

# NEWSLETTER



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## MUSLIM ASSOCIATION OF NEWFOUNDLAND AND LABRADOR

### MESSAGE FROM THE PRESIDENT OF MANAL

#### A Moderate Nation

Allah SWT says in Surat AlBaqara “and thus, We have made you a moderate nation.” [2:143]. The word moderate here is a translation for the Arabic word “wastan” which means “in the middle”, but can also mean “fair” or “balanced”. Allah SWT also says in the Quran, that He created the cosmos and is keeping it in a state of balance or equilibrium. The sun, the moon and the stars revolve in their trajectories in a beautiful harmony, “ it is not permitted for the sun to catch up with the moon, nor can the night outstrip the day, each swims along its own orbit” [36:40]

Like the cosmos, God created us and intended for each one of His creatures to have a harmonious, justly balanced life without extremism or extravagance. Only, in this case, He entrusted us to watch over the balance. He gave us the means and the guidance to be able to achieve this, and we will be held accountable for our efforts to maintain this balance on the Day of Judgment. The prophet gave us the example. Whenever, he was confronted by a choice between two alternatives, he always chose the easiest of the two as long as it was permissible. He never asked his companions to do more than what they can bear to do and he expressed his anger whenever one of them tried to overdo anything. He has been quoted to have said “the best of the things is that what is in the middle”.



Islam acknowledges that man has a soul and a body. We are urged to satisfy both, with no excess. The Quran says “eat and drink but do not be extravagant,” and the prophet (pbuh) says “work for this worldly life as if you will live for ever, and work for your hereafter as if you are going to die tomorrow.”



Even acts of worship should be done in moderation. The prophet (pbuh) was very clear in not allowing excesses in performing the acts of worship. Neglecting one's daily needs is frowned upon. The needs of the body as well as the spirit should be attended to in moderation. So, again the idea of leading a well balanced life is emphasized. We can connect this to fairness in life, by remembering that when we observe such a life style, greed will be minimized and a great deal will be left to the less fortunate so that they too will have their share in life.

Another kind of balance that should be observed is the balance between the rights of individuals and the interest of the society as a whole. As a matter of fact, one of the fundamental underpinning of Islamic law is the requirement that a just balance between the rights of individuals and the interest of the society as a whole be maintained.

Islam looks at the family as the building block of the society. Islamic jurisprudence defines clearly the rights of the parents, the children, the husband, and the wife. A justly balanced society is built of justly balanced families. Compassion and moderation should be the main underlying themes of any family.

The state should also observe the rules of moderation in its policies in dealing with its citizens as well as in dealing with other countries. Justice should be upheld and fairness to other nations should be practiced.

Observing and practicing the principle of moderation is a challenge to individuals as well as to the society. It seems that going to the extreme whether left or right is always easier for us than maintaining a justly balanced course. The Quran alluded to this struggle in Surat AlBalad “ We have certainly created man in a state of continuous struggle.” [90:12]. So, we have to take the challenge and continue to struggle to stay on the middle, just, and well balanced path.

Dr. Mahmoud Haddara  
President



## MANAL NEWS

Al hamdu lillah, Allah has given us the opportunity to welcome the month of Ramadan. At this occasion I would like to highlights the MANAL activity in the last eight months.



**September:** Hosting a group representing the Media community in Newfoundland.

**September:** The Second Annual Doors Open event to celebrate the great history, culture and architecture of our city

**August:** Community picnic for 2004

**August:** The first summer camp for Weekend school organized by the Education committee.

**August:** Ping-pong tournament (joint with MSA-MUN)

**April – July:** The Islamic Awareness Lectures & Workshop were organized as biweekly sessions.

**April - June:** Several schools visited the mosque and attended a presentation about Islam and the Muslim community in Newfoundland and Labrador.

**April - June:** Visits to several schools were made by Br. Haddara to deliver an orientation lecture about Islam and the Muslim community in Newfoundland and Labrador.

**May:** Open House event at the Mosque

**May:** A visit to the Mosque by students from the Salvation Army Academy.

**May:** MANAL participated in the Commonwealth Day celebration

**April:** Representatives of the Muslim community visited the Synagogue

**March:** Representatives from the Jewish community visited the Mosque

**March:** A visit by MUN students in the introductory course to Islam and their instructor, Dr. Hans Rollman.

The executive committee would like to congratulate Yaser Khan for winning a prestigious MUN scholarship.

