

# Islamic Knowledge

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others is involved, as long as the Niyah (intention), is present. A good intention will void any negative purposes and thus will fulfil the true purpose of serving the creation. One can only truly help others and oneself to change if the correct knowledge is present.

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## Remedy of the Month

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the fear of Allah, and a drop of bloodshed in the path of Allah."

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### Believing Women

Educational Gathering  
for sisters only

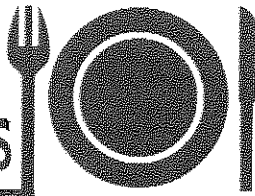
on Friday 8th & 22nd Sept 06

at Darnley Family Centre

Pollokshields, Glasgow

contact

07780 707729



## Prophet (saw) favourite foods

We have learned from the previous newsletter that the Prophet (saw) liked to eat olives. Olives come in green and black. The Prophet (saw) has said that there are many benefits in using olive oil and that using olive oil on the hair is a great source of vitamin for our hair.

### Olive Salad

**Ingredients:**

- Curly lettuce
- Cucumber
- Olives
- Grated beetroot
- Red onion
- Sweetcorn
- Tuna
- Cherry tomatoes
- Pineapple
- Green apple
- 1 tsp sea salt
- 1 tsp black pepper
- 3 tbsls extra virgin olive oil
- 2 tbsls vinegar
- 1 tbsls lemon juice
- ½ tsp sugar

**Method**

Cut all the ingredients into small pieces or slices whichever you prefer it. Mix the salt, pepper, vinegar, lemon, oil and sugar in a bowl and pour over the salad and mix. Serve with bread or grilled fish or grilled chicken either way your meal will be delicious.

This is a great dish to have in the summer or if you are on a diet. The salad on its own is great to eat. Use whatever quantity you like for the salad and if there is something you don't prefer use a little. Try it.....

## BILQIS

*She was the queen of Saba, in the time of Prophet Sulaymaan (P.B.U.H.) An animal by the name of Hudhud informed Sulaymaan P.B.U.H. that he came across a queen who worships the sun.*

Sulaymaan (P.B.U.H.) wrote a letter and asked Hudhud to hand it over to her. The following was written in the letter: "Accept Islam and come to me". She consulted her ministers and governors and eventually made the following decision: "I will send many rare gifts to him. If he accepts them, I will conclude that he is a worldly king. If he does not accept them, I will conclude that he is a Prophet." When these gifts were given to Sulaymaan (P.B.U.H.), he returned them and sent a message that if you do not become Muslims, I will come with my army to fight you. When she received this message, she was convinced that he was a Prophet. She left her city with the intention of becoming a Muslim. After she departed, Sulaymaan (P.B.U.H.) had her valuable royal throne brought to him in a miraculous way. He called for it, so that Bilqis will see this miracle. He removed the pearls and other gems that were on it and had them embedded in another way. When Bilqis reached his place, he decided to test her intelligence. He therefore asked her: "Isn't this your throne?" She looked at it carefully and said: "It looks like it. It seems that its appearance has changed slightly." From her answer he deduced that she is very intelligent.

Thereafter, Sulaymaan (P.B.U.H.) wanted to show her that his kingdom that was given by Allah is far better than her worldly kingdom. In order to demonstrate this to her, he ordered a pond to be filled with water and that a crystal clear glass be placed on top of it, in such a way that it can not be seen. He then went and sat at such a place that if anyone wished to go to him, that pond will be in the way and he will therefore have to go through the pond. Bilqis was then summoned to him. When Bilqis reached the pond, she did not notice the glass and felt that she will have to walk through the pond. She began lifting her trousers, so that it will not get wet, when she walks through the pond. Sulaymaan P.B.U.H. informed her that it has been laid with glass and that she should merely walk on it.

When Bilqis saw the miracle of her throne being brought here and this great piece of Architecture, and that he had royal possessions far better than hers, she immediately recited the Kalimah and became a Muslim. Some scholars have written that Sulaymaan (P.B.U.H.) married her soon after. Others have written that she married the king of Yemen. Allah knows best.

Look at how selfless she was that despite being a queen and very rich, the moment she learnt the truth of deen, she immediately accepted it. She did not display any pride in accepting it nor did she hold on to the beliefs and customs of her forefathers. We should also adopt this attitude that when we hear anything of the deen, we do not consider it to be a blemish or something to be ashamed of, nor should we hold on to the customs of our family. None of these things will help us, Only our deen will help us. May Allah guide us all. Ameen.

