

Darul Ihsan Activities

◆ Feed-a-Pupil Project - over 5000 sandwiches to 44 schools & increasing!

Latest update on our 'Feed a Pupil' project - providing sandwiches to schools for hungry pupils - has now exceeded the 5000 mark, Al-Hamdulillah.

May Allah Ta'ala reward the mothers, sisters', individuals, businesses and all who are involved in this noble project.

Distribution to 44 schools covering the Avoca, Effingham, Sea Cow Lake, Chesterville, Kenville, Newlands, Lindelani, Inanda, Overport, Verulam and Bonella areas.

Volunteers wishing to assist in this noble project may contact our offices.

◆ Feed-a-Patient Project - over 1200 patients served per week!

Darul Ihsan's "Feed a Patient" project is specifically aimed at hospitals, clinics, old age homes, orphanages, disabled homes and special schools. Biscuit packs are supplied to the Foza and King George hospitals, Natal Settlers Home, the RP Moodley Home for the Disabled, the Daydawn and Inanda Special Schools, King George V hospital school, the Isizwe Islamic Dawah Movement boarding home, Baitul Firdouse and Baitul Hifazat old age homes as well as the Baitul Aman Childrens' Home in La Mercy. Over 1200 biscuit packs are supplied on a weekly basis to the above centres.

◆ Relief & Other Projects - hundreds assisted!

In times of natural disasters and emergency situations, Darul Ihsan's Disaster Management Committee springs into action, assessing and rendering assistance to the suffering victims. Among a number of other operations undertaken by the Centre is the "Sponsor a Blanket" project, with over 3000 blankets distributed to the poor. Our "meals on wheels" project provides hot meals to the poor in informal settlements.


Xenophobia: The Centre undertook the mammoth task of identifying Muslims who were living in churches during the recent xenophobic attacks. These persons who numbered over 120, were removed to an Islamic environment. All of the destitute persons were handed Swahili bibles by the churches. These bibles were collected from them and replaced with copies of the Noble Qur'an.

South Coast Flood: During the devastating floods that ravaged the South Coast, the Centre's dedicated relief team distributed aid to the Umzumbe-Hibberdene area which stretches over an area of 600 square miles. The aid package comprised of food parcels, clothing and blankets.

◆ The Literature Collection Project

This project is an initiative undertaken by the Darul Ihsan Islamic Centre. A specifically designed wooden unit for the purposes of placing unwanted Islamic literature has been placed in several Masajid. Literature collected will be distributed to outlying areas and neighbouring countries, Insha Allah. Thus far, over twenty units have been placed in the different Masajid. Please contact our offices should you require a unit for your Masjid.



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Organ of the Darul Ihsan Islamic Services Centre

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Ramadaan 1429 / September 2008

Ramadaan

رمضان

A Great Renaissance or a Dry Routine?

Excitement is building as yet another Ramadaan approaches. But is Ramadaan causing an impact on the Ummah leading to a spiritual renaissance or is it treated as just another dry routine or an empty ritual? This is the burning question. The month will come and go like a spiritual flood, but will it leave behind its rich deposits or will it wash away whatever little we had?

Why is the impact not there?

Why does Ramadaan come & go and we remain the same, unchanged? It should be remembered that this is mainly due to bad habits formed over years that continue to plague us during Ramadaan, even though the Shayateen are chained. Here are some issues for consideration....

Time Wasting

Because a proper time table is not structured before or upon the advent of Ramadaan, a lot of time is wasted in useless & unproductive activities. In the meanwhile, the clock ticks away silently. Before long, a week, 10 days, 2 weeks, 20 days, 27 days are gone...and Ramadaan is almost over in a flash!

Solution: Design a good timetable, allowing reasonable time for necessary tasks. The balance of the time is for Ibadah. Most important, stick to the timetable strictly.

Lethargy and laziness

Ramadaan is a month of intensive activities. This is hardly a month for those who are lazy and laid back. Laziness and lethargy will deprive one of most of the blessings of Ramadaan. The lazy ones do not awaken for Sehri, sleeping right through and even missing Fajr Salah in such a Holy month! Reciting the Holy Quran is a huge effort for the lazy, some of whom do not complete even one completion (Khatm) of the Quran in the whole month! Taraweeh Salaah is like

climbing a mountain for the lazy. They read a few Rakats and leave or do not read at all or sit down talking until the Imam goes into Ruku and then hastily join in. In this way, these lazy ones are deprived of listening to the entire Quran in Taraweeh, which is an important Sunnah practice of this Holy month. These are the ones who dread the coming of Ramadaan and cannot wait for it to be over.

