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# Strengthening Our Deen

A MONTHLY NEWSLETTER FOR THE ISLAMIC CENTER OF FORT COLLINS

*Do not render vain your deeds by a reminder of your generosity and annoying the people to whom you have given assistance - - help purely for the sake of Allah.*

-2:264

## The Wasted Things in Life

In life, we waste more than our material possessions. We also waste immaterial items which are crucial to becoming closer to Allah.

**1. Knowledge:** We waste knowledge by not taking action.

*"He has taught you that which [heretofore] you knew not."  
(Qur'an 2:239)*

**2. Actions:** Our actions are wasted when we act without sincerity - - our intentions matter.

\*The Prophet of Allah Muhammed (S) said: Actions are only by intention, and every man shall only have what he intended. (Bukhari)

**3. Wealth:** Our wealth is wasted when we use it on things that do not bring us ajr (reward). We waste our money, our status, our authority, on things that have no benefit in this life or in akhirah (the hereafter).

\*"A slave will not be able to take a step further on the Day of Requital until he is taken to account for [the following things]: his time and how he spent it, his knowledge and how he

used it, his money and how he earned and spent it, and his youth and how he passed it. (Tirmidhi)

**4. Hearts:** We waste our hearts when we keep them empty from the love of Allah, the longing for Allah, and we keep our hearts devoid of peace and contentment.

**5. Bodies:** Our bodies are wasted when we do not use them in ibadah (worship) and in service of Allah in serving mankind.

*"You are the best people ever raised for the good of mankind because you have been raised to serve others; you enjoin what is good and forbid evil and believe in Allah."  
(3:111)*

**6. Love:** We waste our love when our emotional love is misdirected, not towards Allah, but towards something/someone else.

**7. Time:** Our time is wasted when we use it improperly, by not doing what is righteous.

\*"There are two blessings which many people lose: (They are) health and free

time for doing good." (Bukhari)

**8. Intellect:** We waste our intellect on things that are detrimental to society and the individual, not in contemplation or reflection.

\*"O Ali, Since mankind seeks to come near to their Creator through all kinds of piety, bring yourself close to Him through activities of the intellect, so that you may arrive there before all of them." (hadith)

**9. Service:** Our service is wasted when in service of someone who will not bring us closer to Allah.

\*Ibn 'Atiyah (may Allah have mercy on him) said:

There is consensus that forbidding evil is obligatory for the one who is able to do it, and is safe from harm to himself or the Muslims. But if he fears (harm) then he may denounce it in his heart and shun the doer of evil and not mix with him.

**10. Dhikr:** We waste our Dikhr by not allowing it to affect our hearts.

*"So establish prayer for My remembrance."  
(20:14)*



## IQAMA TIMES: OCTOBER

<u>Week of:</u>	<u>Fajr</u>	<u>Dhuhr</u>	<u>Asr</u>	<u>Maghrib</u>	<u>Isha</u>
November 1	5:30	12:15	2:50	5:10	7:00
November 8	5:40	12:15	2:40	5:00	7:00
November 15	5:50	12:15	2:40	5:00	7:00
November 22	6:00	12:15	2:30	5:00	7:00
November 29	6:10	12:15	3:30	4:50	7:00

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



Learn the wisdom of compromise, for it is better to bend a little than to break.

### We Need Your Help:

The New Masjid Committee is creating an international cookbook that will feature Muslim foods from around the world. Proceeds from the cookbooks will go towards building the new Masjid (95%) and hunger projects in Fort Collins (5%).

Please submit recipes in the following format:

1. name of food; country where it comes from
2. list of ingredients
3. amount of each ingredient (i.e. cup, teaspoon, etc.)
4. directions on how to cook food
5. number of people that the recipe will feed

Please include your name so we can contact you with any question.

Submit recipes in Arabic or English.

