

# The Benefits of Sincere Repentance

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Imam Ibn Qayyim (Rahmatullah Alaihe) mentions certain benefits:

Repentance is the most noble and beloved form of obedience in the eyes of Allah Ta'ala. He loves those who repent and it is because of His love for His creation that he tests them with sins so that he may shower his blessings and favours upon them after they repent.

Repentance has a status, which no other form of worship has. This is why Allah is extremely happy when a servant repents just as a traveller is happy when he finds his lost mount in the desert.

This pleasure of Allah has a great impact on the heart of the one repenting. Hence, the repenting person reaches the status of being amongst the beloved through his repentance.

Repentance is to repent from the heart, to train the heart into obedience and to make a firm resolution never to commit the sin again.

What should I do after I have sinned?

Two things should immediately be done. The first is an act of the heart, to sincerely regret the sins of the past. The second is an act of the body, to bring up some good deeds, starting two cycles of prayer of repentance.

Thirdly, offer two rakaats of prayer. Perform them in full presence of mind and heart. Try not to commit any mistakes within the prayers. Do not speak to yourself within them, Pray with full devotion and concentration, Read the prayer with humbleness and Lastly seeks Allah's forgiveness.

## Remedy of the Month

### THE NIGHT PRECEDING EIDUL FITR

It has been the practice of the Holy Prophet P.B.U.H that he would not sleep in the night preceding the day of Eidul fitr. This night has been named in a Hadith as laylatul ja-i-za the night of reward. It means Allah Almighty bestows his reward to those who have spent the month of Ramadan abiding by The Laws of Shariah, and all their prayers in this night are accepted. Therefore, it is desirable to perform nafl optional prayers in this night. The Holy Prophet Muhammad P.B.U.H. is reported to have said;

"Whoever stands up in (worship) in the nights preceding the two Eids expecting rewards from his Lord, his heart will not die when the other hearts will die." (Ibn Majah)

Also it is a meritorious act to keep six fasts in the month of Shawal. Meaning the month which comes as soon as Ramadan has ended. The Holy Prophet Muhammad P.B.U.H. has said;

"Whoever completes fasts of Ramadan then adds to them the fast of six days in the month of Shawal, it will carry the thawab (reward) of fasting for the whole year." Sahih Muslim.

The scholars have interpreted this Hadith by saying that every good deed is rewarded ten times more reward. Therefore the reward of 30 days of Ramadan amounts to the reward of fasting for 300 days. If the fasts of Ramadan are followed by six more fasts, they carry the

reward of 60 days of fasting.

The Muslims should take this opportunity of gaining such a big reward from Allah.

## Believing Women

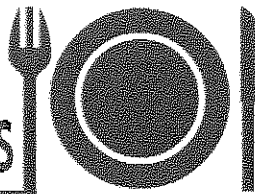
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## Prophet (saw) favourite foods

The most blessed month is here and is already slipping away. Food has become our most important item of the day. However we forget that the most important thing for us is refraining from sin and doing as much ibaadat as possible.

Food is important in our lives but we can make our food simple and spend more time in ibaadat. In this blessed month we should try to break our fast with dates. We should also try to eat more dates. It has been reported in a hadith by Hazrat Aisha R.A that our beloved Prophet S.A.W's favourite food was dates. Hazrat Aisha R.A further adds that the Prophet S.A.W had also said " The house in which there are no dates, then the people of this house will remain hungry". (Shamaaile Kubraa) Dates was the food that filled the hunger of our Prophet S.A.W when he had nothing else to eat. Dates were eaten with milk, butter, water and fruits by the Prophet S.A.W.

