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LIGHT *of* ADELAIDE.

*The believers
are brothers*

ISSUE 40

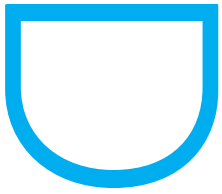
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“The believers are but brothers”
(49:10)

INSIDE  muslimindex

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“Let there be a group among you who call others to goodness, encourage what is good, and forbid what is evil - it is they who will be successful.”

(Quran 3:104)

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Bismillah

Praise be to Allah, Lord of the Worlds, Peace and Blessings of Allah be upon His final Messenger, Muhammad (PBUH)

Islam is a religion which aims to bring humanity to worship Allah alone and follow His guidance in accordance with the teachings of the Prophet Muhammad (peace be upon him). As Muslims, we believe that the Prophet was sent as a Mercy to all mankind and his life is full of examples and teachings which exemplifies true brotherhood. The first step to establish an ideal society which was practiced by the Prophet was laying the foundation of Brotherhood under the banner of Islam, where every citizen knows his rights and responsibilities and makes it his/her goal to achieve Allah's Pleasure.

Brotherhood in Islam is a comprehensive concept that is based upon good character with others, treating others the way we want to be treated, and uniting together upon common values. It has three levels: religion, family, and humanity. Each of these levels has a set of rights and duties that a Muslim must uphold with others. The strongest level of brotherhood is the Faith-based brotherhood:

Allah said: "The believers are but brothers, so make reconciliation between your brothers and fear Allah that you may receive mercy." Surat al-Hujurat 49:10

And Allah said: "The believing men and believing women are allies of one another. They enjoin what is right and forbid what is wrong and establish prayer and give charity and obey Allah and His Messenger. Allah will have mercy upon them, for Allah is Almighty and Wise." Surat al-Tawba 9:71

Family-based brotherhood emphasises the values, rights and responsibilities and good character among relatives and families in their respective positions. Community-based brotherhood needs to be established on love, respect, tolerance and it should reject all types of ill character such as enmity, hatred, backbiting, gossiping, slandering etc.

The picture of true brotherhood is portrayed in the beautiful Hadith of the Prophet: "The parable of the believers in their affection, mercy, and compassion for each other is that of a body. When any limb aches, the whole body reacts with sleeplessness and fever." Bukhari

Abdulsalam

Imam Abdulsalam Alim

The believers are brothers

Allah has said in Surah Al Hujurat in the 10th verse, "The believers are but brothers, so make reconciliation between your brothers and fear Allah that you may receive mercy."

F E A T U R E

This means that the bare minimum for someone to be a part of your fellowship or brother/sisterhood is to simply believe in Allah and his messenger (pbuh). If anyone announced to be Muslim then they must be treated as a brother or sister. The simplicity of this fellowship shows the weight of the declaration of one's faith in Islam. We must never leave another Muslim brother or sister as the relationship between Muslims must be taken as sacred to every Muslim. We must show importance in our efforts in protecting each other's life and wellbeing, honour and dignity, and even their wealth. We will never portray an honest belief in Allah and his messenger until we perfect our treatment and relationship with our brothers and sisters.

On the authority of Abu Hamzah Anas bin Malik (may Allah be pleased with him) - the servant of the Messenger of Allah (peace and blessings of Allah be upon him) - that the Prophet (peace and blessings of Allah be upon him) said : "None of you will believe until you love for your brother what you love for yourself."

Let us try our best to put the best for our fellow Muslims over our selfish needs at certain moments in our lives. We must always prioritise the necessities for ourselves but at the same time be mindful to not override the rights of others. You will always be in a safe position in the eyes of Allah if you prioritise other's needs over your own. The best service and treatment that we can do to our fellow brothers and sisters is to remind them towards holding the ropes of Allah, by enjoining what is right and forbidding what is evil.

Allah said in Surah al-Tawba verse 71, "The believing men and believing women are allies of one another. They enjoin what is right and forbid what is wrong and establish prayer and give charity and obey Allah and His Messenger. Allah will have mercy upon them, for Allah is Almighty and Wise."



BY ABU QALAM

**YOU WILL ALWAYS BE IN
A SAFE POSITION IN THE EYES
OF ALLAH IF YOU PRIORITISE
OTHER'S NEEDS OVER
YOUR OWN.**

F
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Lastly to maintain a healthy relationship with our brothers and sisters and to strengthen the bond within the community, we must not spread negativity. We must hold our tongue from saying what is harmful. We must not portray ill feelings towards others with our gazes. We must not turn away from each other from small silly misunderstandings. Anas ibn Malik reported: The Messenger of Allah, peace and blessings be upon him, said:

“Do not hate each other, do not envy each other, do not turn away from each other, but rather be servants of Allah as brothers. It is not lawful for a Muslim to boycott his brother for more than three days.” Sahih al-Bukhārī



#Quran Explained

BY MUFTI MUHAMMAD SHAFI UTHMANI

“AND THE WORLDLY LIFE IS NOTHING BUT A GAME AND PLAY. AND THE LAST ABODE IS SURELY GOOD FOR THOSE WHO FEAR ALLAH. WOULD YOU STILL NOT UNDERSTAND?”

