

Jumada al-Awwal 1437 / February 2016

# muslim ink

MAGAZINE

92  
pages

of awesome  
Islamic content!

\*  
Winner  
of OIC's global  
Muslim photo  
contest



Winter Camp  
**DUBAI**

Pg 09

Mosques in  
India shelter  
FLOOD VICTIMS

Pg 05

'My husband is not  
**religious**'

Pg 49

# CONTENTS

03	Editor's Note
04	<b>NEWS &amp; FEATURES</b>
05	Muslims Rescue & Mosques Shelter Flood Victims
07	In besieged Syrian town, peace talks seen as pointless
08	Indonesia hosts UN-OIC meet on Jerusalem
09	Dubai Winter Camp
11	'Photo4Tolerance' Contest
12	The Muslims Who Shaped America
17	Camel Beauty Contest
17	Japanese students make halal recipes
18	Non-Muslim couple start Malaysia's 1st halal airline
18	Malaysia to begin halal vaccine plant in 2018
19	Arab investors pour in billions for Bosnia's tourism
21	<b>KNOWLEDGE &amp; FAITH</b>
22	In whose hands is Rizq? <small>BY ZARA ANDLEEB</small>
30	Benefits Blog: What's in it for me? <small>BY UMM RASHID</small>
34	Tafsir: The Plea Inside The Belly <small>BY RAFIA AAFREEN</small>
37	Being anti-social with social media <small>BY SALMAH SHAHNAWAZ</small>
40	The Uhud Action Plan <small>BY TASNEEM ATAULLAH</small>
43	Commonsense tips for Muslim news consumers <small>BY UMM RASHID</small>
45	Gold Nuggets <small>BY SAYAMA WANGDE</small>
46	<b>MARRIAGE &amp; FAMILY</b>
47	'Don't Worry, I'll Change Her!' <small>BY RAFIA AAFREEN</small>
49	My Husband is Not Religious <small>BY SALMAH SHAHNAWAZ</small>
54	Mothering the Ummah <small>BY MOHAMMED SALEEMA</small>
58	Why families should spend quality time at home <small>BY ZARA ANDLEEB</small>
63	<b>RECIPES</b>
64	Roast meat from Andalusia <small>BY BUSHRA WANGDE</small>
66	Quiche <small>BY ZARA ANDLEEB</small>
68	<b>FIQH &amp; FATAWA</b>
69	How to perform ghusl

71	Fatawa
73	<b>HISTORY</b>
74	Zayd Ibn Amr: '...a nation on his own'
78	<b>BOOK REVIEW</b>
78	The Sunnah And Its Role by Dr Mustafa As-Sibae <small>BY BUSHRA WANGDE</small>
80	A Temporary Gift by Asmaa Hussein <small>BY UMM RASHID</small>
81	<b>AMAZING CREATION</b>
82	Be Amazed by the Honey Bee <small>BY BUSHRA WANGDE</small>
87	10 interesting facts about the human brain <small>BY SALMAH SHAHNAWAZ</small>
90	Do We Have Enough Space for 7 Billion People? <small>BY FARAZ OMAR</small>

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## FEATURED ARTICLES



22 In whose hands is Rizq?  
BY ZARA ANDLEEB



05 Muslims rescue & mosques shelter flood victims



49 My Husband is Not Religious  
BY SALMAH SHAHNAWAZ



34 Tafsir: The Plea Inside The Belly  
BY RAFIA AAFREEN



82 Be Amazed by the Honey Bee  
BY BUSHRA WANGDE



# Be Proud, You are a Muslim!

“Verily, we were a disgraceful people and Allah honored us with Islam, so if we seek honor from other than Islam, then Allah will humiliate us.”

– Umar ibn Al-Khattab رضي الله عنه

**T**HE statement reads as if Umar رضي الله عنه was addressing us, the Muslims of 21st century. How saddening it is today that many Muslims when in a global environment lose confidence while ‘admitting’ their faith, let alone expressing it?! How terrible that a people who have Islam feel inferior to those they should be guiding! Why should you feel weak? In a world enveloped in confusion, Allah has honored you with clarity in every aspect of human life. Why do you lose confidence when you have believed in Allah, the Owner of the Universe? What is more defeatist than when the people of truth take a backseat and the people of falsehood lead the way? Honor and success comes from Allah, not others. Take the example of Ibrahim عليه السلام. Allah tested his obedience when he was asked to put his beloved son for sacrifice. Ibrahim عليه السلام submitted though he didn’t know why. Allah replaced his son with a ram and made the deed an example for millions and millions to follow until the Day of Judgment. What honor! Obey Allah because He alone deserves obedience and He alone gives success. “**...to Allah belongs all honor...**” [Surah Munafiqoon] Surely enough, how were the Arabs before Islam? Who could have thought during the time that in less than 100 years the same people would be ruling from Spain to nearly the Indian subcontinent and beyond? And the ultimate success is in the hereafter.

So, raise your head, you are Muslim! Seize your role, live your faith and guide others.

Ibn al-Qayyim wonderfully captures the essence of this editorial in one sentence: “**Enough honor for you is that you are slave of Allah and enough pride for you is that Allah is your Lord.**” [Al-Fawa'id, 1/35]



# NEWS & FEATURES





# Muslims Rescue & Mosques Shelter Flood Victims in India

**C**HENNAI, the southern metropolis of India, experienced the highest rainfall in 100 years on Dec. 1 last year. Over a week of heavy downpour, the gates of the flooded dams were opened and parts of the city drowned with water reaching two storeys in some areas.

As Chennai faced a severe crisis with many homes being washed away and people stranded for days, volunteers from different communities joined together in offering relief – a heartening sight in a country currently led by a radical right wing party and where political groups brew communal tensions for votes. While all communities put in tireless efforts, the people of Chennai paid a special tribute to the contributions by Muslims.

Mosques all over Chennai opened their doors to shelter people and the caretakers served food and made the victims' stay comfortable. Young Muslim volunteers took part in heroic rescue operations. Non-Muslims reportedly took to social media to acknowledge the

“

*As I sit in refuge in a mosque today, I seek forgiveness from Allah for many a times believing that these good hearted youngsters were terrorists*

”

efforts. Some of their posts as published in numerous websites online, unedited, are documented below:

“We were not willing to give our homes for rent to Muslims in our localities. Today Muslims are opening up their mosques and providing us shelter . I wish no more babri masjids are demolished, it would help us for another calamity.” [*Babri masjid, a historic mosque, was demolished by Hindu radicals in 1992 – editor.*]



Picture source: Dinakaran, a local daily



People being rescued on a boat.

A Facebook post:

“A mom just called her son from a mosque where she has been sheltered and fed . She said ‘I am feeling safe and also watching how Muslims pray their Lord from the

behind.. Am also praying to God during that time....”

“This rain has flooded my city with humanity .. our people are escaping the traps of death today.. In dangerous times like these, our popular media has made us to believe that the rescuer is an action hero like Arjun, Sarath Kumar & Vijayakanth [*popular film stars – editor*] and the villains are bearded Muslim youth. But today, I witness that these bearded Muslim youth are spread across the nook and

“

*We were not willing to give our homes for rent to Muslims in our localities. Today Muslims are opening up their mosques*

”

corner of the city & have daringly ventured into areas where the army & administration were hesitating.. I see these youth are rescuing any victim men, women, children & old age folks , pulling out dead bodies and distributing food. As I sit in refuge in a mosque today, I seek forgiveness from Allah for many a times believing that these good hearted youngsters were terrorists.”

In another story covered by several newspapers, a Muslim youth, Yunus, helped rescue a non-Muslim woman going through labor pain stranded in a dangerously flooded place. Yunus helped her to a safe spot and then to the hospital. As a mark of gratitude, the woman and her husband, Chitra and Mohan, named their new born girl ‘Yunus’.

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## In besieged Syrian town, peace talks seen as pointless



*UN vehicles carrying aid to Madaya seen on Jan. 11 in Damascus, Syria. – Reuters*

**D**ESPITE the international outcry over widespread starvation in Syria, the United Nations has not been able to mediate an end to the seige tactics there, darkening the already bleak outlook for peace talks the UN hopes to convene this month.

At least 23 people have died of starvation in Madaya in the past six weeks, the Syrian Observatory for Human Rights says. Opposition activists say the number of dead is in the dozens although the reports could not be independently confirmed.

“We were living on tree leaves, on plants, but now we are struggling in a snow storm and there are no more plants or leaves,” said Majed Ali, 28, an opposition activist who spoke to Reuters by phone from Madaya.

Maday residents make do with water flavoured, where available, with spices, lemon, salt and vinegar, said Abu Hassan Mousa, the head of an opposition council in Madaya.

Where rice or powdered milk are available, the prices can reach some \$300 a kilo, residents said. With half a metre of snowfall this week, furniture, doors and wooden fixtures and fittings are being burnt to heat homes, said Ali, the opposition activist. “Negotiations have no meaning all the time we are besieged, all the time we are hoping for a cup of milk for a child. What are we going to negotiate over? Our dead?” he said.

Blockades have been a common feature of the nearly five-year-old war that has killed an estimated 250,000 people. Government forces have besieged rebel-held areas near Damascus for several years and more recently rebel groups have blockaded loyalist areas including two villages in Idlib province. – *Reuters*

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## Indonesia hosts UN-OIC meet on Jerusalem

**JAKARTA** — A two-day International Conference on the “Question of Jerusalem” was held in Jakarta, Indonesia on Dec. 14-15 under the theme “Addressing the present and shaping the future” of the city also known as Al-Quds Al-Sharif.

The Conference was convened by the UN Committee on the Exercise of the Inalienable Rights of the Palestinian People and the Organization for Islamic Cooperation (OIC).

Retno Lestari Priansari Marsudi, Minister for Foreign Affairs of Indonesia, said her country was proud to host the conference, particularly because Jakarta was Al-Quds Al-Sharif’s sister city.

She said that, while ongoing conflicts in Syria and Yemen and growing threats of ISIS had diverted the international community’s attention from Palestine, it was to be hoped that the Conference could provide an important impetus towards bringing the issue back onto the global radar. – *News Agencies*



# Teens learn Islam, entrepreneurship, play quadbiking & have loads of halal fun in Kalemah's Winter Camp in Dubai

*Da'ees Tim Humble & Abu Mussab give valuable Islamic life lessons in six-day event*

**K**ALEMAH Islamic Centre of Dubai organized a six-day winter camp for teens from Dec. 24-29, 2015. Muhammad Tim Humble and Abu Mussab Wajdi Akkari led the camp under the theme “connecting hearts with the lives of the companions”. The camp is reported to have been extremely successful with the boys saying they “can’t wait to come back.”



*Morning fitness*



*Ustadh Abu Mussab kicking off*



*Training for Salah*



*Fun in the pool*



*Story night*



Janazah training

A father said about the event, “The organizers did an excellent job of laying on an entertaining and educational six-day program for the 60 teenage kids, from paintballing to quadbiking, from learning about the rituals of burying the dead to being grateful to parents, and a whole lot more.”

Visit [dubaiwintercamp.com](http://dubaiwintercamp.com) for more information.



Quadbiking



Pitching their halal business idea



BBQ night



Tim Humble and Abu Mussab award certificates at the conclusion of the winter camp



Enjoying the dinner

## Muslim Youth Around the World Compete in OIC's 'Photo4Tolerance' Contest



Winning shot by Tanveer Hassan Rohan of Bangladesh

**T**HE OIC youth wing based in Istanbul, Turkey held a world-wide photography contest “Photo4Tolerance” for Muslim youth in December last year.

The contest for youth from 16-35 years in age aimed to encourage the importance of dialogue in overcoming differences.

Tanveer Hassan Rohan from Bangladesh won the first place. İbrahim Aysündü from Turkey came in second and Irada Gadirova from Azerbaijan claimed third place. The winner was awarded a \$2,500 prize and the second and third place winners were presented with \$1,200 and \$800, respectively.

The youth wing, Islamic Conference Youth Forum for Dialogue and Cooperation, was established in 2004 and granted affiliation to the OIC in 2005.

The Organisation of Islamic Conference (OIC) is an international organization with 57 member countries. The organisation states that it is “the collective voice of the Muslim world” and works to “safeguard and protect the interests of the Muslim world in the spirit of promoting international peace and harmony.” – *MI Report*

# The Muslims Who Shaped America

*Stuart Jeffries wrote an excellent piece in The Guardian during the recent controversy brewed by Donald Trump against Muslims. He mentioned some of the great contributions Muslims in America have made to the country since the nation's founding. Excerpts:*

## CREATING AMERICA

**M**USLIMS were part of the US from its very beginnings. Among those who served under the command of chief of the continental army, General George Washington, in the war against British colonialism were Bampett



Muhammad, who fought for the Virginia Line between the years 1775 and 1783, and Yusuf Ben Ali, who was a North African Arab. Some have claimed that Peter Buckminster, who fired the gun that killed British Major General John Pitcairn at the battle of Bunker Hill, and later went on to serve in the Battle of Saratoga and the battle of Stony Point, was a Muslim American. This may be so, but the chief ground for the claim is that Buckminster later changed his surname to Salem or Salaam, the Arabic word for peace.

The largely Muslim kingdom of Morocco, incidentally, was the first country to recognise the US. In 1786, the two countries signed a treaty of peace and friendship that is still in effect today, the longest unbroken treaty of its kind in history.

## BUILDING ITS CITIES

**T**HE US wouldn't look the way it does if it weren't for a Muslim, Fazlur Rahman Khan. The Dhaka-born Bangladeshi-American was known as the "Einstein of structural engineering". He pioneered a new structural system of frame tubes that revolutionised the building

of skyscrapers. That system consisted of, as he once described it, “three, four, or possibly more frames, braced frames, or shear walls, joined at or near their edges to form a vertical tube-like structural system capable of resisting



lateral forces in any direction by cantilevering from the foundation”.

The result was a new generation of skyscrapers that reduced the amount of steel necessary in construction and changed the look of American cityscapes. Khan died in 1982, but his innovations have proved key for future skyscrapers – including the 2009 Trump International Hotel and Tower in Chicago.

## LIVING THE AMERICAN DREAM

**S**HAHID Khan is the personification of the American dream. The Pakistan-born billionaire arrived in the US aged 16 on a one-way trip to the University of Illinois in Urbana-Champaign. “Within 24 hours, I had already experienced the American dream,” Khan said, by which he meant he found a job for \$1.20 an hour washing dishes — more than the vast majority of the people back in Pakistan earned at the time. He started a car-parts business after university. Now, the 65-year-old is the head of the \$4.9bn (in sales terms) auto-parts company Flex-N-Gate, the 360th richest person on the planet and three years ago Forbes magazine put him on its cover as the face of the American dream.

## TREATING THE SICK

**W**ITHOUT Ayub Ommaya lots of people, some of them American, would be dead or suffering appalling pain. In 1963, the Pakistani-born Muslim neurosurgeon invented an intraventricular

catheter system that can be used for the aspiration of cerebrospinal fluid or the delivery of drugs.

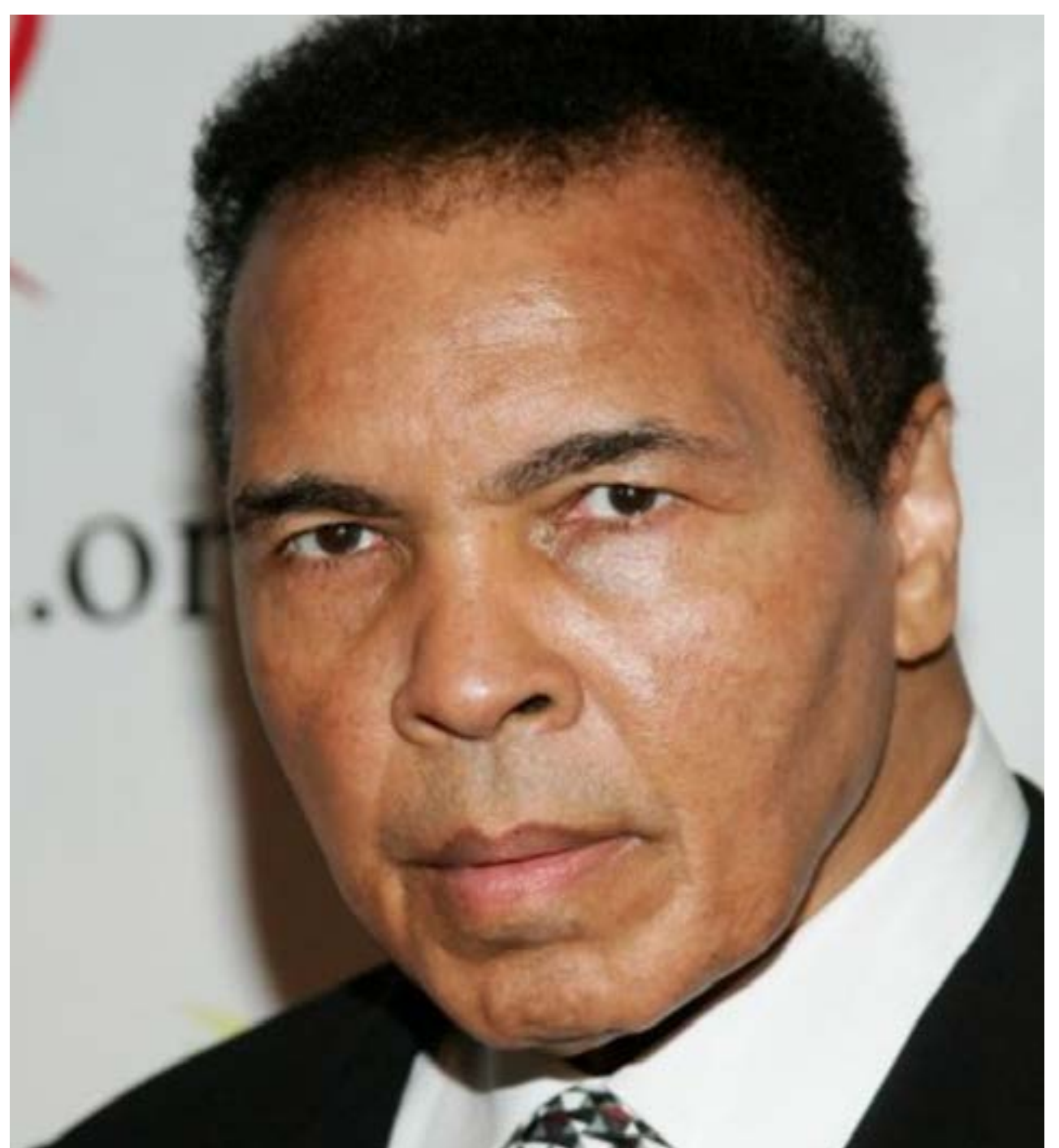
What that means is that a soft, plastic, dome-shaped device is placed under the scalp. This so-called Ommaya Reservoir is then connected to a catheter that is

placed into your brain. The reservoir is used to provide chemotherapy directly to the site for brain tumours. He also developed the first coma score for classification of traumatic brain injury and developed, too, the US's National Center for Injury Prevention and Control, which, as part of its mission, focuses on traumatic brain injury.



