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APRIL 2007 — RABI UL AWWAL 1428

ROLE OF WOMEN IN SOCIETY AND PRACTICAL LIFE

14

THE MONTH OF RABI UL AWWAL

Rabi'ul-Awwal is the most significant month in Islamic history, because humanity was blessed in this month by the birth of the Holy Prophet Muhammad (pbuh). Before the birth of the Holy Prophet (pbuh) not only the Arabian Peninsula, but also the so-called civilized nations of Rome and Persia were drowned in the darkness of ignorance, superstitions, oppression and unrest. The Holy Prophet (pbuh) came with the eternal truth of Tawhid (Oneness of Allah), the only faith which provides a firm basis for the real concepts of knowledge, equity and peace. It was this faith which delivered humanity from ignorance and superstitions and spread the light of true knowledge all over the world.

Thus the birth of the Holy Prophet (pbuh) was the most significant and the most remarkable event in human history. Had there been room in Islamic teachings for the

celebration of birthdays or anniversaries, the birthday of the Holy Prophet (pbuh) would have undoubtedly deserved it more than the birthday of any other person. But that is against the nature of Islamic teachings. That is why, unlike Judaism, Christianity, and Hinduism, there are very few festivals in Islam, which provides for only two Eids (Eidul-fitr and Eidul-Adha) during the whole year. The dates of these Eids do not correspond to the birthday of any prominent persons of Islamic history, nor can their origin be attributed to any particular event of history that had happened on these dates.

Both of these Eids have been prescribed for paying gratitude to Allah on some happy events that take place every year. The first event is the completion of the fasts of Ramadan and the second event is the completion of Hajj, another form of worship which is one of the five pillars of Islam.

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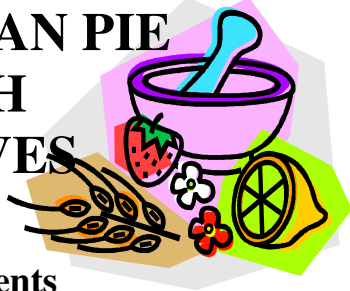
ADVICE: Upbringing of Children

Believing women
**Islamic Tarbiyyah &
Educational Classes**
Every Friday
7:30pm to 9pm
Darnley Family Centre
175 Darnley Street
Pollokshields, Glasgow, G41 2SY
Contact: 07780 707 729



SULTAN QABOOS MOSQUE IN MUSCAT (OMAN)

OCEAN PIE WITH OLIVES



Ingredients

- 4 Fillets of Fish
- 1 ½ tsp Salt
- 1 tsp Black Pepper
- 3 Green Chillies (crushed)
- Bowl of Olives
- 3 tsp Olive Oil
- 1 pint Milk
- 2 tsp Plain Flour
- 1 tsp Butter
- 1 Onion
- 2 Large Potatoes boiled and sliced into circles.
- Grated Cheddar Cheese

Method:

In a pan, heat the oil and add chopped onions. Cook them until soft.

In another pot heat the milk. When the milk is starting to heat up put the fish in the milk. Cook for 5-7 minutes. Remove the fish from the milk and put into the pot with the onions. Then add ½ tsp salt, ½ tsp black pepper and crushed chillies in the fish & onion pot. Cook for 2-3 minutes.

In a separate pan heat the butter and add the flour and cook on low heat. The flour and butter will combine together. If it is getting lumpy then add another ½ tsp butter. Cook for 3-4 minutes stirring constantly. Slowly start to add the milk which you had cooked the fish in, stirring all the time. You should have a sauce. Add 1 tsp salt, ½ tsp black pepper and some grated cheese. Cook for 2-3 minutes.

In a baking dish layer the fish then pour the cheese sauce over it. Then layer the boiled potatoes and sprinkle some cheese over that. Finally decorate with lots of olives and bake for 20 minutes.

PIOUS WOMEN

Hazrat Rubaiyyi bint Mu'awiz (RA) was a woman from Ansaar. She had taken part in a number of battles by the side of the Prophet (pbuh). Hazrat Rubaiyyi-bint-Mu'awiz (RA) would take care of the wounded and carry the dead during the battle.

Some girls were once singing a poem about the battle of Badr at the house of Hazrat Rabaiyyi (RA) which meant: "We have among us the Prophet (pbuh), who knows what is to happen tomorrow."

The Prophet (pbuh) on hearing this stopped them from saying this because nobody except Allah knows what's going to happen in the future.

It was Hazrat Rubayyi's (RA) father Mu'awiz (RA), who was one of those who killed Abu Jahl in the battle of Badr.

