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# Hope: A Believer's Lifeline

*Assalamu Alaikum Warahmathullahi Wabarakatuh  
(May the peace, mercy, and blessings of Allah be with you.)*

Hope is what keeps us going in life. Hope is a lifeline, escape from all worries, trials and tribulations. There is some hope behind almost everything we do. If not, there is no motivation, no meaning, no purpose in life. The loss of hope may have serious consequences in more ways than one.

In Islam, Hope means steadfastness, or firmly believing in Allah, the Glorious and Exalted. The opposite of *hope* is *despair* or *losing hope* in the mercy of Allah. From the Quran (12:87) - The Prophet Yaqoob (peace be upon him) advises to his sons - "*O my sons! Go and search diligently for Joseph and his brother. And do not lose hope in the mercy of Allah, for no one loses hope in Allah's mercy except those with no faith.*" Not having hope in Allah is a serious matter. We should be optimistic and never lose hope in Allah.

Hope can live in us in three forms - First, as a firm believer, you keep hope in Allah and expect rewards from Allah alone. Second, you commit a sin, but you fear Allah, so you ask for forgiveness and hope for forgiveness from Him. Third, a fearless or negligent person will sin continuously, and then they simply hope that Allah will offer forgiveness. The first two are desirable forms of hope. However, the third form of hope could be described as wishful thinking, unless that person puts in an effort to attain Allah's forgiveness. In the Quran (4:123), Allah says - "*Divine grace (paradise) is neither by your wishes nor those of the People of the Book! Whoever commits evil will be rewarded accordingly, and they will find no protector or helper besides Allah.*"

The hope in Allah directly depends on our level of faith (*Eman*) and trust (*Taqwa*) in Allah, and the patience (*Sabr*) we practice. Our Hope in Allah constantly grows as we strengthen our faith and trust in Him. Today, there is suffering all around us across the globe. To maintain hope in such situations, we must maintain patience as advised in the Quran and by the Prophet (peace be upon him).

Hope leads to obedience and gratitude towards Allah; it establishes a stronger connection with Allah. Allah, the Almighty, loves His slaves who ask favors of Him and supplicate Him. Not asking Him would anger Him. The more you ask, the stronger your hope will become. Hope also inculcates respect and fear of Allah in our hearts.

To develop and grow hope, remember His favors and His bounties; remember His promise of great rewards; and remember His continuous blessings! Most of all, remember that His mercy precedes His wrath, and that He is the *entirely Merciful, the especially Merciful*; He is Kind and Compassionate.

Real hope grows in pure hearts that are free from doubt and despair. Therefore, work towards purifying the heart as the farmer prepares and maintains the fertile soil for a better crop. Hence, the cover of our issue delineates four simple words - Hope, Faith, Trust, and Patience.

Hope, then, is the most important quality a believer needs in order to continue his journey towards Allah, especially during times of trial and tribulation. Let us pray that Allah help us maintain and strengthen our Hope in Him, our Faith and Trust in Him; and may He grant us a much-required patience. *Ameen.*

*Adam Salaam*

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## Director's Message

*Dear brothers and sisters in Islam,*

*Assalamu Alaikum Wa Rahmutallahi Wa Barakaatuh*

I wish you and your families *Ramadan Mubaarak*. May the *blessings* of Allah SWT descend on us as individuals, as families, as a *community*, and a nation.

As we prepare and look forward to reentering the Masjid coming out of a global pandemic, let us proceed with caution and follow necessary health regulations to protect ourselves and those we come in contact with. It is a blessing to be back at the Masjid for Ramadan. The last Ramadan was a real test for believers. By the grace of Allah, we came out, but only with a stronger faith in Allah, the most High.

May Allah help the Muslims from all over the globe have a peaceful and blessed and safe Ramadan. Let us also hope that by fasting in the month of Ramadan, we as a community will exemplify the best of the Muslim character as we interact with the wider society; especially during a time when feelings towards Muslims is not at its best.

Ramadan is about faith, kindness, generosity, perseverance, and striving to achieve a higher spiritual goal with our Creator. It is also about developing a deeper sense of consciousness of Allah within ourselves, known as *Taqwa*.

Allah affirms in the Quran (2:183), "O you who believe! Observing *As-Saum* (the fasting) is prescribed for you as it was prescribed for those before you, that you may become *Al-Muttaqûn* (the pious)."

*Taqwa* is the first quality that Allah mentions as He describes those who truly will benefit from His Book. The people of *Taqwa* are the successful people in this life—and in The Hereafter—where they will dwell in Paradise. *Taqwa* requires that our intentions be sincere for Allah. So, as we fast everyday throughout this Month, let us be clear on our intentions and goals as we enter this month. It is a complete immersion, submission, and interaction of the *servant* with his *Lord*. Ramadan is a month of special generosity from Allah. He sent down the best book to the best humans through the best Angels and on



the best night. So, we glorify and praise Allah who has allowed us to dwell in His Kindness and His Generosity. The gates of Jannah are opened, and the gates of hell are closed, and the *Shaitaan* and his henchmen are locked up. We should use this month to rid ourselves of any bad habits or deeds which act as a hindrance between us and our Creator! At the same time, let us adopt the habit of performing these good deeds into each area of our lives in which goodness is lacking.

The Prophet said: "*As-Siyam* and the Quran will intercede on behalf of the servants of Allah. *As-Siyam* says, 'O Lord! I prevented him from food and obeying his desires in the morning. Therefore, accept my *Shafa'ah* on his behalf.' And the Quran says, 'I prevented him from sleeping at night. Therefore, accept my *Shafa'ah* on his behalf,' and they will be accepted as intercessors." [Ahmad, Al-Hakim & Al-Bayhaqi]

Ramadan is blessed by night as we stand for *Qiyaam*, and by day Fasting for the pleasure of Allah. The rewards of both are immense. *The Prophet (PBUH)* said: "Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah's rewards, then all his past sins will be forgiven and whoever establishes prayers during the nights of faithfully out of sincere faith and hoping to attain Allah's rewards all his past sins will be forgiven." [Bukhari]

Let us remember those who are suffering across the globe. We should pray for them, as prayer of a Fasting person is accepted by Allah. *The Prophet (PBUH)* said: "There are three people whose supplications are not rejected: the fasting person when he breaks the fast, the just ruler and the supplication of the oppressed". [Tirmidhi, Ibn Majah and Ibn Hibban].

I pray Allah accept our supplication, grant us ease from this pandemic, and bless us with a successful and rewarding Ramadan.

*By Ustadh Nazimool Saheb  
Director, Masjed Al-Wali*

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## Administrator's Message

### Ramadan Kareem

*Assalamu Alaikum Warahmathullahi Wabarakatuh*

(May the peace, mercy, and blessings of Allah be with you.)

First, let us thank Allah, the Glorious and Exalted, for His mercy and blessings on all of us. Be the peace and blessings upon our beloved Prophet Muhammad, all the Prophets, all the companions of the Prophets, and every believer from Adam until the Day of Resurrection.

Dear brothers and sisters, the Masjid really appreciates the patience you have shown over the past year during the challenging time of COVID. May Allah accept our endurance during this challenging time and raise the status of every believer in this world and hereafter. Ameen.

Last year was a difficult time for humanity. Many of us have lost loved ones. Many have gone through emotional and financial difficulties. But we need to constantly remind ourselves, as Allah says many times in Quran, "Allah is with the As-Sabirun (the patient)".

Amid so many difficulties, many of us have discovered that Ramadan, 2020 was the best Ramadan ever. We need to continue to build on that and make this Ramadan even better Insha'Allah. We would like to share some thoughts to help you do so:

- Let us constantly remind ourselves that Allah did not create us except to worship Him. The purpose of this life is to achieve success in this world and (the) hereafter.
- Continue to pray five times as prescribed. The prayer helps us stay away from evil.
- Make every effort to read and understand the Quran—even one verse—every day. As our beloved Prophet (peace be upon him) said – "I am leaving the Quran with you as a guidance and mercy from the Lord of all the worlds".
- Allah has made it easy for us to worship Him. Every act of our life could be worship if done as advised by His Book and Prophet. Some simple examples include earning halal (pure) money to feed your family, being kind to others, helping humanity, including believers and non-believers; these are all acts of worship.
- Maintain balance in life. Allocate and prioritize - time for prayer, time to read and learn the Quran, time for family, and time for work and others.
- Do not let the temptation to acquire wealth divert us from remembrance of Allah.