The executive committee would like to welcome the new arrivals & additions to the community:

Yawar Sherwani: A family of two & Farrukh Javed: A family of five  
Muhammad Iqbal: A family of five & Mowafak Hamodat: A family of seven  
Hamdi Maghrabi: A family of six

Baby Aleena Awan & Baby Zoya Mariam  
Baby Mariam Khan Sherwani & Baby Sarah Kandil  
Baby Uswa Ahmed



& all international students

All these events successfully took place, because of the unity, tolerance and understanding among us. The brothers and sisters who contributed to the success of these events were motivated only by the desire to serve Islam and the Muslim community. May Allah reward them for their efforts. May Allah bless us all, and allows us to serve and respect the month of Ramadan as He likes us to do.

Dr. Muhammad Farooq Alam.  
Vice President

## INFORMATION FOR NEW COMMUNITY MEMBERS

### **Mosque/Islamic Centre – On-going Activities**

#### **Prayers**

Fajr, Maghrib/Isha prayers are held daily; Congregation prayer on Friday starts at 1:10PM. Time for Taraweeh and Eid prayers will be announced.

#### **Weekly Halaqah**

Weekly halaqah for brothers is held each Wednesday after the Isha or Maghrib; sisters' halaqah is held every other Friday at 8pm. Halaqas are cancelled during the month of Ramadan.

#### **Weekend Islamic School**

Al-Hamdullahi, the Weekend Islamic School continued its regular classes in Quran Memorization and Recitation, General Islamic teachings and Arabic.

#### **Social Functions**

The Social Committee organizes tea parties and dinners on a regular basis. May Allah (SWT) bless all sisters who volunteer their time for the social activities.

#### **Annual Operation and Maintenance**

The Association carried out a number of routine maintenance related projects at the Islamic Center. We thank all brothers and sisters who help the Association in keeping the Islamic Center clean and tidy.

#### **Zabiha Meat**

Zabiha Committee would like to inform all members that the order date for Zabiha orders will usually be the first Friday of each month and the pick up would be on the following Friday. Exact payments along with the order must be placed in the special box during the order day to Sunday. The Committee will accept telephone orders only from members outside Greater St. John's area. Members are responsible for the timely pick up/delivery of their orders.

#### **Mosque Maintenance and Operation Fund:**

We are again reminding our brothers and sisters to make their annual contribution for the operation and maintenance of the Islamic Centre. It is our Mosque/Islamic Centre and as such it is our responsibility to fully share the costs of operations and maintenance. Please donate generously!



## FASTING (AS-SIYAM)

- As-siyam generally means "to abstain from something" (food, drink, and sexual practices from dawn until sunset with the explicit intention of doing so for the sake of Allah)

### The Virtues of Fasting

*Abu Hurairah –RAA- reported the Messenger of Allah –pbuh- said: "Allah said: 'Every action of the son of Adam is for him except fasting, for that is solely for Me. I give the reward for it.' The fast is a shield. If one is fasting, he should not use foul language, raise his voice, or behave foolishly. If someone reviles him or fights with him he should say, 'I am fasting,' twice. By the One in whose hand is the soul of Muhammad, the [bad] breath of the one who is fasting is better in the sight of Allah on the Day of Resurrection than the smell of musk. The one who is fasting is happy at two times: when he breaks his fast he is happy with it, and when he meets his Lord he will be happy that he has fasted."*

*'Abdullah ibn 'Amr –RAA- reported that the Messenger of Allah-pbuh- said: "The fast and the Qur'an are two intercessors for the servant of Allah on the Day of Resurrection. The fast will say: 'O Lord, I prevented him from his food and desires during the day. Let me intercede for him.' The Qur'an will say: 'I prevented him from sleeping at night. Let me intercede for him.' And their intercession will be accepted"*



### THE FAST OF RAMADAN

*Allah –SWT- said "O you who believe, fasting is prescribed for you as it was prescribed for the people before you in order for you to gain God consciousness, and, "...The month of Ramadan, during which the Qur'an was revealed, a guidance for mankind, and clear proofs of the guidance and the criterion; and whoever of you is resident, let him fast the month." [Al-Baqarah 185]*

