALID BIN WALEED ﷺ

He is the son of "Al-Mugueerah bin Al-Waleed" the richest man in Mecca and the most famous and well renowned poet during that time. Khalid was a tall man with a well built body. He was a knight and a warrior. Many people had mistaken him for "Omar bin Al-Khattab" ﷺ for such close physical resemblance.

Khalid ﷺ embraced Islam just 3 years before the demise of Prophet Muhammed ﷺ. One day, the Prophet ﷺ had asked Khalid's brother "Al-Mugueerah" who was a Muslim: "Where is Khalid? He shouldn't be ignorant about Islam since he knows better!" Al-Mugueerah sent a letter to Khalid informing him what the Prophet ﷺ had said. Khalid decided to embrace Islam. Khalid set out to Madinah with the company of "Amro bin Al-Auss" and both embraced Islam in the presence of the Holy Prophet ﷺ.

The Prophet ﷺ gave Khalid ﷺ the title "the Sword of Islam" or "Sayef Al-Islam". Even though Khalid didn't participate in the early battles, but of course, the Prophet ﷺ did foresee that Khalid would fight to raise the word of Islam. The Prophet's prediction concerning Khalid was right on target and after all, Khalid is the one who conquered both empires, Rome & Persia. Khalid is the one who conquered the defectors "Apostates" lead by "Musailama the liar". Khalid is the one who opened "Bilad Ashaam" and Iraq. All this happened during the rule of "Abu Bakr" and "Omar bin Al-Khattab".

Khalid fought next to the Prophet ﷺ in several battles such as: Tabook, Hunain, & the battle of Ta'if which was a continuation for Hunain. In Hunain, the infidels had ambushed the Muslims and many of them fled away. It's said that only 12 "Sahabah" left fighting and protecting the prophet ﷺ. Meanwhile, Khalid was inside enemy lines fighting them like a lion. When Khalid heard "Al-Abbas" calling for the Muslims, Khalid pulled back and headed toward the Prophet ﷺ. Khalid, along with Omar, Ali and Abu-Bakr ﷺ, fought vigorously around the Prophet ﷺ. Khalid was wounded all over his body. But Khalid's ultimate Battle was, of course, the Battle of Mu'tah. The Prophet ﷺ had sent messengers to several Arabian tribes including "the tribe of Al-Talh" inviting them to Islam, all messengers got killed except one who went back to inform the Prophet ﷺ. The Prophet ﷺ had also sent messengers to Hercules; the Roman Leader in Bilad Ashaam, but on the way the Tribe of Gassan had captured the messengers and had them killed. The Prophet ﷺ vowed to punish both tribes for such heinous crimes.

The Prophet ﷺ decided to send 3 Thousand men under the leadership of "Zaid bin Harithah" ﷺ, and if he got killed then "Jafar bin Abi Talib" ﷺ, and if Jafar bin Abi Talib ﷺ got killed then "Abdullah bin Rawaha" ﷺ, and if he got killed then Muslims ought to elect their new leader and that leader would be victorious. Khalid bin Al-Waleed was among the Muslims in this platoon.

The Muslim army advanced until it reached the city of Ma'aan and stayed there for 2 nights. The Muslims had learned that the Arab tribes have gathered an army of 100,000 men and that Rome has sent an army of 100,000 men to aid the local Arab tribes. Two hundred Thousand men against 3 Thousand Muslims! Of course this is not a fair fight especially when the ratio is 67 to 1. But, numbers had never scared Muslims!

Both armies advanced and met face to face in an area called Mu'tah, currently a small city in Jordan. Both sides launched fierce attacks at each other, while in Madinah which is 500 Miles away, the Prophet ﷺ as giving an instance and live battle update to his followers. The 3 Muslim leaders got killed and the Muslims elected Khalid bin Waleed to lead the army against the Roman/Arab gigantic armies. Khalid maintained the fight until night fall, where he using his superior war tactics, withdrew his small army and swapped the wings. Plus, he ordered few men to go behind the hills to cause rumble and dust to create illusion that Muslim backups are on the way. The following day, both armies engaged in a fiercer battle, but the Romans thought that the Muslims had received more backup, both Romans and Arabs panicked and began cowardly withdrawing from the battle field while the small and brave Muslim army on their tail. The Muslims won this amazing Battle under the great Leadership of Khalid bin Al-Waleed ﷺ.

Khalid bin Al-Waleed ﷺ passed away at the age of 55 during Omar bin Al-Khattab's command. His wisaal was on the 29th Jamadi ul Awwal.



