

The month of Ramadan

As we all may agree to the norm of society when anyone hears about the month of Ramadan, the month is often associated with the act of fasting. For many, it has become a month where we starve ourselves for over 15 hours a day and suppress our desires. And yet, it is a month of profound meaning and depth. Fasting, during the month of Ramadan, is the order of Allah — ordained upon the believers so that one may reflect and contemplate the blessings of Allah by putting oneself in the state of self-control through abstaining from food drink and relations whilst the sun is up. Another great wisdom often forgotten is that fasting is an opportunity to train the soul to refrain from forbidden things throughout the year by abstaining from what is lawful such as food and drink in this blessed month. Let us also never overlook the reward and merit of a person who complies to the order of Allah and observes fasts in the month of Ramadan. The Messenger of Allah said, “every deed of a son of Adam is rewarded in multiplicity; every virtuous deed is rewarded from tenfold to seven hundredfold. Allah has said of the exception of fasting, ‘It is done for my sake and I will recompense for it.’ He forsakes his carnal desires and his food for my sake. The one who fasts experiences two moments of happiness: Once when he brakes his fast and one when he meets his creator” (Muslim). Furthermore the only verse in the Quran that makes mention of the word Ramadan is, as Allah almighty says, “The month of Ramadan in which was revealed the Quran, a guidance for mankind and clear proofs for the guidance and the criterion (between right and

wrong)” (Baqarah 185). From this, one may conclude the connection of Quran with the month of Ramadan. The Messenger of Allah (may He be pleased with him) said, “whoever draws near to Allah during Ramadan with a single characteristic from the characteristics of voluntary or optional goodness, he is like whoever performs an obligatory act in other times and he who performs an obligatory act during it, he is like whoever performs seventy obligatory acts in other times” (Ibn Khuzeymah). This prophetic tradition should encourage everyone to hasten towards righteous deeds in the month of Ramadan. Indeed, fasting is obligatory for a person in Ramadan, so if every obligation’s reward is multiplied by seventy-fold, then each fast one keeps is as if he or she kept seventy fasts. *SubhanaAllah!* It would be a great loss to not take from an open and limitless treasure as a mercy and blessing from Allah. And let us not solely focus upon improving and strengthening our own connection with our Creator whilst neglecting His creation. For verily the Creator is merciful and forgiving; and while our Creator is inclined towards this, we may yet suffer from our failings in, and neglect of, our responsibilities towards His creations. The Messenger of Allah (may peace be upon him) said, “the one who does not (while fasting) leave useless and sinful talk, as well as useless and sinful actions, Allah has no need for him leaving his food and drink” (Bukhari). May Allah enable one and all to make the most of this month, *Aameen.*

