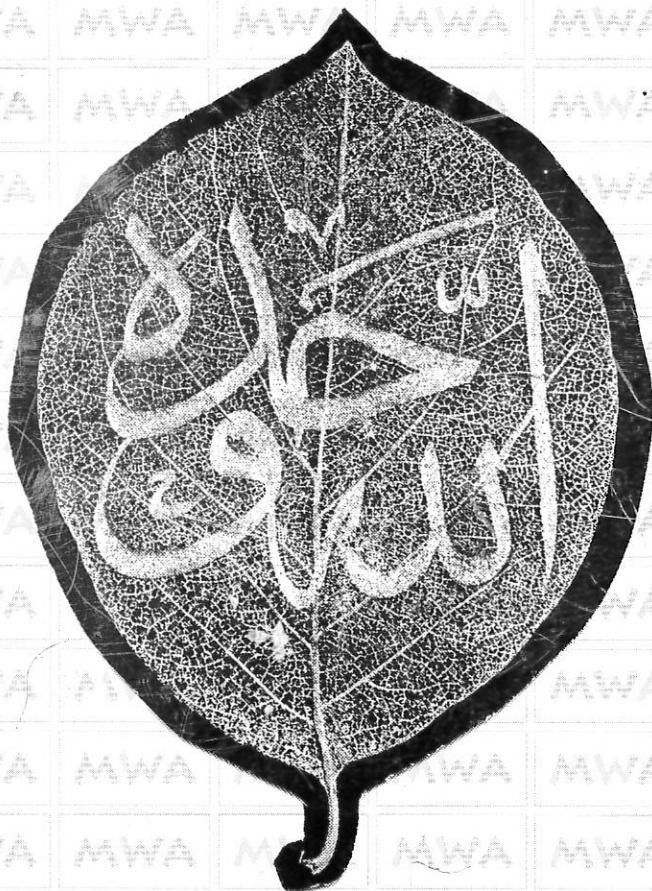


The **MUSLIM WOMAN**

VOLUME XXVI-No 4

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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.

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 b) Mrs. Souraya Youssef
5. Social Secretary Mrs. Firdous Arif	

NEXT MEETING

SUNDAY 7 JULY 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

This month has seen many of the countries of the world involved in elections, and the results seem to show that people want leaders who are moderate and choose the middle path in their negotiations for Peace with other countries.

The peoples of the world are generally tired of violence and the murders of innocent civilians everywhere.

They are tired of revenge killings and Ethnic Cleansing, and other acts of racial and religious intolerance.

The Messenger of Allah, our beloved Prophet Mohammed, (Peace Be Upon Him), brought peace to a troubled world for all times to come. He brought the Message of Allah (the Quran) which teaches us to follow the Middle Way Moderation in all our thoughts and actions - Moderation and justice in all our dealings from day to day, and from minute to minute - In our daily lives, in our dealings with one another, and even in our prayers. He showed us how to do all this by the example of his own life - not by words alone.

All his actions were a true representation of Allah's message. In this day and age we need to follow in his footsteps more than we have ever done before. We think especially for Victims of Violence everywhere who are suffering untold misery and deprivation.

The Muslim Women's Association is an organisation whose aim it is to help all such victims everywhere in the world, irrespective of their origins or beliefs. To achieve this aim, we have already helped many homeless children in this country by the establishment of Madina House. Our Members have sponsored many homeless children all over the world. Some of our Members have worked, and are still working in Bosnia.

We pray for all such workers everywhere, and ask Allah to guide them in His path - Ameen - (and to guard them from harm).

HERBS FOR HEALTH

Mrs. Rahat Jabbar

To the rational mind of modern man used to absorbing powder neatly compressed into pills - herbal remedies are part of antiquated folklore and easily dismissed as being '*old wives tales*'. Yet despite modern values, herbalism was once the pillar of medicine, and developed as early as 2700 BC in China, India and Egypt and later in the Greek and Roman Empires.

The School of Medicine at Salerno University, southern Italy, was largely based on Islamic herbalism. There were many great Muslim philosophers, Ibn Sina, Ibn Rushd and Ibn Al-Baytar who was a botanist and pharmacist.

Modern drugs still largely depend on the herbs which the wise men of ancient times studied so painstakingly. Menthol used in cold cures is extracted from mint, thymol is a powerful antiseptic extracted from thyme. Morphine, the well-known painkiller, is extracted from a variety of poppy.

Herbs have the advantage of having no side-effects. Depending on the treatment, one can drink infusions of plants, inhale them, make local compresses and even have hand, foot, hip, ear and eye baths. Depending on the dosage, the same plant - mint, for instance, - can be a stimulant or a sedative.

