

July 12, 2013
Ramadhan 3, 1434 H

Al-Qalam



Darul Uloom Islamic Academy of Brisbane, 6 Agnes street, Brisbane 4102

RAMADHAN TIMETABLE

DAYS	RAMADAAN	ENGLISH	SEHRI	FAJR	SUNRISE	IFTAAR
wed	1	10/07	5:10	5:15	6:38	5:13
thu	2	11/07	5:10	5:15	6:38	5:13
fri	3	12/07	5:10	5:15	6:38	5:14
sat	4	13/07	5:10	5:15	6:38	5:14
sun	5	14/07	5:10	5:15	6:37	5:15
mon	6	15/07	5:10	5:15	6:37	5:15
tue	7	16/07	5:10	5:15	6:37	5:16
wed	8	17/07	5:09	5:14	6:36	5:16
thu	9	18/07	5:09	5:14	6:36	5:17
fri	10	19/07	5:09	5:14	6:36	5:17
sat	11	20/07	5:09	5:14	6:35	5:18
sun	12	21/07	5:08	5:13	6:35	5:18
mon	13	22/07	5:07	5:12	6:35	5:19
tue	14	23/07	5:07	5:12	6:34	5:19
wed	15	24/07	5:07	5:12	6:34	5:20
thu	16	25/07	5:06	5:11	6:33	5:20
fri	17	26/07	5:06	5:11	6:33	5:21
sat	18	27/07	5:05	5:10	6:32	5:21
sun	19	28/07	5:05	5:10	6:32	5:22
mon	20	29/07	5:04	5:09	6:31	5:22
tue	21	30/07	5:04	5:09	6:31	5:23
wed	22	31/07	5:04	5:09	6:30	5:24
thu	23	01/08	5:03	5:08	6:29	5:24
fri	24	02/08	5:03	5:08	6:29	5:25
sat	25	03/08	5:03	5:08	6:28	5:25
sun	26	04/08	5:02	5:07	6:27	5:26
mon	27	05/08	5:02	5:07	6:27	5:26
tue	28	06/08	5:01	5:06	6:26	5:27
wed	29	07/08	5:00	5:05	6:25	5:27
thu	30	08/08	5:00	5:05	6:25	5:28

RAMADHAN EVENTS

Halaqah Qur'an
During Ramadhan, 15 minutes before Iftaar

Esha and Tarawih Prayers
Starting at 7 PM with 4 Huffaz Reciting whole Qur'an

Tafseer
Everyday after Tarawih Prayer

Qiyamul Lail
Everyday 30 minutes before Fajr Adhaan

Lailatul Qadr Talk and Khatamul Qur'an
The 27th night of Ramadhan

I'tikaf
The last 10 days of Ramadhan

Community Iftaar
Every weekend Insha Allah

Ramadhan: A month full of lessons

Assalamu'alaikum, respected brothers and sisters, we wish you all a happy Ramadhan Mubarak. We pray that all of us are in the best state of Imaan and Health.

Masha Allah, the holy month of Ramadan has once again come to us. Let's welcome it with open arms and saying Alhamdulillah as there are a lot of blessings and rewards that will be given to us.

This month is a special month for us as Muslims as we taste how it feels to be a person who has no food or drink and so this makes us more generous towards those people who are less fortunate than us. This month is a month of generosity. It is a month where people should be more generous. There is a Hadith of our beloved prophet Muhammad S.A.W. Where it says that Nabi S.A.W. is the most generous of people and the most generous time that he was in, was during the Holy month of Ramadhan.

Ramadhan also teaches us patience. A person learns how to control themselves from their inner desires and passions. This in itself is a kind of self-discipline that teaches a person to be in charge of their decisions that they make in their daily lives.

Fasting Ramadhan is a great training for our soul so that it would be able to bear every hardship in our life. In this month Allah gives many chances to us to train our soul by doing more Ibadah that can make us get closer to Allah such as doing Tarawih, Qiyamul lail, recite the holy Qur'an and many other Ibadah.

Let's take as much as benefits from the lessons of this blessed month of Ramadhan. Let's make this Ramadhan the best Ramadhan as we don't know if we will meet Ramadhan again next year.

"O you who believe! Fasting has been made obligatory upon you just as it was made obligatory upon those who were before you, so that you may have Taqwa." (Surah Al-Baqarah: 183)

The virtue of Righteousness and Goodness during Ramadhan

**Minhaj Al-Muslim*



As sadaqah (charity)

Ramadhan is the month of charity. In this month we should give more charities than in other months. Rasulullah S.A.W. said that the best charity is the charity (given) during Ramadhan.

In another hadith, Prophet Muhammad S.A.W. said that whoever feeds the person who is breaking his fast, he will have his reward (for his fasting) without decreasing anything from the

reward of the fasting person.

The prophet S.A.W. was the most generous person in doing good and he was more generous than ever during Ramadhan when he would meet with Jibril A.S.

(Hadith Bukhari).

Qiyamul Lail (standing at night for prayer)

Prophet S.A.W. said: “Whoever stands (for prayer at night) during Ramadhan, with faith and seeking reward, he will be forgiven for his previous sins.” (Hadith Bukhari and Muslim)

Muhammad S.A.W. used to be more active in prayer during the nights of Ramadhan and during the last ten nights. He would wake everyone in his family, young and old, whoever was able to perform prayer.



