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The Last Days Before Prison

So its Ramadaan again! What are the options? Not too many really. So what's the fuss? Been through this ordeal every year for over forty years now, so why the nerves? I suppose its just as easy as before.

Fasting! ...No chows. No chaaiz. No smokes. No cokes. No cookies. Hey but those are daytime restrictions only. Hehehe! Watch the loopholes. Can't get punished for doing things that the law doesn't class as a Sin. Hey now that's my whole point. There are so many ways to look at Religion.

Some make it heavy when it can be so easy. Yeah like at work. You don't feel like going in today. So you phone the boss, cough loudly, pinch your nose, and say you're all blocked-up, and you won't be around for a few days. Yes, certainly, there's going to be a doctor's note!

That 'doctor's note' makes it legitimate?

So back to Ramadaan, and sick notes. Its easy. Chronic medication, migraine, ulcers, eye-infections that need drops, arthritis, and so on... Hey that's amnesty! I can light up my smokes while

doing the recons and balancing books. Guess the others will understand.

But somehow that guilt-feeling sticks. What can you do? Got to earn a living too, you know! Yes that's my rozi you playing with. Rozi comes first. Got a family to see to, hey!

Yes readers, you have a month to psyche yourself in preparation for the big month. So let's purge the mind of unclean thoughts or ideas and remind ourselves that Ramadaan will not harm us in any way or even disrupt our jobs, studies, or housework. It will, in fact, bring brightness and 'positive energy' into our days.

Alhamdulillah, and countless glorification in honour of a Creator who knows exactly what is good and what is bad for His creation. If anything, fasting benefits us not only spiritually, but also medically. Ask the doctor!

And if you are slightly embarassed about what you've just read, one last bit for the conclusion...did you know Allah can see into whatever you may try to hide!

**BIRTH OF THE NEW MOON FOR
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HAZRAT BAYAZID BUSTAMI

Hadrat Tayfur Abu Yazid al-Bustami ؒ was born in 804 CE, Bostam, Iran. He was a Persian Sufi who is considered to be one of the leading teachers of Sufism in the History of Islam. The great Sufi was always respected and appreciated for the enormous patience and tolerance that he possessed. His methods of teaching and guiding were extremely influential and effective. This is evident from the fact that he was leader of Hadrat Dhun Nun al-Misri ؒ who was a great personality himself and possessed unique knowledge about spirituality and the path towards ALLAH Ta'ala.

Perhaps not many know that the concept of Ma'rifah (Recognition of Allah) was often taught by Hadrat Dhun Nun al-Misri ؒ, but it was Hadrat Bayazid Bustami ؒ who explained and taught the concept with further perfection and completeness. He helped his successors and eager followers of Sufism to understand the concepts of Fana and Baqa. Hadrat Bayazid Bustami ؒ openly spoke about wajd. These concepts became the core teachings of Sufism.

Hadrat Bayazid Bustami (Alaihir Rahmah) always instructed his students to perform five main acts. Practice the obedience of Qur'an and Sunah. Clean the hearts from hatred and lies. Do not eat illegal materials and avoid wrongful innovations in religion. This is clear evidence that Hadrat Bayazid Bustami (RA) considered Shari'ah as the initial step towards finding the love of Allah Ta'ala.

His quotes and words are so extraordinarily wise and deep that describing each quotation with great details would take years for its full completion. It is reported that once a man asked him about a deed which could take him towards ALLAH Ta'ala. He mentioned that love the Saints of ALLAH, so that they love you in return. He further mentioned that ALLAH Ta'ala looks into the hearts of His Saints and if He witnessed your name, then He will forgive all your sins. This inspirational saying is guidance for a devotee or disciple for unconditionally loving and admiring their righteous and humble master or Sheikh.

His wise and inspirational sayings were great tools in the realisation of the purpose of one's creation. It is said that when he was young, one day, while he was reading the Holy Qur'an he came across an Ayah in which Allah Ta'ala said, "Be thankful to Me and be

thankful to your parents." Hadrat Bayazid ؒ read this Ayah a second time and then thought about what it meant. He closed the book and immediately ran back to his mother. Now because he came home early from school, his mother became worried. She asked him, "What's wrong, my son? Did you run away from school? Is there something that happened?" "No, mother," Bayazid answered. "I read an Ayah from the Holy Qur'an today that said we have to be thankful to ALLAH and to our parents. This made me a little worried. I'm not real strong so how can I serve two masters? Mother, either keep me in your service or give me up in the service of ALLAH." His mother paused for a second and smiled. Then she immediately grasped his hands in hers and said, "My son, I dedicate you to the service of ALLAH. To me, if you serve ALLAH you're serving me, too." Whenever the name of Hadrat Bayazid Bustami ؒ is mentioned, the stories of Karamaat (miracles) are essential. It is reported in "Tazkirat ul Awliya" that he predicted the birth of Hadrat Abul Hasan Kharqani ؒ while passing by Kharqan almost 100 years before he was born.

