

Ramadaan Advices

By Maulana Fazlur Rahman Azami

• Whilst fasting, special importance should be given to abstain from sin. It is stated in a Hadith that “the person who does not abstain from evil acts and speaking lies, Allah is not in need of his fast”. (Sahih Bukhari). One should abstain from these types of sins especially in the month of Ramadaan. If a person gives due importance to refrain from these sins in the month of Ramadaan, then it is hoped that it will become easy for him to refrain from them throughout the year.

• A very easy and practical way of finding Laylatul Qadr is to sit for l’tikaaf. If a person only performs l’tikâf during the nights of the last ten days, then also he will acquire this virtue. If this is also not possible, then at least the odd nights should be given importance.

• There is great reward for the performance of Tahajjud Salaah. It is the practise of the pious. By virtue of it, sins are forgiven. To refrain from sins also becomes easy. The reward of Tahajjud will be achieved by performing two Rakaats also. A person should perform two to four Rakaats of Tahajjud at least when waking up for Sehri. The time of Tahajjud and Sehri remains till Subah Sâdiq (true-dawn).

Health Guidelines for fasting in Ramadaan

• The diet should be such that we maintain our normal weight. However, if one is over-weight, Ramadaan is an ideal time to normalize one's weight.

• In view of the long hours of fasting, we should consume slow digesting foods including fibre containing-foods rather than fast-digesting foods. Slow digesting foods last up to 8 hours, while fast-digesting foods last for only 3 to 4 hours.

• The foods eaten should be well balanced, containing foods from each food group, i.e., fruits, vegetables, meat, chicken, fish, bread, cereals and dairy products. Fried foods are unhealthy and should be limited. They cause indigestion, heartburn and weight problems.

• Avoid too much tea at Sehri: Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day. Avoid smoking cigarettes: If you cannot give up smoking, cut down gradually starting a few weeks before Ramadan. Smoking is unhealthy and one should stop completely.

• Drink as much water or fruit juices as possible between Iftar and bedtime so that your body may adjust fluid levels in time.

[Read the full article on our website www.darulih-san.com](http://www.darulih-san.com)

A Directive for the Month of Ramadaan Mubaarak

By Maulana Yusuf Binori (R.A.)

• The Muqaddas month of Ramadhaan Mubaarak is for us the Spring (season) of Allah's blessings, wherein the doors of the skies, Jannah and abundant mercies are opened, and the sinful are favoured by being pardoned and rewarded.

• The Saum should be observed with all its importance and Aadaab. Encourage the Muslims to come to the Masjid, and enlighten their hearts through the observing of Taraweeh, Tahajjud and the recital of the Quraan Kareem. Wash away the dirt of all sins by Istighfaar and Taubah.

• If one has a right due to another, one should fulfil it and clear all dealings. Care for the poor, needy, and lonely by paying attention to them. Treat sub-ordinates with kindness.

• How wonderful shall it be, if it so happens that the nation makes this vow that they will at least abstain from sinning and fulfil and execute fully all the rights due to Allah and His creation, then there is hope that our fate may change.

Preparation for Ramadaan

By Maulana Abbas Ali Jeena

• Ramadaan is on our doorstep. It is an occasion wherein a person is invited to take full advantage of the Favour, Blessings and Mercy of Allah.

• Our dear and beloved Prophet, Muhammad Sallallahu 'alayhi wa sallam emphasised the importance of preparing oneself for Ramadaan. He began making people aware of Ramadaan through his Du'as, from two months prior to Ramadan. He fasted excessively in Sha`ban, the month preceding Ramadaan, and he continuously reminded people about the virtues of Ramadaan.

• We have little time before we enter into the month of Ramadaan. Let us use this time to prepare ourselves for Ramadaan. Let us try to follow the example of the Prophet by fasting more; perform more Nafl Salah; recite more Qur'an; and make as much Du'a as possible. Let us prepare ourselves spiritually. In addition, let us prepare the mind set of our wives and children in such a way that we all anticipate and look forward to Ramadaan.

• May Allah (azza wa jalla) make it possible for us to see Ramadaan and more importantly to benefit from it. Aameen.

Wish to ask a question? Seeking advice? something on your mind? Then go to www.darulih-san.com/contact-us

Q & A

Q1- If one eats or drinks unintentionally whilst fasting, then what is the status of the fast?

A1- If one eats or drinks whilst fasting forgetting that one was fasting, this is overlooked and the fast will remain valid. However, if food or water goes down the throat by mistake whilst one remembers that one is fasting, the fast will not be valid and one would have to keep one Qadha fast to compensate for this. e.g. water went down the throat by mistake whilst performing Wudhu (remembering that one is fasting).

Q2- Can one take an injection whilst fasting?

A2- Taking an injection does not nullify the fast.

