

The Muslim Woman

CIBEDO
Guillotetstr. 35
Postfach 17 04 27
60078 Frankfurt/Main

P. 5. 110

THE MUSLIM WOMAN

VOLUME XXVI-No 3 & 4

April 96 - Dhu Al-Qi' dah 1416



OUR NEW ADDRESS

All Correspondence should be sent to our new address
The Muslim Women's Association



A monthly journal published by The Muslim Women's Association (Regd. Charity)

IN THIS ISSUE

- Editorial	3
- A Young Muslim Views of Prayer	4
- Unanswered Prayer	6
- A Letter From Bosnia ..	7
- Madina House Appeal ..	8
- Poetry	10
- Obituary	11
- Kitchen Talk	12
- Membership	13
- MWA Business	15

Membership of The Muslim Women's Association is open to all Muslim Women. Membership Fees (which includes the subscription to "The Muslim Woman")
UK £10.00 Abroad £15.00
Life Membership
UK £80.00 Abroad £100.00

"The Muslim Women"
Published monthly
by
THE MUSLIM WOMEN'S ASSOCIATION
United Kingdom.
All articles and news for publication should be sent to the editor.

THE EXECUTIVE & COMMITTEE

FOR THE PERIOD DECEMBER 1995 TO NOVEMBER 1997

1. President Mrs. Khanam Hassan	6. Treasurer Mrs. Shafghat Ghaffar
2. Secretary Mrs. Nabila W. Saeed	7. Editor Dr. Zubeda Osman
3. Assistant Secretary Miss Swadeka Ahsun	8. Assistant Editor Mrs. Jasmine Ansari
4. Membership Secretary Ms. Shirin Hassan	9. Religious Advisors a) Sherifa Sherif London b) Mrs. Souraya Youssef
5. Social Secretary Mrs. Firdous Arif	

NEXT MEETING

SUNDAY 12 MAY 1996
at The Islamic Cultural Centre
146 Park Road, London NW8 7RG
Time: 4.30 pm

ALL CORRESPONDENCE
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-Alaikam wa Rahmatullahe wa Barakatahu

Luck are those travelling for the Pilgrimage to Makka this year and we wish them the blessings of Allah, and we also wish all Muslims a very Happy Eid-ul-Adha.

The reward of giving in charity is with Allah only and similarly, the punishment for evil deeds is with Allah as well. People all over the world are suffering enormous hardship and pain at the hands of evil doers - and there are those who would take revenge. Indeed, revenge is the greatest emotion which spurs people on the acts of violence. But if revenge is left in the hands of Allah, He will punish in His own time and His own way.

The Prophet Muhammad (peace be upon him) was cruelly treated by the Quraish and Muslims were brutalised on conversion to Islam, but their suffering and loss of life was not in vain. Allah punished Quraish in His own time and in His own way.

Therefore, let Muslims not be carried away by feeling of revenge. Of course, it is difficult, but if we trust Allah and take our pain and suffering to Him in prayer, He will reward us in His own time and in His own way.

May Allah hear our prayers,

Amen

Dr. Zubeda Osman

A YOUNG MUSLIM'S VIEW OF PRAYER

WHY DO WE PRAY? WHAT'S THE POINT ISN'T IT JUST A WASTE OF TIME AND EFFORT?

The main reason that we Muslims pray is because Allah has told us to and we must follow Him. "I have not created jinn and mankind for any other purpose except to worship me." (51:56) Allah says in the Qur'an. Salah is a form of worship and to worship is what we are here for. Salah is also mentioned many times in the Qur'an: "Establish regular prayer..." (11:114 & 17:78). "And be steadfast in prayer..." (2:43 & 110). "Establish Salah to remember me (Allah)" (20:14). "Salah at fixed times has been enjoined on the believers" (4:103). These are just some examples commanding us to perform Salah.

But Salah also has many benefits, it is certainly not a waste of time and effort. It not only brings people closer to Allah but keeps them away from evil acts as you are constantly reminded of Allah and what you should and should not be doing. You get a sense of peacefulness and brotherhood, unity and equality are emphasised in congregation. With the constant need to be clean you develop purity and "Cleanliness is a part of iman (faith)". "Surely Allah loves those who turn to Him and those who care for cleanliness." (2:222). Also from set timing you develop punctuality, discipline, obedience and will power, It also gives you patience, courage, confidence and hope. You develop humility and graduate. It calms down dangerous passions and draws you away from problems and worries to Allah.

