

Al Kausar

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عيد مبارك

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THE KING'S PLEASURE

Its Eid again! In a spirit of gratitude with feelings of happiness, let's say Takbeer and glorify our Rabb, our Sustainer and Protector. All praises for Allah.

This is a special day following a most glorified month. It is symbolic of the pattern established by the lordship of the Most Honourable King who tasks slaves with assignments bound to test their limits, but remains anxiously observant all the time with compassionate concern, offering kind words of encouragement and guidance.

"And certainly with hardship is ease. Certainly with hardship is ease!" (Quraan) "And the finale' (will be) better than the beginning." (Quraan) Consoling the slave and encouraging him, that there is relief and reward after every struggle.

In the case of all the Prophets (upon them all may there be Peace) were tests of faith and actions. There was forgiveness for Adam after a lifetime spent in repentance; deliverance for Noah after navigating his ark through atrocious floods; water (zam-zam) for Ismail and his determined mother Hajira, abandoned in the desert and dying of thirst; cure for Ayoub who patiently accepted his plight in the advancement of a repugnant disease that distanced his community from himself; reunion of a favourite son and his grieving father in Yaqub and Yusuf who were separated for a long time due to a cruel plot hatched by jealous brothers; and there

was isra and mi'raj for Muhammad (ﷺ) after suffering the loss of his dear ones combined with his own tribes incessant persecution causing him emotional and even physical pain.

Like the relief of Muzdalifa after the rigours and exacting efforts at Arafat, during Haj. Like the relief at the time of breaking fast (iftaar) after an enduring hunger and thirst. Fasting the full 30 days in the month of Ramadaan is one of the greater tests a muslim has to face.

Its relief is Eid. This day Allah is happy with the believers and is more happy when they actually do celebrate the day of Eid. In true joy, having accomplished the requests of Almighty Allah, the entire ummah of Muhammad Mustafa (ﷺ) rejoice, feasting and also dressing in their best clothes, greeting and embracing with people, offering sweets, presenting money and gifts.

Nobody should forfeit this opportunity to enjoy, to being happy, reflecting love and kindness, because this is at the behest of the King who has just granted a grand reprieve from a difficult task wanting furthermore to provide abundant provision for the festivities. And among the reasons it is called Eid-ul-Fitr is because of the Sadaqat-ul-Fitr tax commonly known as 'fitra' intended to help the poor to celebrate as well.

Eid Mubarak from Al-Kausar staff and supporters!

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HAZRAT UZAIR ﷺ

Ishaaq Ibn Bishr reported, on the authority of Ibn' Abbas and others, that Ezra was a saint and a wise man. He went out one day to his own farm, as was his custom. About noon he came to a deserted, ruined place and felt the heat. He entered the ruined town and dismounted his donkey, taking figs and grapes in his basket. He went under the shade of the khaiba tree and ate his food. Then he got up to look at what remained of the ruins. The people had long been lost, and he saw bones. "Oh! How will ALLAH ever bring it to life after its death?" (Ch 2:259 Quran)

He said this not out of doubt but out of curiosity. ALLAH sent the Angel of Death to take his life. He remained dead for 100 years. After 100 years had passed and there had been changes in Israelite affairs, ALLAH sent an angel upon Ezra to revive his heart and his eyes in order for him to feel and see how ALLAH revives the dead. The angel said: "For how long did you sleep?" He said: "A day or part of a day." He said this because he knew he had slept early in the afternoon and woke up late in the afternoon. The angel said: "You remained asleep for 100 years." He ate and drank the food which he had prepared before he was overtaken by that long sleep. Then the angel revived his donkey.

Almighty ALLAH said: "And look at your donkey! Thus We have made of you a sign for the people. Look at the bones, how We bring them together and clothe them with flesh." When this was clearly shown to him he said: "I know now that ALLAH is able to do all things." (Ch 2:259)

He rode on his donkey and entered his native place, but the people did not recognize him, nor did his household, except the maid, now an old woman. He asked her: "Is this the house of Ezra?" She said: "Yes, but the people have long forgotten Ezra." He said: "I am Ezra, ALLAH had taken my life for a 100 years and has now returned it to me." She said: "Ezra used to be answered when he prayed to ALLAH. Pray to cure me of blindness if you are Ezra." He prayed for

her and massaged her eyes and took her by the hand. "Get up by the power of ALLAH," he said. The crippled woman stood up and walked; she opened her eyes and saw; her blindness was gone. She said: "I bear witness that you are Ezra."