Hadrat Bayazid Bustami (Alaihir Rahmah) passed away in the year 874 CE (15th of Shabaan) and his Mazaar Sharref is in Syria. Nevertheless, it is often said that before he passed away he was asked about his age. He replied with great wisdom that, "I am 4 years old". He further said that "For seventy years I was veiled. I got rid of my veils four years ago".

His piety and connection with ALLAH Ta'ala was at the highest level that he did not need any praise or recognition from this world, so hence he openly devalued himself. May ALLAH Guide us to follow His Path, act upon the Sunnah of the Prophet ﷺ and learn from the great Sufis. Aameen.

Some of his sayings:

1. I never saw any lamp shining more brilliantly than the lamp of silence.
2. I went to a wilderness, love had rained and had covered earth, as feet penetrate snow, I found my feet covered with love.
3. I stood with the pious and I didn't find any progress with them. I stood with the warriors in the cause and I didn't find a single step of progress with them. Then I said, 'O ALLAH, what is the way to You?' and ALLAH said, 'Leave yourself and come.'



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SHABAAN-UL-MUAZZAM

BY MOULANA BASHIR - MAKTABA QADRIA RAZVIA POTCHEFSTROOM

Sha'baan is the eighth Islamic month that comes between Rajab and Ramadaan. The word "Sha'baan" means "consecutively escalating" and "undisturbed increase".

There are many virtuous days that Allah Ta'ala has blessed this Ummah with. He has promised us, the Ummah of the Nabi ﷺ, great reward for each and every virtuous deed, even if it be as small as removing something from a pathway that may trouble others.

Yet, look at the ignorance of our Muslim brethren today, we let things slip through our fingers before our very eyes not realizing that "time lost is lost forever!" Each breath of a man is a step nearer to his death, nearer to the time of reckoning before His Creator upon the Day of Resurrection.

LAST MONDAY OF SHA'BAN.

Allah's beloved Hazrat Muhammad ﷺ said: "Anyone who fasts on the last Monday of Sha'ban will be granted forgiveness."

LAILAT-UL-BARA'T{ THE NIGHT OF ABSOLUTION},ITS SPECIAL MERCY, GRACE AND MERITS.

Allah almighty said:"Ha-Mim. By this luminous Book. Undoubtedly we sent it down in a blessed night, verily We are to warn. Therein every affair of wisdom is divided."[44:1-3] Hadrat Ibn-e- Abbas ؓ said, "Ha-Mim means that Allah has predetermined everything in existence till the day of Resurrection. Book means AL-QURAN, which is a mercy from Allah and provide guidance and was revealed in "blessed night". The 'blessed night' is the night of mid-Sha'ban in which every wise and important work is decided and is made distinct. Mid of Sha'ban is the night of absolution."

THE SPECIAL [IBADA] WORSHIP OF OUR PROPHET HAZRAT MUHAMMAD ﷺ IN THIS BLESSED NIGHT.

Hazrat Aisha ؓ said, once Allah's Messenger ﷺ asked me, "O Aisha, what night is this?"She replied, "Allah and His Messenger know best."Then he said: This is the night of the middle of Sha'ban, during which worldly actions and the deeds of mankind are carried aloft. In this night as numerous as the wool of the flocks of the tribe of Kalb, are the slaves of Allah, emancipated from the fire of hell. So will you excuse me tonight?" She said : " I said yes, So he performed his prayer like this : He held the upright position only briefly, and recited AL-Hamd and a short Sura then he stayed in prostration till middle of night .then he stood up to begin the second rak'at with a recitation similar to the first, and then his prostration lasted until dawn."

Everyday Allah Ta'ala with His Love and Mercy has allocated a time in which those who call to Him are answered. He has made some days in which His Mercy has no limits, to those who plead for it. From amongst these times Allah Ta'ala has placed before us the month of Sha'baan, in which each deed acted upon, is rewarded more generously as compared to any other day. The arrival of Sha'baan causes the beginning of numerous blessings that are showered upon us. These blessings progressively escalate so that by mid-Sha'baan the

blessings have reached a considerable amount and finally such blessings reach their peak by the end of Ramadaan.

In a Hadith, Hazrat Usama (Radi Allahu Anhu) reports, that the Prophet ﷺ said, "There is a month between Rajab and Ramadaan called Sha'baan, people are very ignorant towards this month, even though the reward of each deed is greater within it, and the deeds are presented to Allah Ta'ala". (Imam Bayhaqi reports this Hadith in his Kitaab Shuab-ul-Iman).