## BEING SPORTING HEROES

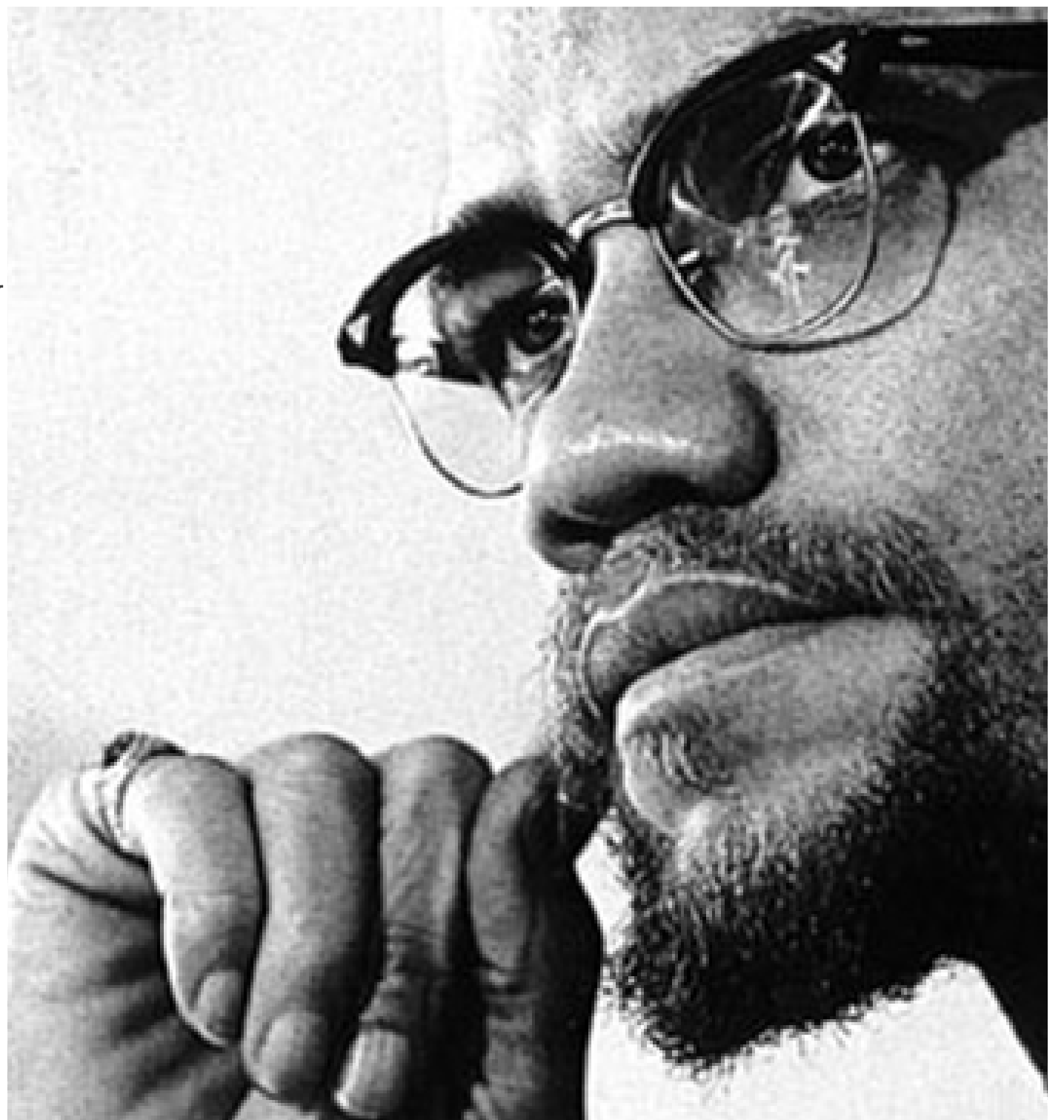
**T**RUMP tweeted the following earlier this week [*at the time of writing – editor*]: “Obama said in his speech that Muslims are our sports heroes. What sport is he talking about, and who?” One of those sports heroes is, Mr Trump, someone you’ve met before. Here are some clues. He was known as the Louisville Lip. He was three times World Heavyweight Boxing Champion. Oh yes, and in 1965 he changed his name from Cassius Clay to Muhammad Ali and later gave interviews explaining his perspective on his new faith. Now you remember. He’s the same guy you met in 2007 when he presented you with a Muhammad Ali award. In May, you posted a photo on Facebook posing with the great Muslim sporting hero and claimed then that he was your friend.



President Obama was making a point after the San Bernadino shootings. “Muslim Americans are our friends and our neighbours, our coworkers, our sports heroes. And yes, they are our men and women in uniform who are willing to die in defence of our country,” he said, speaking from the Oval Office. “We have to remember that.” Here are some more sports heroes he might have meant. Basketball icons Shaquille O’Neal and Kareem Abdul-Jabbar, the latter perhaps the greatest NBA star after Michael Jordan. Hakeem Olajuwon, 52, Hall of Fame NBA centre. Oh yes, and Mike Tyson, who set the record as the youngest boxer to win the WBC, WBA and IBF heavyweight titles aged 20.

## FIGHTING INJUSTICE

**A**FTER the end of slavery in the US, many African Americans began to move to cities in large numbers. But because of restrictive housing and employment policies, the result was that many lived in troubled ghettos. In such a context, some African Americans returned to what



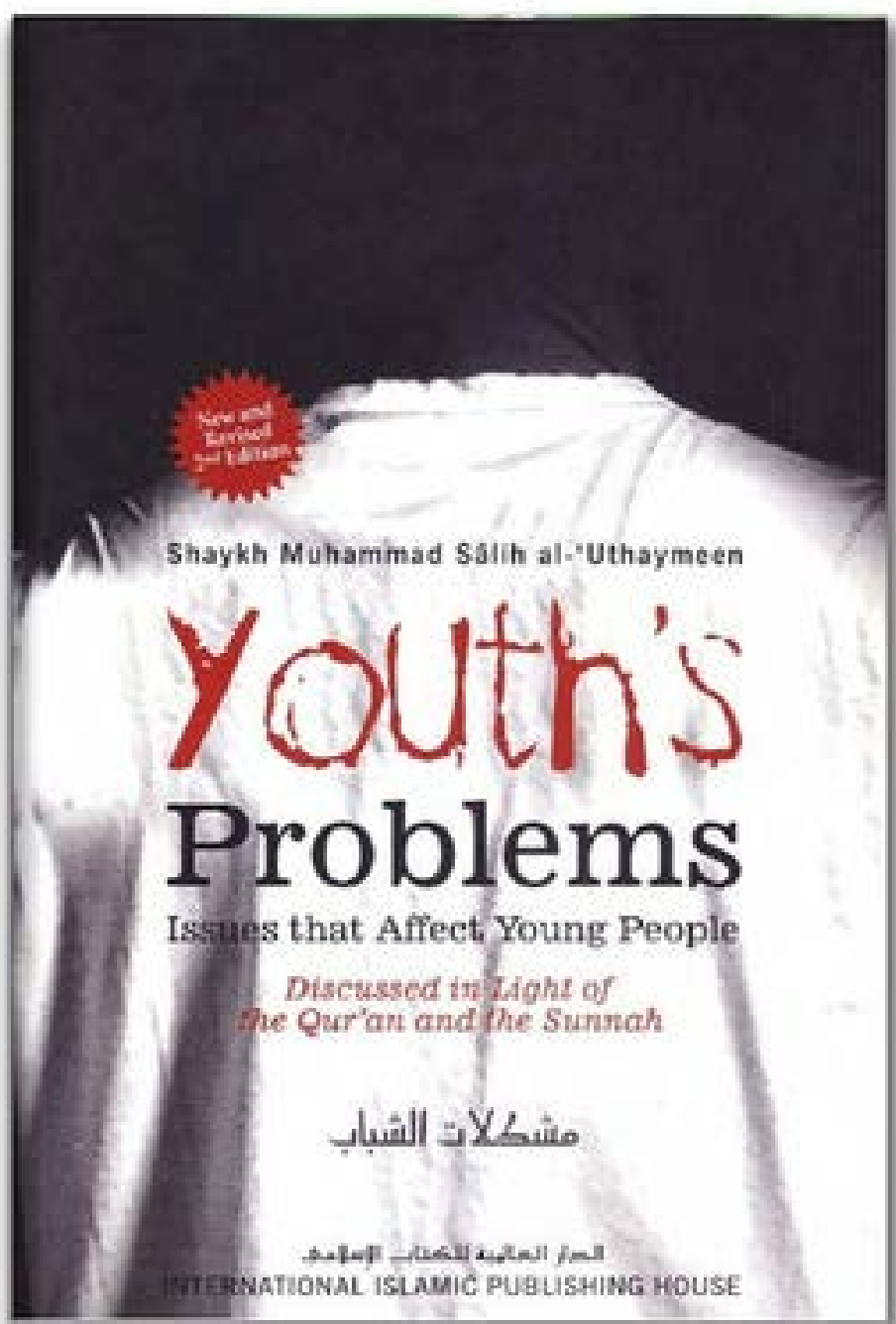
they believed to be the religion of their ancestors. Many of them were attracted, during the 1950s and 1960s, to the brilliant oratory of a spokesman for the Nation of Islam [*who later converted to Sunni Islam – editor*], who was born Malcolm Little in 1925, but became famous as Malcolm X, the Muslim convert who cast off his slave name and exhorted African-Americans to cast off the shackles of racism “by any means necessary”, including violence – a message contrary to his fellow civil rights activist Dr Martin Luther King, who called for non-violent civil disobedience. “I don’t even call it violence when it’s in self-defence,” he said once. “I call it intelligence.”



## ADVANCING SCIENCE

**A**HMED Zewail won the Nobel Prize for Chemistry in 1999, becoming thereby the first Egyptian-born scientist to do so. He is known as the “father of femtochemistry” and for doing pioneering work in the observation of rapid molecular transformations. Zewail, now 69,

has spent most of his life in the US where he is now professor of chemistry and physics at Caltech and director of the physical biology center. He joined President Barack Obama’s presidential council of advisers on science and technology (PCAST), an advisory group of the nation’s leading scientists and engineers to advise the president and vice president and formulate policy in the areas of science, technology, and innovation in 2011. When he joined PCAST the White House hailed this Muslim Egyptian-American as one who is “widely respected not only for his science but also for his efforts in the Middle East as a voice of reason”. Postage stamps have been issued to honour his contributions to science and humanity.



## Youth’s Problems: Issues that Affect Young People

BY MUHAMMAD IBN SÂLIH  
AL-‘UTHAYMEEN

**BUY**



## Camel Beauty Contest



A Saudi man grooms a camel that won a beauty contest during the Mazayin Dhafra Camel Festival in the desert near the city of Madinat Zayed, 150 kms west of Abu Dhabi. The festival attracts participants from around the Gulf region. – AFP

Jockeys compete in a camel race during the Mazayin Dhafra Camel Festival.




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## Japanese students create halal recipes

**CHIGASAKI**--Halal food may not seem an easy fit for Japanese cuisine, but students from Bunkyo University are proving that notion wrong by devising recipes for a new halal cuisine website.

Mai Hieda, the founder of the website, said, “We want to help Muslims in their everyday lives through these recipes. I hope Japanese people will also use the recipes to prepare food for Muslims.”

The students have since come up with about 40 halal recipes including chicken wings, stewed daikon radish and hand-kneaded udon noodles. Visit the website at (<http://www.halalrecipes.jp/>).

Japan has been proactively engaged in boosting its Halal tourism.



People gather for the popular yearly three-day Ijtema of the Tableegh Jamat in Bangladesh on Jan.9. Unfortunately it is being coined as a special religious event in the media and people joining it are being called 'devotees' seeking blessings. Assigning religious significance to any act or event requires approval in the Quran or Sunnah. – Editor

## Malaysia to begin halal vaccine plant in 2018

**KUALA LUMPUR** – The world's first halal vaccine facility with gross development value (GDV) of RM330 million in Bandar Enstek will put Malaysia as an international player on the vaccine map, once operational in early 2018, according to a report by Mi'raj Islamic News Agency (MINA) published in the end of Rabi' al-Awwal (first week of January).

Dr Tabassum Khan, Managing director of AJ Pharma Holding Sdn Bhd, the owner of facility, said the plant would be developed by GB Asiatic Ventures Sdn Bhd and its strategic partner, China Machinery Engineering Corp (CMEC).

AJ Pharma Holding is a subsidiary of a \$3 billion Saudi conglomerate Al-Jomaih Group. It was established to focus on investments in the healthcare and biotechnology sectors in Malaysia and the surrounding region and has committed to invest up to \$115 million in Malaysia's halal pharmaceutical and healthcare industry. – *Agencies*

## Non-Muslim couple start Malaysia's 1st halal airline

A non-Muslim couple from the UK launched Malaysia's first Sharia-compliant airline recently.

Rayani Air's first service, from the capital Kuala Lumpur to Langkawi, a popular holiday destination, followed rules the company will adopt on all flights, which will see prayers recited before take-off, a ban on in-flight alcohol, and Muslim air stewardesses wearing headscarves. A UK-based Sharia-compliant flight company, Firnas Airways, is also planning to launch in 2016. – *Agencies*

# Holiday in Bosnia?



## Arab investors pour in billions to make Bosnia a holiday hit

**A**S tourists from the Persian Gulf countries look to book their next holiday to escape the summer heat, Arab investors are betting on an unusual destination: Bosnia.

The mountainous Balkan country is becoming a popular destination for tourists from the United Arab Emirates, Kuwait and Qatar thanks to its comfortable summer temperatures and local Muslim community.

Attracted by cheap land and labor, Arab investors are looking to ride the trend. They are building thousands of homes and



*Ismail Ahmed, head of Dubai's Buroj Property Development*



*In April, construction work will begin on 2,000 villas, 60 hotels, 186 residential buildings, a hospital, shopping malls, restaurants and even a dancing fountain*





*First Arab-funded resort*

hotels around the capital Sarajevo and heavily promoting the destination to middle class families looking for cheaper alternatives to the glamorous Swiss resorts.

It's also a boost for Bosnia's economy, which is still recovering from the war and struggling with unemployment of over 40 percent. All the construction is done by local companies, ensuring jobs.

"Bosnia's tourism has a bright future," said Jasem Ahmed Al Kanderi, the head of the Gulf Estate Company from Kuwait. "The country is beautiful."

His company built and recently opened the first Arab-funded resort in Bosnia. Located southwest of Sarajevo, it includes 160 individual houses and apartments built around an artificial lake.

But the 25 million-euro (\$27 million) project appears tiny compared with the one planned by Ismail Ahmed, the head of Buroj Property Development from Dubai.

Wearing his traditional Arab jalabiya and sandals, Ahmed stood in the icy rain above the plateau where his company plans to build a 2.3 billion-euro (\$2.4 billion) town called Buroj Ozone on the Bjelasnica mountain, less than 15 kilometers (9 miles) southwest of Sarajevo.

In April, construction work will begin on 2,000 villas, 60 hotels, 186 residential buildings, a hospital, shopping malls, restaurants and even a dancing fountain.

For tourists from the United Arab Emirates, Buroj Ozone's altitude at nearly 1,000 meters (3,280 feet) and an average summer temperature of 25 degrees Celsius (77 Fahrenheit) can offer refuge from summer temperatures of up to 49 degrees (120 F) in Dubai. – *AP*

*Knowledge  
&  
Faith*





# In whose hands is *Rizq*?

By Zara Andleeb

“**W**HILE I was heading outside the masjid in Basra, a very gruffly and rude looking Bedouin approached me,” said Al-Asma’i (d. 213H), one of the early scholars noted for his vast knowledge and piety and who tutored the sons of Caliph Haroon Rasheed.

“Which tribe do you belong to?” asked the Bedouin man.

“I’m from the tribe of Asma’,” replied Al-Asma’i.

“Are you the one they call Asma’i?, the famous scholar Asma’i?” the Bedouin asked.

“Yes, I’m Asma’i, *Salaam ’alyk!*” he replied.

The curious Bedouin jumped forward and said, “Tell me more about where you come from.”

Al-Asma’i wanted to take the opportunity to give dawah to this Bedouin. He said, “I’m from a place where they recite the word of Allah.”

The Bedouin exclaimed, “There is a word of Allah recited among the

“

*There is  
a word of  
Allah recited  
among the  
tongues of  
the humans!?*

”

tongues of the humans!?” Asma’i nodded and the Bedouin nagged him to recite the word of Allah.

Asma’i recited *Surah Adh-Dhariyat (Zariyaat)* and when he reached the verse (22), **“And in the heaven is your provision and whatever you are promised,”** the Bedouin shouted, “Enough!”

“Is this is the word of Allah?” he asked.

Asma’i said, “Yes, indeed this is the word of Allah revealed to the Prophet Muhammad ﷺ.”

The Bedouin hurried to his camel, slaughtered it and turned to Al-Asma’i and said, “Come on Asma’i, help me give away this camel in charity to the poor!”

He then broke his sword and bow and faded away in the desert reciting the verse, “And in the heaven is your provision and whatever you are promised.”

A few years later later, Asma’i narrates, “I went to perform Hajj with Haroon Rasheed and I heard a voice calling out my name. I turned and it was that Bedouin. He looked pale and old.

He asked me to sit down and recite the words of Allah to him. I started to recite *Surah Adh-Dhariyat* and when I stopped at the verse I had

stopped at earlier, **“And in the heaven is your provision and whatever you are promised,”** the Bedouin said, “I found the word of Allah to be true! Recite more Asma’i.”

I began to recite the next verse, **“Then by the Lord of the heaven and earth, indeed, it is truth - just as [sure as] it is that you are speaking.”**

The Bedouin said in astonishment, “Who then has angered Allah that He, the Almighty, the Sublime, the Supreme had to take an oath!?”

The Bedouin began to recite the verse and when he reached the third time, the verse melted him to death. The narration has been reported by Ibn Qudaamah and Ibn Qurtubi with many chains. [1]

“

*I went to perform Hajj with Haroon Rasheed and I heard a voice calling out my name. I turned and it was that Bedouin*

”

## WHAT IS RIZQ

The chapter of Rizq is a very well-examined subject in the Quran and Sunnah. Firstly, to strengthen one's faith and Tawheed (believing in the oneness of Allah) in Allah. Secondly, to put one's heart at ease. When we hear the word Rizq, the image of daily provision and wealth comes to mind, which is Rizq and there is no doubt about that. But it is not limited to just wealth and daily provision.

There are two types of Rizq: one is the materialistic Rizq and the other encompasses many other things: The food we eat is Rizq, our spouses are Rizq, our children are Rizq, happiness is Rizq, Eemaan is Rizq, health is Rizq, knowledge is Rizq, sleep is Rizq, Islam is Rizq, peace of mind is Rizq, and so on.

## AR-RAZZAQ & AR-RAZIQ

All beautiful names belong to Allah ﷻ.

Among the magnificent names of Allah is *Ar-Razzaq* and *Ar-Raziq*. Both may seem to mean the same, but there is a difference; *Ar-Raziq* means the one who prescribes the total provision for the creation. It was Allah, *Ar-Raziq*, who ordered the pen to write provision for the creation, fifty thousand years before the creation of the heavens and the earth. *“Allah wrote down the Rizq of the creation 50,000 years before He created the heavens and the earth.”* (Sahih Muslim, 2156)

*Ar-Razzaq* means the One who organizes and continuously provides for the creation from time to time during their lifespan. It is important to understand these names of Allah comprehensively to complete our belief. Weak belief in this matter can cause defects in faith (*Eeman*) and a stressful life.