Visit www.darulih-san.com for more Q & A on Ramadaan

Sunnahs of Ramadaan

1. To increase ones Ibadah in Ramadaan more than any other month.
 2. To stay awake during the nights of Ramadaan for Ibadah, especially the last ten nights.
 3. To eat Sehri just before Subah Saadiq.
 4. To break ones fast with dates and water.
 5. To sit in l'tikaaf during the last 10 days and nights of Ramadaan.
 6. To break the fast immediately after sunset.
 7. To spend the night of Eid in Ibadah.
 8. To lighten the workload of your employees so that Allah Ta'ala will forgive you and save you from Jahannum
- (Source: Ta'leemul Haq- published by Da'watul-Haqq, Umzinto)

- **FOR FREE SMS: sms your name to 083 786 0788**
- **FOR FREE EMAIL NEWSLETTER : subscribe on www.darulih-san.com**

STUDENTS! WANT TO PASS THE FINAL EXAM?

For success in exams, recite abundantly:

Ya Fattaahu, Ya Aleemu يَا فَتَّاحُ يَا عَلِيمُ

N.B. Condition is to work hard, study diligently and abstain from sins.

WISHING ALL MATRICULANTS AND OTHER STUDENTS WELL OVER THE EXAM PERIOD. MAY ALLAH GRANT ALL SUCCESS.

PLEASE HANDLE WITH RESPECT, THIS NEWSLETTER CONTAINS EXTRACTS FROM THE QURAN & HADITH. FILE AWAY FOR FUTURE REFERENCE.

Ramadaan Quiz

1.Hazrat Jibril ؑ used to bring revelation to beloved Nabi ﷺ but in the month of Ramadan, he visited him for another specific purpose. What was that?

2.What addition was made on this specific visit in the last Ramadaan?

3.Which Sahabi ؓ was also present during these last specific visits?

4.Who was the 1st person to fast?

5.Who initiated (officially) the Sunnah of TARAWEEH Salah with Jama'at? How many Raka'ats? What year was it? Who was appointed as the Imaam?

Submit your responses via fax, email, sms or letter but do it FAST! The first 20 correct replies will receive a prize! (Make sure you provide your full address/contact details).

WINNERS

Al Ihsan Quiz - Sha'ban

- | | |
|----------------------|-----------------|
| 1. Yusuf bin Mohamed | 5. Zeyad Danka |
| 2. Ibrahim Chohan | 6. Bintul Qasim |
| 3. Hamza Rawat | 7. Binte Ahmad |
| 4. F. Vawda | 8. Umme umayr |

Essay Competition - Sha'ban

1. S.Padia

Answers to Quiz

- 1)Uthmaan ibn Maz'oon (R A)
- 2)Khubaib ibn Abdur Rahman (R A)
- 3)Moosa (A S)
- 4)Zaid ibn Thabit (R A)
- 5)Khabbab ibnul Arat (R A)

Teenage Essay Competition

(Age 12-18-) **STILL OPEN!**

The 6 best essays received on any of the following topics receive a prize.

- 1.Importance of Masjidul-Aqsa in the light of Qur'an and Hadith.
- 2.The shortcomings of our youth (boys and girls) in the month of Ramadaan and the solution.
- 3.Practical measures to assist the thousands of 'street kids' in our country.

The essay should not exceed 2 A4 pages and should be typed and emailed to Darul Ihsan. Do not forget to provide your full details.

WHAT'S HAPPENING AT DARUL IHSAN

- A workshop was held at the Darul Ihsan Centre on the issue of **"Domestic Violence"** - a problem which is becoming ever-prevalent in the community, to look at ways and means of addressing this serious problem. At the Centre, a counseling service is available for couples experiencing marital problems. If you require help, call the centre for assistance.
- "Help a Needy Family Scheme"** - with unemployment high, and earnings low, many families are hard pressed. Darul Ihsan's charitable wing **MUSLIM COMMUNITY CHARITY** distributes grocery hampers to a number of needy families. Other families are assisted with rent and lights money. Contribute to this effort and earn rewards.
- "Feeding the Patient Scheme"** - patients who sit for long hours at clinics and hospitals feel weak without any thing to eat. Darul Ihsan provides the patients at the Fosa TB clinic with things to eat whilst they await treatment. Contribute to this effort and earn rewards.
- "Feed a School Child Scheme"** - many school children go to school on hungry stomachs. Support Darul Ihsan in feeding a hungry school child and earn great rewards.
- A number of fatwas are issued by the Fatwa Dept. of Darul Ihsan. These can be viewed at: www.darulihisan.com/fatwa. Contact the Fatwa Dept. through email, fax or phone for assistance.
- "Gift for a Hafiz"** laminated cards were printed and distributed widely to Huffaaz in various parts of the country - any Hifz Student/Ustadh or Madrasah requiring this card should kindly call the Darul Ihsan Centre
- Future Project** - A telephonic counselling service **GUIDELINE**. Soon to be launched, Insha Allah. Request Duas for the success of this project.

GOING BANANAS OVER BANANAS!

The ideal fruit at Sehri.

Research has proven that just two bananas provide enough energy for a strenuous 90-minute workout... But energy isn't the only way a banana can help us keep fit. It can also help overcome or prevent a substantial number of illnesses and conditions, making it a must to add to our daily diet....

