

# The MUSLIM WOMAN

VOLUME XXV - No.2

FEBRUARY 1995 - RAMADAN 1415

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"In the name of Allah, Most Gracious, Most Merciful  
Oh ye who believe! Fasting is prescribed to you as it was  
prescribed to those before you, that ye may (learn) self-restrain."  
(The Qur'an 2:183)

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Membership of The Muslim Women's Association is open to all Muslim Women.  
**Membership Fees**  
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All articles and news for publication should be sent to the editors.

## THE EXECUTIVE

FOR THE PERIOD DECEMBER 1993 TO NOVEMBER 1995

## 1. President

Mrs. Khanam Hassan

## 2. Secretary

Mrs. Khadija Knight

## 3. Assistant Secretary

Mrs. Shafqat Ghaffar

## 4. Membership Secretary

Ms. Shirin Hassan

## 5. Social Secretary

Mrs. Firdous Arif

## 6. Treasurer

Mrs. Ilse Ahmad  
 London UK

## 7. Editor

Dr. Zubeda Osman

## 8. Religious Advisors

Mrs. Gul Amin

Mrs. Souraya Youssef

## EID DINNER

Please make a note in your diary that this year's Eid Dinner will take place on **Sunday 12th of March 1995**

at  
 The Islamic Cultural Centre  
 146 Park Road, London NW8 7RG.  
**Time: 6.30 pm for 7 pm**

## OUR NEW ADDRESS

All Correspondance should be sent to our new address  
 The Muslim Women's Association  
 P. O. Box 6119, LONDON SW20 0XG

Articles, letters and other matter appearing in this publication do not necessarily express the official views of the Executive Committee of the Muslim Women's Association.

Meetings of the MWA take place on the second Sunday of each month

## EDITORIAL

السلام عليكم ورحمة الله وبركاته  
 Assalaam-o-Alaikum

The month of Ramadan is with us again so let us thank Allah and rejoice - for it is a month of blessing and greatness. In this month every prayer, every supplication, every act of worship, charity and love performed in the name of Allah is rewarded a thousand fold. It is a month of patience, for abstinence from food and drink teaches one to be patient and patience is rewarded with bliss and complete inner peace. This is heaven on earth. It is a month where self-control is achieved through suppression and self-denial of one's physical needs. It is a month when a human being can achieve the highest degree of self-respect through the discovery of his or her own inner strength.

The month of Ramadan is a month of sharing one's possessions with others especially with those who are in need, with family and neighbours, and colleagues and employees.

The Prophet, peace be upon him, has enjoined upon us to be specially considerate towards those who work for us during this month, and to lessen their load, and burdens.

The night of Qadr, which falls during the last ten days of Ramadan, is specially blessed, when prayers are answered and the doors of forgiveness are opened.

Please Allah! Let us open our hearts so that we may forgive those who hurt us as you forgive us for our faults and sins.

We hope to be forgiven by Allah, so let us forgive our enemies and start a new life during this blessed month of Ramadan. We wish our members and readers a very peaceful and happy month of Ramadan.

Zubeda Osman



# FASTING

## RELIGIOUS INFORMATION

Souraya Youssef

Fasting in the month of Ramadan is the fourth pillar of Islam

### CONFIRMATION OF RAMADAN - THE NEW MOON

Ramadan is reckoned as beginning when at least one reliable witness sights the New Moon. If its appearance is not confirmed, the previous month of Sha'ban should be continued for thirty days.

The Prophet (pbuh) said: "Observe the fast in the appearance of the moon, and break it also on the appearance of the moon; and if the sky is cloudy complete the count of Sha'ban as thirty days long."

### WHO IS REQUIRED TO FAST

The fast should be observed by any adult Muslim with sound mind and good health. It is clear from a verse of the Qur'an that those who are sick or on a journey are permitted to break their fast, but they should make up for the missed days at any other time of the year; preferably before the forthcoming Ramadan without a lawful excuse.

Women are also required to observe the fast unless they are menstruating or have given birth. During these periods they are not allowed to fast, but are obliged to make up for these days later when they recover.