“

*Allah wrote down the Rizq of the creation 50,000 years before He created the heavens and the earth*

”



## A PROMISE FROM THE HEAVENS

Just as the verse changed the life of the Bedouin, it should also change our perspectives, In sha Allah. The poor Bedouin slaughtered the camel as he had become free from worry and stress. But what exactly was in the next verse that melted him to death a few years later?

**“Then by the Lord of the heaven and earth, indeed, it is truth - just as [sure as] it is that you are speaking.”** (Adh-Dhariyat: 23)

The verse is a very powerful oath. When Allah says **“...by the Lord of the heaven and earth...,”** He ﷻ is taking an oath on Himself about the fact that Rizq is from the heavens and that this matter is as true and real as your speaking.

Let’s dwell more into that: **“... indeed, it is the truth - just as [sure as] it is that you are speaking.”**

Do you have any doubt that you speak? Just as sure you are that it is you who is speaking, be sure about the fact that your Rizq is from Allah ﷻ and no one else.

Can someone use your mouth, your vocals, your voice, your tongue and your throat to speak the way you do? No! In the same way, your Rizq is yours and no one else can take it from you. So, loosen up!

To add more emphasis to the oath, Allah added the letter ‘*Laam*’ before the word ‘*Haqq*’ (truth). In Arabic, if the letter ‘*Laam*’ appears before a word, it refers to certainty, assurance and assertiveness. So, it is for surety that Rizq is from the skies.

There are many other verses and ahadith which deliberate Rizq in this way. This is to establish faith in a topic that men are weak in. It is a matter which distresses people and occupies most of their thoughts.

“

*Can someone use your mouth, your throat to speak the way you do? No! In the same way, your Rizq is yours and no one else can take it from you*

”

Allah ﷻ wants us to live a faith-filled life which entails a stress-free living.

## HE, THE MOST WISE, DID NOT FORGET YOU

Allah ﷻ says:

**“And there is no creature on earth but that upon Allah is its provision, and He knows its place of dwelling and place of storage. All is in a clear register.”** (Hood: 6)

The word creature in the above verse includes all moving creatures; animals, humans, birds etc.

Allah says in another verse:

**“And We have certainly honored the children of Adam and carried them on the land and sea and provided for them of the good things and preferred them over much of what We have created, with [definite] preference.”** (Al-Isra: 70)

When Allah ﷻ promised Rizq for animals and all other creatures, how can He ﷻ forget the ones He honored and preferred over all other creatures? One may argue, why hasn't Allah ﷻ made me rich? Why do I have less, when others have more? Know that Allah is also *Al-Hakeem*, The Most Wise. He knows best of what is good for us, more than what we know for ourselves. We know of some Prophets who were given more wealth than the others, but none of them objected *Al-Hakeem*. Our minds will be at rest only if we submit our affairs to the One who created us.

Allah ﷻ says:

**And if Allah had extended [excessively] provision for His servants, they would have committed tyranny throughout the earth. But He sends [it] down in an amount which He wills. Indeed He is, of His**

“

*When Allah promised Rizq for animals and all other creatures, how can He forget the ones He honored and preferred over all other creatures?*

”

**servants, Acquainted and Seeing.** (Ash-Shura: 27)

Ibn Al-Qayyim said:

“Concern yourself with that which you were ordered to take care of, and do not be concerned with something that was guaranteed for you. Sustenance and the matter of death are two matters whereof there is no doubt. As long as one is living sustenance is guaranteed. And if Allah, according to His wisdom, closed the way to some means, He will, according to His mercy, open another means for you, which will be more useful.” [2]

## WALKING OR SPRINTING

Allah ﷻ uses a different terminology in the Quran when dealing with the matters of the world and the matters of the hereafter. When referring to the world, Allah ﷻ used the word “walk” i.e. walk in the world and eat of His provision, don’t run, stress or tire yourself over something that is guaranteed for you.

**“It is He who made the earth tame for you - so walk among its slopes and eat of His provision - and to Him is the resurrection.”** (Al-Mulk: 10)

However, when referring to the Hereafter, He used the words “run,” “race” and “strive” because the rewards of the hereafter and *jannah* and its different levels and ranks are not guaranteed for everyone. So, run, race and strive for the eternal.

**“...then hasten to the remembrance of Allah.”** (Al-Jumuah: 9)

**“...So flee to Allah...”** (Adh-Dhariyat: 50)

**“Race toward forgiveness from your Lord and a Garden whose width is like the width of the heavens and earth, prepared for those**

“

*Concern yourself with what you were ordered to take care of, and do not be concerned with something that was guaranteed for you*

”

**who believed in Allah and His messengers.”** (Hadid: 21)

## THE ELEMENT OF TAWAKKUL

Umar said, “I heard the Messenger of Allah ﷺ say, ‘If you were to rely on Allah as He should be relied on, He would provide for you as He provides for the birds. They go out early in the morning hungry and return in the evening full.’” (Al-Tirmidhi, 2344)

The Prophet ﷺ gave a splendid example of the birds going out early, having reliance on Allah ﷻ and then return in the evening full.

He ﷺ did not mention that the birds relied upon Allah and stayed cozy in their nests.

The element of *Tawakkul* (reliance) here is to have firm belief in Allah and use the means available.

Sahl Ibn Abdullah Ad-Dasturi said something golden about this issue: If one has does not have *Tawakkul*, he has neglected faith (*Eeman*). If one does not use the means, he has neglected the Sunnah. Having *Tawakkul* is the status of the Prophets. If one follows the status of the prophets, one cannot neglect the Sunnah of the prophets.

We know from the life of the Prophet ﷺ that he always used the means available, but his heart was attached to Allah ﷻ. For example, when he went to fight, he would prepare his army, organize, give instructions and use the means available to win the battle, but his faith was in Allah ﷻ.

Marium ﷺ was ordered by Allah ﷻ to shake the trunk of a palm tree to get dates. We know it is nearly impossible for a woman in labor to shake the trunk of a palm tree such that the dates would fall. That was merely a message to Marium ﷺ to do what Allah ﷻ commanded, use the means available, and have *Tawakkul* on Allah.

“

*If you were to rely on Allah as He should be relied on, He would provide for you as He provides for the birds...*

”

## IN WHOSE HANDS IS THE RIZQ?

The fear of poverty is a worldwide disease. If we observe the materialistic world around us, everyone is running, tiring, and stressing over something which is guaranteed for them. Whatever is written shall come to pass by Allah's command, regardless of whether one runs or walks. It's saddening how we strive for the *dunya*, which will perish one day and neglect the hereafter which will remain forever. This is indeed shaitaan tricking the son of Adam and making him busy with the *dunya*, which will make him belittle the matters of the hereafter.

If one believes that Allah ﷻ is his Lord, Prophet Muhammad ﷺ is the final messenger, Islam is the only true religion, death is truth, and resurrection is truth, then he should also believe with certainty that his Rizq is from Allah alone. An iota of doubt in this matter will lead to a serious defect in faith (*Eeman*). *Eeman* in the matter of Rizq is a mercy from the heavens, which helps one live a life of contentment and righteousness.

There were generations of people who lived before us. They walked on the earth like you and me do. In fact there are many in the graves who spent just a few years on earth and are spending years and years in the grave.

Rizq is in the hands of Allah ﷻ and only He controls it. But He ﷻ left you and me with a choice: worry about what is guaranteed in a temporary life or work for the eternal life?

References:

1. *Explanation of Muhammad Ibn Abdul-Wahhab's Usool-As-Salaatha, The three fundamental principles*, by Ahmad Musa Jibril [video].
2. *Al Fawaid*, A collection of wise sayings by Imaam Ibn Al Qayyim

“

*The fear of poverty is a worldwide disease. If we observe the materialistic world around us, everyone is running...*

”

## What's in it for me?

By Umm Rashid

**I**T is one of the tragedies of our times that the Ephemeral has gained precedence over the Eternal. For proof, we simply need to take a closer look at our lives and compare the time, energy and effort we spend trying to gain and enjoy worldly benefits, with the amount of time and effort we spend trying to improve our status in the Hereafter.

How much midnight oil do we burn as students, trying to improve our grades, poring over our books and notes deep into the night in anticipation of exams? How much extra work do we take on uncomplainingly at our workplaces, even sacrificing family time and sleep to get a job done, in pursuit of a plusher lifestyle and a fatter pay check? How much time and money do we spend on painstakingly checking out and acquiring the gadgets and gizmos that are the pride and joy of our modern lives? How much thought do we invest in establishing and maintaining 'contacts' with the right people who could make life a trifle smoother for us by virtue of their position in society? How much ingenuity and creativity goes into beautifying our bodies and improving our images, before we feel confident enough to face the world?

Let's take a minute to think: Do we spend a proportionate amount of time preparing for the questions we will be asked in the grave, the accounts we all have to render on the Day of Judgment? Do we try to go the extra mile in our

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*Our inability to strike a balance between the sacred and the mundane has led to the vacuum...*

”

acts of worship or even ordinary acts of kindness to others? Do we set some time aside everyday to remember our Lord, to get close to Him?

Our inability to strike a balance between the physical and the spiritual, between the sacred and the mundane has led to the vacuum that we feel within our souls and which is reflected in the social chaos around us.

Shams-ud-deen Ibn Al-Qayyim Al-Jawziyyah, astronomer, chemist, theologian and “the scholar of hearts” extraordinaire, put it best when he said:

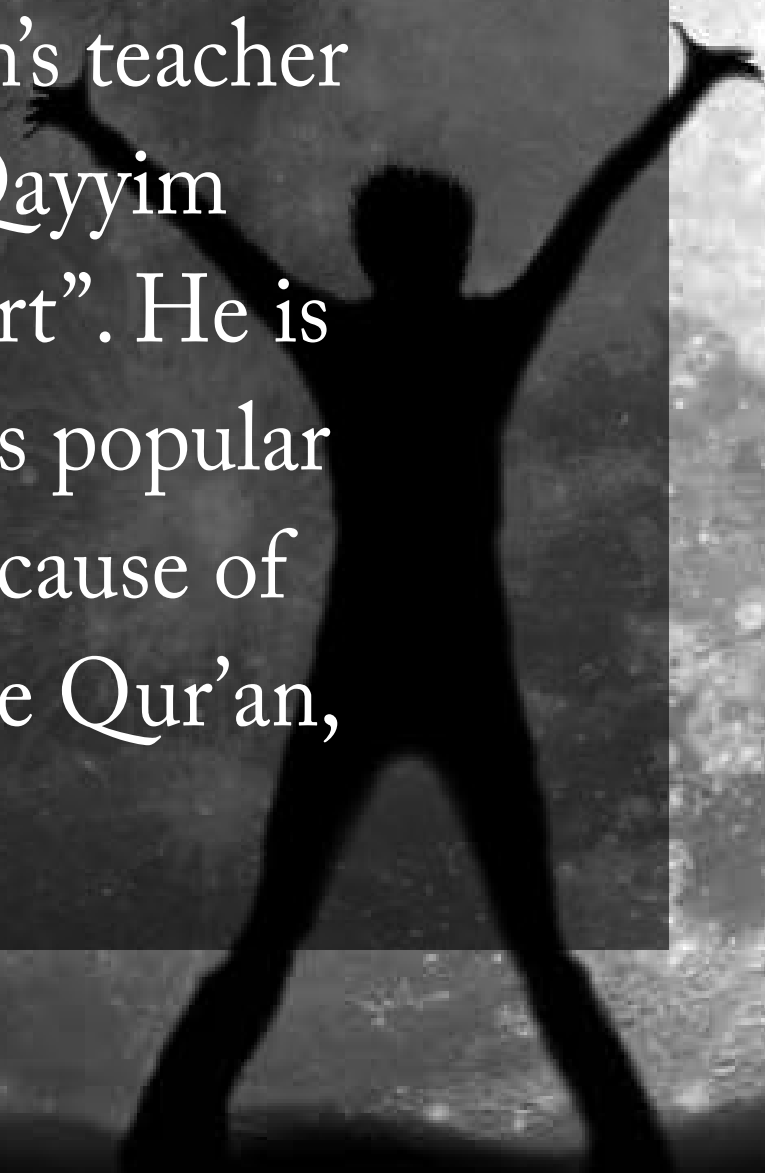
“Truly in the heart there is a sadness that cannot be removed except with the happiness of knowing Allah and being true to Him. And in it there is an emptiness that cannot be filled except with love for Him and by turning to Him and always remembering Him. And if a person were given all of the world and what is in it, it would not fill this emptiness. How strange it is that when a servant of Allah has a (worldly) problem, he seeks the help of Allah, but he never asks Allah to cure his heart before it dies of ignorance, neglect, fulfilling one’s desires and being involved in innovations! Indeed, when the heart dies, he will never feel the significance or impact of his sins.”

While the 13th century reformer and revolutionary Taqi-ud-deen Ibn Taymiyyah (who was Ibn Al-Qayyim’s teacher and spiritual guide) wrote “with his eye”, Ibn al-Qayyim introduced in his writings the element of “the heart”. He is credited with at least 30 extant books, which are as popular today as they were several centuries ago. This is because of his uncompromising stance of only referring to the Qur’an,

“

*And if a person were given all of the world and what is in it, it would not fill this emptiness*

”



Sunnah and the lives and practice of the first two generations of Muslims, as opposed to popular opinions and esoteric philosophy.

Moreover, he did not write to impress the academics, elite or semanticists – he simply wrote to benefit ordinary believers. As he writes in the preface of his book *Sabr wa Shukr* (Patience and Gratitude): ‘This is a book to benefit kings and princes, the wealthy and the indigent, ascetics and religious scholars; (a book) to inspire the sedentary to set out, accompany the wayfarer on the path and inform the one journeying towards the Goal.’

The distillation of Ibn Al-Qayyim’s collected wisdom is in the book ‘*Al-Fawaa'id*’ (The Book of Benefits) which was written over several years, and contains spiritual insights, comment and crucial lessons in life. In its own humble way, this blog shares the same aim: to inspire, inform, and interest all those with an inclination towards Islam and bring some tangible benefit that goes beyond mere words.

As Ibn Al-Qayyim says in his book *At-Tareeq ila Hidaayah*’ (The Path to Guidance):

“Amongst the things with which it is desirable to be concerned and occupied is the knowledge that every person – rather every living creature – strives for.

- Knowledge of that which is beneficial to a person and which will help him attain a good life.
- Knowledge of the way which will take him to that.
- Traversing upon this way.
- Knowledge of that which is harmful

“

*In its own  
humble way,  
this blog shares  
the same aim:  
to inspire,  
inform, and  
interest*

”





and which makes his life miserable.

- Knowledge of the way which, if a person adopts it, will lead him to harm.
- Avoiding this way.

By this principle, you will know the minds of people and be able to appreciate the diversity in their (levels of) intelligence. The one who prefers the worldly, exciting pleasures which fade and perish, which are filled with harms and which are only obtained by (undergoing) harms would become ashamed of himself and of his intelligence, if he compared himself with one who is seeking eternal happiness and success.

Allah says He has purchased the souls of the Believers and has made Paradise their price. How can the intelligent person neglect the soul and agree to sell it for an insignificant price? Is this not the greatest of frauds, which will become manifest on the Day of Resurrection, when the scales of those having *taqwa* (consciousness/fear) of Allah will be heavy (with good deeds) and the scales of the falsifiers will be light (devoid of good deeds)?

“

*How can the intelligent person neglect the soul and agree to sell it for an insignificant price? Is this not the greatest of frauds, which will become manifest on the Day of Resurrection*

”



# The Plea Inside The Belly



By Rafia Aafreen

وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ  
أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

“And (remember) Dhu-n-Nun (Jonah) when he departed (his people) in anger and imagined that We would not straiten him; so he called out in the darkness: ‘There is no god but You (O my Lord!). Glory be to You! Verily I was of the unjust ones!’” [Surah Anbiya : 87]

**A** PROPHEET named Yunus ibn Matta was sent to his nation to preach the message of Tawheed and abstaining from Shirk and wrong deeds. When the people rejected him repeatedly, he complained to his Lord in despair. He was commanded to preach for forty more days and when only three more days were left, he warned his nation of the punishment and left. His nation soon realized the trouble they were into and repented to the Lord and He forgave them.

Meanwhile, Yunus عليه السلام boarded a ship which got stuck in a storm. The travelers were told to lighten their load by throwing some passengers overboard. They drew lots and to their surprise, the name that was drawn was that of Yunus عليه السلام. Reluctantly, they repeated the lots three times and it was still Yunus عليه السلام whose lot was drawn. Upon being thrown into the sea he was swallowed by a huge whale. By the permission of the Allah, he lived in the belly and this is where, upon realizing his mistake, he made this *dua*.

## VIRTUE OF THIS DUA

The Prophet ﷺ said: “The invocation of my brother Dhu-n-Nun, ‘None has the right to be worshipped except You; Glory be to You, far removed are You from any imperfection; I have been among the wrongdoers,’ none who is experiencing difficulty employs it except that Allah would relieve him of his difficulty.”

## WHY IS THIS DUA SPECIAL?

Ibn Taymiyyah answered this saying:

This supplication comprises the servant mentioning his own state which in turn points to his need for forgiveness, it contains a description of the Lord stating that none is able to fulfill this goal save Him, it contains an explicit request for forgiveness and it describes the Lord as being the All-Forgiving and Most Merciful which in turn are the qualities which must exist for the request to be fulfilled. Therefore this supplication and its likes are from the best ways of asking.

## WHAT SHOULD WE THINK ABOUT YUNUS عليه السلام?

Ibn Taymiyyah explained:

All that is contained in the story of Dhu-n-Nun for which he could be censured for, is all forgiven, and furthermore, Allah altered it all to good deeds and raised his rank. He was in a much better state after coming out of the belly of the whale and his repentance than he was before. Allah ﷻ says (in Surah al- Qalam):

فَاصْبِرْ لِحُكْمِ رَبِّكَ وَلَا تَكُنْ كَصَاحِبِ الْحُوتِ إِذْ نَادَىٰ وَهُوَ مَكْظُومٌ  
لَوْلَا أَن تَدَارَكَهُ نِعْمَةٌ مِّن رَّبِّهِ لَنُبِذَ بِالْعَرَاءِ وَهُوَ مَذْمُومٌ  
فَاجْتَبَاهُ رَبُّهُ فَجَعَلَهُ مِنَ الصَّالِحِينَ

**48. Thus, wait patiently for the Command of your Lord and be not like the Companion of the Fish [Jonah], when he made haste in invoking us to inflict his people with chastisement and was entangled with the chastisement of abandonment of priorities (tark ula) when he cried out unto Lord while he was in deep sorrow.**

**49. Had not a Grace from his Lord reached him, he would indeed have been cast out [of the stomach of the fish] while he was to be blamed.**

**50. But, his Lord chose him and made him one of the righteous.**

This was different from his state when he was in the belly of the whale:

فَالْتَقَمَهُ الْحُوتُ وَهُوَ مُلِيمٌ

**“Then the fish swallowed him while he blamed himself”** [Surah Saffat:142]

He was blamed in this state, but when was taken out of the belly of the whale, his condition changed after saying:

وَذَا النُّونِ إِذْ ذَهَبَ مُغَاضِبًا فَظَنَّ أَنْ لَنْ نَقْدِرَ عَلَيْهِ فَنَادَى فِي الظُّلُمَاتِ  
أَنْ لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

**“And (remember) Dhu-n-Nun (Jonah) when he departed (his people) in anger and imagined that We would not straiten him; so he called out in the darkness: ‘There is no god but You (O my Lord!). Glory be to You! Verily I was of the unjust ones!’”** [Surah Anbiya : 87]

This was better than his state before. What is taken into consideration is the perfection of the end state, not what may have occurred in the beginning. Actions are by their conclusions.

