

# WITHOUT RELIGION, MAN IS LOST

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### ISLAMIC KNOWLEDGE

When the true purpose of religion is carefully examined, it will be found that religion satisfies the spiritual and moderate material needs of man. It unties his psychological knots and complexes, sublimates his instincts and aspirations, in the course of his life. It improves his knowledge of Allah- the most exalted truth in the Universe, and of his own self.

It teaches man about the blessings of life and the nature of man, and how to treat man.

It helps purify the souls from evil, clears the mind from doubts, strengthens the character and corrects the thinking and convictions of man. All this can be achieved only when man faithfully observes the spiritual duties introduced by religion.

On the other hand, true religion educates man and trains him, in hope and patience, in truthfulness and honesty, in love for the right and good, in courage and endurance, all of which are required for the mastery of the great art of living.

Moreover, true religion insures man against fears and spiritual losses, and assures him of Allah's aid and unbreakable alliance. It provides man with peace and security and makes his life meaningful.

That is what true religion can do for humanity, and that in the concept of religion is Islam. Any religion which fails to bear these fruits is not Islam or rather is not religion at all, and any man who fails to draw these benefits from religion is not religious or Allah-minded, as one should be.

## Remedy of the Month

From the galaxy of Sahabah, Hadhrat Bilal R.A. was best known as the moazzin of the Prophet's masjid. He was an Abyssinian slave of a disbeliever in Makkah. His conversion to Islam was naturally, not liked by his master and he was therefore, persecuted mercilessly. Umayyah bin Khalaf, who was the worst enemy of Islam would make him lie down on the burning sand at midday and would place a heavy stone on his breast, so that he could not even move a limb. He would then say to him: "Renounce Islam or swelter and die."

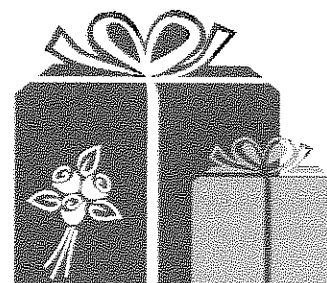
Even under these afflictions, Bilal R.A. would exclaim: "Ahad" - The One (Allah). "Ahad" - The One

(Allah).

He was whipped at night and with the cuts thus received, made to lie on the burning ground during the day to make him either forsake Islam or to die a lingering death from wounds. The torturers would get tired and take turns (Abu Jahl, Umayyah and others) and vie with one another in afflicting more and more painful punishment, but Hadhrat Bilal R.A. would not yield. At last Abu Bakr R.A. bought his freedom, and he became a free Muslim.

As Islam taught implicitly the oneness of the Almighty Creator, while the idolaters of Makkah believed in many gods and

goddesses with many godlings, therefore Bilal R.A. repeated: "Ahad (The One), Ahad (The One)." This shows his love and devotion to Allah. Allah was so dear to him that no amount of persecution could distract him from reciting His Holy name. It is said that the urchins of Makkah would drag him in the streets, with the words "Ahad!, Ahad!" ringing in their wake.





Recipes

## Prophet (saw) favourite foods

In our previous editions we have learnt that our Prophet (S.A.W) liked to eat meat. It has been reported by Hazrat Abu Darda R.A, that our Prophet (S.A.W) never refused the gift of meat by anyone and neither did he refuse dinner invitations of meat. The recipe that I will be giving you is very delicious. The recipe has a long process, but I promise you that it is worth it.

### Fried Lamb Meat.

(any parts of lamb meat can be used but the best part for this recipe is the leg meat)

#### Ingredients:

- 1 kilo Lamb
- 2 tsp Salt
- 2 tsp Chilli Powder
- 4 tblsp Vinegar
- 1 tsp Garlic
- 1 tsp Chilli Flakes
- 2 tblsp Tomato Puree
- 2 tblsp Lemon Juice
- Oil
- 1 Green Pepper
- 1 Onion

#### Method:

Make a paste using 1tsp salt, 1tsp chilli powder, garlic and vinegar and marinate the meat in the paste. Leave overnight and then steam for 1½ hour. Then remove the meat from the pot and fry in some oil. Place the meat in an oven dish. In the rest of the oil put the remaining salt, chilli powder, chilli flakes, tomato puree and lemon juice. Cook all this on a high gas for 2 minutes then add some of the stock from the steamed lamb and cook for a further 2-3 minutes. Pour the sauce over the lamb and slice the onion and pepper and decorate it over the lamb and cook in the oven for 10-15 minutes.

Serve with steamed vegetables and soute potatoes.

Sahabiyaat: Female Companions of the Prophet (saw)

## Juwayriyya bint al-Harith

Juwayriyya bint Harith, may Allah be pleased was married to the Prophet Muhammad, (P.B.U.H), in 5 AH, when the Prophet was fifty-eight years old and as a result of the Muslims' successful campaign against the Banu Mustaliq who were swiftly defeated after the Prophet's surprise attack.