Umm al-Mū'minīn (Mother of the Believers), the Lady Aisha stated that they were not allowed to fast during the time of the Prophet when they were walking long distances to do their shopping. (Note: not like the small amount of shopping we have to do). In those days women had to walk miles and miles to do their shopping. So they were advised to make up for the fast at other times. They did not have to make up for the prayers lost during that time.

### FASTING FOR PREGNANT WOMEN AND NURSING MOTHERS

Women who are pregnant or nursing their babies may fast if they wish to do so, however, if they cannot then they should make up for the missed days, or offer a sum of money for charity in case they feared harm for their children. But fasting at other times to make up for the missed days was considered better, whether they gave to charity or not.

### PEOPLE EXCUSED FROM FASTING

People who are excused from the fast, but are required to offer '*Kaffarah*' include aged men and women on account of their disability, and those who suffer from serious ailment with no hope of recovery. The required '*Kaffarah*' is to feed a poor person until he or she is satisfied for a full day in respect of every missed day of the prescribed number of fasting days. Anas Ibn-Malik (may Allah bless him) used to offer a '*Kaffarah*' of this type when he became very old and unable to fast.

Ibn-Abbas (may Allah bless him) said: "An aged man is permitted to break the fast provided he feeds a poor person for every day missed. He need not make up for the missed days of the fast by fasting himself."

### DAYS TABOO FOR FASTING

It is taboo to fast during the first days of Eid-ul-Fitr and Eid-ul-Adha in compliance with the guidance of the Prophet (pbuh) which was quoted by Umar (may Allah bless him) as having said: "Eid-ul-Fitr is the day of the breaking of the fast, and the day of Eid-ul-Adha is the day on which you should eat from your devotion and sacrifice."

### WHOLEHEARTED INTEND FOR FASTING

It is conditional that a Muslim observing the fast should decide to do so during the night before the break of dawn every night during the month of Ramadan. A wholehearted intent must be made prior to the commencement of the fast. Umm al-Mū'minīn (may Allah bless her) reported that the Prophet (pbuh) said: "He who does not determine to fast before the break of dawn is not fasting i.e. it will not be counted." Determination is marked by the feeling of the heart and not by utterance of the mouth. So he who takes his '*saḥar*' before dawn for the purpose of fasting in compliance with the precepts of Allah has in fact intended practically to fast.

### 'SUHOUR' DERIVES FROM 'SAHAR'

It is a light meal usually taken late at night by people intending to fast. The Suḥūr before dawn is preferable. It is recommended by the Prophet (pbuh) who said: "Take care of the Suḥūr, it is the blessed meal which gives strength to the fasting man and makes his fast easier for him." Prophet Muhammad (pbuh) also said: "Suḥūr is a blessing not to be missed by you, though a drop of water is sufficient, as Allah and his angels send blessings and pray for those taking Suḥūr." It is Sunnah to delay your Suḥūr meal until late at night and to speed up the breaking of the fast at an early time in compliance with the Prophet's saying, "My people will remain good so long as they speed up the breaking of the fast and delay Suḥūr."

### Matters spoiling the fast

The fast becomes invalid, null and void in the following cases: 1. Eating and drinking deliberately, 2. Vomiting deliberately as confirmed by the saying of the Prophet (pbuh): "He who could not resist vomiting need not refast as a cover; but he who evicts intentionally should make up the missed day of the fast some other time. 3. Women in the course of their menstruation or after-delivery periods. 4. Sexual activity of any kind.

### SECLUSION: *IṬIKĀF*

*Iṭikāf* is a Sunna which can be made objectively at any time, though the best and proper time for it is during the last ten days of Ramadan. It should be conducted in Mosques, in isolation, and away from earthly ambitions and avoiding communication with people. There should be complete devotion to the worship of Allah. The period of retreat ends by termination of the last day of Ramadan, at the eve of the feast.

Assalamu-Alaikum-wa-Rahmatallah-wa-Barakatuhu and Blessings of Ramadan Karim to all our sisters and their families.