Al Anaam Ayah 32

The Present Life is a Great Blessing: Invest Wisely, and Prosper

The life of this world is a great blessing, and certainly an asset of unmatched value. (To borrow the terminology of modern investors, ‘with such chips in one’s hands, who would not go for such a deal of the deals?’). So, this life is an opportunity which must be taken seriously. That is why suicide is forbidden in Islam, and equally prohibited is praying for death, even the making of a wish to die. This is so because it shows ingratitude for a great blessing of Allah.

Also clarified here is the basis on which worldly life has been characterized as game and fun here as well as in several other verses of the Qur’an, or in many Ahadith which condemn worldly life. There, by worldly life what is censured is the time of life which is spent being heedless to the thought and concern of Allah Ta’ala. Otherwise, no wealth of the world is equal

in worth to the time one spends in remembering Allah and doing what He has commanded us to do. This is also confirmed by a Hadeeth which says:

“Dunya is cursed and cursed is what is in it, except the remembrance of Allah and all matters related to it, the knowledgeable scholar, and the seekers of knowledge.” [Hasan/Sound] - [Ibn Maajah - At-Tirmidhi]

If seen closely, a teacher (of religion) and a student (of religion) are included under the Dhikr (Remembrance) of Allah because ‘ilm’ means the knowledge which becomes the cause of the pleasure of Allah. So, the learning and teaching of such ‘ilm are both included under Dhikr of Allah. In fact, according to the clarification of Imam al-Jazri: Everything done in this world, which is done in conformity with obedience to Allah, that is in accordance with the injunctions of the Shariah, is all included under the Dhikr of Allah.

This tells us that everything necessary that must be done in this life of the world, such as the permissible ways of earning one’s livelihood, and the fulfillment of one’s needs limited to the boundaries of Shari’ah, shall all be considered as being included under the Dhikr of Allah. In fact, the fulfillment of the rights of family, relatives and friends, neighbours and guests and others has been identified as an act of Sadaqah (charity) and ‘Ibadah (worship of Allah).

The dearest and the worthiest possession that humans have is their time of life in this world. And we know that this time is limited. No one knows exactly how long his or her life is. Every human being, whom Allah has blessed with sense and vision, can decide it for himself how he is going to spend these limited moments and hours of his life, and in what. No doubt, common sense would demand that this precious time should mostly be spent in what would meet the pleasure of Allah. As for chores which are necessary to hold this life together, they should be taken to as needed.

#Hadith

Anas narrated that the Prophet pbuh said,
"None of you believes until he loves for his brother what he loves for himself."
(Bukhari)

Love and compassion for our fellow Muslims is so important that the Messenger (pbuh) made practicing this a condition of our faith. We must strive to desire all forms of goodness for our fellow Muslims, much like we desire it for ourselves. This may include, but is not limited to, righteous deeds, health, wealth and our rank in the hereafter.

This Prophetic practice, when applied correctly, can lay the foundations of a society that replaces jealousy, selfishness and greed with generosity, compassion and mercy.

#GreatMinds

You won't
get a second
chance to
make the first
impression.

#DailyDua

THE WEAPON
OF THE BELIEVER.

The Messenger of Allah (PBUH) enumerates the seven types of people who will attain Allah's shade on the day of judgement. Amongst those are two people who love each other for the sake of Allah (Al-Bukhari and Muslim). Use the following supplication:

Allahumma inni as'aluka hubbaka, wa hubba man yuhubbuka, wa hubba 'amalin yuqarribuni ila hubbika

O Allah! I ask you for your love, the love of those who love you, and deeds which will cause me to attain your love.

[At- Tirmidhi]

#OnTheSunnah

"Say, (O Muhammad), "If you indeed love Allah, then follow me, (so) Allah will love you and forgive your sins..." (3:31)

Love for your sister/brother what you love for yourself! In Islam, the bonds of sisterhood and brotherhood are so important and valuable. Here, one can find family outside of their own. The Prophet (s) and his beloved companions are some of the greatest examples of a community of love and understanding.

How can we work towards creating such strong bonds? Start simple! Start with greeting your sister/brother with "Assalamu Alaykum" when you see them and rush to be the first to do this. Why? Because the Prophet (s) has said that of those who are better in the sight of Allah (swt) are the ones who initiate a greeting with others. So race each other to Jannah and strive to be the first one to give Salaam!



"What do you love about Islam?"

BY SUMYA RAHMAN

What comes to your mind when you're asked this question? It's a difficult question to answer succinctly because of how many things come to mind – the justice of Allah? Allah's love? The character building of a Muslim? The Qur'an? The Prophet? Although all of these are aspects of Islam that I love, the first thought that comes to my mind is how Islam focuses on the treatment of our brothers and sisters.

One: As Muslims we are told to spread the salaam, the greeting that we say towards each other. However, have you ever stopped and really thought about this – how each time you spread the salaam, you are in fact making du'a for your brother or sister for Allah to give them peace? And then it is compulsory for Muslims to reply in kind, for them to also wish Allah's peace on you? Amazing, subhanAllah. From the very beginning of interacting with our Muslim brothers and sisters, we begin with goodness.

Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "You will not enter Paradise until you have faith and you will not have faith until you love each other. Shall I show you something that, if you did, you would love each other? Spread peace between yourselves." (Muslim)

Two: One of the five pillars of Islam is zakat, which is an act that provides financial assistance to people in need. Zakat being one of the very

fundamental principles of Islam stresses the importance Islam has on helping people – it is not a "side thought" but rather a central component of the deen.