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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

اللَّهُمَّ صَلِّ عَلَى مُحَمَّدٍ وَعَلَى آلِ مُحَمَّدٍ وَبَارِكْ وَسَلِّمْ
"Allahumma Swalle Ala Muhammadew Wa Ala 'ale
Muhammadew Wa Barik Wa Sallim"

* Thereafter Recite 70 Times

"Yaa Hayyu Yaa Qayyoom"

يَا حَيُّ يَا قَيُّوْمُ

* 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 الْمُجِبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا
يُشْرِكُونَ هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ
لَهُ الْأَسْمَاءُ الْحُسْنَى يُسَبِّحُ لَهُ مَا فِي
السَّمَوَاتِ وَالْأَرْضِ وَهُوَ الْعَزِيزُ الْحَكِيمُ

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

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

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

(اللَّهُمَّ) أَعُوذُ بِعَفْوِكَ مِنْ عِقَابِكَ
وَأَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ
وَأَعُوذُ بِكَ مِنْكَ جَلَّ وَجْهُكَ
لَا أَحْصِي ثَنَاءً عَلَيْكَ أَنْتَ
كَمَا أَثْنَيْتَ عَلَى نَفْسِكَ ط

HAZRAT ABU LUBABAH'S TAUBAH

Abu Lubabah ؓ was one of the distinguished companions (Sahaba) of the Holy Prophet Muhammad ﷺ and had participated in the battle of Uhud and the conquest of Makkah. One of the sensitive aspects of his life was the incident of his repentance (Tawbah and Istighfaar).

When the tribe of Bani Quraidhah violated their covenant with the Holy Prophet Muhammad ﷺ, the Holy Prophet Muhammad ﷺ initiated a military expedition against them and besieged their fort. Some persons from the tribe of Aus approached him and requested: "Just as you had handed over the fate of the tribe of Bani Qainaq'a to be decided by the tribe of Khazraj, leave it upon us to decide the fate of the tribe of Bani Quraidhah."

"Will you be satisfied if I were to appoint one person from your tribe to rule in the matter?" the Holy Prophet Muhammad ﷺ asked.

They agreed. The Holy Prophet Muhammad ﷺ suggested Sa'd ibn Mu'adh, chief of the Bani Aus tribe in Yathrib but the Bani Quraidhah refused to accept him. They told him to send Abu Lubabah ؓ to them so that they could confer with him. The Holy Prophet Muhammad ﷺ assigned Abu Lubabah ؓ, who had his house, property and family in the fort of Bani Quraidhah, the task of conducting consultations with them.

As soon as Abu Lubabah ؓ entered the fort, men and women, old and young, surrounded him and began lamenting and complaining to him (over the state of affairs) with the intention of attracting his pity and compassion. Then they asked: "Should we submit before the rule of the Holy Prophet Muhammad ﷺ?"

"You could do that," he replied, making a gesture (by pointing to his neck) to indicate that submission was equivalent to death.

Abu Lubabah ؓ quickly realized that by performing this act, he had been unfaithful and disloyal to the Holy Prophet Muhammad ﷺ. It was on this occasion that the following verse was revealed: "O you who

believe! Be not unfaithful to Allah and the Messenger, nor be unfaithful to your trusts while you know. Know that your property and your children are a temptation, and that Allah is He with Whom there is a mighty reward." Noble Qur'an (8:27-28)

Overcome with shame, he came out of the fort and proceeded straight towards the mosque of Madina and, tying himself to one of its pillars in the mosque, called out: "None should untie me till Allah ﷻ accepts my repentance (Tawbah and Istighfaar)."

Abu Lubabah ؓ remained in that state for ten to fifteen days, allowing himself to be untied only for prayers or to go to the washroom.

"If Abu Lubabah ؓ had come to me, I would have sought forgiveness for him but since he himself awaits Allah's ﷻ forgiveness, leave him alone till Allah ﷻ forgives him," the Holy Prophet Muhammad ﷺ commented when he came to know what Abu Lubabah ؓ had done.

Umm al-Momineen Umm Salamah states: "One day, at dawn, I saw the Holy Prophet Muhammad ﷺ happy and smiling. May Allah ﷻ always keep you smiling! What is the reason for it?" I asked him.

The Holy Prophet Muhammad ﷺ said: "Jibril ؑ has informed me that Abu Lubabah's ؓ repentance has been accepted."

"Do I have your permission to inform him of the good news?" I asked.