Rasulullah S.A.W. Said: “Whoever fasted in Ramadhan and then follow up with fasting six days of shawwal it is as if he fasted for a whole year.”

(Hadith Muslim)

Recitation of the holy Qur’an

Our beloved prophet Muhammad S.A.W. used to prolong his recitation for Qiyam of Ramadhan more than he did at other times. One night, Hudhayfah R.A. prayed with him and he recited surah Al-Baqarah, then Al-Imran and then An-Nisaa. He did not pass a verse that caused fear except that he stopped at it and asked (supplicated to Allah). He did not complete two raka’ats (units of prayer) until Bilal R.A. came and called him to the Fajr prayer.



In his hadith, Rasulullah S.A.W. said: “Fasting and standing in prayer (at night) will intercede for the servant of Allah on the day of resurrection. Fasting will say, ‘My Lord, I prevented him from food and drink during the day.’ and the Qur’an will say, ‘I prevented him from sleeping during the night, so allow us to intercede for him.’ (Hadith Ahmad and Nasa’i)

I’tikaf

I’tikaf means staying in the masjid for worship, seeking to draw nearer to Allah S.W.T. Rasulullah S.A.W. Always made I’tikaf during the last ten nights of Ramadhan until Allah S.W.T. took him away.

Islamic Parenting

Why We Need to Train Our Children

Ta'leem and Tarbiyah are at the core of Islam. In fact, the importance of knowledge is such that the word 'Ilm (knowledge), along with its derivatives, is the second most used word in the Noble Qur'an.

The good Muslim is the one who spends his whole life in the pursuit of useful knowledge. The Prophet (S.A.W.) said: *"Seek knowledge from the cradle to the grave."*



'Ali (R.A.) said that the learned are alive, even though they might be in their graves; and the ignorant are dead, even though they may be walking around on earth.

One of the most important obligations and duties that we have is that of the proper upbringing and education of our children. The Messenger (S.A.W.) said: *"Each of you is responsible, and each of you will be questioned regarding his responsibility."*

Parents have a great responsibility with regard to helping their children become good Muslims, good students and good citizens. Allah tells us to make this Du'a':

ربنا هب لنا من أزواجنا وذرياتنا قرّة أعين واجعلنا للمتقين إماما

"Our Lord! Grant us wives and offspring that will be a comfort to our eyes, and make us leaders of the pious and righteous."

All children are born innocent, and if they are raised well, they will In Sha' Allah become righteous and pious. The Messenger of Allah (S.A.W.) said that every new-born baby is born upon the Fitrah, but his parents make him into a Jew, a Christian or a Zoroastrian.

Islam has given the parents the most importance after Allah and the Messenger (S.A.W.). But the parent's responsibility is that he or she must make effort in the bringing up of the children according to the proper Islamic guidelines. Those parents who allow their children to grow up like wild and untrimmed plants should not only be ready to face the consequences in this life but in the Hereafter as well. Allah says: *"O you who believe! Save yourselves and your families from a Fire whose fuel is men and stones."*

When a person dies, all of his good deeds are stopped, except for three: knowledge that he benefited others with, continuous charity (Sadaqah Jariyah), and a righteous son or daughter who prays for him

The first word that the child should be taught to say is **"Allah"**

“And your Lord
says, call upon
Me: I will respond
you”

(Qur'an 40 : 60)

“Healthy fasting
is possible if you
consume the right
foods and in the
right quantity,”
says Ms Tan
Sheau Kang,
Dietitian, De-
partment of Die-
tetics, Singapore
General Hospital

DU'A OF THE WEEK

Du'a when breaking fast

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى
رِزْقِكَ أَفْطَرْتُ

O Allah ﷻ, I fasted for You. In You do I believe, and with your
provision (food) do I break my fast.

Tips for healthy Ramadhan Fasting

1. Always take your suhoor (pre-dawn meal)

During Ramadhan, suhoor is very important as it keeps us stay fit to do all activities. Skipping Suhoor prolongs the fasting period as your body will need to rely on the previous meal to provide you with all the nutrients and energy until Iftar (dinner). Due to the longer hours of fasting, you are more likely to feel dehydrated and tired during the day. Furthermore, skipping Suhoor also encourages overeating during Iftar, which can cause unhealthy weight gain.”

2. Don't eat too much during iftaaar

Overeating and excessive high-fat food in iftaaar time may result in indigestion and weight gain. So that iftaaar should be in well-balance nutritious meal.

3. Avoid eating fried food, salty food and high-sugar foods

It is uncommon for fasting individuals to reward themselves with rich, greasy and sugary dishes. Aside from the unhealthy weight gain, consuming fatty and sugary foods also cause sluggishness and fatigue. In addition, you should limit your intake of salt, especially during Suhoor (pre-dawn meal), as this increases thirst.

Instead, try incorporating foods from all the major food groups including fruit and vegetables, rice and alternatives, as well as meat and alternatives.

Consuming fibre-rich foods during Ramadan is also ideal as they are digested slower than processed foods so you feel full longer .

4. Drink as much water as possible

Drinking much water during iftaaar and suhoor reduces dehydration risk during Ramadhan fasting. Make every effort to drink at least 8 glasses of fluids daily before dawn and after sunset. Fluids include juices, milk, beverages and soups but water is the best choice. Ideally, you should also cut down on caffeinated drinks like coffee, tea and colas as these have a diuretic effect and promotes fluid loss.

(source: www.healthxchange.com.sg)