Fiqh of Ramadan

Common Questions Which are Frequently Asked

Q1. Is it permissible to fast on Eid day? **A1.** It is unlawful to fast on Eid day. Aisha (raa) reported, “the messenger of Allah prohibited us from two fasts: The day of Eid al Fitr and the Eid al Adha” (Muslim). **Q2.** Is it necessary to express my intent to fast daily? **A2.** Intention for fasting is compulsory, however, saying it verbally is not obliged. **Q3.** Upon who is fasting obligatory? **A2.** Allah, almighty, says, “Whoever of you sights the month, he must fast that month” (Baqarah 185). Fasting is ordained upon who fulfils four requirements: 1 a Muslim, 2 is sane, 3 an adult, 4 is healthy. **Q4.** Who is allowed to postpone their fast to a later day? **A4.** An ill person or a traveler. Allah almighty says, “Whoever is ill or on a journey, The same number (of days which one did not fast must be made up) from other days” (Baqarah 185). **Q5.** Is a pregnant women or a breast feeding mother obliged to fast? **A5.** Prophet Mohammad said “Verily Allah has absolved the pregnant women, and the nursing woman from fasting” (Ahmad). **Q6.** Can a woman fast in her menstrual cycle and in her postnatal bleeding? **A6.** Aisha reported, “the Messenger of Allah would instruct us to make up the fast but he would not instruct us to make up the Salah” (Tirmizee). **Q7.** Does consuming something out of forgetfulness brake the fast? **A7.** The Prophet said, “Whoever forgetfully eats or drinks while he is fasting, he should complete his fast. It was Allah who fed him!” (Bukhari). **Q8.** Can I complete my fast if I wake up in the state of Janabah? **A8.** Aishah reported that “the break of dawn would occur while the messenger of Allah was in the state of Janabah. He would then perform Ghusl and fast” (Bukhari). **Q9.** Is drawing blood undesirable? **A9.** Imam Bukhari narrates that “Anas Ibn Malik was asked ‘Do you feel that drawing blood is undesirable for a fasting person?’ He said ‘no, unless he will become weak because of it.’” **Q10.** Can I brush my teeth with Miswaak whilst fasting? **A10.** A Sahabii reported that he had seen the Messenger of Allah using the Miswaak innumerable times whilst he was fasting (Tirmizee). **Q11.** Does vomiting or having a “wet dream” break one’s fast? **A11.** The Messenger of Allah said “The one who has vomited or had a wet dream or had blood drawn should not break their fast” (Abu Dawood). **Q12.** Is it permissible to kiss my children or spouse while in the state of fast? **A12.** Aisha said, “The Messenger of Allah would kiss and fondle while he was fasting and he had the most control over his desires” (Bukhari). **Q13.** Does one’s fast become undesirable if he or she tastes a sample of food while cooking? **A13.** Abdullah Ibn Abbas said, “There is no sin in tasting vinegar or anything else as long as it does not enter ones throat” (Bayhaquee).

THE MONTH OF RAMADAN

“ANY ONE WHO FAST IN THE MONTH OF RAMADAN WITH FAITH AND THE INTENT OF REWARD, ALL HIS PREVIOUS SINS WILL BE FORGIVEN”

(BHUKHARI)

Marriage Certificate

There are three Licensed Marriage Counselors in our Community. Ask the Executive Committee if you would like to conduct Nikah/Marriage Ceremony.

Important Dates

Ramadan Begin Date Monday, June 6, 2016
Eid-ul-Fitr Wednesday July 6, 2016
Hajj Date Saturday September 10, 2016
Eid-ul-Adha Sunday, September 11, 2016
Milad un Nabi, Sunday, December 11, 2016

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Queries & Question?

Please write to :

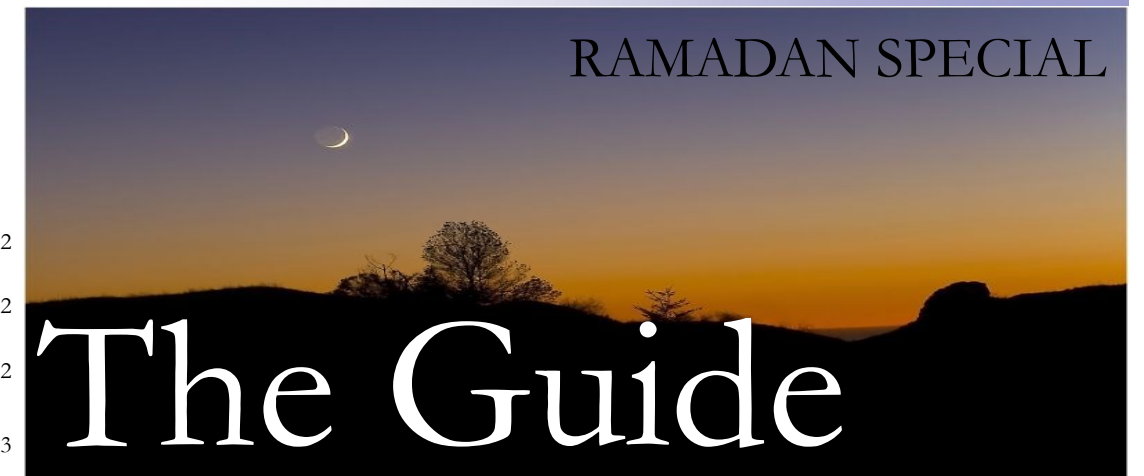
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Are we ready to embrace the month of Ramadan?

