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Managing Editor  
**Rozana Rauff**  
 rozana@utoeduconsult.com

Marketing & Sales

**Usama Zaid**  
 zaid@utoeduconsult.com

**Ahmed Mohsin**  
 coms@utoeduconsult.com

Operations  
**Shermana Mohamed**  
 shermana@utoeduconsult.com

Accounts & Finance  
**Mafaz Anver**  
 accounts@utoeduconsult.com

Creatives & Art Direction  
**Shiran Sabar**  
 Frontallobe Innovations



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 82 2/1 Bauddhaloka Mawatha,  
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Telephone. +94 11 583 1867  
 halalworld@utoeduconsult.com

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Volume 3 Issue 22



Volume 3 Issue 23



Volume 3 Issue 24





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**UEC INTERNATIONAL (PVT) LTD**

**A: 82 2/1 Baudhaloka Mw, Colombo 04, Sri Lanka | T: +94 11 5831867 IM +94 775 837 575**

**E: halalworld@utoeduconsult.com | W: www.halalworld.com**

# EDITORIAL



We have reached yet another milestone in the journey of the H World magazine, Alhamdulillah, with the publication of the 25th issue. Coincidentally, it is also the Ramadan issue for the Hijri year of 1439 (Gregorian 2018) Subhanallah, which makes this even more significant.

It has been an amazing journey for the team at H World and we sincerely hope that our readers have enjoyed and benefitted from accompanying us on this journey. Considering the many trials and tribulations that our Ummah are facing at present in different parts of the world, it is with immense humility and gratitude that we offer our sincere gratitude to the Almighty for facilitating the steady progress of this platform over the past seven years, Alhamdulillah. We would also like to thank our valuable subscribers, readers and well-wishers for their patience and continued support, despite the delays encountered in some of the publications.

It is our fervent hope that the articles in this Ramadan issue will be a source of inspiration and benefit to our readers; a reminder of the invaluable opportunities that the month of Ramadan will offer. For many of us, this blessed month brings with it the combined emotions of happiness, tranquility, peace and unity with the Ummah. Let's pray that this Ramadan is a gateway to positive changes in our lives and drive away the negativity that surrounds the Ummah.

May Allah ﷻ make this Ramadan our best Ramadan and May He accept all our duas and our deeds! Ameen!

## RAMADAN MUBARAK!

---

Narrated Abu Huraira:

Allah's Messenger ﷺ said, "Allah said, 'All the deeds of Adam's sons (people) are for them, except fasting which is for Me, and I will give the reward for it.'"

Sahih al-Bukhari

---

## OUR CONTRIBUTING WRITERS

Rushdi Siddiqui | Ahamed Shiraz Sideek | Noor Mihular | Um Zayyan | Yasmin Reyah | Shabiya Ali Ahlam | Akeel Ahamed Hana  
Haniffa | Sarah Afker | Aqeela Nulair Khadija Siraj | Farhana Azhar | Kareema Hussein | Fazrin Mackie | Ria Rameez Salma Moosin  
Yumna Ismail Zeena Marikkar | Alia Bint Moin Asiff Hussein | Shameema Shajahan | Fathima Zahraa Hameem  
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# Feel the joy of fasting!

Inspired by a study circle on  
"Ramadan Advice"

Based on the topic of Five Heart Corruptors

- Written by Ibn Qayyim al-Jawziyyah,  
Madaarij as-Saalikeen

"There is in the body a clump of flesh - if it becomes good, the whole body becomes good and if it becomes bad, the whole body becomes bad. And indeed it is the heart."

*Sahih Bukhari.*

"Woe to those whose hearts are hardened against the remembrance of Allah."

*Surah Az-Zumar 39:22*

Why do we need to awaken our hearts before Ramadan?

Prophet ﷺ said: "Faith wears out in the heart of any one of you just as clothes wear out, so ask Allah ﷻ to renew the faith in your hearts" al-Tabaraani

When you begin to feel that Ramadan and the information on Ramadan is repetitive, then, you know it's time for a new or renewed heart; it is not that the information is repeated, it is your heart that has worn out

## Purify your heart

Sins are barriers which restrict the opportunity to do good!

The Prophet said, "When a servant commits a sin, a spot is inscribed on his heart. Should he then refrain and ask for forgiveness, it is removed. When he repeats it a larger one appears, until his heart is enveloped by it".

In a hadith qudsi, Allah says, "O My servants! You sin by night and by day, and I forgive all sins, so seek forgiveness of Me and I shall forgive you".

Why ask for forgiveness if we know we will commit sins again?

✓ Quran - Allah loves those who constantly repent Surah - Al-Baqarah: 222

✓ Sunnah - Prophet ﷺ, who was the best of creation, would seek repentance over 70 times a day- At Tirmidhi Repentance from a sin reduces its sweetness and it discourages you from doing it again.

**Repent and remove the blockages in the heart!**

## Be conscious of the five things which can spoil the heart

"The Five Heart Corruptors are: Excessive socialising, wishful thinking, attachment to others besides Allah ﷻ, eating to one's fill, and sleep. These five factors are the greatest corruptors of the heart".

"Know that the heart is on a journey to Allah, Most Great and Glorious, and to the world of the Hereafter and [that it is able to] discover the path of truth as well as the faults of the soul and of deeds. Its path is traversed with its light, life, strength, health, determination ('azm), the soundness of its hearing and sight, as well as the absence of distractions and impediments from it. These five (corruptors) extinguish its light, distort its vision, muffle its hearing, if they do not deafen it, dumfound it, and weaken its powers/strengths altogether. They weaken its health, slacken its drive, halt its decisions, and reverse it (sending it backwards). And if one does not sense it, his heart is dead – as wounding a corpse does not inflict pain".

Ibn Qayyim al-Jawziyyah

## 'Heart Corruptors'

They prevent your heart from feeling the pleasure of being close to Allah ﷻ, and prevents you from feeling the sweetness of worshipping Allah ﷻ. Lets work on these corruptors and feel the joy of fasting.



1

## Excessive Mingling with people Being constantly busy socialising with keeps you away from the remembrance of Allah ﷻ.

“The effect of frequent socializing is that it fills the heart with the smoke of anfaas (nafs) of humans until it becomes black, causing it to be scattered, torn apart, worried, upset, and weak. It causes it to carry what it is unable to from the adversities and miseries of evil companions and waste what is beneficial for it, by becoming too preoccupied with evil companions and their matters to attend to what is beneficial. (The heart instead is busy with) scattered thoughts in the valleys of their requests and wishes. So what remains of it for Allaah and the life to come?”

*Ibn Al Qayyim*

Gatherings that are not for a noble purpose will eventually result in the spoiling of the heart. The friendships that are based purely for worldly purposes will not benefit us in the dunya and in the akhirah, they will be your enemies on the Day of Judgment.

“Close friends on that Day will be foes of each other except the God-fearing.”

*(az-Zukhruf, 43: 67)*

The useful defining principle in the matter of socialising is that one should mix with people in [acts of] goodness, learning knowledge, giving advice; and avoid them in [acts of] evil, as well as unnecessary permissible things.

### Action Points for Ramadan:

- ♥ Avoid unnecessary social gatherings of any sort as much as possible
- ♥ Join Quran study circles and halaqas seeking beneficial knowledge and benefit from the immense reward that descends upon such gatherings
- ♥ Minimise organising and attending extended Ifthar “parties”. Whilst it is encouraged and there is immense reward in providing a fasting person with food to break his fast, be conscious of the purpose of the invitation
- ♥ Keep renewing your intentions whilst at the ifthar. This way it will not be a distraction and take you away from the ibadah. Once the ifthar is over avoid hanging out unnecessarily which may result in delaying or even neglecting your salah and ibadah as well as of others’.

2

## Wishful Thinking

This is wishing or intending to do something without following it with an action. We should turn our intentions into sincere hopes. We may wish to read the Qur’an every day but we’ll never get down to it because we didn’t intend it with our heart. Shaytan keeps us busy with unimportant matters and distractions. We should ask Allah ﷻ to make it easy for us and to give us the ability to carry out our intentions.

### Action Points for Ramadan:

- ♥ Make a list that’s doable. Include things that you know you can do and give yourself realistic timelines.
- ♥ Minimise your dunya related chores so that you can engage in more ibadah.
- ♥ Make Du’a to Allah ﷻ and seek His help to achieve your goals
- ♥ Make sure to check your list daily and stick to the schedule. Most importantly convert your wishes into ACTIONS!

3

## Attachment to something/ someone other than Allah

“And they have taken gods besides Allah that they might give them honour, power and glory. No. But they will deny their worship of them and become opponents to them.”

*Surah Maryam, 19: 81-2*

If a heart becomes attached to other than Allah ﷻ, Allah ﷻ makes him dependent on what he is attached to and he will be betrayed by it and he will not achieve what he was seeking from Allah as long as he is attached to other than Allah ﷻ and turning to others besides Him. Say, [O Muhammad], “If your fathers, your sons, your brothers, your wives, your relatives, wealth which you have obtained, commerce wherein you fear decline, and dwellings with which you are pleased are more beloved to you than Allah ﷻ and His Messenger and jihad in His cause, then wait until Allah ﷻ executes His command. And Allah ﷻ does not guide the defiantly disobedient people.”

*9:24*

Whoever sets their hereafter as his top priority then Allah ﷻ will enlighten his heart and make his life easier and smooth, and whoever sets this world (dunya) as his top priority, Allah ﷻ will make him suffer and he will not get anything except what Allah ﷻ destines for him.

### Action Points for Ramadan:

- ♥ Start with removing yourself from attachments to the worldly material things around you. Your clothes, house, car etc.
- ♥ Thereafter work on the people around you. Detachment from people doesn't mean you totally ignore them. You just don't make them your priority over the worship of Allah ﷻ.
- ♥ Make them also understand that Allah ﷻ and His worship should be the centre of our focus and everything and everyone else will need to work around that.
- ♥ Memorise this du'a and include it in all your Supplications after every Salah

اَللّٰهُمَّ اِنِّىْ اَعُوْذُ بِكَ اَنْ اُشْرِكَ بِكَ وَاَنَا اَعْلَمُ وَاَسْتَغْفِرُكَ لِمَا لَا اَعْلَمُ

Oh Allah I take refuge in You lest I should commit Shirk with You knowingly and I seek Your forgiveness for what I commit unknowingly

## 4

### Excessive Eating

Messenger of Allah ﷺ said : 'A human being fills no worse vessel than his stomach. It is sufficient for a human being to eat a few mouthfuls to keep his spine straight. But if he must (fill it), then one third of food, one third for drink and one third for air.'

*Sunan Ibn Majah*

Excessive eating corrupts the heart as a result of its quantity and its exceeding limits, like wasting permissible things, excessive filling of the stomach; it makes acts of obedience burdensome and it preoccupies the heart; chasing after belly desires and trying for it until it captures it. It paves paths for Satan and expands them, for he moves among humans in the veins. Fasting narrows its passages and closes his paths and filling the stomach paves paths and widens them. This can hinder your concentration in prayer and make your fast difficult for you. The love for food will eventually become an obsession and a distraction.

### Action Points for Ramadan:

- ♥ Don't make food your focus during the month of Ramadan
- ♥ Prepare food in advance and freeze wherever possible before Ramadan so that you don't spend your precious time during Ramadan preparing food

- ♥ Don't always prepare food that you love the most. This way you will consume just enough to satisfy your hunger.
- ♥ Keep your Suhoor as light as possible. You will find that fasting will be much easier.
- ♥ Avoid fried and fatty foods at Ifthar.
- ♥ Avoid overeating at all cost!
- ♥ Don't eat everyone's left overs, pack it up, there are so many poor people out there you can feed.

## 5

### Excessive Sleep

It deadens the heart, makes the body heavy, wastes time, and gives birth to a lot of negligence and laziness. Some [types] of sleep are extremely disliked, and some are harmful to the body. The best form of sleep is what takes place when there exists a strong need for it.

Sleep at the beginning of the night is more praiseworthy and beneficial than at the end of the night, and sleep in the middle of the day is better than at its beginning and end. The closer sleep is to the beginning and ending of the day the less the benefit and the more the harm. [This is] especially the case for sleeping in the afternoon ('asr) and sleeping at the beginning of the day (Fajr), except for one who stayed awake all night.

In general, the most balanced/moderate (a'dal) and beneficial form of sleep, is sleep during the first portion of the night and the last sixth of the night. Among the forms of sleep that are not beneficial also, is sleep in the first part of the night shortly after sunset until the darkness of 'Ishaa goes. The Messenger of Allaah used to dislike it

*Sahih Bukhari*

### Action Points for Ramadan:

- ♥ Avoid staying up too long after Isha and Tharawih.
- ♥ Make the most of the last part of the night by waking up extra early for suhoor so that u can pray Thahajjud and make loads of Du'a.
- ♥ Maximise your time for Ibadah by minimising your sleep.
- ♥ Avoid sleeping excessively during the day.

### References:

- Huda sisters wordpress blog
- <http://idealmuslimah.com>



*1<sup>st</sup> Time in Sri Lanka*

# I AM NOT AN ORDINARY EGG. YOU KNOW WHY?

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# THE RAMADAN WITHIN

Rushdi Siddiqui – CEO Zilzar Life



I would like to remind myself and others more about the spirit and less about the rituals of Ramadan. The holy month presents a compassionate and mercy-giving gift from the Creator for us to have a 'reset.'

The rituals about Ramadan entail the giving up of food, drink, etc., from sunrise to sunset, for one month as a mandate, one of the five pillars, from the Creator. The 'haves' will know when and where their next meal will be (Iftar), and the 'have nots' will know where the 'soup kitchen' for Iftar is.