## The Story of Ezra (Uzair)

Ishaq Ibn Bishr reported, on the authority of Ibn' Abbas and others, that Ezra was a saint and a wise man. He went out one day to his own farm, as was his custom. About noon he came to a deserted, ruined place and felt the heat. He entered the ruined town and dismounted his donkey, taking figs and grapes in his basket. He went under the shade of the khaiba tree and ate his food. Then he got up to look at what remained of the ruins. The people had long been lost, and he saw bones.

*"Oh! How will Allah ever bring it to life after its death?" (Ch 2:259 Quran)*

He said this not out of doubt but out of curiosity. Allah sent the Angel of Death to take his life. He remained dead for 100 years. After 100 years had passed and there had been changes in Israelite affairs, Allah sent an angel upon Ezra to revive his heart and his eyes in order for him to feel and see how Allah revives the dead. The angel said: "For how long did you sleep?" He said: "A day or part of a day." He said this because he knew he had slept early in the afternoon and woke up late in the afternoon. The angel said: "You remained asleep for 100 years." He ate and drank the food which he had prepared before he was overtaken by that long sleep. Then the angel revived his donkey.

Almighty Allah said: *"And look at your donkey! Thus We have made of you a sign for the people. Look at*

*the bones, how We bring them together and clothe them with flesh." When this was clearly shown to him he said: "I know now that Allah is able to do all things." (Ch 2:259)*

He rode on his donkey and entered his native place, but the people did not recognize him, nor did his household, except the maid, now an old woman. He asked her: "Is this the house of Ezra?" She said: "Yes, but the people have long forgotten Ezra." He said: "I am Ezra, Allah had taken my life for a 100 years and has not returned it to me." She said: "Ezra used to be answered when he prayed to Allah. Pray to cure me of blindness if you are Ezra." He prayed for her and massaged her eyes and took her by the hand. "Get up by the power of Allah," he said. The crippled woman stood up and walked; she opened her eyes and saw; her blindness was gone. She said: "I bear witness that you are Ezra."

She rushed to the assembly of the Israelites. Ezra's son was 118 years old, and his children's children now were lords of the assembly. She called out to them saying: "This is Ezra come to you." They accused her of lying. She said: "I am your old maid. He has just prayed to Allah for me, and here I am whole again, walking and seeing." The people stood up and looked at him. His son said: "My father had a mark between his shoulders, a black mole," and they discovered it. They

said: "None among us memorized the Torah since Nabuchadnezzar burned it, except Ezra; and there was only one copy of the Torah, which was hidden by Sarukha. He buried it in the days of Nabuchadnezzar in a place none but Ezra knows." Ezra led the people to the hidden place and took out that copy of the Torah. Its leaves had rotted, and the book itself crumpled.

Ezra sat under the shade of a tree surrounded by the children of Israel and copied out the Torah for them from that script. Henceforth, the Jews said that Ezra is the son of Allah, for 2 evidences which came down from Heaven and for his copying the torah and for his fighting the cause of the Israelites.

He had been copying the Torah for Ezekial in the land of darkness in the hermitage of Ezekiel. The village which was in ruins is said to be Sayrabadh.

Ibn Abbas commanded: "So it is as Allah said: *"We have made of you a sign for the people." (Ch 2:259)* That is, for the Israelites, in that he was sitting among his children, the old men, and he a youth. He died as a forty year old, and Allah resurrected him at the same age on the day of his death."

## Upcoming Events

- \* Arrival of the new moon  
-16 November 2009
- \*Masjid Open House  
- 21 November 2009  
-10am to 1pm

## Dua'a

رَبَّنَا لَا تُزِغْ قُلُوبَنَا بَعْدَ إِذْ

هَدَيْتَنَا وَهَبْ لَنَا مِنْ لَدُنْكَ

رَحْمَةً إِنَّكَ أَنْتَ الْوَهَّابُ

*Our Lord! Let not our hearts deviate from the truth after You have guided us, and bestow upon us mercy from Your grace. Verily You are the Giver of bounties without measure. (3:8)*

## Did you know?

The first mosque in America was probably built by Albanian Muslims in 1915 in Maine.