Insha'Allah (Allah willing), our community will be able to pray together this Ramadan. The Masjid will be open for regular and Taraweeh prayers—with appropriate guidelines.

The Masjid administration would like to thank all community members for their continuous support and cooperation during these difficult times. Please continue your financial support and donate generously.

Let us pray for the entire community, administration, and all who have been helping to run the Masjid smoothly - May Allah accept their efforts and reward them greatly. May Allah enable all of us in this Ramadan to be steadfast in prayers and accept all our fasting and worship. Ameen.

*Administration  
Masjid Al-Wali*

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## Message from Al-Wali Communications Committee

*Assalamu Alaikum Wa Rahmutallahi Wa Barakaatuh*

All praise and thanks are due to Allah, the Glorious and Exalted; and peace and blessings to Prophet Muhammad and to all of the Prophets. It is a pleasure to introduce the Communication Committee at Masjid Al-Wali. Our special thanks to our beloved Director Ustadh Nazimool Saheb who has helped streamline the Masjid operations. On this occasion we would like to introduce the roles and responsibilities of the committee:

- To ensure that all communication is consistent and clear;
- To ensure that all communication is accessible and shared via modern platforms, like WhatsApp, Facebook, YouTube; and through email;
- To manage our technology infrastructure used for communication, networking, and surveillance;

We have been trying our best to provide much needed services to our community. We welcome new members to join us and be a part of this great mission. Also, we welcome ideas and suggestions to improve the activities and functions of the Communications Committee. You can reach us via email at [communication@masjidalwali.org](mailto:communication@masjidalwali.org).

Let us pray to Allah (SWT) to help us to serve you and improve these services. May Allah bless all volunteers and those who have been both directly and indirectly part of this mission. Ameen.



## Masjid Al-Wali Zakat Committee

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## Mental Health & COVID-19: Light, Guidance, & Much Love

By Sharada Nizami

Insha'Allah, you and your loved ones are safe & healthy. May Allah swt protect us all from COVID-19, *Ya Hafidh*, and open the way for our spiritual growth, *Ya Fattah Ya Rabb*. No doubt, we are living in very challenges times, and many in our community are suffering. As such, my intention for this two-part series is to provide some beneficial perspectives and practical strategies that will make your emotional journey safer & easier, insha'Allah.

And a journey it surely is. We are on a very long hike up a very steep mountain. And we have only two choices about HOW we approach this challenge: *unskillfully* or *skillfully*. If we wear flip-flops, and fail to pack water and snacks, we will have a very difficult time reaching the summit. And if we do, we will be in very bad shape. If we wear good socks, sturdy hiking boots, and our backpack is well-stocked, not only are we likely to reach the summit, but reach it in great shape. This is what I want for our beloved community, insha'Allah.

As Muslims, it is crucial to remember that the ultimate summit is the hereafter. Truly, Allah (SWT) is our goal and pleasing Him is our aim. Truly, everything we do or fail to do *here* has an impact *there*. For many people, this *haqq* is much more difficult to remember and actualize when their day-to-day challenges are daunting. This is why historically and traditionally, in times of crisis, Muslims have always sought the *nasiha* of wise elders. *Imam Muhasibi*, the father of *Islamic Psychology*, developed this crucial, beautiful science in response to the human needs of his students. Sadly, the loss of these teachings as *a widespread living tradition* has contributed in large part to the widespread mental-health problems that have been plaguing our community for a very long time, which have now been exacerbated by COVID-19.

Here's a good metaphor. The science of nutrition teaches us about our body, the properties of different foods, what to avoid to prevent disease, and the vital nutrients we MUST ingest to attain optimum physical health. Likewise, the science of mental health teaches us about our heart and mind, the impact of specific activities, what to avoid to prevent disease, and the vital psychological nutrients we MUST ingest to attain optimum mental health. Lack of knowledge about Islamic Psychology and the absence of the vital psychological nutrients have taken a huge toll on our community. The stories I hear would probably shock you. They would certainly break your heart. Especially the stories of our young people, who are my top priority. Insha'Allah, the wake-up call of COVID-19 propels us to reclaim en masse this lost part of our spiritual heritage, so we can reclaim our vitality and nobility as the Ummah of Muhammad (PBUH).

To continue with the metaphor. Working one-on-one with an experienced nutritionist is very different than reading a book about nutrition. With the former, *your* nutritional program is specifically tailored to your particular problems, challenges, habits, and temperament. The same is true when it comes to mental health. So I must manage your expectations honestly and honorably by saying that it is not possible for me to do in two articles for the general public what I do one-on-one in my private practice as a psychotherapist, life-coach, and spiritual mentor. Truly, there is a palpable, powerful, fitrah-based alchemy that can only happen when two human hearts link-up in real time. That said, in the same way that reading and learning about nutrition is very beneficial, so too reading and learning about mental health, especially now.

### *Working Skillfully with Difficult Emotions*

No doubt, COVID-19 has unleashed a wide range of very difficult emotions. People are struggling with tremendous anxiety, uncertainty, fear, sadness, loneliness, depression, helplessness, hopelessness, anger, frustration, confusion, grief, despair, and in some cases, a full-blown crisis of faith. So let me explain a little bit about emotions and how to work with them *skillfully*.

One of the foundational principles of cognitive-behavioral psychology is called '*reframing*'.

It is the process of deliberately *thinking differently* about our situation. Reframing it. The fact is, the lens through which we view our circumstances makes all the difference in the world insofar as how we feel. Thoughts are like the front wheels of the car and feelings are like the back wheels. We must be in the driver seat, steering *intentionally*. Whichever way the front wheels turn, the back wheels follow. So paying attention to our thoughts moment by moment, and making sure they are aligned with the Qur'an and Sunnah, is crucial. The mind is like a muscle that MUST be trained through specific exercises, and our tradition is rich in the techniques for doing so. Truly, we must hit the spiritual gym regularly. The heavy lifting of *muhasiba* (*self-reckoning*) and *muraqaba* (*mindfulness/meditation*) are not optional. If these are not already a consistent part of your spiritual practice, NOW is the time to take them up. You will be so happy you did!

Here's a good metaphor. If you are a longtime couch potato, even a flight of stairs leaves you huffing and puffing. If you are in good shape, you're able to jog around the block easily. If you're in great shape, you're able to leap over the hurdles like a gazelle.

*Continued on Page 13*

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For many, COVID-19 has been like asking a couch potato to run a marathon. So we need to get in the best spiritual shape possible as quickly as possible. To that end:

### The Centering Exercise

Every time you notice that you are feeling sad, anxious, fearful, angry, hopeless, helpless, impatient, frustrated, confused, or depressed, here's what to do.

- Turn off your devices and put them in another room.
- Close your door and put a "Please do not disturb." sign on the doorknob. Lay down.
- Close your eyes. Turn your attention to your heart. Remember the Hadith Qudsi, "Heaven and earth cannot contain me but the heart of my faithful believer is where I reside." Truly, Allah is closer than our jugular vein. (50:16)
- Take some slow-deep breaths. On the out-breath, silently recite "La illaha." On the in-breath, silently recite "il Allah." After a few minutes, notice the shift in your state. Notice the deep connection between 'self' and 'breath', not just experientially, but also etymologically. They both derive from the same Arabic root, transliterated *nfs*.
- When you are centered, mentally review what you had been thinking about that gave rise to the difficult emotions. Then do a 'search and replace,' deliberately and intentionally

replacing your dark thoughts with the Light of The Qur'an or Hadith. Here is one example: Search: "I'll never get through this." Replace: "Allah never burdens a person with more than he is well able to bear." (2:286)

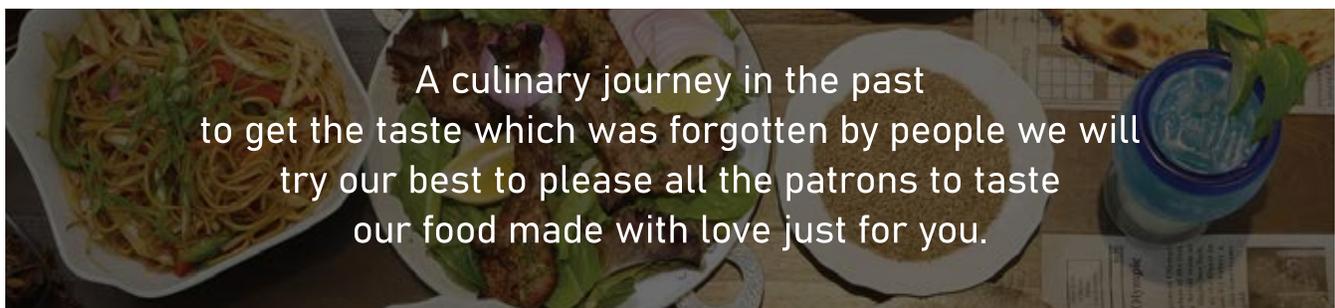
As individuals, we each have our own particular dark thoughts. NOW is the BEST time to fix them. I lovingly encourage you to get a blank journal, so that each time you do The Centering Exercise, you can make note of what you observed, what you learned about yourself. Write down each dark thought and then write down each Rx of Light from The Qur'an or Sunnah. Having a personal journal gives you a concrete means of reinforcing your new thought patterns.

