

# Al Kausar

# سعيد

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## THE BLESSING OF YOUM-UL-EID

For those who fasted the full month of Ramadaan, Eid is a special day. It is a celebration for those who triumphed over their nafs (lower-self) by abstaining from food and drink, who subjected the ego to obedience of Divine decree, and followed the pattern of the Messenger ﷺ, by increasing social responsibility and good personal behaviour to the best of their ability.

In that context Eid would be a supreme celebration expanded by Hadees elucidation, conveying Eid as the Almighty's personal concession to the faithful. High on the achievement list, then, is the hopeful attainment of His pleasure, and His forgiveness.

Only a miserly person would approach such a day of grace and thankfulness any differently, while the Provider is showing His anxiety that His worshipers should take a break to enjoy His bounties, and to reflect over His mercy. Spending time with family, visiting the deceased at the cemetery and praying for their souls, visiting the sick, meeting and greeting friends and neighbours, and giving to the poor, are all manifestations of the Divine mercy.

How about those, then, who see Eid as a celebration of different sorts? Like a prisoner being released from jail, unreformed and unrepentant, hell-bent on making up for the lost time by returning to evil ways and darkness, in

utter defiance of the commandments of Allah.

The habitually astray who refrain from their transgression a whole month, but then hurry back to sinful habits, some starting their comeback no later than on the day of Eid.

Let us beg Allah to save us from hypocrisy and rebellion on such a sacred day! With sincerity, let us proceed towards continued reform and repentance! May we honour our souls thereby and contribute to the honour of the nation of Muhammad Mustafa ﷺ!

In the spirit of the occasion, let every caring and concerned believer want for another what he would want for himself. Those fortunate enough to have their feet on firm ground must lovingly advise and invite others to the straight path.

Let us also not forget to pray and contribute towards relief of the oppressed, especially our muslim brothers in Syria, and wherever their is suffering.

May you have a blessed and joyous day surrounded by peace and goodwill!

Eid Mubarak from all of us at Al Kausar!

**BIRTH OF THE NEW MOON FOR  
ZIL QAD 1434  
THURS 5 SEP. 2013 @ 13:36**

## NATIONAL INDEPENDENT HALAAL TRUST



*"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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## HAZRAT ABBAAD IBN BISHR ﷺ

Abbaad was amongst the first noble Ansaar who instinctively took allegiance with Mus'ab Ibn Umair in Madinah. From the very moment he pledged allegiance right up until his demise Abbaad surrendered himself passionately and wholeheartedly to the cause of Islam. He fought in the forefront of every battle and partook in every affair that concerned his Deen. His involvement was however not marginal. Rather, Abbaad was "completely consumed and dedicated with heart and soul in a dazzling, overwhelming way."

After the military campaign of Dhaar-Ar-Riqaa, the Muslims had to stop and spend the night at a certain place. The Glorious Messenger ﷺ appointed Ammaar Ibn Yaasir and Abbaad Ibn Bishr as guards to watch over the resting army. It was decided that they would take shifts so that both could also get some rest. Abbaad noticed that Ammaar was already quite exhausted. He thus suggested that he take the first shift. This would allow Ammaar to get some sleep. Abbaad watched for a while. It seemed as though things were very quiet. Abbaad thus assumed that it was safe. Since there seemed to be little threat of attack, Abbaad felt his time would be better spent in Ibaadat. In this way he would achieve benefit and be rewarded both for praying as well as standing guard.

He stood in complete meditation of his Lord and prayed with conviction and sincerity. After reading Surah Al-Faatihah, Abbaad began reciting another Surah from the Quraan. All of a sudden an arrow flew towards him and landed in his shoulder. Instead of screaming with pain and taking cover or alerting the others, Abbaad calmly removed the arrow and continued his recitation. His concentration did not seem to be affected in the least. Soon another arrow pierced through the darkness towards his body. Once again Abbaad merely pulled out the arrow and commenced with his prayer. He went into Ruku and thereafter into Sajdah. Abbaad began to feel weak. While in Sajdah he extended his right arm outwards to awaken Ammaar. He then sat up, recited Tashahud and completed his prayer.

Ammaar awoke and was startled to discover what had happened. He started yelling and frightened the intruders away. Ammaar was astonished to see the wounded Abbaad and enquired as to why Abbaad had not immediately awoken him. Ponder on Abbaad's reply and one will begin to gain some idea of his devotion calibre and spiritual rank. Abbaad replied "In my prayer I was reciting verses from the Quraan that filled my soul with such awe that I didn't want to interrupt it nor cut it short. By ALLAH, I swear, because I did not want to lose a single word, which the Messenger ﷺ of ALLAH ordered me to

preserve. I would have preferred death more than interrupting those verses which I was reciting." This extreme devotion and love infiltrated his life right to its end. It sprang forth when the Beloved ﷺ of ALLAH saying to the Ansaar "You are my people. You are the people who protect. I cannot be defeated through you. There is no nation which has come like you before," and it surged forward thereafter with unbounded passion.

He was a man of great faith, being completely enveloped in worship and absconded in the remembrance of his creator. His Companions described him as possessing a light from ALLAH. This light gave Abbaad amazing clarity and radiance in vision, which had the capacity to guide one to certainty and goodness without difficulty. Abbaad's brothers once narrated that as he walked in the darkness a light would emanate from him and brighten the way.