# MADINA HOUSE

a) In response to the article "Muslim Children's Home Faces Closure" which appeared in Q News at the beginning of January, the following letter was sent to the editor by our President Mrs Khanam Hassan. The need for a public reply to the article reflects sadly on the lack of maturity of many Muslims.

Dear Brother Nahdi,

Assalamo Alaikum

## FOR PUBLICATION PLEASE

I have just read the article on MADINA HOUSE in Q NEWS (6-13 January 1995). Its Aim, to point out the parlous financial situation at, and encourage support for, MADINA HOUSE, is a very laudable one, and the article makes a number of valuable points. However, this aim is somewhat undermined by several factual errors, which I would like to take the opportunity to correct in your next Issue.

Firstly, the article quotes an unnamed spokesman as complaining that "Some of the Trustees themselves are part of the problem and that they were not doing their jobs." This is a potentially divisive and damaging statement, both within the Muslim Community and beyond. It is disappointing that you should imply that such an opinion is held by a member of our Trust. According to the Constitution of the MWA and the Trust, I am the official spokesman, and I certainly did not make any such remark. (Indeed, rather surprisingly perhaps), I was not even interviewed for the article. As a result, I do not understand where you got this comment from. In fact, some of our Trustees have been struggling for 15 years to keep the home running, without any financial rewards, (even expenses, which can be very heavy at times), and have spent a great deal of time and effort in the cause of Madina House.

The article also refers to Mrs. Khadija Knight as "a helper at Madine House". In fact Mrs. Knight has been the Secretary of the Muslim Women's Association for the last 8 months, and visited Madina House on one occasion for a couple of hours. She is not a helper at MADINA HOUSE nor a trustee of Madina House, though we do of course acknowledge her contribution and assistance in the Muslim Women's Association.

Moreover, Yusuf Islam has provided financial assistance for Madina House from time to time, for which we are very grateful. He is also one of the Trustees. However, he is not, nor has he ever been, the Director of the Trust of MADINA HOUSE.

Despite these unfortunate factual errors, the article was welcome in emphasizing once again our need for financial assistance to keep Madina House functioning and helping Muslim Children in need.

With our very best wishes and salams  
yours sincerely

Mrs. Khanam Hassan  
President of the Muslim Women's Association  
Trustee of MADINA HOUSE

b) The following was part of Br. Umar Hegedü's address on the occasion of the Sirah celebration last year.

Madinah House gives shelter and sanctuary, in an Islamic context and environment, to children and young people whose families, for an enormous variety of reasons, are unable to care for them for the time being. The work of Madinah House cannot be underestimated in rescuing young Muslims from inappropriate, and often un-Islamic fostering or residential care, which could cause lasting and harmful effects. Madinah House works on behalf of the Muslim community to fulfil, on our behalf, our responsibilities to Allah Almighty, for the care and protection of young Muslims in need. Therefore, we have to give in return. We must ensure the work can continue, for undoubtedly its need is undiminished. Madinah House needs new and suitable premises, it needs your prayers, it needs your involvement and not least, your financial support.

Muslims in Britain are here to stay. And if we and our families are not to drown, we have to build boats and keep them afloat. Madinah House is one such boat. Insha Allah, in time, we will be able to provide a Madinah House for every city that needs one. A Halal student hostel for every university and college, and for our old age, a Madinah House for old people who need more care than their families alone, can provide.

In the meantime, it's up to each one of us to extend the discrete, compassionate and confidential helping hand to families in trouble in our community. Not just during the year of the family, but to see ourselves as 'Ansar' for all our brothers and sisters. Remembering what Allah tells us in the Qur'an:

*Truly all of you who believe in Me, this community of yours is one single community, since I am the Sustainer of you all.* Qur'an 21-92

## THE ARAB WOMEN'S COUNCIL ANNUAL BAZAAR

**THURSDAY MARCH 9TH 1995**  
FROM 11.00 am to 6.00 pm

at  
**THE ISLAMIC CULTURAL CENTRE**  
146 Park Road, London NW8 7RG

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International food, snacks, sweets, soft drinks, toys, household items,  
international handcrafts table, white elephant table with interesting bargains

ENTRANCE £1.00

**KITCHEN TALK****RAMADAN DISHES**

In Saudi Arabia and the Gulf States *iftar* will nearly always include dates, soup and sambousik. In other Middle Eastern countries the fast is broken with a drink made of apricots. Family tradition dictates how the fast is broken. Some eat the main meal immediately after the starters and others take a break between the two for prayers. No meal is complete without sweets.