"You may if you wish," he answered. From inside the room I called out: "Glad tidings, O' Abu Lubabah ؓ! Allah ﷻ has accepted your repentance."

The people rushed forward to untie him but he ordered: "I place you under the oath of Allah ﷻ that none, except the Holy Prophet Muhammad ﷺ, should untie me."

When the Holy Prophet Muhammad ﷺ arrived in the mosque for the morning prayers, he untied Abu Lubabah ؓ from the pillar which stands even today, in the Mosque of the Holy Prophet Muhammad ﷺ and is popularly known as the 'Pillar of Repentance' or the 'Pillar of Abu Lubabah ؓ'.

ETIQUETTE and VIRTUES of visiting GRAVES

Generally, visiting graves is mustahab (recommended) for men and permissible for women. Visiting the graves of saintly people, parents and close relatives is considered mandoob (desirable). It is permissible and possible for women to visit graves as long as they do not cry out, wail, behave hysterically and respect graves too much, which can cause mischief. This is because the Prophet advised a woman who was wailing at her child's grave to endure; yet he did not forbid her to visit the grave. (Bukhari, Janaiz, 2, Ahkam II; Muslim, Janaiz, 15). In addition, it is narrated that Hazrat Aisha visited her brother's, Abdurrahman b. Abi Bakr, grave. (Tirmidhi, Janaiz, 61).

The Prophet prohibited visiting graves during a period of time when belief in fate was not yet settled and traditions of the era of ignorance were still being practiced. However, later he permitted it. The following is stated in a hadith:

"I had prohibited visiting graves for you. From now on you can visit graves". (Muslim, Janaiz, 106; Adahi, 37; Abu Dawud janaiz, 77; Ashriba, 7; Tirmidhi, Janaiz, 7; Nasai, Janaiz, 100; Ibn Majah, Janaiz, 47; Ahmad b. Hanbal, I, 147, 452, III, 38, 63, 237, 250, V, 35, 355, 357). Hadiths that state that the Prophet cursed on women who visited graves too often (Tirmidhi, Salat, 21; Janaiz, 61; Nasai, Janaiz, 104; Ibn Maja, Janaiz, 49) belong to the period of time when visiting graves were prohibited. Tirmidhi stated it clearly (Tirmidhi, Janaiz, 60). Hazrat Aisha and Ibn Abdilberr agreed on it.

According to the sound view of Hanafis, it is permissible for women to visit graves as long as they do not display extreme behaviors such as wailing and behaving hysterically. This is because the permission mentioned in hadiths applies to women too. (Tirmidhi, Janaiz, 60, 61; Ibn Abidin, Radd al-Mukhtar, Istanbul, 1984, II, 242).

It has been observed in the stream of history that graves were also visited to ask for help from the dead and even to worship them.

This is the reason why visiting the Prophet's grave was prohibited in the early years of Islam. Jews and Christians made the graves of people, whom they considered saints, place of worship for themselves. In the Era of Ignorance, people used to prostrate before graves and worship idols. Idolatry started with respect and revering to eminent people's graves and eventually, that respect turned into worshipping idols. The aim of Islam was to place the principle of tawhid (accepting Allah as the unique Creator and worshipping to Him only) in people's hearts. Previously, Prophet Muhammad had prohibited visiting graves because he found it risky for this reason. However, when the creed of tawhid was settled in people's hearts and well comprehended by Muslims, he permitted people to visit graves.

As a matter of fact, there are benefits in visiting graves both for the living and the dead. When the Messenger of Allah was on the expedition to Makkah, he visited his mother Amina's grave and cried, and made the people around

him cry too, and he permitted Muslims to visit graves. (Ibn Majah, Janaiz, 48; Nasai, Janaiz, 101; Muslim, Janaiz, 36; Abu Dawud, Janaiz, 77). That permission and also encouragement of visiting graves are available in well-known hadiths. (Ibn Majah, Janaiz, 47; Tirmidhi, Janaiz, 60).

Benefits of Visiting Graves

- a) It reminds one of death and afterlife, and makes him draw a lesson from it for his afterlife. (Muslim, Janaiz, 108; Tirmidhi, Janaiz, 59; Ibn Majah, Janaiz 47-48; Ahmad b. Hanbal, Musnad, I, 145).
- b) It directs one to asceticism and taqwa (God-Consciousness). It prevents over-ambitiousness for worldly life and committing harams. It directs one to commit good deeds. (Ibn Majah, Janaiz, 47).
- c) Visiting graves of saintly people - especially that of our Prophet's - refreshes one's soul and helps to evoke supreme feelings in them. It is mandoob to travel to the graves of our Prophet and Allah's saintly slaves in order to visit them. The Prophet states in a hadith: "Whoever visits me after I die, it is as if he visited me when I was alive." (Mansur Ali Nasif, at-Taj, al-Jamiu'l Usul, II, 190).
- d) Visiting graves helps the strengthening of one's relations with his past, religious culture and history.

