



▶ IQAMA TIMES ..... 1

○ Issue 3 | ○ October | ○ 2009



▶ FIND OUT WHAT'S HAPPENING THIS MONTH, NEW MASJID UPDATES, AND TIPS TO HELP LIFE .....2



▶ THIS MONTH'S FEATURED RECIPE, KID'S CORNER, CHARITY, AND HEALTH TIP ..... 3

# Strengthening Our Deen

A MONTHLY NEWSLETTER FOR THE ISLAMIC CENTER OF FORT COLLINS

*If the first inward thought is not warded off, it will generate a desire, then the desire will generate a wish, and the wish will generate an intention, and the intention will generate an action, and the action will result in ruin and divine wrath. So evil must be cut off at its root, which is when it is simply a thought that crosses the mind, from which all the other things follow on.* -Imam abu Hamid al-Ghazzali

## Helping the Miskeen

*Do you see the one who denies the Judgement (to come)? He is the one who repels (and discards) the orphan with harshness. And does not encourage the feeding of the needy. So this is a warning to the worshippers, Who are neglectful of their prayers, Those who only want to be seen, But refuse to offer even the neighborly need (Surat Al- Maun: 1-7)*

Allah (swt) warns us of many things in this surah: the sin of neglecting prayers, the sin of vanity and pride. Also, the Almighty reminds us of the sin of neglecting those in need. In his infinite wisdom, Allah (swt) warns us not to, first, neglect those in need from our own homes (i.e. orphans) and those outside of our walls (i.e. the needy).

Throughout His Book, Allah (swt) repeatedly links Reward and Punishment with the feeding of Al-Miskeen (i.e. the needy). How often do we listen to ourselves whisper these words: Ta'aamil miskeen: feed the needy? The tragedy is that Muslims in this country are not the champions of Al-Miskeen. A few months ago, a friend of mine was telling me a story where he was giving Dawah to a fellow colleague about

Islam and how it teaches charity and kindness. The person was very appreciative but eventually ended up asking "I keep hearing you Muslims saying that Islam is such a great religion and teaches charity, but where are you in the larger community?" One has to admit, that's pretty good question.

Feeding the poor is not something that is foreign to us. However, what is new to us is how do we practice this in a way that helps the Miskeen in our local communities and help develop a positive image of our Islam. For the past several years, Muslims of this generation have recognized the lack of our involvement in helping address some of the social issues that plague this country. Muslim communities have started breaking out of their shells and interacting with different organizations in their communities, especially those that address hunger. We are organizing food drives, packaging food at food banks, and even individually volunteering at different shelters to help feed those who don't have the ability to feed

themselves. And in some cases, we are starting our own organizations to mobilize our communities to action. Alhumdolillah, the Muslim community of Fort Collins is leading the way. A few brothers have formed the beginnings of the Fort Collins Chapter of Muslims Against Hunger.

Muslims Against Hunger (aka MAH) is a national organization started on the east coast geared toward mobilizing Muslim communities to help feed the poor. The idea is to build partnerships with the local soup kitchens and shelters and allow the Muslim community to "take over" for a day.

Subhanallah, the response has been overwhelming especially from the youth. It's proof that Allah (swt) has blessed our brothers and sisters by giving them the desire and the capability to turn the Fort Collins chapter of MAH into the most active chapter in North America. Even the President of MAH, Zamir Hassan, has recently said that MAH Fort Collins "...have become the youngest and most dynamic chapter of Muslims Against Hunger chapters".

Though, the organization has taken



off, there is still much need for support from our community. And subhanallah, there are multiple ways where everyone can help support the group.

1. Volunteer to serve food at a Muslim Serve Day
2. Volunteer to cook food and help assist the cooks before a serve.
3. Volunteer to pick up groceries for a serve.
4. Donate money to help buy food and supplies

We as an Ummah in this country have come along way to establishing firm roots in this country. We've spread the word that Islam has the answers to all our problems. The next step is Muslims stepping out of the shadows and putting belief to practice.

For more information about Muslims Against Hunger, email [muslimsagainsthunger.fco@gmail.com](mailto:muslimsagainsthunger.fco@gmail.com)



## IQAMA TIMES: OCTOBER

<u>Week of:</u>	<u>Fajr</u>	<u>Dhuhr</u>	<u>Asr</u>	<u>Maghrib</u>	<u>Isha</u>
<b>October 3</b>	**	1:15	4:30	***	8:15
<b>October 10</b>	**	1:15	4:20	***	8:15
<b>October 17</b>	**	1:15	4:10	***	8:00
<b>October 24</b>	**	1:15	4:00	***	7:45
<b>October 31</b>	**	1:15	3:50	***	7:30

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

\*\*\*Maghrib prayer is 5 minutes after adhan

\*\*Fajr prayer is 30 minutes after adhan



*Cease to sin because you will not meet Allah with anything [as valuable] as a few sins.*

-Aisha

## Ways to Live Islam Daily

Ramadan is a stepping stone to the rest of the year. Now that Ramadan is over, we should strive to live life as we did during this holy month.