The breaking of fast by eating dates is both for historical significance, it is said that the Prophet Muhammad broke his fast with dates, and for the high sugar content.

**APRICOT DRINK**

Take qamrudin - dried apricot paste rolled out into sheets, add water, leave to stand until paste has dissolved, or speed up the process by using a liquidiser. Add ice and serve. Be careful not to use too much water otherwise the drink will be watery.

**SAMBOUSIK**

Ingredients:	2 eggs
4 cups all-purpose flour	water
2 teaspoons baking powder	1/2 kilo ground meat - lamb or beef
4 teaspoon vegetable/corn oil	1 medium-sized bunch parsley, finely chopped
2 teaspoons salt	2 hard-boiled eggs, chopped

**Method:**

At least 12 hours before use, mix, set aside and let rise the flour, baking powder, oil, salt, eggs and water - soft dough.

Fry the meat, add parsley. When cooked, add the chopped eggs. Salt and pepper to taste.

Roll out the dough to a 1/4 inch thickness, divide into half. Use the first half, in a straight line, spacing at four-inch intervals, place 1 teaspoon of the meat mixture onto the dough. Cover with the second half of the rolled-out dough. Press down around the meat mixture. Using a pastry wheel, cut squares\* around the meat about 2x2 inches. Again, press edges tightly together.

Heat a greased frying pan to very hot. Place one dough square at a time into the pan. Brush top of dough squares with oil.

The squares will puff up. Turn once. When golden brown on both sides, remove from pan and place on absorbent paper (excess oil). Serve.

\* depending on preference, instead of squares, triangles, circles, half-circles, can be made.

See Arab World Cook Book by Nahda Salah

**MWA BUSINESS - JANUARY 1995****MWA BUSINESS**

The monthly meeting of the Muslim Women's Association was held on Sunday, 8th January 1995 from 4 pm to 6.30 pm.

Mrs Khanam Hassan, the President, asked Sister Sharifa Sharief to open the meeting with a recitation from the Qur'an. Sharifa recited and translated verses 163 and 164 from Sura Baqara, highlighting Allah's signs for those who think and who use their reasoning.

The meeting then was addressed by Shaikh Abdel Haleem, the Senior Imam at the Islamic Cultural Centre who spoke on the topic of Laylat al-Isra' wal-Mi'raj. His talk covered Islam as the Din ul-Fitra and the links with previous prophets of Allah.

The meeting closed with the Adhan for Isha prayer.

**Letters Received**

- 1) A letter from Dr. Charis Waddy to the President - sending the Muslim Women's Association members her greetings and good wishes for the month of Ramadan. May we use this month as a time of reconciliation.
- 2) A letter from Noorah Al-Gailani on behalf of the Grange Museum of Community History, writing about a new project which seeks to document the history and everyday life of the Muslim People in Brent

The Grange is a community museum which aims to serve Brent people's needs through a variety of activities that include exhibitions, educational programmes, and a wide range of social and cultural activities.

At present, Muslim communities are not represented in the displays at the Grange Museum. As a first stage in the project, we wish to establish contacts with members of these communities who are living in Brent area. The project wishes to concentrate not only on the religious side of Islam, but also on the cultural traditions and the daily life of Muslim people in the area; where they work, where they shop, where they go to on holidays, what schools they go to, and how they worship and carry out their religious commitments; and how they communicate with other sections of Brent's communities.

The Muslim population in Brent is quite large with members coming from all over the world. It is important to us to show the different sections of these communities, and present them to the people of Brent, so that they learn more about Muslims in general, and about their fellow citizens in Brent in particular.

If you can help please ring Noorah Al-Gailani, Tel: 0181 452 8311

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