

Steadfastness in Islam

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Means of Steadfastness in Islam

The Qur'aan is the foremost aid to standing firm in Islam. It is the strong rope and clear light of Allah. Whoever adheres to it, Allah will protect him; whoever follows it, Allah will save him; and whoever calls to its way will be guided to the Straight Path.

"And those who disbelieve say, 'Why is not the Qur'aan revealed to him all at once?' Thus (it is sent down in parts), that We may strengthen your heart thereby. And We have revealed it to you gradually, in stages. And no example to similitude do they bring (to oppose or to find fault in you or in this Qur'aan), but We reveal to you the truth (against that similitude or example), and the better explanation thereof." [al-Furqaan 25:32-33]

Why is the Qur'aan such a source of strength?

1. Because it cultivates faith and purifies the soul through contact with Allah.

2. Because these aayaat (verses) bring peace and tranquillity to the heart of the believer, so he will not be tossed about by the winds of fitnah (trials and temptations); his heart will be content with the remembrance of Allah.

3. Because it provides the Muslim with the correct understanding and values, with which he will be able to evaluate the situation around him. It also gives him the standards against which he may judge things in a proper and consistent manner, without varying from one situation or person to another.

4. Because it refutes the doubts that are stirred up by the enemies of Islam, kuffaar and munaafiqeen alike, as in the following examples from the early days of Islam.

Remedy of the Month

Hadhrat Zaid bin Arqam R.A. narrates that Rasulullah S.A.W said that one who recites lailaha illalaho with Ikhlas (sincerity) will enter paradise. Somebody asked what the sign of Ikhlas (sincerity) was. He explained that it prevents one from indulging in the forbidden things. (Tabraani)

It is apparent that one, who abstains from the forbidden things and professes faith in kalimah tayyaba lailaha illalalaho, will directly be admitted into paradise. But if one has indulged in some forbidden things and has been sent to Hell, even then someday, after undergoing

punishment for his misdeeds, will be transferred to paradise, Inshallah. But if his misdeeds have led him astray, out of the folds of Islam and Imaan, he will remain condemned in the Hellfire forever.

Rasulullah S.A.W has said, "Recite lailaha illalaho often before the time of death arrives, as you will not be able to say it after that". (Targeeb) It means that no deed is possible after death. Life is very short, but it is the only time for action and for sowing our seeds. This life after death is infinitely long, and we will there reap whatever we have sown here. We should make it a habit to recite

kalimah tayyab lailaha illalaho muhammadur rasullallah everyday at least 100 times daily and make it a habit till our last breath.



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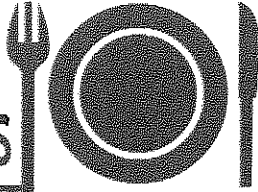
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Prophet (saw) favourite foods

Salaams to all my sisters. I hope that you have been trying out my recipes and are finding them enjoyable. If you have tried out some of the recipes, please email us at

believingwomen@hotmail.co.uk and give us your comments.

This month I will be giving you a very easy recipe and that is Chapatti, which is also known as Roti. Hazrat Ibn Abbas R.A has reported that the Prophet (S.A.W.) used to eat roti made from barley flour often, and whenever roti was made in their home it was always eaten and there was never any left. (Tirmizi)

Spicy Barley Flour Roti

Ingredients:

- 2 cups Barley Flour
- 1 tsp Ghee
- 2 tsp Oil
- 1 tsp Salt
- ½ tsp Turmeric
- 1 tsp Crushed Cumin Seeds
- 4 Crushed Green Chillies
- A handful of finely Chopped Methi
- 1 tsp Red Chilli Powder
- A handful of Crushed Coriander

Method

Mix all the ingredients in a bowl and knead with warm water until you get a dough.

Make small balls from the dough you should have approximately 10-12. Roll them out and put on the hot pan. When you turn the roti apply some ghee on that side and do the same when you turn the roti again. This will keep the roti soft and moist. Eat them hot. You can have them on their own and you can serve them with a light curry, yogurt or omelettes. A great dish for lunch.

PIOUS WOMAN

inspiring characters

After the demise of Hadhrat Khadija (R.A.) who was the prophet's (S.A.W.) first wife of 25 years, he was intensely grief-stricken. On seeing this, Hadhrat Khaulah [sahabiya] went to Hadhrat Sawdah's father on the prophet's (S.A.W.) behalf and delivered message for the marriage. He agreed but asked her to enquire personally from Hadhrat Sawdah (R.A.). She replied in the affirmative and therefore got married to the Holy prophet (S.A.W.) for a dower money of 400 dirhams [gold coins].

Hadhrat Sawdah was careful in respect of the holy prophet (S.A.W) in word and spirit. It is narrated that Hadhrat Aisha was so much impressed by her obedient manner towards the holy prophet (S.A.W.), that she praised her in the following words: 'I never desired to be like any woman, except Sawdah. Whenever I used to see her, I desired to be like her.'

