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# Strengthening Our Deen

A MONTHLY NEWSLETTER FOR THE ISLAMIC CENTER OF FORT COLLINS

*Do not consider any kindness insignificant, even meeting your brother with a cheerful face (every act of kindness is sadqa).*

## How should we treat other Muslims?

Muslims - especially within the US should stick together. There are enough enemies to the Muslim world . . . we do not need to be each other's enemies as well. One of the most disconcerting factors about the community of Fort Collins is that we do not treat each other as brothers and sisters of Islam. Instead, we treat each other as outsiders, as enemies, and as people unworthy of our friendship.

The Prophet (SAW) said: "Whoever loves for the sake of Allah, hates for the sake of Allah, gives for the sake of Allah, and forbids for the sake of Allah, has indeed perfected his faith."

The Prophet (SAW) said: There are seven whom Allah will shade with His shade on the day when there is no shade but His shade. . . and he mentioned among them: "... two men who love each other for the sake of Allah, meeting and parting for that reason alone." [Sahih al-Bukhari and Sahih Muslim].

There are numerous rights that people have over one another. These rights help to shape our relationships. Listed below are eight of those rights.

1. There is a financial right that we have over one another. Each one of us has the duty of providing financial support to

someone who is in need of it. We do not, however, have to bring harm upon ourselves in doing so. The Prophet (SAW) informs us that Allah says: "My love became obligatory for those who give to each others for My sake."

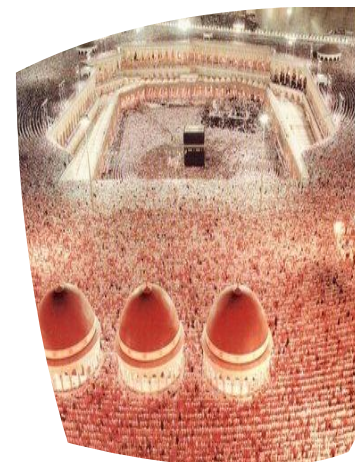
2. We must likewise provide food and clothing for those who need it. May Allah bless Abū Sulaymān al-Dārānī who said: "If all the life of this world was contained in one morsel of food that was in my hand, then a brother approached me for it, I would love to give him that morsel."

3. We must also support each other with our physical efforts and our labors. We should always be willing to lend a helping hand and to do something personally for the sake of someone else. Muhammad b. Ja'far said: "I promptly do what my enemies want me to do, because I loathe that they should be disappointed with me." If this is the case for our enemies, then how should our conduct be with our friends?

4. We must express our feelings of good will to others. The Prophet (SAW) said: "If any of you loves someone, let him tell him that." It is also right for us to defend the honor of another when someone tries to speak ill about him or her. The Prophet (SAW) said: "Whoever defends the reputation of his Muslim brother will have a right from Allah to defend him from Hell on the Day of Judgment."

5. We must forgive and excuse each other's mistakes and shortcomings. These mistakes might be deficiencies in a person's religion – someone committing a sin – or they may be in the way that person treats us. In the first case, what is needed from us is sincere advice. It should be our ardent desire to try and guide our brother or sister back to what is right. It was related from the lives of our pious predecessors that two brothers in religion were very close to each other, then one of them fell into sin. People encouraged the pious man to abandon his sinful friend. He refused to do so and said: "He needs me in this trial more than he has ever needed me before. I must help him and pray to Allah to return him back to how he used to be." As for any mistreatment we might experience at the hands of another, we should overlook it and remember that no one is perfect and we cannot expect from anyone that he will never exhibit to us bad behavior at some time or another.

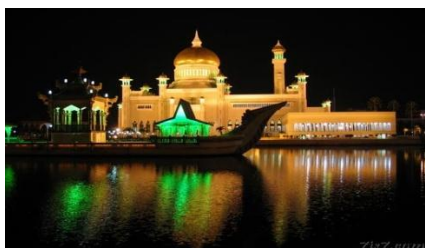
6. We must pray for others both during their lives and after they die. The Prophet (SAW) said: "A Muslim's secret supplication for his brother will be answered. There is an angel at his head each time he offers supplication for his brother the angel says: 'Āmin, and the same for you'." [Sahih Muslim]



relationships. Our faithfulness to one another is something that must continue even after a person dies by our keeping up contact with that person's children and dear ones. Your love for that person was intended for the Hereafter, so if this love ceases when that person dies, then it never really existed.

8. We must be easy in our dealings with people and not expect too much from them. It is not good to place burdens on people that will be hard or costly for them. Imam al-Fudayl said: "Often, when people abandon one another, it is because of the burdens that they impose on each another." When people deal easily with each other, it increases the love that exists between them.

May Allah help us to put these principles into practice in our lives, and may He increase the love that we feel for each other for His sake.