## Hadith

Narrated 'Abdullah:

"Allah's Apostle said, 'Do not wish to like anyone, except in two cases:

- 1.) A man whom Allah has given wealth and he spends it righteously,
- 2.) A man whom Allah has given wisdom (knowledge of the Quran and the Hadith) and he acts according to it and teaches it to others."

Keep ambitions high, in front of Allah and people, your credibility will be in proportion to your ambitions.

# Islamic Relief

This month's featured charity is Islamic Relief.

Islamic Relief strives to alleviate suffering, hunger, illiteracy, and diseases worldwide. It aims to provide rapid relief in the event of man-made or natural disasters.

Islamic Relief not only provides relief, but the confidence for people to participate in their own development and to secure their own future without the need of continuing external assistance.

They work on development projects such as

- Water and sanitation
- Health and nutrition
- Vocational training
- Education
- Income generation
- Orphan sponsorship program

## Mind, Body, & Spirit

This month's focus is the body.

Nutrition is the most important factor of a healthy body.

*\*"Eat of the good things which We have provided for you." (2:173)*

*\*"Eat of what is lawful and wholesome on the Earth." (2: 168)*

Possessing a healthy body does not mean abstaining from eating without a valid reason.

*\*"Do not forbid yourselves the wholesome things God has made lawful for you." (5: 87)*

Healthy nutrition means having a balanced diet, in order to maintain the balance that Allah has established in all matters.

*\*"And He enforced the balance. That you exceed not the bounds; but observe balance strictly ... and fall not short thereof." (55:7-9)*

*\*"No human being fills a container to worse effect than he fills his own stomach. It is sufficient for a human being to have a few bites to keep himself fit. If he must eat, then let him use 1/3 for food, 1/3 for drink, and 1/3 third for breathing." –Prophet Mohammed (SAW)*



## Kid's Corner

### No-Sew Fleece Pillow

Make this cuddly pillow without sewing. The trick is knots - - pieces are tied together

#### What You'll Need:

- \* Fleece (2 pieces that are 26 X 22 inches in order to make a 18 X 14 inches pillow)
- \*scissors
- \*ruler
- \*chalk
- \*fiberfill



#### Directions:

Step 1: Cut 2 identical shapes. To allow for a 4-in fringe, be sure to cut shapes 8 inches larger than you want your finished pillow.

Step 2: On 1 shape, use ruler and chalk to draw fringe. Each fringe is 1 inch wide and 4 inches long.

Step 3: Cut the fringe.

Step 4: Double knot each fringe pair together. Leave four pairs untied.

Step 5: Stuff the shape with fiberfill. Tie the remaining fringe pairs together.

Note: If you use a square shape, cut-off and discard corner fringes before you begin cutting.

## A Recipe For: Banana Bread

A moist and delicious banana bread with loads of banana flavors.

#### Ingredients:

- |                   |                                    |
|-------------------|------------------------------------|
| 2 cups flour      | ¾ cup brown sugar                  |
| 1 tsp baking soda | 2 eggs, beaten                     |
| ¼ tsp salt        | 2 1/3 cups mashed overripe bananas |
| ½ cup butter      |                                    |



#### Directions:

1. Preheat oven to 350F. Lightly grease 9 X 5in loaf pan.
2. In large bowl, combine flour, baking soda, and salt. In separate bowl, combine butter and brown sugar. Stir in eggs and bananas until well-blended. Stir banana mixture into flour mixture; stir just to moisten. Pour batter into prepared loaf pan.
3. Bake in oven 60-65 minutes. Let cool in pan 10 minutes.

Total time: 1 hour 20 minutes

Servings: 12

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.



ICFC

900 Peterson Street  
Fort Collins, CO 80521