In another hadith by Hazrat Abdullah bin Salaam R.A he says that "Once the Prophet S.A.W took a chapatti and put some dates inside it then rolled it up and ate it just like you would eat chapatti with a dry curry." (Abu Dawood)

There are a variety of dates that you can eat. One of the most special dates is Ajwa. Ajwa is an important and special date from Madinah. The prophet S.A.W planted the tree himself. Ajwa has many benefits in eating it. Hazrat Aamir bin Sa'ad RA has reported in a hadith that the person who eats 7 Ajwa dates every morning will not ever get poisoned or have any effects from jinn. (Bukhari)

We all eat dates in Ramadhan lets try to bring dates into our every day life and eat it with the intention that we are eating it because our beloved Prophet S.A.W used to like it and eat it, and Insha allah we will get great benefits from it and we will also be rewarded for it. Ameen.

# PIOUS WOMAN

## Inspiring characters

Hazrat Umme Salmah was married to Abdullah, who was known as, abu Salmah, he was a cousin of Umme Salmah and a foster brother of the Prophet (PBUH). In the beginning of Islam, Umme Salmah embraced Islam along with her husband. Hazrat abu Salmah fought in the battles of Badr and Uhad. During the battle of Uhad, Hazrat abu Salmah received grievous injuries and could not survive. He died in the month of jamadius thani

4 A.H. After Umme Salmah's "Iddah" period was over Hazrat Umar came to her, to ask her hand in marriage to the prophet (PBUH). Hazrat Umme Salmah informed the Prophet (PBUH) of a few points, she said (1) I am a very jealous woman, i.e. I don't know if I will be able to remain patient, with my co-wives (2) I have dependant children. (3) I am advanced in age. The prophet (PBUH) agreed to bear these points, by replying 'I pray to Allah to remove your jealousy, as far as your children are concerned, leave them in the hands of Allah and his messenger, I will treat them like my own children, and with regards to your age I am much

older than you. Then she agreed for re-marriage.

Hazrat Umme Salmah was extremely beautiful. As far as her intellectual qualities and scholarship, no-one excelled Hazrat umme Salmah and Hazrat Aisha in all the wives. Hazrat Abu Hurairah and Hazrat ibne Abbas, despite their great knowledge of Islam, used to seek guidance from Hazrat Umme Salmah. She recited the holy quran just in the same way as the Holy Prophet (PBUH). When asked; how did the Holy Prophet (PBUH) recite the holy quran, she would demonstrate it in her voice.

Once she put on a garland partly made of gold, the Holy Prophet (PBUH) did not appear to be pleased with it, Therefore she broke it. Hazrat Umme Salmah would observe a fast on Mondays, Thursdays and Fridays, she was always in search of virtues. She cared for her children very much who were from her first husband.

Hazrat Umme Salmah passed away in the year 63 A.H, at the age of 84 years. Hazrat Abu Hurairah led her funeral prayer and she was buried in Jannatul baqie.

## AQAAID Beliefs

The second pillar of Islam, Salat, Its just as prominent as the first pillar (Kalima Shahada).

If any one of the Pillars of Islam are eradicated for any invalid reason then a Muslim's faith is questioned. Invalid reason such as a person's is fit enough to keep the fasts of Ramadhan, however he she does not keep them due to finding them too difficult, then he/she is regarded as a sinner. As fasting is not supposed to be easy, it is more so a training period for Muslims to practise self restraint and patience.

Formal prayer is the most important act of worship; it is mankind's connection to Allah through which one gathers strength, guidance and peace of mind. Islam prescribes five formal prayers daily, through which Muslims repeat

and refresh their beliefs, taking time out of their busy day to remember Allah and renew the effort to follow His guidance. Five times each day (before dawn, noon, afternoon, after sunset, and evening) Muslims rise, cleanse with water, and present themselves directly before Allah for prayer.

Far from being a ritualistic and mindless activity, prayer constantly reminds us of the purpose of life itself, refreshes our faith, and keeps our belief in Allah alive and ever-present. We go back to our worldly affairs conscious of our duties and strengthened against sin. Prayers said in congregation, bond Muslims together in love and brotherhood. Prayer also symbolizes the equality of believers; there is no hierarchy, and all stand side-by-side in rows and bow only to Allah.