Among the captives taken in this campaign was the beautiful Juwayriyya, the daughter of al-Harith, who was the chief of the Banu Mustaliq. She was afraid that once the Muslims realised who she was, they would demand an exorbitant ransom for her safe release. After the Muslims had returned to Madina with their booty and prisoners, she demanded to see the Prophet Muhammad (P.B.U.H), hoping that he would help to prevent what she feared.

But she persisted, and eventually she was permitted to see the Prophet (P.B.U.H), and was taken to him while he was with 'A'isha. After she had finished speaking, the Prophet (P.B.U.H) thought for a moment, may Allah bless him and grant him peace, and he said, "Shall I tell you what would be better than this?"

He (P.B.U.H) then asked her to marry him, and she immediately accepted. Although Juwayriyya was beautiful and of noble lineage, the Prophet Muhammad (P.B.U.H) was thinking of how to save her and all her tribe from an ignoble fate. By marrying Juwayriyya, the Banu Mustaliq would be able to enter Islam with honour, and with the humiliation of their recent defeat removed, so that it would no longer be felt necessary by them to embark on a war of vengeance that would have to continue until one of the two parties had been annihilated.

As soon as the marriage was announced, all the booty that had been taken from the Banu

Mustaliq was returned, and all the captives were set free, for they were now the 'in-laws' of the Prophet Muhammad (P.B.U.H). Thus 'A'isha once said of Juwayriyya. "I know of no woman who was more of a blessing to her people than Juwayriyya bint al-Harith."

After they were married, the Prophet (P.B.U.H) changed her name from Barra to Juwayriyya.

It has been related by Juwayriyya that early one morning the Messenger of Allah left her room while she was doing the dawn prayer. He returned later that morning and she was still sitting in the same place. "Have you been sitting in the same place since I left you?" he asked.

"Yes," she replied.

Whereupon the Prophet (P.B.U.H) said, "I recited four phrases three times after I left you, and if these were to be weighed against what you have been reciting since dawn, they would still outweigh them. They are:

سُبْحَانَ اللَّهِ وَبِحَمْدِهِ  
بَعْدَ خَلْقِهِ وَرَضِيَ نَفْسِهِ  
وَزِنَةَ عَرْشِهِ وَمِدَادَ كَلِمَاتِهِ

'Glory be to Allah and Praise be to Him as much as the number of His creations, and His pleasure, and the weight of His throne, and the ink of His words.'

Juwayriyya was married to the Prophet (P.B.U.H) for six years, and lived for another thirty-nine years after his death, dying in 50 AH at the age of sixty-five, may Allah be pleased with her.

# FIQH

## How to perform Wudhu (Ablution)

One should first prepare for Wudhu by first facing the Qiblah (if possible), then making sure the area where one is going to perform Wudhu is a high and clean place. After having completed these preparations, one should first make Niyat (intention) in the heart as to why he is performing Wudhu. (To attain Allah's pleasure by performing Salaah and to remove impurities)

To start your practical Wudhu first recite Bismillah.

1. Then using clean and Tahir water, first wash both hands up to the wrists three times.

2. Gargle your mouth three times and use a Miswaak (if possible) to clean your teeth.

3. Using your right hand insert water into your nostrils and clean your nose with your left hand, this should be repeated three times.

4. Wash your face three times, washing from the hair line of the forehead to the underneath the chin and from one ear lobe to the

other.

5. Make Khilal of the beard by passing your fingers through the beard.

6. Wash both your arms upto your elbows three times, starting from the right arm and making sure you wash the elbows too.

7. Make Khilal of the fingers by passing your left hand fingers through your right hand fingers and vice versa, making sure no part is left dry.

8. Do Masah of the head in the mentioned below manner:

a. First wet your hands and pass the last three fingers over the top of your head, right down to the back and then bring your hands back by using your palms doing Masah of the side of your head. (above the ears)

b. Then using your thumb and index finger, do Masah of your ears, inserting the index finger in the opening of your ears and use your thumb to make Masah behind your ears.

c. Finally using the back of your hand, perform Masah of your nape.

9. Wash both feet upto the ankles three times, starting from the right and then the left, making sure you wash the ankles too.

## ISLAMIC NAMES

### Boys:

Faadhil -	Honorable, Outstanding
Faarug -	One who distinguishes truth from falsehood
Faheem -	Intelligent, Learned, Knowing
Fayyadh -	Generous
Fudhail -	Excellent in character

### Girls:

Faa'izah -	Successful, Prosperous, Victorious
Farah -	Joy
Faatimah -	A daughter of the Prophet Muhammad (S.A.W)
Fawziah -	Successful
Firdaws -	Highest garden in paradise

10. Do Khilal of the toes by inserting your little finger of the left hand in between your toes beginning with the little toes of the right foot and ending with the little toe of the left foot.

End your Wudhu by reciting the Kalimah Shahadat.

# AQAID

Islam always warns us against superficial concepts and rituals, against lifeless formalities and non-effective beliefs.

The Righteous man or woman should obey all the salutary regulations, and should make his sincere motive the Love of Allah and sincere obedience to our Prophet (S.A.W).

