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How ~~Who~~ is my Neighbour?

“Worship God and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away...” (4:36)

INSIDE! // NEIGHBOURS IN ISLAM // THE POWER OF WORDS // EID UL ADHA // IRON DEFICIENCY // TRAVEL HEALTH // WORK IN GAZA // THE LADY NEXT DOOR // I EAT HALAL // BEFORE THE REVELATION // KIDS CORNER // MAJORITY VS MINORITY // LOCAL NEWS // BAKLAVA // THE GOOD STUFF // MUSLIM INDEX + MUCH MORE!



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Bismillah

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

Eid Mubarak

In the name of Allah, Most Gracious, Most Merciful

Allah the Almighty said: "Worship Allah and join not any partners with Him, and do good to parents, kinsfolk, orphans, those in need, neighbours who are near, neighbours who are strangers... for Allah loves not the arrogant, the boastful." (An Nisa', 36) Reading this verse of The Qur'an we can conclude, our neighbours, i.e. their importance is placed in the context of the essence of Islam - Islamic tawheed, and the rest of crucial obligations we have in this life, without mentioning their religion as a condition for our care for them.

Abo Horayrah narrated from the Messenger of Allah (PBUH) "He will not enter Paradise whose neighbour is not secure from his wrongful conduct" (Muslim)

Our neighbourhood is the excellent opportunity for us to implement our Islamic code of conduct, apply everything we have learned about our religion and teach others, spreading the truth about Allah's word, starting with our neighbours, especially if they do not know enough about Islam or they are not Muslims at all. Their rights over us are great indeed.

The Messenger of Allah (PBUH) said 'Jibreel kept advising me of the rights of neighbours so much that I thought he would make them my heirs' (Bukhari and Muslim).

As a child I remembered this story: A man was selling his house and priced it three hundred dinars instead of a hundred, this was a realistic and reasonable price for the house. When he was questioned why he was asking for much more than the anticipated price, he explained: the house alone is worth a hundred, my right hand side neighbour is worth around a hundred and my left hand side neighbour about the same. This is why I am asking this much. Afterwards they approached the new owner of the house and asked him if it was worth buying it, he replied: every single dinar!

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Editorial.

Editorial.

Director Mohammed Hassan
Editor in Chief Ahmed Bassal
Creative Director Mohammed Hassan
Sales & Marketing Ali Kadir

Contributors.

Hani Abul Khair, Ahmed Bassal, Mohammed Hassan, Jannah Kuning, Hasan Yunich, Patrick Ernst, Dawud Perrotta, Mohammad Gadi, Blarra Jeroff, Sophia Kafrawi,

Advertising.

To advertise contact Light of Adelaide on 0452 320 110 or email info@iicsa.com.au or visit www.iicsa.com.au/lightofadelaide

Publisher.

The Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End SA 5032
P: 08 7226 6268 E: info@iicsa.com.au W: www.iicsa.com.au

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Ensar.

Imam Ensar Cutahija
Adelaide City Masjid

How ~~Who~~ is my Neighbour?

“Worship God and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away...” (4:36)

By Abu Obaydah

In the name of Allah we begin, and we thank Allah for whatever he bestowed upon us, and we ask Allah to pray on his final messenger Muhammad (PBUH).

A Muslim who is mindful of the teachings of their religion is the best of people dealing with their neighbours, and shows respect, kindness and consideration. They are aware of the high status given to them in the scale of human relationships, such as has never been equalled in any other religion or system before or since.

Allah has commanded the good treatment of neighbours in the Qur’an “Worship Allah, and join not any partners with Him; and do good - to parents, kinsfolk, orphans, those in need, neighbours who are near, neighbours who are strangers, the Companion by your side, the wayfarer (you meet), and what your right hands possess...” (An-Nisa 4:36) Prophet Muhammad (PBUH) enjoined good treatment to neighbours, regardless of kinship or religion, and confirmed the importance of the neighbourly relationship in Islam. This is an example of the tolerance promoted by Islam.

The good treatment of neighbours and avoiding harming or annoying them is imperative. The Prophet (PBUH) described it as a sign of true faith

in Allah and the Last Day “Whoever believes in Allah and the Last Day, let him treat his neighbour well; whoever believes in Allah and the Last Day, let him honour his guest; whoever believes in Allah and the Last Day, let him speak good or else remain silent” (Bukhari and Muslim).

An honest Muslim will care for their neighbours afflicted by the smell of cooking wafting from their house which may eventuate in feelings of hunger. Consider if they were children, orphans, widows or elderly?

“If you cook some broth, add extra water to it, then think of the families in your neighbourhood and send some of it to them” (Muslim).

A Muslim’s conscience will not allow them to neglect their neighbour’s poverty and difficulty while themselves living a life of ease and plenty. Words of the Prophet (PBUH) should ring in their ears “He does not believe in me, who eats his fill while his neighbour beside him is hungry, and he knows about it”.

The true Muslim does not restrict good treatment only to neighbours related to them or Muslim, but extends it to non-Muslim’s too, so that the tolerance of Islam may spread to all people, regardless of race or religion. The eminent Sahabi Abdullah ibn ‘Amr had a sheep slaughtered and asked his slave “Did you give some meat to our Jewish neighbour? For I heard the Prophet (PBUH) say ‘Jibril kept on enjoining the good treatment of neighbours to the extent that I thought he would include neighbours as heirs” (Bukhari and Muslim).

The People of the Book lived among Muslims for centuries, knowing their honour, wealth and beliefs are secure; knowing Muslims enjoin good neighbourly relations, good treatment and freedom of worship. Evidence of this is in the continued existence of ancient churches, clinging to mountaintops, surrounded by thousands of Muslims upholding the well-being of Jewish and Christian neighbours in accordance with Qur’anic teachings: “Allah forbids you not, with regard to those who fight you not for (your) Faith nor drive you out of your homes, from dealing kindly and justly with them; for Allah loves those who are just” (Al-Mumtahana 60:8).

Islam says to give priority to those whose house is closest, then those whose is next closest, and

so on. This takes into account the closeness of the neighbours whose homes are beside each other, the issues that may frequently arise among them and the importance of maintaining friendship and harmony.

A’ishah said: “O Messenger of Allah, I have two neighbours, so to which one should I send a gift?” He said, “To the one whose door is closer to yours” (Bukhari).

A good neighbour is those whose presence is comforting, securing and joyous in a Muslim’s life. The Prophet (PBUH) honoured the good neighbour, describing him as one of the pillars of happiness in a Muslim’s life: “Among the things that bring happiness to a Muslim in this life are a righteous neighbour, a spacious house and a good steed (Ahmad).

“Islam says to give priority to those whose house is closest, then those whose is next closest, and so on.”