Onion juice was used as eye-drops and balm against bee and wasp stings. This vegetable has many properties; it is a sedative, prevents insomnia and brings high blood pressure down. It is also a very efficient antiseptic and useful on burns and cuts. Onion poultices can cure headaches and were once used to cure meningitis.

Garlic is the symbol of vitality. The pharaohs used to feed it daily to the slaves who built the pyramids. Like onion, it is anti-diabetic and antiseptic. It is capable of eliminating the germs of cholera, enteritis and food-poisoning. It is also one of the best stimulants and regulating agents of the liver, the endocrine glands and the stomach.

It improves blood circulation by lowering blood pressure, softening the blood vessels, regulating the level of cholesterol and helping the red corpuscles carry oxygen. It also counteracts the harmful effects of nicotine and modern pollutants.

As well as being a preventive and cure of cardio-vascular diseases, it is thought to be a preventive and cure of cancer of the alimentary canal because it prevents constipation and disinfects the intestines. Those who worry about the anti-social smell of garlic should chew some parsley or chervil.

Carrots, rich in sugar, Vitamins B, C, D, E, and carotene, the precursor of Vitamin A, are recommended in all cases of anaemia and vitamin deficiency and should be consumed raw and very fresh. Their pulp can soothe and heal ulcers, burns, wounds, abscesses and eczema. The leaves are rich in minerals and can be eaten in soups or used as mouth washes, as they are antiseptic, against mouth ulcers.

Artichokes help in eliminating urea and stimulating bile secretion. Thyme, wild thyme, rosemary and sage are strong antiseptics in curing colds and can be used for gargling. Sage is one of the best stimulants for convalescing, over worked or depressed people. It also cures some types of migraine and is useful in cases of haemorrhage. It is very helpful in lotions, baths, chilblains, boils, sprains and bruises. It is also anti-diabetic and surpasses any toothpaste when rubbed on teeth and gums.

Mint is another antiseptic and is used to flavour tea in Middle Eastern countries where it is also hung in little bunches to discourage flies and insects. It acts as an anaesthetic against insect and scorpion stings, coughs, headaches, toothache, mouth infections, indigestion, ulcers, jaundice, nausea and insomnia.

Marjoram is effective against any digestive trouble. It is a diuretic and makes the body sweat when full of toxins. In inhalations, it is one of the best remedies against colds, sore throats, bronchitis and asthma. Basil is digestive and also a sedative. It stimulates milk production in young mothers. Fenugreek is a stimulant rich in phosphorus, iron and sulphur. It produces red corpuscles in the blood and is energy-giving.

Ibn Sina used roses to cure blood spitting with rose jam. A rose petal infusion is an excellent remedy against sore throats and it fortifies the lungs. In baths it relieves rheumatism and arthritis. Rose water cleanses the skin, eliminates acne and prevents formation of wrinkles.

The list of medicinal plants is almost endless, tarragon, henna, cardamon, cloves, fennel, orange and olive tree leaves, asparagus, celery, cinnamon, heather, linden flowers, violets, poppies, marshmallows, jasmine and many more examples of vegetables and fruit.

In the Muslim countries, some herbs are still used for their medicinal properties, as well as in cookery and beauty care.

"I should like to prescribe a herbal recipe instead of conventional tablets whenever possible," a Doctor recently told me, "But would my patients take me seriously?"

DEATH AND BURIAL OF A MUSLIM WOMAN

Life is followed by death which is inevitable, yet we do not give much thought, or time in considering this important issue.

Muslim organisations in UK need to work on this matter with their doctors, hospitals and local councils.

Often in hospital cases, the bodies of deceased Muslim Women are handled by non mahrams before they are handed to their family. Also, the dead bodies are sometimes not covered in a suitable manner from the time they leave the hospital/mortuary until they arrive for Ghushl. This fact has been observed by many eye witnesses and we should try and correct this issue.

All societies, however small they may be, must now try to provide burial services in their local areas and make their own community aware of their existence.

It is now possible in many part of the UK to perform burial without using coffins and also to bury the deceased at weekends and public holidays.

We learn more about the problems that the individuals are going through, when we offer assistance in the handling, washing of the dead body and shrouding. The minimum number of women required is five, but for lifting the body, at least eight/nine women are required, depending on the build and especially if the washing is not done soon after the soul has departed, ie. after being stored in a cold compartment. When men die, often more volunteers are readily available. More women volunteers are needed to come forward, as the women performing the Ghushl must themselves be Paak in a state of Wudhu.

The Holy Prophet (pbuh) has observed, "When you sit by the death-bed of any Muslim, keep reciting the Kalimah". (Muslim) One must bear in mind not to insist on the dying person to recite the Kalimah. Recitation of Surah Yasin has also been recommended by the Holy Prophet (pbuh) at the death-bed. (Women who are not paak, must not be near a dying person).

