

BELIEVING

WOMEN

QUALIFIED FEMALE SCHOLARS (UK GRADUATES) OF GLASGOW

SEPTEMBER 2007 — RAMADHAN 1427

BRINGING MUSLIM WOMEN CLOSER TO ISLAM

19

RAMADHAN

The fourth pillar of Islam, fasting, is practiced during the month of Ramadhan. Ramadhan is derived from an Arabic word for: Intense heat and Sun-scorched ground.

"Ramadhan is the month during which the Qur'an was revealed, providing guidance for the people, clear teachings, and the statute book. Those of you who witness this month should fast therein. Those who are ill or travelling may substitute the same number of other days. Allah wishes for you convenience, not hardship, that you may fulfil your obligations, and to glorify Allah for guiding you, and to express your appreciation." [2:185]

During Ramadan, Muslims are also expected to put more effort into following the teachings of Islam as well as refraining from anger, envy, greed, sarcastic retorts, backstabbing, and gossip. They are encouraged to read the Qur'an. Muslims tend to perform the recitation of the entire Qur'an by means of special prayers, called Taraweeh, which are held in the mosques every night of the month, during which a section of the Qur'an is recited, so that by the end of the month the entire Qur'an has been completed.

Taraweeh is an Arabic phrase referring to those extra prayers. This prayer is

performed after the salah of Isha.

CHECKLIST FOR RAMADHAN

- Make a resolve to win the maximum favour of Allah. Perform extra Nawaafil prayers. Make frequent Dua and increase Dhikr.
- Try to recite the Holy Qur'an. If we read 3-4 pages after every salah, we can easily finish the entire Qur'an in Ramadhan! Study the Qur'anic tafseer (commentary) with learned scholars.
- Invite a person to your home for Iftar, at least once a week. You will notice the blessings in your house and in your relationships.
- Bring life to your family. Try to end the fast with your family and spend some quality time together to understand each other better.
- Commit yourself to an Islamic study circle, to enhance your Islamic Knowledge and practices. Plan to complete reading a book on Prophet Muhammad's (pbuh) life in these 30 days.
- Donate generously to the Masaajid,
- Share Ramadhan and its teachings of love and patience with your friends and family.
- Seek the rewards of "the night which is better than a thousand months" (Laylatul Qadr) in the last ten nights of Ramadhan.
- Weep in privacy, for the forgiveness of our sins. It is a month of forgiveness and Allah's mercy. IT'S NEVER TOO LATE.
- Learn to control the tongue and lower our gaze. Remember the Prophets warning that lying, backbiting and a lustful gaze all violate the fast. Abandon foul language forever.
- Encourage others to enjoin and love goodness, and to abandon everything evil. Play the role of a Da'ee (one who invites to Allah) with passion and sympathy.
- Experience the joy of Tahajjud prayers late at night and devote yourself purely and fully to Allah in the Ei'tikaaf retreat during the last ten days of Ramadhan.

Islamic Organizations and anywhere where people are in need. *"This is the month of sharing!"*

MAY ALLAH GRANT US ALL A BLESSED RAMADHAN. AMEEN

When Ramadhan comes, the doors of Heaven are opened, the doors of Hell are closed, the devils are put in chains, and the doors of mercy are opened.

HADITH OF AL-BUKHARI AND MUSLIM ON THE AUTHORITY OF ABU HURAYRAH.

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THE 99 NAMES OF ALLAH

Al-Khaaliq

THE CREATOR

He is the one who creates from nothing, creating at the same time the states, conditions and sustenance of all that he has created: He establishes how, when and where creation will take place.

Anyone who recites this Name of Allah 100 times for 7 days, will be safeguarded against all adversities

RAMADHAN ISSUE

رمضان
كريم

May you have a blessed
Ramadan

Chicken Rice



Ingredients:

- 1lb Boneless Chicken Cubes
- 1 Medium Onion Chopped
- 3tblp Vegetable Oil
- ½ tsp Salt
- 1tsp Black Pepper
- 1 tsp Garlic
- ½ tsp Ginger
- 2 tblsp Dark Soya Sauce
- 1 tsp Crushed Cumin
- ½ tsp Chilli Powder
- 1 tblsp Tomato Puree
- 1 Green Pepper cut into cubes
- Rice
- 2 cups Basmati Rice
- 4 cups Boiled Water
- 2 tsp Salt

Method:

Heat the oil and add onions. Cook until they are light brown and add the chicken. Add salt, black pepper, garlic, ginger, cumin, chilli powder, tomato puree and cook for 10-15 minutes. Then add the vegetables and pepper. Cook for a further 5-7 minutes then add the boiled water. Add the rice, soya sauce and 2 tsp salt. Cook on low gas for 20 minutes and leave it covered. Serve with a nice green salad and some relish.