The month of mercy, forgiveness, and salvation is drawing near. Is there any excitement or anticipation in the air? Are we making any preparations for the month of Ramadan? Any occurrence or occasion in our life that we look forward to is given considerable attention prior to its arrival. For example, when a person is set to travel overseas, be it for Hajj, Umrah, or just to visit family members abroad, one starts all sorts of planning and preparation months in advance. Likewise, we learn from the best example and role-model through prophetic tradition; that Mohammad (peace and blessings be upon him) would start preparations months before the start of Ramadan. In doing so, one may strengthen his or her connection with Allah, the creator of all. In anticipation of the great qualities Allah has bestowed upon the month of Ramadan, Prophet Mohammad (peace and blessings be upon him) would often fast and increase in other worship. An easy way to understand this concept of preparation, the following are two examples: (1) When a person has an upcoming test, there are mixed feelings, including excitement and fear. On the day of the exam, if one has prepared well, he or she will embrace the questions asked with ease and result in completing the exam well. (2) Likewise, if someone runs a marathon without practicing, he or she will not perform well. Preparation for the main run starts weeks,

months (if not years) in advance; training that involves self-sacrifice to improve oneself so that he or she completes the marathon and, possibly, winning a medal. As such, let us now start building our stamina for the month of Ramadan by increasing in worship and fasting to our creator in the time we have before Ramadan to make the month even more beneficial and memorable for all!

Important Contacts

Guelph Police Department
519.824.1212

Guelph General Hospital
519.822.5350

Guelph Fire Department
519.824.6590 (911)

Union Gas
519.885.7400

Guelph Hydro
519.822.3010

City Hall Administration
519.837.5602

Ramadan: exciting and educational Competition for youth and children

It is the responsibility of every muslim to stay well-engaged in pursuit of learning more about the Quran on a daily basis. To further this, we have created a competition to encourage our children and youth to connect, learn and explore the authentic and sacred teachings of the Quran. For this blessed month (also known to be the month of the Quran), Allah says “And compete with one another in all good” (surah *Maidah*, ayah 42). What would be a better way to compete in goodness than through learning the Quran?

Questions for the first week of Ramadan (June 6 to June 12)

1. Which angels are mentioned, by their names, in the Qur'an?
2. What does the Qur'an say about property and wealth?
3. How many surah (chapters) in the Qur'an have the titles named after different Prophets?

Questions for the second week of Ramadan (June 13 to June 19)

1. In which surah (chapter) of the Qur'an is “Bismillah” repeated twice?
2. Where in the Qur'an is water described as the origin of all life?
3. What were the acts of worship and prayers, ordered by Allah, to the community of Bani Israel? Which of these were continued by the Muslim *ummah*?

Questions for the third week of Ramadan (June 20 to June 26)

1. Who is the relative of the Prophet Muahammed (Sallallahu Alaihi Wasallam) whose name is mentioned in the Qur'an?
2. In the Qur'an which companion of Prophet Muhammed (Sallallahu Alaihi Wasallam) is mentioned by his name?
3. After the wreckage of Prophet Noah's Ark, which is its place of rest mentioned in the Qur'an?

Questions for the fourth week of Ramadan (June 27 to July 4):

1. Who is the man about whom, Allah has said in the Qur'an, that his body is kept as an admonishing example for future generations to come?
2. Where in the Qur'an has Prophet Muhammed (Sallallahu Alaihi Wasallam) been named 'Ahmed'?
3. In which surah (chapter) do you find the first verse about Sajda (prostration)?

Muslim Society of Guelph

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286 Water Street

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Our website: www.msofg.org

Actions to focus on in the Month of Ramadan

The month of Ramadan is fast approaching and Masajid are seemingly empty at times now. The magnificence of this month, however, is well known. As the moon is sighted, Muslims adhere to the worship of Allah and the places of worship are filled, people stay awake at night reciting Quran in prayer, fasting during the day, abstaining from the unlawful matters which have been made forbidden, forcing ourselves to stop smoking, and much more. Why, however, is it that our behavior and conduct takes such a drastic change as if we are not being ourselves, even though this should be our behavior throughout the year? Prophet Mohammad mentioned in a Hadeeth, “may his nose be covered in dust in front of whom I am mentioned and he dose not send salutations upon me. And may his nose be covered in dust upon whom the month of Ramadan emerges and thereafter completes before he is forgiven. And may his nose be covered in dust in front of whom his parents reach old age and they did not enter him into paradise.” Thus, we are all in pursuit of attaining that forgiveness from our creator. To help simplify the task, please find (listed below) a few actions amongst the things a person should focus on during the month of Ramadan:

1. Optional Prayers:

Prophet Mohammad (peace be upon him) said, “Whoever draws near to Allah during Ramadan with a single characteristic from the characteristics of voluntary/optional goodness, he is like someone who performs an obligatory act in other times” (Ibn Khuzemah)

2. Duaa Supplication:

Allah, the Almighty, says, “and when my servants ask concerning me, tell them I am indeed close, I listen to the prayer of every suppliant when he calls on me” (*Baqarah*, 2). The Messenger of Allah said, “the duaas of three individuals is never rejected: [1] a just ruler, [2] a fasting person until he brakes his fast, and [3] the call of a oppressed person” (Bayhaqi).

3. Sincere Repentance:

Allah, almighty, says, “Whoever does a wrong or wrongs himself, But then seeks forgiveness from Allah, he will find Allah forgiving and merciful” (*Nisa* 64).

4. Generosity:

The Messenger of Allah was asked, “Which form of charity is the best?” He replied, “the best charity that is given in Ramadan” (Tirmizi).

5. Patience and controlling the tongue:

The Messenger of Allah said, “The one who does not whilst fasting leave useless and sinful talk, as well as useless and sinful actions, Allah has no need for him leaving his food or drink” (Bukhari).

6. Adopting and adhering to the Sunnah, the prophetic way:

Allah, almighty, says, “Say Oh Mohammad to mankind: ‘If you love Allah, then follow me; Allah will love you and forgive your sins. And Allah is the all forgiving the Most Merciful’” (*Aal e Imran* 31).

7. Continuation and Longevity in actions even if they are minimal:

The Messenger of Allah said, “The most beloved actions in the sight of Allah are the ones that are done constantly, even though they may be small in amount” (Bukhari).

Ramadan an article from a youth sister in Our community

Ramadan is a time when Muslims around the world prepare for in anticipation for all the extra rewards and closeness to Allah we can gain during this holy month. Ramadan is much more than just not eating and drinking; it is the month in which we practice self-restraint to purify ourselves from all kinds of vices such as lying, cheating, and practice self-discipline and sacrifice for Allah's sake. The devils are chained during this month, which makes it relatively easy to do good deeds and stay away from evil ones. Although we may be fasting, Ramadan should be the most productive time of the year, spiritually, and physically. Following are some tips on how to make the most of this Ramadan spiritually: Customize a personal and realistic goal with Allah in terms of worship, something that is relatable to you and would uplift you spiritually, and make you feel fulfilled. Examples include: Memorize one juz in this month. Pick one Surah that you are really curious about, and go through the translation and tafseer of the surah. Not just reading the translation, but pondering over each verse and extracting lessons out it. Read the entire Quran in this holy month. Pick one ayah from each juz and contemplate on its meaning. Ask yourself the following question: How does this verse apply to me today, what is Allah saying to me in this verse? Attend Taraweeh every day or ever alternate day. These are just a few examples to get you thinking. Set a goal that personally best fits your spiritual needs, and is practical enough to continue every day in this holy month. The goal is not to complete a task but to allow that act of worship to build a positive and beautiful relationship between you and Allah. Allah will not look at quantity, rather the quality of our deeds. Treat this Ramadan as if it is your last. There is no guarantee that you will see Ramadan next year, or that you will be able to see Ramadan in its entirety this year. Having this mindset will help you stay focused and determined to make the most of this month. Go over your goals with this mindset to set your priorities straight, and inshaAllah it will help you make the most of this month. Self-check – Give yourself some “ME” time. Remove all the distractions, and isolate yourself for a couple of minutes every day to analyze yourself. What is it that you do not like about yourself and would like to change? What is a good habit that you have and would like to continue? Is there a habit that you want to get rid of, but are procrastinating? Make the right choices today that you want to make at some point in your life, as nobody is promised tomorrow. Do not underestimate the power of Dua. Allocate sometime for just you and Allah. Talk to him about all that you want in this life and the next without any hesitation. Try to practice this during the time when duas are likely to be accepted the most. Some examples are: Before iftar — try to complete iftar preparation at least 15 minutes before Maghrib so that you can focus on asking Allah for what you want. Between Adhan and Iqama Last 1/3rd of the night – During Ramadan we are usually awake during this time due to Suhoor, make the most of it and try to make dua. Following are tips on how to make the most of this Ramadan physically: Drink at least 2 liters of water between iftar and suhoor to keep yourself hydrated for the entire day. Cut down on greasy and deep-fried foods as they cause fatigue instead of keeping us energized throughout the day. Increase your fruit and vegetable intake. Having a bowl of fruit salad at iftar will keep you full and Try including 30 minutes of physical activity at least three times a week in your schedule.