It is sunnah to let the dying person lie on his/her right side facing the Qiblah. It is also permissible to lie the person on his/her back with his/her feet towards the Qiblah, head slightly raised, facing the Qiblah. (Taleemul Haq - p. 149).

As soon as the person dies, one must recite "Inna lillahi wa inna ilaihi raji'un," - to Allah we belong and to Him we shall return. Then, the arms and legs must be straightened, the eyes closed, a piece of cloth tied from below the chin over the head. Both feet should be tied in similar form, the body covered with a clean sheet, and in accordance with the custom of the followers of the Prophet Muhammad (pbuh). It is Makrooh (disliked) to recite the Holy Qur'an near the deceased person during the period between Death and Ghushl.

Washing the dead body is necessary and in Shariat it is 'Farz-e-Kifaya'. The cloths of

the dead person must be cut and removed gently, ensuring that a sheet is placed over the body so it is covered at all times from the shoulders to the lower part for a woman and for a man from the naval to the knees. Ghushl must be performed with Halal soap and warm water.

The person giving the Ghushl must wear gloves, clean the private parts first, then wash the parts as it is washed in wudhu, taking care to pass wet cotton wool on the lips (for gargling) and cleaning the nose similarly too, Then wash the face, both hands up to the elbow (right hand first), then pass wet hand over head (masah) and wash both feet (right foot first). Pour water on the whole body, then wash the head. Turn the body towards the left side, pouring water from the right side bathe the whole body; similarly from the right side.

Place the dead body in a seated position, rub your hand slowly on the lower part of the stomach. If anything comes out of the body, then it should be washed away. Pour the camphor water from the shoulders to the feet three times. Remove the soaked sheet and wrap a dry sheet, taking care not to uncover the dead body. Washing is now complete and ready for shrouding.

Two sheets, a shirt (Qamiz) and a trouser (Izar), ie. 4 pieces is required for a male, with the addition of a scarf, making 5 pieces in all for a woman. The camphor mixture made of sandalwood powder and rose water is applied on the places of Sajdah, ie. the forehead, nose both palms, knees and forefeet.

REQUIREMENT OF FEMALE KAFAN (SHROUDING)

2 Sheets (Chaddar): 1 1/4 wide, length 2 1/4 to 2 1/2 yards

Izar/Sinaband: 1 1/4 to 1 1/2 yards wide, length 1 1/4 to 1 1/2 yards

Kurta: 1 yard wide, length 2 1/4 to 2 1/2 yards

Scarf: 1 metre square

2 Sitar Posh: 1 yard wide, length 1 1/4 yard (the sheets which cover the body whilst washing and after)

1 Small towel for wrapping on the hair

Gloves for Istinja (whilst Ghushal)

Cotton wool, soap, camphor etc.

For further reading on this subject please consult one of the following books:

1. Taleemul Haq, Shabbir Ahmed E. Desai
2. Fiqh us-Sunnah, Funerals and Dhikr, As-Sayyid Sabiq
3. Islamic Prayer (salat), Orof. Shah Faridul Haq
4. Etiquettes of Life in Islam, Mohd. Yusuf Islahi

For additional information, please contact Mrs. S. Adam on (0181) 886-5596



”لَنْ تَنَالُوا الْبِرَّ حَتَّى تُنْفِقُوا مِمَّا تَحِبُّونَ وَ مَا 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.

POETRY

I NEED TO KNOW

I feel somewhat lost en masse
 Time becomes more difficult to pass
 I need to feel that I am still me
 A unique being created with a will that's free
 I need to know that I am loved
 Like a hand warmly embraced and caringly gloved
 I need to know someone watches over me
 When lost and alone and no one can see
 I need to know that someone cares
 About Every aspect of my entire affairs
 I need to know my cries have been heard
 For all the hardship I have ever incurred
 I need to know there is a Being Supreme
 Who surpasses my greatest expectations and dreams
 Who never lets me down
 Surrounds and ennobles me like a gracious gown
 I need to know I can go on my knees
 Before the One who so meticulously conceived me
 I need to know oh! so many things
 Without having to believe elephants have wings!
 I need to know the honest truth that's all
 So that I can hearken to the most noblest of all calls

Rashida Butt

Children's Corner

FOR OUR BENEFIT

Mrs Zubieda Ally
 (Committee member of the MWA)

I have selected three hadiths for this month's issue of the Muslim Woman' as they are linked to some aspect of behaviour. The hadiths here have been narrated by Al-Bukhari and Muslim. Prophet Muhammad (PBUH) was the best example to all humanity both in his personal behaviour and public conduct. Sadly, we have strayed so far from his teachings! How can we portray a positive image of Islam to our families and non Muslims, unless we make individual and concerted efforts to follow his way - the way of the Quran.

