

The Muslim Woman

9.5.110
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60078 Frankfurt/Main

The MUSLIM WOMAN

VOLUME XXVI-No 8

August 96 - Rabi'a 2 1417



OUR NEW ADDRESS

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



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

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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.

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FOR THE PERIOD DECEMBER 1995 TO NOVEMBER 1997

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MILAD AL-NABI

SUNDAY 8 September 1996
at The Islamic Cultural Centre
146 Park Road, London NW8 7RG
Time: 4.30 pm

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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

The Muslim Woman
CIBEDO
Guillettstr. 35
Postfach 17 04 27
60078 Frankfurt/Main

EDITORIAL

السلام عليكم ورحمة الله وبركاته

From Football to Food ...

The MWA members had been busy at the height of the summer season, as they prepared for the annual bazaar - a major fund-raising event in July!

The other event which the members will be preparing for is the Mawlid. The Mawlid, for those who don't know falls in the month of Rabi' al-Awwal, and marks the birth of our beloved Prophet Muhammad, peace be upon him. Members are encouraged to read stories to their children about the life of the Prophet, and study the Sira themselves. The Association will celebrate the occasion of the Mawlid, and it is hoped that many women and their families attend.

Fund-raising events such as bazaars are popular and raise money for Medina House, which is the first Muslim Orphanage in Europe. Also the Association respond to world-wide appeals for aid particularly to war torn regions, like Bosnia. Religious occasions such as Eid-ul-Adha and Mawlid or social events, such as, bazaars are organised by the MWA in the beautiful surroundings of the Regent's Park Mosque.

Our members comprise of different backgrounds and ages. The women who attend are talented and have a variety of interests from football to food. The monthly meetings provide a venue for members to vent their feelings in a safe Islamic environment. All sisters are welcome to join the Association - come and support us, and take the opportunity of widening your circle of Muslim friends.

STOP PRESS!!!

THIS IS TO INFORM OUR READERS THAT THERE WAS NO ISSUE FOR JULY.

MILAD AL-NABI

An important Islamic date for the Muslim world is 12th Rabi' Al-Awwal (28 July). This date is marked on Islamic calendars as Maulid An Nabi or Milad Al Nabi, the Prophet's Birthday. The celebration of the Prophet's birthday, whilst not compulsory is to be encouraged as his advent in this world changed the whole course of humanity and restored justice and order at a time in history when anarchy and lawlessness thrived - a common scenario in many parts of the world today ! The lost Arab tribes found peace and prosperity and grew from strength to strength, as they adhered to the teachings of the Prophet.

Muhammad, peace be upon him, was bestowed the highest honour from Allah, and he was appointed as His Last Messenger. No new Prophet or Messenger was to come after him. The following Qur'anic verses were revealed on 9 Dhul Hijjah at the Prophet's farewell speech in Arafat: "This day I have perfected your religion for you and have completed my favours upon you and have chosen for you as religion Al-Islam. (Surah Ahzab, v.3)"

The Maulid provides an occasion for family members to narrate stories of the Prophet's life to their children. Well off families prepare dishes and distribute them among the poor in the community. Gatherings are held and prayers (dikhr) is done collectively and blessings are invoked on Allah's Messenger. Processions are organised in some Muslim regions, such as, Zanzibar to mark the annual maulid. Hence, this happy occasion is celebrated among Muslims in a variety of ways, according to cultural tradition.

Prophet Muhammad (pbuh), remembered his birthday by fasting and thanking Allah. The Qur'an speaks about the Prophet in endearing words: "We sent you only as a mercy to the worlds" (Anbiya, 107). Allah's Messenger was born on a Monday and according to a hadith by Ibn Abbas he became a Prophet on the same day. The name of the month he was born in also signifies the season of spring - a time to rejoice after the long hard winter.

by Sister Zubeida & Jasmine Ansari

(courtesy of Q-News 4-1 I July 1996. Maulid: a time to celebrate).

