

The MUSLIM WOMAN

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Pages of Arabic manuscript dated 990 Hijrah (1582), discussing use of herbs. Muslim physicians discovered a wide variety of natural remedies for all kinds of ailments, thus adding to the classical pharmacy

OUR NEW ADDRESS

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



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THE EXECUTIVE & COMMITTEE FOR THE PERIOD DECEMBER 1993 TO NOVEMBER 1995

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Mrs. Souraya Youssef

THE ANNUAL GENERAL MEETING

12th November 1995
at The Islamic Cultural Centre
146 Park Road, London NW8 7RG
Time: 4.30 pm

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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

Praise be to Allah for all His mercy to his creation. He guides whom He pleases, and He opens the doors of opportunity to whom He chooses. He raises some people to places of the highest honour and others He brings low. The knowledge and power are in His hands, and to Him we turn in repentance and prayer.

Let us pray that He opens our eyes to see the less fortunate people around us, not in faraway lands, but in our own localities and neighbourhood. We need to look in our own community living in this present situation in England, here and now.

Thanks be to Allah that there are a large number of charitable organizations who are serving Allah through people who are suffering from some misfortune, but they are not enough to deal with all the problems facing these families.

The presence of these organizations is sometimes not known widely, and hence it is imperative that their names and functions should be advertised in local mosques and newspapers.

Attending language classes is an important means of learning to communicate, as there are large number of languages that need to be learnt in order to help others. Communication with other people in their own language is always an added advantage.

The Muslim Women's Association has members from many lands who speak different languages, but our aim is to serve Allah through the Qur'an. Therefore a knowledge of Arabic is of prime importance. It is not only the reading of the Qur'an, but the understanding of it as well, so that we may act accordingly.

Allah's message is clear. He has guided us towards regularity in prayer, and charity. We have a wonderful opportunity to serve Allah today. We have a home for homeless children called Madina House. Let us not forget it for a moment. Let us not let this opportunity to serve Allah slip away. Let us make Madina House a unique place in the services of Allah.
May Allah bless you all . Amen.

Dr. Zubeda Osman

Siel

DO YOU KNOW THE AIM OF LIFE

"The love of desires, of women and sons and hoarded treasures of gold and silver and well-bred horses and cattle and tilth, is made to seem fair to men, this is the provision of the life of this world; and Allah is He with Whom is the good goal (of life)." (Qur'an, 3:13) In the material society of today all higher human values have been set aside, or, it may be said, that even moral values are looked upon only from a material angle. In most parts of the world the real infrastructure of education and training is only material and economic gain. The actual purpose of framing any educational or training program is only to produce men who can provide better economic return for the pockets of others or sometimes for their own pockets. The motto of everyone, from a man in the street to the elite, has become "achieve economic gain and the material pleasures ensuing from it." The specialists in higher intellectual and technical fields, the politicians, the writers and the artists are no exception to this rule. Even many of those who are devoted to higher spiritual questions have been affected by material and economic attractions. Missionary work is performed mostly in exchange for financial and material remuneration. This situation is the natural and inevitable result of the diverse material philosophies prevailing during our times.

"*Shaitan* threatens you with poverty and enjoins you to be niggardly, and Allah promises you forgiveness from Himself and abundance, and Allah is Ample-giving, Knowing." (2:268) Day and night man is being told that he is no more than an economic animal, and that wealth and economic prosperity are the sole criterion of good fortune and the only sign of the progress of a nation, a class or a group. It is constantly being drummed into the ears of people that money has a miraculous power and it can solve every problem. There is always talk of the heaps of money obtained by chance or by directly or indirectly robbing the fellow human beings and spent for satisfying the lowest animal desires. In these circumstances it is not surprising that men or rather semi-men of our age have turned into greedy animals, bent upon acquiring money from whatever source they can and spending it for obtaining the greatest possible pleasure. They have become the slaves of production and consumption. Their life is bereft totally of the higher values befitting a living human being, and has tended towards vulgarity and degradation. Though for centuries man has been making efforts to secure the best possible means of living a better life, at present in both the big camps of the East and the West men are being sacrificed ruthlessly in the grand industrial temples at the feet of the deity of industry. Except empty slogans there is nothing left of human dignity, human freedom and real choice in either of the two camps. Both the systems have deprived man of his dignity on the pretext that there is the requirement of the speedy running of the wheels of the complex modern industry and economy. So, what is our purpose on earth? The Holy Qur'an tells us:

"Say: 'Surely my prayer and my sacrifice and my life and my death are all for Allah, the Lord of the worlds.'" (6: 163) "Know that this world's life is only sport and play and gaiety and boasting among yourselves, and a vying in the multiplication of wealth and children, like the rain, whose causing the vegetation to grow, pleases the husbandmen; then it withers away so that you will see it become yellow, then it becomes dried up and broken down; and in the hereafter is a severe chastisement

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Waise

WOMEN AND ORPHANS IN ISLAM

S. Youssef

Women and Orphans to be justly dealt with: Faith must go with justice, sincerity and moderation. Justice to women and orphans is part of religion and the fear of Allah stand out firmly for Justice to all, even against yourselves or your nearest of kin, "They ask thy instruction concerning the Women, Say: Allah doth instruct you about them" (Ch.4:127) Again and again it is impressed on the community of Islam to be just in their dealings with Women, Orphans, Children and all whose weakness requires special consideration. Especially women who are orphans or widows it is not right that anyone should take advantage of their helpless position to deprive them of their dower of their portion in inheritance.

"For justice to Orphans, there is not a good deed which ye do but Allah is well acquainted therewith". (ch.4: 127) Both widows And Orphans are to be helped because they are ordinarily weak, ill-treated, and oppressed. In communities which base their civil rights on brute strength, the weaker go to the wall, and public opinion expects nothing else. Islam while upholding sane manly views in general, enjoins the most solicitous care for the weak and oppressed in every way - in rights of property, in social rights, and in the right to opportunities of development. Spiritual strength or weakness does not necessarily go with physical or numerical strength.

To protect the women's economic interests, various rules are prescribed for dower in marriage. But the sanctity of marriage itself is greater than any economic interests.

Divorce 18 of all things permitted, but most hateful to Allah. Therefor if a breach between husband and wife can be prevented by some economic consideration, it is better to make that concession than to imperil the future of the wife, the children and probably the husband also. Such concessions are permissible in view of the lore of wealth ingrained in unregenerate man, but a recommendation is made that we should practise self-restraint and do what we can to come to an amicable settlement without any economic sacrifice on the part of the wife.

Justice is Allah's attribute, and to stand firm for justice is to witness to Allah, even if it is detrimental to our own interests (as we conceive, them) or the interests of those who are near and dear to us. Islamic justice is something higher than the formal justice of Roman Law or any other human law. It is even more penetrative than the subtler justice in the speculations of the Greek philosophers. It searches out the innermost motives, because we are to act as in the presence of Allah, to whom all things, acts, and motives are known.

Allah's goodness is promised to all people of Faith. But there are degrees among men and women of Faith. There are people with natural inertia: they do the minimum that is required of them, but no more. There are people who are weak in will; they are easily frightened. There are people who are so strong in will and so firm in faith that they are determined to conquer every obstacle, whether in their own physical or other informalities or in the external world around them.

Marriage: This Table of Prohibited Degrees in the main with what is usually accepted among all nations, except in minor details.

Your mothers, daughters, sisters, father's sister, mother's sisters; brother's daughters, sister's daughter's; foster mothers. Your step-daughters under your

guardianship is still with the prohibition if the condition (about her mother) is fulfilled. Fosterage or milk-relationships play an important part in Muslim Law, and count like blood relationships; it would therefore seem that not only foster-mother and foster sisters, but foster mother's sister etc.

Mother includes grandmother (through the father or mother) great grandmother, etc.

Daughter includes grand-daughter (through son or daughter) great grand-daughter etc.,

Sister includes full-sister, and half sister. "Father's sister" includes grandfather's sister, etc. "Mother's sister" include grandmother's sister etc.

Sons includes grandsons, but excludes adopted sons, or persons treated as such, on account of the words 'proceeding from your loins'.

The bar against two sisters in marriage together applies to aunt and niece together, but not to deceased wife's sister after wife dies.

After defining the prohibited degrees, women in Islam other than those specified may be sought in marriage but even so, not from motives of lust, but in order to promote chastity between the sexes. Marriage in the original Arabic is here described by a word which suggests a fortress (*hishn*): marriage is therefore, the fortress of chastity.