Having a good neighbour is a priceless blessing. There is the story of the neighbour of Sa’id ibn al- ‘As. He wanted to sell his home for 100,000 dirhams, and told the would-be purchaser, “This is the price of the house, but what would you give for having Sa’id as a neighbour?” When Sa’id heard about this, he sent his neighbour the price of the house and told him to stay there.

The bad neighbour is someone deprived of the blessing of faith, the greatest blessing that the Creator has bestowed upon His creation. The Prophet (PBUH) confirmed the bad neighbour’s loss of this great blessing with all certainty when he said: “He is not a believer. He is not a believer. He is not a believer.” The people asked, “Who, O Messenger of Allah?” He said, “The one from whose evil (or troubles) his neighbour does not feel safe” (Bukhari and Muslim).

Unsurprisingly, several hadiths affirm that the bad neighbour is those whose good deeds are not accepted, and shall be insignificant granted that he continues to mistreat his neighbour. The Prophet (PBUH) was asked: “O Messenger of Allah, such-and-such a woman spends her nights in prayer, fasts during the day, and so on, and she gives charity, but she offends her neighbours with her sharp tongue.” The Prophet (PBUH) said: “Her good deeds will be of no avail: she is among the people of Hell.” They said, “And so and so prays only the obligatory prayers, gives charity in the form of left over curds, but does not offend anyone.” The Prophet (PBUH) said: “She is among the people of Paradise.” (Bukhari).

The true Muslim does not spare any effort to help his neighbour, opening wide the door of care, friendship and generosity. He is careful to fulfil his duty towards him lest the words of the Prophet (PBUH) concerning the miserly, unhelpful neighbour become applicable to him: “How many people will be hanging on to their neighbours on the Day of Resurrection, saying: ‘O my Rabb He shut his door in my face and denied me his kind treatment and help’ ” (Bukhari).

A lesson we must learn from this religion that Muhammad (PBUH) explained to his companions is not to repay a bad neighbour with bad deeds, but to bear their disturbance with patience, for as long as they can endure, hoping that those who are doing wrong will stop their bad behaviour when they see that their neighbour is not responding in kind. This is of the noblest characteristics and most persuasive ways of uprooting the evil that exists in some souls.

Got something to say?
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EXPLANATION OF THE HOLY QUR'AN

“And worship Allah and do not associate with Him anything, and be good to parents and to kinsmen and orphans and the needy and the close neighbour and the distant neighbour...”
(An-Nisa 4:36)



Sequence

Human rights have remained the main focus of attention since the beginning of the Chapter An-Nisa. In focus now are rights of parents, relatives, neighbours and those of human beings in general.

Why does Tawhid precede rights?

There is wisdom in opening the chapter An-Nisa with the exhortation to worship Allah alone and not to associate with Him anything in that worship. A basic understanding of this wisdom is having the fear of Allah (SWT) and the conscious concern to fulfill His rights. A person neglecting Allah (SWT) can hardly be reliable and sincere about fulfilling the rights of anybody else. They will find multiple excuses to satisfy their immediate circle of relatives and friends, to keep their prestige in the society or to escape the law of the government. What really forces them to honour human rights, watched or unwatched, is nothing but the fear of Allah (SWT) and the sense of responsibility before Him. This fear and this Taqwa is achieved through nothing but Tawhid, the firm belief in the Oneness of Allah to the total exclusion of everything else in that unicity. The verse narrates rights of parents, orphans, the needy, the right of the neighbour, the right of the companion at your side, and of the wayfarer.

The rights of the neighbour

Commonly, commentators say that 'a close neighbour' is someone who lives next to your house, and 'the distant neighbour' is someone who lives at some distance from it. It is agreed upon that a neighbour, close or distant, related or unrelated, Muslim or non-Muslim, has the essential right that they are to be helped and cared for to the best of one's ability.

However, a person may have additional rights besides his right as a neighbor. In such cases this person will have a degree of precedence as compared to others. Prophet Muhammad (PBUH) explained this when he said: "Some neighbours have one right, some others have two, still some others have three. The neighbour with one right is a non-Muslim with no bond of kinship; the neighbour with two rights is not only a neighbour but a Muslim too; the neighbour with three rights is a neighbour, a Muslim and a relative, all in one (Ibn Kathir).

Prophet Muhammad (PBUH) said: "Jibra'il has always been telling me to be helpful and caring with one's neighbour, so much so that I started thinking that maybe the neighbours will also be included as sharers in inheritance".

Prophet Muhammad (PBUH) said: "The best and the most superior is the best in relationship with his neighbours". A hadith in the Musnad of Ahmad Ibn Hanbal reports: "It is not permissible for a neighbour to eat his fill while his next door neighbour is hungry".

“Hadith”

Narrated by Abu Dharr Al-Ghiffari (raa) said that Prophet Muhammad (pbuh) said:

“O Abu Dharr! Whenever you cook food, increase its contents, and take care of your neighbours.” (Muslim)

Although it seems like a small simple deed, or even to some, a bit awkward, in the sight of Allah it's big and to the believer it is also a big and rewarding act.

Prophet Muhammad (pbuh) said in another hadith: **“Give each other gifts and you will love each other.”** (Bukhari)

Imagine the feeling one would have towards his next door neighbour when he receives this gift of food. It's not just about the actual food itself, rather the notion that the food which he enjoys himself, he also wishes for his neighbour to enjoy too! Muslim & Non-Muslim!

The Friendly Reminder.

'And remind, for indeed the reminder benefits the believers' (51:55)

In this life, we float in Allah's Mercy. We wake up every morning with blessings we can't count. We go to sleep trying to forget these blessings because we feel guilty not doing what He asks in return. Think sincerely to yourself for a moment. Some of us don't pray, yet Allah still gives us. Some of us don't fast, yet Allah still feeds us. Some of us don't give zakat, yet Allah still provides for us. Some of us sin, yet Allah still forgives us when we ask. Until when? Until when will we remove this burden off our hearts and humble ourselves to obey the One who keeps our heart beating? Nothing on earth can give you the same pleasure as knowing Allah, obeying him and refraining from that which He forbade for our own good. Change for the better NOW and know that Allah will replace that which you left for His sake with that which is better for you in this world and the next.

DAILY DUA'

THE WEAPON OF THE BELIEVER

By Asyraaf Shahrizan

Amongst the highest virtues in Islam is the virtue of treating the neighbour good. A lesson the Muslim community needs to learn. Allah says: "Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away, the companion at your side..." (04:36)

This reminds us to treat neighbours near and far, to the best of our abilities with only goodness. Neighbours not only signifies those who dwell in your residence, but those whom you work, study, and are in companion with.