## WHAT IS REQUIRED FOR FORGIVENESS

Ibn Taymiyyah said:

As for acknowledging one’s sin, in submissiveness to Allah, but without the intent to abandon it, then this is merely asking for forgiveness and cannot be said to be repentance. This is like a person who asks of Allah to forgive his sin but has not repented from it, one cannot be certain of his forgiveness for he is in the position of one who is making a mere supplication.



# Being anti-social with social media

By Salmah Shahnawaz

**A** focused gaze, all attention captured, honed in on you – that would have been the scene if you were to have had a conversation with the Prophet Muhammad ﷺ. One of the reasons he was loved so much was because he ﷺ made you feel like you were the most special person to him, all eyes and ears if you had something to say, no matter what he was doing.

Fast forward to today and the scene changes drastically. Capturing and retaining the attention of this generation has become something of a task. With increasing speeds, whether it be fingers moving across the keyboard, the number of notifications piling up, or internet speeds, we have become an impatient nation, desperate to check that new ping; do away with the blinking light.

We are all guilty of having our attention riveted to our phones when someone is talking to us – producing half sentences or grunting noises in our distracted frame of mind – but how irritating do we find it when the same happens to us? Be the change you want to see in the world. What this culture breeds is disrespect – not just for the elderly, but our fellow human beings.

“

*We are all guilty of having our attention riveted to our phones when someone is talking to us*

”

Islam is a very social religion. If you look at the reward for doing things together, it is multiplied than that of doing it alone. Praying at the masjid is 25 (in another narration 27) times more rewarding. It is mandatory to attend the Eid salah. Jumu'ah prayer has such high importance because it is the gathering of the community once a week. The reason for it is the interaction. We smile, we greet, we meet, we form ties, and we create a brotherhood. The physical aspect of meeting is what is important. But if we introduce social media into that section, it removes the barakah because the purpose of gathering – physical interaction – has disappeared.

**W**ALK into a room these days and what you would find are a group of people who are together physically, but miles away mentally, all on their devices. The dangerous child that this anti-social behavior has bred is in the form of haters. The countless hateful comments and dragged on debates come from being desensitized due to a lack of physical socialization and interaction with people. Stuck behind a screen creates a bubble, with one typing out things that they would never had said to someone's face, without a care for the emotions evoked on the other side. It gives a false sense of bravado that is, in reality, a disgrace to our ummah.

What has all this addiction brought about?  
 (And no matter how much we deny it, it is a form of addiction.) Ibn Abbas رضي الله عنه reported: The Prophet صلى الله عليه وسلم said, "There are two blessings which many people waste: health and free time."  
 [Bukhari]

Youth is deceptive in the way that we think we will live forever, and so any free time we have now is spent (mostly) in front of a screen. The sad truth of life is that we only appreciate what we had, instead of appreciating what we have. The time we have dwindles away by scrolling through our newsfeed, looking in on other people's lives, and exchanging messages back and forth. What we sometimes don't realise

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*The sad truth of life is that we only appreciate what we had, instead of appreciating what we have*

”

is that the relationship we have with those on the other side of our device puts a strain on the relationships we have with those right in front of us. When our online conversation is interrupted by someone face-to-face, irritation flares up which affects the way we respond. The other person is then left wondering what they did wrong. Imagine our confusion if we were on the receiving end.

Anas رضي الله عنه relates that the Prophet صلى الله عليه وسلم said: “None of you truly believes until he loves for his brother what he loves for himself.” [Bukhari & Muslim]

We need to put that into practice.



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# How to Cope with Setbacks: The Uhud Action Plan

By Tasneem Ataullah

**LIFE** is a complex saga of happiness, sorrow, success, failure, likes and dislikes and struggles. The ones who stand up for the truth are those who are victorious. Adhering to the truth does not merely mean there is victory at every step. There are setbacks even for the followers of truth and justice. That is why defeat and success are part and parcel of our life. They exist in everyone's life but the difference lies in our response to these situations.

Islam guides us in all states. It teaches us the appropriate approach and response to setbacks and oppression. One of the historic occasions when the expectations of Muslims went drastically wrong is in the battle between the Quraish and the Muslims, the Battle of Uhud in 3 A.H.

To avenge their loss at Badr, the Quraish made tremendous preparations for a new attack upon the Muslims. They collected an army of three thousand strong men and artillery. However, the hypocrites abandoned Prophet Muhammad ﷺ at the last minute, reducing his army to seven hundred men only.

The Prophet ﷺ placed fifty archers on the

“

*One of the historic occasions when the expectations of Muslims went drastically wrong is in the Battle of Uhud*

”



mountain at his rear, behind the troops, and gave them strict orders not to leave their posts whatever might happen. When the war began, the Muslims gained an advantage first but afterwards, the archers left their position lured by the spoils of war, thus allowing the enemy to attack the Muslims from the rear and surround them. Consequently, the Quraish dominated the battle despite being ignorant and followers of falsehood.

The defeat at Uhud came as a great shock to the Muslims who fought that encounter. They could not understand how could they achieve a resounding victory at Badr a year back, when they were heavily outnumbered and shabbily equipped and then suffer a defeat at the hands of an army which they had already forced to retreat.

The question is: How did the Muslims respond to this defeat? How does Islam expect us to react to comparable downfalls?

Allah says: **“So do not weaken and do not grieve, and you will be superior if you are [true] believers.**

**If a wound should touch you - there has already touched the [opposing] people a wound similar to it. And these days [of varying conditions] We alternate among the people....”** (Quran, 3: 139-140)

Sometimes downfalls are a blessing in disguise, this belief is what distinguishes a true believer from the others. There are great lessons we learn in defeat, probably greater lessons than we learn from victory provided we are open to seeing and accepting these lessons. Setbacks are nothing but an eye opener for any living community. They create a path for real growth by opening avenues for constructive planning and determination.

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*How did the Muslims respond to this defeat? How does Islam expect us to react to comparable downfalls?*

”

Every setback must create a ground for further development. It must persuade us to ponder and realize our flaws individually and as a community. After the defeat in battle of Uhud, Allah says: **“O you who believed, persevere and endure and remain stationed and fear Allah that you may be successful.”** (Qur’an 3: 200)

After the Battle of Uhud Allah Almighty gave a wonderful four tier program to His believers:

1. Patience and Perseverance
2. Tolerance
3. Steadfastness
4. Fearing Allah

These qualities apply to a situation where it seems utterly difficult to follow but these are the only qualities that lift us high again. After a downfall, it is going to be a long and hard way, full of impediments, persecution, trials and tribulations. To overcome these, we must persevere even if future situations can give rise to anger exasperation, occasional lack of goodness, lack of confidence, disappointment, frustration and total despair. We must maintain our relationship with Allah and submit to His will in times of happiness as well as hardship. We need to surrender ourselves to Him with trust and assurance.

The action plan mentioned in the final verse of *Surah Aal-’Imran* wishes us to raise high. The

believers must face up to all the enemies and equip themselves with patience and perseverance which can never be exhausted. This is the nature of this message and this is the path it follows. It does not intend any aggression, but it certainly wants to establish the correct method and perfect system on earth. This guidance is not merely for the time of Uhud but for every parallel episode of our life.

“

*The believers must face up to all the enemies and equip themselves with patience and perseverance*

”



# Commonsense tips for Muslim news consumers

By Umm Rashid

**A**S Muslim issues are increasingly flogged as ‘flavor of the month’ by media outlets in search of stories that evoke the right mix of controversy and mass hysteria (ultimately translating into greater sales and greater ad revenues), it’s time Muslims—those who speak for Islam, as well as the viewers and readers – wise up and turn media savvy.

## IS ISLAM BEING SERVED?

Before we tune in or prepare to participate in a program, or agree to talk to or write for the media, or plug an article or website or TV program that strikes us as “must-read” or “must-watch”, we must ask ourselves in all sincerity: What is the intention and underlying purpose behind this?

- Is it self-aggrandizement or self-promotion?
- Am I abetting or promoting opinions and ideas that are contrary to the Qur’an, Sunnah (Prophetic tradition) and Ijmaa’ (consensus of the scholars)?
- Am I following my own whims and worldly desires?

This is because promoting ideas that lead to misguidance – whether deliberately or inadvertently – is not a small matter in Islam.

Not for nothing does the Qur’an say:

**“O you who believe! If a Fasiq comes to you with any news, verify it, lest you should harm the people in ignorance, and afterwards you become regretful for what you have done.”** (Qur’an, 49:6)

## ARE YOU AWARE OF THE AGENDA?

The days of an unbiased media that fearlessly dug out the truth for its own sake and reported it for public benefit are, for the most part, long gone. Today, most secular media outlets operate under an open or covert agenda – and a shockingly large portion of it is antithetical, critical or downright opposed to orthodox Islam.

While this points to the crying need for more unbiased Muslim media organizations and networks on the one hand, it also underlines the need for greater awareness and vigilance on the part of the Muslim news consumer.

Readers must evaluate their news sources for credibility, authenticity and coherence, before placing their trust in them and quoting newspaper reports and opinions as if they were holy writ. According to a narration: *“It is enough for a man to be (classified as) a liar if he relates everything he hears.”* (Sahih Muslim)

## GET THE FACTS

When it comes to matters of the Religion, we cannot and should not rely solely on the media to do their homework and to get it right, without cross-checking sources and the qualifications of the people being touted as authorities on Islam – especially if they are speaking on technical aspects of Islamic legislation (Shariah) and jurisprudence (Fiqh). Islamic scholars labor for years under the guidance of a number of teachers, buttressed by centuries of scholarship, in order to grasp and explain these subjects – understanding them is beyond the scope of a few quick Google searches or verdicts on websites which may be case-specific.

We must take the trouble to verify facts and opinions from a knowledgeable person, lest we be misled and mislead others in our ignorance. Islam has come to us through centuries of sacrifice and hardship, transmitted from the lips of Al-Ameen, The Trustworthy Prophet ﷺ, and his Companions who were incomparable in their zeal for establishing, verifying and testifying to the truth.

By cultivating a healthy dose of skepticism and insisting on well-

documented, verifiable sources Muslims will be doing themselves and journalism a giant favor – and perhaps also ensure that we don't get bitten by the same hole multiple times.

## Gold Nuggets

Compiled by Sayama Wangde

Narrated `Abdullah bin `Umar: Allah's Messenger ﷺ said, *“A Muslim is a brother of another Muslim, so he should not oppress him, nor should he hand him over to an oppressor. Whoever fulfilled the needs of his brother, Allah will fulfill his needs; whoever brought his (Muslim) brother out of a discomfort, Allah will bring him out of the discomforts of the Day of Resurrection, and whoever screened a Muslim, Allah will screen him on the Day of Resurrection.”* [Sahih al-Bukhari, 2442]

*“In this world, man finds in the remembrance of Allah, praising Him and worshipping Him, a delight that is in comparable to anything else.”* – Ibn Taymiyyah [Minhaj as-Sunnah, 5/389]

*“The sinner does not care about whether he angers his Lord or not, all he cares about is satisfying his lusts and desires.”* – Ibn al-Qayyim [Ighaath Al-Lahafaan, P.44]

# *Family*





# ‘Don’t Worry, I’ll Change Her!’

By Rafia Aafreen

**Y**OU must have heard this statement many a time from today’s youth. This has become such a common and convincing cliché that it makes you ask: “Does this excuse validate marrying someone who doesn’t have the same priorities and goals as you, neither in the *Dunya* nor *Akhirah*?”

Why do people depend on this thin ray of hope, though their intellect is well aware of the opposite reality? Allah explains this phenomenon saying:

أَفَمَنْ كَانَ عَلَىٰ بَيِّنَةٍ مِّن رَّبِّهِ كَمَنْ زُيِّنَ لَهُ سُوءُ  
عَمَلِهِ وَاتَّبَعُوا أَهْوَاءَهُمْ

**Is he who is on a clear proof from his Lord, like those for whom their evil deeds that they do are beautified for them while they follow their own lusts?** [Surah Muhammad : 14]

Allah has given the parable of two people. One is on the *Bayyinah* (clear evidence) and the other is the one who follows his desires and his evil actions are beautified for him. We should understand that when a person is not on a clear evidence and his actions are beautified for him, then it is no wonder that he will put both worlds at stake for the most impractical hopes. In fact, history has proven this many times, especially in the matter of choosing a life companion because they are

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*They warned him not to marry the woman because of her misguidance*

”

the ones, whose companionship will affect us the most and change our perceptions. The decision to marry an irreligious person has been repeated many a times in history and one of the best examples is the story of Imran ibn Hattan.

Imran ibn Hattan used to be a follower of *Ahlu Sunnah* (people adhering to Islam on the way of the Prophet ﷺ). Then one day, to the astonishment of the people, he decided to marry a woman who was very beautiful and a *Kharijite* (a deviant sect). The people were utterly surprised. They warned him not to marry the woman because of her misguidance. But the answer he gave was: “I’ll change her”. He tried his best to bring her towards the Sunnah but she stood firm. Rather, she slowly started changing him until the point came when he was a *Kharijite* himself!

Just imagine the scenario. If your spouse is adamant and you don’t see them changing in the near future, what choice do you have? You have to stay with them for the rest of your life, even if reluctantly. And won’t their ideology and lifestyle affect you and your children in that period of time?

I don’t declare that anybody and everybody who decides to take this path will be doomed, but you cannot guarantee that all will be fine either. You cannot be assured that your children will be absolutely alright when

one of the parents is on the wrong track. Don’t assume that you can escape unharmed, pure and safe when Allah Himself says:

فَلَا تُزَكُّوا أَنْفُسَكُمْ هُوَ أَعْلَمُ بِمَنِ اتَّقَى

....Therefore, ascribe not purity to yourselves. He knows best him who fears Allah. [Surah Najm : 32]

I ask Allah to protect us from the deceiving and beautified traps of *Shaytaan*, who is an expert in giving us false promises and hopes.

“

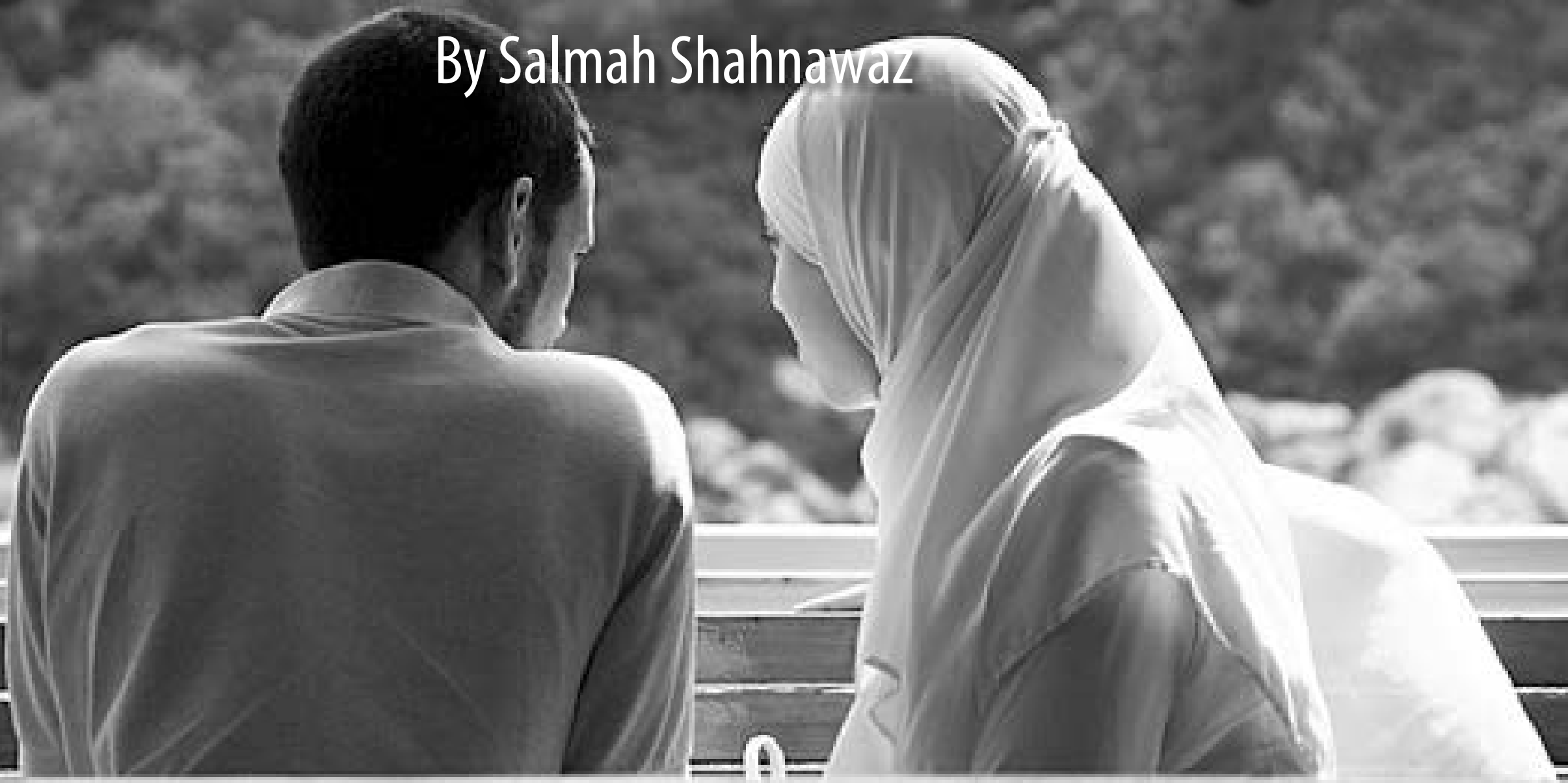
*She slowly started changing him until the point came when he was a Kharijite*

”



# My Husband is Not Religious

By Salmah Shahnawaz



**I**F you were brought up with a religious background – where it was normal for you to wear hijab once you were supposed to, to attend religious talks, and seek knowledge – the expectations when you had to get married would have been high.

A lot of women conscious of the deen look for someone who is stronger than them – so that they can be their anchor, pull them up when they need it, be their support, and help them on their path to Jannah.

However, that expectation is, more often than not, left wanting. When that happens, it can create frustration in the women, disappointment, despair, and wondering if there could have been a better person out there, who fits their criteria perfectly. Another life.

There are a few things to understand here: First, Allah has decreed everyone's spouse. Every single thing that happens is the plan of Allah, and to doubt it is not a small matter. He ﷻ knows you better than you know yourself. He ﷻ knows exactly the kind of person you wanted, and yet He ﷻ gave you this husband. Why? That requires some thought.

“

*Allah has decreed everyone's spouse... He knows you better than you know yourself*

”

Secondly, the term ‘religious’ means different things to different people. For some, it’s not drinking alcohol even though the people around them are. For some, doing their five salah and fasting in Ramadan is enough. For others, it’s more. Let’s say you and your husband are on different levels. That is your test. What can you do about it though?

## DON’T NAG

Even though this is the most difficult thing to do – the reason for nagging is because wives want their husbands to do better – it is the one thing that can turn them away from the religion. Think about how your sense of piety came to be. Were you always this way? What changed you? True embracement comes from the heart.