Relish:

2 Chopped tomatoes, 1tblp oil, ¼ tsp salt, ½ tsp chilli powder, handful chopped coriander, 2 tsp lemon juice.

Method:

Heat the oil and add the tomatoes. Add salt, chilli, lemon juice and coriander. Cook on a low gas for 8-10 mins.

PIOUS WOMEN

Hadhrat Hind R.A. belonged to the tribe of Quraish. Her father, Utbah, was the most respected chief of the Quraish. She was first married to Fakah Bin Mughirab, the marriage broke due to some disputes. She remarried with Abu Sufyan Bin Harb, who was a well known chief of the Umayyah tribe.

Utbah, Abu Sufyan and Hind were bitter enemies of Islam. They could not bear to see the advancing of Islam so they made every effort to degrade the progress of Islam. Abu Jahl was their leader in this dirty game.

In the battle of Badr, some of the worst enemies of Islam were killed which including Abu Jahl and Utbah. Abu Sufyan Bin Harb came to assume the position of Utbah. Hind also accompanied her husband in the battle of Badr.

Hadhrat Hamzah R.A, the uncle of the Holy Prophet (pbuh), had killed Utbah in the battle of Badr so Hind was sworn to take revenge.

Hind prepared her slave Wahshi who was an excellent marksman with a spear. She promised to set Wahshi free if he killed Hadhrat Hamzah R.A.

In the Battle of Uhud, Wahshi shadowed Hadhrat Hamzah R.A.'s and when he got in range, he threw his spear which struck Hadhrat Hamzah. Hadhrat Hamzah tried to attack Wahshi but staggered, fell down and was martyred immediately.

After the battle, the women of Quraish mutilated some of the bodies of the Muslim martyrs and prepared garlands of their bones.

After the conquest of Makkah, Hind and Abu Sufyan both accepted Islam. Soon they became dedicated and practicing Muslims. They were an example of piety and kindness.

During the regime of Hadhrat Umar R.A., there were very hard conflicts between Romans and Persians. Both took part in the battle of Yarmook and fought with courage and bravery.

SUNNAHS PERTAINING TO IFTAAR AND SEHRI

Unfortunately we see during this special month, many sunnahs of the Prophet (pbuh) being neglected because of laziness. One such simple sunnah is that of the suhoor, eating of food before fasting, a beloved sunnah of our Prophet (pbuh).

The Prophet (pbuh) encouraged his ummah to participate in the suhoor - in order to differentiate our fasts to those of the Christians and Jews. (Abu Dawood). The "suhoor" has also been referred to as "ghidaaul mubaraak" (the blessed morning meal) (Abu Dawood).

The Scholars have mentioned that the reason as to why it is blessed is because firstly, it is a sunnah of our beloved Prophet (pbuh) and also a sunnah of the ambiyaa (prophets) that passed before.

Hadhrat Moulana Sheikh Zakariya RA mentions that the morning suhoor is a means of strength and vitality for

the fasting person. Hadhrat also goes on to mention that through sehri, a person is given the ability to keep their fasts and the difficulty that one may face when fasting is eased.

One can also earn those rewards by conducting the simple sunnahs pertaining to Iftaar, the breaking of the fast. The Prophet (pbuh) commanded all to break their fast immediately after sunset and strongly discouraged us from delaying it (Abu Dawood). Upon breaking the fast, one should firstly recite the dua (as one should also do with sehri), and then break their fast either with dates otherwise water, as instructed by the Noble Prophet (pbuh) (Abu Dawood).

These sunnahs are simple but effective ways of increasing our reward and gaining Allah's pleasure. May Allah grant us the strength and desire to implement the sunnah into every aspect of our lives. Ameen.