It has been narrated by Hazrat Anas ؓ that upon the arrival of Rajab the Holy Prophet ﷺ used to pray, "O Allah! Bless us abundantly in Rajab and Sha'baan and deliver us safely unto Ramadaan."

It has also been stated in the Kitaab "Daylami" that the Prophet ﷺ proclaimed, "Sha'baan is my month." In another Hadith, Sayyidah 'Ayesha Siddiqah ؓ narrates that the Holy Prophet ﷺ preferred to observe the fasts of Sha'baan thus uniting them with the fasts of Ramadaan.

From the above Ahadith we learn the significance of Sha'baan and our Prophet's ﷺ endearment for this blessed month. It should also be remembered that Allah Ta'ala within this month lists the names of the people who are to take leave of the world within the year. Yet this is the month that people are very unaware of, consequently depriving themselves of innumerable blessings.

Nowadays, Muslims from all over the world are engaged in shopping for Ramadaan, everybody is engaged in their own worldly thoughts, cares and worries. Some thinking of the future, some preparing for weddings, others checking their bank balance and choosing garments for Eid. On the other hand, Allah Ta'ala is inscribing their final departing breath which maybe before they've even finished their plans, let alone entered Ramadaan. This month should be spent preparing for Ramadaan, not in the heart of the city centre but by virtuous acts, so that in Ramadaan we act upon even more virtuous deeds, hopefully religious duties would have become habitual by Ramadaan.

Many of us do not realize but our beliefs in Sha'baan are such that we believe we may as well commit all those acts that may be contrary to Islam, like merrymaking and having parties, going to movies, etc. before the month of Ramadaan, hoping that upon the arrival of Ramadaan we will become pious and refrain from evil. This is self deceit, which is a great shame and loss of very valuable time and rewards. We should remember that we are the special Ummah chosen by Allah Ta'ala to be blessed as being the Ummah of His most beloved Prophet ﷺ. This alone should make us ponder and reflect! Why has He chosen us as the special community under the Prophet ﷺ? O Muslims! Open your eyes to the Mercy of Allah Paak and His most beloved Habeeb ﷺ.

May Allah Ta'ala grant us the Taufeeq to rectify ourselves, increase our Ibadah, enjoy the full spiritual benefits of Sha'baan and also receive the month of Ramadaan with great joy and appreciation. Ameen.

HYGIENE AND FOOD

MOULANA ABDUL WAHAB WOOKAY

Purity and cleanliness is central in the lives of Muslims and great importance is attached thereto. Indeed, such is its importance that numerous verses of the Qur'aan and Hadith of the Holy Prophet Sallallahu Alaihi Wasallam stress upon it. In the Holy Qur'aan it is stated: "Allah loves those who turn to Him constantly and He loves those who keep themselves pure and clean." [2: 22] The focus of purity and cleanliness is stressed upon, not only on a physical level, but a spiritual one as well. In a Hadith narrated in Sahih Muslim it is stated: Abu Malik al-Ash'ari reported: The Messenger of Allah, peace and blessings be upon him, said, "Purity is half of faith and the praise of Allah fills the scale; glorification and praise fill up what is between the heavens and the earth. Prayer is a light, charity is proof (of sincere faith), and patience is illumination. The Qur'aan is a proof for you or against you; all people go out early in the morning and sell themselves, either setting themselves free or destroying themselves."

On a personal level, an individual can be in a state of "Minor ritual impurity" which can be lifted by the performance of Wudu or in a state of "major Ritual Impurity" which can be lifted by making Ghusl (taking a bath in accordance with its Shar'ee requirements). In lifting these states of impurity, one becomes eligible to perform prayers, touch the Qur'aan or enter a Masjid etc. It should also be remembered that the concept of cleanliness for prayer, extends beyond one's self, but rather to one's clothes as well as to the place where the prayer is to be performed. If these conditions are met one may perform the prescribed prayers.

As has been mentioned, the concept of purity is widely taught in our religion and by none other than our beloved Nabi Sallallahu Alaihi Wasallam. Regarding the consumption of food, 'Abd-Allah (may Allah be pleased with him)

narrates the Messenger of Allah (Sallallahu Alaihi Wasallam) saying 'Before and after eating perform ablution as it banishes poverty and is the practice of the Prophets (upon them all be peace).' This means to wash the hands and rinse the mouth and not to perform ablution as one would do for Salaah. Just as cleanliness of one's hands is stressed upon prior to consuming a meal, similarly it should also be a priority during, as well as prior to the preparation of meals. This is especially important with the preparation of meals and other food items to be sold to the general public.