An important key to a believer's success is dua and what better place to find dua then in the Quran, "...Our Lord, do not place us with the wrongdoing people." (07:47)



THE SUNNAH

“Say, (O Muhammad), “If you indeed love Allah, then follow me, (so) Allah will love you and forgive your sins. And Allah is Forgiving and Merciful” (3:31)

From the sunnan of beginning your day, one which the Prophet Muhammad (pbuh) did every morning when he woke up was to sit up, wipe his face with his hands from sleep and then say:

“Alhamdoulillah-hilaadhi 'ah-yaana ba'da maa 'amaatanaa wa 'ilayhin-nushoor”

“Thanks to Allah Who gave us life after death, and all resurrection will be to Him.” (Bukhari)

So let us from tomorrow morning begin this beautiful Sunnah and see how your day will go!

The power of words!

By Ahmed Bassal

It often amazes me how some Imams, Sheikhs, or people of knowledge can say a few simple words and move their audience to tears. At the same time, other speakers can delve into deep tafseer and fiqh, tell stories of great deeds, and become emotional themselves, and their audience is unmoved and inattentive.

I have even noticed this effect in myself, at times the words uttered during conversations with non Muslims seem to cut straight to the heart, and the person will be visibly shaken, emotional, and even fighting back tears. At other times the same words, the same answers to the same questions will have no reaction whatsoever from the potential Muslim.

So what is the difference? What is the variable in the equation that gives power to the words or robs them of it?

The answer is simple.

"The power of the words is in the closeness of the speaker to Allah"

If you took a scripted speech, and asked two different individuals to deliver it, you might get 2 completely different reactions.

The "Baraka" or blessing that Allah puts into your words depends on your relationship with Him, the Almighty. If you are close to Allah SWT, you will find that you can convince anyone, move anyone, affect anyone, with a few simple words. If you are far from Allah, no matter how much you know, how many names and dates, how many stories of valiant efforts, how many verses you can quote or how much tafsir you know - your words will not enter the heart of your audience.

Allah SWT does not need us. He does not need you or me to be carrying His cause. No. We are privileged to be allowed to be part of the Islamic movement, and it is a gift to us from Allah SWT to be involved in it in any way whatsoever. If you are neglectful in your relationship with Allah, your words will be hollow. Empty. They will be the equivalent of a body with no soul.

If you are close to Allah SWT and His beloved, if you are overflowing with Taqwa, if you spend the nights in prayer and the days in service to the cause of the almighty, then Allah SWT will give your words power. Even the most staunch, stern faced, racist, bigoted opponent will melt in front of you, they will break down and cry and tell you what it is inside them that has made them this way, and ask for your counsel. Then you will have an opportunity to act as a conduit for the mercy of Allah. Pour the mercy of Allah over them, tell them there is hope, tell them Allah knows of their suffering, tell them they are not alone, tell them forgiveness and a fresh start is only a few words away, and assist them in making their shahada.

The Quran is but a collection of words. These words have changed the face of the globe and the human heart permanently. Words have power that comes from Allah. Be close to Him, and your words will be His words. Be distant, and your words will be as empty as your heart.

Support Group

TIPS FOR THE REVERTS

PART 2

By Brother Alex

Keep away from debates and arguments!

"Verily anger spoils faith as aloe spoils honey."
-The Prophet Muhammad (Abu Dawud, Tirmidhi)

Trying to constantly defend your religion is something that will cause you a lot of stress. I remember when I first accepted Islam, it seemed like the whole world was after me. This may happen to different people at different levels, but it was a very overwhelming experience for me. The best thing to do is avoid these arguments at all costs. If you are mature about your religion and display a desire to explain yourself without refuting others, then many doors will open for you. You are bound to give someone a refreshing view of Islam, which is what so many people are hungry for after seeing Islam in such a negative light in the media.

Staying away from these discussions will put you at peace and give you breathing room. A lot of converts are not really comfortable with bringing up their religion because of the backlash they receive. Personally, I recognized that if I just mention it when necessary, I get a more positive reaction. You'll be surprised to hear "Oh that's cool dude, what made you pick that religion?" This is always an opportunity for da'wah (inviting to Islam).

Maintain your identity

"O mankind, indeed We have created you from male and female and made you peoples and tribes that you may know one another. Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is Knowing and Acquainted." -The Holy Qur'an, 49:1

Being a Muslim is a huge part of your identity now. That doesn't mean you can't barbeque with your friends or watch football on Sundays. If there are things in your culture that do not directly contradict with basic Islamic creed, then you are welcome to keep those things in your life. There are many other examples of things that you will be exposed to that are from foreign cultures and do not necessarily have anything to do with Islam. Our goal as new Muslims is to worship Allah (swt), not to add a Pakistani or Arab identity to our persona.

It is good to have a teacher who understands the subtleties of different opinion in fiqh (Islamic jurisprudence) and can inform you of differences among the scholars on issues that are of concern. Most people in masjid will have a very limited view of the juristic possibilities inside the Islamic tradition. Islam is a vast tradition and we should not make it small. These diverse opinions are there to help us, not cause strain on ourselves.

Avoid Loneliness

"Islam began as something strange and will revert to being strange as it began, so give glad tidings to the strangers." -The Prophet Muhammad (Muslim)

This is a major problem in the convert community. We are lonely. The best thing we can do to fight the feeling of loneliness is to spend as much time as possible with good company. Having dinners with people a few nights a week is a sure way to maintain a good attitude. The practice of becoming a nun or a monk is alien to Islam; we are social creatures and Islam recognizes this.

Try not to lock yourself away in your apartment to avoid the world. This will just cause a vicious cycle that will cause deep depression and can lead to searching for solace in haram (unlawful).

Make it an obligation on yourself to remain a sociable human being. It takes a lot of work but the result is happiness and contentment in life.

Adelaide's Biggest!

Eid Festival!

By Hasan Yunich
Event Manager

After what was one of the most spiritual periods in the Muslims calendar, the celebrations of Eid were well received. Alhamdulillah for allowing us to make it through another Ramadhan and for allowing the Muslim community to enjoy this Eid al Fitr Festival together. The new location was excellent and the amount on offer was enormous: many cheap rides and amusements, the living creatures to interact with (camels and ponies), the wide variety of clothing and Islamic wares on sale, the businesses and community services that were on offer and the assortment of food and drink from around the world. Who could forget the mini riot that occurred when Zaky appeared on stage? Or the roaming was 'Hamoudi The Orphan' who was searching for his parents (thanks to Human Appeal) Or the prizes and giveaways that were distributed to the people?

Alhamdulillah for another chance to serve you, the community, and for a fun filled day for the Muslims to enjoy alongside the many non-muslims and various government officials who enjoyed the day.