On the authority of Abdullah, the son of Umar ibn al-Khattab (ra), who said: I heard the Messenger of Allah (pbuh) say, "Islam has been built on five [pillars]: testifying that there is no deity worthy of worship except Allah and that Muhammad is the Messenger of Allah, establishing the salah (prayer), paying the zakat (obligatory charity), making the hajj (pilgrimage) to the House, and fasting in Ramadhan" (Bukhari of and Muslim) Three: When a Muslim alleviates the pain of another Muslim, it is promised that Allah will alleviate his pain on the Day of Judgement. We are given motivation to do extra to help others. Abu Huraira reported: The Messenger of Allah, peace and blessings be upon him, said, "Whoever relieves the hardship of a believer in this world, Allah will relieve his hardship on the Day of Resurrection. Whoever helps ease one in difficulty, Allah will make it easy for him in this world and in the Hereafter..." (Muslim)

Islam reminds us over and over again the values of being kind and helping people, whether it be through spreading salaam or visiting the sick, or through prohibiting back biting and many more. It reminds me that Islam is more than a religion of personal rituals – it is a wholistic way of life which guides the interactions between people in the best manner.

WOMEN OF DA'WAH

BY UMM YUSUF

FATIMA AL FIHRI

Fatimah al-Fihri was born in the early 9th century to a wealthy merchant in a town called Qayrawan which is found in present day Tunisia. Muhammad Bin Abdullah Al-Fihri Al-Qarawuiyine was the father to Fatima and her sister Mariam. They were both educated very well. Their family migrated to Fez, Morocco where Fatima settled and married. Upon the death of their father, Fatima and Mariam inherited a large sum of wealth and Fatima received even more than the inheritance from the passing of her husband. The sisters used their inheritance money to build for the community of Fez; Fatima invested her wealth by creating a mosque and educational institution. She named the Institution after her birth place: Al-Qarawiyyin.

The institution construction started in Ramadan of 245 Al-hijri (859 AD). It is alleged that Fatima fasted each day during the construction of Al-Qarawiyyin and ceased fasting on its completion 18 years later and the structure is now marked in history as the world's first university and became the model of universities today. Initially offering degree-awarded studies in Islamic sciences, the institution grew overtime to offer studies in multiple areas of interest and is still operating as a university today in Morocco.

Some sources to learn more about Fatima and her inspirational life.

Chowdhury, A. 2017, 'Fatima Al-Fihri', The Daily Star, <<https://www.thedailystar.net/shout/echoes/fatima-al-fihri-1484884>>

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Jeffrey T. Kenney & Ebrahim Moosa 2013, Islam in the Modern World, Taylor and Francis, pp. 1-460.

Mortimer, R. 2018, 'Fatima al-fihri: Founder of the world's first university', Manchester University Press, <<https://manchesteruniversitypress.co.uk/articles/fatima-al-fihri-founder-worlds-first-university/>>

Threadworms



BY SOPHIA KAFRAWI B.PHARM

This article explains worms, its causes, signs and symptoms and treatment options.

Threadworms (also known as pinworms) are small parasites (approximately 5-10mm long) that look like short pieces of white cotton and live in human intestines. They are the most common cause of 'worms' in Australia and infection is very common.

HOW DOES THREADWORM INFECTION OCCUR?

Anyone can be infected, however because of the way it is spread, children are more affected than adults. Threadworms only infect humans, not animals. Infection occurs when the eggs are spread from one person to another by ingestion or inhalation. Worms can live on the skin, toys, furniture, floors, bedding and other objects for two or three weeks.

Once swallowed or inhaled, the eggs travel to the lower intestine where they mature into worms over about 4-8 weeks. The worms then travel to the person's bottom where the female then lays thousands of tiny eggs. This usually happens at night when the person is asleep or relaxed. The glue that sticks the eggs to a person's skin can cause irritation and if scratching

occurs and hands are not washed, the eggs can get back into the mouth or be transferred to other objects causing infection.

SIGNS AND SYMPTOMS

- Itching around the bottom area is the most common symptom. This itching can cause trouble sleeping. Bedwetting in children can also occur as a result.
- Feeling mildly unwell or irritable.
- Reduced appetite, stomach pain.
- Often, there are also no symptoms at all but threadworms are visible on faeces or a person's bottom.

DIAGNOSIS OF INFECTION

Visual sight of moving threadworms. Threadworms are easiest seen when the buttock area is itchy, at night approximately an hour after going to sleep or first thing in the morning¹. It may also be possibly seen on a person's underwear.

TREATMENT OPTIONS

Medicines to treat threadworm are available from pharmacies without a prescription. These include mebendazole and pyrantel. These medicines kill threadworms but do not protect against infection. A health professional should be consulted before taking medication for diagnosis, dosage and safety.

Treatment is usually taken as a single dose which should then be repeated two weeks later to ensure all eggs and worms that survived the first treatment are killed. Every member of the household should also be treated at the same time, whether or not they have symptoms, because threadworm eggs are easily spread.

A shower should be taken on the night the medicine is given and again the next morning to remove any eggs laid during the night. Fingernails should be properly scrubbed to remove any eggs/worms. Surfaces and any bedding, clothes, towels and toys that may have eggs/worms on it should also be cleaned thoroughly with hot water.