Here are some helpful ways to help you carry the lessons of Ramadan into the next year, inshallah.

### 1. Purify your intentions and remember that you wish to seek the pleasure of Allah:

Ibn Al-Qayyim said "Deeds without sincerity are like a traveler who carries in his water-jug dirt. The carrying of its burdens hum and it brings no benefits."

### 2. Seek Allah's help through du'a:

"When my servants ask thee concerning Me, I am indeed close (to them), I respond to the prayer of every supplicant when he calleth on Me" (2:186).

### 3. Do not procrastinate:

It is easy to delay until tomorrow. How often do we say "inshallah I will get to that tomorrow" but never actually get around to it. "Beware of procrastinating. It is the greatest of the soldiers of Shaytan."

### 4. Take baby steps & make realistic goals:

"Rasulullah (SAW) was asked, 'Which deed is most beloved to

Allah?' He said, 'The one that is continuous, even if it is little.'" (Sahih al-Bukhari)

### 5. Build a good support system:

Surround yourselves with good companions who will give you sincere advice and who will support you with your resolutions. Avoid those who will chip away at your self-esteem or who will tempt you away from your resolutions. Ali (RA) said: "Mix with the noble people, you become one of them; and keep away from evil people to protect yourself from their evils."

### 6. Do a variety of acts of worship:

Allah has blessed us with a variety of acts of worship to do (physical, financial, spoken). Abu Hurairah (RA) says Rasulallah (SAW) said: "Whoever spends on a pair for the sake of Allah will be called from the gates of Paradise. Whoever is one of the people of prayer will be called from the gate of prayer. Whoever is one of the people of jihad will be called from the gate of jihad. Whoever is one of the people of fasting will be called from the gate of al Rayyan. Whoever is one of the people of charity will be called from the gate of charity." (Sahih al-Bukhari).

## 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, by the end of October.

## Prophet Saleh and the She-Camel

The people of Thamud led wealthy excessive lives, and their extravagant lifestyles led to idol worship and wickedness. Prophet Saleh (who is one of only four Arab prophets and is not known in Christianity and Judaism) was sent to warn the people that God was not pleased with their behaviour, and would rain down destruction upon them, if they did not mend their evil ways.

Saleh was a pious, righteous man who held a position of leadership in the community, but his call to worship God alone infuriated many people. "O Saleh! You have been among us as a figure of good hope and we wished for you to be our chief, till this, new thing, which you have brought that we leave our gods, and worship your God alone! Do you now forbid us the worship of what our fathers have worshipped? But we are really in grave doubt as to that which you invite us to monotheism." (Quran 11:62)

The people of Thamud demanded that Saleh prove that the One God he spoke of was truly mighty and strong. They

asked him to perform a miracle – to cause a unique and incomparable she camel to emerge from the nearby mountains.

By the grace of God, an enormous, ten month pregnant she camel emerged from the rocks at the bottom of the mountain. The majority continued to disbelieve. They saw a great and dazzling sight yet remained arrogant and stubborn. "We sent the she camel to Thamud as a clear sign, but they did her wrong." (Quran 17:59)

Many stubbornly refused to listen. People began to complain that they drank too much water, or that she frightened the other livestock. Prophet Saleh began to fear for the camel. "O my people! This she camel of God is a sign to you, leave her to feed on God's earth, and touch her not with evil lest a near torment will seize you." (Quran 11:64)

A group of people plotted to kill the she camel and took the first opportunity to shoot her with an arrow and pierce her with a sword. The she camel fell to the ground and died. Prophet Saleh warned

the people, "O my people! I have conveyed to you the Message of my Lord, and have given you good advice but you like not good advisers." (Quran 7:79)

"And there were in the city nine men (from the sons of their chiefs), who made mischief in the land, and would not reform. They said: 'Swear to another by God that we shall make a secret night attack on him and his household, and afterwards we will surely say to his near relatives, 'We witnessed not the destruction of his household, and verily! We are telling the truth.'" (Quran 27: 48 & 49)

God saved Prophet Saleh and all his followers; they packed some meagre belongings, and with heavy hearts, moved to another place.

After three days, Prophet Saleh's warning came to pass. The sky was filled with lightning and thunder and the earth shook violently. God destroyed the city of Thamud and her people died in a torment of fear and disbelief.

