

# **WORLD**

VOL 3 | ISSUE NO 22



**HAC** Halal Certified  
Product Index

**Ramadan**  
Habit change opportunity

How to make your child's **first Ramadan**  
fast **healthy and spiritual**

**Teach your Children**

**Ramadan**  
A month for Transformation

**Ranks**  
Ascent or Descent;  
the journey to  
Eternal Bliss or Doom!



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Volume 3 Issue 19



Volume 3 Issue 20



Volume 3 Issue 21



## EDITORIAL



Whilst we await the onset of another Ramdhan, with great anticipation of the Blessings and the Mercy that this Holy Month is associated with, it is indeed a time for reflection. A Journey that began in 2011, Alhamdulillah, Halal World is celebrating its 6th Ramadan, with the Grace and Bounty of The Almighty.

In this issue, we have the team from “Little Miracles Quran Circle” partnering the Halal World with their “Parenting Series”, which we sincerely hope will be beneficial to our readers. In an era in which our children have been blessed with access to various means of acquiring knowledge of the Deen that were not available not too long ago, it has become increasingly easier for parents to inculcate the teachings of our deen in our children from a very young age, Alhamdulillah. While this undoubtedly fulfils a requirement, it also highlights the need for parents to enhance their own knowledge in order to keep abreast with their kids. It is this need that this series is aiming at fulfilling Insha Allah. We wish to thank Umm Yahya and her dynamic team for coming on board the Halal World magazine.

As much as we see the developments in the Islamic lifestyle industry making a quantum leap, we are also witnessing the steady growth in other fields as well, especially in the Islamic Finance Industry. It is a staggering 20 years since the advent of Islamic Banking and Finance in Sri Lanka, albeit in an informal sense, Alhamdulillah. The Halal World will be celebrating the two decades of the industry in its next issue, with a special supplement, Insha Allah. It would also coincide with the Islamic Finance South Asia (IFFSA) Forum and Awards which will be held in Sri Lanka Insha Allah.

We wish all our readers, writers and well wishes a Blessed and fulfilling Ramadan Insha Allah.

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They say, 'Habits make a person.' Psychologists tell us that habit change takes 21 days. If someone does something continuously for 21 days it will become a habit. We are about to come to the Annual Habit Change Workshop that Allah (SWT) sends as His Mercy every year to help us to cultivate habits of the people of Jannah.

The first and most critical condition of being a Jannati, of being from among the people of Jannah is to be a Muttaqi – a person of Taqwa. It is good to remind ourselves that all the promises of Allah (SWT)'s Mercy and Reward are for the Mu'minoon and Muttaqoon. Not for the Muslimoon. Becoming a Muslim

confusion between fear and love of Allah (SWT). Then Allah (SWT) showed us how to develop Taqwa and gave us the means to do it. He made fasting Fardh (compulsory) upon us so that we can develop Taqwa.

**Al Baqarah 2:83.** *O you who believe! Observing As-Saum (fasting) is prescribed for you as it was prescribed for those before you, that you may become Al-Muttaqoon*

As we can see, Allah (SWT) ordered us to have taqwa and then showed us how to develop Taqwa – by fasting. Once a Muslim develops Taqwa then his submission to Allah (SWT) is assured and so the second part of the ayah becomes possible.

**And die not except in a state of Islam (as Muslims)**

The secret of obedience is to obey without question. It is not obedience without understanding. The understanding when obeying Allah (SWT) is to understand who Allah (SWT) is; not what the command is or the logic behind it. This is a major trap that most of our so-called intellectuals fall into. They get lost in trying to understand the logic of the command and forget who is commanding it. That is why Ramadan comes to emphasize the fact that the Muslim obeys because Allah (SWT) commanded it; not because it makes 'sense' to him. Allah (SWT) made some things Halaal and some things Haraam. But in Ramadan during the hours of

daylight, He made even the things which are ordinarily Halaal, Haraam. When the Muslim obeys Allah (SWT) and fasts he is essentially doing something which makes sense only when one understands whose command it is. It is emphasized for the Muslim that if he obeyed Allah (SWT) during Ramadan and stayed away even from Halaal then how much more important it is for him to stay away from what Allah (SWT) prohibited and made Haraam?

That is why it is so critical to know Allah (SWT), to be connected to Allah (SWT), to be conscious of Allah (SWT) and to be concerned about His pleasure and approval for all that we say or do because to Him is our return. Ramadan comes to reiterate this to us every year; that we are the slaves of Allah (SWT) and in being true to that is our salvation. Ramadan comes to teach us obedience. It comes to teach us the meaning of Uboodiya. It comes to teach us the meaning of being Abdullah and Amatullah and to do that because we love Allah (SWT) above all else.

## SO WHO IS ALLAH (SWT)?

Allah (SWT) introduced Himself and asked us to reflect on His Asma was Sifaat – names and attributes so that His awe and majesty may permeate our hearts.

Before He introduced Himself He told us that the people of the Hellfire and the people of Jannah are not equal. They are on two different paths leading to two different places. Islam gives people the choice to choose the path that they want to follow and nobody is compelled to follow any particular path. However each path leads to a different place. He said:



is only the entry point. To attain levels with Allah (SWT) one has to make effort; to enter that blessed group of people who will be honored and entered into Al Jannah. And remember, it is Allah (SWT) who will decide who is a Muttaqi. It is not a matter of either one proclaiming it for himself or of his friends or followers proclaiming it for him.

Allah (SWT) ordered us to have His Taqwa – to fear His displeasure and be aware of His presence – when He said:

**A'al Imraan 3:102.** *O you who believe! Fear Allāh (have Taqwa) as He should be feared. And die not except in a state of Islām (as Muslims).*

Allah (SWT) ordered the Muslims to develop a state of mind and heart where they fear to displease Him as it is His right that people should fear to displease Him. And He told the Muslims to make sure that they don't die except in a state of complete submission to Him. This is the meaning of 'fearing Allah (SWT)'. I make this point because we hate things we fear. But with respect to Allah (SWT) we love Him.

Allah (SWT) said about the Believers:

**Al Baqarah 2:165** *But those who believe, love Allāh the most (above all else).*

So the fear of Allah (SWT) that we talk about is the fear of displeasing Him because we love Allah (SWT) above all else and so we fear displeasing Him more than anything else. Anyone who deliberately disobeys Allah (SWT) is showing that He doesn't love Allah (SWT). So there is no need for any

**Hashr 59:20.** *Not equal are the dwellers of the Fire and the dwellers of the Paradise. It is the dwellers of Paradise who will be successful.*

Allah (SWT) then mentioned His Glorious Book and said:

**Hashr 59:21.** *Had We sent down this Qur'an on a mountain, you would surely have seen it humbling itself and rending asunder by the fear of Allāh. Such are the parables which We put forward to mankind that they may reflect*

Allah (SWT) gives us examples so that we may reflect on His Glory and Majesty and remind ourselves of who it is that we worship. He then introduced Himself thus:

**Hashr 59:22.** *He is Allāh, than Whom there is Lā ilāha illa Huwa, the All-Knower of the unseen and the seen (open). He is the Most Beneficent, the Most Merciful. (23) He is Allāh than Whom there is Lā ilāha illa Huwa, the King, the Holy, the One Free from all defects, the Giver of security, the Watcher over His creatures, the All-Mighty, the Compeller, the Supreme. Glory be to Allāh! (High is He) above all that they associate as partners with Him. (24) He is Allāh, the Creator, the Inventor of all things, the Bestower of forms. To Him belong the Best Name. All that is in the heavens and the earth glorify Him. And He is the All-Mighty, the All-Wise.*

This is who we worship – not a stone, a concept, a human being, an idea or anything in creation – but the Creator Himself. We worship Him without any partners, associates, assistants or equals. Because He is alone in His Grace, Power and Majesty – unequalled, unparalled and incomparable. This is not our concept of Allah (SWT) but how Allah (SWT) described Himself. In Islam Allah (SWT) is not a concept.

Allah (SWT) is real. Taqwa is to develop this connection with Him, this awareness of His being, such that to displease Him is something that the Muslim is terrified of doing. That is the meaning of 'fear of Allah (SWT).'

That is why there is no contradiction between 'loving' Allah (SWT) and 'fearing' Allah (SWT) because both result in the same outcome i.e. fearing to displease Him.

Allah (SWT) promised Al Hidayah only to those who have Taqwa. He said: Baqara 2:2. *This is the Book (the Qur'an), in which there is no doubt, a guidance to those who are Al-Muttaqoon*

Allah (SWT) loves the Muttaqeen. He said: A'al Imraan 3:76. *Yes, whoever fulfills his pledge and fears Allah much; verily, then Allah loves those who are Al-Muttaqoon*

Allah (SWT) promised Jannah to the Muttaqoon. He said: Naba 78:31. *Verily, for the Muttaqun, there will be success (Jannah)*

He encouraged us to race towards Jannah which is for the Muttaqoon. He said: A'al Imraan 3:133. *And race towards the forgiveness from your Rabb, and for Jannah as wide as are the heavens and the earth, prepared for Al-Muttaqoon*

And He said:

**Nahl 16 (30)** *And (when) it is said to those who are the Muttaqoon, "What is it that your Rabb has sent down?" They say: "That which is good." For those who do good in this world,*

*there is good, and the home of the Hereafter will be better. And excellent indeed will be the home of the Muttaqoon. (31) 'Adn (Jannah) which they will enter, under which rivers flow, they will have therein all that they wish. Thus Allah rewards the Muttaqoon. (32) Those whose lives the angels take while they are in a pious state (state of Taqwa) saying (to them): Salamun 'Alaikum enter Jannah, because of (the good) which you used to do (in the world).*

And finally He said:

**Zomar 39: (73)** *And those who kept their duty to their Rabb will be led to Paradise in groups, till, when they reach it, and its gates will be opened (before their arrival for their reception) and its keepers will say: Salamun 'Alaikum! You have done well, so enter here to abide therein." (74) And they will say: "All praises and thanks be to Allah Who has fulfilled His Promise to us and has made us inherit (this) land. We can dwell in Paradise where we will; how excellent a reward for the (pious good) workers!" (75) And you will see the angels surrounding the Throne (of Allah) from all round, glorifying the praises of their Rabb (Allah). And they (all the creatures) will be judged with truth, and it will be said. All the praises and thanks be to Allah, the Rabb of the 'Alamin (all that exists)."*

It is to help us to become Muttaqoon that Allah (SWT) sends us His Mercy annually, called Ramadan.

So let us see what the habits of the Muttaqoon, the People of Jannah are.

## 1. Obedience

The first habit to be cultivated and ingrained is unquestioning obedience to the orders of Allah (SWT). That is where it all begins. Without obedience; with a rebellious Nafs there is no hope of ever becoming a Muttaqi. Allah (SWT) praised the obedience of the Sahaba and said:

**Baqara 2: (285)** *The Messenger (Sal) believes in what has been sent down to him from his Rabb, and (so do) the Believers. Each one believes in Allah, His Angels, His Books, and His Messengers. They say, "We make no distinction between one another of His Messengers" - and they say, "We hear, and we obey." (We seek) Your Forgiveness, our Rabb, and to You is the return (of all).*

It is the right of the Glory and Majesty of Allah (SWT) that He should be obeyed without question or hesitation. It is the duty of the slave and a sign of his Uboodiya to do so. A slave who questions and refuses to obey the order of his Creator, Owner, Sustainer is a rebellious slave worthy of punishment. Ramadan came to teach us that Allah (SWT) is to be obeyed whether or not His orders appeal to our reason, desire, logic or anything else. Being a slave is about obeying. Not about picking and choosing. Not about deciding what to obey and what to leave out. So the first condition is to obey without conditions or questions. Islam is to submit. The Muslim is one who submits and without submission there is no Islam or Muslim. There's no such thing as a non-practicing Muslim.

## 2. Attention to Imaan, Salah & to Spending in the path of Allah (SWT)

When Allah (SWT) mentioned that Al Hidayah is for the Muttaqoon, He mentioned their top three qualities: Belief in



the Unseen, establishing Salah and spending from what He gave us. He said:

**Baqara 2: (3)** *Who believe in the Ghaib and establish As-Salat (Iqamat-as-Salat), and spend out of what we have provided for them.*

**There are three habits to inculcate in this respect:**

A) Have conversations about the Aakhira, Al Ghaib – Jannah, Jahannam, Day of Judgment, the grave and its conditions and that Allah (SWT) sends His decisions based on our actions. What we remember and speak about is real. What we never mention becomes a memory, a concept and eventually a legend and mythology.

B) Establish Salah as we do in Ramadan. It is a tragedy of this Ummah that masajid empty with Eid. If the masjid could speak it would call Eid ul Fitr a day of mourning and not a day of rejoicing; because it knows that from that day onwards for the next 11 months it will be abandoned and deserted. Ramadan is an opportunity to concretize the habit of praying in the masjid.

C) Spend in the path of Allah (SWT) on a regular basis just as we spend in Ramadan. Why are all our actions 'Shaytaan based'? Is it that we can do good, only when the Shaytaan is chained? Charity is not only for Ramadan. So inculcate this habit in yourself and your children. Teach them the value of investing with Allah (SWT). That is the only investment that matters.

### 3. Attention to seeking knowledge and Tilawatil Qur'an.

Ramadan is the month of the Qur'an. We listen to it, we read it and we try to implement it in our lives. This is the third habit to ingrain.

Allah (SWT) said: Baqara 2: (185) *The month of Ramadan in which was revealed the Qur'an, a guidance for mankind and clear proofs for the guidance and the Criterion.*

Make the reading of the Qur'an the first thing you do every day. Let the Qur'an be the first thing you see every day, the first thing you read, the first thing that has your attention. Read it in Arabic because only the Arabic is the Word of Allah (SWT). By all means read translations; even better, learn Arabic. The language of the Qur'an and its grammar is a miracle in itself. It is a tragedy that even those who memorize it in our countries are completely oblivious to the miracle that brought many Sahaba to Islam. When will we learn to teach the Qur'an as Rasoolullah (Sal) taught it – with its meaning and with understanding? How do we expect people to practice it in their lives when we insist on teaching it without understanding and insist that understanding it is not required for memorizing? Open your eyes O! People! Before you answer to Allah (SWT) about why you treated His Kalaam in this way.

### 4. Attention to dua: thanking Allah (SWT) and seeking His Forgiveness

Allah (SWT) mentioned dua in one of the most beautiful Ayaat of the Qur'an which He placed in the middle of the Ayaat about Ramadan. Ramadan brings us close to Allah (SWT) and naturally the slave seeks the pleasure of His Creator and seeks to place his difficulties before the One who created him. Allah

(SWT) opened the doors of His Mercy and Grace and taught us the way to connect to Him and to seek His Pleasure, Mercy and Forgiveness leading to Al Hidayah, when He said:

**Baqara 2: (186)** *And when My slaves ask you (O Muhammad) concerning Me, then I am indeed near. I respond to their dua when he calls on Me. So let them obey Me and believe in Me, so that they may be led aright.*

Make dua a habit. Inculcate it in your children. Teach them to ask Allah (SWT) for everything that they need. This is the essence of Tawheed ur Ruboobiya. That is why Rasoolullah (Sal) called dua 'Mukhkhul ibaadah' (the essence – brain – of worship). This is the greatest resource that a Mu'min has. It is the greatest legacy that you can give your children if you teach them how to invoke the power of Allah (SWT) and to take from the treasures of Allah (SWT), to give to the world. Talk to Allah (SWT) because He knows and hears and responds. Make friends with Allah (SWT) because He said that He is the Wali of the Believers:

Make it a habit that for every situation to turn to Allah (SWT) first before you seek any material aid. In every difficulty and in every ease, turn to Allah (SWT) first. Remember that the best dua is to beg Allah (SWT) for His Forgiveness. Remember that there are no secrets from Allah (SWT). Talk to Him. Tell Him your story. Build a connection with Him while you can, because one day you and I will need that connection more than anything else. Even if today we live as if we don't need it. I ask Allah (SWT) to make this easy for us.

Finally remember that Allah (SWT) put conditions about those whose dua He accepts. He said:

**Baqara 2: (186)** *So let them obey Me and believe in Me, so that they may be rightly guided.*

Remember that there is no acceptance of dua without acceptance of the Uboodiyat of Allah (SWT). Allah (SWT) accepts the dua only of His obedient slaves. Those who think that they can live their lives in disobedience and unconsciousness then turn to Allah (SWT) only in times of difficulty are suffering from one of the most common forms of self-induced dementia and delusion. I ask Allah (SWT) to cure this fatal malady and to open our eyes before they are opened for us by Malakul Mawth.