References:

- 1Pharmaceutical Society of Australia 2011, Self Care Fact Card Booklet, Pharmaceutical Society of Australia.
- Health Direct 2020, Threadworms (pinworms), viewed 21 and 22 October 2020, <<https://www.healthdirect.gov.au/threadworms-pinworms>>.

MENOPAUSE



BY DR AL-FALAH DHANJI

MENOPAUSE MARKS THE END OF A FEMALE'S REPRODUCTIVE YEARS. KNOWING WHAT TO EXPECT CAN MAKE THE TRANSITION SIMPLER.

WHAT IS MENOPAUSE?

The menopause is clinically the last menstrual period but the term is often used as the time leading up to and after the last period. This phase can last many months to 12 years. Women are considered post-menopausal 1 year after their last period.

During a natural menopause, the ovaries cease egg production and oestrogen levels drop. The average age in Australia is 51. Menopause before the age of 45 years is considered early. Early menopause occurs for various reasons such as a family history, medical treatments (eg. surgery, chemotherapy, radiotherapy) or premature ovarian failure (before the age of 40).

THE SYMPTOMS OF MENOPAUSE:

In most women, the drop in oestrogen levels often pro-

duce symptoms which can range from mild to severe. Below is a list of these symptoms and other medical problems that can occur.

Hot flushes	Poor sleep
Loss of libido	Urinary infections
Night sweats	Depression / Anxiety
Changes to periods	Urinary incontinence
Headaches	Palpitations
Osteoporosis	Hair drier and thinner
Tiredness	Joint aches and pain
Irritability	Increased heart disease
Genital changes	Increased strokes
Skin-drier, thinner, itchy	Feeling unable to cope

Menopause is usually diagnosed by symptoms, but blood tests can be helpful where there is uncertainty. Treatment is usually with Hormone Replacement Therapy, replacing the drop in ovarian oestrogen. There are risks and benefits to HRT and so it may not be suitable for everyone. Fortunately there are also alternatives to HRT that can be used to help with the symptoms but generally, these may be less effective. Lifestyle, including diet and exercise may help and prevent complications. HRT and alternatives will be discussed in the next edition.

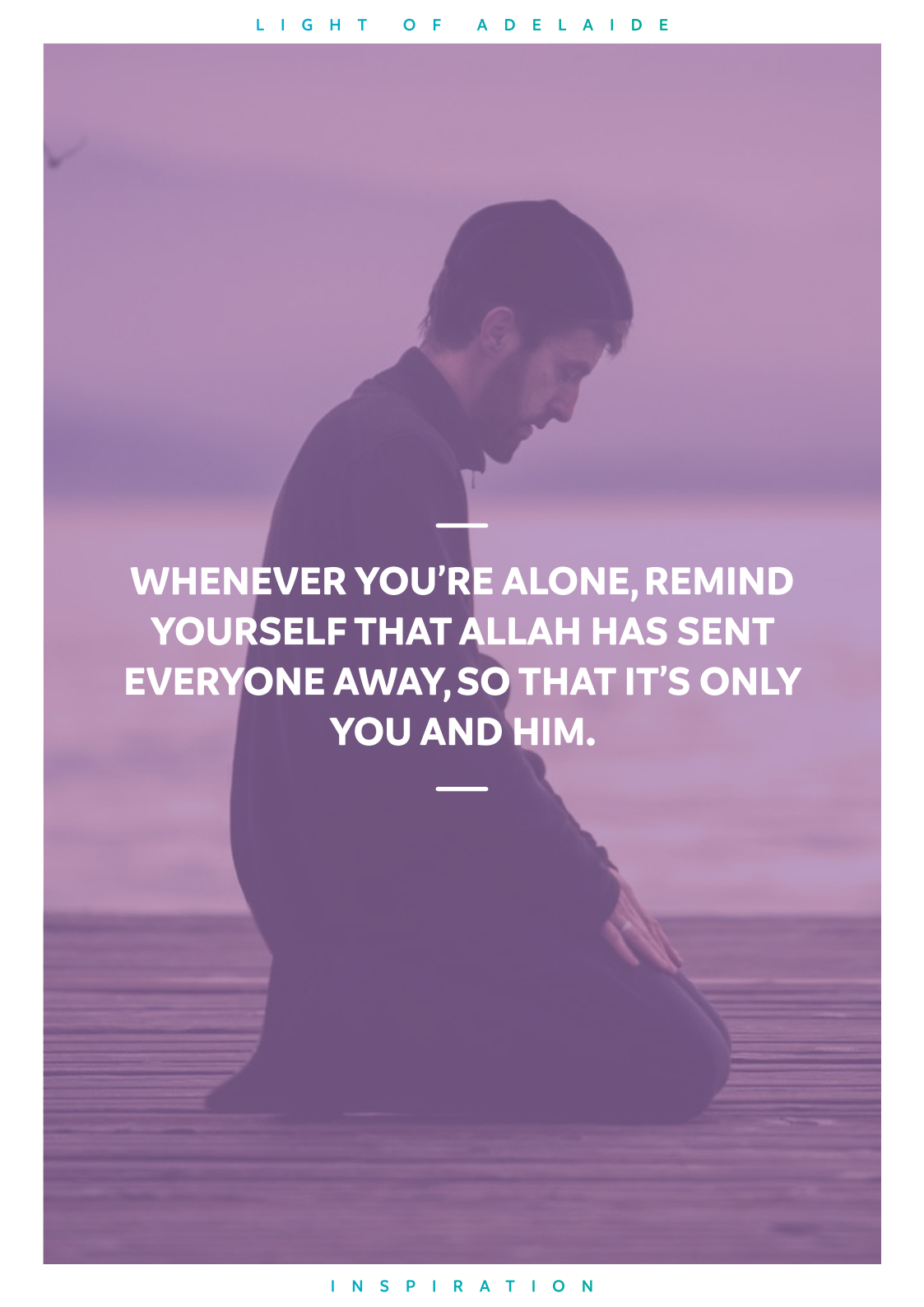
HRT is available in tablets, skin patches, gels, nasal sprays, pessaries (tablets inserted in to the vagina), vaginal cream and as a vaginal ring. HRT is available as oestrogen with or without progesterone. Your doctor will work with you to find the best type of treatment for you. It is important to note that fertility becomes less with age but it is still possible to get pregnant around menopause. Contraception is advised for 1 year after the last period if this was after 50 years of age, and 2 years if the last period was under 50.