A day before the battle of Al-Yamaamah Abbaad had a dream in which he saw the sky open up. Then it closed and covered him. He interpreted it as signifying martyrdom for him in the battle to come. On the day of the battle he fought valiantly. When he saw that the enemy was becoming victorious, he remembered the words of his Beloved Aakaa ﷺ: "You are my people. You are the people who protect. I cannot be defeated through you. There is no nation which has come like you before," it was as if the Messenger ﷺ was standing right in front of him and saying this. These words penetrated his heart, soul and his entire being. Abbaad felt that it is the Ansaar who must now win this battle for the Prophet ﷺ. They must live up to His ﷺ expectations and not let him down. He went onto a hill and yelled: "O People of the Ansaar! Carry your sword in a valiant way, and be honoured and distinguished among the people!" Four hundred Ansaar rushed towards him, responding to his call with conviction. Abbaad led them back into the battle. They fought with renewed ferocity. It was however destined that Abbaad would be martyred on that day. His earlier vision was Haq. The doors of Jannah opened gladly to welcome the beautiful spirit of Abbaad Ibn Bishr.



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# IMAM AHMED RAZA- A SCHOLAR PAR EXCELLENCE

BY MOULANA BASHIR - MAKTABA QADRIA RAZVIA POTCHEFSTROOM

Imam Ahmed Raza Khan ؒ, popularly known as "A'la Hazrat" in the Islamic world, was born on the 10th of Shawaal 1272 A.H. (14 June 1856) in Bareilly Shareef, India. His father, Mawlana Naqi Ali Khan ؒ and grandfather, Mawlana Raza Ali Khan ؒ, were great Awliya and celebrated theologians recognized as such by academic circles of the entire sub-continent.

The family geneology of this great Imam is as follows: Imam Ahmed Raza Khan Al-Qaderi, was the son of Allama Mawlana Naqi Ali Khan, who was the son of Allama Mawlana Raza Ali Khan, who was son of Allama Mawlana Mohammed Kaazim Ali Khan, who was the son of Allama Mawlana Shah Mohammed Azam Khan, who was the son of Allama Mawlana Sa'adat Yaar Khan, who was the son of Allama Mawlana Sa'eedullah Khan ؒ.

The name that was given to him at birth was the beautiful name of "Mohammed." His grandfather, a great Scholar of the Ahle Sunnah Wa Jamaah, also gave the young child the beautiful name of "Ahmed Raza." It was by this name that he was famously known. Much later in his life, this great servant of Almighty Allah added the title "Abdul Mustafa" to his name signifying his great love and respect for Sayyiduna Rasulullah.

The family of A'la Hadrat Imam Ahmed Raza ؒ is a dynamic one. It is a family of Ulama (Islamic savants). The great forefathers of the Imam migrated from Qandhar (Kabul) during the Mogul rule and settled in Lahore. His grandfather, Mawlana Raza Ali Khan ؒ (d.1282/1866) was a great Islamic saint and savant of his time. He fought for the freedom of Indian Muslims in 1857.

A'la Hadrat's ؒ father passed away in 1297 A.H. (1880) when he was 24 years old.

A'la Hadrat Imam Ahmed Raza ؒ completed his educational career under his father as well under famous scholars.

A'la Hazrat ؒ achieved the status of a versatile scholar and obtained a high distinction in over 50 branches of learning pertaining to the Ancient Sciences, Modern Sciences, Oriental learning, Islamic Jurisprudence, Tassawuf, and numerous other branches and left contributions in all these academic disciplines. Imam Ahmed Raza ؒ also received his Sanads (Certificates of Proficiency) in Fiqh, Tafseer, Usool-e-Fiqha and Sihah Sitta (Six Authentic Books of Ahadith) from the learned Ulama of his period, including learned Arab Scholars from Makkatul Mukarramah.

On 14th Sha'ban 1286/1869 he started issuing Fatawa and gave verdicts on Muslim Jurisprudence. At that time he was only a boy of less than 14 years. Afterwards he attained such eminence in this field that the scholars of the Indo-Pak sub-continent and also of the Islamic World acknowledged him as a great Jurist. Imam Ahmad Raza ؒ gave verdicts (Fatwas) for more than half a century (from 1286/1896 - 1339/1921) and completed his mission.

As a devout Sufi, A'la Hadrat ؒ was awarded the Ijaazah and Khilafat (Certificate of Spiritual Successorship) in the Qaaderiya Silsila (Order), as well as in 13 other branches of Sufism. This happened in the year 1294/1827 while he was 22 years old. His Sheikh-ul-Tareeqah (Spiritual Master) was the celebrated Grand Master, Sayyid Sha Ale-Rasool Ahmadi Al-Qaaderi Al-Barakaati ؒ (d.1297/1879) of Mahrerah Shareef, India.

A'la Hadrat ؒ was fair-complexioned, bright-looking, medium-structured, smart, simple, soft-spoken, sweet-voiced and taciturn.

In the year 1291 A.H. (1874), A'la Hadrat ؒ married Sayyidah Irshaad Begum, the daughter of Sheikh Fadhil Hussain Sahib. Imam Ahmad Raza ؒ had two sons and five daughters. His sons Mawlana Hamid Raza Khan ؒ (d.1362/1934) and Mawlana Mustafa Raza Khan ؒ (d. 1402/1981) are celebrated savants of Islam. They rendered great services to Islam and the Muslim Nation in India.