We know from our neuroscience that the human brain possesses 'neuroplasticity', which is the capacity to be shaped, molded, changed. As such, the more often you do The Centering Exercise, the more your thinking patterns will change. This is how Allah (SWT) created us, mash'Allah! It's really quite amazing to realize that the Qur'an we've been given provides Light upon Light from The Lord of The Worlds. And the Sunnah is that Light fully actualized to perfection, mash'Allah. The fact is, no matter how dark a room may be, if we light just one candle, it illuminates the space. Mash'Allah!

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Parents, once you get the hang of The Centering Exercise, please please teach it to your children! Insha'Allah, make it the new normal in your household, transforming discord and upset into harmony and peace.

Say "Ameen!"

## Divine Reminders

Insofar as reframing COVID-19 in the broader sense, I offer you this lens, this Divine Reminder, with much love. May it shift your state from embittered to empowered. My beloved sisters and brothers, Allah (SWT) is our Rabb, our Teacher, and COVID-19 is the Test we've all been given. Every single human being on the planet. We all woke up one day, walked into the classroom of Life, and got handed a pop quiz. The purpose of which is to show us the places where we weren't prepared. This is great! Because the trumpet is absolutely going to sound, and we surely want to be ready. As long as we're breathing, we have time to prepare. This is great!

Say "Ameen!"

Beloved ones, we have the incredible privilege of being students of The One Who Knows Everything, including The Future and

The Unseen. It is very bad adab to question the teaching methods of our Teacher or to complain that we don't like the Test.

This was the fatal mistake of Bani Israel that we are reminded 17x/day not to emulate. On the contrary, what we want to be asking ourselves is: "What must I do to pass this Test with flying colors, to ace this Exam?" Our beautiful Qur'an teaches us: "Not without purpose did We create heaven and earth and all between." (38:27) This pandemic is not some random event. It has a divine purpose. There is deep meaning in it.

There is also enormous *rahmah* in it. Our beautiful Qur'an teaches us: "...My mercy embraces everything." (7:156) The Divine Physician has dispensed this bitter medicine to heal us. To heal the whole world from its longstanding imbalances and injustices. Surely, it is no accident, the timing of COVID-19 vis-à-vis the murder of George Floyd and the global response it has galvanized. Surely, every human being wants to and deserves to breathe.

COVID-19 is a wake-up call for the whole world. Ours to do as students is to be fully present in each moment, to practice mindfulness (*muraqaba*), so we can be deeply receptive to the Lessons we are meant to learn (*muhasiba*). "Indeed, Allah will

*Continued on Page 16*

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*not change the condition of a people until they change what is in themselves.*" (13:11) Beloved ones, NOW is the time for global tawbah (repentance). As the Ummah of Muhammad (PBUH), this is our Divine Assignment, individually, collectively, institutionally.

My vision and personal commitment is that we wind up stronger and better-than-ever on the other side of this, insha'Allah. I can say this with great confidence because first and foremost, I know that COVID-19 or no COVID-19, Allah (SWT) is not out of business! The presence of The Presence, the power of the Names & Attributes, are as robust as ever.

We are being summoned to recognize our hubris and turn our hearts in humility toward The One Who Is In Charge, The One Who Calls The Shots, to The One Whose Decree we surrender. Humbly. Readily. Insha'Allah, NOW is the time to *actualize* the last part of Hadith Jibreel about *qadr*. The fact is, what's happening around us is what's happening, and this is *always* in the hands of Allah (SWT). HOW we respond to what's happening is entirely up to us.

What I want for our community is the best possible response, the most skillful and beautiful response, the response that will be of maximum benefit here & hereafter, insha'Allah.

I can also say this with great confidence because time and again, working with Muslim refugees who have been through horrific trauma, I have seen with my own eyes how absolutely amazing human beings are. How resilient. How courageous. How creative. How capable of transforming sorrow into joy, lemons into lemonade, compost into roses. This is what I want for you, my beloved sisters and brothers.

No doubt, on any long and arduous journey, in addition to having the right equipment and supplies, having an experienced trail-guide makes all the difference. There is dangerous terrain you want to avoid, and beautiful vistas you don't want to miss. In my experience over decades, I have observed that human beings thrive when we are given the right tools and the loving encouragement to master them. So let me give you now some very practical guidelines to help you navigate *skillfully*, so you can extract from these precious days of your life what is *meaningful* & *transformational*.

### **Practical Strategies**

When it comes to protecting our physical health from the pandemic, there are certain steps we MUST take. Likewise with our mental health. As such, here are some practical strategies, culled from thousands of pages of research and decades of experience. My focus is on parents, whose job has never been more difficult. And with the new school year right around the

corner, this guidance is extremely timely.

**Boundaries:** Set clear boundaries regarding where and when devices can be used. This applies to *everyone* in the household, kids and parents alike. Parents, as your elder who loves you, I am reminding you that YOU are the CEO of your home. YOU are the policy maker. YOU are in charge. NOT your kids or their devices. So take charge!

- No devices for kids 0-3. These guidelines are from the American Pediatric Association.
- No devices at the dinner table\* or in the bedrooms.
- No devices until after Fajr. Better yet, after breakfast.
- All devices put away 1-2 hours before bedtime. Plugged in in the kitchen to recharge.
- Limit on-line entertainment and socializing to 1 hour/day MAX.
- Schedule tech fasts ½ day weekly, and 1-2 full days monthly, on a weekend.
- An occasional family-time movie is fine on the weekend. Choose something meaningful, uplifting, thought-provoking, heart-opening. Pop some popcorn. Make tea. Engage in a special time afterward to really talk together about your experience. \*Getting in the habit of real-time-face-to-face conversations is crucial. If you start when your kids are young, it will lay a strong foundation for their teenage years, when they desperately need wise, trustworthy, caring adults who really know how to *listen from the heart*.

**Nature:** Spending time in nature is the very best thing you can do for yourself and with your family. There are reams of data about the stress-reducing effects of being outdoors, especially in the woods. There are also reams of data about the benefits of exercise, not only for physical health, but for mental health. Given all the extra sitting everyone is doing during COVID-19, regular exercise is not optional.

Furthermore, if your kids are schooling from home and you are working from home, everyone will surely need some breathing room, some physical and emotional space from one another, some time every day in solitude, unplugged from their devices. Spending alone-time in nature is the perfect solution.

For family-time activities, unplug from your devices and enjoy these delightful experiences. They will engender tremendous awe (*khushu'*) and deepen your heart-connection with your Rabb, The One Who Created you and all the beauty around you. Subhan'Allah.

- Take a 15-30 minute family-walk every night after dinner before homework.
- Go hiking, biking, rollerblading, kayaking, kite-flying, or

camping on the weekend.

- Set up bird feeders in your yard. Learn their names and identify their songs.
- Go out nightly to look at the stars. Learn the names of the constellations.
- Watch as many sunrises & sunsets, moonrises & moonsets as you can.

As Muslims, our worship is guided by the natural cycles Allah put in place. The sun is our clock. It tells us when to pray. The moon is our calendar. It tells us when the new month begins. Sighting the moon is an act of worship, mash'Allah.