Solution: Realisation that being lazy and indolent will deprive us of many benefits, blessings and rewards is the first step in overcoming laziness. Laziness must be fought vigorously and overpowered with strong willpower and courage. There is no better time and opportunity to fight it than the month of Ramadaan.

Spirituality Missing

For many, Ramadaan is the carrying out of Ibadah in a routine and mechanical way without really tasting the sweet flavour of spirituality in their Ibadah. Although the ability and Tawfeeq of Ibadah, Tilawah, Nafl Salaah, Zikrullah, Dua is by itself a great blessing, the true benefit would be if it is spiritually rich and charged. Spirituality makes these acts of Ibadah alive, highly enjoyable and enhances the rewards a hundred fold and more.

Solution: Spirituality is developed by suppressing animalistic tendencies and by linking up with a spiritual mentor. Spirituality is achieved through Mujahada, fighting the excessive bodily demands of food, sleep, comfort and luxury. There is no better time for this than Ramadaan, which is a month of Mujahada. Once the batteries of spirituality have been fully charged, it only requires a small recharge from time to time. So this is the month to put our spiritual batteries on full charge!

Mufti Zubair Bayat
 - Ameer, Darul Ihsan

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

The Significance of Fasting

Allah ﷻ has made man a combination of body and soul, of animality and spirituality. In his nature are present all the physical and carnal propensities that are peculiar to animals yet there also dwells within him the luminous element of spirituality which is the characteristic quality of the beings of the Celestial World, the angels. The success and salvation of man depends upon the subordination of the animal part of his nature to the heavenly part and the keeping of his sensual instincts and desires within proper limits. Such a thing can be possible only when the corporeal aspect of the human and personality renders habitual obedience to the celestial aspect instead of pulling against it. The main aim of Fasting is to make the carnal urges and inclinations subservient to the Divine commands and spiritual ideals, and since it is also the chief end and



object of Apostleship and the Shariah, Fasting was prescribed in all the earlier Canonic Laws as well. While giving the command of Fasting to the Muslims, the Quran declares: “O you who believe! Fasting is prescribed for you, even as it was prescribed for those before you, that you may ward off (evil).” (II : 183)

Shaikh Mohammad Manzoor Nomani (R)

Fasting of Every Organ

The Quran commands: “Fasting has been prescribed for you.” The commentators of the Quran say that from this verse it is deduced that fasting is made compulsory for every part of the body. Thus, fasting of the tongue means to avoid falsehood, etc. Fasting of the ears means not listening to evil and fasting of the eyes means not to look at any form of evil and sin. Similarly, fasting of the self, means to be free from all carnal desires. Fasting of the heart means casting out from it the love of worldly things. Fasting of the mind means avoiding thoughts about anything other than Allah.

Shaikhul Hadith Maulana Muhammad Zakariyya (R)

Overeating in Ramadaan

Imam Ghazzali (R) asks the question: “When the object of fasting is to conquer our carnal passions in opposition to 'Tblees', how can this possibly be done by eating excessively at Iftaar? Actually in that case we have only altered the times of eating, and not really fasted. In fact by having various types of delicacies, we consume even more than in normal times. The result is that, instead of lessening the carnal desires, these are considerably increased. The real



benefit of fasting comes as a result of actual hunger in the true sense. Our Nabi ﷺ said: “Shaitaan flows through the body of man like blood, so close up his path by remaining hungry” i.e. when the body is hungry, the spirit receives strength.

Imam Ghazzali (R)

Sympathy With the Poor

Apart from hunger, fasting gives us an opportunity to appreciate the condition of the poor and destitute, and thus engenders sympathetic feelings towards them. This too can be attained by remaining hungry and not by filling the stomach with delicious food at Sehri, so that one does not feel hungry until Iftaar. Once a person went to Bishr Haafi (R), whom he found shivering in the cold, in spite of having warm clothes lying at his side. That person enquired: “Is this a time for taking off the clothes?” Bishr (R) replied: “There are numerous poor and needy ones; I am unable to sympathise with them; the least I could do is to be in their condition.” The Sufis plead for the same attitude in fasting and so do the Fuqahaa (Jurists).