THE ABODE OF THE SOULS

Ibn al-Qayyim mentions the opinions of various scholars concerning this subject, and explains: "It is said that the abodes of the souls in 'Barzakh' vary considerably. Some of them are in the highest reaches of the heavens, such as the souls of the Prophets, (peace be upon them all). Their status also varies as observed by the Prophet, (pbuh), during the night of 'Isra'."

SOULS OF MARTYRS

Some souls are in the form of 'green birds' who roam around freely in Paradise, these are the souls of the martyrs. The souls of some martyrs are prevented from entering Paradise as they have debts or on account of their deeds.

Other souls are restricted to their graves. A martyr had stolen a cloak from the spoils of war before their proper distribution. The people asked the Prophet "Will he have bliss (happiness) in Paradise?" The Prophet (pbuh) said, "By Him in whose hand is my soul, the cloak which he stole causes a fire to flare over him in his grave."

Ibn Hanbal reported in his Musnad from Muhammad ibn Abdullah ibn Jahsh that "A man came to the Prophet (pbuh), and asked, "O Allah's Prophet! What would I have if I am killed in the cause of Allah?" The Prophet (pbuh), replied, "Paradise", but when the man got up to go, the Prophet (pbuh) added, "Unless you have some debts to pay. Gabriel (a.l.s.) has informed me about it just now."

Ibn Abbas reported "The abode of martyrs is in a green dome, on a bright river, near the gate of Paradise. Their provision comes from Paradise in the morning and in the evening." (Ahmad) This does not apply to Ja'far ibn Abi Talib, whose hands were transferred into wings, and with these he flies wherever he wishes in Paradise.

HEAVENLY SOULS

The souls that cling to the love of Allah and to His remembrance, seek His nearness and pleasure during the life, after separation from the body, join the other heavenly souls.

In 'Barzakh' (an intervening state between death and the Last Day), and on the Day of Resurrection, a person will be with those he loved. A soul after separation from the body joins other relatives souls who in their nature and deeds are similar to it and stays with them.

EARTHLY SOULS

Some souls cannot rise to heaven and cannot mix with the heavenly souls. Souls that are unaware of their Lord, blind to His love, negligent of His remembrance and careless in seeking His pleasure are earthly souls. After separation from the body, they cannot go up anywhere and remain confined to earth.

OTHER SOULS

Some souls will be locked out at the gate of Paradise, in accordance with this hadith: "I have seen your companion locked at the gate of Paradise."

Some souls would be thrown in an oven or pit along with other prostitutes and adulterers. Other souls would be in a river of blood, floating therein and swallowing rocks.

THE POSITION OF THE SOUL

The soul is the swiftest thing in moving, ascending and relocating from one place to the other. Whilst it is in Paradise, it is at the same time attached to the grave and the body. The souls are divided into four categories:

- a) the ones that are free to move about
- b) those that are restricted
- c) those that are heavenly
- d) the earthly and of a low order.

After separation from the body, the souls experience:

- a) health and sickness
- b) pleasure and pain

The four abodes of the souls are:

- 1) The mother's womb where there is isolation, compression, seclusion and three layers of darkness.
- 2) The earthly life where it grows, does good and evil and accumulates blessing for its ultimate success or failure.
- 3) 'Barzakh', which is more spacious and enormous than the abode of this world.
- 4) Their abode of eternity, either Paradise or Hell.

Allah (s.w.t.) causes the soul to pass through these abodes in stages until it reaches the abode most suitable for it. The soul enjoys a unique status and position in each abode.

THE QUESTIONING

Al-Bara ibn 'Azib reported that the Prophet (pbuh) said: "When a Muslim is questioned in his grave, he bears witness that there is no god but Allah, and that Muhammad (saw) is the Messenger of Allah." According to one report, the verse, 'Allah will establish in strength those who believe in the word, that stands firm in this world and in the hereafter' (14:27), was revealed concerning the punishment of the grave. The deceased will be asked, "Who is your Lord?" He will say, "Allah is my Lord and Muhammad (saw) is my prophet." That is what is meant by the statement of Allah, "Allah will make firm those who believe with a firm statement in this life and in the hereafter." (Al-Bukhari, Muslim & Sunan).