*The Prophet –pbuh- said: "Islam is built upon [the following] five pillars: testifying that there is no God except Allah and that Muhammad is His Messenger, the establishment of the prayer, the giving of zakah, the fast of Ramadan and the pilgrimage to Makkah"*

### The Virtues of Ramadan and the Deeds Done During It

*Abu Hurairah –RAA- reported that the Prophet –pbuh- said: "The blessed month has come to you. Allah has made fasting during it obligatory upon you. During it, the gates to Paradise are opened and the gates to hellfire are locked, and the devils are chained. There is a night [during this month], which is better than a thousand months. Whoever is deprived of its good is really deprived [of something great]."*

*Abu Hurairah reported that the Prophet-PBUH- said: "Whoever fasts the month of Ramadan with faith and seeks Allah's pleasure and reward will have his previous sins forgiven."*

## The Consequence of Breaking the Fast of Ramadan

Scholars agree that breaking the fast of Ramadan (without a legitimate excuse) is a major sin.

*Abu Hurairah –RAA- reported that the Messenger of Allah, upon whom be peace, said: "Whoever breaks his fast during Ramadan without having one of the excuses that Allah would excuse him for, then even a perpetual fast, if he were to fast it, would not make up for that day."*

## The Essential Elements of the Fast

- Two essential elements that must be fulfilled for it to be valid and acceptable
1. **Abstaining from acts that break the fast** (food, drink and sexual practices)
  2. **The intention** (it need not be spoken, as it is in reality an act of the heart)



## Who must fast

- fasting is obligatory upon every sane, adult, healthy Muslim male who is not traveling at that time
- a woman who is not be menstruating or having post-childbirth bleeding
- people who are insane, minors, and those who are traveling, menstruating, or going through post-childbirth bleeding, and the elderly and breast-feeding or pregnant women do not need to observe the fast
- it is proper for the parents to encourage their children to fast so they will become accustomed to it at an early age

## Fast of those who are permitted to break the fast, but who must pay a "ransom" for not fasting

- elderly men and women are permitted to break their fasts, as are the chronically ill, and those who have to perform difficult jobs under harsh circumstances and who could not find any other way to support themselves
- they are obliged to feed one poor person a day (for every day of fasting that they do not perform)

*Ibn 'Abbas said: "An elderly man is permitted to break his fast, but he must feed a poor person daily. If he does this, he does not have to make up the days that he did not fast."*

- pregnant and breast-feeding women, if they fear for themselves or for the baby, can break the fast and pay the "ransom" and they do not have to make up the days missed

*Ibn 'Abbas –RAA- used to say to his wives who were pregnant: 'You are in the same situation as those who can fast [but do not]. You are to pay the "ransom" and do not have to make up the days later.' "*

## Making up the Missed Days of Fasting

- those who are (not chronically) ill and for travelers can break their fasts during Ramadan, but they must make up the days they missed.

***"And [for] him who is sick among you or on a journey, [the same] number of other days."***

- a sick person may break his fast that would aggravate the illness or delay its cure

1 the wording of the verse is general and applies to all types of illness, and

2 a traveler is allowed to break his fast even if he does not need to and, therefore, the same must be the case for one who is sick

***Abu Sa'id al-Khudri -RAA- said: "We fought under the leadership of the Messenger of Allah during Ramadan. Some of us fasted and some of us did not. The ones who fasted did not find any fault with those who did not fast, and those who did not fast found no fault with those who fasted. They knew that if one had the strength to fast he could do so and it was good, and that if one was weak, he was allowed to break his fast, and that was good."***

## Who must make up the missed days

- the scholars agree that it is obligatory for menstruating women and women with postchildbirth bleeding to break the fast and to make up the missed days later on

***Aishah –RAA- said: "When we would have our menses during the lifetime of the Prophet, we were ordered to make up the days of fasting that we had missed but were not ordered to make up the prayers that we had missed."***

## ZAKAT AL-FITR



Scholars agree that Zakat Al-Fitr is FARD (obligatory) on every Muslim owns enough food (or equivalent money) for him/her-self and his/her family for one day and night. The family guardian has to pay it on behalf of him/her-self and all persons whom he/she supports such as spouse and children (even babies) before Eid prayer.