### 5. Attention to personal conduct & Huqooq-ul-Ibaad (Rights of people)

Ramadan is a month where we focus on improving our personal conduct. We try to control our anger, protect our tongues from Gheeba, cursing, useless talk, name calling and other debilitating diseases. We protect our eyes and ears from looking at and listening to whatever Allah (SWT) prohibited. Let us make the intention to use the month to make these good habits permanent. Gheeba, cursing and useless talk don't become Halaal after Ramadan. Let us remember that we are role models for all those who come into contact with us. Let us reflect on what kind of role model we want to be. Allah (SWT) said about these things:

**Hujuraat 49: (10)** *The Believers are nothing but brothers (in Islam). So make reconciliation between your brothers, and fear Allah, that you may receive mercy. (11) O you who believe! Let not a group scoff at another group, it may be that*

*the latter are better than the former; nor let (some) women scoff at other women, it may be that the latter are better than the former, nor defame one another, nor insult one another by nicknames. How bad is it, to insult one's brother after having Faith [cursing, swear words.]. And whosoever does not repent, then such are indeed Zalimun (oppressors). (12) O you who believe! Avoid much suspicion, indeed some suspicions are sins. And spy not, neither backbite one another. Would one of you like to eat the flesh of his dead brother? You would hate it (so hate backbiting). And fear Allah (SWT) Verily, Allah is the One Who accepts repentance, Most Merciful.*

Major matters concerning the rights of people are self-evident so I won't mention them here. But what about our social lives? We know backbiting is Haraam yet we don't stay away from it. Remember that to say something factual but uncomplimentary about someone in their absence is backbiting. To say something about someone that is not true is slander which is even worse. Both are not only sins and so punishable before Allah (SWT) but actually result in your good deeds going into the account of someone you hate. Now how intelligent is that? That is why Imam Bukhari is reported to have said, **'If I wanted to backbite, I would say something about my mother because at least my good deeds would go to her.'** Let us beware of this fatal disease which results in the destruction of brotherhood.

## 6. Attention to reflection and self-correction

Finally Ramadan is an opportunity to take stock of our lives, to reflect on what we have been doing and what we should have been doing. In Ramadan we take time out for extra worship. Most people at least pray Taraweeh. Let us pray that with

peace and equanimity, not hurrying the Imam to recite fast and violate the Qur'an. To recite fast without adhering to the rules of Tajweed alters the meaning of Ayaat and in some cases may nullify the Salah itself.

Even when it doesn't nullify the Salah it is a grave misconduct and a sin to deliberately recite the Qur'an without the respect that is due to it. Since in our upside-down world most Imams are subservient to the followers, the sin of forcing the Imam to recite fast will be on your heads. All power to those Imams who are true Imams and fearlessly show the way and don't follow those who force them to disobey Allah (SWT) to please themselves. So please don't violate the honour of the Qur'an.

In Ramadan we also have that greatest of benefits, Itikaaf. This is a very important Sunnah of Rasoolullah (Sal) and is a means for us to get close to Allah (SWT) and to have our duas accepted. Let us use Itikaaf in its true sense as a time to spend in solitude, silence, contemplation, studying the Qur'an and Sunnah and in worship. Let it not become an opportunity to hang-out with friends, spend time in lazing around, idle talk, over eating and other pointless activities. Let us make contemplation, study and reading and reflecting on the Qur'an, Sunnah and Seerah and correcting our lives the object of Itikaaf. Let Ramadan be a means for us to re-engineer ourselves so that we become the inheritors of Jannah.

As I said, it takes 21 days to change a habit and establish a new one. Allah (SWT) gave us 30. Let us make the best use of those days so that when we stand before Allah (SWT) we would be able to stand with honour as His favourite slaves – as His Awliya. I ask Allah (SWT) to forgive us all and enter us into His Mercy.







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Shaktigen

### Instant Drink Powder

உடனடி பானம் தூள்  
Edinborough  
Mity  
Motha  
MD

### Syrups

சிரப்  
Edinborough  
King  
Kist  
MD  
Stars

### Instant Tea

உடனடி தேயிலை  
Nestea

### Instant Coffee

உடனடி கோப்பி  
Bru  
Nescafe  
Ruhunu  
TGM

## Cereals & Flour

### Cereals

தானியங்கள்  
Cerelec  
Nestum  
On the Go  
Samaposha  
Nutriline

### Corn Starch & Flour

சோளக் மா  
Bakerman's  
Edinborough  
Motha  
Spice Box  
Tasty

### Pasta, Spaghetti & Macaroni

பாஸ்தா, ஸ்பெகடி  
& மெக்ரோனி  
Milan  
Pasta Roma  
Princedora  
Roza

### Noodles

நூடல்ஸ்  
Edinborough  
JR - Janrich  
Kottu Mee  
Maggi  
Prima  
Ruhunu  
Wijaya

### Wheat Flour

கோதுமை மா  
Prima  
Serendib  
Seven Star

## Confectioneries & Snacks

### Biscuits

பிஸ்கட்  
Akra  
Bisma  
Caravan Fresh  
Crunchy  
Diana  
Family  
Kist  
Little Lion  
Maam  
Maclee  
Magna  
Maliban  
Munchee  
Punchi  
Real  
Uswatte  
Sunrich  
Williams

## Confectioneries & Snacks

### Chocolates

சொக்லேட்  
Bunty  
Diana  
Edna  
Ritzbury (Excluding Hand made  
Chocolate)

### Toffees

டொபி  
Diana  
Edna  
Fruit Candy  
Fun Fruit

### Peppermint

பெய்ர்மிண்ட்  
Cool Mint  
Dicky  
Uswatte

### Marshmallow

மார்க்ஷ்மேலோ  
March Mellow

### Jelly

ஜெலி  
Chef mate  
Dum Dum  
Kist  
Magna  
Motha  
Stars  
T Star

### Jujubes

ஜுஜுப்ஸ்  
Fruity Jellies  
Glucorasa  
Jelly Fruit  
Motha

### Lollipop

லொலிபொப்  
Uswatte

### Snacks

ஸ்டீக்ஸ்  
Diana  
Tip Tip

### Sweets

இனிப்பு  
Diana  
Edinborough  
Fruit Candy  
Fruita  
Fun Fruit  
Magna

## Dairy Products

### Butter

பட்டர்  
Ambewela  
Anchor  
Pelwatte

### Cheese

சீஸ்  
Ambewela  
Anchor  
Glenis  
Kotmale  
Lili Cheese

## Dairy Products

### Condensed Milk

கெட்டியாக்கப்பட்ட  
பால்  
Milk Maid

### Whipping Cream

விபிங் கிரீம்  
Anchor

### Sour Cream

புளிப்புக் கிரீம்  
Glenis  
Kotmale

### Ice Cream

ஐஸ் கிரீம்  
Cargills Magic  
Carmello  
Elephant House  
Kotmale (Excluding Richy Rich)

### Curd

தயிர்  
Anchor Newdale  
CIC  
Fareedha  
Glenis  
Himalee  
Zam Zam  
Rich Life  
Kotmale

### Drinking Yoghurt

குடிக்கும் யோகர்ட்  
CIC  
Kotmale

### Yoghurt

யோகர்ட்  
Ambewela  
Anchor Newdale  
CIC  
Glenis  
Kotmale  
Milky Day  
Ratthi  
Reesan  
Rich Life  
Zam Zam

### Milk Powder

பால் மா  
Anchor  
Anlene  
Baby & Me  
Diamond  
Lakspray  
Maliban  
Melko  
Nespray  
Pelwatte  
Ratthi

### Infant Formula

குழந்தைகள் பால் மா  
Anchor Pedia Pro  
Anchor Plus  
Celia  
Lactogen  
Nan  
Naspray Plus  
Neslac  
Pedia Plus

## 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

### சூரியகாந்தி எண்ணெய்

Fortune  
Marina  
Olitalia  
Tasty

### Olive Oil

ஒலிவ் எண்ணெய்  
Baraka  
Olitalia

## Margarine

மாஜரின்  
Astra  
Beehive  
Biskin  
Blue Team  
Edinborough  
Five Star  
Flora  
Frytol  
Hyc  
Lily Pastry Margarine  
Marina  
Marvo  
Master Bun  
Masterline  
Masterpuff  
Sania  
Tasty  
Vanicka

Halal Certificate Withdrawn due to Non-Conformity: Crown Biscuits Co. Pvt Limited

ஹலால் இணக்கம் அற்ற காரணத்தால் கிரவன் பிஸ்கஸ் கம்பனியின் சான்றிதழ் மீள் எடுக்கப்பட்டது



## Margarine Oil & Ghee

### Vegetable Ghee

நெய்  
Ambewela  
Kotmale  
Marina  
P.M. Mohamed Ali

### Vegetable Oil

மரக்கறி எண்ணெய்  
Fortune  
Marina  
Mity  
Tasty

## Food Additives & Ingredients

### Baking Powder

பேகிங் தூள்  
Bakerman's  
Dum Dum  
Edinborough  
Mauri  
MD  
Motha  
Prime  
Stars  
T Star  
Twing Brother

### Seasoning Powder

சீசனிங் தூள்  
Gourmet Goodness  
Knorr  
Ma's  
Maggi  
Mity

### Gelatin

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

### Food Colouring

உணவு நிறமூட்டி  
Aromatic  
Flavorome  
Motha  
Pointing  
Rasarco  
S&H Red Ball  
Williams

### Food Flavouring

உணவு சுவையூட்டி  
Aromatic  
Flavorome  
Motha  
Rasarco  
S&H Red Ball  
Stars  
Williams

## Food Additives & Ingredients

### Essential Oils

வாசனை எண்ணெய்  
வகைகள்  
Baraka  
Link Natural  
Plant Lipids

### Cocoa Powder

கொகோ தூள்  
Anods  
Bakerman's  
Dum Dum  
MD  
Motha  
Twing Brother

### 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

## Sauces, Jams & Pickles

### Sauce

சோஸ்  
Dad's Garden  
Edinborough  
Fortune  
JR - Janrich  
Katersafe  
Kist  
Ma's (Excluding Teriyaki Sauce)  
MD  
Mity

### Chutney & Pickles

சட்னி & ஊருகாய்  
Best Chef  
Dad's Garden  
Edinborough  
Happy Home  
Kist  
MD  
Mahaweli Canneries  
Mo Fruit  
Olympic  
Pickle House  
SO  
Sunhome

### Toppings

டொபிங்  
Edinborough  
Kist

## Sauces, Jams & Pickles

### Sambols

சம்பல்  
Edinborough  
Happy Home  
Kist  
McCurrie  
Olympic  
Pickle House

### Jams & Marmalades

ஜேம் & மாமலேட்  
Edinborough  
Kist  
MD

### Mayonnaise

மயோனிஸ்  
Edinborough  
Fortune

### Salad Dressing

செலட் டிரஸ்ஸிங்  
Edinborough

## Processed Meats

### Chicken Based

கோழி இறைச்சி  
உற்பத்திகள்  
Bairaha  
Crescent  
Gills  
Keells Krest  
Nelna  
Prima  
Treats

### Beef Based

மாட்டிறைச்சி  
உற்பத்திகள்  
Crescent  
Gills

### Mutton Based

ஆட்டிறைச்சி  
உற்பத்திகள்  
Crescent  
Gills

### Duck

வாத்து இறைச்சி  
Crescent  
Kronenhof

### Fish Based

மீன் உற்பத்திகள்  
Crescent  
Diamond  
Gills  
Krest

### Sausages

சோஸேஜஸ்  
Bairaha  
Crescent  
Farmhouse  
Gills  
Keells Krest  
Nelna  
Prima

### Turkey

வான்கோழி இறைச்சி  
Crescent

## Spices & Condiments

### Spice Mix

மலிகைக் கலவை  
Katersafe  
Ma's  
McCurrie  
Olympic  
Ruhunu  
Spice Box  
Super Masala  
Thakwa  
TGM  
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

## 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

## Other

### Health Care Products

சுகாதார நல  
உற்பத்திகள்  
Baraka  
FKCI  
Link Natural  
Ma's  
Samahan

### Pre Cooked Curries

சமைத்த கறிகள்  
Chaaya Collection  
Happy Home  
Ma's

### Other Products

ஏனையவை  
Diamond Oat Flakes  
Himara Ice Cones  
Marmite

## Desserts

### Puddings

பூடிங்  
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 Anthoney's  
Prima  
Star Chicken  
Topps  
Weehena

## Food Premises

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

EXCLUDING BEVERAGES

## Head Office

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

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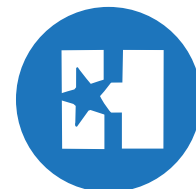
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For many Muslims this Ramadan will mark a proud moment when their children move to the next phase in their lives and start fasting.

For those youngsters who have reached puberty it is a milestone in their lives when they show their commitment to God and start life as an adult Muslim.

But many children much younger who have watched their parents abstain throughout their lives, reach a point where they want to at least try for a day or more and this can be as young as five or seven-years-old.

The key said Nasif Kayed, managing director of the Sheikh Mohammed Centre for Cultural Understanding in Dubai, is that with younger children they are not pressured into fasting and that it is something they do by their own choice.

"It is important to keep the experience very positive for them," he told Al Arabiya English, "You should give only positive reaction to your children's efforts. Any amount of fasting that they manage before they reach puberty is an achievement and should be rewarded as such."

He said that as a parent it was a very proud moment when his children first decided they wanted to fast. Like many cultures around the world, he said it was increasingly rare to get the entire family sitting around the dining table together at meal times.

"It is such a rare occasion that we manage to get all the family together, but during Ramadan, when it reaches Iftar this is not up for negotiation – we're all in this together – we eat together," Kayed joked, adding that parents found this experience a very proud one with children and adults all learning from it.

He said that children should be encouraged to maintain their energy and hydration levels and encouraged to only try fasting for just a day or even a few hours at first. But he said it was a great way to prepare for when they are older and start fasting as adults.

The holy month inevitably sees a multitude of information batted around the media about dieting tips and how to cope with the hunger and potential dehydration - mostly aimed at consenting adults who have long been at that stage in their lives where abstention is a part of their lives as Muslims.

But what advice should parents of young children wanting to

try fasting be given?

Racha Adib, nutrition and lifestyle specialist told Al Arabiya English that fasting is no easy task for young children because their bodies require more energy and fluids than adults.

"As it is up to the parent to assess if their child should or should not fast it is advisable to consult a paediatrician to assess the child's readiness based on their health status, nutrient needs, age, and activity level," she explained.

# How to make your child's first Ramadan fast healthy and spiritual

By Peter Harrison Al Arabiya English

This article was published in the Al Arabiya English online news site last Ramadan. The interview brings out many valuable points which we at HW felt would benefit us as parents and felt the need to share it in this issue.

"Should the child take up fasting, parents should monitor their children closely. Because children are growing, staying nourished is essential. Make sure the child eats a variety of foods from all food groups during their non-fasting hours such as wholegrains, fruits, vegetables, dairy, meat and beans, and healthy fats. Varying the food groups ensures your child gets a variety of nutrients. Another way is by having the child avoid empty calories such as carbonated drinks and candy as they provide calories with very little nutrition."

## Dehydration

With Ramadan falling at the start of summer as temperatures are beginning to soar, Adib warned that younger children were more prone to dehydration.

"Because mild to moderate dehydration can happen very easily in young children, monitoring their water intake is essential," she added. "Children need anywhere between seven and 11 glasses of water per day. High-intensity exercise when fasting is also not advisable for the little ones."

For parents of any background, the moment their child shows an interest in their family's heritage and values is an important and proud occasion.

For Dubai-based British expat Osman Alam, this moment was during Ramadan in 2014 when his son, Shayaan Nabil, asked if he could try fasting at the young age of seven.

“He was determined to fast, as he had seen everyone around him fasting and talking about Ramadan,” Alam told Al Arabiya English, adding “He kept asking me questions and saying he wanted to fast.”

He said he explained to Shayaan that he was too young, but the then seven-year-old was determined to give it a try. In that Ramadan he fasted on two Saturdays, something he repeated in 2015.

For the proud Muslim father, whose family's roots originate from Pakistan admitted it was a proud moment for him.

“As a Muslim it's a proud moment to see that you have raised your kids to a level of understanding about Ramadan at an earlier stage,” he explained.

Alam said the wellbeing of his son remained his main concern, adding: “As a parent you worry if he will be okay. Will he get tired? What if he over does it? But the feeling you get once your child completes their first fast is amazing as they have reached that completion of one of the five pillars of Islam – fasting.”

Alam said that before his first day of fasting, the pair discussed the physical implications – how he would not have the same level of energy and would not be able to run around quite as much.

He said it was better during this experience not to play on his games console and to pray. He explained his son was eager to learn the spiritual aspects of Ramadan as well as the physical – reading the Quran, watching television programs that would educate him further.