Above I mentioned that Salah promotes cleanliness. It is said that Salat is like jumping into a river of clean, cool flowing water five times a day. This has more than one meaning. A cool and clean river would clean you and refresh you. It also helps you concentrate, like a cold shower in the morning wakes you Up. Well Salah makes the mind attentive and refreshes you in a sense of tranquillity. To pray you do wudu five times a day which cleans you but Salah itself cleanses your heart ridding it of bad. So Salah cleans you in two ways.

Salah affects the lives of Muslims a great deal. As it is all recited in

Arabic it creates unity and you all do the same actions and say the same words. The sujud, when you bow right down shows great humility, you would not go and do that t'he Queen's feet! The fact that every Muslim, the poor to the khalifah (leader of the Islamic state) - if there was one, does this same action shows equality. That we are all the same. In a book on Islamic History - "The Islamic World Beliefs and civilisations 600-1600" on page 27 in the section "The collapse of the old empires" under the sub heading "The power of prayer" it says: "The soldiers of Islam were unlike most armies. They were united and inspired by their new religious beliefs. Every day they prayed together. During the prayers they obeyed the prayer leader. This prayer leader was also the army commander whom the soldiers also obeyed in battle." This shows one of the benefits and effects it had on the Muslims. Also in this same book on page 12 Source B which is from Rashid.

Ahmad Chaudri, "Mosque; its Importance in the Life of a Muslim", (1982) is as follows: "Prayer in a mosque teach us brotherhood and equal, a mosque we find people standing shoulder to shoulder whatever their colour or rank, health or job. The king may find a labourer standing next to him, a private may be next to a general. No worshipper may object to another worshipper standing next to him. All are equal in the house of Allah".

As Salah is a constant reminder of Allah it makes you aware that He knows all you do. So if a once sinner would start to pray regularly, before commit a sin they would remember Allah and refrain from doing it. If they didn't pray all that would remind them of Allah would be the once a year Zakat, Fasting etc. But with Salah every few hours you think of Goo, how can you then forget? First thing in the morning you pray and before you go to bed. Indeed you CAN'T forget Allah and this is another benefit of Salah and it's effect that you are warded away from evil.

Salah is such an important part of Islam mentioned over 900 times in the Qur'an. Salah as you see is an everyday thing with countless benefits.

Misbah Arif

UNANSWERED PRAYERS

Some people asked Hadhrat Ibrahim bin Adham: "O Shaikh! We supplicat to Allah Ta'ala, but our prayers go unanswered. What is the reason for this?"

Hadhrat Ibrahim bin Adham replied:

You acknowledge Allah, but you do not obey Him.

You believe in the Prophet (pbuh) but you do not follow him.

You recite the Qur'an but you do not act according to its commands.

You eat from the bounties of Allah but you do not express your gratitude.

You believe that Jannat has been prepared for the obedient ones but you do not yearn for it.

You know that Jahanam with its tortures have been prepared for the sinners but you do not fear it.

You know that shaitan is your enemy but you do not hate him. On the contrary you conform with him.

You fully understand that death is hovering over your head but you do not make preparations for it.

You bury your parents, relatives and friends, but you derive no lesson therefrom.

You search for the faults of others while you forget your own defects.

How can the dua of such a person be accepted?

A LETTER FROM BOSNIA

**Eid in Jablanica (Bosnia) from Saida Sherif
a member of the MWA**

"BAYRAM MUBARAK" Eid is celebrated with tremendous enthusiasm among Bosnians. I had the privilege of experiencing Eid in Bosnia as a guest of the Director of the Islamiska Society in Jablanica. The Eid function was held in the grounds of the Museum, and the whole population of the town were there to partake in the activities organised for the day. Five imams were present at this auspicious occasion and they worked in conjunction with the Islamic Society to present an Eid programme. The main speakers and a group of young quaseeda singers assembled in the square. The local T.V. crew were present and the loudspeakers were set in their places. People began to soon fill the grounds and everywhere greetings were being exchanged and there was happiness in the air. The children were dressed in their best outfits and the day just seemed perfect, with mild temperature and the sun shinning gently on us. There were patches of snow still to be seen on the mountain tops. A railway engine with a couple of wagons stood still on the bridge by the beautiful river Neretva. The children of Jablanica, including the many refugee youth could be seen perched up on the train so as to get a better view of the square.