To summarise, menopause can often be a very challenging time for women but help is available. Further resources are provided below. Please see your GP for more information.

The article was adapted from :
<https://patient.info/womens-health/menopause>

Other resources:
menopause.org.au
<https://www.healthdirect.gov.au/menopause>
<https://ranzco.edu.au/womens-health/patient-information-resources/menopause>

"BELIEVE YOU CAN AND
YOU'RE HALFWAY THERE."

A man with a beard and dark hair is kneeling on a wooden pier. He is wearing a dark jacket and is looking down with a thoughtful expression. The background shows a calm body of water and a soft, hazy sky. The entire image has a purple tint.

—
**WHENEVER YOU'RE ALONE, REMIND
YOURSELF THAT ALLAH HAS SENT
EVERYONE AWAY, SO THAT IT'S ONLY
YOU AND HIM.**
—



CARPET WEAVING

IN ISLAMIC HISTORY - PART 1

BY CHNAR KHOSHNAW

H I S T O R Y

Many have seen a Turkish or a Persian carpet, which are known for their exotic and delicate looks. Carpets have long been an artistic and functional tradition in the Islamic world. Nor were they only used for business/trade but also to decorate the floors of mosques, tents, and homes. Further uses of carpets includes sheltering and preserving of warmth by hanging on walls of houses in colder days. Carpet designs were also extended for use on (but not limited to) camel drapes/saddles, bags, blankets, and certainly prayer mats/rugs.

Carpets have not only been popular among the Muslims for their artistic look, but also regarded as an important element of paradise as mentioned in the Quran, Allah (SAW) says: "They will recline on Carpets, whose inner linings will be of rich brocade: the Fruit of the Gardens will be near (and easy of reach)" Surah Ar-Rahman; 55:54)

Therefore, carpets are recognised with special esteem and admired for being a part of the paradise for the believers.

Carpets were successfully made with new designs, weaving techniques, tinctures for tanning and textiles, which brought about carpets with wonderful colors. Ibn Badis, a Tunisian scientist in the 11th century, was considered the pioneer and master for the work on ink and colouring of dyes and mixtures, which is explained in his book, *The Staff of the Scribes*.

As well as being colourful and functional, carpets in the Muslim world were renowned for their quality and rich geometric patterns of flowers, stars, octagons, triangles, which were all often arranged around a large medallion.

In Europe, Muslim carpets spread quickly and were seen as a symbol of status and elegance, but also appeared in paintings. The earliest English contact with Muslim carpets is known to be during the 12th century when the grandson of William the Conqueror, who lived in the Abbey of Cluny, gave a carpet to an English church. England's King Henry VIII (ruled 1509-1547) is known to have owned more than 400 Muslim carpets. Furthermore, a portrait of him from 1537, shows King Henry VIII standing on a Turkish carpet with its Ushak star. Muslim designs also extended to decorating his robe and curtains. The spread of the Muslim carpet did not stop there and until this day remains popular, indicating the positive contribution of Muslims to the rest of the world.

JAMILAH SAMIAN

COOL MUM SUPER DAD



The Straight-Talking
Guide to Making it as a
Parent Without
Losing a Warm
Enduring Relationship
with Your Child

"A creative treasure for parents. You will be able to relate to those moments that make parenting such a challenging yet rewarding experience."

Yew Kam Keong, Ph.D (Dr.YKK)
International speaker and best-selling author on creativity

BY UM ELYAS

Parenting means different things to different people. While for some, parenting might be smooth sailing relatively speaking, bringing a source of delight and contentment from day one. On the other hand, to others, it can be a very tricky obstacle course with lots of hurdles pushing each parent to breaking point. This book, "Cool Mum Super Dad" is thus written keeping those struggling parents in mind.

Jamilah Samian, herself a parent of six children, shares the secret of making parenting a springboard of joy and growth for both you and your child.

The author emphasis on the need for parents to nurture their body, mind and soul in order to be more effective and last the journey. No one is perfect in reality. However, parents often look for it in their children and get disappointed when they don't meet their expectations. Thus, the author pointed out some of the flaws of parenting and ways we can turn this around in order to achieve the best relationship with our children. In addition, by reading "Cool Mum Super Dad", you will be able to discover some important aspects of parenting; the difference between girls and boys, how to deal with sibling rivalry and adolescence, and much more!