***Ibn Abbas –RAA- said "The Messenger of Allah –pbuh- had ordained Zakat Al-Fitr as a purification to the fasting person from the void and indecent sayings and actions (during fasting) and as a means for feeding the needy. Whosoever pays it before the (Eid) prayer then it is an accepted Zakat and whosoever pays it after the prayer then it is a charity of the charities"***

Compiled by Dr. Mohamed H. Ahmed  
(Source: Fiqh Al-Sunnah by Sheikh Syed Sabek)

## MUSLIMS IN CANADA

Over the years a fairly large number of Muslim immigrants have opted to call Canada as their home. This number is perpetually increasing. Despite having rich cultural heritage of their native lands of South Asia and the Middle East, they have willingly preferred to consciously assimilate in the Canadian traditions and society while maintaining their Muslim identity. Canada has also welcome new immigrants with an open arms policy. Muslims are thus obliged to play a positive role in developing their new home into a healthier, prosperous peaceful entity.

The majority of the Muslims are well educated, professionally sound and peace loving people with no malice or biased inhibitions about their new homeland. They are around one million Muslims in Canada, making up 3-4% of the population. These are mostly first generation immigrants who are trying to establish their own identity before assuming more responsibilities of the political role. But they have realized now, more then ever before that they should pay attention to politics and help shape policy.

Muslims come from a versatile background and speak different languages. They are settled over a vast area. We do not form a monolithic block. The only thing that unites us is their religious faith. Islam is our anchor to consolidate strength and direction. Charges of terrorism have been laid against the Muslim community in general with the media spreading misgivings. Our active participation in political parties will enable the respective opinion leaders, policy makers and administrators to hear their point of view and keep an eye on our concerns when making these decisions. Most of us come from countries where political activity was suppressed and freedom of expression restricted. This culture of political activism is alien to many of us and does not come naturally. So far Muslim participation in theses activities has remained very poor. Most of us do not even bother to cast our votes, let alone engage in more extensive activities.

To get us to that point we need to evolve a general agenda through active negotiations amongst ourselves and focus on key problem issues. We should continue to highlight our problems in the mainstream press but also focus on our contribution to the Canadian society. We should not be projecting ourselves as victims all the time. The time is now. This is to secure our future in Canada, our home. We will have only ourselves to blame for our inaction.

Dr. Adnan Zaidi



## CHILDREN'S CORNER

### WHEN WE SAY ASSALAMU ALEYKUM...

When Allah created our first Prophet Adam (pbuh), the very first man on our planet, He told Adam to go to greet the angels. Adam said to them, "Assalamu aleykum". The angels replied to Adam, "Assalamu aleykum wa rahmatullah!" It means that the greeting "assalamu aleykum" is as old as mankind!



When we say "assalamu aleykum", we wish the other Muslims peace and when we add "wa rahmatullah", we wish them also Allah's mercy. We can say "assalamu aleykum wa rahmatullah wa barakatuhu" too and by this we wish Muslims peace and Allah's mercy and His blessings, which are very, very good things!

Our beloved Prophet Muhammad (pbuh) promised us a big, big reward from Allah for greeting others in this way. Just imagine!



**Assalamu aleykum = 10 good deeds!**

***Assalamu aleykum wa rahmatullah = 20 good deeds!***

***Assalamu aleykum wa rahmatullah wa barakatuhu = 30 good deeds!***

So next time you meet a Muslim, don't forget to say "assalamu aleykum"!



### AL HAMDU LILLAH

My Lord - Allah - is Great  
I thank Him for the food on my plate  
I thank Him for every little thing  
"Al Hamdu lillah" is the praise I sing.

## THE WORDS ALLAH LOVES THE MOST

We must remember Allah all the times because when we remember Him, He will remember us! It means that everytime we are happy and thank Allah for it, He will reward us. And everytime we are sad or scared and we ask Allah for help, He will help us. Everything we do and say or hide in our hearts, He knows and will remember on the Day we will return to Him.



How we can remember Allah? Our beloved Prophet Muhammad (pbuh) told us that the words Allah loves the most are these, "**Subhanallahi wa bihamdihi**", which means Holy is Allah and worthy of all praise. Allah promised us that everytime we say these words, He will plant for us a date tree in Paradise. Imagine that if we say these words everyday during all our life, Allah will plant for us a very big garden of beautiful date trees! Let's do it!



