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WOMEN

QUALIFIED FEMALE SCHOLARS (UK GRADUATES) OF GLASGOW

AUGUST 2007 — SHA'BAAN 1427

BRINGING MUSLIM WOMEN CLOSER TO ISLAM

18

SHA'BAAN

The Holy Prophet (pbuh) has said "*Sha'baan is my month*"

The blessed companion Usama bin Zaid R.A. reports that he asked the Holy Prophet (pbuh) "*Messenger of Allah, I have seen you fasting in the month of Sha'baan so frequently and I have never seen you fasting so frequently in any other month.*"

The Holy Prophet (pbuh) replied "*There is a month between Rajab and Ramadhan (Sha'baan) which is neglected by many people. And it is a month in which an account of the deeds (of human beings) is presented before the Lord of the Universe. So, I wish that my deeds be presented at a time when I am in a state of fasting.*" (Sunnan Nasai)

Abu Hurairah R.A reports that the Holy Prophet S.A.W said, "*Do not fast after the first half of the month of Sha'baan has gone.*" (Tirmidhi)

The above Quoted Hadith is that the Holy Prophet (pbuh) himself used to fast most of the month of Sha'baan, because he had no weakness or weariness before the commencement of Ramadhan. The Prophet (pbuh) ordered us not to fast after the 15th of Shab'aan for the fear that the people would lose the strength and freshness before Ramadhan starts, and would not be able to welcome the month of Ramadhan with enthusiasm it deserves.

Another significant feature of the month of Sha'baan is that it consists of a night which is

termed in Shariah as "*Laylatul-baraa'ah*" (The night of freedom from Fire). This is the night occurring between 14th and 15th day of Sha'baan. There are certain traditions of Prophet Muhammad (pbuh) to prove that it is a meritorious night in which the people of the Earth are attended by special Divine mercy.

Sayyidah' Aishah (ra) has reported that Prophet Muhammad (pbuh) has said, "*Allah Almighty descends (in a manner He best knows) in the night occurring in the middle of Sha'baan and forgives a large number of people more than the number of the fibers on the sheep of the tribe, Kalb.*" (Tirmidhi)

Kalb was a big tribe the members of which had a very large number of sheep. Therefore, the last sentence of the *Hadith* indicates the huge number of the people who are forgiven in this night by Allah Almighty.

In order to observe the Night of Baraa'ah, one should remain awakened in this night as much as he can. If someone has better opportunities, he should spend the whole night in worship and prayer. However, if one cannot do so for one reason or another, he can select a considerable portion of the night, preferably of the second half of it for this purpose, and should perform Salaah, Tilaawat, Zikr and Dua.

The women during the time of their periods cannot perform *Salah*, nor can they recite the Qur'an, but they can recite any *Dhikr*, *tasbeeh*, *durood sharif* and can pray to Allah for whatever purpose they like in whatever language they wish.

Minaret of a Bulgarian mosque



THE 99 NAMES OF ALLAH

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. If read continually before any task, it will be accomplished – Insha-Allah.

Banya Bashi Mosque, Bulgaria



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The most perfect of believers, in point of faith, is he who is best in manners.

HADITH OF ABU DAWOOD ON THE AUTHORITY OF ABU HURAYRAH.

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Lamb

Akni

(serves 3)



Ingredients:

- 1lb Lamb Meat (boneless or on the bone)
- 1 Large Onion Chopped
- ¾ tin Crushed Tomato
- 7 tblsp Oil
- 2 tsp Cumin Seeds (whole)
- 1 tsp Cumin Seeds (crushed)
- 4 Whole Blk Pepper
- 2 Stick Cinnamon
- 2 Elaichi (cardomom pods)
- 3 tsp Salt
- 1 tsp Turmeric
- 2 tsp Coriander Powder
- 1 tsp Chilli Powder
- 1 tsp Garlic
- ½ tsp Ginger
- 1 tsp Tomato Puree
- 2 cups Long Grain Rice
- 4 cups Boiled Water
- Handful Coriander

Method:

In a pot put the oil and add black pepper, cumin seeds (whole), cinnamon, elaichi, and heat for 1-2 minutes then add onions. Cook until golden brown and add the lamb. Put 1tsp salt ½ tsp turmeric and garlic and ginger and cook for 25 minutes on low gas. Then add the tomatoes, chilli, coriander powder, 1 tsp crushed cumin seeds, tomato puree and cook for a further 15-20 minutes. Once the sauce is cooked add the water, rice, remaining salt (2tsp), turmeric ½ tsp, and crushed cumin seeds, 1 tsp and fresh coriander. Cook on medium gas for 3-4 minutes stirring evenly round the pot. Cover the pot with lid and cook for another 15-20 minutes until rice is fully cooked.

This is a traditional dish which is usually served in weddings. A very tasty dish to enjoy with the family.

PIOUS WOMEN

Hadhrat Umme Habibah (ra) was also a wife of the Prophet (pbuh). Before her marriage to the Holy Prophet (pbuh) she was married to Ubaidullah Bin Jahash, she accepted Islam along with her husband and they both migrated to Habsha (Ethiopia). On reaching Habsha Ubaidullah became a Christian. He also invited Hadhrat Umme Habibah (ra) to Christianity but she refused to leave Islam. Ubaidullah had given himself over to frequently consuming wine and alcohol “the mother of all evils”, and eventually he died in Ethiopia.