As the woman in marriage surrenders her person, so the man also surrenders (besides some part of his independence) at least some of his property according to his means. This gives rise to the law of Dower. A minimum dower is prescribed, but it is not necessary to stick to the minimum, and in the new relationship created, the parties are recommended to act towards each other with great confidence and liberality. If you seek a captive of war in marriage, do it from no base motive. Safeguard your faith and see that she too does believe.

Men and women have gifts from Allah some greater than others, they seem unequal, but we are assured that providence has allotted them by a scheme by which people receive what they earn. If this does not appear clear in own sight, let us remember that we have no full knowledge but Allah has. □



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and also forgiveness from Allah and His pleasure; and this world's life is naught but means of deception." (57:20) "Every soul shall taste of death, and you shall only be paid fully for your reward on the Resurrection Day: then whoever is removed far away from the fire and is made to enter the garden, he indeed has attained the object; and the life of this world is nothing but a provision of vanities." (3:184) "And hold fast by the covenant of Allah all together and be not disunited, ... invite to good and enjoin what is right and forbid the wrong, and these it is that shall be successful." (3:102-3). Men are exhorted, first, to be individually conscious of the duty they owe to Allah, and then to remain united in carrying the message of the universal truth, Islam, to the world. Everyone must live a life of true submission to Allah and to fight against all evils. The Muslim's great duty to which attention is called here is the carrying of the message of Islam to others. □

Children's Corner

MADINA HOUSE

Madina House is a childrens home, specially made for every one. We go to school everyday with a smile, knowing that for a while, everything will be ok, even though our mums and dads are away.

To me Madina House is more than just a children's home, its something more special, something you'll probably never know.

Madina House is a childrens home, specially made for every one, We go to school, everyday with a smile, knowing that for a while, everything will be ok, even though our mums and dads are away.
To me Madina House is more than just a childrens home, its something more special, something you'll probably never know
At night when I lay my head to sleep, I think of the things that I need, love, friendship, loyalty and trust, and know that I get every thing from Madina House.
By Fidan Tugcu

At night when I lay my head to sleep, I think of the things that I need, love, friendship, loyalty and trust, and know that I get every thing from Madina House.



Fidan Tugcu
Age: 11 years

POETRY

"COMING OF AGE"

My sisters of tomorrow --
Wake up! wake up!
Put away your toys, put away your dolls,
Put away your spoils and tears,
Put away your nagging argues and fears,
Don't you know you're nine years old today?

Wake up! wake up!
It's time for us to obey Allah,
It's time for us to listen,
It's time for us to learn,
It's time for us to pray for salvation in this world.

Wake up!
For our hearts are as pure as crystal,
Innocent as an unborn child,
The scent of our fragrant very frigate,
Sisters! Do not turn your heads to your side,
And allow yourself to slide,
Do not follow the evil path,
And become in a state of wrath.

Wake up!
Be aware, take care,
Don't be afraid to wear this descent Islamic wear,
Wear it, but don't hide,
Wear it with pride,
For you control your tide.

Allah granted women with this distinguished dress,
So others can learn from it,
It's time to cover Allah's beauty and
Protect ourselves by wearing it,
Wake up sisters! Don't wait for
Tomorrow to come.
Take your stand and make a difference,
For today is your only way.

Romya Dirani - 8years - Australia.

KITCHEN TALK

RIPE FIG JAM

3 kg ripe figs, peeled
500 ml water
1.5 kg sugar
100-120 ml lemon juice
10 ml ground ginger

Boil fruit in water until tender, about 10 minutes. Puree in a blender or food processor, then add sugar, lemon juice and ginger and heat slowly, stirring occasionally, until sugar has dissolved. Boil rapidly until thick, 10-15 minutes, skimming surface to remove scum. Pour into hot sterilized jars and seal immediately.

AN IMPORTANT ANNOUNCEMENT

THIS IS TO INFORM YOU THAT
**THE ANNUAL GENERAL
MEETING**

WILL BE HELD ON
12th November 1995

at The Islamic Cultural Centre
146 Park Road, London NW8 7RG

Time: 4.30 pm

PLEASE DO COME TO THIS MEETING AS ELECTIONS
WILL TAKE PLACE.
MAKE SURE YOUR SUBSCRIPTION IS UP TO DATE.