BENEFITS OF RAMADHAN

The benefits of the Ramadhan month of fasting are too many to be counted. If one does recognize them and realise their importance, he would wish to have the month of Ramadhan to last throughout the whole year.

These blessings are given by Allah to the fasting Muslims, who are to fast with full faith and expectation.

These blessings and benefits of the month of fasting during Ramadhan have been grouped and summarised into different categories. They are summarized here without commentary. It should be remembered that all of these blessings were taken directly from Holy Qur'an and Hadith.

The following is a partial list for the blessings and benefits of the month of fasting during Ramadhan:

1. Taqwa:

- Fearing Allah (SWT)
- Practicing the Revelations of Allah (SWT)
- Accepting the little things that one has achieved
- Preparing for departure from this world to the Hereafter
- Self-discipline
- Self-control
- Self-restraint
- Self-education
- Self-evaluation

By accepting these criteria and by practicing them, the Muslim will achieve the concept of Taqwa in his private and public life.

2. Protection:

- Avoiding Immorality
- Avoiding anger/outcry/uproar
- Avoiding stupidity
- Avoiding all makrooh/mashqooq/haram

By achieving these good manners, a Muslim will come out of fasting a better human being in society.

3. Revelation of Holy Qur'an: The Holy Qur'an was revealed during the month of Ramadhan. The Holy Qur'an is:

- A Guidance to mankind
- A Manifestation of right from wrong
- A Summation and culmination of all previous revelations
- A Glad-tiding to the believers
- A Healer
- A Mercy

4. Doors of heaven are open

5. Doors of hell are closed

6. Devils are chained down

7. Fasting with Iman (faith) and expectation: Such type of intention leads to forgiveness by Allah (SWT) to the individual's sins.

8. Door of Rayyan: There is in Paradise a door called Al-Rayyan. It is for the fasting Muslims. Only those who fasted the month of Ramadhan are the ones to enjoy the bliss of Paradise inside that area.

9. Rejoices: There are two types of rejoices for the Muslims who fast.

These are:

- When breaking fast
- When meeting Allah (SWT) on the day of Judgment

10. Mouth Smell: The smell of the mouth of the fasting Muslim will be better than the smell of musk during the day of Judgement.

11. Glad-Tidings: These glad-tidings are given to the well-wishers while the ill-wishers are to be stopped during

Benefits of Fasting

Fasting brings passion under control.
It makes the soul shine.

Fasting gives taste in prayer.
Fasting removes the false sense of superiority.

It saves time and trouble.
It greatly contributes to the preservation of health.

Fasting teaches sympathy for the hungry.
Fasting teaches moral discipline.

Fasting keeps the faith in Allah swt being a living force.

(Pearls of Wisdom 2- Mufti Saiful Islam)

fasting.

12. Ramadhan -to- Ramadhan: Whoever fasts two consecutive months of Ramadhan with good intention will receive forgiveness for the mistakes committed throughout the year.

13. Multiplication of Rewards: Doing good = 10x, 70x, 700x or more during the month of Ramadhan.

14. Feeding Others: Whoever invites others to open the fast, and whoever takes care of the hungry, needy, during the last ten days of Ramadhan will receive equal rewards to the fasting person(s).

15. Blessing of Iftar: Dua is accepted by Allah (SWT) at Iftar time.

16. Blessings of Suhoor (The late night meal): This meal time gives the opportunity for:

- Night Prayers
- Zikr, Remembrance, Contemplation
- Recitation of Holy Qur'an
- Fajr Salat in Jama'ah
- Dua of Fajr

17. Night Prayers: Whoever performs the Night prayers with sincerity and good intention will receive forgiveness of his past mistakes.

18. Shafa'at (Pleading One's Case for Forgiveness): Whoever fasts Ramadhan will receive on the day of Judgement the Shafa'at of:

- Ramadhan
- Holy Qur'an

MUSLIM NAMES

Boys

Yaasir – Easy. Name of sahabi (r.a).

Yazeed – Name of sahabi who participated on the battle of badar.

Ya'laa – High, exalted. name of a sahabi (r.a).

Younus – Name of Allah's Prophet

Yousuf – Name of Allah's Prophe

Girls

Yaasmeen – A sweet smelling flower called jasmine.