### Divine Reminders

Our beautiful Qur'an teaches: "We will show them Our Signs (ayat) in the universe and in their own selves, until it becomes clear to them that this (the Qur'an) is the truth." (Fussilat 41:53)

In this ayah, we are taught the two beautiful gateways into the sacred: the macrocosm of the universe, and the microcosm of the self. Both of these gateways open into the *direct experience* of Allah's presence.

As Muslims, we have been invited to spend time in this dunya in the company of The One Who is Love (*al-Wadud*). The One Who is Strength (*al-Aziz*). The One Who is Peace (*as-Salaam*).

And on & on. What could be more beneficial during this time of crisis? Alas, calling upon our Rabb by His most Beautiful Names, with urgency & sincerity, is one of the Lessons we must learn from COVID-19. My prayer for our community is that people do not squander the opportunity to connect in a deep, meaningful, intimate way heart-to-heart with Allah because they can't put their phone down or turn their computer off. Insha'Allah, I will address the subject of digital addiction in the second article, as it plays a huge role when it comes to mental health issues.

### Closing Du'a

*Ya Habibi Ya Allah. Please grant us oceans of fortitude and mountains of strength Ya Sabur Ya Aziz. May we be dutiful beautiful students who strive with all our might in jihad al akbar to pass this test with flying colors, to ace this exam. May we, the Ummah of Muhammad (PBUH), love one another like he loves us, and strengthen one another every step of the way. May we wind up stronger and better-than-ever on the other side of COVID-19, reclaiming the standard of Insan Kamil as the Index by which we measure our lives. Ya Dhal Jalali wal Ikram.*

Say "Ameen!"

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# Abu' Sina: An Intellectual Scientific Prodigy

By Nazmin Abbasi (10th Grade)

When we examine the greatest achievements within the history of Muslims, we find many well-renowned and respectable figures; the great intellectuals, leaders, and warriors of Islam. These leaders have, throughout the greatest hardships within Islamic history, struggled against the most unforgiving opponents to establish some of the greatest societies. While the names of our beloved prophet Muhammad (peace be upon him), Umar Ibn Al Khattab, and Abu Bakr Abdullah ibn Uthman may sound familiar, it is important to understand and acknowledge the presence of other great contributors as well; those who are not necessarily prominent within Muslim history per se, but rather those who have contributed to other aspects of humanity and have created a sense of significance and pride for today's Muslim population.

Also known as Ibn Sina, Abu Ali Sina, or as he is most commonly referred to in the West, Abu Ali Sina, Avicenna, Abu' Sina is best admired for his works as a Muslim physician. In his early life, Abu Sina memorized the Quran by the age of ten, and developed an significant interest in medicine soon after that. Even at the age of sixteen, when Abu Sina first turned to medicine, thought that medicine was an easy discipline to master. While still residing in Bukhara, Iran (modern day Uzbekistan), Abu Sina made his first breakthrough when coming to the rescue of an ill sultan who was overcome with a sickness that confused even the most capable of his personal physicians. Abu Sina was rewarded access to the royal library, allowing him to further delve into philosophy as well as medicine. By the age of twenty-one, Abu Sina had begun his writing career, producing around 400 admirable pieces (240 of which still exist) with topics ranging from astronomy to poetry. Soon after he completed his studies at the royal library, Abu Sina had settled in modern day Isfahan, Iran, where he was able to avoid political and religious conflict and hold a scholars' court every Friday. After temporarily falling ill with colic, Abu Sina fabricated a marvelous remedy with which he managed to treat himself. Yet, certain side effects of the remedy resulted in ulceration of his intestines. Abu Sina was also later poisoned by a slave by taking dangerous amounts of opium. Despite his ill health and having been poisoned, he decided to accompany 'Alā al-Dawlah



to Hamadan, Iran. Unfortunately, his already weakened body was unable to keep up, and during the month of Ramadan, Abu Sina succumbed to his illness and died on the way to Iran on June 22nd, 1037, at the age of 58.

In spite of his unexpected death, Abu Sina had still accomplished many significant achievements throughout the course of his life. One of his greatest works is the *Al Qanun Fi Al-Tibb* (The Canon of Medicine), a lengthy five-volume encyclopedia of medicine. The book was also often referred to by many medical contributors of Medieval Europe and was a significant piece for India's Unani medicine. It was later translated to Latin and used in many European universities during the seventeenth century. It has since adopted the nickname "Canon" in the West. In the twentieth century, it was labeled the *medical bible* by the renowned scholar William Osler.

Another one of his great works was *The Book of Healing* (also known as *The Book of Remedy*), a scientific encyclopedia with a focus on the logic, natural sciences, mathematics, and metaphysics. Through his understanding of mathematics, Abu Sina developed an explanation of "casting out nines", a mathematical method still taught to students around the globe today.

He was also admired for his contributions to astronomy. He is credited with inventing an instrument to better help observe the coordinates of a star. Because of his numerous astronomical observations, Abu Sina developed a theory (which has been proven accurate) that Venus is closer to the sun than Earth, and that stars are self-luminous, meaning that they produce their own light, unlike the moon, which does not.



The Contributions of Abu Sina to medicine, astronomy, philosophy, and mathematics secures his prominence in Islamic and world history. Although Abu Sina never attended school or received a formal education, he still managed to pursue his passion for medicine and other sciences, and produced numerous works that are still relevant today. He is indeed a role model for—not only for modern day scientists, but also for young people throughout the world who hope to achieve greatness and make lasting contributions.

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# Charity: Giving Back as Individual, Citizen and Muslim

By Yaseen Zahir (10th Grade)

Allah (SWT) says - “Spend (on charity), O son of Adam, and I shall spend on you.” (Hadith Qudsi #11)

Right from preschool, we were taught to help others, to be respectful, and to be kind. We would commemorate kindness and charity on “Random Acts of Kindness Day” and then be rewarded with a precious golden star. Weekly logs would name a few of us the “most helpful” student– the “star student.” As long as there was a prize and a smile from our teacher—some recognition—we would be ecstatic to help, to rise by lifting others. The scope of help expands as we grow. In middle school, we stock up cans and pasta boxes, collect jackets and hygiene supplies, and in high school, the pressure of graduation requirements prompts us to undertake even more volunteering opportunities. Hospitals, retirement homes, soup kitchens, and religious institutions open our eyes to realities different from our own. Each step leads to another, embodying the most important lesson most of us are taught from day one; giving back for the gift of life, of happiness. More often than not, this debt we owe is forgotten, obscured by the rush of the advancing world around us, by the stress of a job, by family, by society. And then that time of year comes, when some of us, like robots, execute our obligations and then return to the rush and the stress”; and we often forget the sole purpose of paying Zakah. We forget to give back. We forget that we rise by lifting others. Giving back is our responsibility as a person, our duty as a citizen, and our obligation as a Muslim.

For giving back as a person the equation is simple. Giving back should be an instinct. As an individual, a human with compassion, empathy, and sympathy for those around us and in the places we grew up or the cultures that shaped our childhoods. As we grow older, we discover that we have two hands; the left for helping ourselves, the right for helping others (Audrey Hepburn). It is as simple as doing a small favor for elderly by carrying their groceries or removing obstacles from the sidewalk. You just need yourself, not an organization, not a fancy label, not a bucketload of financial resources. Giving back is an ethical responsibility, which is also an integral part of our

humanity. A person is a person because of the community of individuals around them. What makes us human is how we treat others, how we protect our weakest, how we raise our less fortunate, to ensure a better and brighter future for all of us as a community.

When we think about our blessings, one that is often overlooked is that we all live in a relatively safe and prosperous nation. We have a roof over our heads, accessible education for all, a healthcare system that cares for everyone. *We must give back to the world at least as much as what we have received* (Albert Einstein). As a duty to our country, we must give back to help our home, our society, and our nation, to flourish.