There was a woman in the

Prophet's (pbuh) time, named Asma. She used to sell perfumes to the ladies. Asma, once came to Hazrat Rubaiyyi (RA) to sell her perfumes. On seeing her, Asma said "So you are the daughter of him who killed his chief."

Hazrat Rubaiyyi (RA) could not tolerate that a person like Abu Jahl to be mentioned as the chief of her father, So she replied "No! I am the daughter of the one who killed his slave."

Asma could not take that Abu Jahl was being called a slave, and said with anger "It is haram for me to sell perfumes to you!"

Hazrat Rubaiyyi (RA) also said in the same manner: "It is haram for me to buy perfumes from you. I have never found stink in any perfume except yours!" Hazrat Rubayyi (RA) says, "I had used the last words simply to provoke her."

LOVE FOR ALLAH

Why we should have love for Allah?

Last month I spoke regarding keeping a balanced level of hope and fear. Now I will be talking about the Love of Allah. If we do not keep the sacred love of Allah within our hearts then we can never do any good deed sincerely for Him. If we glance at our own lives, for example if our loved ones were to ask us to do something, I'm sure most of us would agree that we wouldn't have a problem in carrying out the task or listening to them.

When we love someone we will listen to them, even if what they are asking us to do is difficult for us to comprehend, but in the end we will come to some sort of compromise, just to keep them happy. Similarly, if we have a true

and strong bond with our Creator, we will always listen to Him. Even if it is against ourselves.

How can we attain love for Allah?

We can surely love Allah more dearly if we were just to count the blessings that Allah has bestowed upon us. Blessings do not always mean materialistic items - houses, nice cars etc. I'm talking about real blessings: our eyes that we see the world with; our minds that we use daily; our tongues that we speak with etc

My dear sisters without these most special and yet simple blessings our lives would be very difficult.

May Allah help us to be more thankful of our blessings, and help us attain Love for Allah.

FIQH INTRODUCTION TO SALAH

There are five pillars in Islam and from these the second pillar is Salah.

Salah is a very important part of a Muslims daily routine. All Muslim men and women are aware of the importance of performing Salah and the sin of missing it. Yet we choose to ignore the advice given in the Qur'an and Ahadeeth, making silly excuses. Remember Salah is something that differentiates Muslims from non-Muslims.

The messenger of Allah (pbuh) constantly reminded the community of the importance of performing Salah and warned them of the consequences of neglecting it.

In a Hadith, the Prophet (pbuh) asked his companions: "Tell me, if one of you had a river at his door and took a bath in it five times a day, would there remain any dirt on his body." The companions replied: "No, no dirt would be left on his body." the Prophet (pbuh) said: "This is the example of the

five prayers by which Allah washes away the sins." (Bukhari and Muslim)

We should be working our daily routines around Salah just as some people work their time around their favourite T.V programs thinking they can't do anything at this time because they can't miss my favourite program or they'd better finish doing this before my program starts. But do we ever sit back and think how we treat our Salah. We ignore something so important.

How much effort do we make with our Salah? Do we ever try, even for a week, to pray our Salah at the Awwal Wakt (beginning time). It always gets put second in every thing we do.

Allah created Salah for his worship, to remember him daily not just on Saturdays or Sundays and to thank him for all He has blessed us with. He also created Salah so it keeps Muslims close to him. As

one would do if a loved one happened to live a little far, he or she would try their level best to stay in contact. Because if you wouldn't you would slowly drift apart and end up as strangers.

Remember the hadith of our Prophet (pbuh) who said: "*The first thing about which a person will be asked on the day of judgement will be the salah*". (Abu Daawud and Tirmidhi)

MUSLIM NAMES

BOYS

Ridhwan – Acceptance, Good will, Name of the keeper of the gates of heaven

Rayhan – Favoured by Allah

Raais (Ra'ees) – Captain

Rabah – Gainer

Raafi – Exalting

GIRLS

Rahimah – Merciful, compassionate

Ra'idha – Leader

Rashida – Wise, Mature

Ruwaydah – Walking gently

Rida – Favoured by God

HEALTH & BEAUTY

THE MAGNIFICENCE OF MILK

Allah says: "Pure milk; tasting good to those who drink it." (Al-Qur'an 16:66)

Milk was the preferred drink of Rasullullah (pbuh). On the night of Mi'raj (Ascension), he (pbuh) was given the option of either drinking milk or wine and he chose milk. Upon this Jibraeel (AS) said, "You have been guided to fitrah (nature). If you had chosen wine your Um-mah would have been misguided." (Al-Bukhari)