In 1295/1878 the great Imam went with his father for the first pilgrimage and got diplomas from famous Arab scholars at Mecca. One day, after completing his Hajj, he went to perform his Maghrib Salaah before the Maqaam-e-Ibrahim. Having completed his Salaah, the Imam of the Shafi'i Order of Makkatul Mukarramah, Allama Hussain bin Saleh Kamaal ؒ, approached him. He clutched A'la Hadrat ؒ by his hand and led him to his house. The great Imam then placed his hand on the blessed forehead of A'la Hadrat ؒ and said: "Verily, I am observing the Noor of Almighty Allah on this forehead."

Without hesitation, he blessed A'la Hadrat ؒ with the Sanad (Certificate) of Sahih Sitta (Six Compilers of Hadith: Bukhari, Muslim, Ibn Majah, Abu Dawood, Tirmizi and Nisa'i). He also began addressing A'la Hadrat ؒ by the title of "Zia'uddeen" or "The Light or Splendour of Deen."

A'la Hadrat ؒ was also blessed with the Sanads of Ahadith from the Muftis of the Hanafi Order in Makkatul Mukarramah, Sayyiduna Allamah Abdur Rahmaan Siraaj ؒ and Mufti Sheikh Sayed Ahmad Dahlaan Shafi'i ؒ.

It was also during this historical visit that A'la Hadrat ؒ informed the Ulama-e-Haramain Sharifain concerning the blasphemous and corrupt beliefs of the Ulama-e-Deoband. Having studied A'la Hadrat's ؒ books, "Aljaamu Sunnah Li Ahli Fitna" and "Al Mu'tamadul Mustanad", which he presented to them, they also gave their verdicts on those who committed blasphemy and those who had written words of disrespect against Almighty Allah and His Beloved Rasool. The verdicts of the Ulama of Makkatul Mukarramah and Madinatul Munawwarah were compiled to form the famous, "Husaamul Haramain."

In 1323/1905 Imam Ahmed Raza ؒ proceeded for his second pilgrimage. During his stay at Mecca and Madina, he won the respect of noted scholars who visited him and received from him diplomas and Fatawa. He was 49 years old. A'la Hadrat ؒ once again had the opportunity of meeting the great Imam, Sheikh Saleh Kamaal ؒ. He also met Allamah Sayed Ismae'el ؒ and many other Noble Ulama, who showed great respect towards him.

On his visit to Makkatul Mukarramah and Madinatul Munawwarah, Imam Ahmed Raza ؒ was treated with great dignity and was conferred the title of "Imam-e-Ahle-Sunnat" by eminent Ulama. He was also hailed as the Mujaddid "Revivalist" of the Century. Deadly opposed to fanatical extremism, he expounded the pure teachings of the Ahle Sunnah Wa Jamaah. He acted as a shield against those who wanted to assault the principles of the Ahle Sunnah Wa Jamaah.

A'la Hadrat ؒ breathed his last on Friday, the 26th Safar, 1340 A.H/ 28th October, 1921 A.D. and was buried at Bareilly (U.P., India). It was 2.38 p.m., the exact time of the Jumma Azaan.





BY MOULANA  
SHAH FAISAL  
KHAN SAHEB

**Q. What is the excellence of Eid?**

**A.** First of all we congratulate the general Ummah and readers of Al-Kausar especially on the arrival of the divine gift of Eid-ul-Fitr that Allah has bestowed upon us.

### ALLAH'S FAVOURS MUST BE REJOICED AND CELEBRATED

The glorious Quraan commands us to rejoice over the bounties and mercy of Allah: Say; "only Allah's grace and his mercy on it so let them rejoice". (Surah yunus 58)

The Holy month of Ramadaan is a month full of mercy, Forgiveness and Freedom from Hell. It is such a blessed and sacred month which the divine law was revealed in the form of the Holy Quraan for the betterment, reformation and the eternal salvation for the whole of humanity. It is a month in which every Muslims faith is tested therefore having found a perfect code of life in the form of the Holy Quraan, and succeeded in the exam of a whole month feeling and expressing happiness is a natural matter for a muslim. For this reason we have been given the opportunity to celebrate Eid-ul-Fitr immediately after the departure of this blessed month.

**Q. HOW SHOULD I PREPARE FOR THE DAY OF EID?**

**A.** The following are desirable acts.

- \* Cutting the hair according to the sunnah
- \* Cutting of the nails
- \* Having a bath
- \* Wearing new or cleaned clothes
- \* To apply fragrance (Itr)
- \* offering Fajr salaah in the masjid
- \* Before going to the Eidgah to eat some dates

in odd numbers such as 3, 5, and 7 etc...if nothing is eaten there is no sin

- \* Going to the Eid gah on one route and on returning on another route.
- \* Giving Sadaqah-tul-Fitr to the poor and needy
- \* Expressing happiness
- \* And many things like showing respect to all.

**Q. When must the 6 fasts of shawaal be kept?**

**A.** There are great virtues of keeping the 6 fasts after Eid.

### FAST THROUGHOUT THE YEAR

Sayyyidina Sawbaan ؓ narrates that the Prophet ﷺ said: "The one fasting 6 days after Eid-ul-Fitr (In shawaal) it is though he has fasted for the entire year, because whoever does one good deed gets 10 rewards". (Ibn-e-Majah)

By the grace of Allah through his beloved Prophet ﷺ how easy it is for us to earn rewards of fasting for an entire year. Every Muslim must take full advantage of this opportunity. The wisdom behind the reward of fasting for an entire year is that Allah bestows for him 10 times the reward; this is due to the mercy of Allah. Allah Ta'aala has said: "Whosoever brings one good deed, for him are 10 rewards". (Surah An'aam 6:160).