Shaikhul Hadith Maulana Muhammad Zakariyya (R)

How to Spend Eid

Especially on the night of Eid, staying awake, being aware of its importance, and knowing that it is the end of the Mubarak month, one should ask for whatever one requires and seek forgiveness for one's sins. Similarly on the day of Eid, make Miswaak, change into clean clothes and use Itr. All this should be done with the Niyyah of observing Sunnah and not in imitation of other unbelieving people. If unfortunately on this Islamic occasion one takes part in cinema shows and visits places of evil, then it so much resembles the ways of the unbelievers that it is difficult to call it an Islamic festival. Therefore, people who regularly do these undesirable things during the year should refrain from all these acts, so that non-Muslims can see the difference between the Eid of Muslims and the festivals of non-Muslims. The happiness of Muslims on this day should be due to the completion of the important Ibadah of fasting. Contrary to this, on the day of Eid, Muslims are indulging in all sorts of unlawful activities. How wonderful will it be if Muslims could show other nations what a true Islamic Eid should be!

Shaikh Badre Aalam (R)

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QUIZ

1. Who was the first Sahabi to recite the Quran aloud to the Quraish?
2. What Surah did he recite?
3. What was the title of this Sahabi?
4. Who was his Ansari brother?
5. Who was his Muhajir brother?

Submit your responses via fax, email, sms or post but do it FAST! The first 7 correct replies will receive a prize! (Make sure you provide your full address/contact details).

Sunnahs of Ramadaan

1. To increase one's Ibadah in Ramadaan more than any other month.
2. To stay awake during the nights of Ramadaan for Ibadah.
3. To eat Sehri before Subah Sadiq.
4. To break one's fast with dates and water.
5. To sit in I'tikaaf during the last 10 days and nights of Ramadaan.
6. To spend the night of Eid in Ibadah.
7. To lighten the workload of employees so that Allah Ta'ala will forgive you and save you from Jahannam.

Source - Ta'leemul Haq

BRIEF PROFILE of Hazrat Ali bin Abi Talib ؑ

- ◆ He was the cousin of Nabi ﷺ and later became his son-in-law when he married Hazrat Fatima (RA).
- ◆ He was given the title of “Abu Turab”
- ◆ He was the first amongst the youth to accept Islam. He was approximately 15 years old at that time.
- ◆ On the day of Khaibar, Nabi ﷺ said: “I will give the flag of Islam to that person who loves Allah and His Messenger ﷺ and Allah and His Messenger ﷺ love him.” It was then given to Ali bin Abi Talib ؑ
- ◆ He was the 4th Khalifah of Islam, during which he ruled for 4 years.
- ◆ On one occasion, Nabi ﷺ told Ali ؑ: “You are my brother in this world and in the Hereafter.”
- ◆ He passed away in Ramadaan 40AH in Kufa at the age of 63.



Q-Would taking a vitamin/calcium injection nullify the fast?

A-All types of intravenous injections do not break the fast, irrespective of their ingredients. However injections given directly into the stomach will break the fast.

Q-Are we allowed to use flavoured Miswaaks in Ramadan as long as we don't swallow it?

A-The use of flavoured Miswaak is Makrooh, whether it is swallowed or not. If the flavour is swallowed, the fast will be nullified.

Q-If one bites his or her nails whilst fasting, does the fast break?

A-Biting the nails in itself does not break the fast however, swallowing them would break the fast.

Q-If someone gives blood for a test while fasting, would this break the fast?

A-Giving blood does not invalidate the fast.

Q-The Sunnah I'tikaaf of a person breaks for some reason or the other. Is it necessary for him to make Qadha? If Qadha is waajib, then how many days of Qadha are waajib?

A-The Sunnah I'tikaaf performed in the last ten days of Ramadaan has a condition of fasting. Without fasting this I'tikaaf is not valid. If for some reason, this I'tikaaf breaks, then Qadha for one day only should be made. The Qadha will commence at Maghrib time till the next Maghrib.



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