After her iddat (reckoned days) the Holy Prophet (pbuh) asked for her hand in marriage through a slave called Abraha, who was the slave of Negus, the ruler of Ethiopia. Abraha was beaming with joy as he greeted Hadhrat Umme Habibah (ra) and said

“The Negus sends his greetings and says to you that Muhammad (pbuh), the messenger of God wants you to marry him and that he has sent a letter in which he has appointed him as his wakil to contract the marriage between you and him. If you agree, you are to appoint a wakil on your behalf.”

Hadhrat Umme Habibah (ra) was in

the clouds with happiness and made Hadhrat Khalil Bin Saeed Ansari (ra) her wakil. Due to her happiness she gave Abraha two silver bracelets and rings.

The Negus gathered together the Muslims of Ethiopia along with Jafar Bin Abi Talib and read out the sermon of marriage, he also paid 400 gold coins as dower money on behalf of the Holy Prophet (pbuh).

Hadhrat Umme Habibah had heard from the Prophet (pbuh) that whoever among the believers offers twelve rakahs of nafl prayers that person shall have a palace in paradise. She said “I persisted in offering these twelve rakahs daily”

Once Abu Safyan, the father of Hadhrat Umme Habibah (ra) (who had not accepted Islam yet) came to see his daughter. He wanted to sit on the bedding of the holy Prophet (pbuh), but Hadhrat Umme Habibah (ra) did not like this, so she folded the bedding to one side. Abu Safyan was infuriated. She said “You are a polytheist and hence unclean and this is the pure, clean bed of the holy Prophet (pbuh).

Hadhrat Umme Habibah (ra) passed

AQAID: TAWHEED

Vigilance against the Wiles of Shaytan

As Allah says in the Qur’an, Shaytan is always trying to divert people from the right path and to take them away from Allah’s deen and the teachings of the Qur’an.

Shaytan continues his work twenty-four hours a day, without making any distinction between rich and poor, young and old, pretty or unattractive, and he expends much effort trying to mislead everyone.

He feels resentment towards everyone no matter who they are. Shaytan was filled with this resentment at the creation of the first human being. After Allah created Adam, He ordered Shaytan to prostrate before Adam, but Shaytan’s heart was full of jealousy and pride, as a result he refused.

Allah says in the Qur’an:

We created you and then formed you and then We said to the angels, “Prostrate before Adam,” and they prostrated-except for Iblees.

He was not among those who prostrated. He (Allah) said, “What prevented you from prostrating when I commanded you to?”

He (Iblees) replied, “I am better than him. You created me from fire and You created him from earth.”

He (Allah) said, “Descend from Heaven. It is not for you to be arrogant in it. So get out! You are the one of the abased.” (surat Al-A’raaf)

Shaytan’s target is all humanity whoever embraces Allah’s religion. His desire is to draw as many people as possible to be with him in the Fire. And those with faith are aware that their greatest enemy Shaytan, is always working: they are always wary of Shaytan’s cunning acts.

May Allah guide us all, and keep us safe

Compulsory (Fardh)

There are six Faraa'idh (compulsory acts) in Salah. Salah will not be valid if any of these acts are left out.

- Takbirah at-Tahrima
- Qiyaam (standing posture)
- Qiraa'ah (recitation of the Quraan)
- Ruku (bowing posture)
- Both sajdahs (prostrating postures)
- Qai'dah Akheerah

Necessities (Wajib)

Waajibaat (singular: Wajib) in Salah are fourteen, these acts are also very important for Salah to be valid. If one happens to miss out a wajib act, then performing Sajdah sahwa can compensate this mistake. If one does not perform Sajdah sahwa then it is necessary to perform that Salah all over again. (There is no Sajdah sahwa for the Faraa'idh acts in Salah. If one happens to miss a Fardh act, Salah will have to be repeated.)

Qiraa'ah to be recite either a surah,

a long ayah or three short ayah after surah Al-Fatihah.

Qiraa'ah must be read in every Rak'ah except the third and fourth rakah of a Fardh Salah.

Surah Al-Fatihah must also be recited in every rak'ah except the third and fourth Rak'ah of a Fardh Salah. (It is sunnah to recite it in the third and fourth rak'ah).

To maintain correct order between all the different postures.

Qawmah (standing posture after ruku)

Jalsah (sitting posture between two sajdahs)

Ta'dil al-Arkan (to pause on each postures before moving on)

Qai'dah Ula (the sitting posture after the sajdahs in the second rak'ah of any three or four rak'ah Salahs)

To recite tashahhud in both the Qai'dahs.

For the Imaam to offer Qiraa'ah aloud in the first two raka'ahs of Fajar, Maghrib, Isha and Jummah, also, all the raka'ahs of Salah read in congregation that are not fardh. (Eid, witr etc). The Qiraa'ah of the remaining raka'ah including Zuhar

and Asar should be in silence (the movement of the lips in this is necessary).