Benefits of Visiting Graves for the Dead

- a) Graves of parents, other relatives and friends are visited especially in order to pray for the peace of their souls and for their salvation. The fact that thawabs gained from good deeds that are performed on behalf of the dead will reach to them is stated in hadiths and determined by the consensus of Islamic scholars. When visiting the dead, one prays for the peace of their souls, reads the Quran and thawabs gained from those good deeds are donated to them. It is thawab to plant a tree at one's grave. There are hadiths stating that a tree planted at a grave will be a reason to ease the dead person's agony. It is makrooh (abominable) to put a wreath on graves as Christians do.

This Quranic verse indicates the fact that prayers and supplication made for the sake of the dead people's souls will be beneficial for them: "Our Lord! Forgive us, and our brethren who came before us into the Faith, and leave not, in our hearts, rancor (or sense of injury) against those who have believed." (al-Hashr, 59:10). There are many hadiths on the issue (Ahmad b. Hanbal, Musnad, II, 509; VI, 252; Ibn Majah, Adab).

- b) The dead hear the living ones: It is stated in the hadiths that those in graves hear the ones who speak while visiting them and respond to their salutations. As narrated by Abdullah b. Umar, the Prophet addressed the corpses of Quraish people lying on the ground after the battle of Badr: "Have you comprehended that the punishment the Lord promised to you was true?" Upon this, Hazrat Umar said to him: "O Messenger of Allah, are you addressing those emotionless corpses?" And the Messenger of Allah said: "You do not hear more than those do. But they cannot answer." (Ahmad b. Hanbal, II, 121).

A TALE OF TWO JUBILEES

BY IQBAL JASSAT

"A state that celebrates 50 years of occupation is a state whose sense of direction has been lost, its ability to distinguish good from evil impaired", writes Haaretz correspondent Gideon Levy in his latest oped titled "Our Nakba".

In his typical hard-hitting honesty, Israeli journalist Levy yet again pulls no punches as he argues that Israel must cloak itself in sorrow and weep over the fact that it is as corrupt and rotten as only an occupying country can be.

His theme is built around 1967 marked by what has come to be known as the Six-Day War. It is currently celebrated in Israel as jubilee year: 50 years after the greatest Jewish disaster since the Holocaust, 50 years after the greatest Palestinian disaster since the Nakba. According to Levy, for the Palestinians it is the jubilee of their second Nakba and Israel's first.

Clearly a tale of two jubilees. Instead of celebrating the 50th anniversary of the "liberation" of the territories, Levy suggests that Israel should remember it as a disaster. As much as it was a great disaster for the Palestinians - who remain entrapped by its severe consequences - it was a fateful disaster for Jews in Israel.

What exactly is there to celebrate is the all-important question raised by Levy. Is it fifty years of bloodshed, abuse, disinheritance and sadism? Is the perpetual occupation? Is it the establishment of an apartheid regime? Is it the roadblocks? Is it the language of force?

These are questions intended to disturb, provoke and challenge notions of "victory", "miracles" and "reunification". Dubbed by Israeli propagandists as the mother of all jubilees and in sync with the regime's extensive Hasbara program, the internet is abuzz with promotional tours to join the celebrations.

The official Israeli narrative of its occupation and settlement policy is in sharp contrast to legal prescribes. Whereas international law defines these as illegal, Israel celebrates it and bizarrely remains in defiance of conventions and civilised values.

One of Benjamin Netanyahu's senior cabinet members, deputy foreign minister Tzipi Hotovely symbolises this glaring disconnect between law and anarchy. At a recent meeting with ministry staff, she envisioned the jubilee celebration as a large permanent exhibition that would stress Israel's connection to the West Bank, under the heading of "Coming home" or "Returning to the Jewish homeland."

Known as a hawk and an ardent opponent of Palestinian statehood, Hotovely expects her employees in the diplomatic corps, including US

born Arthur Lenk deployed to South Africa, to follow orders.