The above verse makes it clear that the fasts of Ramadaan are equivalent to 60 fasts. Therefore one will earn the reward of fasting the entire year.

Huzoor Sadrush Shariah wrote in his famous book Bahaar-e-Shariat: It is better to keep these 6 Fasts separately but there is no harm if one keeps it consecutively after Eid-ul-Fitr. A person can keep the 6 fasts on any day in the month of Shawaal besides on the day of Eid.

Eid ul Adha is a celebration of Haj and the sacrifice of Hazrat Ebrahim and Hazrat Ismail ؑ. Eid Meelad-un-Nabi ﷺ is the birthday of our Nabi ﷺ and obviously the greatest of all the Eids.



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# HAZRAT KHWAJA USMAN HAROONI

Khawaja Shaykh Usman Harooni Rahmatullahi alayh was born in small town called Harun, which is in the region of Khorasan which is in Iran. According to some, he was born in 526 AH [1131 CE] and according to others, he was born in 510 AH [1116 CE]. He was a Sayyad [descendent of the Prophet Muhammad] and also known by the names as Abu Noor and Abu Mansur. When he was rather young, he came in touch with an absorbed mystic [majzub] by the name of 'Chirk'. This association with 'Chirk' brought about a significant transformation in his life. As a result, the material world lost its charm for him and he decided to embrace a higher moral and spiritual life.

Khawaja Usman Harooni Rahmatullahi alaiih went to meet HADRAT HAJI SHAREEF AL ZINDANI Rahmatullahi alayh, a renowned mystic and saint of the Chishti Order, with a request to be enrolled as his spiritual disciple. Khawaja Haji Sharif Zindani Rahmatullahi alaiih found him to be a fit person and accepted the request, by placing a four-edged cap upon the head of Khawaja Usman Harooni Rahmatullahi alaiih. He then told him that the four-edged cap implied the following four things:

- \* First is the renunciation of this world;
- \* Second is the renunciation of the world hereafter;
- \* Third is the renunciation of the desires of the self;
- \* Fourth is the renunciation of everything other than God.

Khawaja Usman Harooni Rahmatullahi alayh spent over thirty years in the company of his murshid.

## Sad Demise:

Khawaja Usman Harooni Rahmatullahi alayh breathed his last on 5th of Shawaal in the year 617 AH [1220 CE]. His blessings are still invoked by thousands of people belonging to every strata of society and every school of thought. Whilst his shrine in Makkah has been destroyed by the Saudi Wahabbi government, there is also a symbol of his strength and source of his blessings at the Usmani Chilla at Ajmer Shareef.

## Messages and teachings:

According to Khawaja Usman Harooni Rahmatullahi alaiih, a great man is one who is endowed with virtues like contentment, sincerity, self-abnegation, self-sacrifice and above all, spirit of renunciation. He said that; 'the ego in a man was an enemy, as it did not allow him to think rationally, act wisely and live happily. He emphasised that unless a man loves human beings, it is impossible for him to love Allah'. His advice was simple and his message was as simple and that was "Live". To exist is one thing but to 'LIVE' another. To exist means to merely breathe, but to live means to keep the welfare of fellow beings uppermost in priority. To live a good life requires a serious effort on one's own part. No exterior agency, legislation or act can make the man a moral being. Inner discovery is very important.

To help his disciples live a better life, Khawaja Usman Harooni gave discourses at times to guide them towards a better path. Of his many teachings, prominent are:

\* Once the Friend becomes your friend, the whole universe becomes yours. Then it is necessary that you should become unmindful of everything else except the Friend,

should ever be with Him and should follow Him faithfully.

\* According to him, the faithful is one who keeps three things dear to his heart: mendicancy, illness and death.

\* It is best to not weep or wail in times of difficulty. In fact, according to the witness of Hadrat Abdullah Ansari Rahmatullahi alaiih, the Beloved Prophet Mohammed Peace and Blessings upon him & his family has laid down that the one who weeps and wails in times of trouble and tribulation invites the curse of Allah upon himself.

\* The one who feeds the hungry is dear to Allah. Allah fulfills a thousand wants and frees such a person from hell-fire.

\* He who gives food to a dervish becomes free from all sins.

## Kalam Of Hazrat Khuwaja Usman Al-Harooni Rahmatullahi alaiih

*Namee danam key akhir chun dam e deedar mi raqsam  
Magar nazam baen zoqey key peshey yar mi raqsam  
Biya jana tamasha kun key dar ambohey ja bazan  
Basad saman e ruswae sary bazar mi raqsam  
Khusha rindi key pama lash kunam sad parsae raa  
Zahey taqwa key maan ba jubba o dastar mi raqsam  
Tuwan qatil key az behrey tamashan khun e man rezee  
Manan bismil key zerey khanjar ey khun khar mi raqsam  
Manam Usman e Harooni wa yar e shaikh e mansooram  
Malamat mee kunad khalqey waman bardar mi raqsam*

I do not know why at last to have a longing look I  
dance,

But I feel proud of the fondness that before the Friend  
I dance.