For Further information please refer to:

- Fiqh us-Sunnah, Funerals and Dhikr, by As-Sayyid Sabiq, published by Mujahideen Islamic Propagation Services, MIPS, Boulevard Road, Main Shaarah, Lahore.

POETRY

PROPHET MUHAMMAD (PBUH)

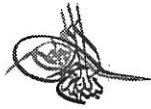
A learned man in Yathrib
Saw a brilliant star was lit,
This was the sign of a coming prophet,
It was the twelfth of Rabi al-Awwal
Amina had a son,
He was named Muhammad
Which means "The Praised One"
When he was six his mother died,
The tears streamed as he cried,
Abu Talib adopted Prophet Muhammad (pbuh) as his son,
Who was destined to be an orphan.

Prophet Muhammad (pbuh) was respected for his piety
People liked him especially for his honesty,
He was called al-Ameen,
He was going to propagate the true Deen.
He was a prophet that was his role,
To spread Islam around the world was his goal,
As he worshipped Allah with all his soul.

When he was twenty five he married Khadija
Who was a widow, fifteen years older than he,
She was a rich, beautiful and a noble lady,
And together they lived happily.
Mount Hira was a cave where

Prophet Muhammad (pbuh) would go and stay,
There he would meditate and often pray.
The archangel Gibrael came and told him to read,
But he would plead I cannot read,
He then knew he should,
As he was receiving his prophethood.

OMAR ANSARI



”لَنْ تَنَالُوا 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 400 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.

Children's Corner

THE STORY OF THE COW & THE JEWS

(as in the Qur'an, Surah al-Baqara [The Cow])

Long ago in the time of Musa (pbuh) there was an old Jew who was very rich and had no sons just one daughter. This old man, who was called Hamil, had one greedy nephew who could not wait for the man to die and have his share of the money to be given to him. This nephew decided to kill the old man and marry his daughter too - thus he would be rich and he would put the blame on someone else.

Now in that town in Egypt the good, humble Jews lived in a separate part of the town which was closed off and had a large gate. It was rather like a castle. This big gate was closed at night to keep burglars and other evil doers out.

So one night the evil nephew killed the old man and threw his body outside the gate. The night morning he acted innocent and went round the town calling for his "missing" uncle. He deliberately went to the gate and started shouting that the so called good people killed his poor father. The nephew asked the Jews, who live behind the gate, for compensation - in the form of money - for the murder of his uncle. The good people denied it so the nephew went back to get his friends and relatives to help him fight the "killers" of his uncle.

They honest Jews were totally confused and didn't know what to do. So they went to Musa (pbuh) and asked him to pray to Allah to clear their name. So Musa (pbuh) did and he told the Jews to sacrifice a cow. Now the Jews couldn't see how this would clear their name. So they said to Musa (pbuh), "Are you joking?" Musa (pbuh) replied, "No, this is what Allah told me."

The Jews then said to Musa (pbuh), "But there are many cows. Ask Allah to tell us the age of the cow". So Musa (pbuh) asked Allah and came back to the Jews.

"Allah said she must not be old nor young but middle aged," Musa (pbuh) told them. "But there are so many cows that are middle aged. Go again to Allah and ask him the colour", the Jews said to Musa (pbuh). So again he went to Allah to ask.

Musa (pbuh) gave them Allah's reply, "She must be a pale but pleasant and clear yellow all over, she must not have patches of other colours on her."

But still the Jew were not satisfied, "We need more detail, Musa (pbuh), ask Allah for some more detail about this cow." So yet AGAIN Musa (pbuh) went to ask Allah.

Musa (pbuh) told the Jews what Allah had to say, "This cow must not have done any work - farming or otherwise for all her life."