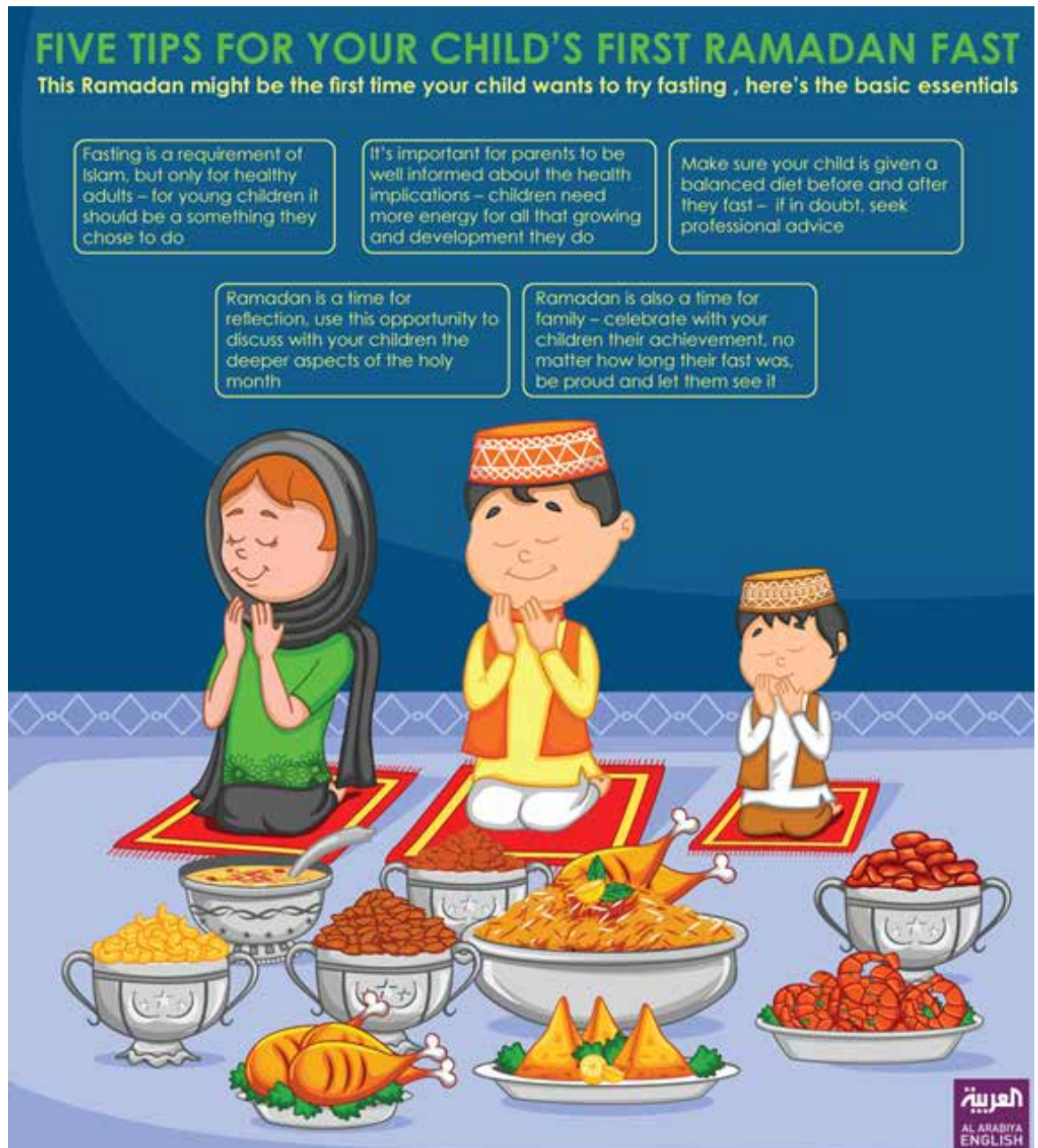
Alam was nine when he first fasted, and remembers all too well the importance of his parents when he first made the decision.

“My family were a huge help, regularly talking to me, giving me encouragement.” He said they prepared his favourite foods as a

reward for when he broke his fast.

For Alam fasting in the UK was a challenge because of the long days during the summer. But he said that on the flipside, the very short winter days helped to prepare him for fasting as an adult. Something he admits helped coach him for his adult life as a committed Muslim.

And he offered this advice to parents of young children wanting



to try fasting for the first time: “I would say to educate them more about fasting before they actually do it. Fasting is not easy, especially in the summer. Kids look up to their parents and elder siblings who might be fasting, so it's only natural for them to want to do it too.”

He said he closely monitored his health throughout the day and making sure that this remained Shayaan's choice throughout.

Source:

<http://english.alarabiya.net/en/variety/2016/06/05/How-to-make-your-child-s-first-Ramadan-fast-healthy-and-spiritual.html>



Homeschooling is a progressive movement around the world, in which parents choose to educate their children at home instead of sending them to a traditional public or private school. Families choose to homeschool for a variety of reasons, including dissatisfaction with the educational options available, different religious beliefs or educational philosophies, and the belief that children are not progressing within the traditional school structure.

Bringing this much needed concept to Sri Lanka is **Targheeb Educational Consultancy Services' e-learning platform, Young Momins' Online Homeschool (YMOH)**. The initiative is the brainchild of Rageeba Bary, Founder and Director of Administration. Rageeba holds a Bachelor of Arts and Master in Arts degree in Islamic Studies with a specialization in Islamic Banking. She has over 15 years of general management and 5 years of teaching experience and Islamic Teacher Training.

With much emphasis on Islamic education, according to Rageeba the idea of e-learning came about through a plethora of research and desire to learn and disburse knowledge that would benefit others.

"Our vision is to offer academic excellence for children who are memorizing the Quran. We aim to achieve the highest standards of knowledge spiritually, morally, and intellectually based upon the Quran and Sunnah of the Prophet (PBUH)," said Rageeba to Halal World.

### **Humble beginnings**

Targheeb's website was launched in 2007 a platform for information sharing. This then grew with Rageeba introducing external resources and links to benefit parents to kick-start the online homeschool. Soon after, a virtual classroom was procured and the program was launched.

"During the research period I developed the curriculum and wrote the lesson plans. We have now successfully completed six years and have developed resources and a curriculum of our own," shares Rageeba.

The online pilot project was launched in Ramadan 2011 for children who memorize Quran and who don't have the financial means to access elementary education.

### **Areas of focus**

The primary objective is to develop and implement a well-balanced and integrated Islamic elementary curriculum in English.

**Targheeb Young Momins' Online Homeschooling** offers Quran with Tajweed, Arabic and Islamic Studies as core subjects alongside English, Math, Science and Social Studies.

While ensuring high standards of teaching by employing qualified and experienced teachers and administrators, the homeschool program also aims to impart Islamic family and moral values and promote positive role models through studying Islamic history and culture/heritage.

### **How it works?**

Internet is available everywhere and in every house, if not for a data package, everyone has a mobile phone and mobile data can be used to access the internet. Having said that, children need to have access to a computer.

# **Bringing school to your home!**

By Shabiya Ali Ahlam

Working with young children and teaching them through interactive methods via the computer, they (parents and children) adopt very quickly. They can learn at home without having to go out to a tutor, or pay a fee for transport and they can learn at their own convenience and comfort at home.

The format of the class ensures the students are well engaged. For instance, after

instructional time or the lesson is introduced in the beginning of the class, a good 30 - 40 minutes is allocated to complete the activities or worksheets in class. Q & A is also carried out depending on the subject and level. Homework is made compulsory, and school's policies and disclaimer are available online.

### **Investing in the future**

She invested in the program gradually, stage by stage with the support of her family and friends, on a need basis taking one step at a time. "Whenever someone asks me about how the program is funded, I remember a friend who told me once that when you work with Allah (swt) he will provide you the means. These words have given me a greater level of comfort and confidence in what I am doing and I don't worry too much, I do what I can within my ability. I have also helped parents and children outside of the structured program whenever possible," expresses Rageeba.

### **Pillars of success**

Rageeba opines a key attribute to her success are her faculty of teachers. Teachers are qualified and specialize in the subjects they teach.

Over the last 10 years or so, she has also been surrounded by friends who are either from the university she attended in the UAE, workplace or community such as the Dawah centres in the UAE. Prof. Ahmad Abdulkareem, was her professor for Arabic. He was her very first teacher who volunteered to teach and stayed with the school for a few years, rendering his services for free. However, not everyone is a volunteer. All of the faculty of the school are paid with the exception of someone who comes forward to do a lesson free.

**Targheeb Young Momins' Online Homeschooling** lesson plans are structured with teaching strategies and lesson objectives for both teachers and students to ensure the seamless delivery of varied content. At the end of each class, teachers and parents have the option to provide their feedback.

### Challenges in the path of success

The YMOH Islamic Elementary curriculum is a dual curriculum which includes both the American Common Core and British National Curriculum.

"Teaching Arabic has been a huge challenge because we teach Arabic as first language and use the books that are used by native speakers. It is of course hard at the beginning, but we try our best to simplify what's too difficult for them," she shares.

She adds that it wasn't easy for parents as well because they didn't have the knowledge of Arabic. Nevertheless, the YMOH curriculum is working very well with the students being able to learn the Arabic language according to the program designed.

In Sri Lanka, she would also like to introduce subjects such as Sinhalese and Social Studies to meet the Sri Lankan National Curriculum.

"This program also encourages parents to seek knowledge to help their children or benefit from their learning," she opines.

### Way forward

While having designed their own workbooks for the primary levels, Pre-KG and KG, Rageeba, stated that plans are underway to launch a Pre-KG program for three and four year olds online next academic year. This will be launched with an ICT program which will be a pre-requisite prior to commencing the Pre-KG syllabus. They also hope to offer secondary education and teacher/parent educational programs on homeschooling.

Having completed six progressive and successful academic years, the school also aims to take more students from Sri Lanka in an effort to make the service more popular in the island nation. "I would like more Sri Lankans to benefit and expand the operation provided, I have organizations or corporates who are willing to sponsor the program as a community project," Rageeba shares.

While there would certainly be a number of questions flashing in one's mind at the end of this, Rageeba shares that given the interest, she would facilitate in bringing the relevant experts to Sri Lanka so that the masses could be educated on the success stories on homeschooling.

For more details, write to us at [ics@targheeb.com](mailto:ics@targheeb.com) or visit our website: [www.targheeb.com](http://www.targheeb.com)



**Admissions Open  
for Academic Year  
Sept 2017 - 2018  
Grades 1, 3 and 6**

**Offering Both Free And Fee Based Online  
Islamic Elementary Education**

**Criteria for Free Admission:**  
**The applicant/student should:**

- be appropriate for the grade/level at which he/she applies.
- be a student memorizing the Quran and have no means to elementary education.
- have access to a computer, internet service and meet wiziq (online classroom) requirement.
- all the subjects offered within the Grade would be compulsory.
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# PRODUCTIVITY

by Salma Moosin

What does it mean to be productive?

Most often when one thinks of being productive we think that it is all about multi-tasking and keeping busy all the time. But Brother Mohamed Faris (The CEO of Productive Muslim.com) shows us a different aspect of being productive.

He says:

**“A productive lifestyle is all about making smart choices (continuously) with your ENERGY, FOCUS and TIME.”**

But these 3 components if used for the wrong purpose will not make you productive. For example when playing a video game – you are focussed, you put in all your energy, and you definitely have the time! But you are certainly NOT PRODUCTIVE!

**Therefore to be productive is to use your Focus, Energy and Time towards positive productivity and ultimately Maximising your reward in Akhira!**

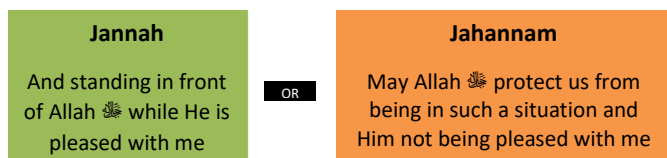
**“Begin with the end in Mind”**

*Steven Covey the author of 7 habits of highly effective people*

We as Muslims KNOW what our end is –

**Jannah or Jahannam**

**Question is – What do I want that end to be?**



One needs to maximize their potential in each of their “roles” as a parent, student, boss, employee, child etc.” In order to achieve this, compromises will need to be made at times, for example - to fulfil the rights of your wife and child when you get home from work instead of bringing work back home and neglecting the family. Or instead of being lazy or judgemental of your new neighbour you help them unpack and settle in if they need help or welcome them to the neighbourhood by sending them food etc.

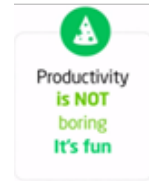
**Productivity is a constant working process. It is not about being perfect, but about fulfilling rights of others.**



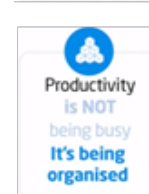
## What is NOT Productivity



**It's a Process** - You cannot suddenly wake up one morning and decide “ok today I am gonna be productive” It doesn't work like that. You have to work on it constantly for some time, even years maybe, to finally achieve the end result.



**It's Fun** – Having fun doesn't mean that you are not being productive. It is about knowing when to have fun and when you need to focus on your work at hand



**It's being organised** – Productivity doesn't mean that you keep busy. There are a lot of people who are really, really busy but they are busy doing nothing! Productivity means that you need to be organised – You know exactly what to do at the right time at the right place.

## 3 Spheres of Productivity

### 1. Spiritual Productivity

Allah ﷻ says in the Quran: “Indeed, prayer guards from indecency and evil. Truly, the remembrance of Allah ﷻ is the best of all things .....” (Ankaboot : 45 )

“.....Truly in the remembrance of Allah ﷻ do hearts find rest.” (Raad: 29)

**The Productivity you get by being close to Allah ﷻ**



#### Baraka

The attachment of Divine Goodness to a thing, if it occurs in something little, it increases it and if it occurs in something much it benefits.

The greatest fruits of Baraka in all things, is to use that Barakah in the obedience of Allah ﷻ

Example – You have an old car and you use it to go to the Masjid, to go to earn a halal living, to take your kids to school. It continues to run well and costs very little money to maintain and that's the Baraka that has been placed in your car. The same applies to your life, children, time & even sleep. However, if there is no Baraka in any of these things you will never be satisfied.

### How do we achieve Baraka in our lives?

#### Shukr [Gratitude]

Allah ﷻ says in the Quran **“If you are Grateful I will add more (favours) unto you”** [14:7] This is in itself Baraka from Allah ﷻ

#### How does being grateful make you Productive:

- » Progress - When you are grateful and you say “Alhamdu-lillah” every time you achieve something however small it may seem, you will feel a sense of relief and fulfilment and you can move forward and achieve greater things.
- » Improves mind-set - You will always think positive when you are thankful
- » Removes Greed and increases humility



## Practical tips on how to be grateful:

- » **Inward recognition** – inwardly recognise all the blessings you have. Your home, family, etc.
- » **Outward mention** – instead of being someone who constantly complains, you should constantly be in the Dhikr of Alhamdulillah!
- » **Taking Action** – Use whatever blessing Allah ﷻ has given you in His path. Eg. Give charity, Tarbiyya of your children etc.
- » **Thank People** – Always make it a habit to thank people when someone does something nice for you. Prophet Muhammad said, “He who does not thank people, does not thank Allah ﷻ.” (Ahmad, Tirmidhi)
- » **Ask Allah ﷻ for His help** – One day Prophet Muhammad took Mu’adh ibn Jabal (radiAllahu anhu) by the hand and said, “O Mu’adh, by Allah ﷻ I love you, and I advise you, O Mu’adh, never forget to recite (this dua), after every prayer.”

## Sabr – Patience

The Prophet ﷺ said, “**How wonderful is the case of a believer; there is good for him in everything and this applies only to a believer. If prosperity attends him, he expresses gratitude to Allah ﷻ and that is good for him; and if adversity befalls him, he endures it patiently and that is better for him.**” [Muslim]

### How does patience make you Productive?

- » You are geared to handle any calamity
- » Gives you the energy to persevere. When things get tough and you remember the ayat of the Quran where Allah ﷻ says “**Allah ﷻ loves those who are patient**” [3:146], this gives you the energy to go on.
- » Positive patience makes you look forward to better things. You think positively and know that things will improve and you work towards making it better.

### Practical Tips on how to achieve patience

- » Remember Allah ﷻ – whenever a calamity befalls you say:  
“Indeed we belong to Allah ﷻ, and indeed to Him we will return.” [2:156]
- » Think well of Allah ﷻ – don’t despair and question the decree of Allah ﷻ. Be positive that Allah ﷻ knows what’s best for you
- » Push for your Goals – Don’t give up

## Ihesan (Excellence)

“Ihesan is that you worship Allah ﷻ as though you see Him. Then if you do not see Him then indeed He sees you” [Bukhari]

### How does Ihesan make you Productive?

- » Perfecting ones duty & task – whatever you do, do it for the sake of Allah ﷻ’s pleasure alone. This way you will strive to

do your best because you know that Allah ﷻ sees what you do even if you do not receive recognition from anyone else.

## Practical tips on achieving Ihesan

- » Be sincere in whatever you do. Know that Allah ﷻ is watching.
- » Learn and do research on the task at hand so that you can make sure that you are doing the best that you can.
- » Enjoy whatever it is that you are doing.
- » Be humble in your achievements

I sincerely hope that we can develop these qualities during the month of Ramadan so that we can then Insha Allah ﷻ continue to benefit from them for the rest of our lives.