2 recipes that are from the Sunnah that have various health benefits.

Nabeeza

Ingredients:
100-150 grams of dates pitted
1 Liter water
Soak the dates overnight in water and blend them next morning.
Refrigerate the drink and use it within 2-3 days.

Health Benefit:

It is an alkalizing tonic, having the tendency to remove acidity from the stomach and digestive system and it also helps to remove other metabolic wastes from the body.

Talbina

Ingredients:
1 cup barley pears; 1 cup milk; 2 tbsp olive oil
1 cup water; Brown sugar or honey (according to taste); Handful of almonds (peeled and sliced)
(Cook time 30-40 minutes)
Heat oil in a pan and cook barley over medium heat for 10 minutes until golden brown
Add milk, water and almonds and bring to a boil. Reduce heat to medium-low, cover and simmer until barley is tender for 20-30 minutes. Uncover and add brown sugar or honey to your taste.

Health Benefit:

It improves digestion as it's high in soluble fibre and it also great for heart patients as it aids in reducing cholesterol

List of Community Events and Services

Weekly Halaqas on every Saturday and Sunday after Isha salah

Exciting new Hifz (memorization of Quran program) coming to Meezan School. Check out our next issue for further details.

Khatamul Quran will be on Saturday July 2nd, on the 27th night of Ramadan InshaAllah

Eid-ul Fitr Prayers and program will be held on Wednesday July 6, from 9-10am

There will be arrangements for Suhur Pre-Dawn Meal in the last ten days of Ramadan

MSOG Annual Appreciation Dinner, Dec. 17/18, 2016 (TBA)

Ramadan Competition: Rules, Regulations, and Guidelines

- ⇒ Submit your answers via email to newsletter@msofg.org
- ⇒ List your contact information in the email so that it may be easy to identify you if you win the draw.
- ⇒ For each question, three of the best answers will be selected to go into our draw.
- ⇒ Answers must be submitted by the last day of the week, at 12 a.m., to be entitled for a chance to be in the draw.
- ⇒ Every answer must be submitted with just the exact reference to the verse and chapter/surah of Quran.
- ⇒ Literature (electronic or otherwise) may be used to assist in finding answers. Do not, however, type the questions into Google to find the answers.
- ⇒ Three final winners will be selected from the qualifying names, randomly chosen on Eid.
- ⇒ The Muslim Society of Guelph will keep the three prizes a surprise.

Local Masajid

Masjid-e-Aisha, 44 Marlborough Road, Guelph, 226.486.1143

Masjid-e-Abu Bakr, 126 Norwich Street, Guelph, 519.826.6739

Cambridge Islamic Centre, 1550 Dunbar Rd, 519.740.6855

Cambridge Muslim Society, 282 Elgin St N., 519.623.0568

Kitchener Masjid, 1017 Victoria St, Kitchener, 519.743.9111

Waterloo Masjid, 213 Erb St W., Waterloo, 519.886.8470

Halal Food Restaurants & Meat

Butcher Shop & Groceries 219 Silvercreek Pkwy 226.314.1334

Spicy Food Hut Unit 9, 219 Silvercreek Pkwy N, 519.763.5200

Olive Halal Meat & Grocery 666 Woolwich St., 519.265.8200

Manouche Express 88 Gordon St., 519.265.8666

Popeyes Louisiana Kitchen 35 Harvard Rd. 519.265.8313

Zinger Chick Unit 18, 500 Willow Road, 519.265.8955