**Invite to the way of your Lord with wisdom and good instruction...** [Surah Nahl: 125]

He needs to understand why it is important to do the action. He needs to build a connection with his Rabb first, to be able to do absolutely anything He ﷻ has said. This rings true for children too.

If you nag him to pray, he might do it just to get you to stop, but if you weren’t around, the chances of that happening are slim. The key to doing better is love – love of Allah ﷻ. With love, there are no boundaries.

## ACTIONS SPEAK LOUDER THAN WORDS

Most people are influenced by what happens around them, so instead of always telling him what to do, why don’t you continue to do it yourself? This is a long process, but definitely more effective than just words. When he sees how much peace you get from Islam, it might make him want to join you too.

## BE MERCIFUL

**So by mercy from Allah, [O Muhammad], you were lenient with**

“

*Were you always this way? What changed you? True embracement comes from the heart*

”

**them. And if you had been rude [in speech] and harsh in heart, they would have disbanded from about you...** [Surah Aal-'Imran: 159]

The Prophet Muhammad ﷺ won so many hearts because of how soft he was to the people. He did not enforce all obligations on them at once, and despite how his enemies behaved towards him ﷺ, he was always his best towards them. This is a quality of character that is hard to emulate today. We can, however, try. Be merciful to your husband when he forgets, just as you would want Allah ﷻ to be merciful to you if you forget.



## IT'S NOT ALL ABOUT RITUALS

Islam preaches the best character, and in order to be taken seriously, we should put that into practice. Our religion does not only deem us to pray, fast, give charity, and go for hajj. It is an all-encompassing demeanour which includes giving the rights of Allah and the rights of the people.

**Righteousness is not that you turn your faces toward the east or the west, but [true] righteousness is [in] one who believes in Allah, the Last Day, the angels, the Book, and the prophets and gives wealth, in spite of love for it, to relatives, orphans, the needy, the traveller, those who ask [for help], and for freeing slaves; [and who] establishes prayer and gives zakah; [those who] fulfil their promise when they promise; and [those who] are patient in poverty and hardship and during battle. Those are the ones who have been true, and it is those who are the righteous.** [Surah Baqarah: 177]

Smile, give charity, help others, feed people. Be a good neighbour, a good daughter, a good daughter-in-law, a good wife, a good mother. Be a good listener, be generous, be loving. It's the little things that count.

*Smile, give charity, help others, feed people...  
be generous, be loving. It's the little things that count*



## DUA

There is nothing that we can do without the help of Allah ﷻ. He loves to hear us call on Him, and doing so gets us closer to Him and helps ease the frustration. By making *dua*, it shows that you want it badly enough that you took time out to ask for it.

**And your Lord says, “Call upon Me; I will respond to you”...** [Surah Ghafir: 60]

In another *ayah*:

**And when My servants ask you, [O Muhammad], concerning Me - indeed I am near. I respond to the invocation of the supplicant when he calls upon Me. So let them respond to Me [by obedience] and believe in Me that they may be [rightly] guided.** [Surah Baqarah: 186]

He ﷻ is so close that He responds whenever you call. You don't have to wait to make *dua* only after you pray or after the adhan. The most sincere du'a comes at the most desperate times. So even you're in the middle of a situation and want to throw up a prayer, know that He ﷻ is listening.

“

*Trying to change a person is a long process. It requires, in the utmost form, patience*

”

## PATIENCE

Trying to change a person is a long process. It requires, in the utmost form, patience. Patience to get you through it, patience to control how much you tell him to do, and patience to not get angry when your words aren't followed with action on his part. Our Prophet Muhammad ﷺ had plenty of it. The disbelievers' constant stubborn defiance didn't discourage him to the point that he abandoned his mission.

A beautiful oft-heard *ayah* is:

**O you who have believed, seek help through patience and prayer. Indeed, Allah is with the patient.** [Surah Baqarah: 153]

Allah ﷻ is with you when you are patient, helping you through it. That has to be the most beautiful and comforting thought!

## GUIDANCE COMES ONLY FROM ALLAH ﷻ

This is the most important thing to remember. In all those times of frustration, despair and being annoyed, you have to remind yourself that it is not your efforts that will get him to change, but the will of Allah. Hence the importance of asking du'a. A sense of pride can be found (especially when it comes to one's children) if they are termed religious, but in reality, all you have done is helped them along. The guidance to follow through came from Allah. It is also true the other way around – there might be a fleeting thought of “Why isn't he listening to me? Doesn't he love me enough? How many times do I have to repeat myself?” but the truth is, it is only Allah that can truly change him.

**Indeed, [O Muhammad], you do not guide whom you like, but Allah guides whom He wills. And He is most knowing of the [rightly] guided.** [Surah Qasas: 56]

What helps at this time is remembering what a wonderful person Allah ﷻ chose for you. Your husband, despite his flaws, loves you, despite yours. Allah ﷻ put love and mercy between both of you so that he cares for you, provides for you, and comforts you. If he is lacking in deen, maybe you are lacking elsewhere. If he doesn't complain about it to you, you should not complain about this to him. Instead, complain only to Allah – ... **“I only complain of my suffering and my grief to Allah...** [Surah Yusuf: 86] – be grateful for the good things, and thank Allah always.

This life is a blessing, treat it as such.

“

*What helps at this time is remembering what a wonderful person Allah ﷻ chose for you*

”

# Mothering the Ummah

By Mohammed Saleema



**OUR** Ummah is formed through blocks of families, and each block contributes to our society. A mother plays a vital role in it as upon her lies the upbringing of the children who eventually have a family of their own.

The mother is mainly responsible for the upbringing of sensible and virtuous children who would be an asset to our community. Our Prophet Muhammad ﷺ stated: “*The best of people are those that bring most benefit to the rest of mankind.*” (Daraqutni, Hasan)

The sense of achievement is endless for a normal mother who delivers a beautiful and healthy child. However, a righteous mother realizes the challenge of raising this child and that it is an *Amanah* from Allah ﷻ. She strives to please Allah ﷻ and exerts herself in the upbringing of the child knowing that it will earn her enormous amount of good deeds. Prophet Muhammad ﷺ said, “*Each of you is a shepherd and each of you is responsible for his flock. The ruler is a shepherd and is responsible for*

“

*The best of people are those that bring most benefit to the rest of mankind*

”

*his flock. A man is the shepherd of his family and is responsible for his flock. A woman is the shepherd of her husband's household and is responsible for her flock.*" [Saheeh Al-Bukhari & Muslim]

Shaykh Ibn Baz said: "The Muslim woman has a high status in Islam and she has a big impression on a Muslim's life. If the woman follows the guidance in the Quran and Prophet Muhammad's ﷺ Sunnah, then she carries a role to educate and raise a righteous and clean society." (*Min Aqwal Samahat-ishh Shaykh Abdul Aziz Ibn Baaz Fid-Da'wah*, pp. 98)

It's necessary for Muslim women to learn the basic principles of *deen* and thoroughly gain knowledge of Islam and its pillars.

What should a mother ensure about? Or rather, what should a *Muslim* mother do? Firstly, during the kids' childhood, we **MUST** be keen on being close to them, taking care of them, and nurturing Islamic principles in them.

Nursing is the right of the baby. When Allah said, "**The mother shall give such to their offspring for two whole years...**" (Al-Baqarah, 2:233) it has not only been proven the best medically also psychologically and intellectually.

A recent small study in Boston evaluated the behavioral effects of a heel prick procedure (for drawing newborn genetic screening) when mothers were breastfeeding their infants compared to a control group of infants who were swaddled in a bassinet.

All infants in the experimental group were latched onto their mother's breast lying skin to skin before the heel prick. Video monitoring of both groups revealed the the infants breastfed during the procedure had crying and grimacing reduced by 91% and 84% respectively compared to the infants who underwent the procedure in their



*A woman is the shepherd of her husband's household and is responsible for her flock*



bassinet. Breastfeeding also prevented the tachycardia associated with the procedure in the control group (Gray2002).

Since 1929, many studies have looked at the effect of breastfeeding on the cognitive development of children. Most of these studies have shown a statistically significant increase in developmental test scores of 2% to 5% for breastfed children when compared against formula-fed children.

This is a crucial bonding period between the mother and the child, and a wise mother MUST start with the words of Monotheism *Ashshadu An La Ilaha Illalahu Wa Ashshadu Anna Muhammad Ar Rasoolullah*, and carry it forward from there. In addition to that she should also make sure to direct them towards anything good, admonish them against wrong, encourage them to memorize the Quran and reward them for any small accomplishments.

When her children reach youth and maturity, she should be firm concerning the fulfilment of religious obligations and in disciplining for cases of negligence, by disciplining them with leniency and direction. A parent must also entrust them to do certain things in order to be self-dependent, encourage them to be consistently righteousness and keep a check on them.

Motherhood is not about a difficult pregnancy, sleepless nights, and changing nappies. It is more than that and the reward for upbringing a God-conscious child is immense. It has been said that “it is easier to bear a child than to raise it.”

A mother constantly invokes upon Allah for her child’s well-being not only in *Dunya* but also in *Akhirah* and the steadfastness for it in this *Dunya*.

Motherhood is all about cultivating a seed of deed. Yes, the child here is the seed! When our lives end, our deeds don’t – they continue in

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*Motherhood is not about a difficult pregnancy, sleepless nights, changing nappies*

”



three situations as Prophet Muhammad ﷺ said, “When a man dies, his deeds come to an end except for three things: *Sadaqah Jariyah* (ceaseless charity); a knowledge which is beneficial, or a virtuous descendant who prays for him (for the deceased).” [Sahih Muslim] And upbringing a righteous child can constitute all the three.

Mothers these days often have the hollowness of being unproductive and inefficient and the majority blame the children for hindering their path to righteous deeds. This is not true at all.

Look for example at the following words of a Muslim woman in the past: “I hope those who might find a mistake in the book which I might have made unintentionally will forgive me since I was writing with my right hand while rocking my baby’s cradle with the left.”

These were written by Maryam bint ‘Abdul-Qadir from the sixth century who was a scholar. She wrote the books of Al-Bukhari and Muslim. Determination is very essential. If a mother could contribute towards the writing of the *Saheehayn*, we have no excuse. Know my dear sisters, we need to channelize our talents and strengths in the right way. There are role models for us in the past.

Aasiyah عليها السلام -A women who did not bear a child yet she raised one of the greatest prophet Musa عليه السلام amidst the tyranny of *Firawn*.

Khadhijah رضي الله عنها, the first to embrace Islam, raised a woman of piety Fathima رضي الله عنها, the chief of all believing women in Paradise.

Umm Sulaym, a noble woman of Taqwa, vowed that her son should serve the Prophet ﷺ. Anas reported (that his mother) Umm Sulaim said (to the Prophet ﷺ), “Allah’s Messenger, here is your servant Anas.” [Sahih Muslim]



*Mothers these days often have the hollowness of being unproductive and inefficient and the majority blame the children*



# Why families should spend quality time at home

By Zara Andleeb



**“And Allah has made for you from your homes a place of rest...”**  
(Quran, 16:80)

The Prophet ﷺ said, “Travel is a portion of torment. It prevents one of you from eating, drinking, and sleeping, so when you have finished your purpose then quickly return to your families.” (Sahih al-Bukhari, no 1710; Sahih Muslim, no 1927)

**F**ANCY curtains, super soft couches, colorful wall paint, modern kitchen, and spacious bedrooms are thoughts that may come to our mind about a good house, a blessing alhamdulillah. But for it to be a home and an abode of tranquility and serenity, it takes more than just bricks and cement; it takes a family to make a home.

Family is the building block of society. If the families of the ummah are strong, the ummah is strong. We are experiencing a sharp decline in the number of families in the world today. It's sad. It's scary.

I was recently skimming through a news portal and read a really depressing report: An aged couple called 999 because they were feeling

“

*We are experiencing a sharp decline in the number of families in the world today. It's sad. It's scary*

”

extremely lonely.

According to research, this is a widespread problem in countries like the US. Sage Minder reports:

Large portions of the elderly's children live more than an hour's drive from their aging parents. Over 80% of children who have moved away have done so due to the job market, which makes it hard for them to visit parents regularly. Today's lifestyle does not permit for spending time with senior family members. Studies have shown that parents whose children do not visit at least twice a month suffer greater loneliness than those who do see their children more often.

Additionally, older people who live alone have less face-to-face contact than those who live with a spouse. Adding to loneliness is the fact that aging inhibits mobility, therefore, the elderly tend to see less and less of their friends / acquaintances and are less likely to participate in community events.

According to the 2010 US Census Bureau, more people were 65 years of age and older in 2010 than in any other previous census. There were 40.3 million people who were 65 and older, which is an increase of 5.3 million since the 2000 census. The result is more lonely

senior citizens. Many people experience loneliness as a result of living alone, lack of close family relationships, and age-related losses.

This is only the tip of the iceberg as there are more than just problems that the elderly are facing. People of all age groups suffer from not having a healthy family life. Intentionally or unintentionally, family life has become a very insignificant and negligible factor in the life of many.

Some amazing research reports:

“

*Many people experience loneliness as a result of living alone, lack of close family relationships, and age-related losses*

”

Children in families that participate in religious activities together are more likely to report seeing expressions of love and affection between their parents. [1]

Children's academic success is associated with having mothers who frequently communicated with them. [2]

Children whose fathers spend time with them doing activities tend to have better academic performance. [3]

Youths who communicate, do activities and have close relationships with their parents are less likely to engage in violence. [4]

Teens whose parents are home with them after school and in the evening are less likely to experience emotional distress. [5]

The religion of Allah ﷻ is perfect. His messenger was perfect ﷺ. This religion came to make life easy, yet we advert to propaganda which drives us to believe what is not true; success is money and taking care of our old parents is going to ruin it, hanging out with friends makes us cool but our siblings are boring.

If we could just contemplate over the commands of the religion and understand it as it should be, we will be fully convinced, *In sha Allah*, that it is just what we all want. The reasons for all these problems is a lack of a balanced system and a guideline which educates us to differentiate between the good and the bad. Islam is a religion of *fitrah* (nature), it serves the follower and helps him/her to attain the best of both worlds.

The life of the Prophet Muhammad ﷺ is an example of 'the' most ideal life until the end of times. He was perfect at all relationships; a perfect father, a perfect friend, a perfect husband and a perfect family member.

Aisha رضي الله عنها, the wife of the Prophet Muhammad ﷺ, was asked, "What



*Teens whose parents are home with them after school and in the evening are less likely to experience emotional distress*



did the Prophet ﷺ used to do in his house?” She replied, “He used to keep himself busy serving his family and when it was the time for prayer he would go for it.” (Al-Bukhari). He ﷺ also said: “The best of you is the one who is best to his own family, and I am the best of you towards my family.” (Sunan At-Tirmidhî, Sunan Ibn Mâjah), “He is not one of us who does not show mercy to our little ones and respect to our elders.” (Sunan At-Tirmidhî). Such was the Messenger of Allah ﷺ.

It is so astounding if we reflect on our lives today; we enthusiastically participate in decorating the walls of our homes but fail to pay heed to what actually makes it. We are nice to the world but neglect the ones who make ours. It’s time we love what is real.

Here’s how you can start

**PLAN:** Plan with your partner on how to make the family time quality filled. This also serves the relationship between both of you.

**SPEND HOLIDAYS AT HOME:** Home is a place of tranquility and that is what we all want during holidays. Bring in some innovative ideas to spend holidays with kids at home. Make them feel like home is the best place!

**FAMILY DISCUSSIONS:** Call for a meeting; call the kids, regardless of their age and ask them what they would want to do at home during weekends or holidays. Don’t laugh or make fun of their opinions, but respect them and make them feel heard.

**COMPETITIONS:** Conduct different competitions at home, get involved thoroughly and they’ll love it.

**TEACH THEM THE RELIGION:** With all the other activities, do not neglect to connect with the *deen*.

“

*Islam is a religion of fitrah (nature), it serves the follower and helps him/her to attain the best of both worlds*

”

**BE AN EXAMPLE:** Children listen with their eyes. Be the person you want your children to be.

**LOOK AFTER YOUR PARENTS:** When your children grow up, they will only remember what you did, In sha Allah.

**MAKE LOADS DUA:** Because if He ﷻ wishes good, nothing will ever go wrong.

Lastly, remember that this is an act of worship; there is reward every time you put in effort. And do so with the intention not only to attain a happy home in this world, but also mainly the eternal home, *Jannah In sha Allah*.

“

*Look after your parents: When your children grow up, they will only remember what you did, In sha Allah*

”

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# *Recipes*



TASTE OF THE PAST

# Roast meat recipe from 13th century Andalusia

By Bushra Wangde



**W**E present a recipe adapted from an Andalusian cookbook written

in the 13th century. It is a small taste of meals in the past that shows the refinement of taste and the eye for detail that went into each recipe and its presentation. For instance, the anonymous author of the book prefaces the recipes with a discussion on whether food should be served with each kind on a separate dish or with everything on one platter:

“Many of the great figures and their companions order that the separate dishes be placed on each table before the diners, one after another; and by my life, this is more beautiful than putting an uneaten mound all on the table, and it is more elegant, better-bred, and modern”. Bon provecho!

## Ingredients

1/2 kg lamb or beef (boneless)	1/4 tsp cinnamon
3/4 cup soaked chickpeas	1/4 tsp black pepper
3 small onions	3 tablespoon olive oil
1/2 green capsicum	1/4 cup green coriander
1 teaspoon (tsp) salt	1/8 tsp pepper powder
1/4 tsp cumin seeds	1/4 tsp cinnamon powder or stick
1/2 tsp dried coriander seeds	



## Method

1. Boil the meat in a little water, just enough to cover the meat until the water dries out, or the meat is almost done. Make sure to keep turning the sides, so that it does not burn.

*Note: The original recipe calls for roasting the meat directly, but boiling the meat will help it roast better and get cooked thoroughly.*

2. Take out the boiled meat, and sprinkle with salt all over. Lay it out on a baking tray and keep for roasting in the oven. Brush the tray with oil, to avoid burning. Roast till the meat is done and brown, and you can pass a knife inside it easily.



3. After the meat is roasted, cut it into smaller strips about ¼" x ½".

4. Add oil to a cooking pot and heat it. Add spices and onions, followed by chickpeas. After a few minutes add 1/2 cup of water. Cook over moderate heat, until it's just about to dry out. Keep stirring after few minutes.