## IQAMA TIMES: FEBRUARY

<u>Week of:</u>	<u>Fajr</u>	<u>Dhuhr</u>	<u>Asr</u>	<u>Maghrib</u>	<u>Isha</u>
February 1	6:15	12:20	3:10	5:40	7:00
February 7	6:00	12:20	3:20	5:50	7:00
February 14	5:50	12:20	3:30	5:50	7:10
February 21	5:40	12:20	3:30	6:00	7:20
February 28	5:30	12:20	3:40	6:10	7:30

\* Juma'ah prayers are fixed at 12:10pm



*Allah is with those who restrain themselves.  
-Quran 16:128*

## Please accept our apologies:

Due to finals and winter break, we were unable to complete the January newsletter.

As a result, the January and February newsletter are combined this month.

Please accept our apologies for being unable to complete the January edition on time.

## From a shadow of a tree to the shadow of Islam

Taif is a fertile green area around Mecca in Saudi Arabia. It has plenty of fruit gardens and a pleasant climate.

The people of the tribe of Bani Sakeef used to relax under the shadow of fruit trees in the Taif area. From the travellers of Mecca passing by, they used to hear reports about the mission of Prophet Muhammad (saw). They came to learn from them how truthful, trustworthy and kind the Prophet of Islam was. They also came to know that among women Hazrat Khadija, the Prophet's wife and among the men Imam Ali (a) - the Prophet's cousin and son-in-law were the first to declare faith and accept Islam.

They were also informed that the followers of the Prophet were still very few. That majority of the people from the tribe of Quraish did not yet accept Islam and were opposing the spread of the religion. They had even offered Prophet Muhammad (saw) bribes of large sums of money and high post if he would stop preaching against idol worship.

One day when the people were resting under the shadow of fruit trees, they received news that Abu Talib, his uncle had come and told the Prophet "O my Nephew! the leaders of Quarish say that whatever wealth you demand they are willing to give provided you abandon the teaching of Islam."

The Quraish tried again by sending Ataba to persuade the Prophet and offered everything that he would wish to have. In reply the Prophet recited this verse from the Holy Qur'an:

"Say: I am only a man like you, it is revealed unto me that your God is but one God. Therefore, whoever desires to meet his Lord, he should do good deeds, and not join any one in the service of his Lord."

Ataba was very moved to hear this and returned to the Quraish saying, "From Muhammad (saw) I have heard words which did not at all sound like a poem nor witchcraft"! He advised the Quraish to leave him on his own and added: "Muhammad grew up among you and has always been most trustworthy and of good character. Now that he has

come out with a message of one God, it is not fair to accuse him of witchcraft or lying. Do not molest him and let us see what will happen!"

Thus the Prophet of Islam went on preaching the message of one God and persuaded people to abandon the worship of Idols. On the other hand, the people of Quraish continued to interfere and oppress him and the new followers of Islam.

They asked everyone to boycott and not to have any dealings with them. They wrote the following orders on the skin of a sheep and hung it on the door of Ka'aba in Mecca.

"Do not buy or sell to Muslims."

"Do not salute the Muslims nor speak to them."

"Do not give or take daughters in marriage from any Muslim. Do not have any dealing with them."

Thus the people of Quraish went on oppressing and torturing the Prophet and his followers. They would throw dirt on him when he walked on the streets of Mecca.

One day Prophet Muhammad (saw) secretly went out of Taif to convey the message of Islam to the people there. But the leaders of that place laughed and jeered at the Prophet. They were always intoxicated by drinking wine made from the grapes. The Prophet was persuading them to leave this bad habit and was saying that drinking wine has no benefit, it makes man senseless, it badly affects health and more so, it draws man far away from God.

That day, the Prophet having conveyed to the people of Taif what he wished to about Islam, decided to return to Mecca. But on the way the children threw stones and laughed at him, When he managed to be rid of them, he took shelter and rested under the shadow of a grape tree. He raised his face toward the sky and said:

"Oh God! I complain to Thee for my inability."

"Oh God! I pray to Thee to lead these people to the right path."

"Oh God! You are the Forgiver and Kind".

Incidentally Atba and his brother Shaiba were in the same garden. On hearing this prayer of the Prophet, they felt sorry.

They called their servant Adas and gave him a plate full of sweet grapes and asked him to deliver them to the Prophet so that he may recover from fatigue.

Adas took the plate of grapes and presented it to the Prophet. Before he started eating the grapes, the Prophet said "Bismillah" (in the name of one God).

Adas was an Iraqi Arab. On hearing this, he began to wonder and asked what are these words. "I have never heard them before!"

Prophet Muhammad (s) asked, "Where are you from?"

Adas replied, "I have come from Nainawa" (a region in Iraq presently known as Kerbala).

The Prophet asked, "Have you heard of the Prophet Yunus?"

Adas said, "Yes! Yunus was a Prophet. But why have you mentioned his name to me?"

The Prophet replied, "I, like Yunus, also am a Prophet and have come from the One God for the guidance of mankind."

Adas had already heard before of the truthfulness and trustworthiness of Prophet Muhammad (saw). Now he became attracted towards him because of his kindness and good character. With tearful eyes he said: "Oh Muhammad I put my faith in your Prophethood, because no one would be willing to face such torture and trouble unless he was on the right path and had come to lead others on the path!"

This is how Adas, a pagan unbelieving Arab accepted the religion of Islam whilst under the shadow of a grape tree and joined the Islamic brotherhood.