It requires spin and more spin to convince the world that the settlement enterprise is "moral, just and legitimate." And in conflict with UN Security Council Resolution 2334 which declared settlements as having "no legal validity", her instruction is to counter it.

Gideon Levy's consternation can thus be best understood as Israel's jubilee attempts to combat the notion of occupation and instead champions its connection and legal claim to "Judea and Samaria."

As debate hots off, plans are afoot to kick off the official ceremony in the illegal settlement of Gush Etzion in the occupied West Bank. Radical extremist Naftali Bennet who serves as the apartheid regime's education minister justified the enormous financial cost as necessary to celebrate "Israel's glorious victory in the Six Day War and the liberation of Judea and Samaria (the West Bank), the Golan Heights and the Jordan Valley."

In understanding the tale of two jubilees against the background of Israel's false euphoria, Palestinian journalist Ramzy Baroud recalls Palestine's tragic anniversaries and makes a compelling case to re-articulate a unified discourse:

"Existing now are several Palestinian depictions of the history of their struggle against Israel, while the truth is that there can only be one way of understanding the so-called conflict - one that starts with Zionist settlements in Palestine and British colonialism 100 years ago."

Controlling millions of people for 50 years, treading on their rights, attacking their dignity, imprisoning and torturing them, killing old and young men, women and children, withholding their lifeless bodies, dropping bombs on their homes, schools and hospitals...cannot be causes to celebrate!

Iqbal Jassat is an Executive Member of Media Review Network, an advocacy group based in Johannesburg.



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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:

سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ

"Subhanalahi wal Hamdulillahi wa laa ilaha illa 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.

VISIT THE QABRASTAAN ON THIS NIGHT

Hazrat Ayesha Siddiqa (radi Allahu anha) reports: "One night, which was the 15th of Shabaan, I did not find the Holy Prophet (sallallahu 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 (sallallahu 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 !

"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.

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

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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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IT'S YOUR MOVE!

BY YASMIN OMAR

I know that we would all agree that these days we do not have enough time to complete everything we set out to do. We need to be able to prioritise what is important to us so that we attend to all those things that need immediate attention. In doing so, we sometimes, unintentionally neglect or overlook the most important people around us – our parents and family members!

Just being in their company does not qualify as 'quality' time ... neither does calling them up and 'checking' that they are okay ... nor is sending a message to say 'Jumah Mubarak!' These are not personal enough!

These are modes of 'logging in', ensuring that your line is still active. This is not good enough!

Your parents and family deserve much more than just an 'inbox' hello. They will be the ones that stand by you and offer you support when you need it most. Those that are in your inner circle should be those that Allah has chosen for you – your parents and family members.

Yet, they are not the ones you will consult when faced with a dilemma. You would firstly speak to friends, then inform your parents! Why is this route so often preferred?

Could it be one of the following? They don't understand you! They will read it the wrong way and end up shouting at you! You just don't have enough time to explain all the details!

Is that it?

Now ask yourself who has put up these boundaries? Who is responsible for shutting out the other? When did the OPEN communication channels close?

Could it be around the time you started being independent at school? Was this the time when your circle of friends grew and they became more important to you? I'm sure that many of you would agree that that was probably the point in your

life when your attention and time was diverted away from your parents and family.

Why should there be different rules for your friends and different ones for your family? Why don't you try to mend that broken bridge, or make it more strong so that it can handle any storm? Why don't you allow your parents and family to hold the same status as your friends?

That would be so cool and, it is not so difficult to achieve. Here are a few pointers on how to move forward with that.

- * Start by including them in the things that you do. Ask for their advice or assistance.

- * Share accounts on how your day has passed. Let them know what was good and bad – and, how you handled the events in your day.

- * Introduce them to your friends so that they too become part of your circle of friends. Your friends too will start accepting them.

- * The TWO most important things would be to SPEAK and to LISTEN. Speaking does not mean informing them about what is happening. It means sharing information on why certain things are important and why others are not.

To listen means to give them time to express their views so that they feel that they too have a say in your life and activities.

- * Don't be judgmental! Allow them to explain what bothers them and what they are not comfortable with.

Give this a try and nurture your relationship with the most important people in your life! It will definitely make things more easier.

You take the first step and watch how things grow from there!!!

Let us know about it! Send us a message. We would really like to know!



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SHABAAN-UL-MUAZZAM

BY MOULANA SHAH FAISAL KHAN QADRI



Q1) Kindly do tell us something about regarding the virtues of this month of Sha'ban?