At last the Jews were content and went to find the cow. It happened that there was only one cow that fit the description. This belonged to a young boy who was very

obedient to his parents. Now the boy refused to let it be sold. The men offered him two cows for his one but again he refused. The men then offered him TEN cows for his one cow. The boy sensed that the cow was valuable so refused again. The men gave up and were at loss of what to do so they went to Musa (pbuh).

When they finished telling him what happened - about the boy - they pleaded, "Go to Allah and pray that the boy should give us the cow". So Musa (pbuh) did.

"Allah has told me that you should offer the boy his cow's weight in gold"? Musa (pbuh) told the Jewish men who set off to where the boy lived and they did offer him that cow's weight in gold. This time he accepted. So the men bought the cow and sacrificed her and took a piece of her flesh as Allah had instructed them to do through Musa (pbuh) and placed it on the deceased body. Hamil the dead man came back to life with fresh blood pouring out of his stab wounds.

"Who killed you and why?" they asked.

"It was my nephew - he wished to have my money and property as well as my daughter," the man answered. After this he fell down dead again and was later buried. The nephew was seized immediately and killed for his crime and the good Jews names were cleared.

Allah tells us in the Qur'an that this was to show the people, who didn't believe that Allah would raise the dead on the Day of Judgement that indeed He could and He warns us to beware of the Day of Judgement as Allah knows what you do - good and bad. The Jews had made the task from simple to hard by asking too many questions - if they had just sacrificed any cow as Musa (pbuh) said that would have been it.

But the Jews did not even listen to the lesson to be learnt and still did not believe.

He goes on to say that they are soft rocks such as those where waterfalls gush out and hard rocks who are not as hard, though as the hearts of the Jews. This should be a lesson to all of us.

Misbah Arif

MEDICAL COLUMN

In each issue we try and devote some space to medical matters. This month we will touch on a subject which affects a lot of women and we are fortunate to have an experienced G.P. Dr. Zubeda Osman on our team to answer questions or concerns relating to this illness. We would also advise you to seek further advice from your own G.P. if you require further information on osteoporosis.

What is osteoporosis? Low bone density or de-calcification occurs between the ages of 35-40 years in both men and women. The process of de-calcification is accelerated in women during their menopause. The loss of calcium makes the bones brittle and can result in fracture.

Which parts of the body are affected? Osteoporosis can lead to fractures or deformity, pain and disability in the femur, vertebrae, radius and ulna. Each year 150,000 fractures in the UK are caused due to this illness.

Can osteoporosis be prevented? The lowering of bone density is a natural process. The mineral density in our bones continues to increase until early adulthood. The age at which bone density begins can be influenced by a person's general state of health and also genetic factors account for 60% of the illness in a patient.

What factors can accelerate this illness? The onset of early menopause can accelerate this illness. After the menopause the oestrogen production is reduced, and hence calcium is depleted from the bones. Other factors affecting low peak bone density are: lack of exercise and low dietary calcium intake, cigarette smoking, alcohol and amenorrhoea in women, lack of vitamin D, and low body weight.

What factors can reduce risk of osteoporosis? Regular exercise and good diet which includes adequate intake of calcium and vitamin D. Not smoking or consuming alcohol. Hormone Replacement therapy (HRT) is recommended by GP's to help prevent osteoporosis after the menopause. There are some conditions where HRT is not recommended.

Which foods contain vitamin D & calcium ?

Vitamin D is available in certain foods: Milk, cheddar cheese, eggs, butter, margarine, liver, tuna, and salmon. Major source of vitamin D is from the sunlight. Some foods containing calcium include milk, cheese, yoghurt, bread, spinach, and carrots. [For recommended daily amounts of vitamin D and calcium consult your GP.]

In conclusion it must be said that Islam encourages us to lead a healthy life. As Muslim women we can play a role in the society we live in by promoting sensible eating and living, according to Islamic teachings.

KITCHEN TALK

ALMOND, BANANA & WALNUT CAKE

Ingredients:

8 oz self raising flour
4 oz softened butter
6 oz caster sugar
6 oz walnuts
1 lb bananas (the riper the better)

Method:

Use a food processor.
Process all ingredients until smooth.
Place in a deep 8" baking tin.
Bake at gas mark 4 (350 F, 175 C) for approx. 60 min. until firm.