A very big thank you goes to the Muslim community for supporting us and coming on the day: without you this would not be possible. A special thank you for our major sponsors: Human Appeal International Australia, MCCA First Guardian Super and Burc College. Their gracious support made this event possible and us able to push the boundaries further. A thank you to Aus Star Meats for their continued support. Adelaide City Council also get a very big thank you for allowing us to utilise their facilities, to support us and to send on of their councillors to address the community. Thank you to Multicultural SA for their continued support. There are many more people who to thank which would make this piece too large but a special one goes to all the various organisations and individuals who took their responsibility with seriousness: this event relies upon you all so thank you. May Allah accept from you all and help us to continue our effort of serving the community

Inshallah Eid al Adha Prayer will be on the 4th October in Bonython Park and the Festival will be on the 5th of October on the Plateau so stay tuned.

Hope to see you there inshaAllah!



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Eid

FREE ENTRY!

Prayer & Festival

(Eid Al-Adha)

Prayer

SATURDAY
4
OCTOBER

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Eid Al-Adha Prayer @ 8:30am

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Festival

SUNDAY
5
OCTOBER

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The Doctor

IRON DEFICIENCY

By Dr. Mohammad Gadi

Iron is among some of the most important minerals found on earth. High levels are found in green vegetables and animal products, including red meat and milk. In human bodies, iron is required for the development of red blood cells (RBCs). They are the blood cells that contain haemoglobin (Hb), important for the transport of oxygen to all body organs. For Anaemia, or low RBCs or Hb, without sufficient oxygen transporters the body is unable to supply enough oxygen to meet the demands from all body tissues.

THE CAUSES

In women of reproductive age, menstruations are the most common cause of iron deficiency anaemia. Usually it occurs if the menstruation is heavy and prolonged.

It is also common for women to develop iron deficiency during pregnancy, because there is an increased demand to supply sufficient nutrients and oxygen necessary to the growing fetus.

The gastrointestinal tract is the part of your body responsible for the digestion of foods. It contains the stomach and intestines. Bleeding from the gastrointestinal tract is the most common cause of iron deficiency in men and post-menopausal women. Some people with GI bleed do not notice any blood in their faeces. If the bleeding is severe, people can have dark coffee-ground vomit, or have red blood in the faeces or melena (black, stretchy, unusual smelling faeces). Some of the causes of GI bleed include medications such as NSAID (Non-steroidal anti-inflammatory drugs – for example

Ibuprofen/Diclofenac/Aspirin), stomach ulcer, or GI cancer. Stomach acid is useful for the digestion of foods, however sometimes it can cause irritation into the stomach lining that leads to ulcer formation that can bleed.

Some conditions, such as inflammatory bowel disease or celiac disease (gluten intolerance) can lead to poor absorption of nutrients from our digested food. If it becomes chronic and is not managed, this can lead to iron deficiency.

It is rare for iron deficiency to occur only from lack of dietary intake of iron if you are not pregnant. However, having poor intake of iron can make you more likely to develop anaemia if you also have another problem as previously discussed. The best source of iron is red meat. Green vegetables and different nut products are also rich in iron, but less likely to be absorbed from the intestines.

THE SYMPTOMS

People with iron-deficiency anaemia can feel extremely lethargic and get tired easily. They may look pale. If severe, it can lead to shortness of breath, heart palpitation and even chest pain.

WHAT TO DO

It is important to see your doctor if any of these symptoms occur, and especially if you suspect iron deficiency. Your doctor will get a full story from you, do appropriate physical examinations and arrange for blood tests including Iron studies. Referral to a gastroenterologist may be done if there is a need for endoscopy/colonoscopy for diagnostic/therapeutic purposes.

IRON SUPPLEMENTS

All pregnant women will usually be recommended to take iron tablets. Other people with diagnosed iron deficiency will need to take iron supplementation for months and sometimes years. Vitamin C increases iron absorption. You can also find iron tablet preparation that is already combined with Vitamin C. Remember that taking iron tablets can cause nausea, vomiting, constipation and black-coloured faeces. If these symptoms are concerning you please discuss with your doctor.

The Pharmacist

Travel Health

By Sophia Kafrawi B.Pharm

The time for Hajj, school holidays and work breaks is quickly approaching. Health risks are attributed to overseas travel no matter what is your age and it is important to know how to plan and best prepare your health for the trip. The following are health recommendations to consider before departing and upon returning from your trip.

Before Travelling

- Be sure to find out whether you will have access to health items and supplies in the place that you are going to.
- With regards to prescription medicines, check with the Embassy of the country you are visiting that your medicines are legal as some countries prohibit certain medicines.
- Pack a Doctor's Letter detailing the names, strengths, administration routes and dosages of the prescription medicines for personal use that will be taken overseas. Otherwise, you can fill out a Medicine Export Declaration form which can be found on the Medicare Australia website.
- Regarding Hajj: The Saudi Ministry of Health requires all visitors to be vaccinated against Meningococcal Meningitis (serogroups A, C, Y and W135). Furthermore, to attain a visa to enter Saudi Arabia, visitors are required to have a valid vaccination certificate that has been issued no more than 3 years and no fewer than 10 days before arrival.
- Prepare a First Aid Kit and consider doing a first aid course.

- Obtain and wear an alert bracelet or other form of identification that alerts others of a serious health condition or allergy that you have should you require medical assistance.
- For visitors to developing countries where sanitation and hygiene standards are poor, Traveller's Diarrhoea is a very common condition so you may consider seeing your Doctor to get a prescription for an antibiotic for self-treatment of moderate to severe diarrhoea.
- Malaria is a serious infection spread by infected mosquitoes, so for visitors to countries with a high malaria risk, it is important to consider seeing your Doctor to get a prescription for anti-malarial medication. The best cure for malaria is prevention.

The following is a list of items available from Pharmacies that you may take on your trip:

- Insect repellent containing DEET (30%-50%), IR3535 or picaridin (up to 15%). This provides extra protection against malaria.
- Sunscreen (preferably SPF 30 or greater) that has both UVA and UVB protection
- Antibacterial wipes or hand sanitiser
- First Aid Supplies: Basic first aid items (bandages, gauze, ace bandage, antiseptic, tweezers, cotton-tipped applicators), aloe gel for sunburns, digital thermometer to check for fever, oral rehydration solution packets for recurrent episodes of vomiting and/or diarrhoea
- Anti-motion sickness medication (such as hyoscine hydrobromide or promethazine)
- Medicines for pain or fever (such as paracetamol or ibuprofen)
- Antifungal and antibacterial ointments or creams
- Water purification tablets

On Returning

Seek medical advice if you develop:

- Fever or flu-like symptoms
- Diarrhoea that persists
- Skin problems (e.g. rash)
- Any unusual symptoms

Note: Some illnesses can take several months to develop.

Inside Gaza



Our work in Gaza

By Ali Kadir

From the moment the war began in Gaza at the end of July 2014, Human Appeal International was among the affected on the ground, shifting them into Al Shifaa hospital and arranging medical aid as well providing food, shelter, clothing, bedding and medical equipment and medicine. During this time Human Appeal employed a further 5 medical staff among its already large team of staff and volunteers and worked tirelessly around the clock in 8 hours shifts aiding the victims of this war.