The Ramadan we need to connect with needs to be about colours, waste and timing. We celebrate the colours of Islam, but we have become colour coded; we deplore waste, yet we are guilty of trash; we donate, but emphasis is on the 'timing.'

## Colours



Islam emancipated the 'coloured man' long before Abraham Lincoln and the civil war or Martin Luther King and the civil rights movement. Yet, we see more discrimination, from subtle to overt, in the Muslim world. The irony is that the discriminating Muslim, stands shoulder-to-shoulder, against the discriminated, during prayers! The irony is during Hajj, we all wear the same cloth.

The Creator is 'colour-blind!' We are all created equal in His eyes, be it black, brown, yellow, white, and in-between. The diversity of colours is our strength!

Yet, creation discriminates against creation, why? Is it because of wealth, but all wealth belongs to the Creator? Is it because of some caste hierarchy system, but Islam expunged such

thinking? Is it because of some sort of entitlement, there will be no more messengers? More questions than answers, and not sure of the origin or the evidence to support it!

We are born pure, but nurture, instead of cross-pollinating, in-breed pollutes our perceptions, hence, mankind needs to be instructed to behave.

From the Last Sermon of Prophet Muhammad (saw):

*'All mankind is from Adam and Eve, an Arab has no superiority over a non-Arab nor a non-Arab has any superiority over an Arab; also a white has no superiority over a black nor a black has any superiority over white except by piety and good action.'*

So, where there is discrimination, say, between Muslims, then it logically follows, those that offend, historically or periodically, they have understood and accepted that their actions have consequences?

Furthermore, I'm not sure of the donations, from Zakat to Sadaqa, offset a knowingly violating an injunction. Islam does not 'sell salvation.'

The month of Ramadan presents an opportunity for us all to look within and try to better understand and address our prejudices and perceptions. The Creator has provided us free will; surely we must act to free ourselves from preconceived prejudices that we have developed over time.

A child is not born with prejudices.

## Foods

*"Eat – But waste not by excess: for God does not love the wasters."* (Qur'an, 6:141).

It would seem that a vast majority of Muslims, do not understand, appreciate or apply the word 'moderation.' We may have starvation in the Muslim world, but we also have obesity!

One of the most depressing sights in Ramadan is not so much seeing the young and old too weak to move or flies parking themselves near their eyes and mouths, but the amount of food that is wasted. Imagine, if a percentage of this food is made available to those not knowing when their next meal is, be they Muslim or non-Muslim; it's about humanity and not an identity.

For example, during Iftars at hotels, a plate is carefully built and sculpted like a food pyramid from the different food stations. People cannot realistically consume most of the food; hence, it ends up in the trash bin.



Image source: Ramadan In Pictures



Al-Hassan Al-Basri said: *“O, son of Adam, eat with one third of your stomach and drink with one third and leave one third of your stomach to breathe so that you may think.”*

Abdulrahman Bakri, an Islamic scholar said: *“During Ramadan, there is always a major increase in food wastage not only in the (Saudi) Kingdom but also other countries across the Gulf. At iftar parties or banquets during Ramadan, the leftover food usually goes waste and wealthy hosts have no qualms about throwing them away. I myself have seen such things happening and have advised people, using such examples, to raise awareness levels.”*

As its not wise to go food shopping when one is hungry, its, equally unwise, to fill our plates to the top when we have fasted for the day.

One of the most common statements during Ramadan is ‘... I ate too much ...’ and, no matter what promise is made to not have the same feeling, the cycle does repeat itself until Eid!

We need to eat less with our eyes, and more with our stomach capacity. But, that requires a discipline, which if you think about it, it already exists. If we can abstain from food from sunrise to sunset, we must surely have the discipline to ‘chew only what we can eat.’

Gimmicks related to smaller plate sizes, smaller portions, etc., are not sustainable solutions, it comes down to self-discipline of knowing when to stand up and walk away, hence, the solution is us as the problem is us!

## Donations

One of the fundamental foundations of Islam is donations or what secularist may call a ‘social contract’ directed towards less well-endowed members of humanity.

One of the most often asked inquiries involving donations is ‘giving for getting.’ Meaning, many Muslims donate during Ramadan as the ‘gift of giving’ has the greater multiplier impact for our ‘credit’ side.

Now, what about from the recipient point of view, the various charities, be it Syrian Refugees, Palestinian refugee camps, Rohingya people, etc., should they be asked to wait? Will these people-in-need have their benefits multiplied because they are asked to wait because Muslims, donating, will only do during Ramadan?



What if non-Muslim charities address their needs irrespective of timing?

Furthermore, as only the Creator knows about our expiration date, what if we perish before Ramadan donation?

*“So hasten towards all that is good.”* (2:148)

*“And march forth in the way (which leads to) forgiveness from your Rubb, and for Jannah as wide as are the heavens and the earth, prepared for Al-Muttaqun (the pious).”* (3:133)

The Prophet of Islam ﷺ encourages the doing of good deeds sooner than later:

Messenger of Allah ﷺ said, *“Be prompt in doing good deeds (before you are overtaken) by turbulence which would be like a part of the dark night. A man would be a believer in the morning and turn to disbelief in the evening, or he would be a believer in the evening and turn disbeliever in the morning, and would sell his Faith for worldly goods.”* [Muslim].

Abu Hurairah (May Allah be pleased with him) reported:

Messenger of Allah ﷺ said, *“Hasten to do good deeds before you are overtaken by one of the seven afflictions.”* Then (giving a warning) he said, *“Are you waiting for such poverty which will make you unmindful of devotion; or prosperity which will make you corrupt, or disease as will disable you, or such senility as will make you mentally unstable, or sudden death, or Ad-Dajjal who is the worst expected absent, or the Hour, and the Hour will be most grievous and most bitter.”* [At-Tirmidhi].

‘We make a living by what we get ...  
we make a life by what we give.’  
Winston Churchill.

Ramadan is a detox to some,  
discipline for others, but should be  
spiritual cleansing for all.

Make the pledge and continue the  
commitment.










Ramadan Mubarak!

**Rushdi Siddiqui** is a Co-Founder and CEO of Zilzar.com. He believes that a change agent must tell the truth to a benevolent dictator, religious hardliner, and compassionately connect with youth and have notes.



## CALENDAR OF EVENTS 2018

CONFERENCES | WORKSHOPS | SEMINARS | EVENTS

May	 7th Sri Lanka Islamic Banking & Finance Industry Awards Night (SLIBFI Awards)
May	 9th RAMADHAN EXPO Exhibition & Trade Fair
June	Ramadan Flash Sale
June	The Food Fiesta 2018
July	 10th Sri Lanka Islamic Banking & Finance Industry Conference (SLIBFIC)
August	 5th SLIBFI "CRICKET FIESTA"
August	 3rd HAJ FEST 2018 – Trade Fair
October	 5th Maldives Islamic Banking & Finance Conference (MIBFIC)
October	 Post-Conference Workshop
October	 3rd Islamic Finance Forum of South Asian (IFFSA) & IFFSA Awards Night
November	 5th Sri Lanka Islamic Banking & Finance Industry "Quiz Night"

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# The Prophetic Du'as

By Sarah Afker

Allah ﷻ has in various instances in His Book, mentioned the supplications made by His Prophet ﷺ in many circumstances and the Divine response they received for their supplication. This has been beautifully compiled in an EBook published by "Visionare" with the du'as in chronology and a special commentary by Sheik Yaasir Qadhi on each such supplication. In this article, we have summarised some of the key takeaways from the publication and request the readers to pray for the entire team involved in the effort of bringing such a useful Ebook to light.

## ★ The Du'a of Adam AS

Starting off with Adam AS, the father of mankind. His wife Hawwa AS and he were told by Allah ﷻ to enjoy the gardens of heavens san a certain tree. Shaitan the devil who was initially outcast by Allah ﷻ due to his act of disobedience in prostrating to Adam AS (upon the Divine instruction) approached the couple and inspired them to eat from the forbidden tree, they engaged in this Act and Allah ﷻ sent them down to the Earth as a punishment. In Surah Araf verse 23, the supplication for forgiveness by Adam AS is made mention of as follows:

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا وَإِنْ لَمْ تَغْفِرْ لَنَا وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ

**"Our Lord, we have wronged ourselves, and if You do not forgive us and have mercy upon us, we will surely be among the losers."**

Adam AS immediately turned to Allah ﷻ and repented for his sin. He acknowledged that if Allah ﷻ did not forgive him and have mercy upon him that there would be no hope for him.

### Key Takeaways:

- » We need to acknowledge our flaws and turn to Allah Al Tawwab (the Repenter) for forgiveness rather than being arrogant and being too proud to accept our flaws similar to what Iblis did.
- » Allah ﷻ accepted the du'a, granted him forgiveness out of His Infinite Mercy, uniting him with his spouse and through them commencing the progeny of humankind.
- » The etiquette of asking a du'a by referring to Allah ﷻ's attribute, in this instance "Rabb" affirming His Lordship and ascribing perfection to Him.
- » Reminder to us that we should not only turn to Him when we are in need but rather ask from Him without despair, He is the Lord who accepted the supplication of Iblis (who sought respite) so why worry that he won't answer your genuine supplication? Be Humble for the the Prophet ﷺ Muhammad SAW said "Allah ﷻ does not answer the Du'a that comes from a heedless heart."

## ★ The Du'a of Ibrahim AS

This one is a personal favourite and has bailed me out of quite a few troubled times. The context is that Ibrahim AS was found guilty of destroying the idols that the villagers used to worship. His own father turned against him and they set up a fire adding fuel to it for three days to throw him into it as a punishment for destroying the idols. So when they threw him into the fire, he did was to affirm the Sufficiency of Allah ﷻ to him. He said;

حَسْبُنَا اللَّهُ وَنِعْمَ الْوَكِيلُ

**"Sufficient for us is Allah, and [He is] the best Disposer of affairs"**  
[Surat Ale-Imran: 173]

Allah ﷻ responded to him by commanding the fire to be cool for Ibrahim AS, the fire didn't burn him and in fact it protected him and became a garden for him. He then went on to become the father of the Prophet's through both his sons Ismail AS and Ishaq AS.

### Key Takeaways:

- » This du'a is a sign of confidence that Allah ﷻ will suffice us and overpower any weakness we may have in any situation we are in.
- » We need to have complete faith in Allah ﷻ when we seek His protection and truly believe that He will take care of our affairs
- » This du'a was also made by the companions the battle of Azhab and Aisha Ral and they left the outcome entirely in the hands of Allah ﷻ.
- » This is the Du'a that is mentioned by Imam Bukhari and Imam Nasai in their books of Hadith as the du'a to be recited when faced with danger.

## ★ The Du'a of Yunus (Dhun Nun) AS

Yunus AS was tired of his people, gave up on them and went off in anger, although it wasn't Divinely inspired for him to do so. He was thrown into the Ocean and swallowed by a whale. In the darkness from the belly of the whale, he like Adam AS realised the flaw on his part and supplicated to His Lord with the du'a

لَا إِلَهَ إِلَّا أَنْتَ سُبْحَانَكَ إِنِّي كُنْتُ مِنَ الظَّالِمِينَ

**"There is no deity except You; exalted are You. Indeed, I have been of the wrongdoers."**

Surat Al-Anbiya: 87



This supplication was so powerful that Allah ﷻ rescued Him. The beauty of it is that he praises Allah ﷻ affirming His monotheism and Highness and then owns up his mistake.

#### Key Takeaways:

- » This is a du'a we should memorise and repeat over and over again because we all err and are constantly falling short. We have to own up to being a *dhaleem* (wrongdoer).
- » If Yunus AS being a Prophet of Allah ﷻ can own up to his mistake, why can't we? Prophet ﷺ has said, "No Muslim ever says the Du'a of Dhun-Nun except that Allah ﷻ () will respond to him." [Musnad Imam Ahmed]
- » We can use this du'a at all times. The depths of darkness that Yunus was in is far greater than we can ever imagine getting into and yet, Allah ﷻ saved him instantly when he recited this Du'a.
- » In fact Yunus did not even ask to be saved but praised Allah ﷻ and merely admitted to his wrong doing.

In the commentary by Sheik Yasir Qadhi, he stresses that du'as should be sincere and must come from the hearts. He also sets out a few methods of how this can be achieved, which we have reproduced below and we hope we can all benefit from, during the month of Ramadan Insha Allah

## Du'as that Come from the Heart

It is essential for Du'as to come from the depths of our heart for Allah ﷻ to respond. The Du'as of Prophets came from their hearts, they internalised the wordings and understood exactly what it is they were asking.

#### Here's how to make your Du'as come from the heart:

1. **Get super inspired** - this is a critical first step. Extracting Du'as from the heart is nearly impossible if you're not inspired.
2. **Talk to your heart, not your brain** - this is the most challenging yet profound part. There are things our head wants or our culture wants of us, but it's not what our heart wants.
3. **Internalise the wording** - make it your own wording in your own language. Understand and internalise what your tongue is saying. Make it part of your mind, flesh and bones. Care for your Du'as in a way that you would never ever forget!
4. **Visualise your Du'as** - our hearts ask with pictures not words! Create a vision board you look at everyday so you're excited to ask Allah ﷻ again and again.
5. **Start your Du'a habit** - when you're making Du'a everyday, nonstop, in the times we know Du'as are accepted, you're proving to Allah ﷻ that you truly care for what you're asking.