The Prophet (pbuh) said "Let who-

ever is given milk by Allah say 'May the blessings of Allah be in it, and may He give us more of it. For I know that there is no other food or drink that can take its place.'" (Tirmidhi)

Milk can be described as one of the most nutritionally complete foods available. It is an excellent source of calcium, which is essential for strong teeth and bones, providing half of a child's daily calcium requirement. A serving of milk contains vitamin A which improves the eyesight, vitamin B12 for red blood cells, carbohydrates for energy, potassium for nerve function, protein for growth and repair, riboflavin for

healthy skin, phosphorus for release of energy and zinc for the immune system. Milk also relaxes the bowels, relieves depression and stimulates the brain. A glass of warm milk before retiring to bed is also a traditional and effective remedy for insomnia.

(And Allah knows best.)

AL-MUTAKABBIR

THE SELF-GLORIOUS

He is the greatest, who shows his greatness in everything, on all occasions.

The constant reciter of this beautiful name will be granted honour and greatness.

Upbringing of Children

One thing, we must never forget is that, children are quick to imitate, taking lessons from their friends, peers and elders. Therefore a humble appeal is made to every mother and father that, if your claim of love for your child is true, then display that love by following and teaching your child to follow the noble Sunnahs of our beloved Prophet, Muhammad (pbuh). This will ensure your safety and the safety of your children in this world and the hereafter, and also your homes will be blessed by the Noor (light) of Sunnahs.

From the moment we wake up, if we were to act upon the sunnahs, our young child would naturally imitate us. Islam has given us a complete guidance on how we can live our lives in the best manner and the Prophet (pbuh) has shown us this method. For e.g The Prophet (pbuh).

has shown us the etiquettes of eating, the etiquettes of sleeping, changing, teaching and many more things that take place in our daily lives.

Therefore, When we wake up if we made it a habit to read the waking up dua and also made a point of reciting it in front of our child, then no doubt he would never forget to pray this dua when he grows up. In the same manner, when you feed your child wash their hands, seat them on the floor, read the dua to them and if they have been hearing this dua three times a day then by the time they start to speak they will never forget to read it. Insha-Allah.

Similarly, the Prophet (pbuh) has advised us to eat only such an amount that is enough to keep ones back straight. The stomach should be divided into three parts: one third for eating one third for drinking and one third for air.
(Ahmad-tirmidhi)

Typically we fill up our air space with food, now if we show ignorance

and unawareness towards the Sunnah of Prophet Muhammad (pbuh) then how do we expect our child to learn the right way.

This method of eating has also been scientifically proven very beneficial for us. If we were to ponder upon all the Sunnah acts, we will find that scientist's are now finding great benefits within these acts, whereas the Prophet pbuh. informed us of them 1400 years ago.

Therefore, if we wish to live a better life, it is imperative that we all read or study Ahadith or authentic books written on the life of our Prophet (pbuh). There is so much to learn and implement into our lives to save ourselves and our children.

There are many simple things that we should look out for, practically.

For example, sitting down when drinking water, recite 'bismillaah', take three sips and do not inhale into the utensil. After drinking, praise Allah Ta'aala, saying Alhamdu lillaah'
(Bukhari,Muslim)

If this is our way of drinking water then surely our child will copy us but until then we make the child drink water according to this Hadith until he/she becomes capable of drinking by him or herself.

When you put them to sleep, lay them down on their right side facing the Qiblah, read out loud the masnun (sunnah) dua for sleeping.

The Sunnahs of Rasulullah (pbuh) are a fountain of perfection and a model of guidance and wisdom for us to follow.

Wise is he who controls his desires and prepares for the life which starts after death and cast down is he who lives for the love of this world and has false expectations from God.

AT- TIRMIDHI

Our Future

We tend to plan for our future everyday;
desperately we try to pave the way.

We save every little bit of money we can find,
And to the people who can help us achieve we are kind.
If there is something we want bad enough we're willing to fight,
for a future filled with happiness that is oh so bright.

It is unfortunate though, to fill everyone's hearts with sorrow,
but remember dear Muslims our future is not tomorrow.

It is not money or fame that will get us ahead,
but the number of times we worship God before bed.
That is what will make our future unimaginably great,
so let us wake up and take control of our fate.

Tomorrow is not the future we should be planning for,
but the day we will be standing before Allah's door.
The day where we will be reminded of every last deed,
like the day we forgot the poor because of our greed.

And what dear Muslim shall we say;

When Allah asks us why we didn't pray?

No excuse will be enough,
to get out of the hellfire that will be so rough.
So let us pray, worship and keep the poor fed,
for our future begins once we are all dead.