The major food producers worldwide go to great lengths to ensure that the proper hygienic systems and conditions are in place at their factories. Tests are done on products to ensure that they meet the required health standards. Companies are increasingly being HACCP (Hazard analysis and critical control points) certified. HACCP is a systematic preventive approach to food safety and allergenic, chemical, and biological hazards in production processes that can cause the finished product to be unsafe, and designs measurements to reduce these risks to a safe level. In this manner, HACCP is referred as the prevention of hazards rather than finished product inspection. For the products themselves, companies would follow and implement standards that would comply with the Food Safety Acts in their countries.

Food quality is an important food manufacturing requirement, because consumers are susceptible to any form of contamination that may occur during the manufacturing process. Many consumers also rely on manufacturing and processing standards, particularly to know what ingredients are present, due to dietary, nutritional requirements including Halaal, Kosher, vegetarian or medical conditions (e.g., diabetes, or allergies). Food producers therefore ensure that they follow procedures which guarantee food safety. Many manufacturing sites have laboratories with qualified personnel to do onsite tests on a daily basis.

In the next article we will discuss safety tips when making food in the kitchen at home.

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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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TAUBA! SEEKING FORGIVENESS

"Truly, Allah loves those who repent, and He loves those who cleanse themselves." [Al-Baqarah 2:222].

"O Allah! Make me among those who, when they commit an act of virtue, feel good, and when they commit a mistake, they seek forgiveness." [Ibn Majah]

Tauba (repentance) and istighfar (seeking forgiveness from Allah) are among the most meritorious acts of virtue for the believers. Tauba means feeling remorse for our actions or omissions. Istighfar means expressing that remorse in words and begging Allah for forgiveness.

The act for which we perform tauba and istighfar is not necessarily a sin, or an act of disobedience to Allah; it also includes our shortcomings. As we realize Allah's immense favors to us, all of our thankfulness and devotion clearly appears to be inadequate. As we realize the grandeur of Allah, Most High, our acts of worship and obedience clearly are seen to be insufficient. The higher a person is on the scale of taqwa, piety and God consciousness, the greater is this sense of inadequacy. Consequently the greater is his practice of istighfar.

That is why all the prophets, alayhimu salam, preached and practices tauba and istighfar. We do not have to invent any sins---inherited or personal--- to explain their repentance. In fact all the prophets were free of sin, as Allah appointed them as role models for humanity and Allah did not send defective role models.

The leader of all the prophets was Prophet Muhammad a fact which was also symbolized in his leading of all the prophets in Salat (prayer) in Jerusalem during Isra. And what did the prayer leader of the prophets use to do after every prayer? He used to say "astaghfirullah" (I seek Allah's forgiveness) three times! This is the istighfar that comes out of the highest level of God consciousness! He taught us to perform istighfar profusely, as he himself practiced. The Companions have reported that he used to do istighfar hundreds of times during the course of a day. Tauba and istighfar are the essence of our servitude and submission to Allah. Istighfar is also a means of enhancing that consciousness of Allah and strengthening our relationship with Him. We turn to no one except Allah in repentance. We confess our deepest errors, shortcomings, failures, and sins to Him and Him alone. (In contrast, Christianity made a fatal mistake when it instituted confession to priests. As Martin Luther (1537) observed, "What torture, rascality,

and idolatry such confession has produced is more than can be related.") We seek His forgiveness, knowing that He alone has knowledge about all our deeds and thoughts and He alone can forgive us and save us from the consequences of our actions. Istighfar, thus, is a most intimate conversation with Allah. And during that conversation we are at our humblest. We can see why tauba and istighfar are the essence of our servitude and submission to Allah!

We need istighfar to constantly purify and cleanse our heart. We are not born in sin, but we are born in weakness. We are prone to fall prey to the many temptations that are part of our test in this life. And when we do fall and commit a sin, it produces a dark spot in our heart. A famous hadith, reported by Abu Huraira, Radi-Allahu unhu, describes this process. When a person shows remorse and repents, that dark spot is removed. Otherwise it will stay there and grow with each additional sin. A time may come when his heart is full of darkness because of un-repentred sins. We can see this gradual darkness of the heart as people advance in their sinful behavior. In the beginning they have a lot of inhibitions. They commit the wrong hesitatingly and feel bad about it. If they do not turn back, they get used to it, so it just feels normal. Then a stage comes when vice becomes virtue and virtue vice. They defend and advocate evil and shun good.

Today, unfortunately, we see so many examples of this all around us. In the "everything goes" post-modern world, good and evil do not mean anything anymore. Then there is a whole crop of misguided psychologists who are ready to assure you that the only guilt you should feel is for feeling guilty in the first place! Is it any wonder that in the English language the word sin is now normally used to describe things that are delicious, attractive, fun, and highly desirable? That this darkness of the heart should be considered enlightenment only completes the inversion.