“
A reader lives a thousand lives
before he dies ...
The man who never reads lives
only one.
”

The Islam of Story telling



BY ABU YASEEN

Storytelling is a great tool for the children's upbringing and education. In fact, storytelling is a powerful tool that has potential to influence, not only children's behaviour, but also the beliefs and ideologies of entire nations. Allah, The All Mighty, says in Surah Yusuf (Chapter 12), verse 111: "There was certainly in their stories a lesson for those of understanding. Never was the Quran a narration invented, but a confirmation of what was before it, and a detailed explanation of all things, and guidance and mercy for people who believe."

It is, therefore, not surprising that almost a third of the Quran is presented in the form of stories. Yet, the Quran uses a rather unique approach to storytelling that can be taken as guidance for parents on how they can employ storytelling as an effective child upbringing tool. The following are some of the main features of storytelling in the Quran.

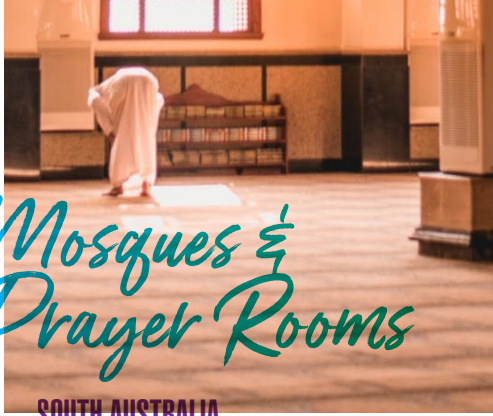
- Quranic stories do not present a purely historic account of previous nations. Instead, the Quran uses stories to introduce or reinforce beliefs, morals and ideologies.

- The Quran presents short and direct snippets instead of narrating entire stories in a single Surah. For example, the story of prophet Musa (peace be upon him) is spread over tens of Surahs. One reason may be that short snippets of his life (peace be upon him) would help keep the reader/listener's focus to the core theme and a single take-home message for the story.

- The Quran is selective in its presentation to suit the target audience. This is clearly demonstrated by differences in content and narration styles between the Meccan and Madinian Surahs.

- The Quran narrates stories over several Surahs to provoke thinking and discussion. An excellent example is the conversation of prophet Ibrahim (peace be upon him) with his father and his people as presented in Surah Al-Anaam and Surah Mariam.

Parents and teachers are highly encouraged to adapt their storytelling to the above features. For example, we, as parents and teachers need to be selective of the content presented to our children and students. Even Islamic content has to be adapted to suit a child's age. This is with the condition of preserving the authenticity of the story and without false additions or misleading abrogation. A good example to this is avoiding telling children under the age of 7 years about the punishment of previous nations. Instead, we should focus first on establishing belief and love for Allah then His messengers. Be animated and engaging as much as you can and include vivid description, where appropriate. For example, when telling children between 8-10 years old about how Allah saved Musa and his people from Pharaoh, you may want to start imagining with the children how tall each side of the split river. For older age groups, you may involve them in researching the depth of the Nile river so that they have a real-life appreciation of the height of the split river at that time.



Mosques & Prayer Rooms

SOUTH AUSTRALIA

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

Al Rahman Mosque
38 Mortess St, Brahma Lodge

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

Elizabeth Mosque
139-141 Hogarth Road, Elizabeth

EAST ►

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

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

RURAL AREA

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BY UMM JUNAYD

Can you think of a sister whom you love for the sake of Allah? I'm talking about a sister you call on in your time of need. A sister who you make dua for in her absence. What do you think brought you both so close together?

We can all agree that having a such a sister is absolutely necessary for the prosperity of Muslim women, especially those living in the west who may not have the support of their extended family members.

As soon as I meet a Muslim sister, I instantly feel a special bond between us. We both are under the banner of 'La ilaha illa Allah.' That is the bare minimum requirement to connect us. It doesn't matter her skin colour, the language she speaks, the status of her family, the life she lived before Islam, whether she is rich or poor, or her ethnicity. In Islam we are all united like a single family. It is our belief in Allah that unites us.

She is more than just a friend to me; she is my sister. If she is hurting, I feel her pain. If she is suffering, I'm there for her. May Allah grant us with the best of friendships that are for His Sake.





What a season it was! Probably the most productive and successful of our 10-year lifespan as a club, Allhamdulillah. Where do we start?

Let's begin by talking about the juniors. The MiniRoos teams (Under 8 & Under 10) really gelled together over the season. A big thank you to all the parents that contributed to the success of both teams by doing the little things like: bringing oranges to the games, transporting players and most importantly, coming out to support! Moving on to the Under 12's, although results didn't always go their way, they managed to secure a few wins towards the end of the season. A credit to coach Haris, Eassa and Amir for never giving up on the team and instilling within all of the players a sense of worth and determination to keep on going.

On a bit more of a positive note, Saimir's Under 13's team took the league by storm. They finished off the season undefeated and finished top of the table making them premiers! An effort which made them the fourth junior team in our history to win a premiership. A credit to coach Saimir for all of his hard work, to the parents and of course the players for making club history!

The Under 17's also done exceptionally well to finish in the top 5 and make play off's in the second half of the season. Perhaps their most memorable game was against Campbelltown City as the boys bounced back after a loss to them earlier in the season to win 3-1. Big credit to coaches Taha and Waleed for their hard work and commitment with the team!