Hadhrat Sawdah also had a good sense of humour. At times she walked in such a manner that the holy prophet (S.A.W.) was amused. Once she said to the holy prophet (S.A.W.): ' Last night I prayed in your company but your bowing became so long that I had to hold my nose, fearing that it would start to bleed. This amused the prophet (S.A.W) and he smiled.

On the event of the last pilgrimage, the holy prophet (S.A.W.) had required that his wives stay in their homes after his death. When Hadhrat Sawdah came to know of this, she did not leave her home even for another hajj, saying: 'I have already performed hajj and umrah both, hence I shall stay on in my home as per orders of Allah and his prophet (S.A.W.).

Hadhrat Sawdah died in the last days of caliphate of Hadhrat Umar (R.A.) in the year 22A.H.

AQAAID Beliefs

Steadfastness in the religion of Allah is a basic requirement for every sincere Muslim who wants to follow the Straight Path with determination and understanding. This matter is of great importance for a number of reasons, including the following:

1. The present situation of the societies in which Muslims live, the types of temptation to which they are painfully exposed and the kinds of whims and desires, doubts and confusion which have caused religion to become something strange. So that those who adhere to it are likened to something weird, and people say: "The one who holds on to his religion is like one who holds on to a burning coal."

2. The high incidence of apostasy (riddah) and backsliding, even among those who are working for

Islam, which causes Muslims to fear ending up the same way, so he seeks the means of standing firm so that he can reach dry land, as it were.

3. The relationship of this issue to the heart, of which the Prophet (peace and blessings of Allah be upon him) said: "It changes more than a pot of rapidly boiling water." (Reported by Ahmad, 6/4; al-Haakim, 2/289; al-Silsilat al-Saheehah, 1772). The Prophet (peace and blessings of Allaah be upon him) also gave another example of the heart: "The heart (qalb) takes its name from its constant changes (taqallub - alteration, variation, ups and downs). The likeness of the heart is that of a feather at the root of a tree, being turned over and over by the wind." (Reported by Ahmad, 4/408; Saheeh al-Jaami', 2364).

FIQH

Islamic Jurisprudence

Some Interesting Masaa-il regarding Wudhu

1- If blood or puss does not move from the place of the wound, Wudhu will not break. Wudhu will only break if the impurity flows out of the wound.

2- If clots of blood come out of the nose while blowing it, Wudhu will not break. Wudhu will only break if the blood is in the fluid state.

3- While making Wudhu one should take care not to strike the water against the face causing it to splash. To do so is Makrooh (disliked).

4. If the four parts (that are Farz to wash in Wudhu) become soaked in the rain or have been washed by swimming or taking a bath, etc, then Wudhu will be valid even if one had no intention of Wudhu.

5- While making Wudhu the eyes should not be closed so tightly that the water is prevented from moistening the eye-lashes or

blocking the entry of water into the eye-wells. To do so is Makroohe Tahrimi (Greatly disliked). Even if one eye-lash remains dry or water has not entered the eye-lash, the Wudhu will be incomplete.

6- The mouth should not be closed tightly while making Wudhu. To do so is also Makroohe Tahrimi. If any part of the lips is left dry, the Wudhu will be incomplete.

7- Finger nails should be kept short. Dirt accumulates under long finger nails. Wudhu and Ghusl will not be valid if the dirt is of such a nature that it does not allow water to seep through. It is also against Islamic hygiene and Tahaahrat rules to keep long finger nails and to allow dirt to accumulate under them.

8. If the blood in the saliva is more than the saliva, Wudhu will break. Therefore if one's saliva is reddish because of blood, Wudhu will break.

9. After Wudhu if one remembers well that a certain part was not washed or Masah of the head was not made, then that part should be washed only or Masah should be made. There is no need to

ISLAMIC NAMES

NAMES

Boys

Ibrahim - A Prophet's name

Idris - A Prophet's name

Ilyas - A Prophet's name

Imran - A Prophet's name

Ismaeel - A Prophet's name

Girls

Ibtihal - Supplication, Prayer

Iffah - Purity, Modesty

Iman - Faith, Belief

Irfaana - Knowledge, Wisdom

Izzat - Honour, Esteem.

repeat the whole Wudhu.

10. If the wound is bandaged and one will experience difficulty in opening and tying the bandage, or Masah on the affected part will be harmful, then Masah should be made over the bandage.

THE PROPHETS WAY OF HEALING

The Prophet (S.A.W.) has said, "There are two blessings which many people lose -(They are) good health and free time for doing good." (Bukhari)

Good Health and Free Time are a great blessing and opportunity from Allah, to gain reward by performing good deeds. Many times we do not appreciate good health, until sickness befalls us. Indeed one who has been inflicted with some type of disease or sickness will remember the days of his good health and will wish how he had appreciated those days and how he could have worshipped Allah more then. And likewise with Free Time, he will wish he would have utilised his Free Time well.

The Messenger of Allah (S.A.W) has

greatly stressed on the importance of good health for a believer. Health is a physical condition in which all the functions of the body work in harmony and are healthy. Being restored to good health after illness is the best gift from Allah to man.