But there is hope for those who seek hope. No matter how corrupt we might have become, we can always make a U-turn. We can repent and seek forgiveness from our Beneficent and Merciful Creator Who is always ready to forgive those who turn to Him in sincerity. "O my Servants who have transgressed against their souls! Despair not of the Mercy of Allah. For Allah forgives all sins: for He is Oft-Forgiving, Most Merciful." [Az-Zumr,



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BY MOULANA
SHAH FAISAL
KHAN SAHEB

Q. Could you please tell us about the excellence of Shabaan (The current Islamic month)?

A. The way Allah has designed different seasons for our physical upbringing, likewise Allah has designed different spiritual seasons for our spiritual upliftment. Out of all different blessed seasons for our hearts and minds (or spiritual being) one is the month of Shabaan. Describing the importance of Shabaan, the Holy Prophet ﷺ said: Shabaan is my month and Ramadaan is the month of Allah. (Al-Jaamius Saghir).

MONTH OF WATERING THE SEEDS OF GOODNESS

Allama Safoori ؒ says: Rajab is the month of sowing seeds, Shabaan is the month of watering them and Ramadaan is the month of reaping the harvest. Therefore if someone doesn't sow the seeds of worship in Rajab and doesn't water them with the tears of remorse in Shabaan, How will he be able to reap the harvest of divine mercy in the month of Ramadaan? He further stated: Rajab purifies the body, Shabaan purifies the heart and Ramadaan purifies the soul. (Nuzhatul Majaalis).

FASTING IN SHABAAN TO RESPECT RAMADAAN

The Holy Prophet ﷺ said: After Ramadaan the best fast for honouring Ramadaan are the fasts of Shabaan. (Shu'abul Iman)

SIGNIFICANCE OF SHABAAN

Sayyiduna Usama bin Zaid ؓ stated: I asked the Holy Prophet ﷺ: Ya Rasullullah ﷺ I have seen you fasting in the month of Shabaan so abundantly that I have never seen you fasting so abundantly in any other month the Prophet ﷺ replied: This month is

between Rajab and Ramadaan people are heedless of it, it is a month in which peoples deeds are presented before Allah Ta'aala so I wish that my deeds are presented while I am in the state of fasting.

MANIFESTATION OF SPECIFIC ATTRIBUTE ON THE 15TH NIGHT (Shabe Baraat)

Sayyiduna Aisha siddiqah ؓ reports: That the holy prophet r said: Allah reveals his specific attribute on the night of the 15th of Shabaan. Allah Ta'aala forgives those who ask for forgiveness and shows mercy upon those who asks for mercy, but leaves those who hold malice (in their hearts for each other). (Shuabul Iman).

How should one approach the month of Shabaan

Sayyiduna Anas bin Maalik ؓ stated: When the companions of the Holy Prophet ﷺ would sight the crescent of shabaan they would busy themselves in reciting the holy Quraan and pay zakaat, so that the weak and poor may also prepare for the month of Ramadaan. The governors would summon the prisoners to enforce sentence to those who were to be sentence (by shariah) and set the rest free. Businessmen would pay their debts and collect their dues. (In this way they would become free for worship before the appearance of the moon of Ramadaan), and as soon as the month of Ramadaan would approach they would perform ghusal and (some) would take part in I'tikaaf for the whole month. (Ghunyat-ut-talibeen).

Conclusion and Dua

We make dua that almighty Allah through the medium of his most beloved prophet r grant us strength and enthusiasm to have love and respect for this month of Shabaan to get prepared for the great and glorious month of Ramadaan, May divine peace and prosperity be upon all the creation of Almighty Allah.

*For the Esaale Sawaab of
Marhoom Muhammed Gani Sooliman
& Marhooma Zuleikha Gani Sooliman*



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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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INDIAN REMEDIES

BY HASINA BEGUM

PILES

Radish juice should be taken twice a day, once in the morning and then later in the night.. Initially drink about ½ cup of radish juice and then gradually increase it to 1 cup. OR Soak 3-4 figs in a glass of water. Keep it overnight. Consume the figs on an empty stomach, the next day in the morning

VOMITING

Take 2 cardamoms/elachi and roast them on a dry pan (tava). Powder the cardamoms and thereafter add a tsp of honey in it. Consume it frequently. It serves as a fabulous home remedy for vomiting. OR In the mixture of 1 tsp of mint juice and 1 tsp lime juice, add ½ tsp of ginger juice and 1 tsp honey. Drink this mixture to prevent vomiting. OR Lime juice is an effective remedy for vomiting. Take a glass of chilled lime juice and sip slowly. To prevent vomiting, drink ginger tea. OR In 1 glass water, add some honey and drink sip by sip.