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# SUPPLICATIONS FOR Ramadan

## Seeking guidance

(اللَّهُمَّ) يَا مُقَلِّبَ الْقُلُوبِ ثَبِّتْ قَلْبِي  
عَلَى دِينِكَ

(O Allah!) The One who turns the hearts  
make my heart steadfast upon Your Deen

اللَّهُمَّ مُصَرِّفَ الْقُلُوبِ صَرِّفْ قُلُوبَنَا  
عَلَى طَاعَتِكَ

O Allah! The One who turns the hearts, turn  
my heart towards Your obedience

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْهُدَى وَالتَّقَى وَالْعِفَافَ وَالْغِنَى

O Allah! Indeed I ask You for guidance, Allah consciousness,  
chastity and contentment

## Purification

اللَّهُمَّ طَهِّرْ قَلْبِي مِنَ النِّفَاقِ وَعَمَلِي مِنَ الرِّيَاءِ وَلِسَانِي  
مِنَ الْكُذْبِ وَعَيْنِي مِنَ الْخِيَانَةِ فَإِنَّكَ تَعْلَمُ خَائِنَةَ الْأَعْيُنِ  
وَمَا تُخْفِي الصُّدُورَ

O Allah! Purify my heart from hypocrisy and my actions from showing  
off (riya) and my tongue from lying and my eyes from treachery.  
Indeed You know the treachery of the eyes and what is hidden in the  
chests

اللَّهُمَّ أَنْتَ نَفْسِي تَقَوَّاهَا وَزَكَّاهَا أَنْتَ خَيْرُ مَنْ زَكَّاهَا أَنْتَ  
وَلِيِّهَا وَمَوْلَاهَا

O Allah! Grant piety to my soul (nafs) and purify it, You are the Best  
of the ones to purify it, You are its Guardian and Patron

## General Well-being

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ زَوَالِ نِعْمَتِكَ وَتَحَوُّلِ عَافِيَتِكَ وَ  
فُجَاءَةِ نِقْمَتِكَ وَجَمِيعِ سَخَطِكَ

O Allah! I seek refuge in You from a decline in Your bounties,  
and a change of state of well-being, a sudden onset of Your  
punishment and (from) all Your wrath

اللَّهُمَّ إِنِّي أَسْأَلُكَ الْمُعَافَاةَ فِي الدُّنْيَا وَالْآخِرَةِ

Oh Allah I ask you for the well-being in this life  
and the next (Ibn Majah 3851)

اللَّهُمَّ اكْفِنِي بِحَلَالِكَ عَنْ حَرَامِكَ وَأَغْنِنِي بِفَضْلِكَ عَمَّنْ  
سِوَاكَ

O Allah! Suffice me with Your halal (lawful) and (save me) from  
Your haram (unlawful), and enrich me with Your favours so that I  
am not dependent upon anyone except You

## General Well-being

لِللَّهِمَّ أَصْلَحْ لِي دِينِي الَّذِي هُوَ عَصْمَةُ أَمْرِي وَأَصْلَحْ لِي  
دُنْيَايَ الَّتِي فِيهَا مَعَاشِي وَأَصْلَحْ لِي آخِرَتِي الَّتِي فِيهَا  
مَعَادِي وَاجْعَلْ الْحَيَاةَ زِيَادَةً لِي فِي كُلِّ خَيْرٍ وَاجْعَلْ الْمَوْتَ  
رَاحَةً لِي مِنْ كُلِّ شَرٍّ

O Allah,  
set right for me my religion which is the safeguard of my affairs and  
set right for me the affairs of my world wherein is my living and  
set right for me my Hereafter on which depends my after-life and  
make the life for me (a source) of abundance for every good and  
make my death a source of comfort for me protecting me against every evil

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ عِلْمٍ لَا يَنْفَعُ وَمِنْ قَلْبٍ لَا يَخْشَعُ  
وَمِنْ نَفْسٍ لَا تَشْبَعُ وَمِنْ دَعْوَةٍ لَا يُسْتَجَابُ لَهَا

O Allah! I seek refuge in You from knowledge that is not beneficial and  
from a heart that does not fear, from a soul that is not satiated and  
from a prayer that is not answered



## Seeking Refuge in Allah

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْبُخْلِ وَالْأَعْدِيَّةِ مِنَ  
الْجُبْنِ وَالْأَعْدِيَّةِ أَنْ أُرَدَّ إِلَى أَرْدَلِ الْعُمُرِ  
وَأَعُوذُ بِكَ مِنْ فِتْنَةِ الدُّنْيَا وَأَعُوذُ بِكَ مِنْ  
عَذَابِ الْقَبْرِ

**O Allah!**

*I seek refuge in You from Miserliness and  
I seek refuge in You from Cowardice and*

*I seek refuge in You that  
I am returned to a pathetic age and  
I seek refuge in You from the trials of the world and  
I seek refuge in You from the torment of the grave*

## Seeking a good end

اللَّهُمَّ حَاسِبْنِي حِسَابًا يَسِيرًا

O Allah! Take from me an easy reckoning

اللَّهُمَّ اجْعَلْ خَيْرَ أَعْمَارِنَا أَوْآخِرَهَا، وَخَيْرَ  
أَعْمَالِنَا خَوَاتِمَهَا، وَخَيْرَ أَيَّامِنَا يَوْمَ نَلْقَاكَ

O Allaah let our last days be our best days of our life and our last deeds be the best of our deeds and the best day the day we meet you.

اللَّهُمَّ هَوِّنْ عَلَيْنَا سَكَرَاتِ الْمَوْتِ، وَتَوَفَّنَا وَأَنْتَ  
رَاضٍ عَنْهَا

O Allaah make the agony of death easy for us and take our souls while You are pleased with us.

## Seeking Allah's Pleasure

اللَّهُمَّ إِنِّي أَعُوذُ بِرِضَاكَ مِنْ سَخَطِكَ  
وَبِمُعَافَاتِكَ مِنْ عُقُوبَتِكَ وَأَعُوذُ بِكَ مِنْكَ،  
لَا أُحْصِي ثَنَاءً عَلَيْكَ، أَنْتَ كَمَا أَثْنَيْتَ  
عَلَى نَفْسِكَ

**O Allah! I seek refuge**

**In Your pleasure** rather than Your anger,

**In Your forgiveness** rather than Your retribution,

**In You** from You.

**I do not find strength to praise You  
You are as You have praised Yourself**

## Seeking Forgiveness

During last 10 days of Ramadan

It was narrated from 'Aishah that she said:

"O Messenger of Allah, what do you think I should say in my supplication, if I come upon Laylatul-Qadr?" He said Say:

اللَّهُمَّ إِنَّكَ عَفْوٌ تُحِبُّ الْعَفْوَ  
فَاعْفُ عَنِّي

O Allah! Indeed You are the One Who forgives; You love to forgive so forgive me

Sunan Ibn Majah 3850

### Seeking Forgiveness

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي كُلَّهُ دِقَّةً وَجَلَّةً وَ أَوَّلَهُ  
وَأَخِرَهُ وَعَلَانِيَةً وَسِرَّهُ

O Allah! Forgive me all my sins, whether few or numerous, those of the present and the Past, those committed openly or secretly

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ أَنْ أَشْرِكَ بِكَ وَ أَنَا  
أَعْلَمُ وَ أَسْتَغْفِرُكَ لِمَا لَا أَعْلَمُ

O Allah! I take refuge in You lest I should commit shirk with You knowingly and I seek Your forgiveness for what I commit unknowingly

### Seeking Forgiveness

اللَّهُمَّ اغْفِرْ لِي ذَنْبِي وَأَخْسِئْ شَيْطَانِي  
وَفُكَّ رَهَانِي وَاجْعَلْنِي فِي النَّدَى الْأَعْلَى

O Allah! forgive me my sin, drive away my devil, free me from my responsibility, and place me in the highest assembly.

اللَّهُمَّ اغْفِرْ لِي مَا قَدَّمْتُ وَمَا أَخَّرْتُ وَمَا أَسْرَرْتُ وَمَا  
أَعْلَنْتُ وَمَا أَسْرَفْتُ وَمَا أَنْتَ أَعْلَمُ بِهِ مِنِّي أَنْتَ الْمُقَدِّمُ  
وَأَنْتَ الْمُؤَخِّرُ لَا إِلَهَ إِلَّا أَنْتَ

O Allah, forgive me for [sins] I committed beforehand as well as those which shall come to pass, and those I have committed in secret as well as those I have committed in public, and where I have exceeded all bounds as well as those things about which You are more knowledgeable.

You are Al-Muqaddim (the Expediter) and Al-Muakh-khir (the Delayer). None has the right to be worshipped except You.

## The Best way of asking Allah ﷻ for forgiveness

On the authority of Shaddad ibn Aws, may Allah be pleased with him, the Prophet ﷺ said, "The chief of prayers for forgiveness is:

### SAYYAD UL ISTHIGFAR

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ خَلَقْتَنِي وَأَنَا عَبْدُكَ  
وَأَنَا عَلَى عَهْدِكَ وَوَعْدِكَ مَا اسْتَطَعْتُ أَعُوذُ بِكَ  
مِنْ شَرِّ مَا صَنَعْتُ أَبُوءُ لَكَ بِنِعْمَتِكَ عَلَيَّ وَأَبُوءُ  
بِذَنْبِي فَاغْفِرْ لِي فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

O Allah, You are my Lord, none has the right to be worshiped except You, You created me and I am Your servant and I abide to Your covenant and promise [to honour it] as best I can, I take refuge in You from the evil of which I committed I acknowledge Your favour upon me and I acknowledge my sin, so forgive me, for verily none can forgive sins except You

Prophet Muhammad ﷺ added, "If somebody recites it during the day with firm faith in it and dies on the same day before the evening, he will be from the people of Paradise and if somebody recites it at night with firm faith in it and dies before the morning he will be from the people of Paradise."

[Bukhari 7/150]



# Do we Really know our Creator?

Asma ul Husna Series Part 10  
The Glorious names of Allah

by Sarah Afker

“And in the heaven is your provision and whatever you are promised. Then by the Lord of the heaven and earth, indeed, it is truth – just as [sure as] it is that you are speaking.”

Surat Adh Dhariyat 51:22-23

The Prophet ﷺ said that  
“A soul will not die until it gets all of the provision that has been apportioned for it”  
(Ibn Hibban)

Alhamdulillah another Ramadan is upon us. A month that encompasses so many wonderful attributes and one such virtue is that we perfect almost four pillars of Islam during it. Apart from the daily Shahadah and Salaah, we observe Sawm and if we have made it a habit, most of us fulfil our Zakah obligations in it.

What is noteworthy though is that amidst all the calculations and identifying beneficiaries, we may forget where this excess wealth came from. As a reminder, we have covered in this series, Allah ﷻ's names that have a common attribute of giving. As we perfect our obligations, we have to be grateful to the Giver for His provision to us; our wealth, health, happiness and everything we cannot count.

## 60. Ar-Razzaq - The All-Provider

Rizq is what has been apportioned for you, which

**THANKFULNESS:**  
“And [remember] when your Lord proclaimed, ‘If you are grateful, I will surely increase you [in favour]; but if you deny, indeed, My punishment is severe.’ ” (14:7)

**TAQWA (GOD CONSCIOUSNESS)**  
“And whoever has Taqwa of Allah – He will make for him a way out. And will provide for him from where he does not expect.” (65:2-3)

**CHARITY:**  
“Who is it that would loan Allah ﷻ a goodly loan so He may multiply it for him many times over?” (2:245)

## INCREASE YOUR RIZQ

### SEEKING FORGIVENESS AND REPENTANCE

“And said, ‘Ask forgiveness of your Lord. Indeed, He is ever a Perpetual Forgiver. He will send [rain from] the sky upon you in [continuing] showers. And give you increase in wealth and children and provide for you gardens and provide for you rivers.”

(71:10-12)

### TAWAKKUL (RELIANCE ON GOD)

“And whoever relies upon Allah – then He is sufficient for him. Indeed, Allah will accomplish His purpose. Allah has already set for everything a [decreed] extent.” (65:3)

### KEEPING GOOD RELATIONS WITH FAMILY

The Prophet ﷺ said, “Whoever would like his rizq (provision) to be increased and his life to be extended, should uphold the ties of kinship.” (Bukhari)

### MIGRATING FOR THE SAKE OF ALLAH ﷻ

“And whoever emigrates for the cause of Allah ﷻ will find on the earth many [alternative] locations and abundance.” (4:100)

### RECITING QUR’AN

The Prophet ﷺ said: “The house in which Qur’an is recited is increased in good, and the house in which Qur’an is not recited is decreased in good.” (al-Bazzar)

benefits you. Allah ﷻ is ar-Razzaq—He is the One who creates your rizq, and takes it upon Himself to deliver what He has apportioned to all His creations, be them Muslim or non-Muslim, woman or man, humans, animals or plants. It encompasses everything on earth. Allah ﷻ says in the Qur’an: **“And there is no creature on earth but that upon Allah is its provision [rizq], and He knows its place of dwelling and place of storage. All is in a clear register.”** (Surah Hud 11:6)

The Prophet ﷺ said that “a soul will not die until it gets all of the provision that has been apportioned for it” (Ibn Hibban). Just looking at the heavens and the earth, and the way that rain falls and plants grow should be enough proof for us. We take it for granted, that this is the natural course of things. But Allah ﷻ determined the course that nature will take. So if He created the system in which the rizq of all of the creatures is made, how will He not provide for you when He has

said of human beings, ***“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.”*** (Surah Al Isra 17:70). So even if you feel that your provision is slow in coming for you, remember that whatever is written for you will come and what matters is how you strive for it. Also, we often misconceive rizq to be financial wealth. But “rizq” per se is what benefits you be it money, spirituality, material things or even emotions. There are many ways to increase Rizq, a few of them are enlisted here.