Depression: According to a recent survey....

Blood Pressure: This unique tropical fruit is....

Nerves: Bananas are high in B vitamins....

Constipation: High in fiber....

Strokes: According to research...

Ulcers: The banana is used as the....

Stress: Potassium is a vital mineral....

Smoking & Tobacco Use: Bananas can also help people....

So, a banana really is a natural remedy for many ills.



Read the full article on our website www.darulihisan.com

To all prospective Hujjaj.
We humbly advise you to commence
your Hajj preparations from now. Come
& collect your FREE pocket size Hajj
Guide from Darul Ihsan

ON THE LIGHTER SIDE...

One hot day, Mullah Nasruddin was relaxing in the shade of a walnut tree. After a time, he started eyeing speculatively the huge pumpkins growing on vines and the small walnuts growing on a majestic tree. Sometimes I just can't understand the ways of the Lord! he mused. Just fancy letting tiny walnuts grow on so majestic a tree and huge pumpkins on the delicate vines! Just then a walnut snapped off and fell smack on Mullah Nasruddin's bald head. He got up at once and lifting up his hands and face to heavens in supplication, saying: "Oh, my Lord! Forgive my questioning Your ways! You are All-Wise. Where would I have been now, if pumpkins grew on trees!

Wish to volunteer for community
or Deeni work & earn rewards?
Then sms us your details immediately

DARUL IHSAN
ISLAMIC SERVICES
CENTRE دار الإحسان

53 Joyce Rd, Sea Cow Lake
Tel : (031) 5777 942 - Fax : (031) 5776 012
Cell: 083 786 0788 - Skype: Darul Ihsan
Email: disc@darulihisan.com - Website: www.darulihisan.com



Vol: 1.2

Ramadaan 1428 / September 2007



Read the full articles on our website: www.darulihisan.com

- [In Iraq, sex is traded for survival ...](#)

Our Comment - The heart bleeds at the level of suffering of these poor Muslim sisters. O Allah, help them. O Ummah, awaken to assist them!

- [Mandela and 'The Elders' Aim to Save the World ...](#)

Our Comment - A good initiative to bring much needed stability to our strife-torn planet.

- [Moscow's Jamia Mosque reconstruction begins ...](#)

Our Comment - In the capital of communism, it is encouraging to note the growth of Islam, Alhamdulillah.

- [Over 450 embrace Islam at Saudi health care centers in 2006 ...](#)

Our Comment - More da'wah initiatives of this nature required. The world is hungry for the truth. If only we realise!

- [Pilot removes Muslim passenger from flight following prayer request ...](#)

Our Comment - Sad to note the ignorance about a basic teaching of Islam. Muslims need to meet airlines and educate them about these issues.

- [UK pupils to get lessons in respect ...](#)

Our Comment - Are our children going the same route?

Other news articles of interest:

go to www.darulihisan.com/newsarchives

- [Dutch MP makes renewed attempts to ban Burgas](#)
- [US football gift 'insults Islam' in Afghanistan](#)
- [Work on third phase of Jamrat Bridge in full swing](#)
- [Official of British HC embraces Islam](#)
- [Yemeni sheikh and his cure for AIDS](#)
- [More women choose headscarf in Algeria](#)
- [Qu'ran a fascist book - Dutch MP](#)

THIS RAMADAAN, LET EVERYTHING BE TO THE "T"!

Let's make the best of this Ramadaan. Who knows, it could be the last one we may witness. Every Ramadaan should be better than the previous one. This is the hallmark of progress and advancement, otherwise we are stagnating, or even retrogressing. The Holy Messenger of Allah ﷺ said: "He whose two days are equal, is in loss!" He meant that no two days should be equal - today should be better than yesterday, and tomorrow should be better than today, then we are progressing, else we are in loss.

If a person feels that he had not done justice to the last Ramadaan, then this year, an opportunity has come to make amends and improve.

So this Ramadaan let all of us strive to let "everything be to the T". By adhering to all the "T's" and keeping them in mind, everything will be to the "T"!

What are the "T's" of Ramadaan? Here are some of them - Taqwa (Allah-consciousness), Tilawah of the Quran, Tahajjud Salaah, Taraweeh prayers, Tasbeehat and Zikrullah, Tadharru' (fervent Dua), Tatawwu' (Nafl Ibadah), Tasahhur (eating Sehri), Taubah (repentance), Tawadhu (humility), Tafakkur (contemplation) and so on.

Then Allah Ta'ala will in return reward us with the "T's" of Tarahhum (mercy), Tazkiyyah (spiritual purity), Tawfeeq (spiritual strength), Takmeel (perfection), Tajalli (spiritual energy) and Taraqqi (advancement). May he grants us all these and much more.

Mufti Zubair Bayat, Ameer - Darul Ihsan

**WISHING ALL OUR READERS &
THE WHOLE UMMAH A
WONDERFUL RAMADAAN AND A
JOYOUS EID**