WARTS

Apply castor oil daily over the problematic area. Continue for several months. OR Apply milky juice of fresh and barely-ripe figs a number of times a day. Continue for two weeks. OR Rub cut raw potatoes on the affected area several times daily. Continue for at least two weeks. OR Rub cut onions on the warts to stimulate the circulation of blood.. OR Apply milk from the cut end of dandelion over the warts 2-3 times a day. OR Apply oil extracted from the shell of the cashew nut over the warts. OR Apply Papaya juice OR Apply Pineapple juice.

URINARY TRACT INFECTION

In 8 oz of water, put ½ tsp of baking soda and drink it. OR Drink plenty of water, as it aids in flushing out the waste products from the body. OR Drink Cranberry juice. You can also add some apple juice for taste.

SINUSITIS

Mango serves as an effective home remedy for preventing the frequent attacks of sinus, as it is packed with loads of vitamin A. OR Another beneficial remedy consists of consuming pungent foods like onion and garlic, as a part of your daily meals. OR Fenugreek/methi leaves are considered valuable in curing sinusitis. In 250 ml water, boil 1 tsp of Fenugreek seeds and reduce it to half. This will help you to perspire, dispel toxicity and reduce the fever period. OR Tie a tsp of black cumin seeds in a thin cotton cloth and inhale.

TONSILLITIS

Take a fresh lemon and squeeze it in a glass of water. Add 4 tsp of honey and tsp of salt in it. Drink it slowly sip by sip. OR Milk has proved beneficial in treating tonsillitis. In 1 glass of pure boiled milk, add a pinch of turmeric powder and pepper powder. Drink it every night for about 3 days.

COMMON COLD REMEDIES

Viral infections normally take their own time to leave the system and therefore, medicines can do a little to cure the condition. Over the counter medicines provide temporary relief from the symptoms. Coughs and colds are of recurring nature (on & off), so many prefer home remedies.

*High concentration of vitamin C improves the resistance of the body against the virus, lowers the toxic nature of the infection and reduces the total duration of the cold. Lemon has a high concentration of vitamin C. Take lemon and honey mixed in warm water twice a day.

*Garlic is a great antiseptic. Boil cloves of garlic in water and consume like soup (you can add salt and pepper for taste). Take this every morning and evening. Garlic helps to open up the airways and facilitates better air passage.

*Ginger, a commonly found spice in India is widely used as a home remedy for treating cough and cold. It is also used as a main ingredient in many cough droplets and lozenges. Prepare ginger tea by crushing or grating a piece of ginger, add this to boiling water and mix with honey. Drink this tea hot, it relieves sore throat and clears the feeling of heavy headedness.

*Turmeric is also very soothing. Take turmeric mixed with ginger and milk. Drink a glass of this milk before bed.

*Inhaling steam vapours is a very good pacifier. Add a few drops of apple cider vinegar, or a pinch of turmeric, or eucalyptus oil to steaming water. Inhale this vapour from the steaming water. This will help loosen any chest, nose secretions and thus enhance the discharge through your nose. This will help clear your congestion and relieves from headache.

*Mix salt with water and gargle with this twice daily, ideally in the morning after brushing. This practise should help soothe an itchy and sore throat.

*Consume a diet rich in vitamin C. Take more citric fruits like lemon and oranges.

*Drinking chicken soup greatly helps to relieve you from cold and fish is also recommended, as the omega-3 fatty acids present have an anti-inflammatory effect.



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OUR PRIORITY

BY SHEIKH ZUZE ISHAAQ - HEAD OF DAWAH ACTIVITIES AT ORANGE FARM

Living freely happily, we should allow Islam to guide our decision and actions which leads to a more meaningful life. But how much do we treasure ourselves than the practices of Islam? What is it that we should consider that will benefit us!

Rasoolullah (sal laa hu alay hi wa sallam) said 'Shabaan is the month between Rajab and Ramadhaan, people tend to neglect it but that is when the deeds of His servants ascend to the Lord of the words, so I would rather mine rose up while I was fasting'-a measure that should be uncalculated.

I believe to say that the greatness of this month is through the gaze our Nabi (sal laa hu alay hi wa sallam) and his companions did. Shabaan is the month in which the treasures are laid open, in which the blessings are send down, in which faults are forsworn, in which sins are expiated, and which benedictions are multiplied upon the best of creation (sal laa hu alay hi wa sallam).

During this month, we Muslims are obliged to put effort in preparation for the month to come of Ramadhaan. We should appeal to Almighty Allah through the owner of this month & repent. Hazrat Jabir Ibn Abdullah (r.a) narrates that Rasoolullah (sal laa hu alay hi wa sallam) delivered a sermon on Friday in the course of which he said "O people repent to Allah before you die, set about the performance of righteous work without delay before you are too pre-occupied, reconcile whatever difference you have with your lord, for then you will prosper.