### 61. Al-Wahhab - The Constant Bestower of Gifts

The root of this term is “hiba” which means a gift. Allah ﷻ is al-Wahhab, The Constant Bestower of Gifts which means that He not only gives gifts once or twice, but He constantly does so.

Rizq (sustenance) is written for us, but we have to work for it. Hiba, on the other hand, is a gift that was not conditioned upon your efforts, and as with any gift, you give gifts to someone you are thinking about and someone that you love. Sometimes we give gifts to endear people to us. So think about what that means when Allah ﷻ gives you a gift. We are all recipients of the many gifts of Allah ﷻ.

Out of the 6 billion people in this world, He chose you to be of the Ummah (community) of His Prophet ﷺ. That in itself is a gift that we cannot thank Him enough for. If we all reflect on the many personal blessings in our lives, we cannot help but feel special to Allah ﷻ. Every little gift and every huge blessing was because al-Wahhab wanted to give you, and you in particular.

If you want to be a companion of al-Wahhab, then remember to acknowledge His gifts, even if they seem to be minute, and to thank Him. Allah ﷻ says, ***“If you are grateful, I will surely increase you [in favor]; but if you deny, indeed, My punishment is severe,”*** (Surah Ibrahim 14:7). The more we are conscious of Allah ﷻ’s gifts to us, the more we are able to increase our love for Him, and recognise how blessed we are. Moreover, we should use His gifts in His way and in His cause. No one likes for their gifts to be cheapened. If Allah ﷻ has given you a gift, do not use it for what He dislikes. If we do that, the gift in question becomes a test that we will be held accountable for.

Finally, be a gift giver yourself. The Prophet ﷺ said, ***“Give gifts, for this will increase your mutual love.”*** (Muslim).

### 62. Al-Mu’tee - The Giver

Al Mu’tee is the One who gives to whomever He wills and withholds from whoever He wills, in accordance with His Wisdom and Mercy. And He is Just with regards to both His Giving and His Withholding.

Narrated by Muawiyah (radiAllahu anhu): Allah ﷻ’s Messenger ﷺ said, ***“If Allah ﷻ wants to do good for somebody, he makes him comprehend the Religion (i.e. Islam), and Allah ﷻ is Al-Mutee (the Giver) and I am Al-Qasim (i.e. the distributor), and this (Muslim) nation will remain***

***victorious over their opponents, until Allah ﷻ’s Order comes and they will still be victorious”*** [Sahih Al-Bukhari, Volume No. 4, Hadeeth No. 346]

### 63. Al-Kareem - The Generous

Al-Kareem is one who forgives even though he has the power to punish, follows through when he promises, and exceeds the limits one could hope for when he gives; nor is he concerned with how much he gives or to whom. Allah ﷻ’s essence is Kareem because of His perfection, His Oneness and His uniqueness.

He is also Kareem in His dealings with His creation. The generosity of Allah ﷻ always goes over and beyond what is needed, when He does not have to. He forgives, He follows through and He gives because He is ultimately Al-Kareem.

Allah ﷻ in his generosity has bestowed us with countless blessings and we ought to recognise the generosity of al-Kareem:

- Firstly, recognise the worth that Allah ﷻ has given you as a human being, intellect and capacity to choose. This dignity was given by God; and as people, we must act in ways that are dignified. We dishonor ourselves by lying, cheating, being rude and ignoring injustice.
- Secondly, recognise Allah ﷻ’s generosity in His dealings with you and that everything good we have is a result of Allah ﷻ’s generosity. Reflect upon how Allah ﷻ’s generosity exceeds all expectations. It is important to contemplate over what we have and realise that what we have is truly over and above our basic needs. All that is from the generosity of al-Kareem.
- Thirdly, be generous to people, knowing that Allah ﷻ compensates His servants because He is the ultimate in Generosity. Not simply in money, but in time and simple generosity in attitude. The Prophet ﷺ would never say “no” when he was asked for something [Agreed upon]. The Prophet ﷺ also said: “The generous one is close to Allah ﷻ, close to people, far from the fire; a stingy person is far from Allah ﷻ, far from people, far from Paradise; and the generous ignorant person is more beloved to Allah ﷻ than a stingy worshipper.” (Tirmidhi)

### 64. Al-Akram - The Ever Most Generous

Al-Akram is the emphatic form of Al-Kareem. This attribute of Allah ﷻ is mentioned in the first few verses revealed to the Prophet ﷺ on Laylatul Qadr in Mount Hira. ***“Read in the Name of your Lord, Who has created (all that exists), Who has created man from a clot! Read! And your Lord is Al-Akram (The Ever Most Generous), Who has taught (the writing) by the pen, Who has taught man that which he knew not.”*** (Al-Alaq 96: 1-5)

### 65. Al-Jawaad - The Munificent, The Magnanimous

It is narrated in Al-Bayhaqi that the Prophet ﷺ said: ***“Allaah is Munificent (Jawaad) and loves munificence, and He***



*loves high morals, and He hates low morals.*" (al-Albaani in Saheeh al-Jaami' no. 1744)

Ibn al-Qayyim (may Allaah have mercy on him) said in al-Nooniyyah: "He is the most Magnanimous and His magnanimity encompasses all of creation with bounty and kindness. He is the most Magnanimous and He does not turn away anyone who asks, even if he is from a kaafir nation."

Shaykh al-Sa'di said in al-Tafseer (5/299): al-Rahmaan (the most Compassionate), al-Raheem (the most Merciful), al-Barr (the Benign) al-Kareem (the most Generous) al-Jawaad (the Magnanimous) al-Ra'oof (the most Kind) al-Wahhaab (the Bestower) – these are all names that are close in meaning, and they all indicate that the Lord has the attributes of mercy, kindness, magnanimity and generosity, and that His mercy and giving encompass all of creation as decreed by His wisdom, and that the believers enjoy the greater part of that.

## 66. Al-Mannan - The Beneficent Bestower of Bounties

It was related on the authority of Anas (may Allah be pleased with him) that the Prophet ﷺ heard someone supplicating to Allah ﷻ saying: "O Allah! I ask You that all praise is Yours. There is no true God except You, You are Al-Mannan, the Originator of the Heavens and Earth, Possessor of Majesty and Honor. O the Ever-Living, O Self-Subsisting". The Prophet ﷺ then said: "He has supplicated to Allah ﷻ using His Greatest Name; when supplicated with this Name, He answers, and when asked with this Name He gives". (Abu Dawud and Al-Nasa'y)

Sources : Al Quran, Sahih Hadith and Understand Quran Academy

**Sarah Afker** is a management accountant by profession and a tax consultant by occupation. She is a freelance lecturer in the field of Islamic Finance and a freelance writer and blogger.

Her blog can be accessed at  
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# CARDIOLOGISTS

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Ramadan is almost upon us and there is a frisson of excitement in the air. The flurry of activity that precedes this holy month, increases to a crescendo right up until the day before it, as we all eagerly anticipate our blessed guest. Whether you have been getting your Eid shopping done, your iftar prep sorted, or making your Ramadan schedule and looking for resources to help you on your spiritual journey, you have been a part of the activity as well.

I drew up a month long Ramadan Boot Camp that would help me get from where I am now (a month before) to where I imagined my ideal Ramadan self to be. With small things to do every day and carry forward, I am hoping that I enter Ramadan equipped with more eman and 'ibadah, bi idhnillah!

## CONTROLLED BY OUR NAFS

I realised as I worked through it, though, that increasing 'ibadah – even gradually – does not mean an automatic change of heart. Our nafs is so used to wasting time, letting our tongue loose with gossip, eating as much as we want whenever we want, being lazy with our 'ibadah, and more, that just one month is not enough time to rein it in. We think we are in control of ourselves when really, our nafs controls us.

Shaytan spends eleven months of the year whispering to us such that even when he is locked up in Ramadan, he has our nafs so well-trained that it carries on obeying his orders. Have you ever wondered why almost everyone hits the “mid-Ramadan slump” or why it is so difficult to maintain your sense of spirituality or level of 'ibadah after 'Eid? It is because our innate selves are so used to the pleasures of this world that to direct it almost exclusively towards pleasing Allah ﷻ is next to impossible for us. We tire easily.

Marathon runners will tell you that it takes them months to increase their stamina and distance that they are able to run. They cannot simply wake up one day and decide to run a marathon because they'll burn out long before the first mile. Marathons require strategy, patience, determination and lots of practice to see it to the end.

Ramadan is our marathon. It is a whole month – 29 to 30 days – of not eating the way we are used to (although people tend to make up for the lost hours in the day at iftar which is another way our nafs controls us!), standing at iftar for more than an hour in taraweeh, waking up with enough time before Fajr to pray, make du'a and eat, and spend as much time as possible during the day reciting Qur'an, helping others, praying, making du'a and more.

If our regular lives consist of hours spent in front of a screen or on our phones, Ramadan leaves a great vacuum that we struggle to fill.

Nothing I'm saying here is new information. We know that Ramadan requires a change in our schedule and behaviour and we try to work towards it before the month dawns upon us.

## Why then do we find ourselves right back where we started once it's over?

We try to pack our days with as much 'ibadah as possible that we tend to forget it is quality over quantity. We cannot possibly maintain that level of salah or Qur'an after 'Eid because we make special allowances for ourselves in Ramadan, not to mention

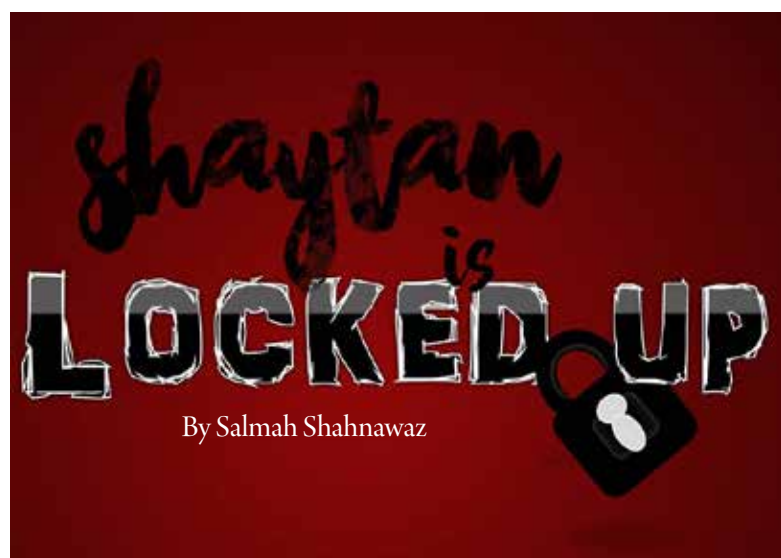
that Allah ﷻ has given the month a blessing that is not present at other times. So how about treating this Ramadan differently?

## ONE GOAL

What if we gave ourselves a goal – one thing that we need to work on, to improve, to change, to better ourselves – so that we can get closer to Allah ﷻ? Pick one thing that you want to truly make a difference in your life, and do whatever you can to make it happen. Wouldn't it be amazing if you could look back and say, “*That was the Ramadan that I changed this about myself?*”

Let's look at this with two examples – one of character and one of 'ibadah.

**1) Maybe you want to work on your patience.** Read up on it – there are plenty of articles out there, listen to talks about it, find out what the hadith mention about patience, look up the ayat in the Qur'an where Allah ﷻ talks about patience and its reward, look into its tafseer, truly try to understand and reflect on it, learn about the people in Islamic history who possessed



incredible patience (like Ayyub (as)) and how they dealt with it practically and use them as role models, look for du'as that ask for patience that you can equip yourself with for a difficult time, and write down your own du'as (maybe you need it in specific situations!) and see how you can implement it in areas of your everyday life. Take this one characteristic and inspect it as thoroughly as possible.

Decide what aspect of your research you want to cover each day or each week – **plan it out** so that you are not left wondering how to fill your time on some days. **Make sure practicing patience is then the focus of everything you do every day.** Getting the kids to school on time, making sure everyone is fed, coming home to a messy house, running very late for an appointment, dealing with the maid, dealing with your family, praying on time, getting through your daily portion of Qur'an recitation, standing for taraweeh, making du'a consistently – every little thing requires patience. If you can be in control when you are hungry and fasting, it should be much easier when you are not in shaa Allah!

**2) Perhaps you need to work on your salah.** Even though it seems like it is one goal, it comprises of so many things that you can dedicate a whole month to improving yourself on all its aspects. Say you want to **pray on time** – as soon as the adhan



goes – try to start with smaller manageable goals. Focus on praying within the first half an hour in the first week, moving onto the first 20 minutes the next week, gradually making a change in your day until finally, you are ready with wudhu and waiting for the adhan to go so you can pray immediately after. Keep track of your progress.

**Khushoo'** is always something we need to work on. **Learn more about Allah ﷻ** and think about all that He has blessed you with so that you will want to rush to meet Him in salah. **Find out the meanings** of what you recite in salah, as well as the various recitations you can switch them around with so as to not make salah monotonous. **List out du'as** you want to ask and assign each rak'ah a specific theme – asking for your deen, dunya, akhirah, and other people, for example. **Memorise or revise more Qur'an** so that you look forward to reciting particular surahs, and try to **learn the translation** of some words of the Qur'an if you **pray at the masjid** and zone out during the recitation. Men need to pray at the masjid so aim to be regular for all five salah if you are not already, and to pray the twelve



into and work on so as to not make it a boring month-long goal or one that leaves you with a lot of free time in your day wondering how to not burden yourself with too much 'ibadah. Bi idhnillah, all the effort that you put into it during Ramadan will carry forward afterwards too.

This is not to say that you do nothing else in your day; it does mean, however, that you have an underlying theme through your 'ibadah and deeds during the month.