ON TREATING OTHERS

None of you [truly] believes until he wishes for his brother [sister] what he wishes for himself [herself]. This hadith was related by Al-Bukhari and Muslim.

CONSIDERATION IN SPEECH AND ACTION

Let him who believes in Allah and the Last Day either speak good or keep silent, and let him who believes in Allah and the Last Day be generous to his neighbour, and let him who believes in Allah and the Last Day be generous to his guest. This hadith was related by Al Bukhari and Muslim.

ANGER IS EVIL

A man said to the Prophet (may the blessings and peace of Allah be upon him): Council me. He said: Do not become angry. The man repeated [his request] several times, and he said: Do not become angry. This hadith was related by Al-Bukhari.

Continued from page15

OTHER MATTERS: MWA JUNE MEETING

1. Mrs. Khanam Hassan invited suggestions for a date for Milad-un-Nabi celebration. Members present agreed that September would be a good time to organise the event as most families would have returned from summer holidays.
2. Mrs. Khanam Hassan thanked members and friends for donations to Medina House Appeal. In the period of 10 months £18,000 has been collected. Particular thanks to Khwateen Association for their donation of £500.

CONGRATULATIONS

Congratulations to Mrs. Samina Hasan on the birth of her grand daughter, Sara. May Allah bless her and her family.

APPEAL

Pakistan High Commission has launched an appeal for the refugees from occupied Kashmir. Cheques payable to "Kashmir Relief Fund for Rehabilitation of Refugees and Freedom Fighter" can be sent to National Bank of Pakistan or the Pakistan High Commission.

THE MUSLIM WOMEN'S ASSOCIATION

ANNUAL BAZAAR

SUNDAY, 21 JULY 1996
2.30pm to 6.30pm

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

* * *

International Food Stalls,
Snacks, Sweets, Soft Drinks,
Toys, Books, ... etc.

Entrance fee:
30p Adults 10p Children

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
63 Coombe Lane
LONDON
SW20 0BD

Tel: 0181 946 1052

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
63 Coombe Lane
LONDON
SW20 0BD

Tel: 0181 946 1052

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 - JUNE 1996

The monthly meeting of the Muslim Women's Association was held at the Islamic Cultural Centre on the 9th of June, 1996. Quite a number of members and visitors were present. The Annual Bazaar arrangements were discussed and the following decisions made:

- 1) The Bazaar was to be held on Sunday the 21st of July, 1996 at 2.30pm. Closing time approximately 6.30pm.
- 2) The usual monthly meeting of the Muslim Women's Association was to be held on Sunday the 7th of July, 1996 at 4.30pm.
- 3) Advertisements would be printed and sent to most of the Mosques and other organisations. The main poster would be in English, and would include the date and time.

The Stalls would be organised as follows:

FOOD STALLS

ASIAN FOOD: Mrs Firdaus Arif and Mrs Rafia Mir
Pakorasi: Mrs Shafqat Ghaffar with volunteers
Chicken Biryani: Mrs Khanam Hassan
Samosas: Mrs Sheikh and Mrs Hameed & Lubna with friends and volunteers
Chana Chaat: Mrs Rafia Mir

AFRICAN FOOD: Mrs Ghania Hoodless with friends and volunteers

ARABIC FOOD: Mrs Soraya Yusuf, Mrs Ghada and Mrs Hoda Hanno.
Items: Tabula, Falafil, Vine leaves, etc

CAKE: Mrs Samina Hassan or other volunteers and members

SOFT DRINK: Dr. Zubeda Osman

TEA: Yasmine Ansari with family members, Sadiqa Ahsan, etc.

DISPOSABLES - Lubna and Nabeela will arrange to buy these. Mrs Soraya Yusuf, Mrs Ghada and Mrs Sayeeda Sharif contributed towards the purchase.

TOYS AND BOOK STALL - to be organised by Yasmine Ansari. Contributions to be made by Mrs Firdaus Arif, Mrs Shafqat Ghaffar, Misbah and Miss Shirin Hassan. Other volunteers and members welcome.

THE ENTRANCE TO THE BAZAAR - organised by Lubna and Shirin Hassan.

ENTRANCE FEE - 30p for Adults, 10p for Children

CLOTHES STALL AND BRIC-A-BRAC - to be arranged by Nabeela Sayeed. New clothes to be contributed by any member wishing to do so. Volunteer Miss Khan (Sayeeda Khan's daughter).

After Asr Salaat, Mrs Soraya Yusuf gave a short account of her experiences during the Hajj this year. She was interrupted during this and hence has been requested to complete her talk at the next meeting (Insha Allah).

Continued on page 11

OUR NEW ADDRESS

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