To the right are some statistics of what Human Appeal Int. has done so far since the war began. We ask Allah to accept from our brothers & sisters and reward them abundantly. Ameen.

OUR WORK IN GAZA SO FAR:	No. of People benefitted
Medical relief (During and after the war) inc. drugs, supplies, and devices.	500,000
Food relief (During the war) including fast and hot meals and food parcels.	250,000
Supply of Flour (During the war)	23,100
Cash Assistance for home owners whose home was destroyed	7,000
Clean Drinking Water supply	70,000
Supply of cleaning materials and personal needs (During & after the war)	100,000
Supply of baby milk and diapers	20,000
Providing meals/needs to those in shelters(During and after the war)	70,000
Education amid destruction (provided bags, stationary & school supplies)	10,000
Psycholigal support for children	7,000
Providing alternative homes & household items to those homes were completely destroyed.	700
Repair of partially damaged homes	700
Repair and operation of Human Appeal water desalination plant	70,000



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Sisters Section

The lady next door

By Um Asyraf

Our beloved Prophet Muhammad (PBUH) has established constructive rules in the jurisprudence of Islam regarding treatment towards neighbours. It is a duty entrusted to a Muslim not observed before in any other system of law. This privilege is conferred to both the Muslims and non-Muslims, thus forging and extending the bond and sentiment of cooperation and fellowship among neighbours. One of the characteristics of the Muslim woman who comprehends the teachings of her religion; is that she treats her neighbours well and respects them. In addition to this attribute are other positive characteristics of a Muslim woman:

A Muslim Woman is Sensitive

She is caring towards her neighbours, thoughtful and attentive to matters that could disturb or offend them. She wishes them well, just as she wishes for herself, and she shares their joys and sorrows, in accordance with the teachings of the Prophet Muhammad (PBUH): "By the One in Whose hand is my soul, no servant truly believes until he likes for his neighbour what he likes for himself" (Muslim).

She is a wise, polite, and a forbearing neighbour. She responds positively and kindly to her neighbours without any discrimination of status, creed and religion as prescribed to her in the Quran: "Worship Allah and associate nothing with Him, and to parents do good, and to relatives, orphans, the needy, the near neighbour, the neighbour farther away..." (An-Nisa 4:36).

A Muslim Woman Shares

She lives the spirit of sharing and does not fail to think of her neighbours who may be affected by the smell of cooking coming from her house. By sharing, she thereby fulfills the spirit of social responsibility which the Prophet (PBUH) encouraged in his words: "If you cook some broth, add extra water to it, then think of the families in your neighbourhood and send some of it to them" (Sahih Muslim).

Her conscience will not let her ignore her neighbour's difficulty. She will attempt to do good and offer some help; may it be food or other things, especially if she is given the bounties that Allah (SWT) has bestowed upon her. She recognizes the significance in the teaching of the Prophet (PBUH): "He does not believe in me, who eats his fill while his neighbour beside him is hungry, and he knows about it" (Al-Tabarani, hasan isnad).

A Muslim Woman is Helpful

She never thinks that any favour is too small or insignificant to be worth doing for her neighbour. She extends assistance and support without the aim of seeking a return. She fully understands that the Prophet (PBUH) emphasizes the importance of even the smallest gifts and favours between neighbours: "O Muslim women, do not think that any gift is too insignificant to give to a neighbour, even if it is only a sheep's foot" (Bukhari & Muslim).

A Muslim Woman is the Finest Neighbour

A Muslim woman who truly understands the teachings of her religion is the best of neighbours. Good treatment of neighbours is a basic Islamic attitude. It is deeply embedded in the conscience of the Muslim woman who has been brought up with the teachings of Islam. She fully recognizes in conviction and action that: "The best of companions in the sight of Allah is the one who is the best of them to his companion, and the best of neighbours near Allah is the one who is the best of them to his neighbour (Al-Tirmidhi).

May Allah keep us steadfast, grant us the guidance and zeal to implement the beautiful teachings of Islam.

Mosques & Prayer Rooms

CENTRAL

Adelaide City Mosque
20 Little Gilbert Street, Adelaide, 5000

University of Adelaide
Level 6 of Union Building House
University of Adelaide

UniSA City East
Playford Building, Level 2
Room P2-22 Female,
Room P2-55A Male

UniSA City West
Sir George Kingston Building,
Level 2, Rooms GK-25/26 (Ground floor)

NORTH

Abu Bakr As-Siddique Mosque
52 Wandana Avenue, Gilles Plains, 5086

Parafield Gardens Mosque
92 Shepherdson Rd,
Parafield Gardens 5107

UniSA Mawson Lakes
Level 2, Building A,
UniSA Campus Mawson Lakes

Elizabeth Mosque
139-141 Hogarth Road, Elizabeth

WEST

Bosnian Mosque
1 Frederick Rd, Royal Park, 5014

Al-Khalil Mosque
Corner of Torrens Rd & Audley St,
Woodville, 5012

Islamic Information Centre of SA
Level 1, 53 Henley Beach Rd, Mile End

Adelaide Airport Prayer Room
Domestic Terminal, Level 2

Islamic Da'wah Centre of SA
124 Henley Beach Rd, Torrensville

SOUTH

Flinders University
Religious centre, Southern end of the
mall,
Union Rosetta's building, Flinders
University

Omar ibn Al Khattab Mosque
658 Marion Rd, Park Holme, 5043

EAST
UniSA Magill
Room E1-28 E building,
Swim & Sports Complex

RURAL AREA

Murray Bridge Mosque
83 Old Swanport Road,
Murray Bridge

Renmark Mosque
230 Fourteenth Steet, Renmark

Whyalla Mosque
5 Morris Crescent, Whyalla

Port Pirie Prayer Room
Offers Jumua Only

Coober Pedy Musallah
Lot 1070 Traeger St,
Coober Pedy 5723

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Sunday 7th Dec (10:30am - 5:30pm)
Saturday 13th Dec (10:30am - 5:30pm)**

**Location: IICSA (Level 1, 53 Henley Beach Rd, Mile End, 5032)
Registration Policies: Boys: Ages 6+ Girls: Ages 5+**

Summer/Hizf School will begin on Monday 15th December inshaAllah.

More info will be available on www.iicsa.com.au soon.

Contact: IICSA on 7226 6268 or 0435 435 587 or email admin@iicsa.com.au



Local News



Brought to you by **iNEWS**

Assalamou Alaykum Folks, We have one important item to discuss this issue: neighbours right in practice. We as Muslims have great responsibilities to fulfil everywhere: with Allah, ourselves, families, friends, the Muslims and the neighbours both near and far. One way this can manifest itself is to show concern to people, ALL PEOPLE.

We as Muslims need to be concerned about all issues but need to begin by examining issues fully and deciding which the best action to take. An example is the need of some nations around the world for immediate help such as Gaza, mid Africa, Syria, etc.