Allah ﷻ has told us in the Qur'an:

**“O you who have believed, decreed upon you is fasting as it was decreed upon those before you that you may become righteous”** [Baqarah:183]

The Arabic word used in this ayah is “taqwa”, being conscious of Allah ﷻ. It is to safeguard ourselves from Allah's anger and strive for His pleasure by doing as many good deeds as possible and staying away from what He has warned us against, which in turn makes us better people. It is being aware of Him at every moment, and having a heart that is awake. Even though we fast the entire month of Ramadan, we don't necessarily reach that goal. Why doesn't our soul awaken enough to be conscious of Allah ﷻ? After giving it our utmost best, why do we still fall short?

The answer lies in how our hearts approach it. The English saying goes “Fake it till you make it”, which is to say: follow through with the actions until you are truly able to do it. We cram as much worship as possible into one month in the hopes that our hearts will follow suit, but just one month of staying on track is not enough. The Sahabah would prepare for six months before Ramadan, and continue in that state for six months after. It was pretty much how they lived. Altering the state of our nafs and our heart is a constant process, and Allah ﷻ has blessed us with Ramadan – locking up the Shaytan and pouring extra rewards on us – as an incentive and a head start. We need to make the most of it and use the time before and after Ramadan wisely as well.

## SO WHAT NEXT?

As you go through the month, write down small deeds that you would like to continue on after Ramadan in addition to your main change. I know we all have big intentions, but last year post-Ramadan left me in crushing disappointment as I watched my well-intended deeds never come to fruition. I was saved by a good friend of mine who wanted to implement something she had seen someone else doing – a **Qur'an Reading Group**. It is simply a group of people who recite 5 ayat a day with its translation and mark their daily achievement with “Alhamdulillah done”. Those two words flowing in from a set of people are such an encouragement if you haven't gotten around to doing it yet, and reflections are shared, mini-celebrations had when we would finish a juz (or 10), and there is such a fulfilling bond between people around the world that are on the same platform only to connect with the word of Allah ﷻ. The most important thing for me was consistency, as reciting just 5 ayat with its translation does not take much time at all (and yet, if it wasn't for this group, I would have probably put it off in favour of life and its busyness). People gave birth, they travelled, attended funerals, and moved house, and yet the consistency was maintained. Alhamdulillah!

Such relationships are such a blessing and are so important for our eman, no matter what time of the year it is!

Select **one thing** that you need in your life – small but essential – and try to **make it a habit** from Ramadan on such that you can't imagine not doing it. Also **figure out when** in the day you can do it. This is very important as one of the reasons we don't keep up with our Ramadan 'ibadah afterwards is simply because our regular schedules are so different. Don't allocate things to do right after iftar or taraweeh as these are not parts of your everyday life. Rather, form a system to remind you to stay on track no matter what else is happening in your life.

It might be reciting Surah Mulk before bed, that one rak'ah of witr that you're always too sleepy to pray otherwise, reciting the morning and evening adhkar, praying duha, fasting the 3 white days, reciting Surah Kahf on Fridays, waking up for tahajjud, being consistent with the Qur'an, giving sadaqah regularly, or so many more things that only you can decide on. We are blessed to have many many opportunities to earn reward, and while we may not see ourselves doing everything, we can always start somewhere.

So cut out all the noise this Ramadan, try to focus on getting better, and bi idhnillah, you will! Carry forward the little things that you would like to see yourself doing during the year too, and make du'a for it sincerely. Gear up to welcome this most special guest into your homes and lives, and pray we come out the other side a changed person. Ameen!

# THE CHARM OF ISLAM

Islam is a religion of ease, but many people don't share that perspective. If we as adults don't quite understand the beauty in our religion and what it offers, we pass those restrictions down to our children.

For every one thing that Islam does not permit, there are plenty of things that it does. The key here is identifying substitutes to impermissible things and making it attractive.

Give your children **ALTERNATIVES**.

Every time you say 'No' to your child, tell them what they can do instead.



## 'Eid is our festival

When it comes to celebrations, the two 'Eids are the main festivities of *Muslims*. However, in not making it grand enough, 'Eid seemingly does not compete with the excitement of Christmas or other festivals in the eyes of children. **Look at the aspects of these festivities that appeal to them, and then incorporate them into 'Eid too.** Christmas lights always make everything look so pretty, while decorations and themed parties, not to mention presents donned in pretty wrapping, all create that atmosphere. The festival of Holi is extremely colourful, while the games at Avurudhu celebrations are met with delight. Use simple means to bring more joy into 'Eid too.

**Take the time to decorate**, asking your kids to help you make and set up the décor. There are many blogs online that allow you to print out decorations for free. **Get your children's opinion** on what **theme** they would like to have for 'Eid, for this is their festival. Getting them involved in the little aspects is what makes it more personal and precious to them. Organise a gathering with families and host **games with prizes**, food, and fun to prolong the celebration of 'Eid. Make this a ritual so that they look forward to it every time. Hand out small goody bags or sweets to children after 'Eid Salah or Jumu'ah Salah, making them more interested in these basic acts of worship. You could also bake a beautiful cake to send to school with your child for 'Eid, so that they look forward to **sharing this special festival with their friends**.



## Importance of the Islamic Calendar

Aside from 'Eid, *Ramadhan* is the most valuable time of the year for Muslims. Make it a family event to **welcome Ramadhan** with joy into your household, for it is like a guest. Beautifying your house could be as simple as asking your children to draw and colour what reminds them of *Ramadhan*. Personal touches like these go a long way in instilling that importance of the holy month within them.

**Reach out to those less fortunate** and create a hamper to give, involving your children in the process so that they learn that this month is not just about eating and fasting, but taking care of those in need too.

The first ten days of *Dhul-Hijjah* are so beneficial in their rewards, but simply telling children its importance leaves little effect on them. Incorporate **crafts or creative activities** to get them involved in doing good deeds – create a little calendar to mark the days and what they can do each day and make it interactive so that they can tick them off when the task is accomplished. Remember, '*Ibadah* is not just about how much you can pray and recite *Qur'an* but bringing up your child righteously too.

Bring about joy in their lives that revolves around our religion – make little occasions memorable and joyful so that they look forward to them and tell others about them in that contagiously excited way. It might take some creative thinking and effort when they are younger, but it will pay off as they get older, *In sha Allah*, as treasuring these Islamic days will become a staple in their lives.



## Celebrate Small Achievements

There is so much peer pressure when it comes to celebrating birthdays. Did you know, however, that it can be traced back to pagan roots and many people are unaware of its history and so unknowingly adopt it as a tradition? If we are to adhere to the *Sunnah*, we would find that the celebration of birthdays is not found within it. That being said, when we tell our children that they cannot participate in such parties, we don't offer them much in terms of alternatives. The only thing to be celebrated at a birthday is the fact that one year has passed – it is no achievement on our part. Why not, then, **rejoice** in the **small achievements** of life where effort has been put in and results can be seen?



Let children know that Islam does allow joy and celebrations, as long as they fall within the folds of the religion. Whether it is progress seen in **school**, a **sports award**, **Qur'an targets** reached, **good behaviour**, **goals** you have set for them in any aspect that they have then **achieved**, and so much more, there is always a reason to celebrate. Of course, you don't have to throw a party for every little thing but notice the good things in your child's life and show them what it means to you. **Surprise parties for unexpected occasions** are more joyful and meaningful than a regular birthday party that has to be outdone every year. You could honour the occasion with a party, a present, more family time, or a meaningful gift. Celebrations are not about spending a lot of money; rather keeping it simple is always the best way.



When it comes to regular day-to-day activities, try to give your children alternatives that are more pleasing to Allah 'Azza Wa Jall as much as possible. Excessive usage of screens is another matter in itself and has been the topic of countless discussions in today's world. In addition to screening the content your child is subject to whether it is cartoons, movies or video games, try to curb your child's use of TV and playing video games and instead foster creativity through play. Television and internet are just given to kids when they say "I'm bored", but it is actually good for them to be bored because that's when creativity kicks in. They learn to think for themselves which sparks innovative and original ideas. As the saying goes – "Necessity is the mother of invention."



### *Let Them Run Free Outdoors*

There are so many alternatives on how you can occupy your child that has nothing to do with sitting in front of a screen. Meet up with other parents and children in their age group for a **play date**; take the kids out to a park or anywhere where they can appreciate Allah's creation. Most children **love nature and the outdoors**, and it gives them space to run free and use their imagination. Children love to get their hands dirty so give them a little responsibility by allowing them to take up **gardening** as a hobby too if you have the means.

Getting them involved in different kinds of activities, like **sports, self-defence** which is important in Islam, (the three sports from the *Sunnah* also come to mind: **swimming**, horseback riding and archery,) in **clubs in school**, or a **talent competition** that takes them out of their comfort zone and helps them discover a skill they had no idea was in them, is also an effective way to keep them busy productively.



### *Indoors Can Be Fun Too*

If the weather doesn't seem to cooperate with your plans to take them to the park, there are **indoor play areas** that you can take them to as well. Even if they don't have siblings to play with, they can always learn to interact with other children there. If you are looking to have some quiet time at home and don't know how to occupy them, assemble a **Quiet Box**. It consists of multiple things that the child is interested in from books to toys to craft items to random odds and ends that they can entertain themselves with. There aren't many kids who don't like **painting**, so get some child-friendly paints (i.e. easy to wash off surfaces), dress them in an apron or old clothes and let them at it. **Busy Books** are also a great way to keep them engaged while helping them learn because they are interactive books by nature. Do not deter children's **culinary interests** – use them as little helpers in the kitchen from an early age and nurture this productive interest. **Building blocks** are a simple and effective way to teach children colours, structures, and even the laws of physics at a young age. These simple blocks can be handled with your supervision, or even explored by themselves.





*Books are a Portal to another World*

Reading and having access to books are such an important part of childhood. It taps into the imagination that children are blessed with and paves the way to becoming an open-minded adult. The kinds of books children read are important so try to give them **stories with morals**. Learning values from various sources than just their parents telling them about it creates better understanding and leaves an impression on their tender minds.

**Islamic literature** is also essential. Kids are never too young to learn about real-life role models in the form of the prophets and *Sahabah*, and there are plenty of books and information out there to relate it to them in an interesting and simple way. Having these stories from a young age shapes their perception of good characters and gives them the right role models to aspire towards.



*Take an Adventure Holiday*

Parents, for those of you who can afford to, the next time you decide to take a holiday, why not incorporate some fun into it? Instead of simply cruising off to a hotel, why not go hiking or camping or try your hand at some other adventurous sport? We feel like *Islam* restricts us from experiencing such activities and confines us to being boring individuals when in reality, it is we who restrict ourselves.

As long as what we do is within the folds of *Islam* – our 'Awrah is covered, there is no mingling with the opposite gender, etc – we are permitted to find the simple joys in life.

As the world moves forward and our children become exposed to many different ideas, ways of life, religions and festivals, we need to be smart and creative in making sure our *Deen* has an even greater appeal to them.

**REGISTER BEFORE THE 28TH OF FEBRUARY**

**Little Miracles**  
Lasting Islamic Impressions

**STORY CIRCLE**  
NOW OPEN IN **KOLPITY**

**ADMISSIONS**

Deal Place, Colombo - 3

**CURRICULUM:**  
Spoken Arabic  
Aadaab (Etiquettes)  
Akhlaaq (Character Building)  
Hadith & Du'aa  
Stories of the Prophets  
Foundations of Islam

**Age Groups:** 4-8 Years

**Duration:** One Year

**Days:** FRIDAYS

**FOR FURTHER DETAILS CONTACT:**  
0771661369 / 0777896897

**CIRCLE TIME & SONGS** **FUN GAMES** **QUIZZES & CONTESTS** **CREATIVE ACTIVITIES & HANDCRAFTS** **EID PARTIES** **FUN FAIRS** **PERFORMANCE & AWARDS DAY**



# HALAL CERTIFIED PRODUCT INDEX

ஹலால்  
(சான்றிதழ் வழங்கப்பட்ட)  
பொருட்களின்  
விபரப் பட்டியல்



MAY 2018

Hotline: 0117 425 225 (Monday - Friday / 9AM - 5.30PM)

## Bakery Products

### Breads & Buns

பான் மற்றும் பனிஸ்

Akra  
Caravan Fresh  
Finagle  
Prima

### Cake

கேக்

Caravan Fresh  
Little Lion (Excluding Rich Cake)  
Prima  
Tiara

## Beverage & Cordials

### Fruit Juice & Cordials

பழச்சாறு மற்றும் கோடியல்

Edinburghough  
Kist  
Lime Blast  
MD  
Mo Fruit  
Pasha

### Squash Concentrates

Sunquick (Pink Guava & Strawberry Not Certified)

### Malt Based

மோல்ட் கழந்த

Daily  
Maliban  
Milo  
Nestomalt

### Instant Drinks

உடனடி பானம்

Nesfruta  
Nescafe  
Shaktigen

### Syrups

சிரப்

Edinburghough

King  
Kist  
MD  
Stars

### Instant Tea

உடனடி தேயிலை

Nestea

## Instant Coffee

உடனடி கோப்பி

Bru  
Nescafe  
Ruhunu  
Coffee Mate (mfd. -Thailand)

## Cereals & Flour

### Cereals

தானியங்கள்

Cerelac  
Nestum  
On the Go  
Samaposh  
Nestle Sjora  
Nestle Cerelac  
Nestle Ceregrow  
Nutriline  
Oateo

### Oats

ஓட்ஸ்

Aussee Oats  
Oateo Oats  
Diamond

### Corn Starch & Flour

சோளக் மா

Bakerman's  
Edinburghough  
Moth  
Spice Box  
Tasty

### Pasta, Spaghetti & Macaroni

பாஸ்தா, ஸ்பெகடி  
& மெக்ரோனி

Milan  
Pasta Roma  
Princedora  
Roza

### Noodles

நூடல்ஸ்

Edinburghough  
JR - Janrich  
Kottu Mee  
Maggi  
Prima  
Ruhunu  
Wijaya

### Wheat Flour

கோதுமை மா

Prima  
Serendib  
Haleefa

Shaleema  
Seven Star

### String Hopper Flour

இடியாப்பம் மா

Rasa Hari

### Atta Flour

ஆட்டா மா

Seven Star

## Confectioneries & Snacks

### Biscuits

பிஸ்கட்

Akra  
Bisma  
Caravan Fresh  
Diana  
Kist  
Little Lion  
Maam  
Maclee  
Magna  
Maliban  
Munchee  
Uswatte  
Sunrich  
Luckyland  
Master Bakers  
Bakers Fresh  
Cherish

### Chocolates

சொக்லேட்

Diana  
Kitkat (mfd. Nestle -Dubai.)  
Ritzbury  
Chik Chok  
Revello (Excluding REVELLO  
SPECIALITY hand Crafted chocolate)

### Toffees

டொபி

Diana  
Uswatte - Fruit Candy

### Peppermint

பெயர்மிண்ட்

Uswatte - Dicky  
POLO (mfd. Nestle -Indonesia.)