She rushed to the assembly of the Israelites. Ezra's son was 118 years old, and his children's children now were lords of the assembly. She called out to them saying: "This is Ezra come to you." They accused her of lying. She said: "I am your old maid. He has just prayed to ALLAH for me, and here I am whole again, walking and seeing." The people stood up and looked at him. His son said: "My father had a mark between his shoulders, a black mole," and they discovered it. They said: "None among us memorized the Torah since Nabuchadnezzar burned it, except Ezra; and there was only one copy of the Torah, which was hidden by Sarukha. He buried it in the days of Nabuchadnezzar in a place none but Ezra knows." Ezra led the people to the hidden place and took out that copy of the Torah. Its leaves had rotted, and the book itself crumpled.

Ezra sat under the shade of a tree surrounded by the children of Israel and copied out the Torah for them from that script. Henceforth, the Jews said that Ezra is the son of ALLAH, for 2 evidences which came down from Heaven and for his copying the torah and for his fighting the cause of the Israelites.

He had been copying the Torah for Ezekial in the land of darkness in the hermitage of Ezekiel. The village which was in ruins is said to be Sayrabadh.

Ibn Abbas commanded: "So it is as ALLAH said: "We have made of you a sign for the people." (Ch 2:259) That is, for the Israelites, in that he was sitting among his children, the old men, and he a youth. He died as a forty year old, and ALLAH resurrected him at the same age on the day of his death."





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EID-UL-FITR-THE FESTIVAL

The following is Mustahab on Eids day:

- * To trim the nails.
- * To have a bath.
- * To brush the teeth with a Miswaak.
- * To wear nice clothing - preferably new, if not, then freshly washed clothes.
- * To use attar (scent)
- * To perform the Fajr Salaah in the Musjid.
- * To pay the Fitra before the Eid Salaah.
- * To walk to the Eid gah or Musjid in one route and return on another.
- * To eat dates something sweet before going for Eid Salaah.
- * To express joy and donate generously.
- * To recite the Takbeer on route to the Eid Gah or Musjid.

اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ لَا إِلَهَ إِلَّا اللَّهُ
اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ اللَّهُ أَكْبَرُ
وَلِلَّهِ الْحَمْدُ

**Allahu Akbar Allahu Akbar Laailaaha Illallaahu
Wal Laahu Akbar Allahu Akbar Wa Lillahil Hamd**

"Allah is the greatest, Allah is the Greatest, there is none worthy of worship besides Allah and Allah is the greatest and to Allah belongs all praise."

THE EID SALAAH

The Eid Salaah is waajib upon every person on whom Jumma Salaah is waajib. There are only two Rakaats in the Eid Salaah. These two Rakaats are offered as an expression of thanks to the All Mighty Allah for giving us the strenght, courage and taufeeq to keep Fast, performing Taraweeh and I'tikaaf etc. during the Mubarak month of ramadaan. This is also where Allah rewards us for our Fast, patience and sacrifices.

NIYAH-INTENTION

Before beginning the Eid Salaah ensure that you have Wudhu. Say the Niyah as follows:

نَوَيْتُ أَنْ أَصَلِّيَ لِلَّهِ تَعَالَى رَكْعَتَيْنِ
مَعَ سَنَةِ تَكْبِيرَاتٍ صَلَوةَ عِيدِ الْفِطْرِ
أَقْدَمْتُ بِهَذَا الْإِمَامِ مُتَوَجِّهًا إِلَى
جِهَةِ الْكَعْبَةِ الشَّرِيفَةِ

**"Nawaytu an Usalliya Lillahi Ta'aala Rakataini
Ma'a Sittati Takbeeraati Salaata Eidil Fitri
Iqdadaitu Behazal Imaam Mutawajjihan Ila Jihatil
Ka'batish Sharifah"**

"O Allah I am performing two Rakaats Eid-ul-Fitr Salaah with six additional Takbeers for You, as a follower behind this Imam facing towards the Holy Kaabah."

METHOD OF THE EID SALAAH

After the Imam says the first Takbeer (Takbeer-e-Tahrima) recite Thanaa (Subhanakalla-humma). Thereafter the Imam will say three extra Takbeers, raising the hands to the ears with each takbeer, and releasing them to your side after the first and second extra Takbeers. Now, after the third extra Takbeer, fold and place your hand below the navel. The Imam will read Surah Fatiha and a Surah and complete the Rakaat in the usual manner.

In the second Rakaat after Surah Fatiha and the Surah, before going into Ruku, the Imam will say three extra Takbeers, raising your hands to the ear and releasing them to the sides each time. Thereafter the Imam will say Allahu Akbar and go into Ruku, complete the Salaah in the usual manner.