Allah (SWT) says, “*And be steadfast in prayer and regular in charity*” (2:110)

وَأَقِيمُوا الصَّلَاةَ وَآتُوا الزَّكَاةَ

For every Muslim, the Quran is the word of Allah, the guidance for life, and the ultimate truth. Allah commands that we share our wealth– the wealth that is a portion of our “God-given” *rizq*, our sustenance– with our less fortunate brothers and sisters. We, as an *ummah*, are like one body; when one part hurts the rest of our body mobilizes to relieve the pain of the aching part. *Zakah* or *obligatory charity*—the third pillar of Islam—is an obligation upon Muslims to help the needy. This obligation taps into our human need to show compassion, to perform our duty as a citizen. The Prophet (peace be upon him) encouraged *Sadaqah* (*optional charity*) throughout his life in his words and actions. He opened doors for multiple forms of charity. “Even a smile is a charity,” said the Prophet (peace be upon him). Al-Bukhari narrates that, “charity is due for every joint in each person on every day the sun comes up: to act justly between two people is a charity; to help a man with his mount, lifting him onto it or hoisting up his belongings onto it, is a charity; a good word is a charity, and removing a harmful thing from the road is a charity.” Therefore, it must become a habit and an instinct.



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## Essential Dhikr With Meaning

*Compiled By Rezwana Sarder (10th Grade)*

Ramadan is an opportunity to strengthen your Eman in order to become better Muslims. Dhikr is the remembrance of Allah (SWT), and it can be done in many ways. A true dhikr requires

deep involvement. For that we need to understand and remember the meaning of each Arabic word we use. Here are some of the most well-known dhikr, their translation, and transliteration.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ	Bismillah ar-Rahman ar-Rahim
Allah's Name we begin with, The Compassionate, Most Merciful.	
أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ	Auzubillahi minashaitan ni rajeem
I seek refuge in Allah from Shaitaan the cursed	
سُبْحَانَ اللَّهِ	SubhanAllah
(All) praise be to God	
الْحَمْدُ لِلَّهِ	Alhamdulillah
Thanks and all praise be to Allah	
اللَّهُ أَكْبَرُ	Allahu Akbar
Allah is Greatest	
سُبْحَانَ اللَّهِ وَبِحَمْدِهِ ، سُبْحَانَ اللَّهِ الْعَظِيمِ	SubhanAllahi wa bihamdihi, SubhanAllahil azeem
Glory be to Allah and all praise is due to him, glory be to Allah the great	
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَأَشْهَدُ أَنَّ مُحَمَّدًا رَسُولُ اللَّهِ	Ashhadu alla ilaha illAllah wa ashhadu anna Muhammadarrasulullah
I bear witness that no one deserves to be worshiped except Allah and I bear witness that Muhammad is the Messenger of Allah	
سُبْحَانَ اللَّهِ وَالْحَمْدُ لِلَّهِ وَلَا إِلَهَ إِلَّا اللَّهُ وَاللَّهُ أَكْبَرُ	SubhanAllah walhamdulillah, wa la ilaha illAllahu wa Allahu akbar
Glory be to Allah, Praise be to Allah, There is no God but Allah, Allah is Great.	
أَسْتَغْفِرُ اللَّهَ	Astaghfarullah
I seek Allah's forgiveness	
لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ	Wa la hawla wa la quwwata illa billah
And here is no power or might except (by) Allah.	
اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ، وَشُكْرِكَ، وَحُسْنِ عِبَادَتِكَ	Allâhumma a'innî alâ dhikrika, wa shukrika, wa husni 'ibâdatika
O Allah, help me remember You, to be grateful to You, and to worship You in an excellent manner	
صَلَّى اللَّهُ عَلَيْهِ وَسَلَّمَ .	SallaAllahu alaihi wasallam
Peace and blessings of Allah be upon him	

# What are You Inventing Today?

## Do you know how the Muslim inventions shaped the modern world?

Around the year 1000, Al Zahrawi published encyclopedia of surgery, which gave birth to SURGERY in medicine.

The famous five-volume *al-Qanun fi al-Tibb* ("The Law of Medicine") by Ibn Sina was a million-word medical encyclopedia; it was the most important book in European medicine until the Seventeenth century.

In 9th century, ALGEBRA was introduced by mathematician Al-Khwarizmi through his book "Kitab al-Jabr Wa l-Mugabala" (The Book of Reasoning and Balancing)

Around the year 1000, Ibn al-Haitham introduced the basics of Optics, how the eye sees the light, and more.

Today's BOOK format was introduced and popularized by Muslim scholars in Egypt and Greece by millions of books.

Today's farming methods have origins in the farming innovations of early Muslims. Islamic civilization introduced many techniques that allowed them to grow water-hungry produce like sugarcane, rice, bananas, plantains, mangoes, watermelons, lemons, and more.

The Crank-and-connecting-rod mechanism, the foundation of today's many mechanical engines and devices, was outlined by Arab engineer Ismail ibn al-Razzaz along with many mechanisms, in 1206.

Translations by Muslims preserved many ancient science and philosophy and served as the only source. Thus saving great knowledge from being lost.

**Today's HOSPITAL system was first introduced in 872 in Cairo and named Tulun Hospital. This hospital provided free healthcare for all which was based on Muslim tradition.**

**The first degree-granting UNIVERSITY was established by Fatima al-Firhi in Morocco in 859, still operating. Since then Universities have been enlightening the world.**

**Our everyday TOOTHBRUSH was first popularized by Prophet Muhammad (PBUH) using a twig from the Meswak tree.**

**In the 9th century, Abbas ibn Firnas was the first person to make a real attempt to construct a Flying Machine and fly. It was a winged apparatus closely resembling a bird costume.**

**The Coffee was first brewed in Yemen in the 9th century by Muslims, later by the 16th century it reached Europe. Today, it is the third most consumed beverage in the world.**

**Medieval Islamic medicine was centuries ahead of the others in understanding the body, circulation of the blood, the causes of diseases, and the control of infection.**

**Around the year 820, the Muslims developed Astrolabe and able to measure the Earth's circumference, which was close to the earth's actual circumference.**

**The COVID vaccine early developer BioNTech was founded by a couple Dr. Ugur Sahin and Dr. Ozlem Tureci; inventors of Messenger RNA technology.**

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Compiled by: Faiza Shaik (8<sup>th</sup> Grade), Shayaan Shaik (5<sup>th</sup> Grade)

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# How To Optimize Your Free Time

By Mohamed Morshed

Time passes by. Many of us muddle through time, day in and day out. Only the wise and the prophets talked about the art of utilizing time in order to exist. The Prophet Muhammad (PBUH) said:

*“Take advantage of five matters before five other matters: your youth before you become old; your health, before you fall sick; your wealth, before you become poor; your free time before you become preoccupied, and your life, before your death.”*

Time, therefore, is the commodity of all endeavors. We all have 24 hours a day, and we choose how to use them. If you think you have wasted much time on miscellaneous activities last night, weekend, month, or even the years that have passed, then be hopeful that tomorrow *inshaAllah* you will have a balance of 24 hours. A new slate of opportunity. How will you make use of it?

Let’s take a case study of how an average professional spends his time through a weekday.

Ahmed is in his mid-20s and works as an engineer. He wakes up for Fajr at 6am, and then gets ready for work to leave home at 8am. The 45 minutes he takes to commute to and from work each day is his favorite time to scroll through his social media and stay up-to-date with the latest news. He spends 8 hours at work. He arrives home in the evening at 6pm, and then eats dinner with his family. He dabbles in and out of conversations with his parents or siblings, and at 7pm he begins watching his favorite show on Netflix -and that’s an hour or two depending on the persuasion of the “Next Episode” button. His social media presence is most alive at 9pm, during the minutes after his show and before his bedtime. He looks at the clock on his wall and thinks about getting to bed soon. At 10pm he takes a dive into YouTube, and sometimes reads an article or two. Ahmed loses his sense of time between shows, likes, and endless scrolls. By the time he regains his consciousness of time, everyone else has fallen asleep.

What Ahmed is unaware of, is that millions of dollars are spent on algorithms for social media and entertainment platforms to keep people engaged. They are all competing for our time, and in exchange, provide us with only instant gratification. Finally, Ahmed falls asleep at 11pm to wake up early again for Fajr the next day.

Shall we do the count? Before we do, let us take no interest in how Ahmed spends his 8 hours at work, including his lunch hour. But the rest are for us to dissect.

Ahmed arrives home at 6pm and goes to bed at 11 pm; 5 hours each day that passes by untamed. In order to bring about any change to his

day, Ahmed must then assume that there is another day that starts at 6pm. A day within a day[1]. He says he comes home tired, but we are only urging him to make use of 90 minutes out of the 5 hours. As for the rest, he can do with them as he pleases. Ahmed agrees, but asks what to do about the temptation to be on social media. Here are some tips:

Create friction between your finger and the undesired applications on your phone. Don’t place social media applications on your home page; this will give your brain the chance to think twice before utilizing them.