The inspiration to write this article as a reminder to myself first and to share these invaluable learnings with you, came from the Productive Muslim Workshop and Lecture on the Prophets Productivity that I attended in November last year, in Sri Lanka, during the visit of Brother Mohamed Faris (CEO of ProductiveMuslim.com), also known as Abu Productive.

I will continue the rest of the article as a series over the next few issues and will end it with the Prophets Productivity Insha Allah ﷻ.

## 7 Spiritual Productivity Habits for you to develop this Ramadan Insha Allah

### 1. Recite ONE hour of Quran:

Not necessarily one Juz or one Surah

### 2. Sunnah Prayers – Extra Points

Before and/or after obligatory parayers

### 3. Duha Prayers – After sun rise – till before the sun reaches its Zenith.

Reward is similar to giving charity on behalf of every bone in your body

### 4. Night Prayers

Attend Taraweeh each and every night – No excuses!

### 5. Dhikr after Salah – takes only 5-7 minutes!

Use pocket books or mobile apps

### 6. Supplications before sleep

For beautiful sleep and ease in waking up for Fajr  
Insha Allah

### 7. Morning & Evening Dhikr

the Sunnah is to recite these duas before sunrise & before sunset  
Energy relievers, energy boosters, blesses the day or evening

Taken from



# 18 SOURCES OF BARAKAH

*"Barakah is the attachment of Divine goodness to a thing, so if it occurs in something little, it increases it. And if it occurs in something much it benefits. And the greatest fruits of Barakah in all things is to use that barakah in the obedience of Allah (Subhanahu Wa Ta'ala)"*

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## 1 GOOD INTENTIONS

Make sure that deed is intended for the sake of Allah (Subhanahu Wa Ta'ala)

## 2 PIETY & BELIEF

*"And for those who fear Allah, He (ever) prepares a way out. And He provides for him from (sources) he never could imagine"* (Surah Al-Talaq, Verses 2-3).

## 3 TRUST IN ALLAH

*"And if any one puts his trust in Allah, sufficient is (Allah) for him. For Allah will surely accomplish his purpose. Verily, for all things has Allah appointed a due proportion"* (Surah Al-Talaq, verses 3)

## 4 READ QURAN

Read the Quran, and observe the blessings and barakah of Allah enter your life

## 5 "BISMILLAH"

When you say "Bismillah" before anything you do, not only will that activity be blessed but shaytaan cannot take part in it!

## 6 EATING WITH PEOPLE

*"Whoever has food enough for two persons, should take a third one, and whoever has food enough for four persons, should take a fifth or a sixth (or said something similar)."*

## 12 GRATEFUL

Allah promises the person who thanks Him an increase in goodness and blessings, and Allah never breaks His promises

## 11 ISTIKHARA

Praying istikhara in all matters and then leaving the outcome to Allah as well

## 10 FOLLOW SUNNAH

To simply follow the Prophet Muhammad's lifestyle and the acts of Sunnah

## 9 HALAL INCOME

Prophet Muhammad (peace be upon him) said:

*"O people, Allah is good and He therefore, accepts only that which is good"*

## 8 DUA

Ask Allah for barakah! If you take note of some of the Duas of the Prophet Muhammad (peace be upon him) you'll notice that the Prophet used to make dua for barakah

## 7 HONEST

We shouldn't assume lying and deceiving people will make our trade profitable. On the contrary, it will remove the blessing from your trade

## 13 CHARITY

Charity cleanses your sins, adds good deeds and is a source of barakah

## 14 TIES OF KINSHIP

*"I seek refuge with you from those who sever the ties of Kith and kin."* On that Allah said, *"Will you be satisfied if I bestow My favours on him who keeps your ties, and withhold My favours from him who severs your ties?"*

## 15 WAKE UP EARLY

Prophet Muhammad (peace be upon him) said: *"Allah made the early hours blessed for my Ummah."* (Ahmed)

## 16 MARRIAGE

Allah says in the Quran: *"Marry those among you who are single, or the virtuous ones among yourselves, male or female: if they are in poverty, Allah will give them means out of His grace: for Allah encompasseth all, and He Knoweth all things."* (Quran 24:32)

## 17 SALAH

Salah is your lifeline for the final destination in the hereafter, and the daily food for your soul

## 18 FORGIVENESS

The Prophet (peace be upon him) said: *"If anyone continually asks forgiveness from Allah, Allah will appoint for him a way out of every distress, and a relief from every anxiety, and will provide for him from where he did not reckon."*



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‘Allah ﷻ  
has  
decreed (it)  
and what  
He willed,  
He has  
done,’

By Binth Azhar



‘If I had tried a little more...!!! If I stayed back...!! But why did this happen to me ?? Why me always...!!

Our lives are stuck between ‘Ifs and Buts’. We are always struggling between commas and question marks. We search for peace, comfort and happiness and end up in anxiety and depression. What could be the solution to all this? How can our hearts be content and calm?

Allah ﷻ the Almighty is in control over all our affairs. He decreed our destiny 50,000 years before He created the heavens and the earth.

Abdullah ibn Amr al-Aas (ra) narrated that the prophet Muhammad ﷺ said ‘*Allah ﷻ wrote the decree of all of creation 50,000 years before the creation of the heavens and the earth and His throne was over the water.*’ (Muslim :2653)

This sketch of Allah ﷻ is named as ‘TAQDEER’: A concept, that each and every Muslim should rely on. It is a pillar which strengthens our faith. As a result a Muslim firmly believes that whatever good or evil afflicts him is by the will of Allah ﷻ. The word Taqdeer is derived from the word ‘Qaddara, yuqaddiru, thaqdeeran’; which means ‘to pre-plan, to estimate, to value, to pre-determine, to pre-ordain’. We humans do plan but at times we mess up, at times we could not reach our estimated goals and we fail, at times we do succeed. It is human nature that we rely on our physical strength and the materialistic world. When we succeed we forget to thank the Almighty for making it possible, if it goes the other way round we ask Him ‘Why Me??!’.

The Quran is not just a book of laws but it’s an encyclopaedia which teaches us botany, physics, history, mannerisms, management, parenting, zoology, chemistry, economics etc. It also speaks about human psychology. Who could know you more, than the One who created you?

Allah ﷻ says in the noble Quran about mankind

خُلِقَ الْإِنْسَانُ ضَعِيفًا

and mankind was created weak. (An-nissa:28)

إِنَّ الْإِنْسَانَ كَفَّارٌ لَّظُلُومٍ

Indeed, mankind is [generally] most unjust and ungrateful. (Ibrahim :34)

وَكَانَ الْإِنْسَانُ عَجُولًا

man is ever hasty. (Isra :11)

وَكَانَ الْإِنْسَانُ قَتُورًا

And ever has man been stingy. (Isra: 100)

وَكَانَ الْإِنْسَانُ أَكْثَرَ شَيْءٍ جَدَلًا

but man has ever been, most of anything, [prone to] dispute. (Kahf:54)

إِنَّ الْإِنْسَانَ خُلِقَ هَلُوعًا

Indeed, mankind was created anxious: (Ma’arij:19)

كَلَّا إِنَّ الْإِنْسَانَ لَيَطْغَىٰ

indeed, man transgresses (Alaq; 6)

إِنَّ الْإِنْسَانَ لَفِي خُسْرٍ

Indeed, mankind is in loss (Asr: 2)

He knows our weaknesses, our negative traits and our inner potentials. We are created with hastiness and impatience. The glitter and the glamour of this deceptive Dunya has deceived us immensely. We are deluded in it and blind towards the reality.

An expert artist is someone who is more sensitive and conscious about his creations. He chooses the exact material to print his emotions, the exact colour that matches the exact size of the objects and the best of angles to print his emotions. At times he places dots, then connects them with dull and thick lines then, he sketches his emotions so that it conveys his feelings to a colourful piece of art. Though it seems to be a scribble of a two year old, when the painting is completely done and turned the other way round we see the most perfect and gorgeous piece of art ever created. People would value it worth millions of dollars and they will honour such a painter with a Nobel prize.

Allah ﷻ the mighty is our creator, He painted us with His own hands. As life moves on He executes His commands. Though it doesn’t make sense to us, once the matter is concluded, it makes us realise that none could be sensitive in such a way that even the most intricate of details have been taken in to consideration. He executes His commands not according to our whims and desires but according to His wisdom. He knows the exact time. He knows the past, present and the future. We humans do not realise the wisdom behind His actions. We want to reap fruits as we plant the seeds. We lack patience and judge immediately by merely observing the surface of the picture.

When we ponder over the examples in the Quran, it seems as if it is impossible for anyone to make it happen. The life of Hazrath Yusuf (As) is an amazing piece of art of Allah ﷻ. What crime did he commit to be thrown in to the dark depths of the well?, what crime did he commit to be sold as a slave in the market place?, what crime did he commit to get an open invitation to be exposed to commit that sinful act with the women of the town?, what crime did he commit to be thrown in to the prison and spend the best part of his life as a prisoner?. NOTHING, he did NOTHING wrong.

It seems like an unjust course of events by the One who drew the plan, but, who took him out of the village and into a town so he can become a future leader? We only see the depths and the darkness of the well. We could only think of how cruel this world was to treat a kid without mercy and sympathy. If he wasn't sold in the market, who would have purchased him?, where would his life have ended up?, if he wasn't exposed to the women who invited him to commit that sinful act, how could he have proven his innocence to the whole world?, if he was not imprisoned for many years who would have taught us that there is hope behind every pain and that there is victory behind every failure and there is wisdom in Allah ﷻ's Qadr?.

Musa (as) had to flee from Egypt to Madyan, when he killed the Coptic. He had to travel alone, he feared for his life, he had nowhere to go, no one to accompany him. It may seem so unfair that he committed an unintentional murder even though he wanted to aid an innocent person. But it was the Qadr of Allah ﷻ, He took him out of Egypt in order to deliver His message to the children of Israel.

﴿قُلْ يَعْبادِي الَّذِينَ أَسْرَفُوا عَلَىٰ أَنفُسِهِمْ لَا تَقْنَطُوا مِن رَّحْمَةِ اللَّهِ إِنَّ اللَّهَ يَغْفِرُ الذُّنُوبَ جَمِيعًا إِنَّهُ هُوَ الْغَفُورُ الرَّحِيمُ﴾

These are not just fairy tales but the stories of those best people who succeeded in both the worlds. The contentment in Allah ﷻ's qadr develops positive traits in us. Such as **Taawakkul** (reliance on Allah ﷻ), **Sabr** (self control), **Taqwa** (Allah ﷻ consciousness), **Shukr** (gratefulness), **Qurb** (closeness to Allah ﷻ) etc. **A believer never despairs in Allah ﷻ's mercy.**

Say, "O My servants who have transgressed against themselves [by sinning], do not despair of the mercy of Allah ﷻ. Indeed, Allah ﷻ forgives all sins. Indeed, it is He who is the Forgiving, the Merciful." (Zumar:53)

When it seems that nothing works according to his plans, a believer clings to His lord and raises his hands seeking Allah ﷻ's aid and His mercy. As a result Allah ﷻ showers His mercy and blessings and he becomes victorious with flying

colours. In contrast to this attitude of a believer, the ungrateful one is stubborn and lashes out with anger. He complains to and questions Allah ﷻ and becomes miserable. This is an act of disbelief inspired by Shaithan. As a result his outcome becomes worse.

When Allah ﷻ chose the Quran to be revealed, He chose the best of nights; the Night of Power/ the night of Qadr. It is the same night He chose to execute His commands in the world each and every year.

He says in Surah Qadr;

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا أَنْزَلْنَاهُ فِي لَيْلَةِ الْقَدْرِ ﴿١﴾

Indeed, We sent the Qur'an down during the Night of Decree.

وَمَا أَدْرَاكَ مَا لَيْلَةُ الْقَدْرِ ﴿٢﴾

And what can make you know what is the Night of Decree?

لَيْلَةُ الْقَدْرِ خَيْرٌ مِّنْ أَلْفِ شَهْرٍ ﴿٣﴾

The Night of Decree is better than a thousand months.

نَزَّلُ الْمَلَائِكَةُ وَالرُّوحُ فِيهَا بِإِذْنِ رَبِّهِم مِّن كُلِّ أَمْرٍ ﴿٤﴾

The angels and the Spirit descend therein by permission of their Lord for every matter.

سَلَامٌ هِيَ حَتَّىٰ مَطْلَعِ الْفَجْرِ ﴿٥﴾

Peace it is until the emergence of dawn.

Quran is an integral part of Allah ﷻ's Qadr. It is the best piece of art Allah ﷻ gifted us in order to mould our lives according to His will and to be among the righteous ones on the Day of Judgement. The one who recognises this reality would not misuse the free will Allah ﷻ has granted him, he submits his will so that Allah ﷻ's will prevails over his. It is Allah ﷻ's Sunnah that He tests His servants through what they desire the most. Some are tested through marriage, some are not blessed with kids, some struggle to get jobs and others struggle to earn money. We are always in need of Allah ﷻ's help. He makes us desire for something in each and every point of our lives and keeps it away from us so that we turn to Him in supplication.

Whoever believes that what happened, happened with the knowledge of Allah ﷻ and He is in control of all our matters, will succeed in both the worlds. **Allah ﷻ's will prevails over everything.**

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# Dua for *Laylat-al-Qadr*

Aishah (RaI) narrated:

"I said: 'O Messenger of Allah, what is your view if I know when the Night of Al-Qadr is, then what should I say in it?'"

He said: 'Say:

اللَّهُمَّ إِنَّكَ عَفُوٌّ كَرِيمٌ تُحِبُّ الْعَفْوَ فَاعْفُ عَنِّي

*Allāhumma innaka `Afuwwun [Karīmun], tuḥibbul-`afwa fa`fu `annī*

**"O Allah, indeed You are Pardoning, [Generous,]  
You love pardon, so pardon me"**

*[Jami`at-Tirmidhi 3513]*

## SAYYID AL-ISTIGHFAR

The Prophet ﷺ said, "The most superior way of asking for forgiveness from Allah is:

اللَّهُمَّ أَنْتَ رَبِّي لَا إِلَهَ إِلَّا أَنْتَ، خَلَقْتَنِي وَأَنَا عَبْدُكَ، وَأَنَا عَلَى عَهْدِكَ  
وَوَعْدِكَ مَا اسْتَطَعْتُ، أَبُوءُ لَكَ بِنِعْمَتِكَ، وَأَبُوءُ لَكَ بِذَنْبِي، فَاعْفِرْ  
لِي، فَإِنَّهُ لَا يَغْفِرُ الذُّنُوبَ إِلَّا أَنْتَ

*'Allahumma anta Rabbi la ilaha illa anta. Khalaqtani wa ana `Abduka, wa ana `ala `ahdika wa Wa'dika mastata'tu abu'u Laka bi ni `matika wa abu'u Laka bidhanbi; faghfirli fa'innahu la yaghfiru-dh-dhunuba ill a ant a. A'uidhu bika min sharri ma sana'tu.'*

**O Allah! You are my Lord! None has the right to be worshipped but You. You created me and I am Your slave, and I am faithful to my covenant and my promise as much as I can. I seek refuge with You from all the evil I have done. I acknowledge before You all the blessings You have bestowed upon me, and I confess to You all my sins. So I entreat You to forgive my sins, for nobody can forgive sins except You.**

If somebody recites this invocation during the night, and if he should die then, he will go to Paradise (or he will be from the people of Paradise). And if he recites it in the morning, and if he should die on the same day, he will have the same fate." *Sahih al-Bukhari 6323*



Days pass by, months pass by, some ordinary while some are special. Ramadan is one such auspicious month for Muslims all around the globe. It is a month of worship and a month of change. We see changes in shopping malls- decorations, more items are on sale, Pre- Ramadan fairs everywhere, and basically a complete change of aura even before Ramadan. But the real essence of Ramadan is not limited to these physical changes; rather it takes place within individuals. This article aims to enlighten the reader about a few aspects of transformation one could focus on.

Sawm is widely known as abstention from food, drink, sexual activity from dawn to sunset, but did you know that in the pre Islamic era they used the term sawn to describe the process of training the horses for battle. Likewise, Ramadan is a month of training for us, a month in which we learn to take control of our desires, prioritise the pleasure of Allah ﷻ than that of ours in order to transform ourselves into a better worshipper with the aim of fulfilling the purpose of our creation i.e. to worship Allah ﷻ.

But before one embarks on this journey of spiritual transformation, it is important that one understands the purpose behind fasting. Allah ﷻ tells 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”** (2:183)

The above ayah clearly outlines the purpose of fasting, i.e. to obtain Taqwa. What is Taqwa? It comes from the root letters waaw – qaaf – yaa which literally means a shield and in terminology it is to shield oneself from that which displeases Allah ﷻ and earns His anger and to do deeds that please Him. Fasting should not be merely a physical act rather it should affect one's heart, it should make him more conscious of Allah ﷻ. It is interesting to note how much of transformation Taqwa can bring into one's life. A Muttaqi (a person with Taqwa) no longer sees the world the same way, rather he sees it through the lenses of Islam. His whole life revolves around the pleasure of Allah ﷻ. Taqwa once penetrated into one's heart, enlightens a person and its light is manifested in one's actions. A Muttaqi understands that everything that occurs to Him is by the will and permission of Allah ﷻ, thus he does not get frustrated even when matters do not take place to his liking. Taqwa strengthens one in times of pain, gives hope in times of depression and humbles one in times of victory.