Now to the juicy part of the article. Seniors! What a run it was for the boys! The reserves were led by Yahya this season and they started to pick up the pace towards the end of the season. They narrowly missed out on finals by a matter of a few points. Never the less, a great run and the boys look forward to marching into Div 1 next season.

As for the first team, well, what a team it was! They took the league by storm, finishing undefeated and Minor Premiers, securing promotion into Division 1. The journey didn't stop there, as the boys progressed to finals after defeating Port Pirates 5-0 in a Wednesday night thriller. There was so much excitement leading up to the finals vs St. Paul's. Despite taking the lead early, the opposing team equalized and the game went past extra time onto penalties, and, there's not much else to say, it just wasn't our night! Never the less, YOU guys, the amazing thunder crowd, the thunder family, filled with players, mothers, ex-players, ex-coaches, sponsors and the broader community, made the night worthwhile. Even the league commented on how amazing our crowd was, Allhamdulillah. A big credit to coach Omar for his amazing work throughout the season in leading the boys to finals football and above all, promotion! The pieces are coming together as we look to continually raise the bar and establish ourselves on the football map, Insha'Allah. Finally, the seniors and juniors both enjoyed their presentations to top off a successful year. There were smiles all round and it was a good time to recollect on all achievements throughout the season!

Lastly, a big shout out to our amazing sponsors. We couldn't have done it without your support. If you are looking to join thunder next season, we still have space. Please email adelaidethunderfc@gmail.com or call 0435 252 951 for more information.

Dawud Perrotta - Club President

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Prayer Times 2021

January 2021 - Jumadal Awal / Jumadal Akhar

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

February 2021 - Jumadal

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

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Akhar / Rajab

March 2021 - Rajab / Shaban

Dhuhr	Asr	Maghrib	Isha
30	5:15	8:26	9:53
30	5:15	8:26	9:52
30	5:15	8:25	9:51
30	5:14	8:24	9:50
30	5:14	8:23	9:48
30	5:14	8:22	9:47
30	5:14	8:21	9:46
30	5:14	8:20	9:45
30	5:14	8:19	9:43
30	5:13	8:18	9:42
30	5:13	8:17	9:41
30	5:13	8:16	9:40
30	5:13	8:16	9:40
30	5:12	8:14	9:37
30	5:12	8:13	9:36
30	5:12	8:12	9:34
30	5:11	8:11	9:33
30	5:11	8:10	9:31
30	5:11	8:09	9:30
30	5:10	8:08	9:29
30	5:10	8:06	9:27
30	5:09	8:05	9:26
29	5:09	8:04	9:24
29	5:08	8:03	9:23
29	5:08	8:01	9:21
29	5:07	8:00	9:20
29	5:06	7:59	9:18
29	5:06	7:59	9:18

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

Riddle #1

Leave me and you will never find the treasure, Use me and you will attain Allah's pleasure. What am I?

Riddle #2

If you have got me, you have got power; BUT the devil will try to increase the 'pride' within you using 'me' every second, minute, hour... I will take you to heaven if you act upon me well.. BUT if you misuse me, I'm also dangerous enough to take you to hell. What am I?

Riddle #3

When you use me wrongly you can't undo your mistake, so please control me for Allah's sake. So use me well or at least try, now tell me who am I?

Riddle #4

I am a security against the fire of hell for those who act upon me with sincerity and abstain from anything which nullifies me. Who am I?

Riddle #5

What is Haraam, but when swallowed, loved by Allah?

Riddle #6

This is a tricky one. Who was the messenger who was neither of the human nor of the jinn and who warned his people and is mentioned in the Quran?

Riddle #7

I am a piece of flesh, if I am pure, I can make you full of goodness, if I am impure, bad deeds will flow out of you and I will make you distressed. What am I?

1. Quran -- 2. Knowledge -- 3. Tongue -- 4. Fasting -- 5. Pride -- 6. Ant (Surah Naml) -- 7. The Heart

STREET TALK

Don't Lose Hope

Picture yourself out in a garden in the midst of planting a seed, when out of no where you hear the Trumpet blow... scary, right? The first thing that one would generally do, is to stop planting the seed and be overwhelmed with fear... but our religion teaches us to continue the good deed and finish planting the seed. My understanding of this situation, is that our beloved Prophet (pbuh) was teaching us all that even in the last few seconds of this life - not to lose hope. Never stop trying to do good. One important concept that our Prophet (pbuh) always advocated, was for us to never lose hope in Allah's mercy and forgiveness.

We live in a society where committing sins is very easy and we can become complacent. I find that youth are in one of the most difficult situations, especially those studying at university as the environment is extremely relaxed and easy going.

I once asked a wise friend on how he survived in keeping his deen throughout his university years. He replied by saying, "Unfortunately, we are weak. I can't tell you how to not fall into any traps as they are set on every corner, but the best thing you can do is make your intention in the morning that you will avoid as much sin as you can.... and when you return home at night always return to Allah and ask for his forgiveness, as he said himself he created man weak. Don't forget that Shaitan said he will attack us from all sides and Allah replied to this by saying 'do as you please but for my servants who ask for my forgiveness, I shall forgive them.'"

So regardless of whether you feel that you had a bad day or even a bad week, never be shy to turn to Allah. He is waiting for you, you just have to make your move.

Keep in mind that - "Your sin may be big but, Allah's mercy is bigger."

Allah loves us and wants to forgive us, so don't lose hope. Return to the One who loves you more than your own mother. That's how great His love is.