It is impossible to act rightly and pay proper attention to the obedience of Allah except when health is present. A believer should give thanks to Allah for his good health and never be ungrateful. Health is a blessing from Allah that one will be questioned about. It has been narrated that the Prophet (S.A.W) has said, "The first question that is put to the worshipper on the Day of Rising about the pleasures of this world is 'Did I not give you

a healthy body?'" (Tirmidhi)

The Prophet (S.A.W) has also said in another Hadeeth: "Realise the value of five items before the loss of five other items 1.The value of youth before old age. 2.The value of health before illness 3.The value of wealth before poverty 4.The value of Leisure and free time before occupation/engagement 5.The value of your life before your death (Bukhari)

Sickness and Good Health are all from Allah, but we have been encouraged to look after our bodies and look for cures. The Messenger of Allah (saw) has also told us of the medicinal properties of certain foods and many methods of healing and curing diseases, which we will discuss in the next issues, Inshallah.

...(to be continued in the next edition)

Poems

O Allah! The Wise, Bestower of
Wisdom
help me to remember that I work with
the most
precious of all thy creation, the
innocent child.
Help me always to remember that I
am leaving
my mark on him, which time will never
erase.
Give me patience with those who are
slow to learn,
and tolerance with those who refuse to
learn.
When I have to chastise them, help me
to do so with
firmness, and yet, with love.
Prevent me from using a sarcastic and
biting tongue
and help me always to encourage and
never
to belittle those who are doing their
best,
even if their best is not very good.
Help me to let the children not only
store things in their
memories, but create things with their
minds.
And amidst all the worrying and
irritations of my job,
help me to remember that the future
of the community
and the world is in my hands.
Help me to follow in the footsteps of
the best of teachers,
the guide of all humanity, Prophet
Muhammad Sallallahu
Alaihi Wasallam.
Help us, O Allah! my children and me.
Ameen.

Upbringing of Children

AQEEQA

It is Mustahab (desirable) to make Aqeeqah and to name the child on the seventh day after birth. Aqeeqah safeguards the child from sicknesses and evil effects. Also, through the blessing of Aqeeqah, the child shall be saved from all calamities, and when the child grows up he shall not be disobedient to his parents, Inshallah. If Aqeeqah is delayed beyond the seventh day then one should try and make it on any subsequent seventh day.

If the newborn is a boy then two sheep or goats should be slaughtered. For a girl, one sheep or goat is sufficient. The Aqeeqah may be included in the shares of the Qurbani cow or ox, if the second day happens to fall during the Qurbani period or if the Aqeeqah is delayed till the Qurbani days. Two parts should be included for a son and one part for a daughter. For those who cannot afford animals for the baby son, even one animal will be recognized as Aqeeqah. If one has no means to sacrifice even this much, there is no harm.

The conditions regarding the quality and suitability of the Aqeeqah animal are same as those of Qurbani animals. Healthy animals with less than one-third ears, eyes and tails damaged or missing could be used. Sheep and goats must be more than

one year old and cattle must be more than two years old. The Aqeeqah meat may be distributed either cooked or uncooked, or relatives or friends could be invited to the home to partake from the meat. It is reported that Rasululallah (S.A.W) said:

"If anyone has a child born to him and wishes to offer a sacrifice on its behalf, he may offer two sheep for a boy, and one sheep for a girl." (Tirmidhi, Ahmad)

The following dua should also be read as often as possible, over the child, to protect them from physical and spiritual illnesses and to safeguard them from satanic influence:

أَعِيذُ كَمَا بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ كُلِّ عَيْنٍ لَامِئَةٍ

"I seek protection by the perfect words of Allah, from the evil of every devil and reptile, and from the evil of every revengeful eye" (Islamic Names)

Ibn Abbas has related that the Prophet S.A.W. used to commend (his grandsons) Al Hasan and Al Husayn to Allah's protection saying:

أَعُوذُ بِكَلِمَاتِ اللَّهِ التَّامَّةِ مِنْ شَرِّ كُلِّ شَيْطَانٍ وَهَامَّةٍ وَمِنْ شَرِّ كُلِّ عَيْنٍ لَامِئَةٍ

(Bukhari)

Surah Naas, Surah Falaq, Surah Iklas and Surah Kaafiroon can also be read for protection. It has been narrated by Hadhrat Aisha (R.A.) that when the Prophet S.A.W. intended to sleep he would blow into his hands and would recite the above four Surats, and would pass his hands over his body. (Bukhari, Muslim)

THE NAME OF ALLAH AS SALAM

the giver of peace.

If this name is recited abundantly then the reciter will be protected from all calamities inshallah. If it is recited 115 times and blown on an ill person then inshallah the person will recover from his illness and be cured.

HADEETH

CALMNESS AND
PATIENCE IS FROM
ALLAH AND HASTE IS
FROM SATAN.
(MISHKAAT UL-MASABIH)