After the Salaah the Imam will make a Dua, and deliver a Khutba. There is no Azaan or Iqamah for Eid Salaah.

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HAZRAT UWAYS AL QARNI ﷺ

The great Saint Uways of Qaran! Was presented the blessed cloak of Rasulullah ﷺ on the Holy Prophet ﷺ's instruction. It is preserved in Istanbul, Turkey. He reached his Spiritual status due to obedience to his mother.

Uways ﷺ was from the village of Qaran, in Yemen. He had asked his mother's permission to visit Allah's Messenger, and she said: "You have my permission to go, see him once, and come straight back. If the Messenger is at home, you may meet with him; if not, come straight back here." Uways made a journey of three months on foot, from the Yemen to Madinah the Illuminated. When he reached Rasulullah ﷺ's house, he knocked on the door and Hazrath Aisha ﷺ, wife of the Chosen Prophet and Mother of the Believers opened the door. She told him that Rasulullah ﷺ was in the Masjid.

Uways ﷺ remembered his promise to his mother and replied: "Please convey my salaams to my Beloved Rasulullah ﷺ. Kindly inform him that Uways came from the Yemen, did not find him at home, and is returning to the Yemen, since he does not have permission from his mother to meet him in the mosque."

When the Rasulullah ﷺ came home from the mosque, he found the radiance of Uways in his house. Hazrath Aisha ﷺ told him what had happened, and conveyed Uways's salutations. His blessed eyes looked towards Yemen and the blessed Prophet said: "The fragrance of our friend is reaching us." The noble Companions asked: "If Uways is your friend, why did he not stay to see you?" Rasulullah ﷺ replied: "He complied with a promise given to his mother and he is serving her."

The Holy Prophet ﷺ said "Uways will come back to Madinah the Illuminated, to meet me, but we will not meet physically, for I shall then be united with my Lord"

Rasulullah ﷺ said that when Uways ﷺ came back to Madinah he was to be given his cloak, and asked to pray for the Community of Muhammad ﷺ. He also mentioned that a light was visible on one of Uways's

hands.

During Hazrath Umar ﷺ's Caliphate, a number of Yemenis visited Madinah the Illuminated and Hazrath Ali and Umar ﷺ approached them and enquired about the Saint, Uways ﷺ, from the village of Qaran. The Yemenis said they knew of no such saint, but they did point out that a camel herd from that village, who seldom mixed with other people, preferring to spend his time in worship, alone among the camels. Hazrath Ali and Umar ﷺ then approached Hazrath Uways ﷺ, greeted him, conveyed the greetings of the Messenger, and presented him with his blessed cloak. But he was reluctant to accept. "Surely there is some mistake!" he exclaimed, in his desire to hide himself. Seeing the light upon his hand, however, they cried: "You are the saint described to us by Allah's Messenger, for he told us about the light on your hand." They also reported to him the wish of the blessed Messenger that he should pray for the Community of Muhammad.

Hazrath Uways ﷺ rubbed the blessed cloak over his face and eyes and kissed it. Then he asked to be left alone. When he was alone he held the cloak and began to pray: "O Allah this cloak is the cloak of Your beloved Messenger. He has presented it to me, but I refuse to wear it unless You pardon the Community of Muhammad ﷺ." He then repeated his prayer in exactly the same words. As he was about to repeat his prayer a third time, Hazrath Ali and Umar ﷺ came beside him. He cried: "Oh, you came too soon! Upon my first supplication, Allah granted me forgiveness for one third of the Community; on my second, He forgave two-thirds of the Community. In my third request I was pleading for pardon for the entire Community of Muhammad - then you came along!"

As with people in every age, the Yemenis were unaware of the presence in their midst of such a saint, whose prayers were accepted. They imagined him to be an ordinary camel herd. The Friends of Allah, do not seek fame, and as such hide themselves away from other people.



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RAMADAAN-UL-MUBARAK

BY MOULANA SHAH FAISAL KHAN QADRI



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 (litr)
- * 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'ala 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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"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 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 alaihim 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 alaihim 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 alaihim. 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 alaihim, 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 alaihim, 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 alaihim

*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 ruswaee sarey 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.

For The Esaale Sawaab of:

My Peer-o-Murshid

1.) Al Haj Goolam Mustapha R.A.

2.) Baba Qasim Faridi R.A.

3.) Hazrat Syed Choteh Bawa R.A.

4.) Hazrat Syed Naseer Bawa R.A.

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LIFE IS ABOUT CHOICES!

Life is about choices...Some we are proud of while others we may regret. We are human and not perfect and how often we make decisions we desperately wish could be undone? To overcome, learn and move forward requires Allah Ta'ala's help and lots of courage.