We understand that Allah will ask us about the Muslims and non-Muslims that are suffering around the world, what have we done towards them? Is it enough for me to watch the news and know what is happening there? How can we take action on this?

Get organised and ask your local humanitarian organization what you can do. Show concern and raise awareness in the society in the large and small instances and get active in a peaceful and proactive way and change this society for the benefit of all people. And don't forget at the end making dua for them as they really need that. We as Muslims are meant to be locks of evil and keys to good so do good! Salam!

Muslim Tech



By Guided Ways Technologies

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FESTIVAL: THE PLATEAU (TAMBAWODLI PARK)

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October - Dhul Hijjah/Muharram

Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1 Wed	4:27	5:53	12:06	3:38	6:22	7:40
2 Thu	4:26	5:51	12:06	3:38	6:23	7:41
3 Fri	4:24	5:50	12:05	3:38	6:23	7:41
4 Sat	4:22	5:48	12:05	3:38	6:24	7:42
5 Sun	5:21	6:47	1:05	4:38	7:25	8:43
6 Mon	5:19	6:46	1:04	4:39	7:26	8:44
7 Tue	5:18	6:44	1:04	4:39	7:27	8:45
8 Wed	5:16	6:43	1:04	4:39	7:27	8:46
9 Thu	5:15	6:41	1:04	4:39	7:28	8:47
10 Fri	5:13	6:40	1:03	4:39	7:29	8:48
11 Sat	5:12	6:39	1:03	4:39	7:30	8:49
12 Sun	5:10	6:37	1:03	4:40	7:31	8:50
13 Mon	5:08	6:36	1:02	4:40	7:31	8:51
14 Tue	5:07	6:35	1:02	4:40	7:32	8:52
15 Wed	5:05	6:33	1:02	4:40	7:33	8:53
16 Thu	5:04	6:32	1:02	4:40	7:34	8:54
17 Fri	5:02	6:31	1:02	4:40	7:35	8:55
18 Sat	5:02	6:31	1:02	4:40	7:35	8:55
19 Sun	4:59	6:28	1:01	4:41	7:37	8:58
20 Mon	4:58	6:27	1:01	4:41	7:37	8:59
21 Tue	4:56	6:26	1:01	4:41	7:38	9:00
22 Wed	4:55	6:25	1:01	4:41	7:39	9:01
23 Thu	4:53	6:23	1:01	4:41	7:40	9:02
24 Fri	4:52	6:22	1:00	4:42	7:41	9:03
25 Sat	4:50	6:21	1:00	4:42	7:42	9:04
26 Sun	4:49	6:20	1:00	4:42	7:43	9:06
27 Mon	4:48	6:19	1:00	4:42	7:44	9:07
28 Tue	4:46	6:18	1:00	4:42	7:45	9:08
29 Wed	4:45	6:17	1:00	4:43	7:46	9:09
30 Thu	4:43	6:16	1:00	4:43	7:47	9:10
31 Fri	4:42	6:15	1:00	4:43	7:48	9:12

November - Muharram/Safar

Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1 Sat	4:41	6:14	1:00	4:43	7:48	9:13
2 Sun	4:41	6:14	1:00	4:43	7:48	9:13
3 Mon	4:38	6:12	1:00	4:44	7:50	9:15
4 Tue	4:37	6:11	1:00	4:44	7:51	9:17
5 Wed	4:35	6:10	1:00	4:44	7:52	9:18
6 Thu	4:34	6:09	1:00	4:44	7:53	9:19
7 Fri	4:33	6:08	1:00	4:44	7:54	9:21
8 Sat	4:32	6:07	1:00	4:45	7:55	9:22
9 Sun	4:31	6:06	1:00	4:45	7:56	9:23
10 Mon	4:29	6:05	1:00	4:45	7:57	9:25
11 Tue	4:28	6:04	1:00	4:45	7:58	9:26
12 Wed	4:27	6:04	1:00	4:46	7:59	9:27
13 Thu	4:26	6:03	1:00	4:46	8:00	9:28
14 Fri	4:25	6:02	1:00	4:46	8:01	9:30
15 Sat	4:24	6:02	1:01	4:46	8:02	9:31
16 Sun	4:24	6:02	1:01	4:46	8:02	9:31
17 Mon	4:22	6:00	1:01	4:47	8:04	9:34
18 Tue	4:21	6:00	1:01	4:47	8:05	9:35
19 Wed	4:20	5:59	1:01	4:48	8:06	9:36
20 Thu	4:19	5:59	1:02	4:48	8:07	9:38
21 Fri	4:18	5:58	1:02	4:48	8:08	9:39
22 Sat	4:17	5:58	1:02	4:49	8:09	9:40
23 Sun	4:17	5:57	1:02	4:49	8:10	9:42
24 Mon	4:16	5:57	1:03	4:49	8:11	9:43
25 Tue	4:15	5:56	1:03	4:50	8:12	9:44
26 Wed	4:14	5:56	1:03	4:50	8:13	9:45
27 Thu	4:14	5:56	1:04	4:50	8:14	9:47
28 Fri	4:13	5:55	1:04	4:51	8:15	9:48
29 Sat	4:13	5:55	1:04	4:51	8:16	9:49
30 Sun	4:12	5:55	1:05	4:52	8:17	9:50

December - Safar/Rabi Ul Awwal

Day	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1 Mon	4:12	5:55	1:05	4:52	8:17	9:50
2 Tue	4:11	5:55	1:05	4:52	8:18	9:53
3 Wed	4:11	5:54	1:06	4:53	8:19	9:54
4 Thu	4:11	5:54	1:06	4:53	8:20	9:55
5 Fri	4:10	5:54	1:07	4:54	8:21	9:56
6 Sat	4:10	5:54	1:07	4:54	8:22	9:57
7 Sun	4:10	5:54	1:07	4:55	8:23	9:58
8 Mon	4:10	5:54	1:08	4:55	8:24	9:59
9 Tue	4:09	5:54	1:08	4:56	8:24	10:00
10 Wed	4:09	5:54	1:09	4:56	8:25	10:01
11 Thu	4:09	5:55	1:09	4:56	8:26	10:02
12 Fri	4:09	5:55	1:10	4:57	8:27	10:03
13 Sat	4:10	5:55	1:10	4:57	8:27	10:04
14 Sun	4:10	5:55	1:11	4:58	8:28	10:04
15 Mon	4:10	5:55	1:11	4:58	8:29	10:05
16 Tue	4:10	5:55	1:11	4:58	8:29	10:05
17 Wed	4:10	5:56	1:12	4:59	8:30	10:07
18 Thu	4:11	5:56	1:12	5:00	8:31	10:07
19 Fri	4:11	5:57	1:13	5:00	8:31	10:08
20 Sat	4:11	5:57	1:13	5:01	8:32	10:08
21 Sun	4:12	5:58	1:14	5:01	8:32	10:09
22 Mon	4:12	5:58	1:14	5:02	8:33	10:09
23 Tue	4:13	5:59	1:15	5:02	8:33	10:10
24 Wed	4:13	5:59	1:15	5:03	8:34	10:10
25 Thu	4:14	6:00	1:16	5:03	8:34	10:11
26 Fri	4:15	6:00	1:16	5:04	8:34	10:11
27 Sat	4:16	6:01	1:17	5:04	8:35	10:11
28 Sun	4:16	6:02	1:17	5:05	8:35	10:11
29 Mon	4:17	6:02	1:18	5:05	8:35	10:12
30 Tue	4:18	6:03	1:18	5:06	8:36	10:12
31 Wed	4:19	6:04	1:19	5:06	8:36	10:12