### Marshmellow

மார்ஷ்மெலோ

March Mellow (Uswatta)

## Jelly

ஜெலி

Magna

### Jujubes

ஜுஜுப்ஸ்

Uswatta  
Glucorasa  
Motha

### Lollipop

லொலிபொப்

Uswatte

### Snacks

ஸ்நேக்ஸ்

Diana  
Jiggle Wiggle  
Tipi Tip  
Magna

## Dairy Products

### Butter

பட்டர்

Ambewela  
Anchor  
Lili  
Pelwatte  
MFD

### Cheese

சீஸ்

Ambewela  
Anchor  
Glenis  
Kotmale  
Rich Life  
Prima Stella  
Lili Cheese  
MFD  
Perfect Italiano (Packed by:  
Fonterra Australia Pty Ltd)

### Condensed Milk

கெட்டியாக்கப்பட்ட பால்

Milk Maid  
Roza

### Flavoured Milk

சுவையூட்டப்பட்ட பால்

Amul  
Ambewela  
Anchor Newdale  
Daily  
Kotmale (Excluding UHT  
Strawberry Flavoured Milk)  
Nespray  
Prima Stella  
Nescafe  
Rich Life

## Fresh Cream

ஃப்ரெஸ் கிரீம்

MFD  
Kotmale

### Whipping Cream

விபிங் கிரீம்

Anchor

### Sour Cream

புளிப்புக் கிரீம்

Glenis  
Kotmale

### Ice Cream

ஐஸ் கிரீம்

Carmello  
Elephant House  
Cargills Magic  
Kotmale (Excluding Richy Rich)

### Curd

தயிர்

Anchor Newdale  
CIC  
Fareedha  
Glenis  
Himalee Curd  
Zam Zam  
Rich Life  
Prima Stella  
Kotmale  
MFD

### Drinking Yoghurt

குடிக்கும் யோகர்ட்

CIC  
Rich Life  
Ambewela  
Prima Stella  
Anchor  
Kotmale  
MFD

### Yoghurt

யோகர்ட்

Ambewela  
Anchor Newdale  
CIC  
Glenis  
Kotmale  
Reesan  
Rich Life  
Prima Stella  
Zam Zam  
MFD

### Stirred Yoghurt

ஸ்டர்ரெட் யோகர்ட்

Anchor  
Kotmale  
Rich Life  
Ambewela

## Milk Powder

பால் மா

Anchor  
Anlene  
Diamond  
Lakspray  
Maliban  
Melko  
Nespray  
Pelwatte  
Ratthi  
Anchor Life  
Red Cow

### Infant Formula

குழந்தைகள் பால் மா

Anchor Pedia Pro  
Anchor Plus  
Lactogen  
Nan  
Nespray Plus  
Nestlac  
Pedia Plus  
Cow & Gate  
Baby & Me

## Margarine, Oil & Ghee

### Coconut Oil

தேங்காய் எண்ணெய்

Baraka  
Cocotano  
Fortune  
Marina  
Olympic  
Renuka & Cocomi  
Smith Naturals  
Tropical Green  
VSS Brand

### Corn Oil

சோளக் எண்ணெய்

Fortune  
Mity  
Olitalia  
Tasty

### Soya Oil

சோயா எண்ணெய்

Fortune  
Marina  
Mity  
Olitalia  
Tasty

### Sunflower Oil

சூரியகாந்தி எண்ணெய்

Fortune  
Marina  
Olitalia  
Tasty

## Olive Oil

ஒலிவ் எண்ணெய்

Baraka  
Olitalia

### Margarine

மாஜரீன்

Astra  
Beehive  
Biskin  
Blue Team  
Five Star  
Flora  
Frytol  
Hyco  
Lily Pastry Margarine  
Marina  
Marvo  
Master Bun  
Masterline  
Masterpuff  
Sania  
Tasty  
Meadowlea  
Bake Rich  
Vanicka

### Vegetable Ghee

மரக்கறி நெய்

Marina  
P.M. Mohamed Ali

### Vegetable Oil

மரக்கறி எண்ணெய்

Fortune  
Marina  
Mity  
Tasty

## Food Additives & Ingredients

### Instant Drink Powder / Mix

உடனடி பானம் தூள்

Edinburghough  
Mity  
Motha  
Loli  
Stars  
MD

### Baking Powder

பேகிங் தூள்

Bakerman's  
Dum Dum  
Edinburghough  
Mauri  
MD  
Motha  
Prime  
Stars

Halal Certificate Withdrawn due to Non Conformity: Thakwa Grinding Mills, Crown Biscuits Company Private Limited, Edna Chocolate Ceylon Private Limited

ஹலால் இணக்கம் அற்ற காரணத்தால்: தக்வா கிரயன்டிங் மில்ஸ், கிரவன் பிஸ்கட் கம்பனி பிரைவேட் லிமிடெட் மற்றும் எட்னா சாக்லேட் சிலோன் பிரைவேட் லிமிடெட் சான்றிதழ் மீள் எடுக்கப்பட்டது.



T Star  
Twing Brother  
Brownson

## Jelly Crystals

ஜெலி கிரிஸ்டல் வகைகள்

Chef Mate  
Dum Dum  
Kist  
Motha  
Stars  
T Stars  
Brownson  
Uswata

## Seasoning Powder

சீசனிங் தூள்

Gourmet Goodness  
Knorr  
Ma's  
Maggi  
Prima Stella  
Ranash  
Mity  
Katersafe

## Gelatin

ஜெலடின

Chef Mate  
Dum Dum  
MD  
Motha  
T Star  
Tasty  
Twing Brother  
Brownson

## Food Colouring

உணவு நிறமூட்டி

Aromatic  
Flavorome  
Motha  
Pointing  
Rasarco  
S&H Red Ball  
Williams  
Brownson

## Food Flavouring

உணவு சுவையூட்டி

Aromatic  
Flavorome  
Motha  
Rasarco  
S&H Red Ball  
Stars  
Williams  
Brownson

## Essential Oil

வாசனை எண்ணெய் வகைகள்

Baraka  
Link Natural  
Plant Lipids

## Cocoa Powder

கொகோ தூள்

Anods  
Bakerman's  
Dum Dum  
MD  
Motha  
Twing Brother  
Criollo

## Butter Alternative

பட்டர் மாற்றிடு

King (P.M. Mohamed Ali)

## Icing Sugar

ஐசிங் சுகர்

Anods  
Bakerman's  
Edinborough  
Mauri  
Marina  
Motha

## Artificial Vinegar

வினாகிரி

Edinborough  
Fortune  
King  
Kist  
Stars

## Stock Powder

ஸ்டொக் தூள்

Knorr  
Ma's  
Maggi  
Mity  
Prima Stella

## Sauces, Jams & Pickles

### Sauce

சோஸ்

Dad's Garden  
Edinborough  
Fortune  
JR - Janrich  
Katersafe  
Kist  
Ma's (Excluding Teriyaki Sauce)  
MD  
Prima Stella  
Mity  
Edinborough Golden Label  
Edinborough Dolphin  
Festiva

### Chutney & Pickles

சட்னீ & ஊருகாய்

Best Chef  
Dad's Garden  
Edinborough  
Happy Home  
Kist  
MD

Mahaweli Canneries  
Mo Fruit  
Olympic  
Pickle House  
Sunhome

## Toppings

டொபிங்

Edinborough  
Anods  
Kist

## Sambols

சம்பல்

Edinborough  
Happy Home  
Kist  
McCurrie  
Olympic  
MD  
Pickle House

## Jams & Marmalades

ஜேம் & மாமலேட்

Edinborough  
Prima Stella  
Kist  
MD

## Mayonnaise

மயோனிஸ்

Edinborough  
Fortune  
Swiss

## Salad Dressing

செலட் டிரஸ்ஸிங்

Edinborough

## Processed Meats

### Chicken Based

கோழி இறைச்சி

Bairaha  
Crescent  
Gills  
Keells Krest  
Nelna  
Prima  
Treats  
Delmo

### Beef Based

மாட்டிறைச்சி உற்பத்திகள்

Crescent  
Gills

### Mutton Based

ஆட்டிறைச்சி உற்பத்திகள்

Crescent  
Gills

## Duck

வாத்து இறைச்சி

Crescent

## Fish Based

மீன் உற்பத்திகள்

Crescent  
Diamond  
Gills  
Krest

## Sausages

சோஸேஜஸ்

Bairaha  
Crescent  
Farmhouse  
Gills  
Keells Krest  
Nelna  
Prima  
Delmo

## Turkey

வான்கோழி இறைச்சி

Crescent

## Spices & Condiments

### Spice Mix

மலிகைக் கலவை

Katersafe  
Ma's  
McCurrie  
Olympic  
Ruhunu  
Spice Box  
Super Masala  
Knorr  
Wijeya

### Spice Paste

பேஸ்ட் வகைகள்

Dad's Garden  
Edinborough  
Fortune  
Happy Home  
JR - Janrich  
Katersafe  
Kist  
Ma's  
MD  
Pickle House  
Spice Box

### Masala Mix

மசாலா கலவை

JR - Janrich  
Katersafe  
Ma's  
McCurrie  
Olympic  
Super Masala

### Curry Mix

கரி மிக்ஸ்

Knorr

## Other

### Soups

சூப்

Katersafe  
Knorr  
Ma's  
Maggi  
McCurrie  
Rasa Hari  
Ruhunu

### Soya Based

சோயா அடிப்படை

JR - Janrich  
Lanka Soy  
Ruhunu  
Rasahari  
Prima

### Coconut Based

தேங்காய் அடிப்படை

Cocomi  
Cocotana  
Maggi  
Ma's  
Renuka  
Ranfer  
Silver Mill  
Smith Natural  
VSS

### Lime Based

எழுமிச்சை அடிப்படை

Edinborough  
King

### Health Care Products

சுகாதார நல உற்பத்திகள்

Baraka  
Link Natural  
Ma's  
Samahan

### Pre Cooked Curries

சமைத்த கறிகள்

Chaaya Collection  
Happy Home  
Ma's

### Ice Cones

ஐஸ் கூம்புகள்

Himara

Dum Dum

### Savory Spread

ஸவொரி ஸ்ப்ரெட்

Marmite

## Desserts

### Puddings

புடிங்

Chef Mate  
Chokoto

Edinborough  
Glenis  
King  
Magna  
MD  
Motha  
Stars

## Watalappan

வட்லாப்பம்

Glenis  
Ma's  
MD  
Motha

## Chicken

கோழி இறைச்சி

Alankulama  
Bairaha  
CIC Chicken  
Crysbro  
Delmo  
Five Star  
Haira  
JP Poultry  
LG Farm  
Maxies  
Nelna  
New Anthony's  
Prima  
Star Chicken  
Topps  
Weehena

## Food Premises

உணவகங்கள்

Burger King  
Caravan Fresh  
Dinemore  
Dominos Pizza  
Indian Summer  
KFC  
McDonalds  
Pizza Hut  
Queen's Café  
Lanka Food Solutions  
(Ambula )  
The Sandwich Factory  
Taco Bell

EXCLUDING BEVERAGES

## Head Office

26-B, Retreat Road, Bambalapitiya, Colombo - 04

Web : [www.hac.lk](http://www.hac.lk)

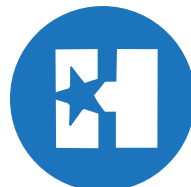
Twitter : @HACSriLanka

HAC SMS Service : Reg<space>HAC and send to 77100

\*Service available only for Dialog Subscribers

Email : [customercare@hac.lk](mailto:customercare@hac.lk)

Official "HAC" Mobile App on



Looking for an excited way to keep your kids engaged this Ramadan? Something that is affordable, beneficial and fits your busy life style?

## Introducing “My Ramadan Companion 2018”

A fun and engaging Ramadan activity book for kids.

My Ramadan Companion takes kids on a journey through Ramadan, engaging them each day with fun activities while introducing them to various concepts related to fasting like sighting the new moon, story of revelation, laylatul Qadr, sunnahs of eid and so much more!

All proceeds from this book will go to help host our very own website where we are hoping to share more beneficial content relevant to nurturing the Muslim ummah.

Order your copy now to avoid disappointments as we have only a limited stock available.