There was a husband who woke up early in the morning and found his wife praying for him. He stared at her. For the past few months, they have been arguing. During the past days, she hasn't been cooking for him. But this morning he got a shock. He found breakfast already set at the table. He ate. He went back to the bedroom, to prepare for a shower.

"Assalamualaykum. Have a blessed day" she said as she entered the bedroom and he left for the bathroom. After his shower, all dressed up for work; he found his wife at the kitchen, eating breakfast in peace. She was looking at some funny messages on her phone and giggling. He looked at her then walked out the door. The last look he had of her before he left was of her at peace.

That last look disturbed him. This is not how she should be. This is not how she has been. He has been hurting her, she has recently found out that he has been flirting with other women; he has cheated once and used money meant for their family on other women. She should be angry. Her peaceful demeanor disturbed him.

Evening came. He went home and met his peaceful wife again. She was cooking and laughing with their children. She had come from work two hours ago. The dinner was enjoyable. Good food, she having warm conversations with the children. He as the father felt left out. His wife and children seemed to be having fun despite him hurting them.

After dinner, she cleared the table, then played and prayed with the children and put them to bed. He approached her. "Are you OK?" he asked her. "I am more than OK. I am blessed" She answered. "Are you not mad at me? After all that I am doing and have done wrong?" he asked.

She placed the washed plate in the rack then looked at him and said, "I asked myself, what is the most important relationship in my life? The one I have with you or the one with Allah Ta'ala? And I realized it is the one with Allah Ta'ala. I live for Allah Ta'ala, not for you. Marrying you was a blessing but it is not all there is in life. Allah Ta'ala has blessed me with life and I will not waste it crying because of the hurt you cause me to feel"

She picked up a dirty glass and began washing it. "I realized I had given you too much power... Yes, you are my husband, the closest human being in my life and the human being I love the most; but you are not my Creator. You have failed me but Allah Ta'ala never fails me. I will not let you ruin my joy, my peace and my progress. You may break our marriage if you want to, but I will hold on to Allah Ta'ala. and as I hold on to Allah Ta'ala, I will be full of joy despite what you do" She said rinsing the glass.

She looked at him and continued, "When you hurt me and disrespected me, I realized I was acting out like a woman who has no connection with her Creator. I got mad and hurled insults, I wanted to revenge and I allowed you to ruin me day after day. My performance at work went down, I talked less to our children, I became bitter to the children, I felt sorry for myself, I developed ulcers and then I realized, I have Allah Ta'ala, I shouldn't act like someone with no relationship with his Creator.

Why should I be hopeless yet Allah Ta'ala is with me? I had focused so much on you that I forgot about Allah Ta'ala. When you found me, I had Allah Ta'ala. We got married and I let everything be about you because I wanted to make our marriage work. Our marriage became the idol I worship instead of the blessing I have in Allah Ta'ala. Our marriage is falling apart because of you but my relationship with Allah Ta'ala is still intact"

She scrubbed the pot. "You have chosen to abandon our marriage but that doesn't mean my whole world has collapsed. I will still continue being a good mother to our children. They will never say the problems between mom and dad, made mom a monster. You do as you please with other women, I will raise our children."

She looked at him and told him, "Do I hate you? No, it will be a lie to say I hate you. You are the man I married, the one I vowed to, the one I love"

Tears fell down her cheeks. She wiped them. "I can't just cancel all the years we have been together.

The Quran and the Messenger of Allah (peace be upon him) asks us to love our enemies. If I am able to love my enemies, surely I can still love you despite all you have done. I am angry and disappointed, but I have taken my power back. I live for Allah Ta'ala, who has exceedingly blessed me, and do not live for you and the pain you cause"

She wiped her wet hands, took the apron from her body and told him, "In my peace, I am planning on where the children and I will move to. Since you have chosen to have an affair, you have shown clearly that you don't need us. So we will not make your life uncomfortable by forcing you to live with us. You need to be able to bring the woman you are cheating with to your own house and establish a clean relationship. I am working on something. I came into this house in peace and I will leave in peace. You will not kill my smile and destroy my dreams"

She walked to the bedroom and minutes later he followed her to the bedroom. He found her peacefully asleep.

He nudged her. He woke her up and said, "Please don't go, don't move out. I will hurt you no more, I will cheat no more. I am not OK. I want the peace you have. I want to be the kind of partner and husband you are as a wife."

In good faith she believed his regret and accepted his apology. Since that day, he has been a reformed man. No more affairs, no more hurting her, no flirting with other women, or endless fights.