Meanwhile, Ramadan trains one to restrain one's desires including that which are usually permissible like eating, drinking, intimate relationship with one's spouse. It also trains one to avoid the usage of obscene language and absurd acts. This month of training acts as a “fitrah servicing”, where it puts a person again in the state of alertness.

Ramadan is the month in which Allah ﷻ sent down the Qur'an and if we want to truly benefit from this book, we

should not stop at reciting it cover to cover; rather we should take the next step and try to understand the message of our Creator. For in it is the guidance that needs to be followed if one seeks success in this world and the next. Alhamdulillah, we have many resources which are just a click away that would enable to understand the Qur'an further. So take some time to plan out your course of action to strengthen your connection with the Qur'an.

Another aspect in which Ramadan aids in our transformation is discipline; it trains us in the art of time management. Ramadan is a month where various acts of worship are at their peak. Due to the many different ibaadah we carry out during this month, we learn the importance of time management to do our daily prayers, taraweeh or even fasting in itself. So a person learns to juggle between his daily routine and his acts of worship. This does not only make him more vigilant about the passing time

but also urges him to make the best use of the time that he has.

Ramadan is also a month of giving; thus many of us engage in acts of charity that is tangible and intangible with the sole intention of seeking the pleasure of Allah ﷻ alone. With Taqwa already set in place, Ramadan brings out the selfless nature of a person making him a well-wisher for everyone. Furthermore, the act of

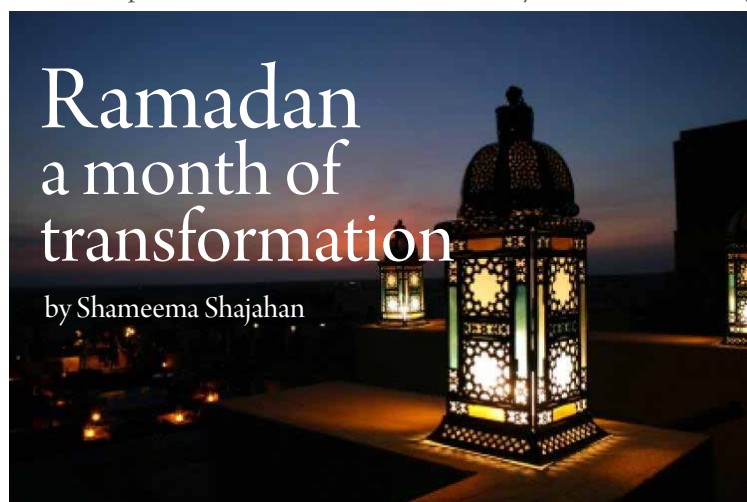
giving reduces the attachment one has over this temporary world.

Most Muslims pay attention to the halal aspect of the food, but is that just it? Allah ﷻ says in the Qur'an:

**“O mankind, eat from whatever is on earth [that is] lawful and good”** (2:168)

We see from the above ayah that it is also essential that we eat nutritional, wholesome food that does not affect our health. For it not only benefits us in this world but it also makes us more beloved in the sight of Allah ﷻ. Abu Huraira (ra) narrated that Prophet ﷺ said, **“The strong believer is more beloved to Allah ﷻ than the weak believer.”** (Sahih Muslim) Hence, in this month wherein one sacrifices his meals for the sake of Allah ﷻ, he should also strive to adopt a healthy diet.

Finally, Ramadan provides one with a fresh start, although each day is a new chance given by Allah ﷻ to raise our ranks, Ramadan provides us with an opportunity like no other; especially since it is a month of forgiveness of our sins. Abu Huraira (ra) narrated that the Messenger of Allah ﷺ said: **“Whoever observes fasts during the month of Ramadan out of sincere faith, and hoping to attain Allah ﷻ's rewards, then all his past sins will be forgiven.”** (Sahih Bukhari). Thus we should use this month to purify our wayward hearts from the blackness of sins we have inflicted upon it. It is a month to renew and refresh our life to start worshipping Allah ﷻ as He deserves. It is a month where we should return and repent to Him and strive hard for salvation. May Allah ﷻ make this Ramadan a productive one for all of us and accept all our deeds Aameen!



# Ramadan a month of transformation

by Shameema Shajahan



# Teach Your Children

by Ria Rameez

*Teach your children to love Allah ﷻ, and more importantly, that Allah ﷻ loves them.* Do not hold Him up as a harsh and exacting God who sends down terrible punishments if they steal a cookie out of the cookie tin or make crayon smudges on your nice clean wall. Not only are you making it difficult for them to feel any warmth and love towards Him, but you are also guilty of a lie-Allah ﷻ does not punish little children. Try instead to present Allah ﷻ as the kind and loving God He really is, Someone who gives without measure (Surah 38, verse 24), forgives all wrongs (Surah 39, verse 53), loves with infinite compassion and mercy and showers us with blessings every day.

*Teach your children about Islam.* Tell them of the angels and the prophets and the creation of the world, of the stories in the Quran and the teachings of Allah ﷻ, but try to do so in a way that makes them love Islam rather than fear

it. Why would you want to portray Islam as a sunless mire of restrictions and rules? Islam is warm and bright, so paint it with warm and bright colours! Present the religion of Allah ﷻ as the vast, wheeling canvas of love and peace it is, rather than the dark, grim picture so many parents construe to their children.

*Teach your children the art of patience.* Let them know that bad things happen- scraped knees and failed tests and broken friendships- but that Allah ﷻ makes sure there are good things out there too. Instill in them the habit of dua and let them learn that it is He who can smoothen out the wrinkles in their lives and give them the best of both worlds. And most importantly, tell them every day that they are never alone, that even in their unhappiest, most despondent moments, Allah ﷻ is always- always- with them.

*Teach your children the art of living in harmony.* Do not bring them up to look askance at the little girl next door just because she is a Christian, or relegate a peer to an inferior position because he is a Sinhalese. Teach them instead how to smile at your non-Muslim neighbour and take over a bowl of watalappam to their house every Eid. Teach them how to live as a community and to exist side by side with people of all religions and backgrounds with no prejudice in their hearts. Sri Lanka is a multi-ethnic and multi-cultural country; how could we live in peace unless we learn to co-exist with the diverse range of people we share this beautiful island with? There is no room in Islam for racism and discrimination. Do you remember the story of our beloved Prophet ﷺ standing up in respect at the passing of a Jewish funeral procession? Did he not treat all people, whether Muslim or non-Muslim, kindly and justly? Let your children do as he did.

*Teach your children to have faith in God and to trust Him unconditionally,* but always do their best at the same time- Allah ﷻ does not like idleness or silliness! Tell them of honesty and humility, of the power of giving and the excellence of charity, and lead them gently up the path of righteousness.

*Teach your children to see the beauty of Allah ﷻ's creation* in the most infinitesimal of things; in butterflies and birdsong, in rainbows and sunsets. Teach them to look with wonder at everything, from the little lizard so cleverly camouflaged on the wall to the rain that patters down gently on cool monsoon days.

*Teach your children to love learning-* not just about religion alone, but about everything. Let them read books or flick through magazines or watch Animal Planet- anything at all that informs and educates- and learn of Islam and the world and how it runs. Teach them that knowledge is power, and that Allah ﷻ loves those who learn.

*Teach your little girls to be strong;* do not fall in with the old patriarchal values that relegate girls to second-rate citizens of little or no worth. Let them know that they matter; that while small-minded notions may try to keep them down, the world is theirs for the taking; that as long as they do not transgress the tenets of Islam, they can be anything they want to be, while being a good Muslimah at the same time.

*Teach your little boys that masculinity does not equate to toughness and aggression;* remember that the Prophet ﷺ was a kind and gentle man who respected all women and helped his wives with their household chores. Do not bring up your sons in a household where the girls are always shunted to the kitchen while the boys are “allowed to be boys”. Instead, teach them tenderness and compassion, and let them grow up into the kind of men that any girl would be proud of to have as a husband or father.

Remember the words of the Prophet Muhammad ﷺ:

*“Every one of you is a shepherd and is responsible for his flock. The leader of people is a guardian and is responsible for his subjects. A man is the guardian of his family and he is responsible for them. A woman is the guardian of her husband’s home and his children and she is responsible for them. The servant of a man is a guardian of the property of his master and he is responsible for it. No doubt, every one of you is a shepherd and is responsible for his flock.”*  
(Sahih al-Bukhari).

As parents, you are responsible for your little “flock”. You are your child’s first teachers. You are the sculptors, the moulders, the shapers, the people responsible for fashioning the unformed minds and hearts of a tiny human being into the form which can carry them through this transient world earning Allah ﷻ’s pleasure, and in turn, a place in His eternal gardens of Paradise.

If you feel you haven’t been quite as attentive to your children’s education as you should be, or that their learning processes need some serious revolutionizing, it need not be too late; Ramazan is just around the corner! This is the month of spiritual enlightenment and prayer, of joy and communal connectivity, and what better time to make new resolutions, inspire your kids and introduce new facets to their learning than this most blessed of months?

So start afresh this Ramazan. *Teach your children all you can; live as you would have them live*, gift them with your wisdom and love, your example and your prayers, and then watch them turn towards religion like flowers turning towards the sun. And one day, God willing, you can tell yourself, when you hear God’s final call, that you have lived a life well lived.



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# Do we Really know our Creator?

*Asma ul Husna Series Part 7  
The Glorious names of Allah*

by Sarah Afker

“*And ask forgiveness of your Lord and then repent to Him. Indeed, my Lord is Merciful and Affectionate.*”

Surah Hud: 90

Alhamdulillah another month of Ramadan is upon us. Ramadan is the month of mercy and forgiveness and while some among us (the fortunate ones) may have been constant in the deen over the months and years, there are many of us who use this month as a means of bettering ourselves and returning to the faith with more conviction that we do at other times in the year. There is also a class of us that feel too distant from the deen and undeserving of His Mercy and Kindness, which is a trap by Shaitan to make us feel unwanted by the One who created us. This issue is focused on the attributes of Allah ﷻ that have the common characteristic of His Kindness, Gentleness, Benevolence in an effort to give reassurance to those lost and broken hearts, for indeed we have a Lord who loves us. So turn to Him and wipe clean your slate in shaa Allah.

## 39. Al-Lateef – The Subtle One, The Most Gentle

Random things happen to us at times. Someone somewhere may say just what you needed to hear. You may be going through a difficulty and attend a talk, and the sheikh says something that particularly resonates with you. How did these people know to say these things, to remind you of Allah ﷻ, when they had no idea what you were feeling or going through? That is Allah al-Lateef—He who is Benevolent, Gentle and Subtle with His servants.

**“Al-Lateef, the Benevolent. One is deserving of this name if one knows the subtleties of those things which are beneficial, as well as their hidden aspects, along with what is subtle about them and what is benevolent.” - Al-Ghazali**

In the dictionary, it is frequently defined as gentleness and also as something that is too tiny or too subtle to feel. So when we say that Allah ﷻ is Lateef with His slaves, it means that while He is always with us, and knows everything that goes on within us from thoughts and emotions, His protection and His presence with us is subtle. As Sheikh Ratib an-Nabulsi says, “His being with us is not heavy.” Combine this meaning of Lateef with its other meaning of being Gentle and Kind, and you have the Lord who knows what is going on in your heart, and sends you what you need out of His Mercy and Kindness in the most subtle way.

You may believe it is your friend that is comforting you, but in reality, it is Allah Al Lateef who sent you that friend. Perhaps that one word was what you needed to uplift you. The subtleties and kindness are not simply to do with our emotions and worries, but also in Allah’s (swt) dealings with the universe. Look at Allah al-Jameel, the Most Beautiful and the Source of Beauty, as He beautifies the universe with stars and breezes and sunsets—a subtlety and a kindness we take for granted, but are nevertheless there for us, and scientifically proven to lift our spirits.

When we see the way Al-Lateef treats us with Benevolence and Gentleness, we cannot but try to be a source of gentleness for others, as a way of being grateful to God for His kindness to us. The Prophet ﷺ said, **“Show gentleness, for if gentleness is found in anything, it beautifies it and when it is taken out from anything it damages it.”** (Abu Dawud)

## 40. Ar-Rafeeq - The Most Kind and Gentle, The Companion

Aisha RA reported: The Messenger of Allah ﷺ said, **“O Aisha, Allah is gentle and He loves gentleness. He rewards for gentleness what is not granted for harshness and He does not reward anything else like it.”** (Sahih Muslim)

Oftentimes we become so ardent with regards to our faith that we become downright harsh with others whom we deem as going astray. That is not at all the way of the Prophet ﷺ. He was always gentle in calling others to the truth. He was gentle even with a Bedouin who urinated in his masjid. Remembering Ar Rafeeq will have the effect of making us gentle and kind to others all the time, hoping that Allah will deal with us gently and not harshly despite our sins.

## 41. Al-Wadood - The Most Loving, The Affectionate

“Al-Wadood” is an Attribute derived from the Arabic word “wudd” which conveys the meaning of an intense, consistent affection as it is expressed in actions and conduct.

Allah ﷻ is “al-Wadood” because He loves His servants and they love Him; He says the following: **“O you who believe! Whoever among you turns back from his religion, Allah ﷻ will bring people whom He loves and who love Him, who are humble before the believers and mighty against the unbelievers...”** (Surah al-Ma’ida 5:54).

Al-Wadood shows His love for His friends by manifesting His knowledge to them. Al-Wadood loves His servants very much, He’s loved even by the sinners through His forgiveness and by all His

creation by sustaining them and granting them sufficiently. Allah ﷻ's righteous servants love Him due to their knowledge of His perfection and the perfection of His qualities, and due to His readiness to forgive.

For all these reasons, al-Wadood is the Loving and the Beloved One. If a servant of Allah ﷻ dives deeply into the depths of the knowledge of Allah ﷻ's perfection, the perfection which causes a servant of Allah ﷻ to love his Lord more and more, his knowledge will be crystallized, and he will find a great deal of contentment while worshipping Him accordingly. His knowledge of Him will then bear good fruits, and he, the servant of Allah ﷻ, will turn to be the one who loves Him.

One who tries to fashion his conduct according to the inspiration of this Attribute ought to know that he should love all those whom Allah ﷻ loves such as the prophets, successors of the prophets, and the scholars. He should love everything Allah ﷻ loves and is pleased with such as acts of righteousness, piety, good deeds and exemplary conduct with others. Such a person should be compassionate towards all people: He loves to see the disobedient returning to their Lord obediently, the righteous remaining firm in their righteousness. He becomes compassionate towards all servants of Allah ﷻ, forgiving those who abuse them, being kind to all people especially his family and kin.

Regarding the explanation of the verse saying, "... for them will Allah ﷻ bring about love" (Surah Maryam:96), the "love" referred to here, means that Allah ﷻ will make His creation love them, that is, He will make His servants experience love and affection on their own account. Supporting this explanation is a tradition wherein the Messenger of Allah ﷺ says, **"If Allah loves one of His servants, He calls upon Gabriel to tell him so, whereupon Gabriel loves that person, so he calls upon the residents of the heavens saying, 'Allah loves so-and-so; therefore, you, too, should love him,' whereupon the residents of the heavens respond to him in the affirmative. Love for him will thus be disseminated among the residents of the earth."**

#### **42. Al-Barr - The Most Benign and Kind, The Originator of Good**

**He is the One that is the most kind and courteous, the One who is gentle with His servants. Al-Barr is the source of all kindness and goodness, doing good to all creation through all His blessings and favours! Al-Barr is the source of all righteousness, the One from whom every good deed comes. Al-Barr is the One who does not stop His ihsaan because of the sins and disobedience of His slaves** [Imam al-Qurtubi]

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

This Ayah contains great wisdom, encompassing rulings and correct beliefs. As for the explanation of this Ayah, Allah ﷻ first commanded the believers to face Bayt Al-Maqdis, and then to face the Ka'bah during the prayer. This change was difficult for some of the People of the Book, and even for some Muslims. Then Allah ﷻ sent revelation which clarified the wisdom behind this command, that is, obedience to Allah ﷻ, adhering to His commands, facing wherever He commands facing, and implementing whatever He legislates, that is the objective. This is Birr, Taqwa and complete faith. [Tasfir ibn Kathir]

#### **43. Al-Hafee – The Ever Most Benevolent**

Al Hafee is The One Who is ever kind to His servants and ever responding to supplication.