Thou strikest the musical instrument and lo !  
everytime I dance,

In whatever way Thou causest me to dance, o Friend, I  
dance.

Come O Beloved ! see the spectacle that in the crowd  
of the intrepid and daring,

With a hundred ignomies in the heart of the market I  
dance.

Blessed is recklessness that I trample underfoot the  
very many acts of virtue,

Hail to piety that with the robe and the turban I dance.  
I am Usman e Harooni and a friend of Shaykh

Mansur,

They revile and rebuke and upon the gallows I dance.

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# SAVE THE CHANGES

During the Mubarak and beautiful month of Ramadaan many have navigated themselves to the Deen of Allah and have brought about substantial positive deeni changes. Now is a critical time to click on the right tab- Save those changes!

Nearly everyone in this age of modern technology has at some stage worked with a P.C. We have used it to draft documents, amend these documents, copied and pasted onto documents, used the 'undo' icon, edited documents, just to mention a few of the time saving operations that we find on this device.

After opening a document that we have worked upon previously and made the necessary changes and improvements a little box appears on the screen asking the question: Do you want to save the changes you have made to this document? You are then given the option of selecting the YES tab or the NO tab. Selecting the YES tab will give you the desired results while selecting the NO tab literally takes you back to square one. All the effort made in editing, improving and shaping the document becomes an exercise in futility.

Don't we all find ourselves in a similar predicament when the blessed month of Ramadaan passes us? Just think of your book of deeds like a document on your P.C. During the month of Ramadaan we have done amongst other things the following-

- \* Increased our Ibaadah and acts of charity;
- \* Took control of our feelings and emotion;
- \* Responded with compassion and sensitivity to the needs of other;
- \* Multiplied our good deeds;
- \* Repented: we have spent many hours on the Musallah begging for Allah's forgiveness for our sins, errors and transgressions.

The vital question that needs to be asked is :  
Do we want to save the changes that we have made in the month of Ramadaan? Are we going to press the YES tab or the No tab?

Pressing the YES tab will leave us with a new, improved version. A version of heightened spirituality, a version of righteousness, a version that is pleasing to our Creator. Pressing the NO tab will take us back to square one; back to our old habits before Ramadaan, back to the life of sin and immorality, back to a life of heedlessness and back to a life subjecting ourselves to the wrath of the Almighty.

How do we improve on this document; the document of our lives, the document of our deeds, the document that we are going to present to Allah the Almighty on the Day of Reckoning? Here are some hints: Copy and Paste from the life of our illustrious master Muhammad Sallallahu alayhi Wasallam.

Use the 'undo' icon by making Taubah immediately after any transgression as the Hadith states "The one who repents from sin is like one who has committed no sin at all"

There may not be a need to do a "spell check" but there is certainly a need to do a "sincerity check" and a "Shari'ah check"? Are we complying?

There may be files and folders that we want to keep while

there could be some others we would not even want others to know exist. Many of us begged Allah to "delete" our sins and dark deeds .We cried before Allah, shed tears of remorse and vowed not to commit those sins in future. Going back to the sins that we have asked Allah's forgiveness for would be like making a visit to the "recycle bin".

What about viruses? P.C. users are also very wary about e-mails they receive and the sites that they visit, fearing the admission of a virus that may pollute their system and cause it to malfunction. The environment and people who we associate with could adversely infect us! Why do we then subject our minds and thoughts to immoral sites and dens of vice which would pollute our moral system and cause us to malfunction? What anti-virus software have we installed to ward off the variety of Fitnahs that confront us everyday?

We need to install the right version of the anti-viruses. There is indeed only One version. Without delay install every Command of Allah and the Sunnah of Rasulullah ( Salallahu alaihe wassallam) onto our harddrives (lives). This will allow us to repel the attempts by shaytaan and other evil forces to infect our PC's(souls).

It's Now time to Run the Programs...

Begin By:

Connecting ourselves to the right network. When we need an I.T solution we go to I.T specialist. We also in our lives need to consult with Ulama and pious people so that we are connected to the right network!

Delete ALL harmful programs Permanently! Lets Repent over past evil deeds and make a firm niyyah (intention) NEVER to Redo those evil deeds.

Ensure that the service provider provides the installation guide for the following programs to be run on your PC:

Program 1:

Dawat (Inviting ourselves, families, communities and humanity towards Allah and help Allah's Deen by striving for it)

Program 2:

Taalim (Learning and teaching Deen)

Program 3:

Ibaadat-Worship ( Salaah, Haj, Umrah, Quran, Zikr, Dua and all other forms of Ibadat)

Program 4:

Khidmat- Acts of Charity ( All acts Charity including Zakaah especially helping the Ummah in whatever possible way)

Now lets connect ourselves to Deen of Islam and the Amaal (good actions) that takes place in our Musjids...as no one knows when his or her PC will crash(when we will die)! By performing Good Deeds we will have Permanently Backed Up our records in Jannah (Paradise). Be careful not to engage ourselves in Evil lest we Back-Up our evil deeds in Jahannam (Hell)

Fortunate is the person who has "saved the changes". Extremely unfortunate is the person who has made no changes as he /she has nothing to save.!

IMPORTANT: As we don't know the time when our PC will shut down ...Make those Change Now and more important.....Save it!