The festival opened with the recitation of the Quran⁷ and the leading Imam or Hodge (as he is known) welcomed everyone in his opening speech. After the Hodge's talk, the shaheeds were remembered and surah Fathiha was recited for them. Then turn by turn each Imam spoke for a short duration. Fruit drinks were served all the time through out the function. Freshly baked buns were distributed by MERHAMAT, a Humanitarian organisation. Among the chief guests were the friendly Malasian Battalion⁷ who had been stationed in Jablanica. Their efforts to repair the roads and transport aid were appreciated by the local people.

The whole programme lasted three hours. Nobody quarrelled or rebuked each other, and the whole function ended beautifully. Everybody joined in Zikr, and the whole valley echoed with the beautiful recitation of Quranic ayats. The atmosphere was breathtaking. The children were happy today. The scene had been different some months ago. Bombs and grenades had fallen on this same town and 144 people had been killed. Many people had spent winter in hunger, but alhamdulillah they were alive today, and they were grateful for this. The children particularly enjoyed the day, although there were no new toys or presents for them. Despite seeing so much of suffering, they smiled endearingly !



لَنْ تَتَالُوا الْبِرَّ حَتَّى تُنْفِقُوا مِمَّا تُحِبُّونَ وَمَا تُنْفِقُوا مِنْ شَيْءٍ
فَإِنَّ اللَّهَ بِهِ عَلِيمٌ

"You shall not attain righteousness unless you spend on others of that which
you love, and whatever you spend, verily God has knowledge of it."
(The Qur'an 3:92)

MADINA HOUSE

دار المدينة



From

Name

Address

Telephone

I would like to make a donation/Zakat and enclose a cheque for
the amount of £ _____ payable to Muslim Women's
Association 'Account Madina House'.

To be send either to:

THE PRESIDENT,
MWA, P. O. Box 6119, LONDON SW20 0XG

or direct to:

The National Westminster Bank, Royal Garden Branch,
Kensington High Street, London W8 5EQ (Acc no 25941364;
Sort Number 50-30-10).

MADINA HOUSE

**A Muslim Home for Children
in Need of Care in London**

AN APPEAL

MADINA HOUSE is a Muslim home for children in need of care, established in 1981 under the auspices of the Muslim Women's Association (a registered charity which has been functioning since 1962).

From its inception the organisers worked closely with the Department of Health and Social Security and all other Social Services Agencies in order to comply with the current guidelines on the running of Children's Homes. Subsequently Madina House was registered by the Department of Health & Social Security under the Child Care Act.

Aim - The main aim of Madina House is to provide an alternative home for children who for whatever reason, are temporarily unable to live with their parent/s. At Madina House we provide a stable, caring background, founded on Islamic principles and practices. Since its founding we have cared for over 300 children.

The present home does no longer comply with today's regulations and we have been asked to find more suitable accommodation. Thus, we are in desperate need of finance to buy an appropriate building. Failing to do so, the future of Madina House is in question.

Please help us by giving generously to continue to care for our children in need.

Donations, whether by Cheques or Banker's Orders would be greatly appreciated.

POETRY

MI'RAJ

He is our Prophet and our guide,
We Muslims mention him with pride.
Qur'an is there to remind,
He is the best of all mankind.

He is Al-Mustafa, the chosen.
SAL-LAL LAHU ALAI-HI WA SAL-LAM.

He rode Buraq through seven skies,
Until the gates of paradise.
There, Jibriel too, he left behind,
On every star his name is signed.

He is our blessed moon and sun,
SAL-LAL LAHU ALAI-HI WA SAL-LAM.

From Mi'raj he brought the prayer,
He was alone with Allah there.
'Salat is Mi'raj' he defined,
For everyone who is not blind.

His light is from the Holy one,
SAL-LAL LAHU ALAI-HI WA SAL-LAM.

He preyed for us while we slept,
He prayed every night and wept.
He is loving he is kind,
His love fills the heart and mind.

He is Amina's lovely son,
SAL-LAL LAHU ALAI-HI WA SAL-LAM.

He 'truly lives' not 'truly died',
He hears salam from far and wide.
Through dreams and visions lovers find,
His spiritual presence transcends time.

We say with the angels of heaven,
SAL-LAL LA~ ALAI-HI WA SAL-LAM.

Athar Shah

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ

OBITUARY

It is with much regret that we announce the death of Mrs. Rokia Peckham. Rokia was a member of the Muslim Women's Association since early days. Her commitment to our Association was unflappable. We shall always remember Rokia for her kindness and willingness to help at meetings and functions. She was much loved and highly respected.

Since she with her family moved away from the outskirts of London to the border of Wales we have not seen her for some time but contact was never lost.

We send our sympathy to Mr. Peckham, her husband, and their three grown-up children.