**SEE YOU THERE
INSHA-ALLAH**

Health Page

YOUR TEETH MAY GO UP IN SMOKE

Every smoker should know Christopher Columbus. He was the man who discovered tobacco and introduced it to the world. Every smoker should also know about the impact of smoking on his oral health. Recent studies have been disturbing. So far you have heard every physician patiently telling you to cut down or give up smoking because "it is bad for your health". You stifle a yawn, you have heard it all too often. Here is the doctor's file on the effect of smoking:

Cigarette smoking is causally related to lung cancer, cancer of the gullet bladder and it is the most important cause of chronic bronchitis. Cigarette smokers have a higher death rate from heart disease than non-smokers. Pipe smoking seems related to lip cancer. As if all this were not enough to set the alarm bell ringing the dentist has now stepped into the picture with revelations about smoking and oral health. Yes, you guessed right-smoking is bad for the teeth as well. It is usual for the dentist to warn patients about the risk of getting white patches in the mouth that could lead to oral cancer. In every day practice, however, what dentists really see most frequently are the major consequences of smoking and gum disease. Studies done in the 1970s showed that the effect of smoking or gum diseases were not so serious and were mostly due to poor oral hygiene in general among smokers. A decade later in the 1980s with increasingly sophisticated methods, it was found that smoking had a direct independent association with gum diseases. Researchers found that smoking caused a greater loss in the bone that supports the teeth. In smokers, teeth got looser faster and there is greater incidence of receding gums. In a very recent study these early studies have been categorically proved beyond doubt. What happens and how:

In smokers more bone is lost with more smoking. The tooth supporting fibres and bone are affected, but the effect seems to be not local as one would imagine, but by a systemic influence by altering the response of the root to disease. Even gum treatments are not very successful because of this altered response. Exposing the mouth to years of tobacco use causes gum disease, cavities on the tooth surface and root surface and subsequent tooth loss. Smokers generally have reduced saliva, that is, the mouth is generally dry. This dryness allows plaque and bacteria to adhere to the teeth better and thus sets the stage for disease. Research suggests that smoking has a biologic effect on bone tissue and may be the cause of decreased calcium absorption. In effect, in ageing smokers the mineral content of bone is reduced. Looked at objectively, it is not surprising that smoking has such a devastating effect on oral tissues. With every puff a smoker inhales 24,000 chemicals in each 50 mg inhalation. Just look at the list of smoking associated oral disease.

Loss of appetite	Bad breath	(leukoplakia)
Delayed wound healing	Stains on teeth	Chronic fungal
Smokers palate (black patches on palate)	Altered taste and smell	infections
Gum disease	Dental caries	Birth defects
	White patches in mouth	Oral cancer

A dozen problems. Life is complicated as it is. Why complicate it further? Your sanity and your teeth are at stake. Why not give up smoking today? ☐

MWA BUSINESS - OCTOBER 1995

MINUTES OF THE MEETING OF THE MUSLIM WOMEN'S ASSOCIATION

The monthly meeting was held on Sunday, 8th of October 1995 at the Islamic Cultural Centre at 4:30 pm. Those present at the meeting were Mrs. Khanum Hassan (President), Mrs. Soraya Yousef, Dr. Z. Osman, Mrs. S. Ghaffar, Miss Shirin Hassan, Mrs. Firdaus Arif, Mrs. Zeenat Ali, Miss Madeeha El-Tawil, Mrs. Sharifa Shareef and Mrs. Qamar Bashir. Apologies were received from Mrs. Hoda Hanna, Mrs. Badawi, Mrs. Gul Amin.

Mrs. Soraya Yousef opened the meeting with Sura Fateha. The President, Mrs. Khanum Hassan reminded the members of the forth coming election which is to be held at the Annual General Meeting on November 12th 1995, at the Islamic Cultural Centre at 4.30 pm. She also mentioned the financial difficulties of Madina House which is £300 overdraft at the moment. We need £45000.00 immediately. Social Services have paid £20,000.00. A greater effort to raise funds is required by all members.

Madina House is the only Registered Muslim Children's Home in Europe. Suggestions were made to contact wealthy Muslim business people and to announce the appeal on radio and advertise in the Jung newspaper, posters will be placed in mosques before Friday prayer. We need to stop the negative publicity which is becoming a threat to Madina House.

For a new Home we will need £300,000.00 Insha Allah.

Tea was served, and the discussion continued.

No new appeals were to be written, the old appeals to be sent out. Mrs. Soraya Yousef suggested the need to make a plea for members to attend the Annual General Meeting for electing the new executives.

Please make a note in your diary for AGM meeting which is on November 12, 1995.

The meeting was concluded by a prayer by Mrs. Sharifa Sharif.