She didn't move out. She and the children stayed. He regretted, repented and submitted to Allah Ta'ala and learned how to be a good husband.

Love is powerful enough to humble the proudest. Do not brood over your past mistakes and failures as this will only fill your mind with grief, regret and depression. At the same time make a concerted effort never to repeat them in the future.

Make a habit of forgiving, repenting and regretting. The more you let go the higher you will rise. Happiness eludes those who do not appreciate what they already have!

And finally.... "Put Allah Ta'ala first and you will never be last"

Regime Change in Qatar may be on the Cards

BY IBRAHIM VAWDA

The Media Review Network is concerned that claims by the Saudi Arabian Government that Qatar is a sponsor of terrorism and that it is also cosyng up to Iran. This seems to have been the initial salvo aimed at the Qatari regime so as to isolate the country from the Arab League. The Emir of Qatar, Tamim bin Hamad Al Thani, was issued with an ultimatum: Iran or Us. He was also reminded of the fate of Muhammed Morsi of Egypt, who was overthrown in a US/Israel/Saudi sponsored military coup and who is languishing in an Egyptian jail.

Donald Trump had barely left Riyadh when the governments of Saudi Arabia and the United Arab Emirates launched a well-coordinated diplomatic and media assault on their neighbour, attributing false statements to its ruler, banning its news outlets, and accusing Qatar's government of supporting "terrorism".

However nobody seems to know who are the terrorists.

The open-ended and capacious view of "terrorism", shared by the US and her allies, including the Saudis, Emiratis, Egypt and Bahrain, effectively includes any group or party opposed to authoritarianism or occupation, irrespective of whether they engage in actual violence.

It appears the plan to topple a fellow member of the Gulf Cooperation Council (GCC) has been in the pipeline for some time. The Question is "WHY".

The counter- revolutionary forces against the Arab Spring have not been very successful. Egypt, under coup leader Al Sisi, has not been stable after billions of dollars spent on the illegitimate government, Libya has three governments fighting for power to rule and the Houthi's are still in control of the capital Sana'a in Yemen.

Deputy Crown Prince, Muhammed bin Salman (Saudi Arabia) and Crown Prince Muhammed bin Zayed (Abu Dhabi) have their own private battles to deal with, within the royal circles in their respective

countries. They hope to enhance their political positions by demonising the Qatari regime and coupling their band wagon to the Donald Trump train. Toppling the Qatar regime would suit their agenda. They also hope that these strong-arm tactics would send a message, internally as well as externally, that dissension will not be tolerated.

All the Arab countries are firmly stuck in the colonial era. The rulers pay for their protection. The natural resources of these countries are drained to the tune of billions of dollars to purchase US/Israel manufactured military hardware. This money serves to sustain the military industrial complex in the western economies, while the locals remain unemployed, uneducated and poor.

For Israel to remain the dominant force in the region, regime change in Syria, must be realised. To this end, Iran cannot be allowed to establish itself as powerful neighbour in the region. The support of the US, Western Europe and Israel is critical to the very existence of these Arab puppet regimes. The efforts to destabilise Iran has now begun in earnest.

THE FASTS OF SHAWWAAL

Hazrat Abu Ayyub ؓ reported that Rasullullah ﷺ said : *"If anyone who has kept the fasts in Ramadhaan, follows them up with six(optional) fasts of Shawwaal then (he will get reward for the fasts of a year but if he does that always) it is as if he fasted all his life. (Muslim)*

Hazrat Sauban ؓ reported that Rasullullah ﷺ has said that: *"Joining six days of the fasts of shawwaal is equal to the fast of the whole year. Each good act is equal to ten such acts."* (Ibn Majah, Nasai)

It means that the reward of each good deed is atleast multiplied ten times. Therefore, thirty days of the fasts of Ramadhaan is thus equal to three hundred days and the six days of Shawwaal is equal to sixty. Thus, making the total of three hundred and sixty, which is the number of days in the lunar Islamic year.



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LESSONS FOR YOU ...

BY YASMIN OMAR

The month of infinite mercies has rushed by, once again. I hope that all of you have taken full advantage of scoring bonus points for the Aakhirah. This month was just an example of how you should be spending your life.

I hope that it has instilled in you a deep sense of Allah consciousness. Be appreciative of your life and what Allah has provided for you. Do not be ungrateful and demand what your friends have. Some of your parents may not be able to afford to buy you certain things. Do not put undue pressure on them. Be grateful for what they can do for you, it may be more than others' can expect.