Death is only a horizon. And a horizon is nothing but the limit of our sight.

To Allah we belong, and to Him is our return.

KITCHEN TALK**POTATO & AUBERGINE CURRY (Dry)**

4 small potatoes	salt and pepper
1 medium aubergine	2 medium tomatoes
2 small onions	1-2 tablespoon curry powder
1 clove garlic	2 tablespoons cooking oil.

METHOD:

1. Peel and cut potatoes into small pieces, slice onions, tomatoes and aubergine.
2. Heat oil in pan, add chopped onions and garlic and soften gently.
3. Add dissolved curry powder and cook for two minutes.
4. Add potato and aubergine and fry gently for 5-10 minutes.
5. Add tomatoes and seasoning and cover pan and simmer in its own liquid until vegetables are cooked.
6. If desired add a little water and finish off.

Serve with parata or naan.

COCONUT SAMBAL

- 2 oz peeled prawns
 2-3 fresh or dried green chillies
 1 tablespoon chopped onion
 6 oz desiccated coconut
 salt, juice of one lemon.

METHOD:

1. Mince or chop the prawns, chillies and onion very finely.
2. Mix with coconut.
3. Season with salt.
4. Moisten with lemon juice.

The Muslim Women's Association (U.K.)

Headquarters London

Registered Charity No. 264608

P. O. Box 6119, London SW20 0XG

APPLICATION FOR MEMBERSHIP**ANNUAL MEMBERSHIP FEE AND YEARLY SUBSCRIPTION TO
"THE MUSLIM WOMAN"**

U.K. £10.00 Overseas £18.00 (airmail)

Life membership in U.K. £80.00 Overseas £100.00

It gives us great pleasure to welcome you to our Association. We are looking forward to working together for the cause of Islam.

----- Cut and Post -----

Date:

To:

Miss Shirin Hassan

I wish to become a member of the Muslim Women's Association (U.K.) and receive "The Muslim Woman". I enclose a crossed cheque/Postal Order in the amount of £ made payable to "The Muslim Women's Association UK".

Title (Miss, Ms., Mrs., other) First Names
 (Block letters please)

Surname

Address: Street

Town County Postal Code

Country Telephone number

Signature Date

The Muslim Women's Association (U.K.)

Headquarters London

Registered Charity No. 264608

P. O. Box 6119, London SW20 0XG

Date:

RENEWAL FOR MEMBERSHIP

Dear

Your yearly MWA-Membership (which includes the subscription to "The Muslim Woman") will be/was due for renewal on

We trust you have enjoyed the past meetings/functions and reading "The Muslim Woman". We look forward to your renewal of membership and request you kindly to pay the annual fee of £10.00 within the next thirty days (Life Membership £80.00).

Please fill in the form below and send it together with your payment to our Membership Secretary. (Please ignore this form if you are a life member, or if you have already paid this year's subscription). Thank you for your continuous support.

----- Cut and Post -----

To:

Membership Secretary

Miss Shirin Hassan

In order to renew my Membership of the Muslim Women's Association (U.K.) and the subscription to "The Muslim Woman", I enclose a crossed cheque/postal order for £ payable to the "Muslim Women's Association (UK)".

Title (Miss, Ms., Mrs., other) First Names

(Block letters please)

Surname

Address: Street

Town County Postal Code

Country Telephone number

Signature Date

MWA BUSINESS - MARCH 1996

MINUTES OF THE MONTHLY MEETING OF THE MUSLIM WOMEN'S ASSOCIATION HELD AT THE ISLAMIC CULTURAL CENTRE ON 10 March 1996 AT 4.30 PM.

The meeting was very well attended. There were 22 members present.

Mrs. Sherifa Sherif opened the meeting with recitation from the Holy Qur'an. Then she quoted few Hadith about backbiting. It was reported that the Prophet (pbuh) said that a man would go to Heaven if he did not backbite or spread gossip which effect not just himself but others also.

The Eid Dinner was discussed. It was decided that this social function should take place on 12 May 1996 (this is now cancelled see below). The Annual Bazar was also briefly discussed. It was decided that it would be held on Sunday 14th July 1996. The Bazar will be further discussed at the June meeting insha Allah.

Congratulations to Souraya Yousuf who is going on Hajj.

Nabila Saeed - Secretary



**Your
donations
for this
cause will be
appreciated**

EID DINNER

This is to inform you
that Eid Dinner has
been cancelled due to
the crisis in Lebanon,
and money will be sent
to Lebanese refugees.