How long will you keep pounding on an open door,  
Begging for someone to open it?

-Rabia al-Adaiwyyah

## Upcoming Events

\*Final day of Shawwal  
-20 October 2009

(It is recommended to fast 6 days during Shawwal, if you are able)

## 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?

All of Rasulallah (SAW)'s children died before him except for his daughter, Fatimah (RA).

## Hadith

Narrated Mujahid:

'Abdullah bin 'Umar said,

"Allah's Apostle took hold of my shoulder and said, 'Be in this world as if you were a stranger or a traveler.' The sub-narrator added: Ibn 'Umar used to say, 'If you survive till the evening, do not expect to be alive in the morning, and if you survive till the morning, do not expect to be alive in the evening, and take from your health for your sickness, and (take) from your life for your death.'"

# Mercy - USA

Mercy-USA is this month's featured charity. Mercy-USA is a charity which is dedicated to the aid and development. They are dedicated to alleviating human suffering and supporting individuals and their communities in their efforts to become more self-sufficient. They live by the motto "Helping People Help Themselves." Mercy-USA is a non-profit relief and development organization based out of the state of Michigan. Mercy-USA assists people in the United States, Albania, Bangladesh, Bosnia & Herzegovina, India, Indonesia, Lebanon (including Palestinian refugees), Pakistan Earthquake, Somalia, Kenya, Yemen Flood Relief, Kosovo, and Chechen refugees. To donate or contact:

Mercy-USA for Aid and Development, Inc.  
44450 Pinetree Drive Suite 201  
Plymouth, Michigan 48170-3869  
Phone: (734) 454-0011  
Fax: (734) 454-0303  
Toll Free: 1-800-556-3729  
[info@mercyusa.org](mailto:info@mercyusa.org)

## Mind, Body, & Spirit

According to Islam, Allah has appointed the human soul as His *Khalifah* in this world. He has invested it with a certain authority, and given it certain responsibilities and obligations for the fulfillment of which He has endowed it with the best and most suitable physical frame. The body has been created with the sole object of allowing the soul to use it in the exercise of its authority and the fulfillment of its duties and responsibilities. The body is not a prison for the soul, but its workshop or factory; and if the soul is to grow and develop, it is only through this workshop.

### Ways to improve our spirituality:

\***Awareness:** always be aware of Allah and his power

\***Obedience:** give up your independence and accept your subservience to Allah

\***Taqwa** (reverential fear of Allah): desist from everything Allah has forbidden. We must be in a state of readiness and undertake all Allah has commanded of us.

\***Ihsan** (responsibility to attain perfection in worship): worship Allah as if you can see him



## Kid's Corner

### How to make fleece scarves

Here's a great activity to do with your kids. They are not only easy to make, but also saves money on buying winter scarves.

#### What You'll Need:

- \* 60 inches fleece fabric
- \* scissors
- \* ruler



#### Directions:

**Step 1:** Start by laying your fabric out just as it came off the bolt- folded so it is 30 inches wide from the fold to the open side. It isn't necessary, but you can now cut off the finished edge if you prefer (it usually looks like it is folded up and pressed).

**Step 2:** Measure along the folded edge and make a small cut (you can also mark it with a marking pencil instead of cutting) every 6 inches (you'll get about 6 from each yard this way). Repeat on the open side so the cuts or marks will line up with each other.

**Step 3:** Cut a straight line from the mark on the folded side to the mark on the open side to make one long strip that is 6 inches wide.

**Step 4:** To make fringe on the ends of your scarf, make 5 cuts about 1.25 inches apart and about 4 inches long into each end.

**Step 5:** You can tie a knot at the top of each fringe, if desired.

Your handmade fleece scarf is complete!

## A Recipe For: Garbanzo & Tomato Soup

#### Ingredients:

- |                          |                                 |
|--------------------------|---------------------------------|
| 2 tbsp olive oil         | 1 fresh bay leaf                |
| 2 leeks, sliced          | 3 ½ cups vegetable bouillon     |
| 2 zucchini, diced        | 14 oz can rinsed garbanzo beans |
| 2 garlic cloves, crushed | 8 oz spinach                    |
| 4 cups canned tomatoes   | 1 tbsp tomato paste             |

#### Directions:

1. Heat oil, then add leeks and zucchini. Cook briskly for 5 minutes.
2. Add garlic, tomatoes, tomato paste, bay leaf, vegetable bouillon, and garbanzo beans.
3. Bring soup to a boil and simmer 5 minutes.
4. Shred spinach, add to soup, and cook 2 minutes. Season to taste.
5. Discard bay leaf.

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