# PATIENCE- The Fruit of Sweetness

MOULANA NASIK AHMED BROOD

Patience is the state of endurance under difficult circumstances, which can mean persevering in the face of delay or provocation without acting on annoyance/anger in a negative way; or exhibiting forbearance when under strain, especially when faced with longer-term difficulties. Patience is the level of endurance one can take before negativity. It is also used to refer to the character trait of being steadfast.

As we human beings adjust to the ever-increasing speed of modern life, we often lose our patience, and in ways that would have been unimaginable even a few short decades ago. We sigh when forced to wait at ATMs, curse our computers for being so slow, etc. The good news is that patience is a mental skill, one that can be practiced and eventually mastered, even by the most impatient person. Impatience makes us lose our perspective, which hinders our power to create what we want and makes us vulnerable to attracting more of what we don't want. In addition, losing patience constitutes a misuse of spiritual power. Impatience also takes its toll on our bodies, because it generates stress, which elevates blood pressure and wreaks havoc with the body's internal organs and immune system. Lack of patience harms the social side of life too: it strains relationships, causes discord in group situations and sets a bad example. Moreover, impatience often produces haste which, we are told, makes waste. Patience, on the other hand, empowers us at all levels. Cultivating it requires the desire to change and a good strategy, as well as discernment and persistence. It has been said that "patience is the support of weakness and impatience is the ruin of strength". Thomas Hardy, an English novelist, has said: "Patience is the blending of moral courage with physical timidity." My learned teacher has always said that: "Patience is the companion of wisdom and impatience is the companion of irrationality."

Patience in Islam is one of the most valuable virtues of a Muslim. It is through patience that we are able to attain peace. Allah Almighty has mentioned in the Holy Quraan: "And seek help through patience and Salaah....." (S 2: V 45) In another verse of the Holy Quraan, Allah Almighty

has said: "And Allah Almighty loves those who are patient." (S 3: V 146) Allah Almighty has mentioned in many place in the Holy Quraan regarding the concept of patience and the reward for those who exercise patience. Allah Almighty says: "And give glad-tidings to those who are patient." (S 2: V155) The problem with the Muslim community in this day and age is that we consider patience to be bitter, but we do not realise that the fruit of patience is always sweet. The Holy Prophet (Sallallahu Alayhi Wa Sallam) has mentioned: "When something pleasing happens to a Muslim, he is grateful, and that is good for him; and when something displeasing happens to a Muslim, he is patient, and that is good for him." (Muslim) Hazrat Umar (Radiyallahu Anhu) once said: "We considered the best part of our lives to be that in which there was patience." If we look at the teachings of Islam we can see that patience is one the paths that takes people away from darkness and into the light. We can also understand the fact that patience is an attribute of morality which is superior to the daily behaviour of many people.

We should always remember that patience is such a moral virtue which should not change with circumstances or events. We ought to be patient in the face of difficulty by comprehending the Mercy and Blessings of Allah Almighty. True patience is therefore a feature peculiar to believers and an element of good moral values. We all are aware that animals keep patience when they are about to kill/attach their prey. Yet the most grieving part for us as human beings is that our morals of patience are far less than the animals. This is something which we need to reflect upon with immediate effect so that we can understand that patience needs to be exercised in order for us to reach a stage of serenity in our lives.

May Allah Almighty, through the Wasilah of Nabi (Sallallahu Alayhi Wa Sallam), grant us the strength and ability to imbibe and incorporate patience in our lives, Aameen!



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# LAXATIVES

BY HASINA BEGUM SAYED

## Overuse and abuse of laxatives

Taking more laxatives than recommended can lead to overuse and abuse. Many people may not realize they are taking too much. This can happen when a person does not have a good sense of what their normal bowel function is.

Abuse of laxatives is often done to lose weight. Approximately 4% of people abuse laxatives at some point, and as many as 7% of high school students abuse laxatives for weight loss. Laxative abuse creates a false sense of weight loss. Laxatives do not prevent weight gain and absorption of calories. They only remove water and electrolytes.

Overuse and abuse could lead to dependence. This happens when the body gets used to being on laxatives. The gut and bowel relax and become unable to move or hold the contents. The body can no longer produce a bowel movement without the help of laxatives.

## Potential problems

Laxative abuse can be dangerous. Diarrhea, nausea, and vomiting are potential side effects. Diarrhea causes too much water loss. This could lower the blood pressure, increase the heart rate, cause dizziness and fainting. Laxatives can also change levels of important minerals in your body. This can lead to kidney stones, heart and muscle problems.

## Not all laxatives are created equal

Each type of laxative works differently to empty the bowel.

- Laxatives that quickly produce a bowel movement, such as senna (Senokot) or bisacodyl (Dulcolax), are the most abused and dangerous. They stimulate the nerves in the colon. This causes the muscles of the intestines to contract and push down the contents of the bowel. Over time, the laxatives keep the colon empty. The colon cannot send a signal so that a normal bowel movement can occur. The muscles of the bowel become weakened because they are not being used. The body gradually gets used to needing laxatives to produce a bowel movement.

- The best treatment for constipation is food

high in fiber or laxatives that create a more bulky and softer stool.

## What to do if you feel constipated

Before using any laxatives, try these lifestyle changes:

- Drink at least eight 8-ounce glasses of water every day.
- Eat more foods high in fiber (fresh vegetables, fruits, whole grains).
- Exercise every day.
- Go to the bathroom when you feel the urge.
- See your doctor if you have been constipated for three or more days.