*Note: The original recipe has no water added in it, but it's*

*better to add water, so that the chickpeas*

*can be cooked well.*

5. Add the roasted meat, and cook for 3-4 minutes with the lid on it. Add salt to taste.

6. Cut the capsicum and fry for one minute. Add the coriander and cook. Turn off the heat.

*Note: The original recipe has no capsicum. Adding capsicum brings more flavor to the dish.*

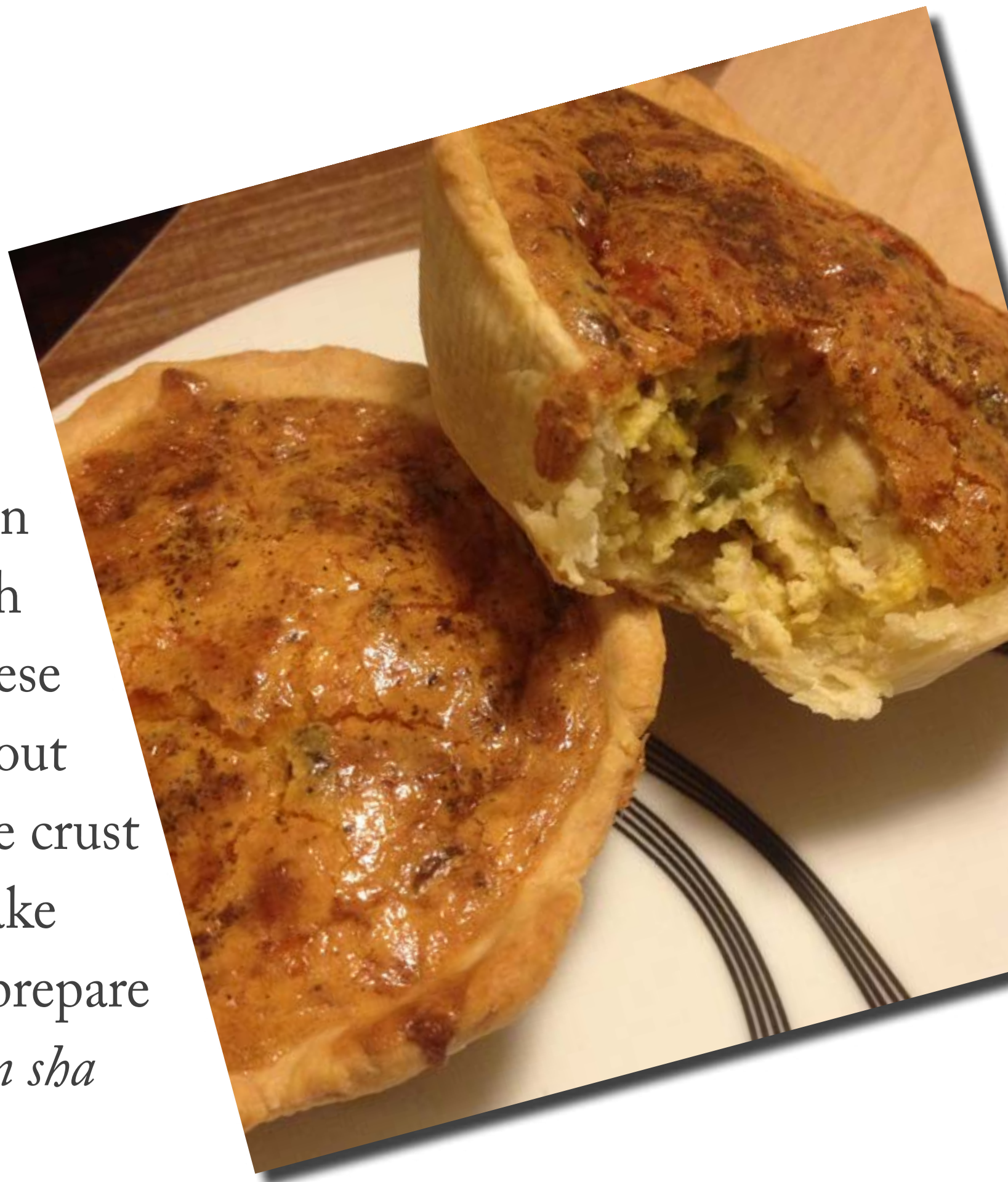
7. Now sprinkle black pepper powder and cinnamon powder, stir and serve hot. Enjoy!

QUICK &amp; TASTY

# Quiche

By Zara Andleeb

**Q**UICHE is an European delight. This savory dish is a combination of eggs, cheese and cream. The best thing about this is that it is so simple! The crust is flaky and soft, it will just take about ten minutes or less to prepare it (minus the baking time), *In sha Allah.*



## Ingredients for crust

1 cup flour

1/2 teaspoon salt

1/4 cup olive oil or 1/4 cup canola oil

1/4 cup ice water (I use refrigerated water)

## Ingredients for the filling

1/2 cup Cheddar or Mozzarella cheese (Grated)

2 large eggs

1/4 cup fresh cream

1 Cup chicken cut into small cubes

2 table spoon Capsicum

2 table spoon Mushroom

(You can use anything! You can use any veggie you like, seafood or meat! I'm using chicken, mushrooms and capsicum because the combination is just super delicious.)

Salt and pepper

1/2 tsp red chilly flakes

2 tsp garlic minced

## Method

- Preheat oven to 200\* C
- Making the crust: Just mix all the ingredients in a mixing bowl.
- Once you're ready with the dough, using a rolling pan work the

dough until it's not too thick and not too thin.

- Spread it into your baking pan and pop it into the oven for 15 mins or until it turns dry. Remove from oven and directly pop it into the freezer for 15 mins. Turn the oven to 180\*. Remove from freezer, pour the filling and bake it for 30 to 40 mins.

- Making the filling: Mix eggs, cream and cheese in a bowl. In a separate bowl add the salt pepper, garlic, chilli flakes, chicken and mix well. Fry the chicken with few drops of oil in a sauce pan.

- Add the chicken, capsicum and the mushrooms to the egg mixture. Mix well and your filling is ready!



*Historic  
Islamic art:  
Wood phone  
case*

**BUY**

*Wood Case: Maple*



*Fiqh  
&  
Fatawa*

# How to perform *ghusl*



- ✓ Make intention for purification
- ✓ Wash the private parts
- ✓ Make *Wudu'* (ablution) like the *Wudu'* done for prayer
- ✓ Pour water first on the right side, then the left side.
- ✓ Pour water on the head, covering the entire body with water
- ✓ Washing the feet should be delayed until the end of the *Ghusl*.

Aisha رضي الله عنها said that the Messenger of Allah صلى الله عليه وسلم when performing *Ghusl* from *Janabah* (ritual impurity), used to wash his hands, then wash his private parts with his left hand. After that he performed *Wudu'* like that for prayer. Next, he took some water and ran his fingers in the roots of his hair until he used three handfuls of water on his head. He would then go on pouring water on the rest of his body and wash his legs. [Sahih Muslim]

1. The person taking a bath should first of all wash both hands up to the wrists, and then wash the private parts. The hands and private parts should be washed irrespective of whether there is any impurity on them or not. Both these have to be washed under all conditions. Thereafter, any impurity found on the rest of the body should be washed. Then make *Wudu'*. If one is sitting on a stool or stone while bathing, then the feet should also be washed when making *Wudu'*. But

if one is sitting in a place where the water accumulates and he will have to wash the feet again after completing the *Ghusl*, then the entire *Wudu*' should be made but the feet should not be washed.

After performing *Wudu*', pour water on the head three times.

Thereafter pour water over the right and left shoulders three times each in such a way that water reaches the entire body. Thereafter move from this place and go to a clean spot and wash the feet. If the feet were washed when making *Wudu*' there will be no need to wash them again.

2. Whilst pouring water over the body the first time, rub the body well so that water reaches everywhere properly and no place remains dry.

3. The above method of *Ghusl* is according to the Sunnah. Some of the items explained above are *Fardh* (obligatory) without which *Ghusl* will not be complete and the person will remain impure. Some other items are Sunnah (recommended but not obligatory). Observing them entails reward, and by not carrying them out, *Ghusl* will still be complete.

The *Fardh* acts are only three:

(a) To gargle the mouth in such a way that water reaches everywhere.

(b) To wash the nose up to the soft bone.

(c) To pour water over the entire body.

4. While bathing, one should not face the *Qiblah*. Too much water should not be used, nor should so little be used that one is unable to wash thoroughly. The bath should be taken at such a place that no one can see the bathing person. One should not talk while bathing; he should cover himself up first and then wash the feet.

5. If the bathing place is secluded where no one can see, then it is permissible to bathe naked, irrespective of whether one is standing or sitting and irrespective of whether the roof is covered or not.



*If a woman pours water on her head three times, that will be sufficient and she does not need to undo the braids*



However, it is better to sit and bathe because there is more modesty in this. To expose the body from the navel to the knees before anyone is a sin. Many women bathe completely naked in the presence of other women. This is a very evil and shameful act.

6. Even if an area equal to a hair's breadth is left dry, *Ghusl* will not be complete. In the same way, if one forgets to gargle the mouth or wash the nose, *Ghusl* will not be complete.

7. If a woman pours water on her head three times, that will be sufficient and she does not need to undo the braids. This is based on the Hadeeth of Umm Salamah رضي الله عنها. It is narrated that she asked the Prophet صلى الله عليه وسلم: "I am a woman with braided hair; should I undo it when doing *Ghusl* for *Janaabah*?" He answered: "No, rather it will be sufficient for you to pour three handfuls of water on your head, then pour water over yourself and you will be purified." [Muslim]. Unless the *Ghusl* is after the menses, then she has to undo the braids and wash her hair thoroughly.

Reference: *'Al-Mubdi' Sharh al-Muqni'*, by Ibn Mulfih

## FATAWA

**Q: If while performing *Wudu'* (ablution), I forget to wash a small part of a limb that must be washed during *Wudu'*, which I remembered immediately after *Wudu'*. Should I repeat *Wudu'* in this case, or is it enough to wash the part I forget?**

**A:** One of the conditions of *Wudu'* is washing all the parts in close sequence. If a person forgets to wash a limb required in *Wudu'*, or even a small part of it, and remembers it while performing *Wudu'* or immediately after when the washed parts are still wet, he/she may wash the part they forgot and the subsequent limbs only. However, if they remember having forgotten to wash a limb that is required to be washed during

*Wudu'*, or even a small part of it, after it is dry, or while or after performing *Salah* (Prayer), they should repeat *Wudu'* as prescribed by Allah and perform the whole *Salah* again. This is because the condition of washing the required body parts in sequence was not met. Moreover, Allah made it obligatory that all the required body parts should be washed during *Wudu'*. Accordingly, whoever omits even a very small area of a limb, it is as if it were wholly omitted. This is supported by the Hadith narrated on the authority of `Umar ibn Al-Khattab رضي الله عنه who said: The Prophet صلى الله عليه وسلم saw a person performing *Wudu'*, but he left a nail-size space on his feet (unwashed). The Messenger of Allah صلى الله عليه وسلم commanded him to repeat the *Wudu'* and *Salah*. The man went back and repeated *Salah*. (Related by Ibn Majah in his Sunan) Moreover, Imam Ahmad and Abu Dawud related a Hadith similar in meaning.

– *Permanent Committee of Islamic Research & Fatwa; Abdul-Aziz Ibn Baz, Abdul-Aziz Aal Al-Shaykh, Bakr Abu Zayd; alifta.net*

**Q: Doctors may need to lie to the patients concerning their health condition, especially as the patient may get worse if he or she knows their real condition. Is the doctor sinful for doing this?**

A: It is permissible to lie to the patient if this will improve their medical condition and will not have harmful consequences to the patient or to others. But if it is possible for the male or female doctors to use equivocation or ambiguous words, without resorting to direct lying, that would be safer and preferable.

May Allah grant us success! May peace and blessings be upon our Prophet Muhammad, his family and Companions!

– *Permanent Committee of Islamic Research & Fatwa; Abdul-Aziz Ibn Baz, Abdul-Razzaq `Afify, Abdullah ibn Ghudayyan, Abdullah ibn Qa`ud; alifta.net*





ZAYD IBN AMR

## '...a nation on his own'

Compiled by Zara Andleeb

*They said to one another: "You know, by Allah, that your people are not following anything (any true path), and they have deviated from the religion of their father Ibrahim ﷺ (Abraham). What is this stone that we circumambulate, which can neither hear nor see, and can neither cause harm nor bring benefit? O people! find yourselves a religion, for you are not following anything!" So they split up and traveled to different lands seeking the religion of Ibrahim.*

**H**ISTORIC texts have preserved for us the stories of four wise men of Quraysh who withdrew from the people during one of the festivals of Quraysh that celebrated an idol. The men were Waraqah ibn Nawfal, 'Ubaydullah ibn Jahsh, 'Uthman al- Huwayrith ibn Asad and Zayd ibn Amr.

Before the prophethood of Muhammad ﷺ, there was nothing left of the heavenly light which the prophets had brought except the faintest glow which was not enough to guide people or show them the way revealed by Allah, because that way had been lost and mixed with so much falsehood.



Waraqah ibn Nawfal followed the Christians, and learned about their books from their scholars, until he gained some knowledge from the People of the Book. Uthmaan ibn al-Huwayrith went to Caesar (Qaysar), the ruler of the Romans and became a Christian, and was held in high esteem by Caesar.

Ubaydullah ibn Jahsh remained in his state of confusion until he became a Muslim, then he migrated with the Muslims to Abyssinia with his Muslim wife Umm Habeebah bint Abi Sufyaan. When he reached Abyssinia he became a Christian and died a Christian.

Zayd ibn Amr neither became a Jew nor a Christian. He left his people and shunned the idols. He avoided dead meat, blood and the meat of animals that had been sacrificed to idols.

He said: "Allah created the sheep; He sent down water for it from the heavens and caused food to grow for it from the earth, then you slaughter it in a name other than that of Allah!"

He spoke out against the practice of burying infant girls alive. He used to (rescue and) protect girls who were buried alive. He would say to a man who wanted to bury his daughter alive, "Don't kill her, I will take care of her." He would take the child, and when she grew up he would say to her father, "If you want I will give her to you, or if you want I'll take care of her." He denounced them and pointed out the enormity of their actions.

Ibn Umar narrated that: Zayd ibn Amr went out to Syria asking about a religion he could follow. He met a Jew scholar and asked him about their religion, saying, "Perhaps I will follow your

religion, tell me more about it.”

He said, “You cannot follow our religion unless you take your share of the wrath of Allah.”

Zayd said, “The anger of Allah is what I am running away from! I can never bear anything of the wrath of Allah, how could I bear it? Can you tell me about any other religion?”

The Jew said, “I do not know for any other religion except being a *Haneef*.”

Zayd said, “What is a *Haneef*?”

He said, “The religion of Ibrahim عليه السلام. He was neither a Jew nor a Christian, and he worshipped nothing but Allah.”

Then Zayd went and met a Christian scholar and asked him about his religion, saying, “Perhaps I will follow your religion, tell me about it.”

He said, “You cannot follow our religion unless you take your share of the curse of Allah.”

Zayd said, “The curse of Allah is what I am running away from, I can never bear anything of the curse and anger of Allah, how could I bear it? Can you tell me about any other religion?”

The Christian said, “I do not know of any other religion except being a *Haneef*.”

Zayd said, “What is a *Haneef*?”

He said, “The religion of Ibrahim عليه السلام. He was neither a Jew nor a Christian.”

When Zayd heard what they said about Ibrahim عليه السلام, he went out, raised his hands and said, “O Allah, bear witness that I am following the religion of Ibrahim عليه السلام.”

Asma bint Abi Bakr رضي الله عنها said, “I saw Zayd ibn ‘Amr standing, leaning back against the *Ka‘bah*, saying, “O Quraysh! By Allah, no one among you is following the religion of Ibrahim عليه السلام except me.”

The Messenger ﷺ said, “I entered Paradise and I saw two gardens for Zayd ibn Amr.” And when asked about Zayd, he ﷺ said: “He will be gathered as a nation on his own, between me and ‘Eesa ibn Maryam.”

After the period of darkness, the light of Islam was sent upon the last messenger of the Almighty ﷺ. It illuminated the minds of the people and guided them towards the truth, the religion of all prophets, peace be upon them all.

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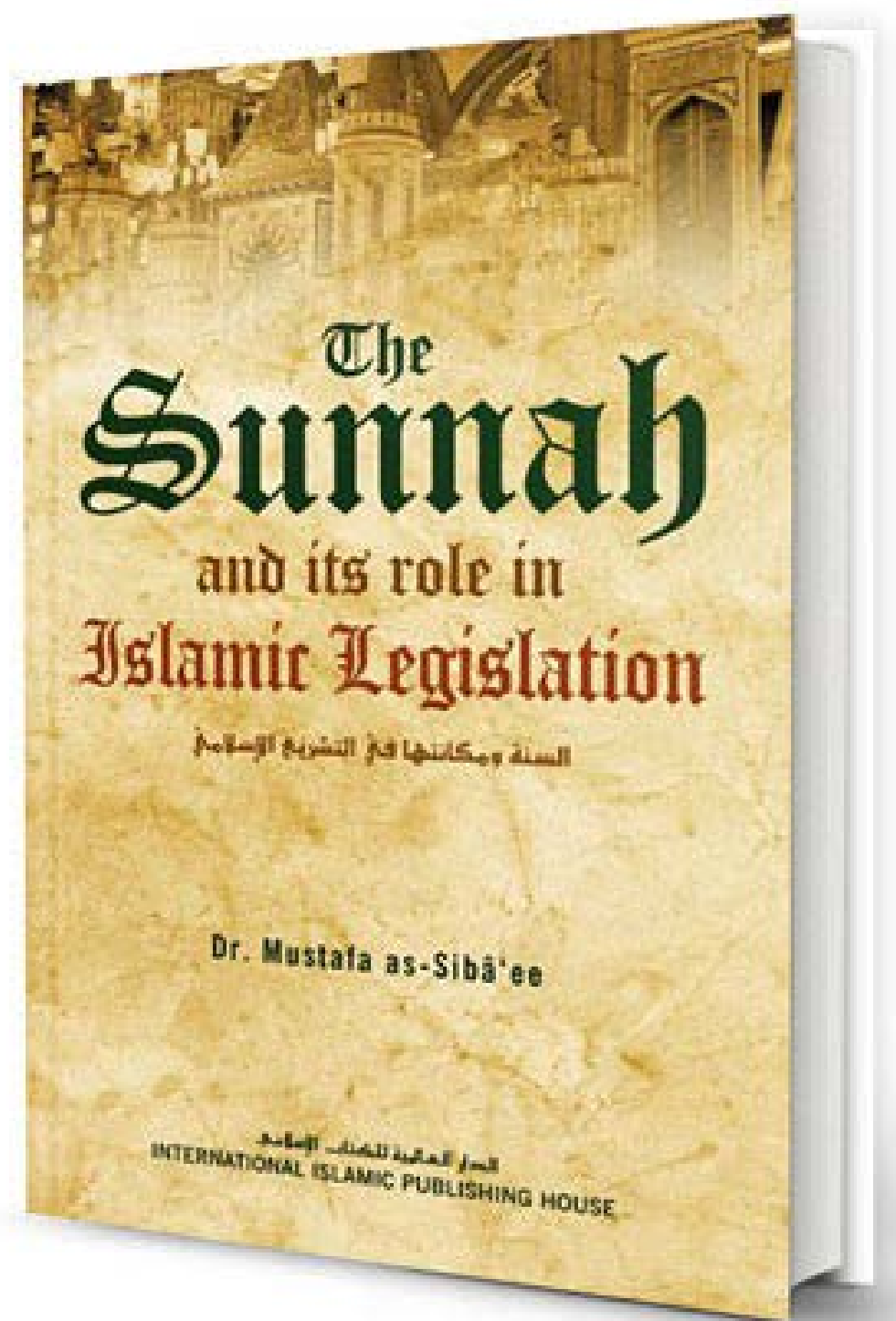
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BOOK REVIEW

# The Sunnah And Its Role In Islamic Legislation by Dr Mustafa As-Sibae: Clear and Engaging

By Bushra Wangde



**A**S Muslims, we are obliged to follow two things very closely in our life: the Qur'an and the Sunnah. The Qur'an is the word of Allah, revealed to our beloved Prophet ﷺ and the Sunnah constitutes the sayings, actions, and the example of the Prophet ﷺ. Sadly, many of us fail to follow the Sunnah the way it is supposed to be followed, and many times don't give the Sunnah its due importance. Why is that? That's because we don't really understand what the Sunnah is.