# FIQH

Islamic Jurisprudence

## GHUSL

In this section of the article we will be talking about Ghusl. The meaning of Ghusl is to have a bath and to purify your self from Hadase Akbar (impurity which makes a bath compulsory).

The Quraan states "and if you are unclean, purify yourself"

Surah Al-Ma'idah V6

Ghusl becomes compulsory upon a person when one wishes to purify oneself from the following:

- 1- Sexual intercourse
- 2- At the end of your menses
- 3- On stopping of after birth discharge (bleeding)

To make Niyat (intention) for Ghusl is Sunnat. One should make the intention of becoming Paak (clean) from that Hadas (impurity) which has made Ghusl compulsory upon oneself.

If Niyat (Intention) is not made no Sawaab (reward) will be gained, although Ghusl will be valid.

### RULES WHILST MAKING GHUSL

- 1- Ghusl should be made in a place

- of total privacy.
- 2- One should not face the Qibla whilst making Ghusl.
- 3- Ghusl may be performed standing or seated, preferably seated.
- 4- Use sufficient water. Do not use too much or too less.
- 5- Abstain from speaking.
- 6- It is better not to read any Kalimahs or Aayats of the Holy Quraan.
- 7- Make intention, without Niyat (intention) there is no Sawaab (reward).

### FARAAIDH ACTS OF GHUSL

There are three Faraaidh (compulsory) acts in Ghusl. All three Faraaidh acts have to be complete for Ghusl to be valid.

- 1- Passing water into and out of the mouth i.e. gargling.
- 2- Putting water into the nostrils.
- 3- Passing water over the entire body.

### SUNNAT ACTS OF GHUSL

There are five Sunnat acts of Ghusl.

- 1- Washing your hands upto the

# ISLAMIC NAMES

## BOYS:

- Kaamil - Perfect, complete
- Karaamah - Nobility, miracle
- Kaashif - Uncoverer
- Khalid - Eternal, glorious
- Khalil - Good friend

## GIRLS:

- Kamilah - Perfect, complete
- Karam - Noble nature
- Karimah - Generous, noble
- Khadijah - First wife of the Prophet (SAW)
- Khawlah - One who has beautiful features

elbows.

- 2- Washing the private parts and those areas where filth is found
- 3- Niyat of washing off Hukmi Najaasat (filth which cannot be seen)
- 4- Making Wudhu before washing the body.
- 5- Then passing water over the entire body thrice.

# THE PROPHETS WAY OF HEALING

## MEDICAL ADVANTAGES OF SAJDH

Sajdah is the unique position in regular prayers, which a Muslim offers five times a day. The position of sajdah is when the forehead touches the ground in salah. In society today it is being increasingly recognised that sajdah has many medical advantages for the human body.

The Messenger of Allah (SAW) has said, "Prayer is a cure for many illnesses."

(Ibne Majah.)

In another Hadeeth, the Messenger of Allah (SAW) has said, "The nearest a servant comes to his Lord is when he is in the state of sajdah, prostration."

Thus the first effect sajdah has on a person is spiritually. There is a great psychological benefit and gives relief to a person suffering from a life of worries and grief. Furthermore, in sajdah (prostration) the brain or head becomes lower than the heart and hence, blood gushes towards the brain providing nourishment faster, whereby in all other positions the brain is above the heart and has to

work against the force of gravity to send blood to the brain. As a result, due to this increased blood supply, the brain receives more nourishment and this in turn has a positive effect on one's memory, hearing, vision and concentration.

In addition, those who offer their prayers regularly have more will power and can cope with the difficulties of life in a much better manner. When a person is in the state of prostration, the neck muscles bear the load of when the forehead lays on the ground, thus strengthening the neck muscles. Sajdah also has positive effects upon the back muscles as while going into sajdah and getting up from it, the back muscles contract actively and become stronger.