To reserve your copy, contact us on:

**Fb** - [www.facebook.com/muslimmamabear](https://www.facebook.com/muslimmamabear)

**Instagram** - [www.instagram.com/muslimmamabear](https://www.instagram.com/muslimmamabear)

**Email** - [muslimmamabear@gmail.com](mailto:muslimmamabear@gmail.com)

**Mobile** - +94 77 316 9095

## What is Muslim MamaBear?

Muslim MamaBear is a project founded with the mission to nurture the Muslim ummah. It aims to provide creatively designed materials that would help Muslim parents raise smart and righteous children who are well informed about the deen. Muslim MamaBear also values parent-child relationship, hence all its resources focus on facilitating parents to spend quality time with their children. Follow us on our social media platforms to keep up-to-date with our latest projects.







China  
Guangxi

2018 Products Exhibition (Sri Lanka) &  
China Guangxi Brands Silk Road Series (Sri Lanka)

2018年中国广西（斯里兰卡）商品博览会  
暨中国广西品牌商品丝路行（斯里兰卡站）

2018 சீனா குவாங்ஸி உற்பத்தி கண்காட்சி (இலங்கை) &  
சீனா குவாங்ஸி வர்த்தக நாமம் பட்டுப்பாதை தொடர் கண்காட்சி (இலங்கை)

2018 චීන ගුවන්ගිසි නිෂ්පාදන ප්‍රදර්ශනය (ශ්‍රී ලංකා) &  
චීන ගුවන්ගිසි වෙළඳ නාම සේද මාවතේ සිදුවීම් මාලාව (ශ්‍රී ලංකා)

free  
Gifts

SRI LANKA EXHIBITION &  
CONVENTION CENTRE  
SLECC

12, D.R. Wijewardena Mawatha,  
Colombo 10, Sri Lanka

18th - 20th May 2018

**Entrance Free**





# Which of the Wonders of your Lord do you deny?

By Kareema Hussain

Part 2

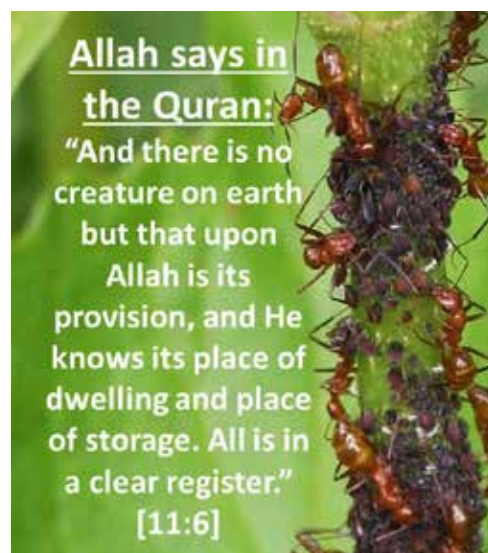
## Sustenance for all living things

Humans having the ability to move, can go hunt or search for their food and cook it as they like.

Plants on the other hand have only constricted and limited movement; being “rooted to the spot!” Isn’t it amazing how Allah ﷻ has provided avenues for plants to obtain their own food and water in the most inconceivable ways despite being immobile? They make their own food in the most incredible way! Photosynthesis

**Science Fact**  
Plants make their own food!

When the sun shines on green plants, a process called photosynthesis takes place. In this process, plants use energy from the sun, which react with chlorophyll manufactured in plant leaves to turn carbon dioxide from the air; and water and nutrients from the soil into glucose, a kind of sugar, which is stored in the leaves and roots as chemical energy. When another living organism such as an animal or human eats the plant, the stored energy from the plant passes to that organism. This process also releases oxygen which is required by other living organisms including man!



**Due balance** - Consider the resources Allah ﷻ has scattered over the earth. Not only coal, oil and gas, which are miraculously buried deep within the earth, many centuries ago and which were previously carbon forests that underwent a chemical reaction due to pressure deep within the earth. These valuable resources today help us with petrol to run vehicles including airplanes, and rockets, drive turbines to provide us with electricity, give force to machines in factories and so much more.

**Science Fact**  
Natural Resources

There are 92 natural elements and scientists have added several more to make 109. With these basic materials and their compounds, and mixtures, are made every conceivable requirement for man’s development and needs. Iron, steel, airplanes, paper, pillows, jewellery, fertilizer, paints, margarine plastic, computer chips, balloons, bulbs and whatever else you can imagine.

In 1869 a Russian chemist Dmitri Mendaleev arranged the natural elements in order of relative atomic mass. However he left gaps for elements that had not been discovered and predicted the properties of those elements. These predictions proved correct when the elements in the missing gaps were eventually discovered.

Does this not prove that there is a Master Planner who devised the groups and families of elements and He placed them on the earth with precision and order? In fact Allah mentions that iron which is an element was made subservient to Dawood ( ) and there is a complete chapter in the Quran dedicated to this metal which is Surah Hadeed (Surah 57)



## “Beasts of all kinds that He scatters through the earth...”

**Geographical Fact**  
Animals & their Habitat

Just as resources are distributed across the earth in varying amounts allowing for trade across the nations, animals too are scattered according to a wise and ingenious plan. Due to the divergent climates across the world; eco- systems and biomes such as the icy Polar Regions, the hot deserts, the torrid equatorial forests etc. animals are scattered. So did the

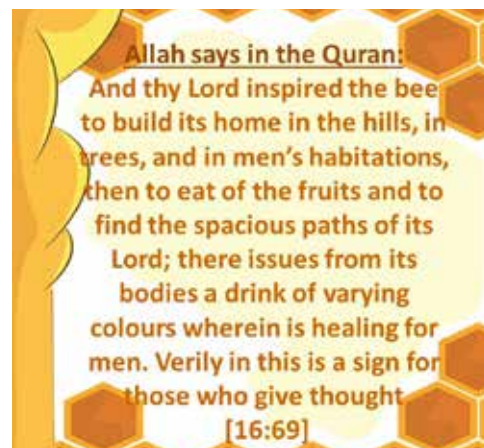
Allah says in the Quran:

“There is not an animal that lives nor a being that flies, on its wings, but they form communities like unto you!”  
[6:38]



Arabs know there are polar bears in the north; penguins and seals in the south; elephants in Africa and India; Lions and tigers rhinos and hippos, in the savannas, pythons and anacondas in the Amazon, or Pandas in China? It is all the handiwork of Allah; and totally for the use and amusement of man. There are, close to 2 million species of animals in the world and 4000 of them are mammals, 751000 insects identified and catalogued to date.

It is evident in the homes of ants and bees that they have a hierarchy; queens and emperors, workers and slaves and warriors to fight invading tribes! They gather food and store it, and build amazing houses. Today beyond question researchers and doctors have accepted that honey is a totally beneficial drink, and is a remedy for all kinds of ailments.



**Birds** In the Quran Allah also mentions the birds. There are as many as 18,000 species of birds discovered in the world today. Our feathered friends are such fascinating creatures; and Allah instructs us to observe them! Some of their stunts are unbelievable! The dance of the peacock to impress its mate, The father penguin standing vigil to warm the eggs for months, geese and ducks that fly

**Geographical Fact  
Animals & their  
Habitat**

thousands of miles to migrate, at the height of over 30,000 feet, the ability of parrots to talk over a 1000 words, the tailor bird weaving its nest in the most spectacular way, the speed of falcons and eagles over 250 mph, the owl can turn its head 360 degrees; The emu can kick like a T. Rex; and so much more.

Allah says in the Quran:  
 "Do they not look at the birds, held poised in the midst of the sky? Nothing holds them up but Allah; verily in this are signs for those who believe."  
 [16:79]

**Cattle** - Isn't it amazing that cows have excess milk, which we can use as a source of nutrition containing vital vitamins and proteins, and we can create from it cheese, curd, ice-cream yogurt, and much more?

**Fruits** – Allah mentions the 'khair' (Goodness) of fruits and indeed it is a benefit overflowing! The divergent flavours are truly amazing; consider bananas, mangoes, pineapples, rambutan, oranges, and durian, consider the different range in each group, and its nutritious value! Allah mentions that though the tastes vary it's all watered by the same rain! What a miracle it is! May Allah increase His 'barakath' and 'niyamath' for all nations and all future generations to come!

Allah says in the Quran:  
 "And verily in cattle you will find an instructive sign; from what is within their bodies, between excretions and blood, we produce for you drink, milk; pure and agreeable to those who drink it there are in them numerous other benefits for you, and of their meat you eat. And from the fruit of the date palm, and grapes, you get a wholesome drink and food; behold in this is a sign for those who are wise."  
 [16:66 & 67]

## A Sign of hope and fear

There is a whole chapter in the Quran dedicated to thunder – Surah Ar R'ad

**Geographical Fact  
Thunder**

Lightning is produced when opposite electrical charges build up in clouds, and on the ground. The charges grow stronger, and stronger, and then an electric spark leaps between the cloud and the ground or between clouds, and that spark is lightning. Lightning strikes the earth more than a thousand times in a minute, and each bolt contains a billion watts of electricity!



## Two startling predictions in the Quran now known to be proved

In the Quran Allah has mentioned two incidents which have now been brought to light. One is the discovery of Noah's Ark the ship in which Nuh (alai) sailed with his family to save himself from the flood and secondly the miracle of the body of Pharaoh being preserved as a sign to mankind after being drowned in the Sea when he was pursuing Moosa (alai)

Allah says in the Quran:

"Then the word went forth, 'O earth swallow up the water, O sky withhold thy rain!' And the water abated, and the matter was ended, The Ark mounted on Mt Judi, and the word went forth, "away with those who do wrong"  
 [11:44]

## Noah's Ark

It is a miracle of the Quran that Allah has mentioned the exact location of Noah's Ark as Mt. Judi located on the Turkish Iranian border. Scientists have discovered the remains of the Ark which appear to be 4800 years old, and have been researching this sight.

## Pharoah

In the Quran Allah mentions that He would save the body of Pharoah who was drowned in the sea while pursuing Moosa (alaih) and his people (Bani Israil). The body of Ramses II who lived 1,300 BC has been recovered and his body has been preserved to this day and can even be viewed, in the Royal Mummies chamber of the Egyptian Museum of Cairo.

Allah says in the Quran:

"This day shall we save thee in thy body  
that thou mayest be a sign for those  
who come after thee."

[10:92]

## Conclusion

Having bestowed all these supernatural bounties to mankind and having made the sun, moon, stars, ships, cattle etc. subservient to man; and having granted the faculties of sight, hearing and affections of the mind; Allah only wishes one thing in return and that is that we accept and acknowledge Him as the Lord, God of creation, and submit ourselves to Him alone.

"If you were to count the favours of  
Allah you would never be able to  
number them"

[16:15]

"Thus does He complete His favours  
on you that you may bow down to  
His will in Islam"

[16:81]

“

At times we tend to overlook the little miracles that Allah throws in our lives. Perhaps we don't even realise that it was a miracle. You may be tensed that you lost your job, but it is Allah's way of giving you something better in its place. You must have been late to work, and lost on a day's pay, but perhaps Allah made you reach late to teach you the value of time. You may have missed a flight, but perhaps Allah diverted you from an accident. You may be going through a difficult phase of your life, but perhaps Allah is polishing you with patience and endurance so that you may be fit to enter His Jannah. Allah only wants the best for us, but little do we understand" #HiddenBlessings

Dr. Bilal Phillips

”



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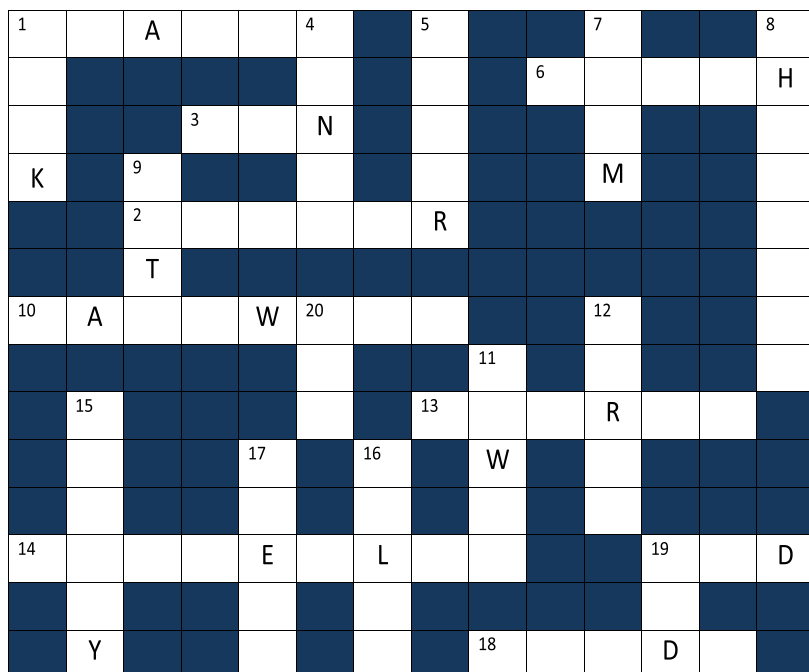
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Age \_\_\_\_\_

Date of Birth \_\_\_\_\_

Address \_\_\_\_\_

Email \_\_\_\_\_

Contact No \_\_\_\_\_

### TERMS & CONDITIONS

- Age limit - Children 14 years and below
- Only one entry per child can be submitted per issue
- An individual will be eligible for a maximum of 3 wins
- Prizes will be awarded to the first three correct entries received
- Family members of the staff of UEC International & ADL cannot participate
- Closing date for entries – 15th July, 2018

The entries should be mailed to: **UEC International (Pvt) Ltd, 82 2/1, Bauddhaloka Mw, Colombo 4.**

### CLUES FOR CROSSWORD NO 25

#### ACROSS

- The month that comes before the month of Ramadhan
- The meal we have for breaking our fast
- Fasting keeps a person away from \_\_\_\_\_
- The obligatory charity that a person has to give
- The Nafil prayer performed every night during the month of Ramadhan
- Fasting is the \_\_\_\_\_ pillar in Islam
- A category of people who are exempted from fasting
- Nafil prayers get the same reward as \_\_\_\_\_ prayers during the month of Ramadhan
- A category of people who are exempt from fasting
- Something we cannot do while fasting

#### DOWN

- A category of people who are exempt from fasting
- Ramadhan is the \_\_\_\_\_ month in the Islamic calendar
- Muslims follow the \_\_\_\_\_ calendar
- The arabic word for fasting
- The deeds performed in the night of Laylatul Qadr is equal to a deeds performed over \_\_\_\_\_ months
- The Nafil prayer that has an odd number of rakat.
- Laylatul Qadr night is known as the Night of \_\_\_\_\_
- The month of fasting is also known as the month of the \_\_\_\_\_
- The maximum number of days we can fast for Ramadhan
- Fasting is the only deed that belongs to \_\_\_\_\_ alone
- Allah prescribed fasting for us, so that we may attain \_\_\_\_\_
- It is a sunnah to eat an \_\_\_\_\_ number of dates when breaking fast



## SOLUTION FOR CROSSWORD - ISSUE NO 24



### NOTE TO PARENTS:

The purpose of these crosswords is to enhance the Islamic knowledge of our young and engage them in research wherever necessary in completing the task. We would like to request all parents to encourage the children to attempt these crosswords. The children may seek the assistance and guidance of the parents in carrying out the research in order to source the answers as and when necessary.