Most smart phones allow you to set screen time for each application. Set a daily time limit of one hour for all them.

Fast from social media for a duration of 24 hours once a week, and utilize that time to appreciate the small things. Make a conscious effort to spend quality time with family or call an old friend.

Now shall we talk about the 90 minutes?

Now that Ahmed has generously vowed to account for 90 minutes of his day, I want to give back to him the days of his weekend.

*“Is there any reward for good other than good?”*

*[Surah Ar-Rahman; 60]*

Therefore, let us deal with the daily 90 minutes between Monday and Friday. 90 minutes a day over 5 days gives you nearly 8 hours. Those 8 hours are your self-realization hours. They are your bread and butter. They are yours. Do with them what your natural inclination calls for; go to the gym, write poetry, write stories, get a start at memorizing the Quran, read, attempt a new language, start a business, volunteer at your local masjid or nonprofit, help organize fundraisers for humanitarian causes, or even start a conviction circle. Let these hours be sacred for you to protect with sword and shield.

I speak humbly from experience. For me, these 8 hours are my reading time. For example, in the past I used 2 months of 90 minutes a day reading on Islamic history, therefore, I read *Lost Islamic History*, *The Autobiography of Malcolm X*, and *Islam Between East and West*. I hadn’t planned on reading those particular books, but one led to the other. I could have also finished *Lost Islamic History* and chosen a few of the sources from its bibliography. My next topic was Art, and currently it’s Seerah; I started with Yasir Qadhi’s – Seerah series, then I plan to read Muhammad: His Life Based on the Earliest Sources by Martin Lings (for this subject such order is important). I have also

*Continued on Page 29*

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used the 90 minutes attending reading groups, organizing weekly halaqas, and strategizing with my local masjid board on how to increase voter turnout during elections.

You're probably assuming that I have figured out the formula of time management. I must tell you I don't. It's all a matter of process, and I took am still working on it.

So, whenever it is that you decide to start productively using time that can be spared, my personal experience has shown that it's best not to ask questions or plan a year ahead. Just start as if you're jumping inside a pool, and as the days pass, you will develop the appreciation of time passing by. You will acquire the muscle to make use of it. Also, start slow. Don't listen to your blind motivation in the beginning; do little, but be consistent, for Allah (SWT) loves this too. As The Prophet Muhammad (PBUH) said:

*"The most beloved deed to Allah is the most regular and constant even if it were little."*

Eventually, making better use of those 90 minutes will become a habit,

but when it does, don't worship it. If you are sick or have a family obligation, take it as a reminder of your humanity. We are wingless creatures that strive for the stars, and some days we must fall on our faces. Brush off the dust and aim to do it again the next day.

One last note: be humble. Don't be self-righteous, and begin to talk about how many books you're reading or reps you're reaching.

*"Walk not on the earth with arrogance. Verily, you can neither penetrate the earth, nor can you attain a stature like the mountains in height." [Surah Al-Isra; 37]*

It helps me breathe and reorient my priorities. Be still, keep your feet on the ground and vision aimed at the skies.

Ahmed, my old friend, now is your turn to begin to feel time— pass by.

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*By Masjid Al-Wali Zakat Committee*

*When the Allah blesses you financially, do not raise your standard of living, rather raise your standard of giving.*

With the permission of Allah, the Glorious and Exalted, since its creation, the Masjid Al-Wali Zakat Committee has been conducting various charity programs. The recent pandemic has been especially difficult for some in our community and beyond. Our committee has been providing monetary help, moral support, and career guidance to families that have been impacted. These programs are funded by the donations towards Zakat and Sadaqah. In addition, we have been collecting donations through various charity drives. We would like to share some of the details of our work:

- Some of the funds were used to help pay rent, purchase groceries, and essential items for families.
- Assistance was provided to individuals who were trying to re-establish themselves and start a new life after the loss of their livelihood.
- From charity drives, we collected and distributed small appliances, basic furniture, toys, and winter

clothing to many families.

- We have funded hotel stays for those families who were in need.
- We have sponsored the AMFHR Food drive.
- On Eid al-Adha, we collected qurbani/udhiya meat and distributed it to families.

We would like to thank all the people who donated and volunteered their time to help make this possible. Our committee is always ready to assist families in need. If you know anyone in need, or if you or your family is in need of assistance, please visit our website for contact details.

This endeavor is only possible with your generosity. May Allah (SWT) accept your donations and bless you with a great reward. Please be generous in your donations so we can continue these very necessary programs.

*“Indeed, those men and women who give in charity and lend to Allah a good loan will have it multiplied for them, and they will have an honorable reward.” (Al-Quran 57:18)*

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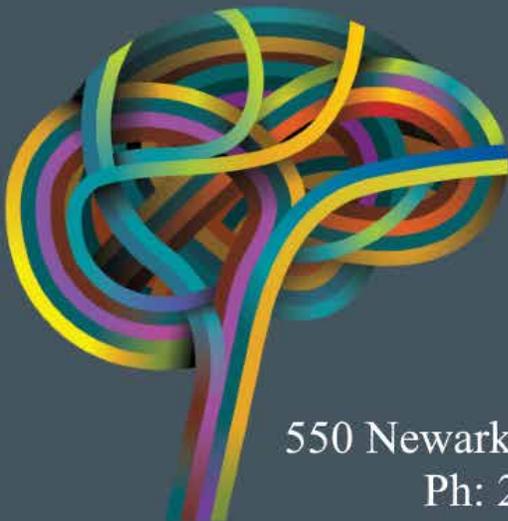
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## Why You Should Be Making The Most Dua In Ramadan

*By Ibrahim Khan*

The month of Ramadan is a blessed period in the year of a Muslim. It is important to know as believers, the methodology of attaining the maximum benefit from this blessed month. One of the acts of worship legislated upon us by Allah is dua (supplication). We should be making dua on a regular basis, throughout the year but in the month of Ramadan, duas hold a greater value than the rest of the year.

In the month of Ramadan, our duas should increase. In the Qur'an, Allah mentions some of the questions the disbelievers of Quraish asked the Prophet (PBUH). When they asked about the hour (day of Judgement), Allah revealed the verse:

“They ask you, [O Muhammad], about the Hour: when is its arrival? Say, ‘Its knowledge is only with my Lord.’” (Surah Al-A'raf v. 187)

When they asked about the Mountains, Allah revealed the verse:

“And they ask you about the mountains, so say, ‘My Lord will blow them away with a blast.’” (Surah Ta'ha v. 105)

When they asked about the story of Dhul Qarnayn, Allah revealed:

“And they ask you, [O Muhammad], about Dhul-Qarnayn. Say, ‘I will recite to you about him a report.’” (Surah Kahf v. 83)

These are just few examples of the many questions and answers Allah has recorded in the Qur'an. Notice how when these questions are asked, Allah commands our Prophet 'Say' and then the answer is given. But when the issue of dua is mentioned, Allah says:

“And when My servants ask you, [O Muhammad], concerning Me – indeed I am near. I respond to the invocation of the supplicant when he calls upon Me.” (Surah Baqarah v. 186)

Allah doesn't use the word 'Say', rather he just gives the answer to show the direct link a believer has with their lord, when you call upon Allah directly, he will answer for sure!

It is not strange to note that this verse in Surah Baqarah is found in between the verses of Fasting. The verse preceding it speaks about the virtue of Ramadan and the verse that succeeds it mentions some of the rulings of fasting during Ramadan. Automatically, there is a direct link between dua and the fasting of Ramadan as the Prophet said:

“The supplications of three persons are never turned away: a just ruler, a fasting person until he breaks his fast, and the supplication of an oppressed person which is raised by Allah to the clouds on the Day of Resurrection, and the gates of heaven are opened for it and Allah says: By my might, I will help you even if it is after a while” (Sunan Ibn Majah No. 1624).

So let us not waste any time in the month of Ramadan insha'allah and let us utilize this month wisely by increasing in our dua to the one who responds to all invocations. When you break your fast at the time of Iftar, make dua. When you pray Qiyamul Layl in the night of Ramadan, make dua. When you are in the Masjid between the Adhan and the Iqamah, make dua. (During times when you cannot go to the masjid due to dire circumstances spend each minute that you would have been there making dua.)