# Poems

## My Hero, The Prophet Sallallahu Alaihi Wasallam

Muhammad (SAW) is the prophet of Allah,  
Chosen to lead all to the word of the Lord.  
He received his prophethood in Hira, the cave,  
Thereafter he led the Ummah so gallant,  
so brave.

So gentle and kind were the ways in which he  
taught,  
People came from afar to learn what he taught.  
People came towards the light of Deen,  
Leaving behind them what had been.

Oppression, hatred and jealousy were not his game  
Al-Amin the trust worthy was his name  
He said, show love to people animals and such,  
For Allah will bless you just as much.  
Be kind to parents and do as they say  
Or you will feel the wrath of Allah on the day.

Khadija, Ayesha, Hafsa were some of his wives,  
Who loved and served them throughout their lives  
He treated his wives with honour and respect  
But Ayesha (R.A) was his best,  
He could not help it, that the one was she.  
With her knowledge and truth, who else  
could there be

The prophet Sallallahu Alaihi Wasallam was loved  
by all young and old,  
Due to his love and compassion which was fore-told  
When Allah said: The Angel Izra'eel was sent,  
And so the Prophet's soul on a journey he went.  
The Sahabah could not believe it was true.  
The leader of Muslims was no longer there to guide  
them through.  
He left behind two worthy gifts,  
The Sunnah, his perfect example and the Qur'an,  
Allah's perfect word.

## AMINA

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## Upbringing of Children

### Suckling the child

Once the mother has experienced the difficulties of labour and has given birth to her long awaited child, her biggest concern now will be feeding the child. Having to choose between formula and breast milk is not a simple issue, and each one will require time, effort and commitment. But the main thing you need to remember here is that this is the first chapter of the child's life which will affect his health, growth and character for the rest of his life. Lets quickly have a look at both ways of feeding and analyse the factors.

Mothers milk is the natural food for the baby. Almighty Allah sees to it that baby's growth and health are safeguarded by providing the mother with abundance of the most complete food for the baby's requirements. Her own breast milk is naturally obtained and needs no preparations.

Formula milk is a substitute of breast milk, and if for some reason you decide to bottle feed then consider the following points:

- The cost of Formula milk.
- The effort of preparing it.
- The stress of sterilizing bottles and its equipment.

Breast feeding is the biggest gift you can ever give to your child. Islamic law has been encouraging us to breast feed from the Prophet's time. Today fourteen hundred years later, scientists have come to realize the countless benefits of breast feeding. If you have given birth in the recent three to four years you probably have realized how the midwife and health visitors now encourage you to breast feed, whereas this support and help was not available ten years back.

Scientists have been doing a lot of research and have come to realize that breast milk has been naturally created and that no human can replace or reproduce it. Scientists have tried to reproduce mother's

milk in the laboratory but failed to create the exact formula. You hear mothers complaining, 'My child doesn't eat, My child wont take a bottle' but until today I've never heard a mother complaining that the child is not breast feeding (excluding a newborn who needs some time to learn how to suck, or a ill child). This is due to the natural ingredient that Allah has created within it, that the child never gets put of it.

The infant derives much benefit from the mothers milk. After child birth the mothers milk contains colostrums for some days. This important substance helps immensely in the baby's growth as it contains vitamin A in abundance. But after a particular period, colostrums lose this valuable vitamin. Avoidance of suckling the child right from the beginning will deprive him of this vitamin which will result in deficient growth. Colostrums also helps babies resist external infection to which they are exposed to, for e.g. the infection of the lungs and the throat. They often develop pneumonia or diphtheria etc. in their early stages of life which might prove fatal for them. But if they receive adequate quantities of colostrums, they develop resistance to such deadly infections. The infants who die during the first month of their birth are usually found to be deficient in this important substance.

Breast milk contains anti-bodies which fight infection especially in the respiratory and digestive tract, and for that reason baby does not get a cold and diarrhea easily. (To be continued).

## HADEETH

Allah does not look at your  
appearance or wealth but  
looks at your heart and  
actions

(Mishkat ul-Masaabih)