A1) Alhamdulillah! This month is full of blessings to such an extent that no pen and no tongue has the ability to mention them: a few of them are mentioned as follows:

1. The month of Our Prophet ﷺ
Allah's Noblest Messenger has stated with regards to the month of Sha'ban, "Sha'ban is my month and Ramadhan is the month of Allah."
2. Ideal month for observing Nafl fasts
The Holy Prophet ﷺ would like observing fasts abundantly in the month of Sha'ban. Hazrat Abdullah bin Qais ؓ has reported that he heard Hazrat Aisha Siddiqah ؓ saying, "Sha'ban was the favourite month of my beloved as he used to fast in this month and then extend it up to Ramadhan-ul-Mubarak."
3. People should be careful
Hazrat Usamah bin Zaid ؓ said, "I asked Ya RasoolAllah ﷺ, I see that you observe fasts more extensively in this month of Sha'ban than any other month?" Nabi ﷺ replied, "It is a month between Rajab and Ramadhan; people are neglectful to it. In this month, the deeds of people are ascended towards Allah Almighty and I love that my deeds be ascended in a state when I am observing fast." [Nasei]

Holy Nights

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 Sha'ban- 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]

A beautiful opportunity

Hazrat Ali ؓ has reported that the Holy Prophet ﷺ said, "When the 15th night of Sha'ban comes, do Qiyaam in the night and observe fast during the day. No doubt, Allah reveals special divine manifestation on the sky above the earth from the time of sunset and

announces 'Is there anyone seeking forgiveness so that I may forgive him? Is there anyone seeking sustenance so that I may provide him? Is there anyone afflicted so that I may relieve his affliction? Is there so and so?' Allah keeps announcing it until the time of Fajr." [Ibn Majah]

The books of deeds are exchanged on Shab-e-Baraat. If possible, observe fast on the 14th of Sha'ban to get recorded a fast on the closing day of the book of deeds. On the 14th of Sha'ban after offering the congregational Salaah of Asr, it is better to observe I'tikaf and stay in the Masjid with the intention of waiting for Salaatul Maghrib. In this way, the last moments when the books of deeds is about to change, the virtue of being present in the Masjid, being in I'tikaf and waiting expectantly to offer Salaatul Maghrib etc. will be inscribed in it. It is even golden to spend the entire night worshipping Allah Almighty.

The secret of the 5 letters in the word Sha'ban

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. [Ghunya-tut-Taalibeen]

Conclusion

We humbly pray and make Du'aa that Allah Almighty through the Waseela of all His Divinely Loved ones enable us all to show our utmost respect to this month of Sha'ban and to welcome the next month of Ramadhan-ul-Kareem.

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SHABAN-UL-MUAZZAM

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1. Proven Alzheimer's Disease Natural Treatment

Recent research has shown that the brain actually creates its own insulin to process glucose and power brain cells. As the brain of an Alzheimer's patient has lost the ability to create its own insulin, the ketones from coconut oil could create an alternate source of energy to help repair brain function.

2. Prevents Heart Disease and High Blood Pressure

Coconut oil is high in natural saturated fats. Saturated fats not only increase the healthy cholesterol (known as HDL) in your body, but also help to convert the LDL "bad" cholesterol into good cholesterols.

3. Cures UTI and Kidney Infection & Protects the Liver

Coconut oil has been known to clear up and heal urinary (UTI) and kidney infections. Coconut water also helps hydrate and support the healing process. Doctors have even injected the coconut water to clear up kidney stones. Coconut is a super powerful food!

4. Reduces Inflammation and Arthritis

In a study in India, the high levels of antioxidants present in virgin coconut oil reduced inflammation and healing arthritis more effectively than leading medications.

5. Cancer Prevention and Treatment

Coconut oil has two qualities that help it fight cancer. One, because of the ketones produced in its digestion. Tumor cells are not able to access the energy in ketones and are glucose dependent. It is believed that a ketogenic diet could be a possible component of helping cancer patients recover.

6. Immune System Boost (antibacterial, anti-fungal, and anti-viral)

Coconut oil contains lauric acid, which is known to reduce candida, fight bacteria, and create a hostile environment for viruses. Many diseases today are caused by the overgrowth of bad bacteria, fungi, viruses and parasites in the body.

You can replace grains and sugar in your diet with coconut oil as your natural fuel source when you're sick. Sugar feeds the growth of bad bacteria. Instead take 1 TBSP of coconut oil 3x daily when sick and consume plenty of vegetables.