Allah Ta'alah is ready to forgive us, bless us instantly, it is we who need to make effort, more ibadat that consists of submission without argument, recitation of the Holy Qur'an that consists of faith without uncertainty, making more Zikr that consists of acceptance without descent and providing the means to the week and poor that consists of attention without diversion. We should take heed and make it as our priority- being ready, being inquisitive, vigilant and most of all fear Allah and hope for His mercy.

Furthermore this must be done without delay, today is

an opportunity and the month of Rajab has gone, Ramadhaan is a future awaiting which one may not live to see, but nonetheless we have Shabaan, lets not loose this grip opportunity and time to sow and harvest a beautiful cultivation of devotion.

Abu Huraira (radi Allahu anhu) narrates that Rasoolullah (sal laa hu alay hi wa sallam) once said "Shabaan is my month; Rajab is the month of Allah and Ramadhaan is the month of my Ummah. Shabaan is the expiator while Ramadhaan is the purifier". In this very month we need necessary change, upgrading ourselves by considering to the success of our prayers. So anything that change succeeds and that do not -fall behind.

In this regard our Dawaah centre takes greater responsibility for integration, to make Duaas for our fellow Muslim brothers who were injured, killed & lost their business possessions due to robbing and shop lootings following the last month incident. And it's a shame that we now receive less Salaah attendance due to such criminal activity occurred in our community. May Almighty Allah open His doors of Mercy upon them all and all Muslims around the world who faces discrimination or being killed because of their faith and are living under oppression and persecution!

Lastly concerning Shabe Baraat it is reported that Rasoolullah (sal laa hu alay hi wa sallam) said to Hazrat Aisha (radi Allahu anha) on this night (Shabe Barat) read this Duaa and teach it to others. Jibrael (alay his salaam) taught this Duaa to me: *'I seek protection in your forgiveness from your punishment, and I seek shelter in your pleasure from your displeasure, and I seek safety in you, from you. Glory be to you. I'm unable to fully praise you. You are as you have praised yourself. (Oh my Rabb!).*

It's our priority lets all benefit from this....,

Ameen!

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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**

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
مُؤَالَّةُ الَّذِي لَا إِلَهَ إِلَّا هُوَ هَلِ
الْغَيْبِ وَالشَّهَادَةِ مُؤَالَّةُ الرَّحْمَنِ الرَّحِيمِ
هُوَ اللَّهُ الَّذِي لَا إِلَهَ إِلَّا هُوَ الْمَلِكُ
الْقُدُّوسُ السَّلَامُ الْمُؤْمِنُ الْمُهَيْمِنُ
الْعَزِيزُ الْمُجَبَّارُ الْمُتَكَبِّرُ سُبْحَانَ اللَّهِ عَمَّا
يُشْرِكُونَ هُوَ اللَّهُ الْخَالِقُ الْبَارِئُ الْمُصَوِّرُ
لَهُ الْأَسْمَاءُ الْحُسْنَى يَسْبِقُ 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

MURDER BY PRESIDENTIAL DECREE

BY FAIZEL KHAMKAR

We are all aware that the President of any country has certain executive powers. How lawful is it to give any president the sole right to commit murder without due process being followed. What then is the difference between Phiroun, Assad and such President? The President that is being referred to is none other than Barrack Obama. The difference is that neither Phiroun nor Assad has claimed to be championing the cause of peace and justice.

The drone attacks authorised by the said President wherein he decides who should die ignoring all processes of a fair trial, or right to legal defence which has killed umpteen people many of were innocent children and civilians. American armed forces themselves are not immune to the consequences of these drone attacks as has recently been revealed when the drone attack authorised by the American President on Sheikh Anwar Aulakhi had also killed American soldiers.

The hypocrisy of these actions is publicized with the stance of changing gun control laws in order to save lives. It is devoid of all sense and logic that on the one hand the posture of an angel and almost instantaneously the posture of the devil incarnate are portrayed. The pressure which has been placed on the White House by international human rights organizations has bought about certain murmurs of relooking at the issue. However we only need to look at the empty promises about Guantanamo Bay during the campaign for the first term of office to accept that this is another case of false hopes for the administration of justice.

Had the utterances of the President been sincere he would have acted on it by virtue of the executive power that is vested in his office. He is unable to hide behind the veil that is unable to act on this matter because of legal process because that is not the case taking into account that he is the Commander in Chief of the army. Even if that was true then he should not have made public statements to the effect that there is hope for justice to be executed. In either case he would become either a liar or a deceiver or both. These are qualities which does not befit a man of his office.