Ibraheem AS said: **"Peace be on you! I will ask Forgiveness of my Lord for you. Verily! He is unto me, Ever Most Benevolent (Hafee)."** (Maryam, ayah 47)

#### **44. Al-Hayyiyy - The One Who Possesses Honorable Shame**

The Prophet said: **"Verily your Lord is Generous and Shy (hayyiyy). If His servant raises his hands to Him (in supplication) He becomes shy to return them empty"** [Ahmad, Abu Dawood, Tirmidhi]

#### **45. Al-Muhsin - The One Who Acts in a Good and Fine Manner**

Al-Muhsin is the one who loves and inspires doing good in His slaves and who possesses the perfect good and excellence in all He makes happen! Al-Muhsin refers to the One who is perfectly good in His Essence and who does all His actions in the best possible manner, achieving excellence and reaching ultimate beauty and perfection. Thus, we must truly realize that everything Allah ﷻ gives and takes from us, is for our own good. Let this inspire you to complain less and start being more content. Allah ﷻ's ihsaan is general with the whole creation; He created you in a perfect way without being asked and His ihsaan is specific. He rewards the good doers with the place of ultimate good: His Paradise!

As slaves of Al Muhsin, we must strive for ihsaan in everything we do. The Prophet ﷺ explained the meaning of ihsaan as: **"It means worshipping Allah as if you can see Him, and although you cannot see Him, He can see you."**

[Al-Bukhaari, Muslim].

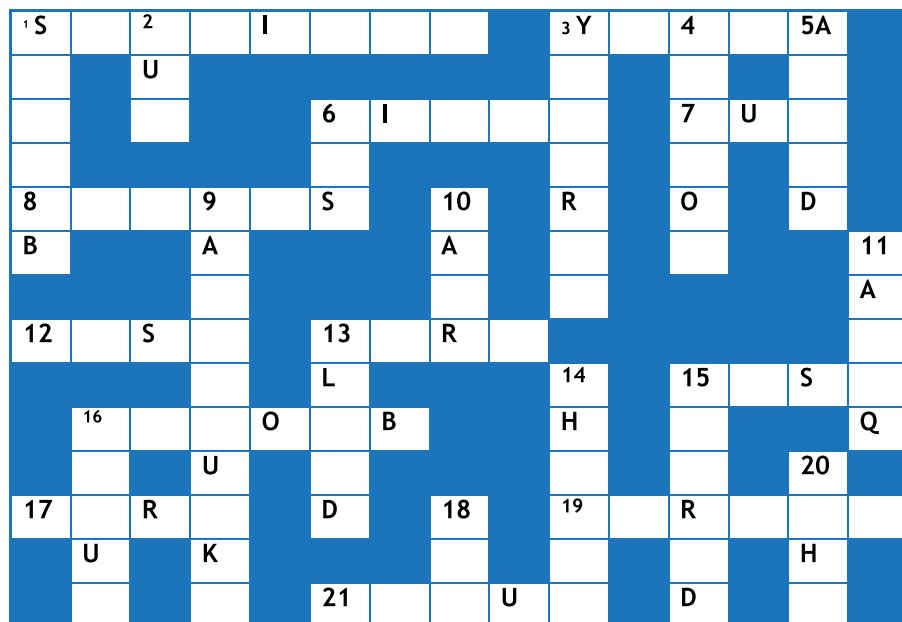
Each day ask Al-Mushin for ihsaan in all aspects of your life, in your inward and outward actions.

**Is the reward for good [anything] but good?**  
[Surah Rahman:60]

Sources : Al Quran, Sahih Hadith, Quran Tafsir by Ibn Kathir 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 <http://www.sarahafker.blogspot.com/>



Al Falaah KIDS CROSSWORD NO: 22

Name \_\_\_\_\_

Age \_\_\_\_\_

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

Address \_\_\_\_\_

Email \_\_\_\_\_

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

## TERMS & CONDITIONS

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- Only one entry per child can be submitted per issue
- An individual will be eligible for a maximum of 3 wins
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## CLUES FOR CROSSWORD NO 22

### ACROSS

- The son of Dawood AS. A king and a Prophet
- The name given by Allah ﷻ to the son of Zackariya AS
- Laylatul Qadr is known as the \_\_\_\_\_ of Power
- The Surah that talks about the Romans
- He refused to bow down when Allah commanded the Angels to prostrate before Adam AS?
- Muslims are required to \_\_\_\_\_ in the month of Ramadan to practice self-restraint
- Ibrahim AS was thrown into a \_\_\_\_\_ by the idolaters
- The name of this Surah literally means "women"
- This prophet was also known as "Israil". He had 12 sons.
- The night journey is known as \_\_\_\_\_ (Chapter 17 of the Quran)
- The mother of Isa AS, the only lady mentioned by name in the Quran
- A Prophet who was given the skill of making iron. He was given the book of Zabur

### DOWN

- The prophet who was sent to the people of Madyan
- The nephew of Ibrahim AS who was also a Prophet
- Madinah was previously known as \_\_\_\_\_
- The brother of Musa AS. He was also a prophet
- Prophet Muhammad SAW is also referred to by this name in the Quran
- The name of this Surah means "Mankind" and we ask Allah for protection against Shaithan and Jinn
- Allah ﷻ punished the disbelievers of the nation of Salih AS with this
- The Surah that tells us about the night that the Quran was revealed
- This surah is recited for protection against all evil.
- Allah ﷻ punished the disbelievers of the nation of Nuh AS with this
- Prophet Salih was sent to the people of \_\_\_\_\_
- The king who disputed with Ibrahim AS and wanted the people to believe that he was God
- This prophet's father, grandfather and great-grandfather were also prophets. He was thrown into a well by his brothers when he was a little boy.
- The longest Surah in the Quran which is named after this animal
- The name of this Surah literally means the cave



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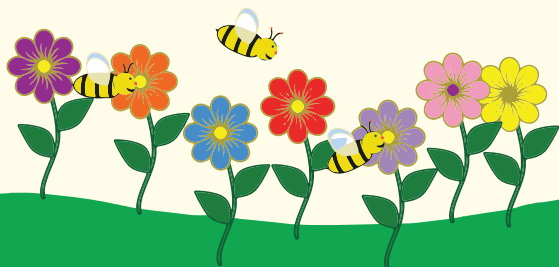
**Bilal Zaheed**  
Colombo - 06

3

**Ahmed Aman Infaq**  
Dehiwala

## SOLUTION FOR CROSSWORD ISSUE NO 21

1A	D	A	2M		3Q	4U	R	A	5I	S	6H	
B			A			H			Q		A	
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- Hadeeth
- Spoken Arabic
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# TAQWA

By Salmah Shahnawaz

Your mobile rings as you are hurriedly looking for your shoes. You're slightly afraid to answer it because you know she will be annoyed that you're late as usual. "AssalamuAlaikum, I'm on my way! I'll be there in 5 minutes," you say, as soon as you answer it, not wanting to hear her lecture you.

What seems a white lie – one that does not harm anyone or, in your opinion, does not make a difference to the situation – is still a lie. We do not consider it as a big deal, but that's because we are not conscious of the fact that Allah ﷻ is watching us.

Taqwa is generally translated as "fear of Allah" but its meaning runs much deeper than that. It comes from the word *wiqayah* which means to protect oneself.

Having taqwa is to take precaution: it is a feeling that results in some kind of action. And so, out of the fear of displeasing Allah ﷻ – in order to protect ourselves from His anger – we stay away from what He dislikes and do what He loves. We are conscious that He is watching us every minute of every day.

We know from the hadith that each person is responsible for their flock. A misfortune of this era is that even though our children are our *Amanah* (trust) in every way, since we hold the world in our hands, we do not have time to lend an ear to our child. We need to remind ourselves that Allah ﷻ is watching. Getting caught up with our phones and technology – however beneficial what we take from it may be – means that we are spending increasing amounts of time with our gadgets than with our offspring.

Since taqwa is in the heart, it is never something we can judge of each other, but with it, Allah ﷻ gives honour.

**"Indeed, the most noble of you in the sight of Allah is the most righteous of you. Indeed, Allah is All-Knowing, Well-Acquainted."**

[Hujurat (49): 13]

The sahabah would remind each other to be conscious of Allah ﷻ: **"Have taqwa of Allah wherever you may be, and follow up a bad deed with a good deed which will wipe it out, and behave well towards the people."** [Tirmidhi]

It is essential to instil taqwa in the hearts of children so that they connect everything back to their Rabb. It is the foundation to be laid because if they know that Allah ﷻ sees them no matter where they are or what they are doing, everything else about their behaviour will fall into place, in shaa Allah. However, taqwa stems out of love, not fear, so it is extremely important to not go about it in the traditional way that we are used to – by making children afraid of Allah ﷻ.

## MUCH MORE THAN MERE FEAR

Here is a 6 point plan to help you get there:

**1) Talk to them about Allah** – From the time children are in the womb, they can hear, and they never stop listening even as they grow older. (You will realise how much they listen to you when you hear them parrot phrases they hear often!) The first step is to connect them to their Creator, their Master, The One they should turn to. Whether it is teaching them through nature, books, or simple conversation, teach your children Who Allah ﷻ is.

**2) Practice what you preach** – Children do what they see more often than what they are told, so it is extremely important to have that transparency with them. Children do not understand double standards, so a simple phrase like "be polite" needs to be followed up in action by the parent. It is very difficult to instil the love of Qur'an and deen in kids if that love is not exemplified by the parents.

**3) Break it down for them:** taqwa encompasses everything – Having taqwa does not only mean fasting, praying, and reciting Qur'an. Rather, it is in our daily activities that we have to be conscious of Allah ﷻ. The state of the heart manifests itself in how we treat others, the way we speak, picking something up out of harm's way, the way we eat, how we spend our free time, in helping someone or obeying our parents. The list goes on. Allah ﷻ and His Messenger (pbuh) taught us the best way to do everything, so how much do we follow it?

**4) Approach the subject of taqwa in different ways** – Depending on the age of the child, they might understand the concept better than through just speech. In the book *Hide and Eat* by Little Miracles Publications, the father gets his sons to think about the fact that no matter where you hide, Allah ﷻ can see you, when he gives them sweets to hide and eat. Interactive games help the lesson stick, and shows that learning can be fun.

**5) Give them knowledge of Qur'an, Arabic and deen** – In order to protect ourselves from what Allah dislikes, we need to first educate ourselves. Understanding His Words, or simply connecting them to the Qur'an is the first step. The love for the Qur'an is contagious, and so it needs to transfer from the parent to the child. Forcing children to memorise or recite is not a way to bring them closer to Allah ﷻ.

**6) Constant reminders** – Don't hesitate or lose patience in reminding your child as we all need to be reminded constantly. "And remind, for indeed, the reminder benefits the believers." [Adh-Dhariyaat (51:55)]



Parenting Series



# THE ATTITUDE OF GRATITUDE

By Izhara Huzair & Salmah Shahnawaz

Gratitude is the quality of being thankful; and the ability to show appreciation for and to return kindness. Having this quality certainly opens the door to contentment, happiness and success.

The Quran speaks of this quality:

**"Then remember Me; I will remember you. Be grateful to Me, and do not reject Me" (2:152).**

Today, we live in a world that is constantly changing. It is flooded with entertainment, digital technology, consumer goods and almost anything you can think of. Ironically, in this sea of wealth and materialism, people experience feeling 'empty' and 'dissatisfied'. It is an issue no one seems to be able to escape from. Parents, especially, wonder why their children are not grateful for what they have.

On the other hand, are we as parents truly grateful for our children? There is a tendency to criticize more than appreciate – for not being as interested in deen as other children, or as obedient, or as good at school, or as responsible.. the list goes on. Children are constantly compared to their siblings, cousins or friends and made to feel like they are not doing enough. Yet, they are such a blessing, no matter how naughty they are, or if they learn at their own pace, or are better in something other than what we would prefer. We need to appreciate our children for who they are, than being dissatisfied with who they are not.

It is part of ibādah (worship) to be grateful to Allah ﷻ tha'ala. Yet, how do we instil this quality in ourselves and our children, given that this is an intangible trait to recognize?

## 1. BE the Example of Gratitude

The way we speak to, speak about, and most importantly, behave – responding with maturity, or reacting out of impulse and ego towards different people and situations in our lives – are all being monitored by our observant and ever watchful children. No doubt, children model themselves based on their parents' behaviour. There are times when we get frustrated with the people who work for us – be it the maids who cook or clean, or the plumber or garbage collector –not stopping to appreciate all the times they provided some relief in our day, and benefited us with their skills and service.

## 2. Let Hamd always be on your tongue

Gratitude which fills our hearts is the most important kind, but we need to say it out loud too. As children pick up on their surroundings subconsciously, it is the best way to instil a foundation of gratitude. Whether you are in conversation with someone else, are making a meal, playing with your children or home after a hard day's work, voice that praise and thanking of Allah ﷻ out loud. Let them also see you pray Sajdah Shukr when something good happens.

Expressing gratitude on a regular basis for the good things provided to us; for some simple pleasures or comfort like clean water and soft, fluffy pillows; for the beauty of nature in the mango tree in your garden that gives you fruit and shade; for loving grandparents who buy you all the things your parents will not buy, relatives and good friends. Show children the countless ways in which we can say thank you to Allah ﷻ – and it will become habitual to them as well.

## 3. Thank other people

'Whoever does not thank people (for their favors) has not thanked Allah ﷻ (properly).'

[Musnad Ahmad, Sunan At-Tirmidhi]

Even though being grateful to Allah ﷻ is the peak of gratitude, we have to express it to the means through which He swt gives us things. Say JazakAlla-hukhairan or 'thank you' to those who help us and serve us – particularly our family when they have done something good, caring or generous.

When your child helps clear the table or carry in the grocery bags, thank them wholeheartedly; when one sibling does a favour to another sibling – make sure the latter says JazakAllahukhairan. Keep in mind, when a child receives appreciation and encouragement, it is a motivation to do more good.

Our parents and their endless requests (and sometimes criticism) makes us forget everything that they have done for us from the time we were born. If you have at least one parent still with you, be grateful that you still have a door of Jannah open for you.

## 4. Be positive

A habit of saying Alhamdulillah creates a positive approach to life, such that you will be able to see the silver lining no matter how bleak the situation looks. An article of faith that we believe in is Qadr – predestination, and while it is hard to understand Allah's plans for us sometimes, a grateful person is content with His decree. In addition to positivity being good for our health, this positive attitude rubs off on children too.

## 5. Be grateful even in less than ideal situations

The reason gratitude is mentioned with such great rewards in the Qur'an is because we have a tendency to pick on the one thing that is not perfect in our lives, instead of appreciating every other thing that is. Let's talk about the heat for example, shall we? We all know that April is a hot month, and even though we expect it, we can't help talking about it. But when our comments turn into complaints and we don't even realise it, we are not really expressing an attitude of gratitude.

"When the Messenger of Allah ﷺ saw something that he disliked, he would say: 'Al-hamdulillah 'ala kullihal (Praise is to Allah ﷻ in all circumstances).'" [ibnMajah] SayAlhamdulillah in situations that don't appear positive outwardly – if something breaks, or even if your child gets hurt, praise and thank Allah ﷻ that it was not worse. This teaches the child that there is always something to be grateful for.

## 6. Look to those who are lower than you

"Look at those who are beneath you and do not look at those who are above you, for it is more suitable that you should not consider as less the blessing of Allah ﷻ."

[ibnMajah]

Most ingratitude comes from looking at from afar and wishing that we had what they did. Instead of looking at those who seem to be ahead of us in this world, we need to shift our glance to those who have much much less than we do.

In the book The Old Trainers by Little Miracle Publications, Shakir learns to appreciate the little he has when he sees someone who is worse off than him, but much more grateful.

In contrast to other countries across the world where people are starving, have little to no medical help, or live in a constant state of fear, we are SO blessed Alhamdulillah to have the life Allah ﷻ gave us. No matter what our situation, we always have it better than someone else.

# KEEN TO BE

By Binth Faris

# CLEAN

The Messenger of Allah ﷺ said: **"Cleanliness is half of faith"** (Muslim)

A very small phrase, but so profound. It encompasses the essence and backbone of our religion. If you ponder over all the acts of worship in Islam, purity or rather cleanliness, holds a major role such that certain acts of worship would not be accepted without it. Islam, being a way of life, guides us to the best way of cleansing ourselves in all aspects of our lives. As Muslims, we are required to keep ourselves pure, both spiritually and physically.

Spiritual purity is called *thazkiya*, and concerns purification of the heart. Physical purification is called *thaharah*, which is what is highlighted here.

As parents we play a major role in implementing cleanliness in our children's lives. From a tender age, it is essential to instil certain habits which will become second nature to them eventually, in shaa Allah. Remind children that they have to keep their body and surroundings clean. Perseverance is a key tool in parenting. Kids love to find shortcuts to finish off their little chores, but parents need to become inspectors to ensure everything has been done thoroughly.

## Cleanliness comprises of two major things:

**Personal Hygiene:** Encourage children to brush their teeth at least twice a day (introduce "the Prophet's ﷺ toothbrush"; ie: the miswak, and allow them to take turns using both), to take a bath regularly, wash their hands before eating, and to use the bathroom in the correct manner.