There are four important elements one should keep in mind:

- 1) Our faith should be true and sincere.
- 2) We must be prepared to

show signs of charity and kindness to the rest of the creation.

3) We must be good citizens by supporting charitable institutions and Islamic organisations.

4) We must be steadfast and unshakeable on our faith, in all circumstances.

It is therefore clear, that righteousness is not merely a matter of void utterances. It must be founded on strong faith and constant practise. It must cover the persons thinking and action and extend to his inside and outside life, to his individual and common affairs.

How peaceful and enjoyable life

can be when people implement the Islamic concept of righteousness! What can be more reassuring than faith in the Beneficent Creator.

What can be more humane than relieving the pain of the suffering, and helping the needy across the globe, irrespective of their colour, race or religion.

What is more spiritually uplifting than doing as what Allah pleases, and better yet, the believer who does all as Allah pleases will be granted into the Paradise, and what is more better than being in the gardens of Paradise knowing that your beloved Creator, Allah is pleased with His servant.

# Poems

Journey to our destination  
Where is my journey going to lead me?  
Is it going to lead me to the road of  
darkness  
Or is it going to lead me to the road  
of lightness  
Jannat is from Allah, Jahannam is  
from Allah  
He is the creator Subhanalla  
The world seems like a maze  
life seems like a daze  
I don't know which way to go  
I have to find out, I have to know  
shall I go to the left or to the right  
At this rate its going to be midnight  
Rye got to make a decision now  
Because Allah talla is the one I turn  
to and bow  
I don't want to be late  
Otherwise the Angels will shut the gate  
One door says Jannat Alhamdulillah  
One door says Jahannam Astagfirullah  
Which doors are the angels going to  
take me to  
Epray to Allah, please have mercy on  
me and grant me the key  
Fm terrified the angels will take me  
to the doors of Jahannam  
Where the fire burns eternal flames  
And then I shall be called by my  
parents names  
ButInshallah if the angels take me to  
the doors ofjannat  
Then Inshallah I know I will have  
gained success in my akhiraat  
Where lies my destiny  
It lies on my choice of journey  
I pray Allah talla forgives me  
And the whole of the Muslim community.  
Ameen.

## Upbringing of Children

Upon the birth of a child, the first words to reach the child's ears should be "Allahu Akbar", and thereafter the Azaan should be given in the child's right ear and Iqaamat in the left ear. The Benefit of giving Azaan and Iqaamat is that the voice of Islam, the greatness of Allah, the oneness of Allah, and the message of the Holy Prophet S.A.W. will reach the depth of his heart and he is likely to grow up as a practising, obeying Muslim. At the sound of the Azaan, the shayaateen also distance themselves from this child, which will also have a great impact on his life Inshallah

It has been narrated in a Hadeeth: "A child in whose ears these two prayers are recited, will be safeguarded from the disease of epilepsy. (Abu-Daud and Tirmidhi). An Aalim or a pious person should be asked to recite the first Azaan, if such a person is not immediately available then any muslim male may perform this sunnat. After calling the azaan and iqaamat the baby should be given a proper Ghush(bath) and then given to the mother for milk.

Tahneek is also a sunnat act which should take place after the azaan. Tahneek is the practice of chewing and softening a date and putting a little on the palate of the child. If a date is not available, apply any thing sweet, like honey, sugar-candy or syrup to the child's palate, thereby the sunnah will be fulfilled. A pious and Allah-fearing scholar or a pious personality should carry out the Tahneek. This is a means of gaining a pious person's barkat and

### THE NAME OF ALLAH AR-RAHEEM MOST MERCIFUL

If recited daily after every Salaah 100 times, the reciter will be safeguarded against all calamities, and maladies and the entire creation will become affectionate towards him.  
Insha-Allah.

spirituality.

Sayyidinnaa Abu Musa (R.A), says 'A son was born at our place, I brought him to the Prophet (S.A.W) who named him Ibrahim and performed his tahneek with a date, made du'aa of barakah for him and then returned him to me'. (Bukhaari and Muslim)

After the child is born women may go through a period of bleeding called nifaas. During this period of bleeding women are pardoned from salaah and no qazaa of salaah is needed i.e. missed salaah does not need to be read at a later date. It is not permissible to fast during this period of time but the fasts must be made up later on. If a woman is fasting during labour, the fast will break when the bleeding begins after the baby is born but she should try to refrain from eating till dusk and appear as though she is fasting. However once the fast has broken she may consume food or take medicine, if it becomes necessary.

Women are not allowed to pray the Holy Qur'aan during this period however some type of zikr should be made in abundance, so that she may be protected from the shaytaan, who becomes more active when a women is in the state of impurity. This zikr will also have a positive affect on the newly born child. If one does not have the strength to do zikr then the intention should be made so that the reward of the intention will be given.

## HADEETH

HAZRAT ABU HURAYRAH  
RELATES HOW THE  
PROPHET S.A.W. NEVER  
CRITICIZED FOOD. IF HE  
LIKED IT HE ATE IT, IF  
HE DID NOT LIKE IT, HE  
JUST LEFT IT.  
(BUKHARI, MUSLIM)