## Precautions

Be careful before taking laxatives:

- Laxatives can affect how other medications work. They can block or increase absorption of some medicines. For example, bulk laxatives can decrease levels of aspirin and warfarin. Certain medications should not be taken with laxatives at all.
- Some laxatives, such as mineral oil, are not suitable for children and the elderly. The oil droplets can be inhaled into the lungs and lead to a lung infection. Pregnant women should not take stimulant laxatives, such as senna. They can cause early labor.
- Get advice from a doctor or pharmacist before starting a new treatment.

Laxatives can help treat constipation when they are used correctly. If lifestyle changes do not help, then use a laxative that is safe. A pharmacist can guide you in picking out the right laxative. Pharmacists know the differences among all the products. This can save you from dangerous side effects and interactions.

Some fruits that help with constipation:

- Apricots
- Figs
- Papaya
- Peaches
- Pears
- Pineapple
- Prunes

Also try flaxseed, cereal, beans, carrots, green beans, squash

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# FROM EXCLUSIVE RAMADHAAN FOLLOWS MAGNIFICENT SHAWAAL

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

Oh Ramadhan, You left us now with no guarantee that we will see you again. You brightened up our souls & wipe us all our sins, you strengthened our faith & How Merciful is our Creator. Really it was a month of happiness as difficulties were seen but easily endured, as frustrations boiled up like hot charcoal but all Muslims were found to be patient and steadfastness, & those hopelessness minds becomes stronger to believe. With grace of Almighty Allah, we are fortunate to be guided through the month of Ramadhan.

Brethren in Islam we were indeed embraced with good behavior during the month of Ramadhan, so let not one go back to the negligent state, rather remain close to almighty Allah through the good acts of worship to Him. Since Ramadhan is over what's next? In this episode we must do what we always do best, to encourage one another in good doing, to keep our Masaajids lively in constant Salaats and abstaining from all types of sins.

Alhamdulillah we woke up to this Eid day morning, cheerful and being joyous with sane deepest impressions in our hearts. We are blessed on this month of Shawaal with its first day of Eidul-fitr celebrations then follow the six days of fasting. It is Sunnah to bath on this day and set up early for the Eid Salaah, our body and hearts cleansed from the purification process of fasting. We recite Takbeer on the route to the Eid Gah wearing our best clothes and as well as the one wearing the garment will be blessed. This is the day to observe our rewards from fasting and it is the day of sharing and remembering, as after its two Rakaat Salaah and Speech, we set to visit the graves of our beloved ones and most importantly visiting the graves of the Awwliyyallah and make Duaas to them. And most of all- this is done through with the obedience to Allah.

Greetings, greetings, greetings and congratulations, delighted with joy. Sayyiduna Jubayr Ibn Nufayr ؓ states. "When the Sahabaah of Rasoolullah ﷺ met one another they would say to each other. 'May Allah

accept (the worship) from us and from you'. This shows how important is this day to us all Muslims, again certain rules must be fulfilled pertaining to Sadaqatul Fitr and fasting in this month.

Abdullah bin Abass ؓ said that Nabi ﷺ made Sadaqatul Fitr compulsory on those who fast so that it may cleanse the fasting person from bad talk and obscene behavior committed during Ramadhan and also as a provision for the poor. And whosoever discharges it after Eid Salaah it will be merely regarded as an ordinary Sadaqah. (Ibn Majah). Rasoolullah ﷺ said : the fast remains suspended between heaven and earth until the fitra is paid' , so it is incumbent on us to pay Sadaqatul-fitra before its due time on every Muslim, male or female, free or slave, minor or adult. 'Oh Allah let every moment of our lives be in your obedience, everyday and in every night be means of getting closer to you, and let us be steadfast in our Emaan. Ameen!

In this month of Shawaal, Abu Ayub Ansari ؓ narrates that Nabi ﷺ said; 'whoever fasts during the month of Ramadhan and then fasts for 6 days in Shawaal, it is as though he has observed fast throughout the year.' (Muslim). According to Imam Hanifa ؒ it is better to keep them separately, however according to Imam Shafiee ؒ it is best to fast these 6 days consecutively. And this is how Islam had made easy on us.

The month of Ramadhan has guided us through, and now this further we go alone, our normal routine is coming back to us as our body will be confused but a little when it comes to eating timetable and how our stomach has swollen up but a little, and I believe guiding light of fasting will always help us to see along the avenues of life. May Allah Almighty always keep humbleness in our hearts, to be kind and patient towards one another. Greetings and congratulations to all Muslims with special wordings, joy of the Day.



# INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

New York, USA - Six thousand people are fleeing Syria every day as the conflict intensifies and merges with violence in neighbouring Iraq, United Nations officials have said. The High Commissioner for Refugees, Antonio Guterres, said that the organization had not seen a refugee outflow escalate at such a frightening rate since the Rwandan genocide almost 20 years ago.

Baghdad, IRAQ - Since the beginning of 2013, more than 2,700 people have been killed in Iraq, according to figures based on security and medical sources. Car bombs last week killed 78 people, just a day after a suicide bomber killed 20 people inside a crowded Sunni mosque north of the capital. Militants have attacked both Sunni and Shiite mosques in recent months, raising fears of a return to all-out sectarian conflict that has killed tens of thousands of people in past years.