1 B	A	N	I	-	2 I	S	R	A	E	L		3 T	E	N
I					S							W		
4 N	A	B	I		5 H	A	N	D	6 S	O	M	E		
Y					A				U			L		
A			7 Y	A	Q	U	8 B		N			V		9 B
M			U				R				10 W	E	L	L
I			S		11 A	D	O	P	T					I
N			U				T							N
	12 W	I	F	13 E			H							D
				L			14 E	G	Y	15 P	T			
16 I	S	R	A	E	L		R			R				
B				V			S			I		17 A		
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A		18 M		N					19 B	O	W	I	N	G
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22 M	I	N	I	S	T	E	R							

NO WINNERS FOR  
CROSSWORD 24



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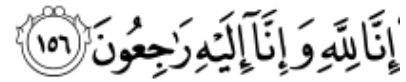
# The Last Lap of Life's Journey

## Al-Istirjaa

When the news of death in the family reaches the relatives and friends, the first thing that they should say is the following Quranic verse:

"Indeed we belong to Allah, and indeed to Him we will return."

[Surah Baqara 2:156]



In the case of the husband or wife, they should add:

**"Allahumma Ajirnee Fee Museebathi Wakh-luf Lee Khairan Minhaa"** (or *Minhu* if it is the wife saying it)

**"Oh Allah, grant me refuge in my affliction and replace her (him) with someone better."**

This statement is known in Arabic as Al-Istirjah.

## Announcing Death

When someone died, Huthayfah Bin Al-Yaman رضى الله عنه used to say, **"Do not announce his death to anyone. I'm afraid that it would count as Na'y and I heard Allah's Messenger ﷺ prohibit Na'y."** (At Tirmidi, ibn-Majah )

Ibn Hajar Al-Asqalani said, **"The prohibited form in Na'y is that of the people of Jahiliya; they used to send someone to announce the death at houses, stores and in the market place."** (Fath Al-Bari)

It is allowed to announce the death in a manner that doesn't resemble that of Jahiliyah, especially if there is a need for some people to perform the necessary rites for the deceased, such as washing, shrouding and Janazah prayer. Further, when informing about Muslim's death, it is recommended to ask the Muslims to seek Allah's forgiveness for him.

**Na'y** means **"announcing a person's death"**. It is usually necessary in order to invite the people to pray the Janaza for the deceased, supplicate for him, and look after his and her family's affairs.

## The Barzaq

**The Janaza is being prepared, the Ghusl (bath), the Kafan (shroud) and ready to go on its last lap ...**

Event	A Believer	A Disbeliever
The test starts	Immediately after burial	
By whom	Two angels	
Appearance of the two angels	They are black and blue with a very stern appearance	
Names of the two angels	Munkar and Nakeer	
First thing done by the angels	They shake him and make him sit up in his grave	
State of anticipation before the test	He sits without fear or terror	He sits in a state of fear and terror
Manner of answering the questioning	He says what he used to say (before death). The faculty of reasoning is returned to him.	
They ask him, "Who is your Lord?"	He replies, "My Lord is Allah"	He replies, "Alas, Alas, I do not know."
They ask him, "What is your Deen? What did you say about Islam? What did you do?"	He replies, "My Deen is Islam, I adhered to it, read Allah's book, believed and obeyed it."	He replies, "Alas, Alas, I do not know. I heard the people say things, so I said the same."
They ask him, "What did you worship?"	He replies, "I worship Allah."	He replies, "I do not know."
His response to the question, "Who is the man who was sent to you?"	"He is Allah's Abd and Messenger Muhammed. He brought clear signs from Allah, and we believed him. I testify that there is no God but Allah, and that Muhammad ﷺ is His Abd and Messenger."	He cannot recall his name. He is told, "(His name is )Muhammed." He says, "Alas, alas, I do not know. I just heard the people say that."
What the angels expected	"We expected you to say this."	
Performance in the test.	Allah ﷻ guides him and makes him firm in words, so that he knows how to answer his questions.	He is confused and is told, "You did not know or recite (Quran)."
They shake him again asking, "Who is your Lord? What is your Deen? Who is your Prophet?"	He repeats, "My Lord is Allah, my Deen is Islam, and my prophet is Muhammad."	(N/A)
Last fitnah	This is the last fitnah to which he is subjected	(N/A)
The test's result is announced with a call from the heavens.	"My abd has spoken the truth; give him furnishings from Jannah; clothe him from it; and open for him a door to it."	"He lies! Give him furnishings from the fire and open for him a door to it."

*Extracts from authentic Hadeeth*



## Questioning time

Uthman رضي الله عنه narrated that after Allah's Messenger ﷺ buried a person he would stand by the grave and say, **"Ask Allah to grant your brother forgiveness and firmness (of words) because he is being questioned at this moment."** (Abu Dawood and Al-Hakim)

Allah ﷻ says:

**The Fire, they are exposed to it morning and evening. And the Day the Hour appears [it will be said], "Make the people of Pharaoh enter the severest punishment".** [Surah Ghafir 40:46]

As death approached him, Ammar bin al-Aas رضي الله عنه said to his companions, **"After you bury me, stand around my grave for as long as it takes to slaughter a camel and distribute its meat; I will thus be comforted by your presence while considering how to respond to my Lord's Messengers. (the two angels)"** (Muslim)

It was narrated from Ibn 'Umar رضي الله عنه that the Messenger of Allah ﷺ said: **"When one of you dies, he is shown his place morning and evening. If he is one of the people of Paradise then he is one of the people of Paradise, and if he is one of the people of Hell; it will be said: 'This is your place, until Allah, the Mighty and Sublime, raises you up on the Day of Resurrection' "**

[An-Nasai 2072]

## Praising the dead

It is recommended that righteous Muslims who knew the deceased well and were among his or her neighbours should testify to others about their good qualities. This is a means of reminding others of righteousness and spurring them on to do good deeds. Prophet ﷺ personally encouraged this practice and pointed out that such praise is of benefit to the dead person.

Narrated by Abu Al-Aswad رضي الله عنه :

I came to Medina when an epidemic had broken out. While I was sitting with 'Umar bin Al-Khattab a funeral procession passed by and the people praised the deceased. 'Umar said, "It has been affirmed to him." And another funeral procession passed by and the people praised the deceased. 'Umar said, "It has been affirmed to him." A third (funeral procession) passed by and the people spoke badly of the deceased. He said, "It has been affirmed to him." I (Abu Al-Aswad) asked, "O chief of the believers! What has been affirmed?" He replied, "I said the same as the Prophet ﷺ had said, that is: if four persons testify the piety of a Muslim, Allah will grant him Paradise." We asked, **"If three persons testify his piety?" He (the Prophet) replied, "Even three." Then we asked, "If two?" He replied, "Even two." We did not ask him regarding one witness.** [Bukhari]

Anas رضي الله عنه quoted the Prophet ﷺ as saying, **"for any Muslim who dies and four of his close neighbours testify that they have known him to be good, Allah the blessed and highest will say "I have accepted your testimony and forgiven him for what you do not know about."**

[Ahmed]

**The practice of requesting witnesses after the burial prayer and the bearing of witness of those who do not even know the deceased is bid'ah and futile for false witness will never benefit anyone in the next life.**

## Excessiveness in praising the dead person

Abu Musa said that Allah's Messenger ﷺ said, **"whenever a person dies and one of his mourners stands up and cries, "O you whom we used to rely on! O who used to rescue us!" and so on, two angels are appointed to hit him in the neck saying, "Were you truly as they say?"** [At Tirmidi]

## A Muslim's supplication

A Muslim's Dua for a dead Muslim tremendously benefits both of them. When it is done correctly, truthfully and sincerely, it reflects a high level of brotherhood and concern; and it eliminates the factor of show-off which can potentially destroy the good deeds.

Abud-Darda' رضي الله عنه reported: I heard the Messenger of Allah (ﷺ) saying, **"Whenever a Muslim supplicates for his (Muslim) brother in his absence, the angels say: 'May the same be for you too'."** [Muslim].

Allah ﷻ says: And [there is a share for] those who came after them, saying,

**"Our Lord, forgive us and our brothers who preceded us in faith and put not in our hearts [any] resentment toward those who have believed. Our Lord, indeed You are Kind and Merciful."** [Surah Hashr 59:10]

رَبَّنَا اغْفِرْ لَنَا وَلِإِخْوَانِنَا الَّذِينَ سَبَقُونَا بِالْإِيمَانِ وَلَا تَجْعَلْ فِي قُلُوبِنَا غِلًّا لِلَّذِينَ آمَنُوا رَبَّنَا إِنَّكَ رَءُوفٌ رَحِيمٌ

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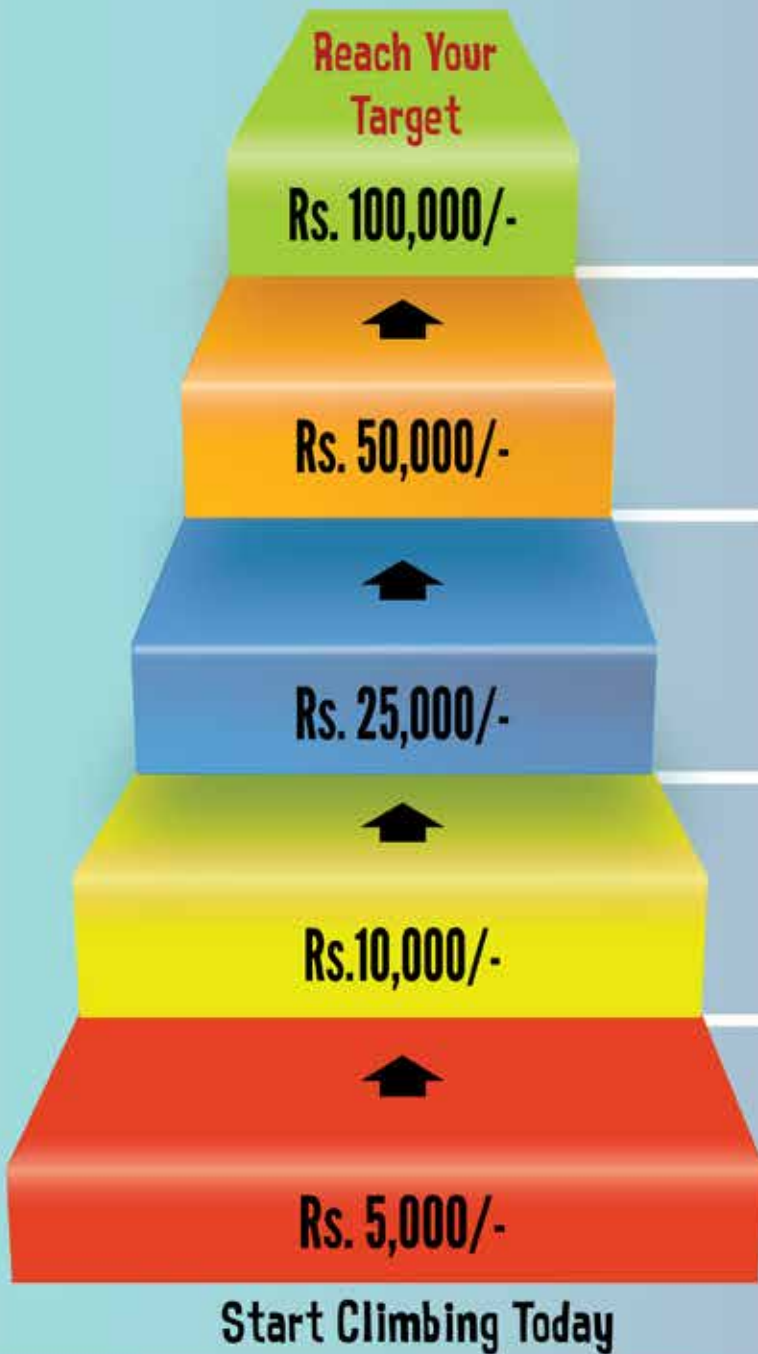


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