Reading '*The Sunnah and Its Role in Islamic Legislation*' led me to know what the Sunnah is and how limited our knowledge regarding it is. The book is originally a Ph.D thesis written in Arabic by Dr. Mustafa as-Sibae, which has been translated into English by Faisal ibn Muhammad Shafeeq and is a rich source of knowledge that covers every aspect and topic connected to the Sunnah that is necessary for us to know. It is full of historical accounts, evidences, definitions and scholarly opinions, giving greater insight into the Sunnah and the significant role it plays in Islamic legislation.

For example, if any one of us was asked to define the Sunnah, we would say that it is "the path or the way of the Prophet ﷺ". This book gives us three definitions of the Sunnah according to the

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*It is full of historical accounts, evidences, definitions and scholarly opinions*

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Sciences of Hadith, *Usool al-Fiqh*, and Fiqh, and explains why there is a difference in each definition.

The author says: “The scholar of hadith researches the life of the Messenger of Allah ﷺ as an Imam, a guide, for Allah informed us that He ﷺ is our example and model. Therefore he relates all that has to do with the Prophet’s biography, with his manners...regardless of whether any of the above actually establishes an Islamic ruling.

The scholar of *Usool al-Fiqh* sees the Messenger of Allah ﷺ as a legislator, who laid down the rules of legislation.

This scholar concentrates on the Prophet’s sayings, actions and approvals when they either establish or confirm an Islamic ruling.

The scholar of Fiqh studies the life of the Messenger of Allah ﷺ, knowing that all of his actions point to an Islamic ruling, whether a specific action is forbidden, permissible, compulsory, and so on.”

The author also reveals the attacks that have been made on the Sunnah by different deviant sects, Orientalists, “progressive” Muslims and others, and defends the Sunnah from all the baseless accusations made by them.

The author refutes misconceptions such as those raised by Ignaz Goldziher, a Jewish Orientalist who claims: “It is not correct to say that the greater part of Hadith literature was brought about in the first generation of Islam, the generation of infancy. Instead, the greater part of Hadith literature was the result of the efforts taken up by the Muslims in the era of growth.”

The author refutes the claim in his book and states: “I cannot even fathom how he had the temerity to make that claim when all established authentic narrations disprove it. The Messenger of Allah ﷺ died only after the complete building and structure of Islam was erected... just before he died, he said: “I have left with you two matters, and you will not go astray as long as you adhere to



*The author reveals the attacks that have been made on the Sunnah by different deviant sects*



them-- Allah's book and my Sunnah." At the end of the book, the author includes biographies of the four Imams of *Ahlus Sunnah*, and biographies of the compilers of the six books of Hadith.

The language of the book is very simple, and hence it is easy to understand the point the author is trying to make. The writing is in a narrative style, which keeps the reader engaged. The author mentions evidences and historical accounts point by point with suitable subtitles to keep the ongoing topic connected and easy to read.

In short, the book is all about that we should know about the Sunnah, making us love the Sunnah more than ever before. It is a reminder of the Quranic verse that says:

**“Indeed Allah conferred a great favor on the believers when He sent among them a Messenger from among themselves, reciting unto them His Verses [the Qur’an], and purifying them [from sins by their following him], and instructing them [in] the Book [the Qur’an] and the *hikmah* [the wisdom & Sunnah of Prophet], while before that they had been in manifest error” (Qur’an 3: 164)**

## Book Review: A Temporary Gift by Asmaa Hussein

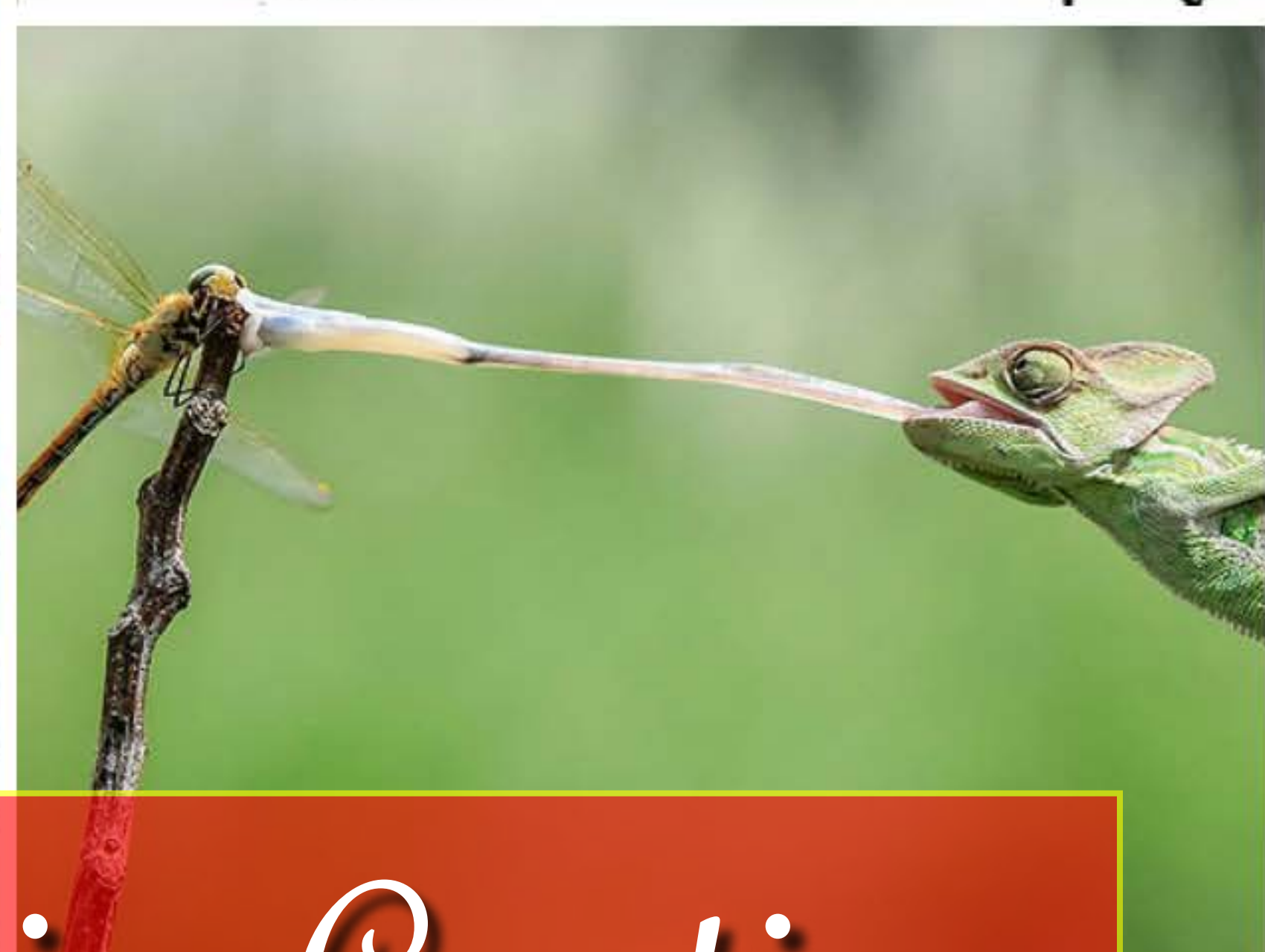
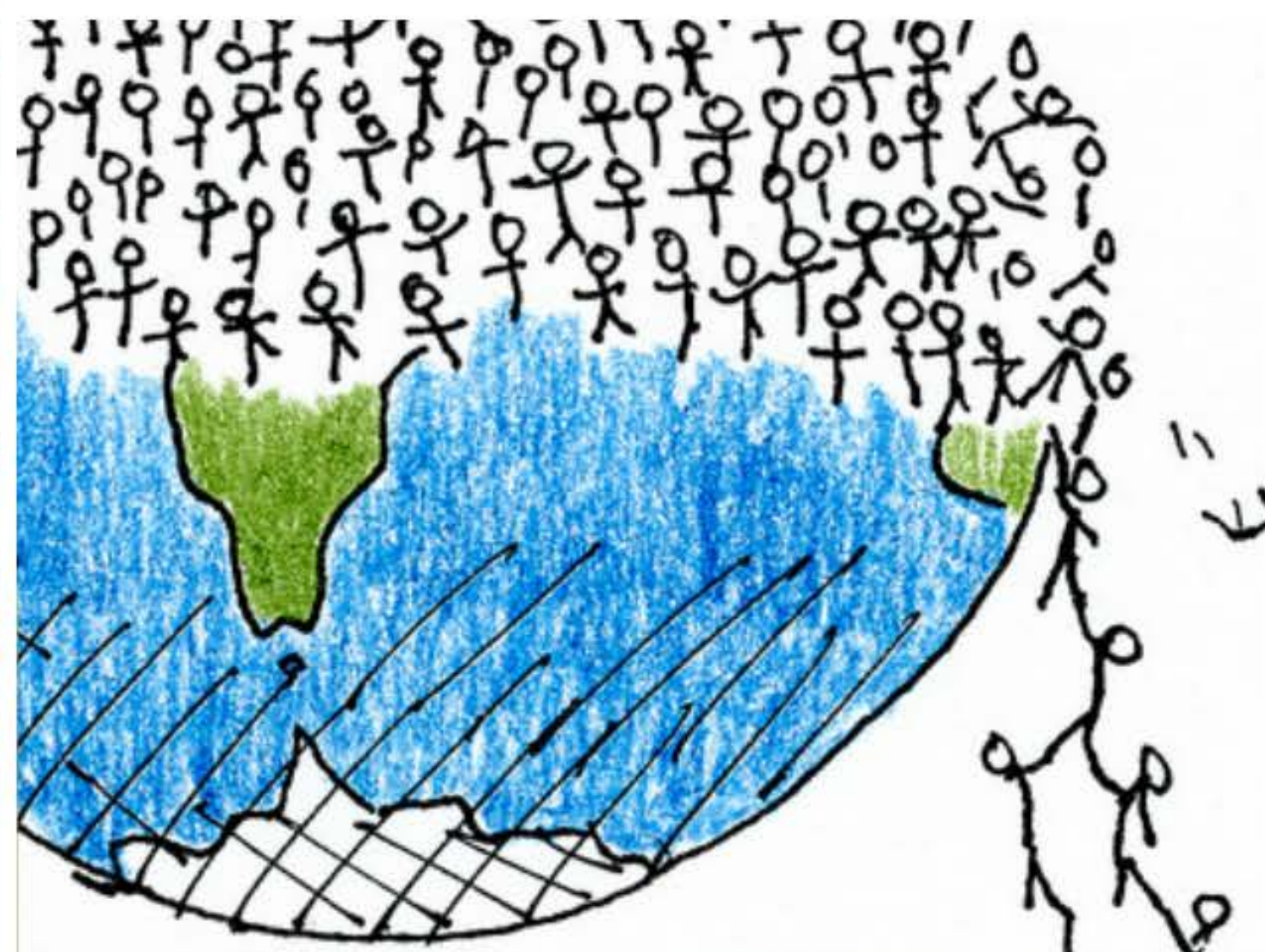
By Umm Rashid

‘A Temporary Gift’ is an intensely personal account of ‘love, loss and healing’ and one of the closest works one could read in the genre of a *rithaa*’ (elegy) in our times. It is rare to come across a piece of writing that is so sincere, heartfelt and spiritually uplifting from a modern writer -- this writing is for posterity as much as it is for the present day.

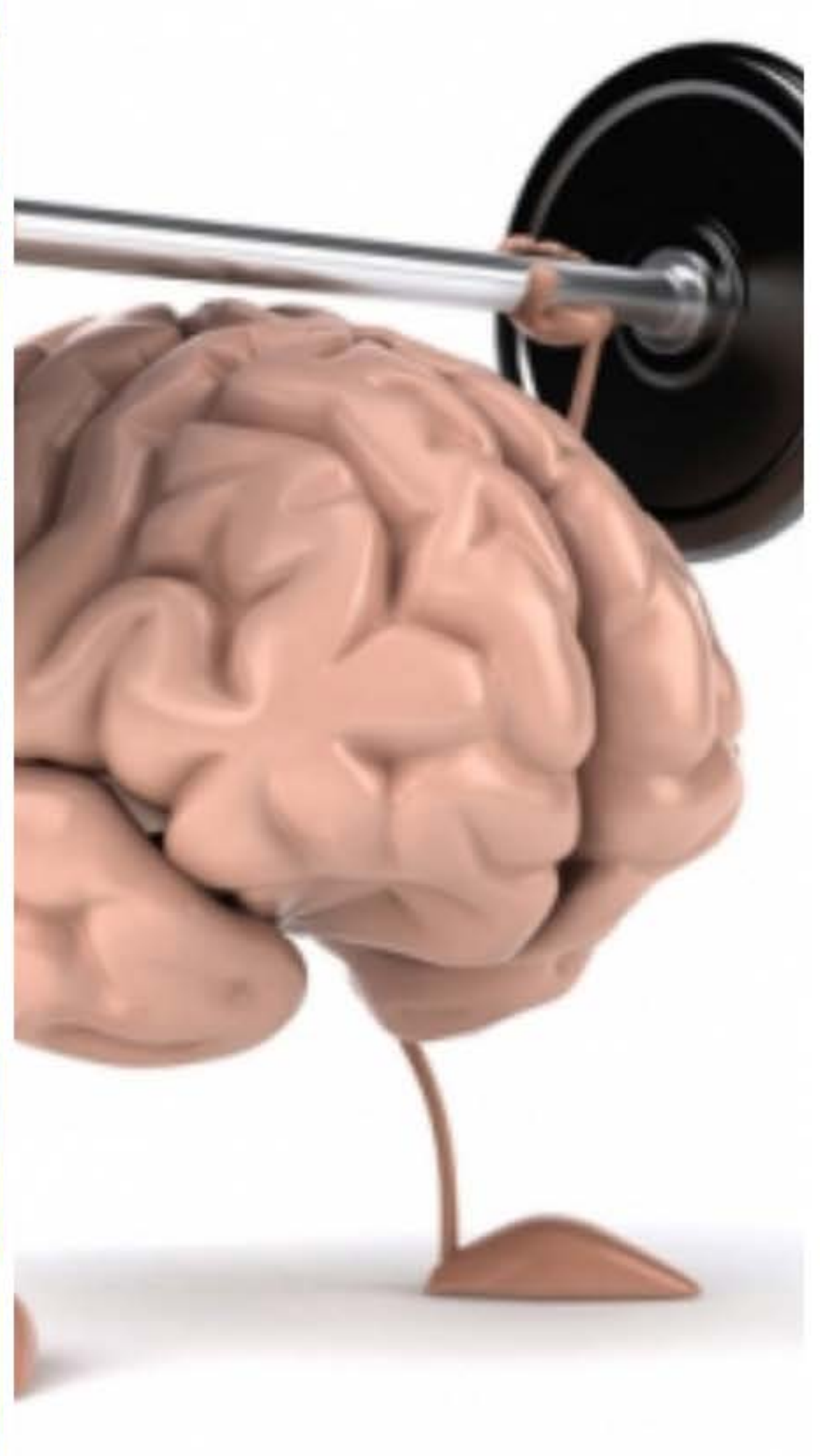
Asmaa Hussein takes the reader back to Friday, August 16, 2013,

when her husband, Amr Kassem, a young pharmacist was shot and killed at a peaceful protest in Egypt. The book is the outcome of her attempt to “document and record every moment in which I was able, against all odds, to hope for the future again.” She hopes that “the book’s message of hope and renewal can reach the hands and hearts of other women and men who are saddled with grief or silently suffering through loss.”





*Amazing Creation*





## Be Amazed by the Honey Bee

By Bushra Wangde

**L**OOK around... you will see that the world is filled with the most amazing and beautiful creations of Allah. Let's explore them and astound ourselves with one of the tiny creatures existing, breathing and flourishing on this land of ours. Come and take a tour of the beehive, and prepare to be amazed!

Allah says: **“and your Lord inspired the bee, ‘take for yourself among the mountains, houses, and among the tress and that which they construct. Then eat from all the fruits and follow the ways of your Lord laid down (for you)’. There emerges from their bellies a drink, varying in colors, in which there is healing for people. Indeed in that is a sign for people who give thought.”** (Surah Nahl 68-69)

We find bees on mountain or tree tops or on buildings, just as the ayah mentions. These yellow and black creatures are just 0.4 to 0.6 inches long, but they carry out the most extraordinary work with the greatest efficiency and precision.

Like humans, honey bees are social creatures and live in colonies. How many? Take a guess... 1000? No...3000? No again. You would

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*You would find 20,000 to 80,000 bees living in a single hive*

”

find 20,000 to 80,000 bees living in a single hive! It seems like bees are doing a better job of keeping family ties than us humans.

Let's get to know the members of the bee family: the queen, drones and workers.

## THE MOTHER OF THE HIVE

The queen is the mother of all bees living in the hive, and the only fertile bee in the hive. A queen can live upto 5 years, unlike the other bees who die out in 4 to 6 weeks.

The queen does only one job her entire life, that is laying eggs. She lays up to 2000 eggs per day! Like, any other queen, the queen bee is surrounded by her servants who serve her day and night. These are the worker bees that are always at hand, feeding her, cleaning and protecting her.

How do you think the queen bee shows her authority and queenship over the other bees, and brings about law and order in the hive? With a special bee perfume. Yes, you read that right. The queen bee continually emits pheromones, a chemical also known as bee perfume, that only the bees in the hive can smell. These pheromones keep the female workers sterile and also act as a signal to assure all the bees in the colony that the queen is alive and all is well in the hive. Not only that, but every hive has its own distinct scent, hence distinguishing them from other bee colonies.

Once the queen bee gets old, there is a reduction in the production of the eggs as well as the bee perfume, which is a sign well understood by the worker bees. Without wasting any time, they all set to work and make new royal cells or queen cups, and feed the egg or any existing larvae royal jelly till it comes out of its cell (and even after that), which then becomes the upcoming queen of the hive.

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*The queen bee continually emits pheromones, a chemical also known as bee perfume, that only the bees in the hive can smell*

”

## THE WORKERS

These bees are female and sterile, and are the most hardworking members of the hive. They do each and every work in the hive from the minute they emerge from their cells.

The worker bees are responsible for numerous tasks, like cleaning the hive, caring for the larvae and the young, feeding the queen and the drones, making honey, building and maintaining the combs, hive ventilation and security, gathering and storing nectar, pollen, water and resin.

The buzzing sound of a honey bee comes from the beating of their wings upto 200 times per second, while flying at a speed of around 25 km per hour.

Going from one flower to another collecting nectar and pollen is tiresome, but what would happen if the bee kept going back to the same flower? This doesn't happen because a honey bee leaves a scent on a flower that it has already extracted nectar from, indicating to other bees that the particular flower was already checked in.

You can see a flower? A bee can smell a flower. Each bee has 170 odor receptors, which means they have one serious sense of smell! Their sense of smell is so precise that it could differentiate hundreds of different floral varieties and tell whether a flower carried pollen or nectar from meters away. They use this to communicate within the hive also.