7. Improves Memory and Brain Function

Across all the patients there was a marked improvement in their recall ability after taking this fatty acid. As the MCFA's are absorbed easily in the body and can be accessed in the brain without the use of insulin, they are able to fuel brain cells more

efficiently.

8. Improves Energy and Endurance

Coconut oil is easy to digest, but also produces a longer sustained energy and increases your metabolism. Today, many triathletes will use coconut oil as their source of fuels during training and races for long distance events. You can make a homemade energy fuel by mixing coconut oil, raw honey and chia seeds together. Simply put together 1 TBSP of each and consume 30 minutes prior to exercise.

9. Improves Digestion, Reduces Stomach Ulcers & Ulcerative Colitis

Coconut also improves digestion as it helps the body to absorb fat-soluble vitamins, calcium, and magnesium.

If coconut oil is taken at the same time as omega-3 fatty acids, it can make them twice as effective, as they are readily available to be digested and used by the body.

Coconut oil can help improve bacteria and gut health by destroying bad bacteria and candida. Candida imbalance especially can decrease stomach acid which causes inflammation and poor digestion.

10. Reduces Symptoms of Gallbladder Disease & Pancreatitis

Additionally, this super fat is so easy to digest that it has been known to improve the symptoms of gallbladder disease as well. Replace other long-chain fats with coconut oil to improve gallbladder and total body health.

11. Improves Skin Issues (burns, eczema, dandruff, dermatitis, and psoriasis)

Coconut oil is wonderful as a face cleanser, moisturizer and sun screen, but also it can treat many skin disorders. The fatty acids (Caprylic and Lauric) in coconut oil reduce inflammation internally and externally and moisturize making them a great solution for all types of skin conditions.

TO BE CONTINUED



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BY FAIZEL KHAMKAR

This country has seen unprecedented pressure on the removal of a sitting state president. The court findings against the president and some of the senior executive members of parliament is clear proof that the president has breached his power. The report of the public protector could not possibly have been more condemning. Compound this fact with the reality that the president has made it quite clear that he will not step down. These and other factors would indicate that that President Zuma should step down.

Exploring the situation beyond what appears on media and social media interesting scenarios arises. The first of such intrigue leads us to places such as Iraq and Libya. The then leaders who had served their people well despite being flawed in many ways was castigated and portrayed as being inept and corrupt. Which political leader in the world is free from corruption? The difference being in the ability to expose who you wish. Key to exposing any flaws or weaknesses and hiding the strengths and contributions are a media controlled by capitalist and neo liberals whose agenda excludes (despite protestations of the opposite) the benefit of the masses. In the aftermath of the Iraqi and Libyan debacle the masses suffered (and still do) killings, loss of homes, injury, and access to basic needs became extremely difficult and dignity and honour was trampled into the ground. Is Zuma the tool to subjecting South Africans to the same fate? We should never forget that promises of being gifted the opposite was never fulfilled and in my humble opinion was never intended to be fulfilled.

The political attack from within this country is from parties who have identity problems and have in all likelihood reached a saturation point when it comes to growing. They have identified Zuma as the ideal marketing tool with which to grow. When we examine these political parties we will find that they face leadership problems. There is a serious lacking of depth in terms of acceptable leader. To move the spotlight away from their shortcomings it became a game of let us attack the flaws of the opposition. In the same way that state capture is not centred round the Guptas but rather they are the symptoms of the same flawed system that the opposition to Zuma promote.

The only targets in the Iraqi and Libyan situation was Colonel Gadafi and Saddam Hussain. History however testifies that a violent and unrelenting campaign was introduced to eliminate all those who were linked or purported to be linked to the two leaders. The reason being that all potential objectors to the agenda of a third force had to be eliminated to ensure that whatever agendas were in place could be implemented.

One of those agendas must be to reduce the radical approach of the BRICS alliance. The move to create an alternative vehicle for state financing reduces the economic dependency on the Western nations. BRICS also has the potential to move critical raw material away from the usual channels and funnel those raw materials in a channel controlled by the policies of BRICS and the biggest beneficiaries would be China and Russia thus creating a bulwark on economic domination. The same attack being faced by Zuma was successfully employed against the Brazilian leader whilst the attack on the Russian leader failed dismally. Another factor would have been the possibility of Russia receiving the entire contract on the nuclear energy deal. Taking into account the court decision revoking decisions taken on the nuclear energy deal may or may not increase the attack on Zuma.