# FIQH

Islamic Jurisprudence

## Wudhu (Ablution)

Continued.....

There are 4 Faraai'dh (compulsory acts) in Wudhu.

Remember if any of the Faraai'dh are left out or a small part left dry Wudhu will be incomplete.

- 1- Washing the face from the forehead to the lower portion of the chin and from one ear lobe to the other, once.
- 2- Washing of both the arms including the elbows once.
- 3- Doing Masah (wiping with wet hands) of a quarter of the head once.
- 4- Washing of both the feet including the ankles once.

There are 13 sunnats in Wudhu.

If a Sunnat is left out, the Wudhu is complete but full thawaab (reward) of Wudhu is not gained.

- 1- Niyyat (intention)
- 2- Reciting of Bismillah
- 3- Washing of the hands up to the wrists
- 4- Brushing the teeth by Miswaak
- 5- Gargling of the mouth
- 6- Passing water into the nostrils
- 7- Khilal of the beard (to pass wet fingers through the beard)
- 8- Khilal of the fingers and toes
- 9- Washing of each part 3 times

- 10- Masah of the whole head once
- 11- Masah of both ears once
- 12- Wudhu done systematically
- 13- Washing of each part one after the other without pause

There are 5 Mustahabs (Desirable acts) in Wudhu.

Carrying out a Mustahab act brings thawaab (reward) but no sin, if left out.

- 1- To begin from the right side
- 2- To make Masah of the nape
- 3- Not to take assistance from anyone
- 4- To face the Qibla
- 5- To sit on a high and clean place

There are 4 Makroohs (Disliked acts) in wudhu

Committing of a Makrooh act in Wudhu causes the full blessing of Wudhu to be lost although Wudhu will not have to be repeated.

- 1- To make Wudhu in a dirty place
- 2- To clean the nose with the right hand
- 3- To talk of worldly affairs
- 4- To do against the Sunnat

There are 8 Nawaqis in Wudhu.

Eight things nullify (break) the Wudhu. They are called Nawaqis of Wudhu.

- 1- Discharging of urine, stool or the coming out of anything

# ISLAMIC NAMES

## Boys

- Habeeb** - Beloved  
**Hammaad** - Praising (Allah)  
**Hamzah** - Lion  
**Haaroon** - A Prophet's name  
**Hud** - A Prophet's name

## Girls

- Hafsah** - A wife of the Prophet (SAW)  
**Haajirah** - Wife of Prophet Ibrahim (A.S)  
**Hanifah** - True believer, upright  
**Hawwa** - Wife of Prophet Adam (A.S)  
**Hibatullah** - Gift of Allah

- from the private parts.
- 2- Discharging of gases.
- 3- Vomiting in mouthful.
- 4- To fall asleep lying down or by resting the body against something.
- 5- To faint due to some illness or any other reason.
- 6- Becoming insane or going mad.
- 7- Laughing aloud whilst in Namaaz.
- 8- Flowing of blood or matter from any part of the body.

# AQAID

## Beliefs

The basis of Islam is on the belief that Allah is One and that Muhammad (s.a.w.) is the Messenger of God.

Whosoever denies that the Prophet is not a Prophet, is disregarded as a Muslim.

Even to deny that Hadeeth or Sunnah is unimportant, could result to kufr.

There are many virtues in upholding the Sunnah. The sunnah

is an act, or a speech of the Prophet (S.A.W.), or acts or statements made by the Sahaabah, which the Prophet agreed upon.

"For him who holds fast to my Sunnah at the corruption of my Ummah, is the reward of a hundred martyrs." (Baihaqi)

Allah has commanded in the Quran for us to follow the Prophets teachings; "So take what the Messenger gives you and refrain from what he prohibits you."

Any act that has been told to us by our Dearest Prophet Muhammad (s.a.w.), is in fact beneficial for us. By eating according to the Sunnah,

man will endeavour great benefits to one's health.

The Prophet (S.A.W.) has encouraged to chew the food well. The benefits from this are, because of excessive chewing the teeth become stronger and hence our teeth will not decay. Chewing also causes more saliva to be mixed in with our food, which helps to break down the food before it even reaches the stomach. So, in reality the digestion process begins in the mouth, helping to reduce bloating and constipation.

( Dr. Jan De Vries - Pharmacist, Homeopath).

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