I ask Allah; the most high that he blesses us in Ramadan and that he allows us to increase in our dua within this virtuous month.

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# Memorize Surah al-Mulk Ramadan 2021

By Shaykh Furhan Zubairi

## Lesson 1: Introduction

Ramadan Kareem! Ramadan Mubarak! May Allah (SWT) accept all of our prayers, fasting, charity, supplications, recitation of the Quran, and all other good deeds that we will do throughout this blessed month.

There is a very unique and strong connection between the month of Ramadan and the Quran. Allah (SWT) tells us in Surah al-Baqarah, “Ramaḍān is the month in which the Quran was revealed as a guide for humanity with clear proofs of guidance and the standard ‘to distinguish between right and wrong’.”

مِنَ الْهُدَى وَالْفُرْقَانِ فَمَنْ شَهِدَ مِنْكُمُ الشَّهْرَ فَلْيَصُمْهُ وَمَنْ كَانَ  
شَهْرَ رَمَضَانَ الَّذِي أُنزِلَ فِيهِ الْقُرْآنُ هُدًى لِّلنَّاسِ وَبَيِّنَاتٍ  
وَلَا يَرِيدُ بِكُمُ الْعُسْرَ وَلِتُكْمِلُوا الْعِدَّةَ وَلِتُكَبِّرُوا اللَّهَ عَلَىٰ مَا هَدَاكُمْ  
مَرِيضًا أَوْ عَلَىٰ سَفَرٍ فَعِدَّةٌ مِّنْ أَيَّامٍ أُخَرَ يُرِيدُ اللَّهُ بِكُمُ الْيُسْرَ  
وَلَعَلَّكُمْ تَشْكُرُونَ

One of the reasons why this month is so special, one of the main reasons why it is full of all of these amazing blessings and opportunities, is because this is the month that Allah (SWT) chose for the revelation of the Quran. The Quran is simply amazing. Words can't truly capture the magnificence, eloquence, beauty, power, influence and amazing nature of the Quran. The Quran is the divine, eternal, uncreated speech of Allah (SWT), the Lord, the Creator of the heavens and the earth and everything they contain, the Sustainer, the Nourisher, the One who gives life and the One who gives death. It is the last and final revelation sent for the guidance of humanity until the end of times.

And the words of Allah (SWT), the Lord and Creator of the Heavens and Earth, are extremely powerful, profound, heavy, deep, beautiful, eloquent, and awe-inspiring. The Quran is the single greatest miracle, a living miracle, given to the Prophet (PBUH). Part of its miraculous nature is to have a profound effect upon a person's heart and mind. The Quran is the absolute most important book in our lives. Because the Quran isn't simply a book; it is the divine speech of Allah (SWT) — His words revealed to the Prophet (PBUH). It is our

primary source of beliefs, rituals, ethics, morals, principles, laws, and guidance. Our entire lives as Muslims are supposed to revolve around the teachings of the Quran. It is our source of guidance to navigate through the world and live a life that is pleasing to Allah. It is literally our manual for life that we use to build a path towards the Divine. It is our source of inspiration, encouragement, and tool we use to deal with the different challenges of life. It contains guidance for every single aspect of our lives.

But the only way for the Quran to serve that role in our lives is if we have a real connection and relationship with. Our relationship with the book of Allah can't be superficial. The primary objective of the Quran is to think, ponder, and reflect over its meanings. Allah (SWT) tells the Prophet (PBUH), “This is a blessed book that we have revealed to you, so that they may reflect over its verses and that the people of understanding can be reminded.”

Alhamdulillah, during the month of Ramadan all of us try to do something to strengthen our relationship with the book of Allah. Every year at IOK we try to provide a short series with the intention of strengthening our relationship with the Quran and with the intention of increasing our understanding of His divine words. This Ramadan we are going to take a nightly journey through Surah al-Mulk, 30 verses in 30 nights. The goal behind this series is for us to: 1) Learn how to recite the Surah properly, 2) Memorize it, 3) Understand it, and 4) Implement its message into our daily lives.

Surah Al-Mulk, which is translated as the Dominion or the Sovereignty, is the 67<sup>th</sup> chapter of the Quran, the first surah of the 29<sup>th</sup> Juz. It's been called Surah al-Mulk because the Surah starts with praising Allah (SWT) in whose hand alone is the sovereignty of the heavens and the earth. “Blessed is He in Whose Hand is the dominion, and He is Able to do all things.” It's also known as al-Wāqiah, the Protector, and l-Munjiah, the Savior, because it protects and saves one who recites it from the punishment of the grave. Ibn ‘Abbās (ra) used to call it al-Mujādilah because it argues on behalf of the one who recites it when they're being questioned in the grave.

It's a Makkan Surah and was most likely revealed during the early stages of Prophethood. Some of the tafāsir mention

*Continued on Page 37*

## Masjid Al-Wali

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*"The best of you are those who feed other."*  
Prophet Mohammad (PBUH)



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## FOOD PANTRY NEEDS

- Flour (5lb or less - Bags)
- Sugar (1lb or less - Bags)
- Rice (5lb or less – Bags)
  - Cooking Oil
  - Cereal / Oatmeal
- Can Food: Tomato, Pasta Sauce
  - Pancake / Waffle Mix
  - Halal Veg. Cup Noodles
  - Pasta (2lb or less – Packs)
  - Lentils (2lb or less – Packs)
- Dried beans (Garbanzo, Red, etc.)
  - Powder Milk



**\*\*\* ALL FOOD ITEMS SHOULD HAVE  
AT LEAST 6 MONTHS BEFORE EXPIRATION**

that it was the 76<sup>th</sup> Surah to be revealed, after Surah al-Mu'minoon and before Surah al-Hāqqah. Just like all other makkan revelation, Surah al-Mulk deals primarily with the fundamental aspects of our belief; the existence and oneness of Allah (SWT) and the concept of life after death. It deals with the formation and structuring of sound belief; emphasizing the ultimate and complete power of Allah (SWT), His qudrah. It speaks about Allah (SWT), our Creator, in such a way that makes our hearts feel His presence.

One of the reasons why I chose to cover this Surah is because it's one of the Surahs that the Prophet (PBUH) encourages us to recite and memorize.

Abu Hurairah (ra) narrated that the Prophet (PBUH) said, "A surah of the Qur'an containing thirty verses will intercede for its reader till he will be forgiven. That is: "Blessed is He in Whose Hand is the sovereignty""

Anas (ra) narrated that the Prophet (PBUH) said, "There's a surah in the Quran that will argue on behalf of its companion until in enters him into Paradise. That is: "Blessed is He in Whose Hand is the sovereignty""

In another narration the Prophet (PBUH) said, "It's the preventer. It's the savior, saving from the punishment of the grave."

Ibn 'Abbās (ra) narrated, "One of the Companions of the Prophet (PBUH) put up a tent upon a grave without knowing that it was a grave. There was a person reciting Surah al-Mulk until finishing it. Then he went to the Prophet (PBUH) and said: 'O Messenger of Allah (SWT) [Indeed] I erected my tent without realizing that it was upon a grave. There was a person in it I reciting Surah al-Mulk until its completion.' So the Prophet (PBUH) said: 'It is a prevention, it is a salvation delivering from the punishment of the grave.'"

The Prophet (PBUH) would not sleep until he recited Alif Lam Mim Tanzil and: Tabarak Alladhi Biyadihil-Mulk.

Imam al-Qurtubi (r) mentions another narration from ibn 'Abbās (ra). The Prophet (PBUH) said, "I wish that Tabarak Alladhi Biyadihil-Mulk be in the heart of every believer."

As we can see this is a very virtuous Surah. This is a surah we should learn and memorize and try to recite on a nightly basis. However, we should keep in mind that we're not reciting it simply for the blessings or the barakah. Rather we're reciting the Surah to reflect and ponder over its meanings.

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# 8 PRODUCTIVE RAMADAN EASY STEPS TO FINISH QUR'AN



STEP 1

Establishing an intention

And remember to renew it often!

STEP 2

Don't be overwhelmed

Eliminate negative thinking. Remind yourself that you are, Allah Willing, fully capable of achieving your Quraanic aspirations!