Firdous Arif

Our congratulations to Firdous Arif, our Social Secretary, and her son, Mustafa Arif, on his excellent exams results: 6 GCSEs with A* and 6 GCS'Es with A's.

Congratulations to Mr and Mrs Shafqhat Ghaffar who have performed Umra.

Our condolences and heartfelt sympathy to Khadija Knight whose mother has passed away.



THE MUSLIM WOMEN'S ASSOCIATION
INVITE YOU AND YOUR FAMILY
FOR

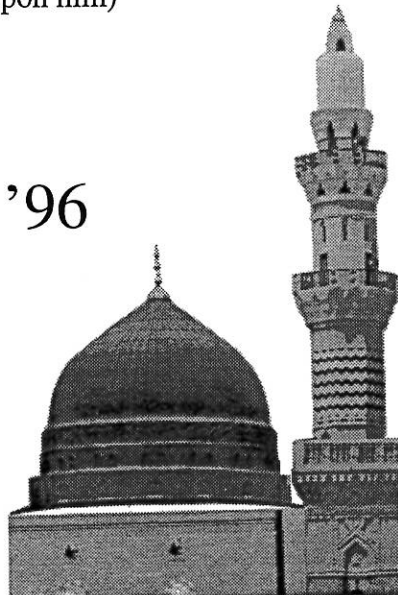
MILAD AL-NABI

To celebrate the Birthday of the
Prophet Muhammad
(Peace be upon him)

SUNDAY
8 SEPTEMBER '96
4.30pm

at

THE ISLAMIC
CULTURAL CENTRE
146 PARK ROAD,
LONDON NW8 7RG



MWA BUSINESS - August 1996

MINUTES OF MWA MONTHLY MEETING HELD ON 11 AUGUST 1996 AT
THE ISLAMIC CULTURAL CENTRE - LONDON

The meeting was well attended. There were four visitors.

The meeting was opened with the recitation of the Holy Qur'an by Sharifa Sharif. Mrs Sharifa Sharif then read the beautiful story of the prophet Sulaiman from the Holy Qur'an, and translated it into English.

The Milad un Nabi function, which is to be held on 8 September 1996, was discussed. There will be a main speaker to be announced later, following the President's welcoming address. Children's speeches will follow. They will be:

Misbah Arif
Murtaza Arif
Omar Ilyas
S Ansari
Shamila Sharif

Naaths : Mrs Anwar and Mrs Saeeda Siddique

Salam : Introduction by Khadija Knight

DONATIONS:

18 bottles of Volvic (Mrs K. Hassan)
Orange juice (Swadeka Ahsun)
40 Kebabs (Lubna Ilyas)
40 Kebabs (Jasmin Ansari)
100 cakes (Firdous Arif)
100 cakes (Mrs K. Hassan)
Milk, sugar and tea (Shirin Hassan)
£15 cash (Mrs Munawar Rana) and £10 cheque (Soureya Yousef) towards sweets.
Mrs Saeeda Sherif has promised £10 and Nabila Saeed has promised £20 for samosas.

More donations from members will be most welcome. Please get in touch with the president or the secretary as soon as possible if you would like to help.

The bazaar which was held in July 1996 at the Islamic Cultural Centre raised £780. After expenses, £699 were deposited at the bank. The money raised is partly for Madina House and partly for Lebanon relief fund. It was extremely hot and so the bazaar was not that well attended. Because of the heat, the food was not sold, but Alhamdulillah it was not too bad.

Mrs Mehr-un-Nisa is very ill and her son and her daughter have asked us all to pray for her speedy recovery.

Congratulations to all the sons and daughters of our members who passed their A levels with flying colours.

Mrs Sharifa Sharif, who was co-opted to the post of religious adviser six months ago has resigned because of other interests.

Nabila Saeed