To end the Salah with saying Sa-laam.

To say Takbeer (Allahu-akbar) for Qunoot in Witr Salah. Raising of the hands and also recital of Dua-e-Qunoot.

The six additional takbirs of the Salah of both Eids.

MUSLIM NAMES BOYS

- Wahhaaj** - Shining; illuminated.
- Wahaab** - Gift; name of a sahabi
- Waheed** - Unique; singular; inparallel; alone.
- Waathiq** - Strong, firm; binding; confident; secure; name of a Muslim caliph.
- Waseem** - Of a fine countenance; handsome.

MUSLIM NAMES GIRLS

- Wardah** - Rose.
- Waseefah** - praised.
- Waahidah** - Unique.
- Waahibah** - Generous.
- Wajahat** - High position; dignity.

HEALTH & BEAUTY

With regards to the use of Surma, or Kohl as it is known in the Arabic language, the Noble Prophet Muhammad (pbuh) has stated: *"The best of your kohl is ithmid (antimony), for it makes the vision clear and makes the hair grow."* Abu Dawood

Benefits of Kohl

The great physician Ibn al-Qayyim (may Allah have mercy on him) stated whilst mentioning the benefits of Kohl that it safeguards the overall health of the eyes and also strengthens the eyesight and clarity of vision. In addition to this it also helps remove impure sub-

stances from the eye.

Kohl also serve as an adornment and if it is applied before going to bed this is even better as was the practice of the Prophet (pbuh). *Ithmid* is more effective than other types of kohl and it was also the surma that was preferred by our Prophet (pbuh).

Application

Ibn Abbas narrates that the Holy Prophet (pbuh). had a kohl container from which he applied kohl every night three times in each eye. (Al-Bayhaqi). From this we learn the sunnah method

of applying surma and that is to apply surma thrice into each eye starting with the right.

Precautions

There may be some kinds of modern, manufactured kohl that contain some chemical ingredients that, rather than benefit, can lead to physical damage of the eyesight. Hence people nowadays should not regard every kind of kohl available as beneficial and instead try to use pure kohl from reputable companies.

Allah knows best

Upbringing of Children

Once the child is potty trained they will still need you to assist them to relieve themselves and this is a good opportunity for you to teach them the etiquettes of the toilet e.g. the sunnah way of entering the toilet relieving themselves and leaving the toilet. What ever you teach them now will be their habit for life.

When entering the toilet make sure your child enters with their left foot, make them read the following dua.

Recite *Bismillah* before entering the toilet, as this will serve as a veil between the jinn and the private parts of human. (Tirmidhi)

Similarly when leaving the toilet, ensure your child leaves with the right foot and reads the dua*.

We teach our children to remember Allah and recite Bismillah before every action, however we must remind our children that the toilet is satan's filthy dwelling and never to mention Allah's name in the toilet. It is known that the jinn like to inhabit places of filth, such as toilets and camel pens (Abu Daawood) and that is why we have been ordered to seek refuge in Allah from their harm when we enter the toilet.

It is forbidden to use the right hand in order to clean oneself from the impurities of urine.

The Prophet (pbuh) said "None of you should touch his private parts with his right hand whilst urinating nor should he wipe feces with his right. (Bukhari)

After relieving themselves children should be taught that *istinja* (Cleaning yourself with water and toilet paper) must be made using the

left hand. As water is the purist form of cleaning yourself children should wash themselves with water alongside toilet paper. Emphasis should be made on performing *istinja* after urinating, otherwise, once they grow up they will be lazy in performing this act of purification.

Boys must also be taught to take extra care whilst urinating. It is recommended to urinate whilst sitting or squatting and not standing, since this was the usual practice of the Prophet (pbuh). (Abu Dawood)

Most boys would say that it is easier to stand whilst urinating, however it is bad for their health and there is a grave punishment for standing, as this could result in the splashing of urine on ones body and clothes.

The Prophet (pbuh) once passed by two graves and said: "Both are being punished. They are not being punished for major sins. One did not shield himself from urine and the other carried gossip. (Bukhari-Muslim)

Another important factor which we neglect is our seating position while urinating. It is forbidden to urinate while facing or sitting with our backs to the Qiblah. The Prophet (pbuh) said: "If you go to relieve yourself, do not face the Qiblah nor turn your back towards it. Instead you should turn to your left side or your right. (Bukhari- Muslim)

These are practical sunnahs that we must teach our children by our actions which they will then follow. In fact you assist your child in the toilet at least five, six times during the day, there is no doubt a child will be following these sunnah etiquettes in less than a week if they are applied constantly.

* see the dua on our website www.believingwomen.co.uk



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Sincerity

*Learn to call on Allah,
In the dark,
While riding a bus,
Or sitting in a park.*

*Learn to do it when,
Alone in a room,
Or staying up late,
Staring at the moon.*

*And if someone boasts about,
What they did for Allah,
And then asks you to tell them,
What you did for Allah.*

*Just say,
"Why should I tell you
If I did it for Allah?"*

*(My Sister magazine
vol 13 issue 11)*