Yumnaa – Right side; blessed; grace.

Ya'laa - Exalted, high.

Yaqoot – Ruby

Yusairah – Name of sahabiyah(r.a).

Upbringing of Children

Clothing your child in the right manner is as important as educating them. Clothes and dress are created for human beings, who must exercise moderation in their use. Islam commands us to keep ourselves neat and clean and to be careful of outward appearance.

The parents should encourage their children to dress according to shariah from a tender age.

There are three important rules you have to consider when getting dressed.

1. The clothing has to be long enough to cover your *satr*. (*Satr* = The limit laid down by Islam for covering your body)
2. It should not be tight so that it reveals the body parts.
3. The material should not be

transparent.
(For a female; *satr* is her whole body except her face, hands and feet).
(For a male; *satr* is from the navel up till the knees)

This is the general Islamic rule for covering ourselves in front of our *Mahrams* (certain family members). But when in front of *Ghair Mahrams* and when going out, the limit will increase.

It is sad to say that a lot of Muslims show ignorance in the fact that a lady should cover her hair and arms in front of her cousin brothers or husbands brothers as they are her *Ghair Mahrams*. She will not bother to cover her hair if they walked in due to them being classed as family.

Islam has allowed us to wear any type of clothing as long as the three above conditions are applied. Living in this country you may have to dress your child according to the weather. In winter thick trousers and in summer, cotton clothes are ideal, but two rules are usually broken for both types of clothing. For trousers they are usually tight which reveal

the thighs and bottom. For cotton clothes they are usually transparent which again reveal the body. Now for a two or three year these rules are not compulsory, but it is recommended that you dress them Islamically when and where possible. When the child reaches puberty he or she will be ready to observe the rules of *satr*.

It is commonly observed and witnessed that a child has reached puberty and does not dress according to shariat, the public will generally blame the child. But in reality it is the parents fault, for not guiding and educating the child from a young age. In some cases it can be said that the child has been influenced either by the society or friends.

Living in this day an age and the bad influence of society it is hard for a Muslim parent to keep a track on their child.

Therefore you need to implement the Islamic way of dress from a very young age so later on they will not find it difficult.

FASTING IN RAMADHAN

Fasting in the month of Ramadhan is one of the five pillars of Islam, and to fast in this beautiful month is compulsory upon every male and female who has reached the age of puberty.

Fasting has many physical, moral and social benefits. However, Allah has made fasting compulsory so that we become pious, God fearing and God conscious.

Fasting in Ramadhan means to stay away from eating, drinking sexual intercourse from the early hours of the morning when the sun rises to sunset with the intention of fasting. Sexual intercourse during fasting in the day is not allowed but is permissible after the fast.

To make intention of fasting is necessary. If a person stays away from all those things that break ones fast without

an intention, the fast will not be valid. How ever it is not necessary to express the intention verbally, as *Niyah* (intention) means to intend. Thus, the intention from the heart will suffice. However, it is better to express your intention verbally by reciting the dua.

THINGS THAT BREAK ONES FAST

- 1- Water goes down the throat whilst gargling, conscious of ones fast.
- 2- To vomit mouthful intentionally or to return (swallow) vomit down the throat.
- 3- Swallowing intentionally a piece of paper or any item that is not used as food or medicine.
- 4- Putting oil into the ears.
- 5- Inhaling snuff (tobacco or medicine) into the nostrils.
- 6- Swallowing the blood from the gums if it is more than the saliva when mixed.
- 7- To eat and drink forgetting that one

is fasting and thereafter eating and drinking thinking that the fast is broken, to eat and drink again

8- To eat or drink after sunrise or to break the fast before sunset due to a cloudy sky or a faulty watch, etc. and then realizing ones mistake.

THINGS THAT DO NOT BREAK THE FAST

- 1- To eat or drink something unintentionally.
- 2- Water entering the ears.
- 3- Taking an injection.
- 4- Applying of *Surma* (*Kohl*) into the eyes.
- 5- Rubbing oil onto the body or hair.
- 6- To vomit unintentionally.
- 7- Applying perfume or *Itr*.
- 8- Brushing the teeth without tooth paste or power, e.g. using a *Miswaak* etc.