The same said President will be visiting our shores officially amid some furore. The Democratic Alliance has stated their desire to honour this abuser and

violator of human rights with the freedom of Cape Town. Those that are more familiar with his history have objected to the granting of this honour. Political point scoring has been placed on the forefront and all standards of morality have been placed on the backburner. This decision should not come from a few but a process of consultation must take place presenting all relevant facts to the public. The rejection of the granting of the honour would then become a reality because South Africans are not fooled by glitz and glamour. In the same vein why should those who live by justice and high moral standards be prejudiced with the imminent hijacking of our roads for some one that has such a terrible human rights record?

Referring back to the original question who is better: Obama or Assad? Both have institutionalised the killing of civilians and innocents with impunity. Both have abused their power at the expense of millions of innocents. Both have shown callousness beyond the boundaries of decency. Both have lied and deceived on their actions.

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 illal laahu wallaahu Akbar.”

Thereafter reciting Ta’Awwuz 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.

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AL KASSAS

INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Geneva, SWITZERLAND - The World Health Organization (WHO) will help Saudi Arabia probe deadly outbreaks of a new SARS-like virus to draw up advice ahead of the annual Haj pilgrimage, which attracts millions of Muslims. The U.N. agency, which is not currently recommending any restrictions on travel to the Kingdom or screening of passengers at airports or entry points, will send a second team of experts in the coming weeks, WHO Director-General Margaret Chan said. The virus, which can cause coughing, fever and pneumonia, emerged in Saudi Arabia last year and has been found in 33 people there, killing 17.

Islamabad, Pakistan - Newly-elected members of Pakistan's National Assembly have been sworn in, officially marking the first transition of power between democratically elected civilian governments in the 66-year history of the coup-prone country. Among the steep challenges the legislators will face are massive energy shortages that leave some Pakistanis without power for up to 20 hours a day; a badly ailing economy; and on-going militant activity by extremists whose violence has killed thousands in the past decade and badly strained Pakistan's alliance with the United States.

Miranshah, PAKISTAN - A US drone strike killed the number two of the Pakistani Taliban, Wali ur Rehman, who had a \$5 million US government bounty on his head. The Pakistani Taliban is a separate entity allied to the Afghan Taliban. Known as the Tehreek-e-Taliban Pakistan (TTP), they have launched repeated attacks

against the Pakistani military and civilians.

Ramallah, PALESTINE - Palestinian President Mahmoud Abbas has named British-educated Rami Hamdallah as new prime minister, a move that was immediately condemned by Hamas. Abbas and Hamas agreed in principle last month to form a unity government for the divided Palestinian territories. Hamdallah, a professor of linguistics, will replace economist Salam Fayyad who resigned in April.

Tel Aviv, ISRAEL - The remains of dozens of Palestinians killed by Israelis in fighting following the formation in 1948 of the state of Israel have been found in a mass grave in Tel Aviv's Jaffa district. An official at the Muslim cemetery there said that the grisly find occurred when ground subsided as workers carried out renovations, revealing six chambers full of skeletons. Jaffa fisherman Atar Zeinab, 80, said that as a teenager during the final months of fighting in 1948 he helped to collect the Arab dead in the area south of Jaffa and bring them for hasty burial in the cemetery.

London, UK - There has been a large increase in anti-Muslim incidents since the murder of a British soldier in Woolwich, according to inter-faith charity Faith Matters. A number of people have been charged after allegedly offensive comments were made on social media websites. Drummer Lee Rigby was killed near Woolwich Barracks, brutally hacked to death by two men in broad daylight. Fiyaz Mughal, director of Faith Matters, said the nature of the

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incidents ranged from attacks against mosques, graffiti, the pulling off of Muslim women's head scarves and more general name calling and abuse.

Yangon, MYNMAR - The government has called for calm after mobs burned down a Muslim orphanage, a mosque and shops during a new eruption of religious violence in the north-eastern Shan state. Authorities imposed a curfew in Lashio, about 700km north-east of Yangon, after a mob of 200 local residents surrounded a local police station demanding that they hand over a Muslim detainee. Authorities in Myanmar's western Rakhine state have meanwhile introduced a two-child limit for Muslim Rohingya families in an effort to ease tensions with the Rohingya's Buddhist neighbours after a spate of deadly sectarian violence.

Kuwait City, KUWAIT - Kuwaiti females have finally made it as staff members at the country's paramedic teams after the first female unit graduated this month. In 2010, the government of Kuwait allowed women to work night shifts at hotels, restaurants, pharmacies, press offices, banks and various other businesses, amending a law that barred Kuwaiti women from working between the hours of 10 p.m. and 7 a.m.

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