Boys, especially, have to be taught the proper way of using the toilet, as urinals are common in public bathrooms. However, the sunnah method is to sit while urinating, with particular emphasis in washing well after.

**Keeping our surroundings clean:** Our behavior at home dictates our behavior outside. Teach children to clean up their mess, and be an example to them too. In *Bug Bites* by Little Miracle Publications, Sara learns the hard way how not keeping her room clean has consequences.

As clean and tidy as we like our homes to be, we are responsible for the earth we live in as well. Be careful to not litter and to dispose of garbage correctly. The current predicament of incorrect garbage disposal in Sri Lanka is a perfect time to get kids involved in doing what they can to help the environment. Teach them what items can be recycled and what can be re-used to minimize waste, and let them get involved in something bigger than themselves.

## Tips and tricks for a cleaner body, home and environment:

**1) Make bath time fun time** - Nagging children is every mother's nightmare. Try to make bath time as fun as possible. Rubber toys (if you have a bath tub) or even buckets in a shower area for some water play make children much more willing to take a bath!

**2) Explain why they need to be clean** - Rituals can become a chore for children when done repeatedly, so tell them why they are doing what they're doing. If your children are lazy to brush the teeth, tell them about the bacteria that will be having a party on their teeth!

**3) Seek their advice whilst cleaning** - While you help them clean their room, ask them their opinion as well, for example: Where do you think these toys should go? Their participation in this reminds them that everything has its own place and need to be kept accordingly. Make sure you accept their suggestion and follow through, even though you feel like another option would have been better!

**4) When travelling, carry a spare bag** - Never ever encourage littering, even if it is a small tissue or toffee wrapper. Instead of helping to create the habit of throwing things out of the car window or on the ground, carry a bag to collect your litter and dispose of it properly. Any little thing you can do to protect the environment helps.

**5) Be an example** - As parents, we need to be consistent ourselves in maintaining personal hygiene and keeping things organized at home. As children are influenced by their surroundings, they will in shaa Allah develop a habit of cleanliness.

**6) Acknowledge their small efforts** - Children love to be praised for little things they do. Having a sticker chart or gifting them small tokens encourages them to do more.

Do you know that Allah ﷻ rewards us for being clean? Every time we purify ourselves, a good deed is written for us. Subhanallah! Teaching your children to keep themselves clean means that a good deed is written for you, the parent, every time they act upon it too!



I was listening to the Quran this morning and the Qari read this verse from Sura Baqarah “ And [mention] when We said to the angels, ***“Prostrate before Adam”; so they prostrated, except for Iblees. He refused and was arrogant and became of the disbelievers***”[2:34]

The subtlety of this verse shook me. The verse and context are oft repeated in the Book as The Author says ***“so remind for indeed reminders benefit the believers”***.[51:55]

As much as this verse tells us about the first act of disobedience and the first sin, the context per se is befitting for us all and an apt reminder. To put things in perspective, Allah ﷻ asked the angels to prostrate before Adam AS, Iblees a.k.a. Satan (a jinn) disobeyed the command. The grounds of disobedience of course surround the fact that Iblees was created from smokeless fire while Adam AS (to whom Iblees was told to prostrate to) was created from clay. The arrogance stemmed from his own sense of superiority. Iblees was thereafter expelled and classed as the “outcast”.

In times of today, how many of us are guilty of attributing self-importance to ourselves because we are either wealthier, physically more attractive, of a higher social class, have greater academic accolades than someone else. Showing off has become the order of the day and the wise have given up advising us, especially those in my generation and those younger, because we do not listen. We are the most arrogant and selfish generation that tread the Earth perhaps, all too obsessed with outclassing our peers and networks, mostly by materialistic things.

As a reminder to myself, I write this note that arrogance is a trait of the outcast. In the run up to the most blessed time of the year, I felt it is also apt to inculcate this trait and keep in check repeatedly as Ramadan is a time for some of us to renew and refresh our faith and “return to Islam” as one would call it. The purpose of fasting is to practice self-restraint. The ridding of arrogance from our hearts can help us be more humble and submissive to the Only One who is superior than us all.

Everyone has time and space to remedy themselves. We should not take our faith for granted but must try and change ourselves for the better and ask Al Mu'min (The giver and guardian of faith) to protect us, guide our brothers and sisters who may have gone astray and for all of us to die in a state of Islam and imaan. As the Hadith goes ***“He who has in his heart even an atom weight of pride shall not enter Jannah”***.

***“Stop looking down upon others – Allah might forgive them for their ignorance, but might not forgive you for your arrogance”***(Shaykh Yasir Qadhi)

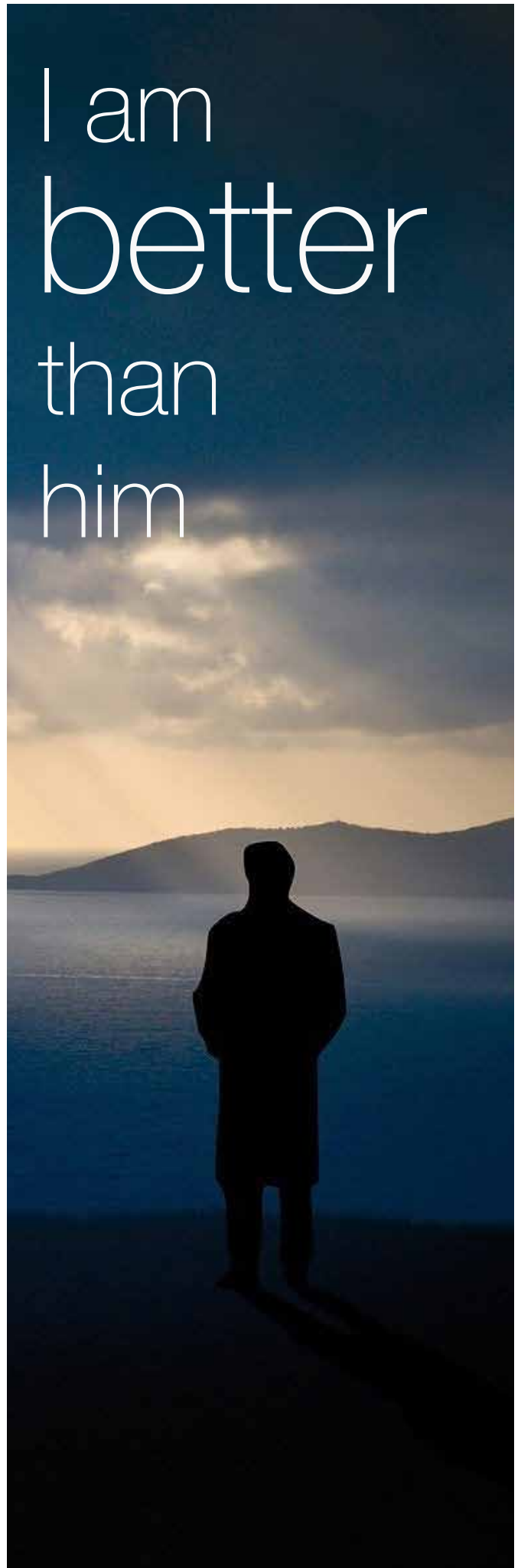
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I am  
better  
than  
him





# Ranks

## Ascent or Descent; the journey to Eternal Bliss or Doom!

**“There are seven heavens and the distance between two heavens is as the distance between the heavens and the earth.”**

**“Between the lowest heaven and the one above it, is a distance of five hundred years of marching”**

It is easy to assume, and presume, as we observe those around us, that certain people are of a particular level, and judge them by appearance. We tend to categorize and judge people with sweeping statements such as “they are ‘kaafirs’, ‘muslims’, ‘mushriks’” etc., just as we see them. However, on the Day of Judgment we will be sorted out according to our **real** ranks or **Darajahs**, the true level we have attained according to actions, motives, and beliefs. This in fact may be far, far from our expectations and impressions of ourselves! After all we judge people by their outward appearance, their clothes, their manners and their life- styles;

**The Messenger of Allah ﷺ said, “Allah ﷻ does not look at your figures, nor at your attire but He looks at your hearts and accomplishments” [Muslim]**

So can we be guaranteed of ranks we yearn for? Have we progressed sufficiently? Let’s take a critical analysis of our standards by examining the various degrees and ranks in the sight of Allah ﷻ as mentioned in the Holy Quran and let’s check how genuinely we qualify!

In Surah Waqiah (56) Allah ﷻ mentions three groups of people who will appear before Allah ﷻ on Judgement Day. “Those who are foremost in good deeds”; **who will attain the loftiest ranks and heavens; “People of the Right Hand”** أَصْحَابُ الْيَمِينِ; **who will be admitted to heaven (only after redemption;)** and only on account of their sincere faith and good deeds, which will weigh more than their evil; and finally **“People of the Left Hand”** أَصْحَابُ الشِّمَالِ; **who will fall headlong into hell on account of their ignorance, evil, and corruption.** Let’s examine some of the special qualities that make up these “ranks” as belonging to all these groups, described in Quran and Hadith (traditions) Let’s examine which level we belong to, or at least which traits we have picked up along our journey to Heaven ... or Hell?

The Quran mentions that all of mankind are in darajah (ranks) and needless to say the Rasools and Anbiya are on the top most rank with Ibrahim (alaih) “The Friend of Allah ﷻ” and Muhammad ﷺ “The Beloved of Allah ﷻ” holding the top most slots as (Station of Ibrahim) and (The Praiseworthy

station) respectively. Next to them come the illustrious Sahabah who have the elevated rank of being the companions of Prophet Muhammad ﷺ next the saints and so on ....

And now, let’s examine some of the ranks and qualities (the highest as well as the lowest) described in Al Quran (there are hundreds mentioned in the Quran and I have selected only a few at random) in order to ponder over what has to be achieved, and what has to be avoided, I’m sure it will help us to critically check ourselves, as to how far we have climbed or fallen along the way, so let’s study, and try improve our ranks and conditions!

## The people of the right hand أَصْحَابُ الْيَمِينَةِ

1. **Al Muslimoon** derived from salam which means ‘Peace’ and the way to attain Peace by **submission to the Will of Almighty Allah ﷻ**. Muslims perform



many acts of ‘ibaada’ (worship) as Islam requires; namely the five principles. Firstly, proclaiming faith by declaring “there is no God but Allah ﷻ; and Muhammad ﷺ is the Messenger of Allah ﷻ”. Thereafter establishing prayers, a minimum of five times daily; distributing 2.5% of our wealth to the underprivileged poor, fasting the month of Ramadan and performing pilgrimage to the House of Allah ﷻ in Mecca at least once in our lives.

The Messenger of Allah ﷺ said: **“The Muslim is the one from whose tongue and hands the people are safe, and the believer is the one from whom the people’s lives and wealth are safe.”**

2. **Al Mu’minoos** - The faithful believers are on a higher level than the Muslimoon, since it is possible to do ibaadah (actions) without real faith entering the heart. The Quran Says - **“Verily the true Believers are those when Allah ﷻ is mentioned, feel a tremor in their hearts, and when they hear the signs rehearsed, find their faith strengthened, and put all their trust in their Lord; who establish regular prayers, and spend freely of the gifts we have given them such in truth are the Believers”.** [8:2-3]



3. **Al-Muhsinoos** - From the word ‘ahsana’ which means to do better, and al Hadith describes it to us as **“To worship Allah ﷻ as though you see Him for though you do not see Him, He sees you”** Thus a Muhsin, is aware that Allah ﷻ sees him every moment of his life, and strives to say and do exactly what is pleasing to Allah ﷻ in accordance to His commands; this is a level of total goodness and pious righteousness. **“Whoever**



submits his whole self to Allah ﷻ and is a doer of good, has indeed grasped the most trustworthy hand hold that never breaks” [31:22]

4. As Sabiqoon Al Awwaloona – **The foremost and the first to engage in acts of worship (good deeds).** They are those who constantly race to do good deeds. They don't ever lag behind be it their daily Salah, Zakath and all acts of worship or even an act of helping someone out.

السَّابِقُونَ الْأَوَّلُونَ

And the first forerunners [in the faith] among the Muhajireen and the Ansar and those who followed them with good conduct - Allah ﷻ is pleased with them and they are pleased with Him, and He has prepared for them gardens beneath which rivers flow, wherein they will abide forever. That is the great attainment. [9:100]

5. Al –Muthaqoon- **The Righteous, God fearing or God-conscious.** In Surah baqara verses 177 Allah ﷻ specifies the true qualities of the Muthaqeen, They are those who:

الْمُتَّقُونَ

- » believes in Allah , the Last Day, the angels, the Book, and the prophets
- » give wealth, in spite of love for it, to relatives, orphans, the needy, the traveler, those who ask [for help], and for freeing slaves;
- » establishes prayer and gives zakah;
- » fulfill their promise when they promise;
- » are patient in poverty and hardship and during battle.

Those are the ones who have been true, and it is those who are the Muthaqeen.

6. Al- muh'thadoon- **Those who are rightly guided.** “And Allah ﷻ does advance in guidance those who seek guidance, and good deeds that endure are best in the sight of Allah ﷻ.” [19:76] “Those whom Allah ﷻ wills to guide, He opens their breast to Islam; those He wills to leave straying, He makes their breast closed and constricted” [6:125]

الْمُحْتَدُونَ

7. Those who emulate the beautiful conduct (manners) of Prophet ﷺ “You have indeed in the Messenger of Allah ﷺ , a beautiful pattern of conduct...” [33:21]

أُسْوَةٌ حَسَنَةٌ

8. Al –Muflihoon- **Those who achieve success without any loss whatsoever complete & total success. The successful ones.** In Surah Baqara Allah ﷻ describes the attributes of the Musflihoon (the successful ones) as those who:

الْمُفْلِحُونَ

- » Are God-fearing.
- » believe in the Unseen,
- » are steadfast in Salah (prayer),
- » spend out of what We have provided them;
- » believe in what has been revealed to you and what has been revealed before you;
- » have faith in the Hereafter.

It is these who are guided by their Lord; and it is just these who are successful. (2:2-5)

In Surah Noor Allah ﷻ says the successful ones are;

“... ..when they are called to Allah ﷻ and His Messenger to judge between them is that they say, “We hear and we obey.” And those are the successful”. [24:51]

9. Al- Faizoon- **The Victorious Ones** And whoever obeys Allah ﷻ and His Messenger and fears Allah ﷻ and is conscious of Him - it is those who are the Victorious. [24:52] In this context the victorious are those who:

الْفَائِزُونَ

- » Fear Allah ﷻ for his past sins
- » Are conscious (have Thaqwa) of Allah ﷻ for his future sins

And they are those; “... who will receive the reward of all their struggles. The owners of the Garden, they are the victorious” [59:20]

10. Al -Awlia- from ‘Walee’- **Protecting friend.** “For my protector is Allah ﷻ , who revealed the book and He will choose and befriend the righteous” [7:196]

أَوْلِيَاءَ

In Surah Yunus [10:62]; Allah ﷻ tells us that His Awliya’ (friends and allies) are those who believe and have Taqwa of Allah ﷻ as He defined them; **Every pious, God-fearing person is a friend of Allah ﷻ** , therefore, (no fear shall come upon them) from the future horrors they will face in the Hereafter (nor shall they grieve) over anything left behind in this world. [Ibn Kathir]

**11. Al- Mukarrimoon- The most honoured.** “Verily the most honoured of you in the sight of Allah ﷻ is he who is most righteous among you and Allah ﷻ has full knowledge; and is intimately aware of all you do.” [49:13] As per this ayah Allah ﷻ says ‘**you earn honor with Allah ﷻ the Exalted on account of Taqwa, not family lineage.**’ [Ibn Kathir]

المُكْرَّمُونَ

**12. As-Sadiqoon- Those who always speak the truth.** Upholders of the truth – the sincere ones who after knowing the truth, acknowledge it, believe and stay firm /steadfast on it, for good, by intentions, words and actions “Only those are believers who have believed in Allah ﷻ , and His messenger, and have never since doubted, but have striven with their belongings, and their persons, in the cause of Allah ﷻ such are the truthful” [49:15]

الصَّادِقُونَ

That Allah ﷻ may reward the truthful for their truth and punish the hypocrites if He wills or accept their repentance. Indeed, Allah ﷻ is ever Forgiving and Merciful.[33:24]

And Allah ﷻ , The Al-Haqq will say (on the Day of Resurrection), “**This is the Day when ‘As-Sadiqeen’ - the truthful, will benefit from their truthfulness. For them are gardens [in Paradise] beneath which rivers flow, wherein they will abide forever, Allah ﷻ being pleased with them, and they with Him. That is a great attainment.**” [5:119]

**13. As- Sabiroon - Those who are patient and steadfast.** Prophet ﷺ said, “There is no Muslim who is stricken with a calamity and says what Allah ﷻ has enjoined – ‘Verily to Allah ﷻ we belong and unto Him is our return. O Allah , ﷻ reward me for my affliction and compensate me with something better’ – but Allah ﷻ will compensate him with something better.” [Muslim] Prophet ﷺ taught us that “**patience is at the first stroke of a calamity.**” [Bukhari] “And do thou be patient for thy patience is from Allah ! ﷻ ... ..[16 V127] “O you, who have believed, seek help through patience and prayer. Indeed, Allah ﷻ is with the patient.”[2:153] “**Indeed, the patient will be given their reward without account.**” [39:10]

الصَّابِرُونَ

**14. Al-Khashioon- Those who are humble.** “And seek help through patience and prayer, and indeed, it is difficult except for the humbly submissive [to Allah ] ﷻ “[2:45]

الْخَاشِعُونَ

- » Those who obey Allah ﷻ with full submission
- » Fear much from His punishment
- » And believe in His promise (Paradise) [Ibn Kathir]

**15. Al-Qaanithoon – “Is one who is devoutly obedient** during periods of the night, prostrating and standing [in prayer], fearing the Hereafter and hoping for the mercy of his Lord ...”[39:9]

الْقَانِثُونَ

- » One who is humble and fears Allah ﷻ when he prostrates and stands (in prayer). It was reported that Ibn Mas`ud, may Allah ﷻ be pleased with him, said: “The obedient one is one who obeys Allah ﷻ and His Messenger.” Ibn `Abbas, may Allah ﷻ be pleased with him, Al-Hasan, As-Suddi and Ibn Zayd said, Ana’a Al-Layl means in the depths of the night.