Cairo, EGYPT - Protests in Egypt continued unabated as international pressure grew on the interim government to return Egypt to democracy and free President Mohamed Morsi who was ousted by the military and subsequently detained. Meanwhile, the United States secretary of state, John Kerry, said his government was concerned at political arrests in Egypt and called on the interim regime to protect people's rights.

Makkah, SAUDI ARABIA - To prevent the spread of Middle East Respiratory Syndrome Coronavirus (MERS-CoV), the elderly and those

suffering from chronic diseases will not get Haj visas this year, the Ministry of Health has announced. "This new rule will be applicable to the forthcoming Haj and the subsequent Umrah seasons," Health Ministry spokesman Khalid Al-Mirghalani said. He said Haj and Umrah visas will not be issued by Saudi missions to elderly pilgrims and those suffering from chronic diseases such as diabetes and other illnesses involving the heart, kidneys and the respiratory system. Others excluded are patients with immune deficiencies, terminal malignant diseases, pregnant women and children.

Trappes, FRANCE - Riot police patrolled suburbs west of Paris where 20 cars have been torched and a police station attacked amid tensions linked to France's ban on Muslim veils. The violence began after a group of residents gathered at the police station to protest the arrest of a man whose wife was ticketed on Thursday for wearing a face veil. The regional prosecutor said the husband tried to strangle the officer who was doing the ticketing. France has barred face veils since 2011.

Islamabad, PAKISTAN - Pakistan has voiced grave concerns after a copy of the Holy Qur'an was allegedly desecrated by security forces in the Indian-administered Kashmir. The incident has offended the people of Pakistan and Muslims across the world, foreign ministry spokesman Aizaz Ahmad Chaudhry said during a media briefing. He said the Indian

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government has promised to carry out investigation into the alleged act.

Riyadh, SAUDI ARABIA - A member of the Saudi Council of Senior Ulema has said that watching soap operas broadcast during Ramadan is not allowed under Islamic law. Ali Al-Hakmi said those who stay up at night to watch these programmes and lag behind in their prayers are "sinners" who should "repent and return to the straight path that leads to Allah, adding: "All such soaps are a waste of time, not to mention the Shariah violations they contain."

Makkah, SAUDI ARABIA - The new mataf bridge around the Holy Kaaba has been opened. Only disabled and elderly pilgrims will be allowed to use the circular bridge that can hold 7,000 wheelchair-borne pilgrims per hour. "Since the bridge would be set apart for weak, infirm and disabled pilgrims, the movement of able-bodied pilgrims below on the ground floor will become easier as that area will be free from wheelchairs that used to clutter an already crowded area," said Haj Ministry spokesman Hatim Qadi. A municipality official has said SR17 billion has been paid as compensation to property owners affected by the fourth expansion of the northern courtyard of the Grand Mosque in Makkah.



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# HOW MANY CHILDREN HAVE YOU GOT

BY FAIZEL KHAMKAR

In days gone by the question of “How many children do you have?” was used almost exclusively socially. It was normally answered with great pride as children were seen as either the wealth of the family or as a future support structure. Children were also seen as the betterment of the future of society. However in the present era this question has taken on a frightening political context through which members of society can be punished and criminalised. This political overtone is not something new and the example of Firhoun is a typical case. It appears as though this is a tool for the exclusive use of extreme dictators. The modern day argument against this classification of extremist at work will be to refer to the official policies of some of the Nordic countries. What cannot be argued against is the detrimental effect these policies have. Myanmar has now decided to join the list of those countries who have introduced this policy although on a selective basis.

The law to be introduced by the Myanmar government is to be applied only to the minority Muslim population of that country. A comparison can be drawn once more with Firhoun. The largest majority of Muslims in that country has its original roots from Bangladesh and have been denied citizenship in Myanmar. Bangladesh on the other hand has not recognised them as citizens of their country. They have therefore been classified as refugees resulting in this selective application of this specific law being justified and easier to defend. Morally there can be no justification irrespective of the arguments presented. There is no difference to making someone homeless and then legislating in such a manner as to aggravate the dire straits of such homeless people.

The lessons learned from both China and Denmark has proven that there are strong negative financial repercussions to such policy. The primary one being that as the population grows older more pressure is put on the younger generation who will have less manpower to produce the same. This then places a great burden of dependencies on to other

communities. If this is part of the hidden agenda then it can only be described as cruelty in one of its highest form.

The policy of limiting the Muslims to two children per couple will have the effect of theoretically having a zero growth rate of the Muslim population in Myanmar. However taking into account that there has been untold loss of lives in ethnic and xenophobic attacks on the Muslim population a trend which in all likelihood will continue because of covert government approval the population growth will show negative growth. Furthermore the progeny which would follow will not be in the exact ratio of one male to one female and this will further increase the negative growth rate. The reality of the position is that this is a subtle form of genocide.

The reasons forwarded for having to take such actions are the worn out phrases of creating better education, having more resources, et al. These reasons however can be discarded for the following reasons. Firstly it is applied selectively to an oppressed and marginalized minority and if there were sincerity in this imprudent reason then it should have applied to the entire population of Myanmar. Secondly it will have a negative financial effect as explained above.

The policy is a direct infringement of the right to privacy. The manner of its implementation has even caused alarm amongst various humanitarian organizations amongst who espouse the concept of fewer children. This should raise the awareness of the plight of the Muslims in Myanmar. The sad part is that there is muted condemnation from the Muslim world.

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