Thus Islam spread gradually, not with compulsion or at the point of a sword, but through noble character and kindness of Prophet Muhammad (saw).

## Upcoming Events

\* Arrival of the new moon  
-13 February 2010

## Dua'a

رَبَّنَا أَفْرِغْ عَلَيْنَا صَبْرًا

وَتَوَقَّنَا مُسْلِمِينَ

*Our Lord! Pour out on us patience and constancy, and make us die as those who have surrendered themselves unto You. (7:126)*

## Did you know?

Milk is the best drink mentioned in the Quran. Honey is the best food mentioned in the Quran.

## Hadith

Narrated Anas bin Malik:

The Prophet said,

"Facilitate things to people (concerning religious matters), and do not make it hard for them and give them good tidings and do not make them run away (from Islam)."

Part of a man's good observance of Islam is that he leaves alone what does not concern him!

# Islamic-Charity.com

Islamic-Charity.com is concerned with the fundraising for a variety of charitable projects.

Their projects are wide ranging, and many involve the welfare of orphans and children who are in desperate need of assistance. Some of Islamic-Charity.com's projects include aiding Afghani refugees, as well as aid for the people of Gaza.

If you are interested in donating to Islamic-Charity.com, visit their website at [www.Islamic-Charity.com](http://www.Islamic-Charity.com).

## Mind, Body, & Spirit

In this month's segment, we will be focusing on the body. To be more specific, we will focus on ways to avoid developing Type 2 Diabetes.

Diabetes is rapidly increasing around the world. It can cause heart disease, blindness, amputations, and kidney failure. The good news is that diabetes is largely avoidable.

### Tips for avoiding diabetes:

\* **Exercise** - - even 20 minutes of brisk walking day can be a big help.

\* **Food** - - Eat plenty of fruits, vegetables, and whole grains. Try to avoid fast food. It is a myth that sugar causes diabetes since the real culprit is lots of fat.

\* **Relax** - - learn breathing techniques. Avoid eating out of stress, depression, or boredom.

\* **Water** - - drink plenty of water throughout the day. Water will dull your appetite, keep your body regular, and give your face and skin moisture.

\* **Weight** - - Avoid becoming overweight. If you are already overweight, lose weight, particularly around the stomach.



## Kid's Corner: Snow Globes

Is there anything more enticing to children than a snow globe? Here's a snow globe your children can not only play with, but they can make it themselves.

### Materials:

- \*clean jar with a water tight lid
- \*waterproof figurine that will fit in the jar
- \*cork
- \*knife
- \*glycerin (optional)

- \*superglue
- \*water
- \*coarse glitter
- \*ribbon



### Instructions:

1. Trim the cork so one piece is just taller than the jar lid. Discard extra cork.
2. Remove the lid from the jar and set jar aside.
3. Put the lid upside down and help your child affix the cork piece to the center with a dab of waterproof glue.
4. Glue the figurine, bottom down, to the cork (if you're using a little person as the figure, glue the feet to the cork). The cork is a platform that will allow the figurine to show above the rim of the lid, and the lid will eventually be the bottom of the snow globe.
5. Let cork and figure dry completely.
6. Have your child add a few dashes of glitter to the jar, along with a few drops of glycerin if you'd like the glitter to fall slowly.
7. Help your child fill the jar almost to the top with water.
8. Screw lid back on jar, so the figure is pointing down. Reverse the jar so the figurine is right side up.
9. Tie a ribbon around the jar lid and knot decoratively.
10. Have your child shake gently and watch the glitter fly! Watch carefully for leaks and store on a waterproof saucer, just in case.

## A Recipe For: Kosheree (Egyptian Lentils)

A delicious chicken pie made from scratch with carrots, peas, and celery.

### Ingredients:

1 cup lentils	2 fresh chili peppers	1 ½ cups regular rice
1 ½ cups tomato sauce	1 cup elbow macaroni	2 Tbsp vinegar
3 Tbsp oil	1 lg onion	

### Directions:

1. Place lentils in a saucepan and cover by 1". Turn heat to high, bring to boil, turn down heat to simmer, and cook covered for 35 minutes or until tender. Drain and transfer to a large bowl. Set aside.
2. Bring 3 cups of water to a boil, add rice, turn down to simmer for 20 minutes and fluff up rice with a fork and add to lentils.
3. Boil 2 quarts of water, add elbow macaroni and cook until tender. Add to lentils.
4. In a small skillet, add 1 tbsp oil and sauté finely chopped peppers for 2 minutes.
5. Add the tomato sauce, 1.2 cup water, and the vinegar, bring to boil and simmer for 5 minutes.
6. In another skillet, heat 2 tbsp oil, add onions and sauté until brown around the edges.
7. Garnish lentil mixture with the onions and pour the tomato sauce over all. Serve immediately.

If you would like to contact "Strengthening Our Deen" with any questions, comments, or articles, please email [strengtheningourdeen@yahoo.com](mailto:strengtheningourdeen@yahoo.com) or drop off your ideas in the suggestion box in the Masjid. If you would prefer a personal paper copy of the newsletter, please contact us.



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