Ramadhan has taught you to keep away from social ills, and to spend more time in ibaadath, continue with it. It will be your guiding light and, everything else will be much easier for you. If you show Allah Ta'ala that you have time for Him, surely He would also give you due consideration.

Involve yourself in helping others. Research has shown that in helping others, it is more rewarding for the one that is giving. So spend your extra time offering your help to those organizations that may need it.

Be kind to those around you, don't be abrasive and harsh in your speech. We tend to hurt those that are the closest to us - the ones we need the most. Do not get into a situation where your harsh words result in the ending of a valuable relationship.

Do things in moderation, especially when it comes to consuming food. Fasting has allowed your body to rest; do not now bombard it with excessive amounts of unhealthy food and drinks.

Remember, even the youth have to keep in mind that tomorrow is not guaranteed it may be your last day in this duniyah. You should not fool yourself with the

false hope that you will have enough time to mend your ways when you are older. None of us know how many more years we have in this world. So, saying that you would change your lifestyle when you are 25 or 40 is foolish!

If you inculcate good habits now, it only becomes easier as you grow older. So give yourself a head start in your religious outlook.

Become an example for other individuals. Show your love and pride for your Dheen, so that other individuals would also want to emulate you. If certain friends choose to exclude you, remember that they should not be considered as worthy friends. I know that to many of you, your friend is the most important individual in your life. But, you should always put your Dheen first; friends can be replaced.

If you keep reminding yourself that this world is temporary, and that everything that you experience in it, is only a test you will find that upholding this new you will be easy.

Our time on this Earth is quite short, when you compare it to an eternity in the after life. So, it would be rather foolish of you to waste the opportunities presented to you. The opportunity to secure Jannah!

Don't be a fool! Don't wait around for others to take the first step!

Take a decision now to lead a more spiritual lifestyle and influence those around you to do so. The rewards are innumerable!

Insha Allah, it will be easy for you!

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LOOKING AFTER YOUR KIDNEYS

COMPILED BY HASINA BEGUM SAYED

What can you do for your kidneys?

Kidney diseases are silent killers, which will largely affect your quality of life. There are however several easy ways to reduce the risk of developing kidney disease.

Keep fit and active

Keeping fit helps to reduce your blood pressure and therefore reduces the risk of Chronic Kidney Disease.

Keep regular control of your blood sugar level
About half of people who have diabetes develop kidney damage, so it is important for people with diabetes to have regular tests to check their kidney functions. Kidney damage from diabetes can be reduced or prevented if detected early. It is important to keep control of blood sugar levels with the help of doctors or pharmacists, who are always happy to help.

Monitor your blood pressure

Although many people may be aware that high blood pressure can lead to a stroke or heart attack, few know that it is also the most common cause of kidney damage.

Eat healthy and keep your weight in check

This can help prevent diabetes, heart disease and other conditions associated with Chronic Kidney Disease. Reduce your salt intake. In order to reduce your salt intake, try and limit the amount of processed and restaurant food and do not add salt to food. It will be easier to control your intake if you prepare the food yourself with fresh ingredients.

Maintain a healthy fluid intake

Although clinical studies have not reached an agreement on the ideal quantity of water and other fluids we should consume daily to maintain good health, traditional wisdom has long suggested drinking 1.5 to 2 litres (3 to 4 pints) of water per day. Consuming plenty of fluid helps the kidneys clear sodium, urea and toxins from the body which, in turn, results in a "significantly lower risk" of developing chronic kidney disease. It's important to keep in mind that the right level of fluid intake for any individual depends on many factors including gender, exercise, climate, health conditions, pregnancy and breast feeding. In addition, people who have already had a kidney stone are advised to drink 2 to 3 litres of water daily to lessen the risk of forming a new stone.

Do not smoke

Smoking slows the flow of blood to the kidneys. When less blood reaches the kidneys, it impairs their ability to function properly. Smoking also increases the risk of kidney cancer by about 50 percent.

Do not take over-the-counter pills on a regular basis
Common drugs such non-steroidal anti-inflammatory drugs like ibuprofen are known to cause kidney damage and disease if taken regularly.

Side Effects

1. Using painkillers for a long duration of time. Long-term use of certain pain medications, especially at high doses, has a harmful effect on

kidney tissue and structures. Both over-the-counter and prescription pain medications can damage and reduce blood flow to the kidneys. Non-Steroidal Anti-Inflammatory Drugs (NSAIDs) are a main culprit. As many as 1 to 3 percent of new cases of chronic kidney failure each year may be caused by pain medication overuse.