STEP 3

Plan ahead

Structure a realistic plan around your routine and block out time for your Qur'an goal.



Consider past Ramadans and learn from what happened.

THIS RAMADAN

*InshaAllah!*

STEP 4

Understanding Qur'an

Read the translation of the Juzz you will be reciting daily – it will be an uplifting experience.



STEP 5

Find Qur'an buddies & compete in good



Develop close bonds with brothers/sisters who are known for their attachment to the Qur'an.

STEP 6

Seize the moment



Invest in a pocket-sized Qur'an and make it your Best Friend.

**Time tips:**

after Suhoor  
after Salah  
before sleep

STEP 7

Remain steadfast and consistent



The key to any success is consistency.

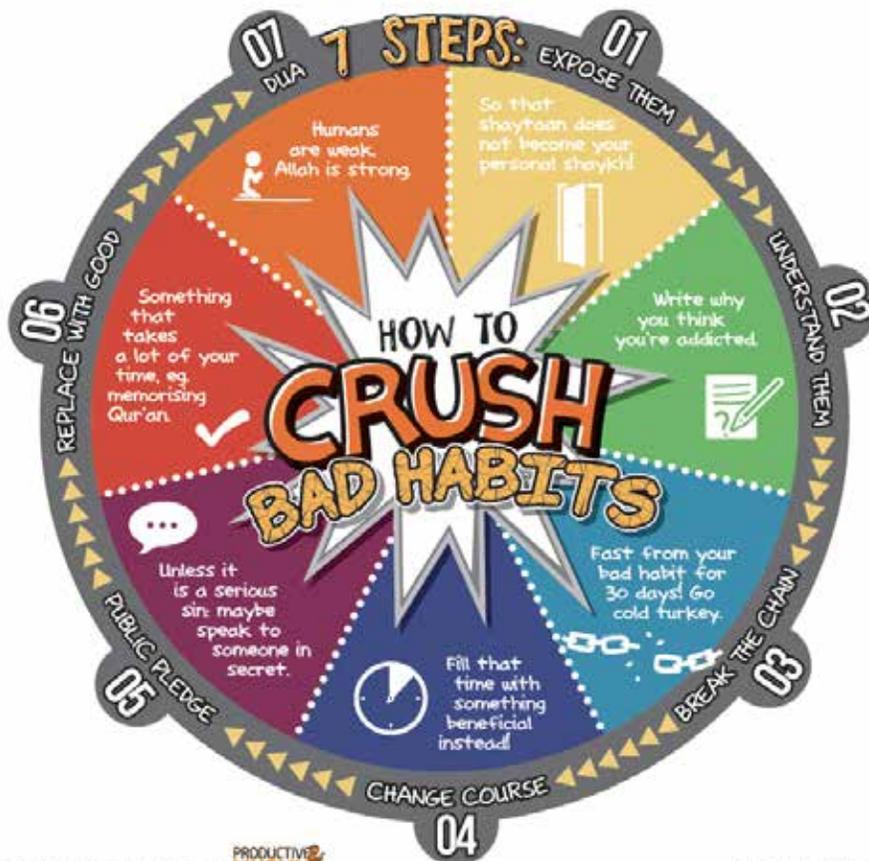
Remind yourself of the greatness of this month!

STEP 8

Make du'a to Allah Subhanhu wa Taala

Nothing can be achieved without the Aid and Guidance of Allah.





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## Masjid Al-Wali

### Prayer Times Ramadan 1442H (April/May 2021)

Dua'a for Fasting: وَبِصَوْمٍ عَدَّةٍ تَوَيْتُ مِنْ شَهْرِ رَمَضَانَ

Wa bisawmi ghadinn nawaiytu min shahri ramadan (I intend to keep the fast today in the month of Ramadan)

When breaking the fast: اللَّهُمَّ إِنِّي لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَيْكَ تَوَكَّلْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma inni laka sumtu wa bika aamantu wa alayka tawakkaltu wa ala rizq-ika-aftartu  
(O Allah! I fasted for You and I believe in You and I break my fast with Your sustenance)

ذَهَبَ الظَّمَأُ وَابْتَلَّتِ العُرُوقُ وَتَبَّتِ الأَجْرُ إِِنْ شَاءَ اللهُ

Dhahab-az-zama'u, wabtallat-il-'urooqu, wa thabat-al-ajru in shaa' Allaah  
(The thirst has gone and the veins are moist, and reward is assured, if Allah wills)

Apr/May	Day	Date Ramadan	Fajr		Sunrise	Dhu'hr		Asr		Maghrib	Isha	
			Stop Eating/ Adhan	Iqamah		Adhan	Iqamah	Adhan	Iqamah	Sunset	Adhan	Iqamah
*13	Tue	1	5:03	5:15	6:23	12:59	1:15	5:39	6:00	7:34	8:54	9:15
14	Wed	2	5:01		6:21	12:58		5:40		7:35	8:55	
15	Thu	3	5:00		6:20	12:58		5:41		7:37	8:57	
16	Fri	4	4:58		6:18	12:58		5:41		7:38	8:58	
17	Sat	5	4:56		6:17	12:58		5:42		7:39	8:59	
18	Sun	6	4:54		6:15	12:57		5:42		7:40	9:01	
19	Mon	7	4:53		6:14	12:57		5:43		7:41	9:02	
20	Tue	8	4:51		6:12	12:57		5:44		7:42	9:03	
21	Wed	9	4:49		6:11	12:57		5:44		7:43	9:05	
22	Thu	10	4:47		6:09	12:57		5:45		7:44	9:06	
23	Fri	11	4:46	5:00	6:08	12:56	5:46	7:45	9:07	9:30		
24	Sat	12	4:44		6:06	12:56	5:46	7:46	9:09			
25	Sun	13	4:42		6:05	12:56	5:47	7:47	9:10			
26	Mon	14	4:40		6:03	12:56	5:47	7:48	9:11			
27	Tue	15	4:39		6:02	12:56	5:48	7:49	9:13			
28	Wed	16	4:37		6:01	12:56	5:49	7:50	9:14			
29	Thu	17	4:35		5:59	12:55	5:49	7:51	9:15			
30	Fri	18	4:34	5:58	12:55	5:50	7:52	9:17				
1	Sat	19	4:32	4:45	5:57	12:55	5:50	6:15	7:53	9:18	9:40	
2	Sun	20	4:30		5:56	12:55	5:51		7:54	9:20		
3	Mon	21	4:29		5:54	12:55	5:51		7:55	9:21		
4	Tue	22	4:27		5:53	12:55	5:52		7:56	9:22		
5	Wed	23	4:26		5:52	12:55	5:53		7:57	9:24		
6	Thu	24	4:24		5:51	12:55	5:53		7:58	9:25		
** 7	Fri	25	4:23	5:49	12:55	5:54	7:59	9:27				
8	Sat	26	4:21	4:30	5:48	12:55	5:54	8:00	9:28	9:50		
9	Sun	27	4:20		5:47	12:54	5:55	8:01	9:29			
10	Mon	28	4:18		5:46	12:54	5:55	8:02	9:31			
11	Tue	29	4:17		5:45	12:54	5:56	8:03	9:32			
12	Wed	30	4:15		5:44	12:54	5:57	8:04	9:33			

\*There is a possibility that the 1<sup>st</sup> Ramadan will be on Tuesday April 13<sup>th</sup> & taraweeh prayers will be on Tuesday April 13<sup>th</sup>. Depending on the sighting of the moon Hijri calendar committee will decide. Please check the announcement.

**Friday (Jum'ah): 1<sup>st</sup> Khutbah @1:15PM and 2<sup>nd</sup> Khutbah @2:15 PM**

\*\*Friday (Jum'ah-tul-vida) Khatam Al-Qur'an will be on 29<sup>th</sup> night

Asr time is based on Hanafi fiqh. In Shafee/Maliki fiqh, it starts about 1hr to 1hr 15min earlier

Dua'a in Qiyaam Al-Layl on 25<sup>th</sup> night; Laylat Al Qadr: odd nights of Last 10 Ramadan.

**Eid Al-Fitr:** There is a possibility that the 1<sup>st</sup> of Shawwal will be on Thursday 13<sup>th</sup> May

Salah times are for Edison, NJ and vicinity "www.masjidalwali.org" 10 Olsen Ave, Edison, NJ 08820

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