A critical factor in removing a leader is to create divisions within his party or lobby. There are many ways of doing it. We are in fact witnessing this division within the African National Congress where a split on the lines of socialistic agendas are pitted against capitalistic agendas. The fear is that in attempting to entrench either of these policies the vulnerable and poor will be side lined yet again.

These political policies can be married if all are in agreement and willing to be champions in actions of the marginalised. This unity will then be able to create a platform of stability which in turn will see the development of the country and not only the capitalists.



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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Jerusalem, PALESTINE – Almost 2 000 Palestinian prisoners in Israeli jails continued their indefinite hunger strike for the second week at the time of going to print to protest against their detention and life conditions. Head of Detainees and Ex-Detainees Committee Issa Qaraqqa said that the hunger-striking prisoners had already begun to suffer from deteriorating health conditions amid Israel's refusal to discuss their fair demands, and also blocking their lawyers from visiting them. Speaker of the Arab Parliament Dr. Mishaal bin Fahm Al-Salami expressed full solidarity with the Palestinian prisoners during the meeting of the second legislative term of the Arab Parliament, held at the headquarters of the Arab League General Secretariat in the Egyptian capital of Cairo. The Ahmed Kathrada Foundation in South Africa has also pledged its support for the prisoners who are on hunger strike.

Istanbul, TURKEY - The Fourth Childhood Conference has appealed for the international community and civil society organisations to join hands in ending all abuses against children trapped in conflicts in several Arab countries. At the end of the two-day conference, themed "appeal for help," the delegates stressed that scale of the ordeal suffered by Arab children, particularly in Palestine, Syria, Iraq, Yemen, Libya and Somalia, requires that everybody, whether in government or non-governmental organisations, share the moral responsibility for ending the abuses and saving the lives of children immediately.

Ankara, TURKEY - The head of the Diyanet Foundation, Mustafa Tutkun, said they plan to repair 66 mosques in Syria that were heavily damaged in

the ongoing war. Tutkun said the projects would be carried out in places where terrorists had been eliminated. Some mosques have already been reopened after repairs. Syria has been locked in a devastating civil war since early 2011 when the Bashar al-Assad regime cracked down on pro-democracy protests.

Zurich, SWITZERLAND - The Islamic Central Council of Switzerland is planning to host an event in May against terrorism and Islamophobia. Called "Islam Salam: Longing for Peace 2017", the gathering is expected to draw almost 1 000 people to the World Trade Centre in Zurich. Organisers described the gathering as a peace-promoting reaction to the "inhumane appearance and actions of the so-called ISIS group, which has used extreme brutality to establish itself in Syria and Iraq and claimed responsibility for recent terror attacks with the aim of building a worldwide Islamic caliphate."

Dubai, UAE - More than 2 000 mosques in Dubai will switch to using power-saving lights as part of an emirate-wide energy conservation initiative. The Islamic Affairs and Charitable Activities Department, Dubai World Trade Centre, Ministry of Climate Change and Environment, Roads and Transport Authority and Sheikh Zayed Housing Program have also all committed to using energy-efficient LED lamps. The municipality said the lights reduce electricity bills by up to 90 percent, and have a lifespan of up to 25 years. In 2014, Dubai Electricity and Water Authority (DEWA) gave several mosques in the emirate water saving technology while The Khalifa Al Tajer Mosque

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was opened as the first eco-friendly mosque.

Minnesota, USA - Muslim boxer Amaiya Zafa has become the first athlete to fight while wearing a hijab in a sanctioned American boxing event after USA Boxing, the sport's national governing body, decided to lift its ban on the apparel. Zafar made headlines last November when she was disqualified from the Sugar Bert Boxing National Championships for a uniform code violation. USA Boxing said at the time that Zafar's hijab was "clearly a safety issue." the next hurdle for Zafar will be overcoming the International Boxing Association's ban on hijabs. Zafar will not be able to compete in the 2020 Tokyo Olympics without changes to the world governing body's uniform guidelines.

Baku, AZERBAIJAN – Baku will host the 4th Islamic Solidarity Games, from May 12 to 22. Secretary General of the Organisation of Islamic Cooperation (OIC) Dr. Yousef Al-Othaimeen said the Islamic Solidarity Games are considered to be among the biggest sports events within the OIC member states, which manifests not only Islamic solidarity in action but also shows the true image of Islam – a religion of peace, harmony and tolerance. Al-Othaimeen said declaring 2017 the Year of Islamic Solidarity in Azerbaijan solidifies the status and tremendous efforts made by Azerbaijan to reflect this.

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