2. **Smoking cigarettes.** The ramifications of smoking on the lungs and heart are well-publicized, but studies also show that people who smoke are more likely to have protein in the urine, which is a sign of kidney damage. Diseases that affect the kidneys, such as diabetes and high blood pressure, are also exacerbated by smoking, and smokers are more likely to need dialysis or kidney transplants.

3. **Eating and drinking lots of sugar.** It's probably pretty obvious that your morning doughnut and the candy bowl on your desk are overloaded with sugar, but sugar can be hiding in some surprising places. For example, it can lurk in your sandwich bread and even your salad dressing. Too much sugar can lead to health problems such as diabetes and obesity, both risk factors for kidney disease. Eliminating sugar from your diet or reducing your sugar intake can reduce your risk for diabetes, obesity and kidney disease. If you cut back on the processed sugars, you're also likely to lose calories, chemicals and sodium. Your waistline and your kidneys will thank you.

4. **Exposure to contrast dyes commonly used in imaging.** It's important to make sure your physicians check your kidney function before you undergo any radiology procedures, such as CT scans, certain X-rays and angiograms. The dyes they must inject into your body to complete these tests can cause serious kidney problems, including Acute Kidney Injury or AKI. AKI results in an abrupt decrease in kidney function and occurs in up to 20 percent of all hospitalized patients and over 45 percent of patients in a critical care setting. Discuss any concerns you may have with your doctor before undergoing a procedure.

5. **Consuming high-sodium foods.** Large quantities of sodium can increase blood pressure levels. High blood pressure damages the kidneys over time and is a leading cause of kidney failure. The typical American diet has been estimated to contain about 3,300 mg of sodium per day, a figure substantially higher than the 2,300 mg daily maximum (about a teaspoon of salt) recommended by the government for healthy adults. The figure drops to 1,500 mg each day for those with health conditions such as high blood pressure or kidney disease. Start by cutting back on processed foods and resisting the urge to pick up the salt shaker. Another way to lower your dietary salt intake is by following the DASH Diet. DASH is an acronym for the Dietary Approaches to Stop Hypertension. A high salt intake coupled with obesity is a recipe for disaster. This combination is particularly potent at speeding the complications of high blood pressure, heart disease and kidney disease.

FALLING ON YOUR OWN SWORD

BY FAIZEL KHAMKAR

With the partitioning of the Arabian Peninsula by the British government to entrench their nefarious agendas and satisfy the Zionist aspiration a number of states were created to ensure control over the region. These weakened states were not supposed to create any ripples to the desires of the modern day neo colonialist. These states were illegally put in place and the papering over this reality by giving recognition to your own illegitimate child does not change the status. The media played their part as it still does by moving the focus away from this reality.

The first ripple appeared in the 1970's with the so called oil crisis. This problem was eliminated by a simple threat of freezing all the ill gotten assets of these puppet despots which was hidden in investments in the controlling countries. This however brought about a realization of the power that was hidden in the natural resources at their disposal. This realization must surely be the reason for the desire to be the regional power taking into account their illegal ascension. The problem of Iran however arose who had similar desires for regional power. It was at this time that the Salafis started aggressively pushing their distorted view of Islam. This suited their masters who were the engineers of this philosophy. When their views and desires were challenged a strong alliance was formed called the Gulf Cooperation Council (GCC). The Arab League effectively now took a back seat. They now felt less threatened in pursuing their agendas. The desire to control the region then took a turn by using religion as the smokescreen and this was masterfully manipulated by the media. With both side of the divide so emerged in pursuing their goals their eyes were never focused on the agendas of their masters who had created an unstable environment in the region that they intent to control, using their own agendas to work against them.

This aggressive military drive for regional power in effect is a path to self destruction. In pursuing these goals and manipulated by the liberals Saudi Arabia has now cut off all ties with Qatar. The question is who gains from this action. This was followed by threats of war. The Arab league once more proved that it is no more symbolic than the commonwealth nations as no

initiative is being instituted by them.

Most of the recent wars were fueled by the desire to control the gas reserves to overcome dependency on oil and therefore weaken the Middle Eastern Countries financial stronghold. Qatar is the largest in LNG (Line Natural Gas) supplier in the world followed by Australia. Having prudently used this wealth it has made its citizens the most well of nation in the region and at the same time has made the country effectively free from international financial bondage. Even though this has positive effects for the region it does not sit well with the capitalist who control the Saudis. With the LNG falling into American hands they will become the dominant force in the world and will have a strong influence over China who are the largest beneficiaries of Qatari gas and against whom the Americans are already engaged in a trade war with. Would this be seen as part payment for the new arms deal between the Saudis and Trump?