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BEFORE THE REVELATION

By Samer Abukwaik

“Allah looked towards the people of the world and He showed hatred for the Arabs and the non-Arabs, but with the exception of some remnants from the People of the Book.”

Before the revelation of the Quran, different forms and levels of corruption were deeply rooted in all corners of the world. Societies were inheriting corrupted beliefs, laws, values and principles that reached all aspects of life. They lost direction and standards to identify the true face of corruption. Light can never be appreciated without comparing it with darkness, and that’s the difference between the world before Islam and after. The following are snapshots of how the world was before Islam.

THE ROMAN EMPIRE

The Roman Empire was immense, almost half of the world was under its control. However it was divided into two sections, the eastern Orthodox and the western Catholic. Wars divided the different sections for years and years, and thousands of people were killed because of this.

The social position of the state was in decay, marriage was unaccustomed and committing adultery became the norm. Poverty was one cause behind this disease, people couldn’t afford the expenses of marriage. Meanwhile, the wealth was being accumulated in the pockets of a small sector in the society.

Bribery became the key to any successful dealing and high taxes were imposed on the poor more than the rich. Slavery was everywhere, and was used as entertainment for the rich people. Princes and ministers would sit and enjoy watching slaves in big cages fight lions and tigers and sell it as a major event.

THE PERSIAN EMPIRE

The Persian Empire covered almost the other half of the world, the people in this empire followed a religion called Zoroastrianism where they used to worship fire.

The standards of morals were extremely deteriorated, to the level where the marriage of incest was dominating and widespread in the whole state. Despite being disgraced by all other nations, and considered against the instinct of human beings. The society was divided and classified into seven layers in the following order:

1: The king and his close relatives. 2: The nobles who consisted of just seven families in the whole empire. 3: The clerics. 4: The military leaders. 5: Writers and doctors. 6: Tax collectors and the seventh was the actual society which is 90% of the whole population and this last layer was comprised of slaves, labor, soldiers and other low socio-economic figures. This indicates that the majority of the society, used to live under severe oppression and humiliation.

THE REFORM

Overall the situation of humanity was definitely in need of a divine message, a message that would direct people back to the right path, back to a peaceful relationship with the creation and the creator.

“There has come to you from Allah a light and a clear Book. By which Allah guides those who pursue His pleasure to the ways of peace and brings them out from darkness into the light, by His permission, and guides them to a straight path.” (Al-Maidah 5:15 – 16)

How it all started, who was selected for this mission and the story of revelation will be in the next article.

Note: The article is based on the series “In the shadow of the Seerah” by Dr. Ragib AlSirjani

SCORE BOARD



By Patrick Ernst (Club President)

Asallaam alaykum dear brothers and sisters.

We are now nearing the exciting finish of the 2014 Soccer season. This year has been fun, challenging and rewarding. I believe our club is growing in success with the help of Allah and I hope that insha'Allah it will become bigger and better next season.

Our Amateur Open teams (Adult Division 4 A and B) have performed well. Both are sitting in the middle of the table with 6 games remaining. The A team was succeeding well but lost momentum over Ramadhan. Insha'Allah the season will close out with some strong results. Our B team has faced many challenges, the greatest being commitment from players to get out to training and games. We must remember anything we agree to do, we should commit to doing it to the best of our abilities, generally but more specifically as Muslims.

Our Junior State League teams, U12 and U14 are doing very well. U12 has lost one match and at present are 2 points behind the leaders with an extra game in hand. Challenging but achievable, beating the table leaders in a later game means they can lead the competition. U14s started the season slowly and took time to gain confidence. They have been winning their later games. Insha'Allah both teams will finish strongly.

Our Miniroos (small sided games for U7 – U11) have had mixed success. Critically we have not been able to have full teams at times, as parents bring the players out on game days irregularly. The boys have been working hard throughout the season and have developed new skills and physical strength.

Again, we must honour our commitments we have binded ourselves in, even if it is a sporting club. It is imperative we teach our children good values by example and not avoiding them. By getting our children to school on time in the correct uniform, and attending training and matches on time in the correct uniform, we teach respect and the value of our team and our ummah through honouring our commitments.

- This year, we are hoping to continue soccer through summer by competing in Futsal games.
- We are actively looking for coaches and volunteers to help us in our club expansion. Please help!

I would like to take the opportunity to thank our club sponsors for their generous help. We could not have provided services to the community without them. Our sponsors are:

- **Human Appeal International** – helping the orphans & needy - www.humanappeal.org.au
- **Islamic Relief** – Helping eradicate poverty, illiteracy and disease www.islamic-relief.com.au
- **Islamic Information Centre of SA (IICSA)** – Teaching Islam to all – a leader in our community - (08) 7226 6268
- **Adams Halal Butcher** – hand slaughtered meats – 8347 3576 – 59b Woodville Rd, Woodville
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Warmest regards waSalaamu Alaykum.



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ALLAH LOVES US WHEN WE ARE NICE AND CARING TO PEOPLE AROUND US. HE ALSO LOVES WHEN WE SHOW LOVE AND CARE TO OUR NEIGHBOURS. DO YOU WANT A GOOD IDEA TO SHOW OUR NEIGHBOURS THAT WE ARE GOOD MUSLIMS AND TO MAKE ALLAH HAPPY WITH US TOO? YOU CAN MAKE SOME YUMMY, RAINBOW FRUIT SKEWERS TO GIVE TO YOUR NEIGHBOURS WITH YOUR BEAUTIFUL SMILE!

WHAT YOU NEED!

- Wooden Skewers
- Red Grapes
- Blueberries
- Diced Kiwi fruit
- Diced Pineapples
- Diced Oranges
- Strawberries or Raspberries

HOW TO MAKE IT!

To make rainbow fruit skewers, make the skewers starting with the red grapes, then the blueberries, kiwi fruit, pineapple, oranges and finishing it off with strawberries or raspberries. When you make many skewers, place them next to each other, then it will look like a rainbow and be ready to give to your neighbours.