### VISIT WITH US PALESTINE

Palestine, located in the heart of the Middle East, on the eastern shore of the Mediterranean Sea is the Holy land of three major religions - Islam, Christianity and Judaism.



This beautiful country famous for its ancient arts of embroiding and pottery and a huge number of green olive trees has a great islamic history! Prophet Muhammad, accompanied by the angel Gabriel, was carried by the creature with the wings of an eagle, Al-Buraq, all the way from Mekka to Jerusalem. This miracle happened in one night that we called Isra', which means "walking at night". Prophet Muhammad landed in Al-Aqsa Mosque where he met all other beloved Prophets and was honoured to led their prayer. Then he was raised to the Heaven that we call Miraj, which means "elevation", to see other miracles. He was commanded that Muslims should pray five times daily. Al-Aqsa mosque is special because one prayer there is equal to 500 prayers in any other mosque except Al-Haram in Mekka and The Prophet's Mosque in Madina. It is very sad to know that Palestinian people have an uneasy life overthere because of the occupation. Please make dua'a to Allah for our Palestinian brothers and sisters.



Dr. Sylvia Reitmanova

Prayer Schedule for *St. John's\**  
*Ramadhan 1425 H, Oct/ Nov 2004*

		رمضان	فجر	شروق	ظهر	عصر	مغرب	عشاء	
Ramadhan	October	Fajr	Sunrise	Zuhr	Asr	Maghrib	Isha		
Sat	1	16	5:57	7:22	12:46	3:39	6:15	7:35	
Sun	2	17	5:58	7:23	12:46	3:37	6:14	7:33	
Mon	3	18	6:00	7:25	12:46	3:36	6:12	7:31	
Tue	4	19	6:01	7:26	12:46	3:34	6:10	7:30	
Wed	5	20	6:03	7:28	12:46	3:33	6:08	7:28	
Thu	6	21	6:04	7:29	12:46	3:32	6:06	7:26	
Fri	7	22	6:05	7:31	12:45	3:30	6:04	7:25	
Sat	8	23	6:07	7:32	12:45	3:29	6:03	7:23	
Sun	9	24	6:08	7:34	12:45	3:27	6:01	7:21	
Mon	10	25	6:09	7:35	12:45	3:26	5:59	7:20	
Tue	11	26	6:11	7:37	12:45	3:25	5:58	7:18	
Wed	12	27	6:12	7:38	12:45	3:23	5:56	7:17	
Thu	13	28	6:13	7:40	12:45	3:22	5:54	7:15	
Fri	14	29	6:15	7:41	12:45	3:21	5:53	7:14	
Sat	15	30	6:16	7:43	12:45	3:19	5:51	7:12	
Sun	16	31	5:18	6:44	11:45	2:18	4:49	6:11	
Mon	17	1st	5:19	6:46	11:45	2:17	4:48	6:09	
Tue	18	2	5:20	6:47	11:45	2:16	4:46	6:08	
Wed	19	3	5:22	6:49	11:45	2:15	4:45	6:07	
Thu	20	4	5:23	6:50	11:45	2:13	4:43	6:05	
Fri	21	5	5:24	6:52	11:45	2:12	4:42	6:04	
Sat	22	6	5:26	6:53	11:45	2:11	4:40	6:03	
Sun	23	7	5:27	6:55	11:45	2:10	4:39	6:02	
Mon	24	8	5:28	6:56	11:45	2:09	4:38	6:01	
Tue	25	9	5:30	6:58	11:45	2:08	4:36	6:00	
Wed	26	10	5:31	6:59	11:45	2:07	4:35	5:58	
Thu	27	11	5:32	7:01	11:45	2:06	4:34	5:57	
Fri	28	12	5:33	7:02	11:45	2:05	4:33	5:56	
Sat	29	13	5:35	7:04	11:45	2:04	4:31	5:55	
Sun	First of Shawwal -- Nov. 14		عيد مبارك				Eid Mubarak		

\* Time difference for other places in Newfoundland ( minutes to be added to the above times)

Argentia	5	Clarenville	5	Gander	8	Mary's Town	10
Grand Falls	12	Corner Brook	20	Stephenville	22	Port aux Basques	25