The ten demands made by Saudi to Qatar which if not met would result in an armed conflict is in reality a wish list of the Zionists. These demands do not justify a threat to go to war by any standard of international law (if such a concept exists). At best it can only be described as a cheap pretext to wage a proxy war. Such a war would further the financial bondage of the Saudis and their precarious position will only be increased by deals such as the arms deal to be used against its "own family". Countries such as China and/or other countries will be looking to secure their interest and the arm conflict can escalate to the level of Syria creating instability in the region which in the long term will negatively affect Saudi. In a process which can be seen to isolate Saudi by immunization of countries around it the Saud family will end being an easy meal for their masters. Interestingly Egypt's involvement hints that all is not well on home soil. The position of instability and anarchy cannot be overlooked. A dreadful scenario which we pray will not happen.

Food for Thought

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the more it will become your automatic
response to others"

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INTERNATIONAL NEWS FOCUS

BY FAKIR HASSEN

Tehran, IRAN - Two simultaneous terrorist attacks, claimed by the ISIS group, struck Iran's parliament and the mausoleum of revolutionary leader Ayatollah Khomeini, leaving 17 people dead and many more injured. It was the first attack in Iran claimed by ISIS, and prompted a war of words between US President Donald Trump and Iran, which denounced Trump's reaction to the attacks. Trump had earlier said that Iran was "reaping what it sows." Trump said the US would "grieve and pray" for the victims, but added: "We underscore that states that sponsor terrorism risk falling victim to the evil they promote." That was condemned by the Iranian foreign minister, Mohammad Javad Zarif, who tweeted: "Repugnant WH (White House) statement ... as Iranians counter terror backed by US clients."

Cairo, EGYPT - As the crisis around the isolation of Qatar by its sister Arab nations continued, Arab League Secretary General Ahmed Aboul-Gheit declared his support for the mediation efforts by Emir of Kuwait Sheikh Sabah Al-Ahmad Al-Jaber Al-Sabah to deal with the cutting diplomatic ties with Qatar. South Africa and French leader Macron have also joined the call for a mediated settlement after Qatar was accused of funding terrorists' activities, something the wealthy state has denied. The issue has split nations across the globe as US President Donald Trump claimed credit for the sanctions, labelling Qatar a "funder of terrorism". Qatar

said that its foreign policy would not be dictated by Gulf nations. Turkish President Tayyip Erdogan denounced the isolation of Qatar by neighbouring states as a violation of Islamic values and tantamount to a "death penalty" against the state. Russia has said that the Gulf conflict is counterproductive to fighting terrorism and finding a Syrian settlement.

London, UK - British Muslims handed out flowers on London Bridge as a symbol of love in the wake of the terror attack at Borough Market. Some 3 000 roses were given to people in a demonstration of solidarity following the van and knife rampage that left eight people dead and dozens injured. Earlier, Metropolitan Police Commissioner Cressida Dick said the terror attacks in London had affected Muslims in the same manner as all other citizens of the city and terrorists do not discriminate between Muslims and non-Muslims in their attacks. Muslim Imams and religious leaders condemned the terror attacks and urged fellow Imams to refuse to perform funeral prayers for the terrorists.

Oslo, NORWAY - The Scandinavian nation has become the latest European country to ban wearing burqas and niqab in kindergartens, schools, universities and public transport. France, the Netherlands, Belgium, Bulgaria and the German state of Bavaria have all imposed restrictions on wearing full-face veils in public places. Acting Minister of

Immigration and Integration Per Sandberg said employees who insist on wearing a veil would risk losing their jobs, and students could face expulsion from university.

Washington, USA - The Council on American-Islamic Relations welcomed a unanimous ruling by the three-judge 9th US Circuit Court of Appeals upholding an earlier decision by a federal judge in Hawaii to block President Donald Trump's revised "Muslim ban" executive order. National Litigation Director of the organisation Lena Mari said this decision and the previous rulings in different courts outlined a clear path that the Supreme Court should follow.

Xinjiang, CHINA - Muslim children in China's Xinjiang region must drop names deemed to be "overly religious" under a new policy in the atheist Communist country. The region's officials announced in April a list of banned baby names, including Islam, Qur'an, Makkah, Jihad, Imam, Saddam, Hajj, and Madinah. Muslims in Xinjiang mainly belong to the Uyghur population, a Turkic ethnic group that has experienced years of tension with the Chinese government.

Kuala Lumpur, MALAYSIA - Although Muslims make up only 60 percent of the population, Malaysia now ranks first on a global list of Muslim-friendly tourist destinations. The government's dedicated Islamic Tourism Centre says the country of 30 million now receives about 5 million Muslim tourists a year.

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