Ibn Murat

Control Anger, Live Healthy

BY DR ABU NIBRAS

**"IF ANY OF YOU BECOMES ANGRY
AND HE IS STANDING, LET HIM SIT
DOWN, SO HIS ANGER WILL GO
AWAY; IF IT DOES NOT GO AWAY,
LET HIM LIE DOWN."
- MUHAMMAD (PBUH)**

Controlling anger is important for the health of the human mind which will lead to justice, courage and peace in a society.

Reasons for moderating anger:
Those who control their anger are truly courageous."... those who restrain their anger, and who pardon their fellow men and Allah (God) loves the doers of Good." (Qur'an 3:134). The Prophet (PBUH) said," The strong-man is not one who wrestles well but the strong man is one who controls himself when he is in a fit of rage." [Muslim]

Self-restraint indicates emotional intelligence in times of anger which is accomplished by restraining the hands from harming others, the tongue from foul speech and the ears from overhearing.

Pardon is sweeter than revenge which leads to gratitude."...He who pardons and makes peace, his reward is with God" (Qur'an 42:40). Overlooking a person's faults and forbearance is praiseworthy if practiced properly.

Controlling anger will not only help yourself to be a better and reformed person but will result in reforming and changing the society for the better.

Recipe

ROAST LAMB RACK



Ingredients

- 1 kg lamb ribs
- 1 onion
- 4-5 garlic cloves
- Juice of 1 lemon
- 1 tsp paprika
- 1 tsp coriander powder
- 2 tsp cumin
- A bunch of coriander roots/stems
- 1-2 tsp salt
- Freshly ground pepper

Method

- 1- Place all the ingredients except the lamb into a food processor and blend until a finely chopped paste (add some water if you need)
- 2- In a large bowl mix the lamb ribs and the marinade well making sure to coat all the lamb
- 3- Line a baking tray with 2 or 3 layers of foil and lay the ribs neatly on the tray and cover with foil
- 4- Cook the lamb in a 200 degree oven for 2 hours and then uncover and cook for a further 10-15 minutes just until the ribs are brown
- 5- Serve with bread or rice and salad

Enjoy!

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Pamir Supermarket
454 Prospect Rd Kilburn 5084

Bamyan Groceries
100 Philip highway Elizabeth 5112

Star Super Market
360 Prospect Rd, Kilburn SA 5084
+61870738848

Afghan Supermarket
376 Prospect Rd, Kilburn SA 5084
+61882622660

SA veggies and spices
384 Prospect Rd, Blair Athol SA 5084
+61402705821

Vatan Super Market
9/384 Prospect Rd, Kilburn SA 5084
+61882606561

Safa Supermarket & Butcher
392 Prospect Rd, Kilburn SA 5084
08 8349 9290

Abbas Market
357 Prospect Rd, Blair Athol SA 5084
+61883499439

Abkho Supermarket
428 Prospect Rd, Kilburn SA 5084
+61469958354

Blair Athol IGA & KSM
371 Prospect Rd, Blair Athol SA 5084
(08) 8262 1946

Pamir Supermarket
454 Prospect Rd, Kilburn SA 5084
+61470400495

Lebanese Continental
414 Grand Jct Rd, Clearview SA 5085
0401 818 937

Broadway Distributors
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0422 175 447

Salam Supermarket
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(08) 8266 1881

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Dr Nasreen 08 8447 7117

Grange Medical Centre (Male & Female)
314 Military Road Grange 5022
Dr Assem Alwani 08 8235 9333

Mawson Lakes Medical Clinic
12 Main Street Mawson Lakes 5095
Dr Shahid 08 8359 5133

Madison Park Family Medical Practice
10/45 Gloucester Avenue Salisbury East
Dr Farooq Ahmad 08 8182 5700

Martins Road Family Medical Practice
11/237 Martins Road Parafield Gardens
Dr. Farooq Ahmad 08 8283 4411

Reynella Family Clinic
3/216 Old South Road Old Reynella 5161
Dr Al Falah 08 8321 9099

Adelaide Medical Solutions
850 Port Road Woodville
Dr Azhar (08) 8440 5200

Trinity Medical clinic
28 College St, Port Adelaide SA 5015
Dr Azmi 0402 746 344

NDIS

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Omar Hassan 0431 568 088

Organisation (Charity/Islamic)

Human Appeal Australia
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Ph 08 7200 2882

MWA

Level 4, 182 Victoria Square Adelaide 5000
Ph 08 8212 0800

IICSA

1/53 Henley Beach Rd Mile End 5031
Ph 08 7226 6268

ISSA

658 Marion Road Park Holme
08 8277 8725

Al Khalil Masjid & Arabic Centre
Cnr Torrens Road & Audley Street Woodville North

Photography

Ryan Abbas Photography
0433 960 228

Mark Zed Photography
0433 961 460

Plumbing

Masura Plumbing
0432 647 668

Aquium Plumbing
0488 200 455

Recruiting

Chandler Mcloed
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08 8408 9000

Retail

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Arndale Shopping Centre
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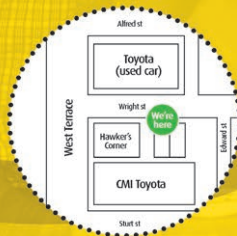
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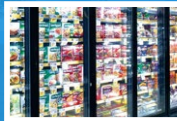
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