A bee has five eyes! The worker bee's eye is a very complex organ with 6,900 facets, known as ommatidia, each carrying out separate visual processes. A worker bee can solve harder and complex mathematical problems that can keep computers busy for days! Even though its brain is the size of a grass-seed, it can calculate foraging distances and

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*The buzzing sound comes from the beating of their wings upto 200 times per second*

”

energy expenditure, and find out the shortest route to the targeted flowers.

Eyesight – good. Olfactory system – good. Memory – good. One problem though: honey bees are deaf. So how do they communicate? To say simply, they communicate through dancing. They share information about the best food sources by performing their ‘waggle dance’. When the worker returns to the hive, it moves in a figure-of-eight and waggles its body to indicate the direction of the food source, the flying time to the sources, and even the wind speed!

The worker bee collects nectar from the flower, swallows it, which then undergoes a chemical change in its stomach, where it becomes a heavy, sugary liquid rich in vitamins and minerals. Later, bees place it into the honeycomb cells and seal it with a wax cover. The honey acquires its familiar taste and consistency in the comb, thanks to the special air-conditioning provided by the bees.

That’s not it, the worker bees are superb engineers also. One of the most amazing things about bees are the identical, exceptionally regular hexagonal comb cells, they make out of beeswax, which is secreted from their bodies. This offers yet another indication of the superior intelligence manifested in bees. They also construct a large number of cells. For example, in order to store 9.9 kilogram (22 pounds) of honey, bees need to build a comb of 35,000 cells.

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*In order to store 9.9 kg (22 pounds) of honey, bees need to build a comb of 35,000 cells*

”

## THE LAZY BEE

Drones, are the only male bees in the hive and possess almost none of the features found in other bees, except for their reproductive organs, They are not able to serve any other purpose other than fertilizing the queen.

Despite the male bee's lack of abilities, the workers take great care of them until they mate with the queen. Five or six workers need to work non-stop to feed just one of the 400 to 500 male bees in the hive.

The male bees leave the hive and start looking for the queen some two weeks after they emerge from their cells. The queen and the male generally meet at high altitudes. Males live only in spring and early summer, after which they are killed by the workers. Once the time of the mating flight is over—and as the nectar levels in flowers start to decline in the heat of summer—the workers' behavior towards the males changes completely. They are either killed or expelled out of the hive.

Even a small insect like a honey bee, is just not a mere insect, but a perfected creature of Allah that was created with a purpose and goal that lies in the wisdom of Allah.

**And in your creation and all the creatures He has spread about there are signs for people with certainty.** (Surat al-Jathiyah: 4)



A veiled chameleon captures a dragonfly with its tongue, which is longer than the reptile itself. Picture: Tanto Yensen/Solent News & Photo Agency

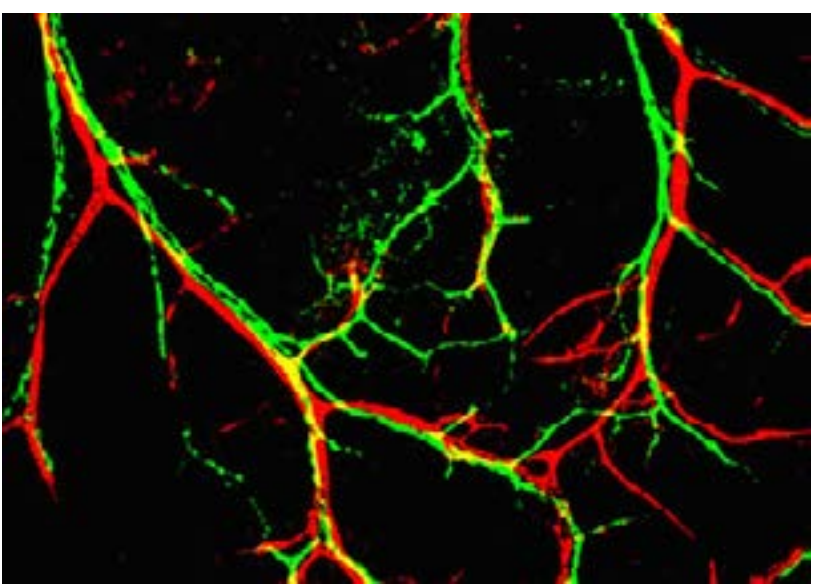
# 10 interesting facts about human brain

By Salmah Shahnawaz



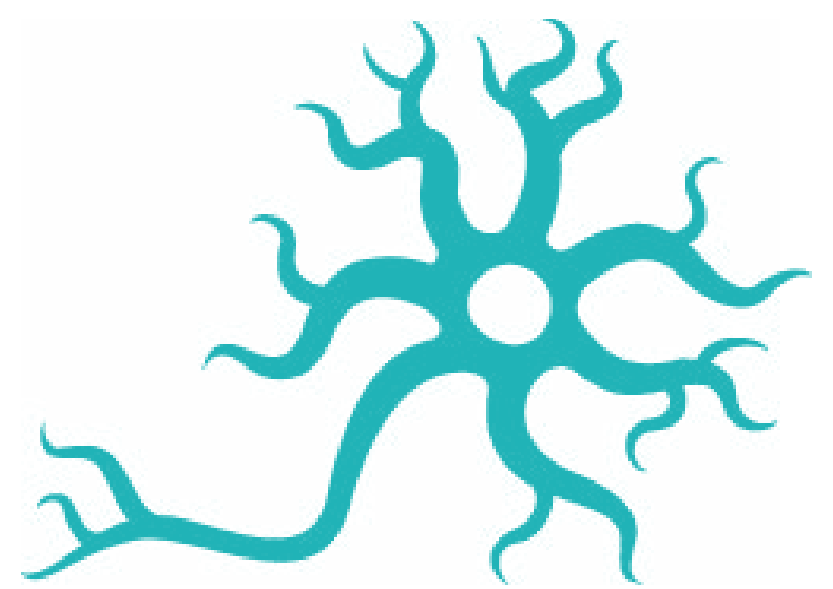
*The human brain is one of the most interesting and complex parts of the body that scientist are still trying to figure out completely. We take for granted our abilities to do things, but do we think about what goes on behind the scenes?*

*How much do we know about the organ that makes up 2% of our body weight? Did you know that you are prone to different interests and capabilities depending on whether you are left-handed or right-handed? Here are a few facts to get those cells buzzing:*



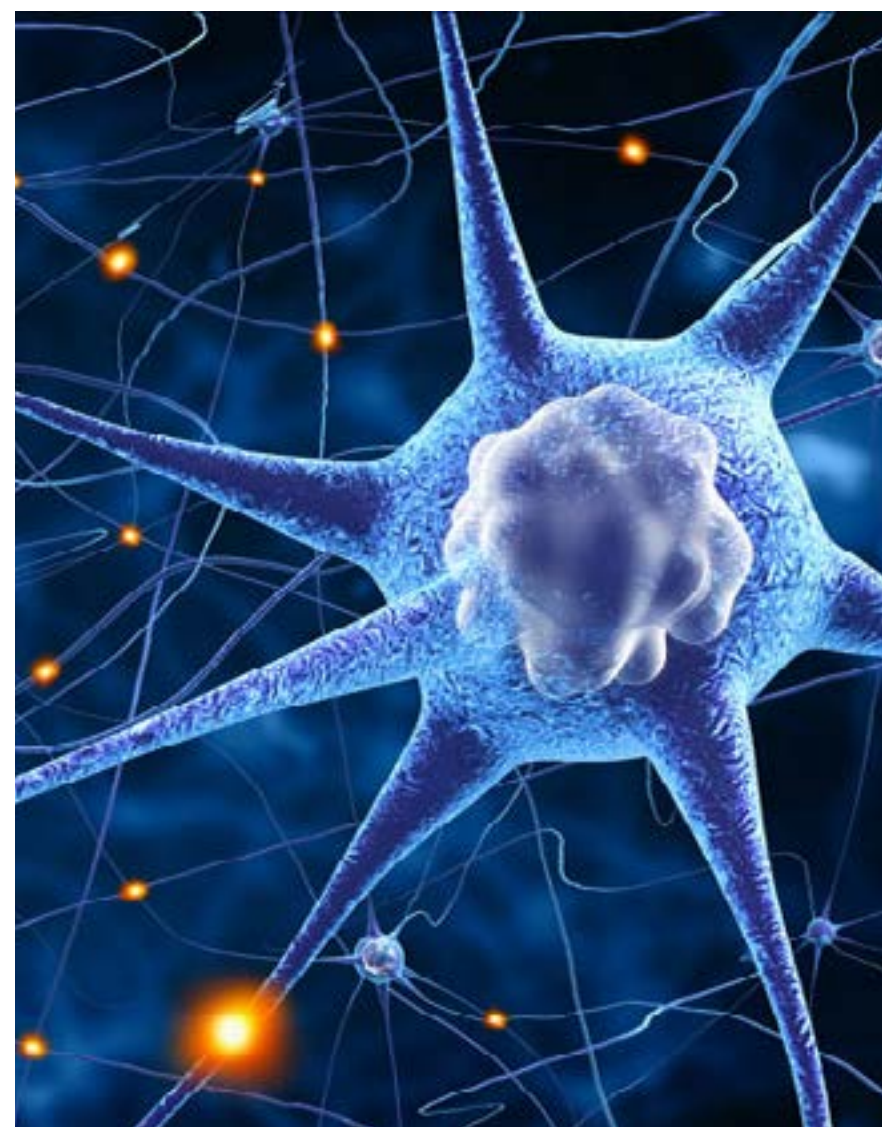
**1** – The human brain is the only organ in the human body that lacks nerves despite the fact that it acts as the central command for the central nervous system. This simply implies that the human brain feels no pain.

**2** – Brain cells can never regenerate. What's lost is lost forever, like memory loss in the injured and old aged. The weight of the brain also decreases as we get old.



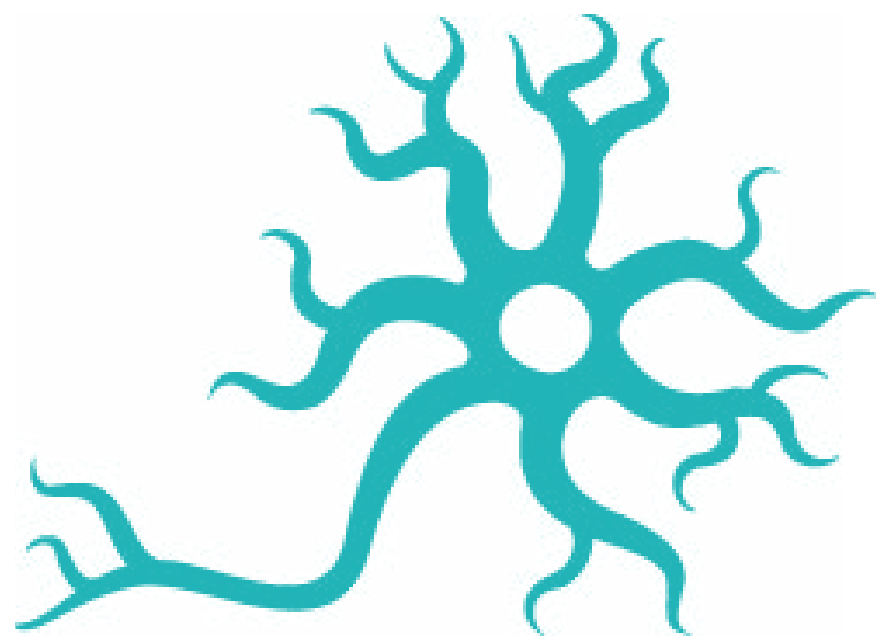
**3** – Yawning is the body's way of cooling down an overheated brain. In addition, when your brain does not receive the appropriate amount of oxygen, the yawn is said to provide the remaining amount of oxygen to the brain. Anoxic brain damage is brain injury caused by a lack of oxygen supply. Without oxygen, brain cells will start to die after four to six minutes.

**4** – Creating neural pathways and reshaping existing neurons is called neuroplasticity. This is the brain’s way to become more efficient and faster at completing tasks. As the brain ages through childhood the neural pathways used grow stronger and the pathways less used begin to diminish. Different tasks rely on different pathways and these pathways have the ability to change and grow—even as an adult.



**5** – The first sense a human brain learns to detect is touch; however, it takes around 12 weeks to understand the complete feeling. This is the reason the mind can efficiently differentiate between external and self-touch to the body.

**6** – The brain is suspended in Cerebrospinal fluid, effectively floating in liquid that acts as both a cushion to physical impact (a shock absorber), a barrier to infections, as well as providing the brain with nutrients.



**7** – Exercising is good for your body as well as your brain. If you start exercising, your brain recognizes this as a moment of stress. As your heart pressure increases, the brain thinks you are either fighting the enemy or fleeing from it. To protect yourself



and your brain from stress, you release a protein called BDNF (Brain-Derived Neurotrophic Factor). This BDNF has a protective and also reparative element to your memory neurons and acts as a reset switch. That’s why we often feel so fresh after exercising. At the same time, endorphins are released in your brain to minimize the discomfort of exercise and block the feeling of pain.



**8**– You can make your brain think time is going slowly by doing new things.



When we receive lots of new information, it takes our brains a while to process it all. The longer this processing takes, the longer that period of time feels. When we're in life-threatening situations, for instance, "we remember the time as longer because we record more of the experience. Life-

threatening experiences make us really pay attention, but we don't gain superhuman powers of perception. Greater attention leads to perception of a longer period of time." Conversely, if your brain doesn't have to process lots of new information, time seems to move faster, so the same amount of time will actually feel shorter than it would otherwise. This happens when you take in lots of information that's familiar, because you've processed it before. Your brain doesn't have to work very hard, so it processes faster.

**9**– The frontal lobe (just behind your forehead) is responsible not only for the sense of smell but for emotions and behaviour. Lose the frontal lobe and we may end up as cruel heartless humans!



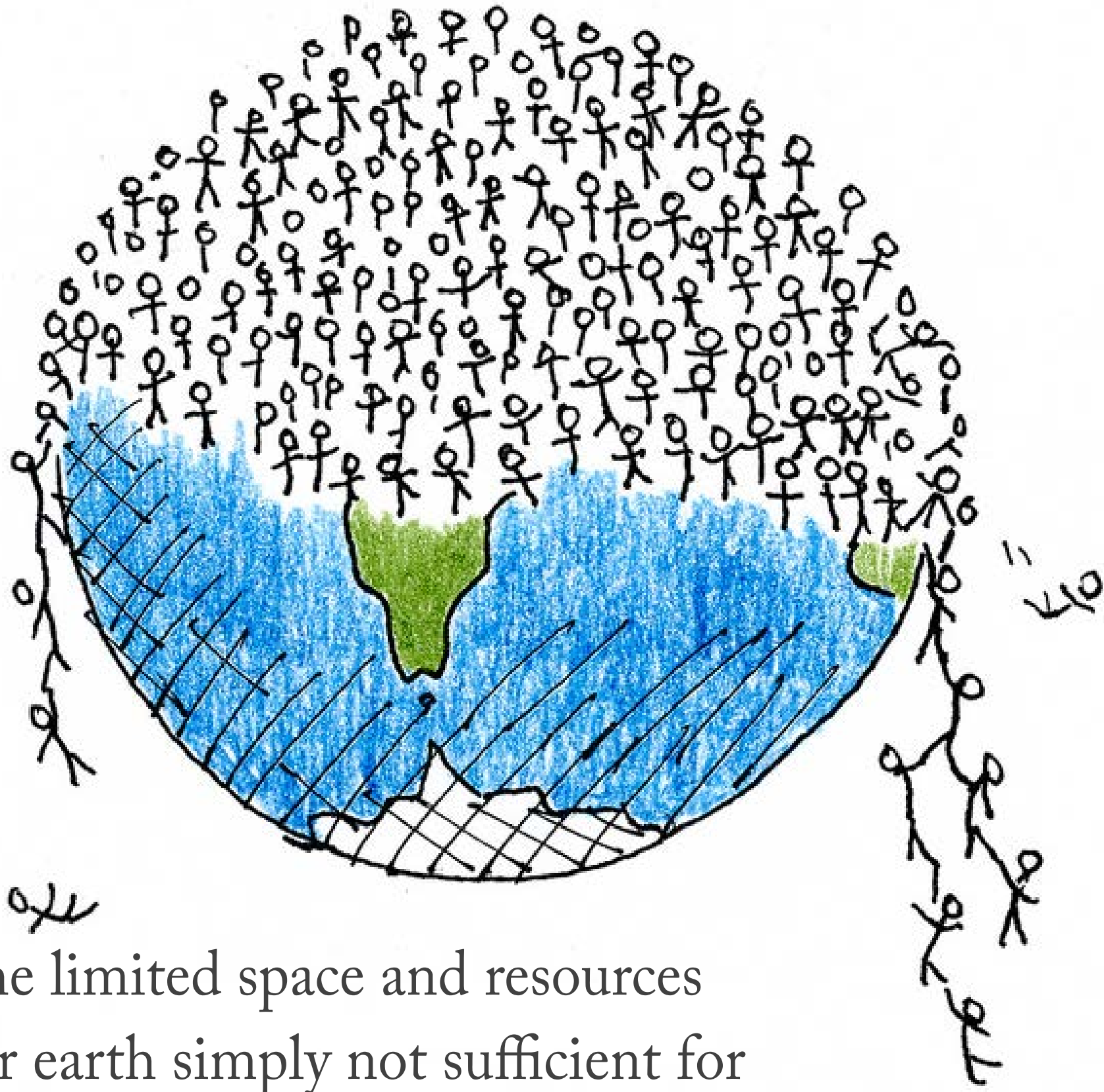
**10**– Learning and thinking takes up more energy from brain cells as opposed to physical activity to the body, hence the hunger while studying.

You're probably hungry right now reading this!

## OVERPOPULATION

# Do We Have Space for 7 Billion People?

By Faraz Omar



**A**RE the limited space and resources on our earth simply not sufficient for the kind of numbers we are producing every year? And will refugees and immigrants eat away our scarce resources?

Let's answer these questions using basic facts and math that Dean Esmay used in his *Overcrowded Planet?*

New York is acclaimed as a beautiful city. It is one of the most popular (and populous) tourist destinations of the world. In 469 square miles of its area, 166 sq mi is water and 305 sq mi is land. With 8 million people residing in the city, its population density is 27,500 per square mile. The land area includes parks, sporting arenas, museums, libraries, universities, factories, airports, amusement parks, hotels, and shopping centers.



New York City

So, 27,500 people per square mile. That's how crowded New York City is.

Now imagine if every one of the seven billion people – the entire world population – were to be settled evenly in the whole of the United States. What would the population density be?

The US of A has a total area of about 3,800,000 square miles. A simple division will give you: 1,842 people per square mile. Surprised?



USA

Let's do something in our Muslim World. Let's move the entire seven billion to the Eastern Province of Saudi Arabia (Area: ~274,000 sq mi). What would our population density be?

25,500 people per square mile. Less crowded than New York City with space for all amenities and facilities found in a modern state.

There you go! The world population is



Eastern Province of Saudi Arabia highlighted in green color.

comfortably packed in the green area. Now we have the rest of the world for everything else.

So, is the earth not enough?

**“...So blessed be Allah, the Best of creators.”** (Qur'an, 23:14)

**“...and Allah's earth is spacious.”**  
(Qur'an, 39:10)

**“And kill not your children for fear of poverty. We shall provide for them as well as for you. Surely, the killing of them is a great sin.”** (Qur'an, 17:31)

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