**16. Al -Haafizoon- Those who protect**

- » the quran by memorizing it.
- » themselves from temptations, “Hafizoona hudoodullah” they observe the limits set by Allah ﷻ and
- » Hafizoona furoojahum - Those who guard against shameless acts and guard their private parts. “Those who guard their desires except with those joined to them in marriage” [23 :5&6]

حَافِظُونَ

**17. Al lagwi, mu`ridoon - they turn away from vain talk and amusements that do not benefit them.** “And they who turn away from ill speech ...” [23:3] ; refers to falsehood, which includes Shirk and sin, and any words or deeds that are of no benefit [Ibn Kathir]

اللَّغْوِ مُعْرِضُونَ

**18. Az -Zakiroon- Those who constantly remember Allah “Men who remember Allah ﷻ and praise Him,** standing sitting and lying down, contemplating the wonders of creation, ‘O my Lord! Not for naught hast Thou created all this...” [3:191] “No people sit in a gathering remembering Allah ﷻ , But the angels surround them, mercy covers them, tranquility descends upon them and Allah ﷻ remembers them before those who are with Him.” [Ibn Majah]

الذَّاكِرُونَ

**19. Ash- Shakiroon – The grateful ones.** “And whoever desires the reward of this world - We will give him thereof; and whoever desires the reward of the Hereafter - We will give him thereof. And we will reward the grateful.” [3:145] “Allah ﷻ caused to be

الشَّاكِرُونَ



declared, If you are grateful I will add more favours unto you, and if you show ingratitude, truly My punishment is terrible indeed! S.14-V.7 also S27 V.40 Gratitude can be shown in three ways:

- » Shukr of the heart (Qalb), which is achieved by harbouring and intending good for all of Allah ﷻ's creation.
- » Shukr of the tongue (Lisan), which involves celebrating the praises of Allah ﷻ, such as utterance of Alhamdulillah, and expressing gratefulness to Allah ﷻ with our tongue.
- » Shukr of the limbs (Jawarih), which is fulfilled by using our external senses to do good. Every time Allah ﷻ gives us a blessing, we must use it in a way that benefits humanity and that pleases Allah ﷻ.

20. Ath –Thawwaboona – **Thaubah- those who turn to Allah ﷻ in repentance** “But those who do wrong, and repent thereafter, and truly believe, verily thy Lord is thereafter Oft forgiving most Merciful” [7:153] “Every son of Adam commits sin, and the best of those who commit sin are those who repent.” [Ibn Majah]



21. Bi waalideena ihsaana- **Those who do good to their parents.** And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], “uff,” and do not repel them but speak to them a noble word. [17:23] And lower to them the wing of humility out of mercy and say, “My Lord, have mercy upon them as they brought me up [when I was] small.” [17:24]



## The People of the Left- Hand أَصْحَابُ الْمَشْأَمَةِ

1. Al- Kafiroom- **Those who cover the truth.** “As to those who reject faith, it is the same to them whether you warn them or do not, they will not believe. Allah ﷻ hath set a seal over their hearts, and on their hearing and on their eyes as well; great is the punishment they incur.” [2:6-7]



2. Fala sadaqa fala swallaa- **“He gave nothing in charity nor did he pray!”** [75:31] Thus there is no good in him, internally or externally [Ibn Kathir]



3. Al- Faasiqoon- **The wicked people.** “O You who believe if a wicked person comes to you with any news ascertain the truth lest you harm people unwittingly.” [49:6]



4. Al –Mufsideena –**Those who cause Corruption/ Mischief** “The mischief makers-Do no mischief on the earth, after it has been set to order, but call on Him with fear and longing in your hearts” [7:56] Who cause corruption in the land and do not amend.” [26:152] “O my Lord help me against mischief makers!” [29:30]



5. Al –Munaafiqoon – **The Hypocrites** “Indeed, the hypocrites [think to] deceive Allah ﷻ, but He is deceiving them. And when



they stand for prayer, they stand lazily, showing [themselves to] the people and not remembering Allah ﷻ except a little” [4:142] “Wavering between them, [belonging] neither to the believers nor to the disbelievers. And whoever Allah ﷻ leaves astray - never will you find for him a way.” [4:143] The hypocrites sway between faith and disbelief. So they are neither with believers inwardly or outwardly nor with disbelievers inwardly or outwardly. Rather, they are with the believers outwardly and with the disbelievers inwardly. Some of them would suffer fits of doubt, leaning towards these sometimes and towards those sometimes [Ibn Kathir] “The hypocrite men and hypocrite women are of one another. They enjoin what is wrong and forbid what is right and close their hands. They have forgotten Allah ﷻ, so He has forgotten them [accordingly]. Indeed, the hypocrites - it is they who are the defiantly disobedient” [9:67]

6. Al- Murthad- **Apostasy - The willful renunciation of Islam (submission to Allah ﷻ) by action or word.** “Indeed, those who reverted back [to disbelief] after guidance had become clear to them - Satan enticed them and prolonged hope for them [47:25]



7. Fee quloobihim maradun - **In their hearts is a disease** and the disease has increased. “In their hearts is disease, so Allah ﷻ has increased their disease; and for them is a painful punishment because they [habitually] used to lie” [2:10]



9. **Affaqu Aseem – Sinful Liars.** One whose speech is lies and fabrication. “Shall I inform you about whom the Shayateen descend? They descend on every sinful liar.” [26:221,222]



10. **Wa yuhibbu Dhunya- They love the life of this world-** “That is because they preferred the worldly life over the Hereafter and Allah ﷻ does not guide the disbelieving people.” [16:107]



11. **Allazeena yuhibboona an thashbaha al faahishatha Backbiters and gossips** “Lo! those who love that slander should be spread concerning those who believe, theirs will be a painful punishment in the world and the Hereafter. Allah ﷻ knoweth. Ye know not” [24:19]



Imam Ahmad recorded from Thawban that the Prophet said: “Do not annoy the servants of Allah ﷻ, nor abuse them, nor seek their hidden shortcomings. Whoever seeks out the faults of his Muslim brother, Allah ﷻ will expose his faults and degrade him, even if he is hiding in his house.” (Ahmad 5:279)

12. **Al Mufahishoon – Those who engage in immoral acts** And [We had sent] Lot when he said to his people, “Do you commit such immorality as no one has preceded you with from among the worlds? Indeed, you approach men with desire, instead of women. Rather, you are a transgressing people.” [7:80-81] They left women whom Allah ﷻ created for them and instead chose men; Indeed, this behavior is evil and ignorant because they have placed things in their improper places. [Ibn Kathir]



13. **Al -Mag'doob alaihim – “The ones who have earned the wrath (anger) of Allah ﷻ.”** [1:7] Those whom Allah ﷻ is angry with; whose intentions are corrupt, who know the truth, yet deviate from it, those who were led astray, who lost the true knowledge and, as a result, are wandering in misguidance, unable to find the correct path. [Ibn Kathir]



14. **AL-Mu'thadeen – Those who transgress** “Allah ﷻ loves not those who trespass beyond bounds.” [7:55] “O



you who have believed, do not prohibit the good things which Allah ﷻ has made lawful to you and do not transgress. Indeed, Allah ﷻ does not like transgressors.” [5:87]

Imam al-Baqir, the fifth Imam, (a) said: “There are three types of transgressions: the one which Allah ﷻ, the Exalted, forgives, the one He does not forgive, and that one which He does not ignore. Thus, the transgression that He does not forgive is infidelity unto Allah ﷻ, the Almighty, and Glorious. And, the transgression which Allah ﷻ forgives is the one that a person commits (against) himself between him and Allah ﷻ, to Whom belong Might and Majesty. But the transgression which He does not ignore is the one committed against rights of men.”

The third transgression refers to a person infringing upon the rights of others. The way to forgiveness is first by satisfying (contenting) the person whose rights were infringed upon. If that person forgives him, then the transgression becomes as one that the person has committed against himself. He may then seek forgiveness from Allah ﷻ.

15. **Al Qaaidoon – Those who sit back in their comfort zones and dislike to serve Allah**



“... Allah ﷻ hath granted a grade higher, to those who strive and fight with their goods (wealth) and persons than to those who sit at home... ..” [4: 95].

16. **Al Mukhthalan fakhoora-** “Allah ﷻ loves not the arrogant and boastful” [4:36] In the Tafsir of Ibn Kathir they are described as those who are;



- » proud and arrogant
- » insolent and boasts to others.
- » think that they are better than other people, thus thinking high of themselves, even though they are insignificant to Allah ﷻ and hated by people
- » boasting about what they have, while they do not thank Allah ﷻ.
- » boasts with people about the bounty that Allah ﷻ has given them, but they are actually ungrateful to Allah ﷻ for this bounty.
- » mean to others
- » undutiful to parents.

and Allah ﷻ does not like arrogant.

This covers a few examples of those whom Allah ﷻ will favour with the highest Ranks and others whose abode will be in the lowest depths. Our goal should be to strive and race to be “the people of the right hand” and stay completely away from being the “the people of the left hand”. Set yourself some goals for this Ramadan and Keep yourself busy with working on these qualities so that you will not fall to the trap of Shaythan's ambush!

# 5

## Quick & Easy Iftar Recipes



During the month of Ramadhan, Muslims all over the world will be observing 29 to 30 days of fasting to commemorate the Holy Quran being revealed to Prophet Muhammed. This is the ninth month of the Islamic Lunar Calendar and is also known as the Holy Month of Ramadhan. Muslims will start fasting by first taking the meal at sunrise known as Suhur and then break fast with the meal taken at sunset known as Iftar. It is also customary for Muslims to invite family, friends and neighbours over for Iftar and prayers in the spirit of community. However, it has also become a time to explore and enjoy different types of food.

Listed below are a few Iftar recipes that you can easily make at home:



### Vegetable Pakoras

#### Ingredients:

- 1 cup chickpea flour
- 1 teaspoon cumin seeds
- 2 teaspoons garam masala
- 2 teaspoons turmeric
- 1 teaspoon red chili powder
- 1 teaspoon ground coriander
- 1 teaspoon salt
- 1 green chili finely sliced (optional)
- ½ teaspoon grated ginger (optional)
- ¾ cup water
- 2 onions sliced
- 2 garlic cloves crushed
- ½ head of medium cauliflower

#### Method:

1. Start by sifting the chickpea flour and then combining all the spices, salt, ginger and garlic in a mixing bowl. You can mix the dry ingredients by hand so that the spices are mixed evenly
2. Break the cauliflower into florets.
3. Add water to the dry ingredients. First make a well in the centre and pour a small amount of water at a time to make a smooth, thick batter. Make sure there are no lumps.
4. Heat a wok or a large heavy bottomed sauce pan over high heat.
5. Evenly coat the onions and cauliflower in the batter.
6. Before frying, put in a small amount of batter into the oil, if it is hot enough it should turn brown and rise immediately. Start frying in one small batch at a time until golden brown.
7. Drain the oil on kitchen paper towels before serving. Serve with ketchup if desired.





## Date Almond Coconut Truffles

### Ingredients:

- 2 cups of dates, halved and pitted
- 2 cups of almonds, slivered and toasted
- 1 cup desiccated coconut
- 2 tablespoons honey
- 1 teaspoon cinnamon
- ½ cup sesame seeds

### Notes:

1. You will get better results with juicy plump dates. If not soak your dates in hot water for 30 minutes before starting.
2. You can buy slivered almonds and toast them the day before to save time. Pre heat the oven to 350°F. Spread the almonds on a baking sheet in a single layer and bake for 5 to 10 minutes. Toast them until they reach a medium golden brown colour. Remove almonds from oven. Shake the baking sheet or flip the almonds so that they will be evenly toasted. Place them back in the oven for 5 to 10 minute again until the colour is right. Remove from oven and place on a cooling tray. Store in a container after cooling.

### Method:

1. Start by sifting the chickpea flour and then combining all the spices, salt, ginger and garlic in a mixing bowl. You can mix the dry ingredients by hand so that the spices are mixed evenly
2. Break the cauliflower into florets.
3. Add water to the dry ingredients. First make a well in the centre and pour a small amount of water at a time to make a smooth, thick batter. Make sure there are no lumps.
4. Heat a wok or a large heavy bottomed sauce pan over high heat.

5. Evenly coat the onions and cauliflower in the batter.
6. Before frying, put in a small amount of batter into the oil, if it is hot enough it should turn brown and rise immediately. Start frying in one small batch at a time until golden brown.
7. Drain the oil on kitchen paper towels before serving. Serve with ketchup if desired.



## Thai Shrimp Curry

### Ingredients:

- 1 ½ tablespoons oil
- 2 tablespoons Thai red curry paste
- ½ teaspoon lime juice
- ½ cup coconut milk
- ½ cup water
- 3 – 4 kaffir lime leaves, optional
- 8 oz shelled, deveined shrimp with tail
- 1 cup pineapple cubes
- 1/2 tablespoon fish sauce
- 1/2 tablespoon sugar or palm sugar

### Method:

1. Heat the oil in cooking pot and then add red curry paste. Keep stirring continuously to bring out the aroma and to prevent the mixture from burning.
2. Start adding the coconut milk, water and kaffir lime leaves. After bringing the curry to a boil, add the prawns and pineapple.
3. On a medium to low heat, let the curry cook for about 5 minutes. Stir in fish sauce, lime juice and sugar. The prawns should be pink, not grey and transparent.
4. This dish can be served with steamed Jasmine Rice.



## Bourek

### Ingredients:

- 1 pound of ground beef
- ½ teaspoon ground ginger
- 3 medium sized onions, chopped
- ½ teaspoon black pepper
- ¼ teaspoon cinnamon
- ¾ teaspoon ground cumin
- ½ teaspoon ground coriander
- 1 teaspoon salt
- 2 tablespoons olive oil
- 2 eggs
- 1 pack of Phyllo dough sheets

### Method:

1. Add ginger, onions, black pepper, cinnamon, cumin and salt to the ground beef in a large pot. Mix with your hands to get the spices and onion infused well into the beef. Stir in the olive oil. Cover and cook on a low medium heat and stir from time to time so that the beef does not get clumped together
2. When the liquid in the water dries out, add the two eggs. Keep mixing until they are cooked in with the meat. Once this is done, remove from the stove and keep aside to cool.
3. Now you can roll the bourek. Take one Phyllo dough sheet and place it horizontally in front of you. Make a small fold at the bottom and place a heaped tablespoon of the beef filling on it. After this step, fold in the left and right sides over the filling. Roll it forward firmly so that the edge will be closed.
4. Fry the bourek for 3 to 5 minutes until golden brown on all side. Drain on paper towels before serving. Ideally served as a starter or snack, or a side dish with soups.



## Easy Chicken Oats Harees

### Ingredients:

- 2 cups cooking oats
- 3 to 4 cups water
- 6-8 pieces of boneless chicken
- ½ an onion chopped
- Salt and pepper to taste
- ½ teaspoon cinnamon powder
- 1-inch cinnamon stick
- 1 bay leaf
- 2 teaspoons butter

### Method:

1. In a medium sized pot, boil the chicken with the chopped onions, bay leaf and cinnamon stick.
2. Add a pinch of salt.
3. Remove the chicken and drain the stock into a large pot with a strainer.
4. Cut the chicken finely.
5. Bring the stock to a boil and then add the chicken pieces, oats, cinnamon powder, salt and pepper.
6. Bring the mixture to a boil. Keep stirring constantly on a medium heat once the oats are cooked.
7. Stir in the teaspoon of butter.

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