ALLAH WILL LOVE YOU AND SO WILL YOUR NEIGHBOUR!

**YUM!
YUM!**

**OBEYING
ALLAH & HIS
MESSENGER**



**BEING GOOD
TO YOUR PARENTS**

GOOD MANNERS

Street Talk!

MAJORITY vs Minority

One commonality that we share as young Muslims in this country is the constant battle of holding on to Islam, especially just after Ramadan. The boost that Ramadan gave us slowly wears off and we begin to fall into old habits. Old friends come back into the picture, were careless on our prayers, the uni or school environment is draining us and social media is getting the better of us.

It's a position that drives us into hibernation mode and not to emerge until next Ramadan. To make matters worse, the environment we live in doesn't particularly help us in our path to Allah. What is the solution for this negligence? Where can we find that extra energy to grow in our mountain of life?

The answer is not to give up hope! We must keep moving forward and learn from our mistakes. An amazing characteristic that we find in the Prophet (PBUH) was that he was a source of positivity even when times got tough. We shouldn't just give up by placing blame on our environment.

For example the most common answer when you ask someone "Why are you eating haram?" or "Why do you listen to music?" will be 'because everybody else is doing it.' We shouldn't just be as everybody else, because if we use that as an excuse, we are dead fish going with the flow. The Prophet (PBUH) taught us to be people who have minds of our own. We have to start placing the accountability on ourselves. In other words, when you look, do or say something wrong then blame yourself. As the saying goes, "everybody is the author of a book they will read on the Day of Judgment."

Allah (SWT) gives us a very beautiful example in the Quran, of the Majority vs the Minority. He says "And a majority of them are disobedient..." (57:17) Three words from the book of Allah summarize our position in the 21st century. If we become a product of all the major songs and singers, haram fast food outlets, urban dress codes and late night lifestyles we are just following blindly and losing our Muslim Identity. We can't begin to idolize this lifestyle and think "Oh man, why can't I do that?" Allah has given us something far much greater.

In other words, Islam obligates this to become a reality in our life. Allah is not The One we call upon in times of difficulty only. Praying is not just a ritual and Ramadan is not just a tradition. The Akhira is not far away and death is not only for the old. Above all The Quran is not for our library shelf. Islam is completely relevant to me and you in 2014. We need to become Muslims that embody it and completely adopt it. By encompassing all of this we will be fulfilling our purpose of becoming "...Witnesses over mankind..." (2:141).

So sisters, next time somebody asks you 'What's that thing on your head?' Stand firm and respond "Indeed, I am of the Muslims." (41:33) Brothers, next time the boys invite you to town on a Friday respond "The life of this world is but an illusion and deception..." (3:185).

May Allah make us of those who see Islam as a reality.

**"DON'T GIVE
YOUR AKHIRA
TO THOSE WHO
DON'T CARE
ABOUT THEIRS."**



**BE THE MINORITY THAT
AFFECTS THE MAJORITY!**

The Good Stuff (Meats & Veggies)



By Dr Mohammad Gadi

Australia is amongst some of the top meat-eaters in the world. With an average intake of about 116 kilograms a year per person, Australia is second to the US, where each person consumes about 123 kilograms a year, according to the FAO. Eating too little or too much meat has its own consequences. Before we go into it a bit more, let's recap on the different kinds of meat that we eat. Meat is essentially the muscle. The colour of the meat determines what muscle it is. Red meat is a reddish colour before cooking, as beef and lamb. White meat is light and pale before cooking and includes chicken.

The defining element that determines animals as white meat or red meat is fast-twitch muscles or slow-twitch muscles. Slow-twitch muscles are used often, for extended activities such as constant walking, standing or flying. These muscles harvest a high content of the protein myoglobin, and store large amounts of oxygen to support this long-term energy use. Myoglobin is reddish in color, similar to hemoglobin in blood, and that is why red meat appears bloody. This is particularly rich in iron.

Chickens, on the other hand, don't use their muscles as much. The chickens muscle mass is the fast-twitch kind useful for short bursts of activity. An example is quick jumping into the air, an action that constitutes most of their flying. Fast-twitch muscles use the paler coloured glycogen for energy and unlike slow-twitch muscles, there's not much myoglobin within the muscle.

All of the above meats are excellent sources of protein, vitamins and minerals. Meat plays a major role in our diet as our main source of iron. If our iron

intake is too little in our daily meals, particularly at certain stages of life when our bodies have a high demand, then this puts us at risk of low iron stores in the body and even anaemia. Tiredness, diminished ability to work and lower resistance to infection may result. Low iron intakes are common in young women and vegetarians. The best source of iron in the diet is red meat such as beef and lamb. Lean meats, trimmed of fat, are the best choices. Meat fat is high in saturated fats, this raises cholesterol in the body.

What about processed meats?

Processed meats are fresh products that have been changed from their original state. Some have added ingredients including salts and spices. Some are cooked and some are cured. Some are ready-to-cook, such as sausages. Some are ready-to-eat, such as hot dogs, salami and pepperoni. Generally speaking, processed meats are also excellent sources of protein and iron. However, it is important to bear in mind that these products have more fat and salts contents, a bad recipe leading to high cholesterol and high blood pressure if consumed too much.

What about being a vegetarian?

Deciding to be a vegetarian is a personal choice. Remembering to take supplemental iron, zinc and vitamin B12 is recommended as your body levels of these can be low. A Muslim can be a vegetarian, but we must never believe that eating meat is forbidden or that being a vegetarian helps us to get closer to Allah, as according to the Qur'an and Prophetic guidance eating animal meats slaughtered appropriately is permissible.



Baklava Rolls

Classic Beauty!

By Blarra Jeroff

Ingredients:

1 packet filo pastry
2-3 cups of nuts (walnuts, cashews, pistachio, almonds)
250 gram unsalted butter, melted
1 cup sugar
1 lemon

Method:

- 1) In a food processor, chop nuts until crumbly.
- 2) Lay out filo pastry and cover with a tea towel to prevent it drying out
- 3) Place one sheet of pastry on bench and brush all over with butter. Place another sheet of filo on top and brush with butter again.
- 4) Spoon the nuts along one end of pastry.
- 5) Using a chop stick, roll the pastry forming a log, squeeze ends to form crinkles and then pull chop stick out.
- 6) Place on baking tray and repeat with remaining pastry and nuts.
- 7) Bake at 180 degrees celcius for 25-35 minutes or until golden brown.
- 8) To make the sugar syrup combine sugar with 1 cup of water and boil for 5-10 minutes until it reaches a syrupy consistency. Mix in juice of a lemon.
- 9) Once baklava rolls are cooked pour over hot syrup making sure to cover every roll.
- 10) Leave to absorb syrup for 20 minutes, then slice into smaller pieces.

Serve and enjoy!



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