



PARADISE

Huntsville Islamic Center Monthly Newsletter



July 2014: Ramadan 1435 AH

HIC News

HIC Membership

Please consider becoming a voting member of the Huntsville Islamic Center (HIC), if are not a member already. With membership you will gain the right to vote to shape the direction and vision of HIC, you will have opportunity to be a member of the Board to serve the Community, and you will be able to help the HIC financially.

If you have been a dependent member, please check whether you still qualify for dependent membership. HIC Bylaws on dependent membership changed on December 2013 to the following:

“Dependents of current Voting Members, between 18-24 years of age, may be added to the Voting Members list upon formal written request from the current Voting Member. Concurrence must be obtained from the voting members on yearly basis. Dependents of the current Voting Members shall lose their voting privileges upon getting married or reaching the 24th birthday whichever occurs first.”

Membership form is available at:

<http://www.huntsvilleislamiccenter.org/documents/HIC%20Membership%20Form%202014.pdf>

HIC Bylaws are available at:

<http://www.huntsvilleislamiccenter.org/documents/HIC-Bylaws.pdf>

HIC Resolutions are available at:

<http://www.huntsvilleislamiccenter.org/documents/HIC-Resolutions.pdf>

HIC needs volunteers!

If you would like to volunteer for anything at all, please contact any HIC Board member or email

board@huntsvilleislamiccenter.org.

Upcoming events

Summer Camps for Children

HIC can enroll up to 50 students in the summer camps. There will be 3 classes: Quran, art and crafts and Islamic studies with Sheikh Ragab.

The students also will decorate HIC for Ramadan.

The camps will be on Tuesdays, Wednesday s, and Thursday s for 3 weeks, and students divided into 3 groups according to their ages. The camp will run from 10:30AM - 2:00PM. The fee is \$50 per child, and includes snacks.

Quran Memorization Contest

The Huntsville Islamic Center (HIC) is proud to announce the Annual Ramadan Qur’an Memorization Contest for Adults. The contest/testing will be conducted Saturday, July 19, 2014 from 10:00 am to 2:00 pm at the HIC, followed by an awards ceremony recognizing the winners at the Eid day. All contestants will be judged on clarity of voice and rhythm of recitation in Arabic memorization only. Prizes will be awarded to the 1st, 2nd, 3rd, and Honorable Mention winners. For additional information, or to register for the contest, please contact the Religious Affairs Secretary Br. Abubaker Treki religious@huntsvilleislamiccenter.org. Deadline for registration is July 14, 2014. The Surahs are as follows:

For New Muslims and none Arab speakers who cannot read Quran comfortably: competition includes memorization & translation

Beginner: Al Fatiha & Al-Iklas (1 & 112)

Intermediate: Al Fatiha & Al-Maoon (1 & 107)

Advanced: Al Fatiha & Al-Zalzalah (1 & 99)

For Arabic speakers and those who know how to read Quran: competition is for memorization only

Beginner: Al-Burooj (85)

Intermediate: Al-Hujuraat (49)

Advanced: Luqman (31)

News from the Weekend Islamic School

Fall Registration

Registration forms for the new and returning students will be made available during Fridays in the month of Ramadan. Fall classes begin August 10, after the summer break.

Please contact the Principal directly at mmiran9211@gmail.com to register for Fall semester, or to enroll as an instructor.

Comments? Submissions? All ideas are welcome! We would love to carry articles written by members of our community.

Please submit your articles, announcements or classified advertisements to secretary@huntsvilleislamiccenter.org.

Submissions are due by the 15th of each month. We will be glad to help with editing if needed. We would also like to carry classified ads, community job or help wanted postings, and ads for community businesses.

Ramadan at HIC

Ramadan 2014

Join us for Taraweeh prayers every night. Every day between the Taraweeh Salah will be a short reminder (five minutes) about the recited verses. On Fridays and Saturdays, there will be a longer (15 minutes) detailed discussion regarding fasting and Salah. Babysitting will be provided for young children during Taraweeh prayers at a special rate of \$40/week for the first and second children each, and free for the third. Days missed can be adjusted.

Iftaar will be hosted for students and single people every weeknight and for the entire community on weekends. Volunteer to host iftaar this year! Signup sheets will be posted throughout the masjid. (June 28 & July 5 have already been booked.) To host, contact:

-Br Abubakar at 310-961-7235

-Br Sajid Baig at 256-724-0214

-Br Baber Khan at 832-466-3784

Additionally, throughout Ramadan, there will be Quran teaching and memorization classes for men and boys in the Musalla immediately after Asr.

Quran Classes

Quran reading classes will be held from 11 AM-1PM every Saturday and Sunday during the blessed month of Ramadan. These classes are a follow-up to the Quran reading intensive workshop, but they are also open to everyone.

Youth Program in Ramadan

July 1, 2014 Tuesday, Wednesday, Thursday, starting at Dhuhr. Each session will be for 1 ½ hours. The program will run for three weeks, a total of nine sessions.

It is designed for young people ages 12 to 22, and will cover general topics with an emphasis on active dialogue, to strengthen Iman. The program will be held at HIC.

Last 10 Days

Tahajjud salah from 2:30 AM to 3:30 AM. This can be adjusted by the people who participate.

Accommodations will be made for "Ihtikaf" in Mussallah. Partitions will be set up for those who wish to do Ihtikaf.

Get ready to welcome a dear friend – Month of Ramadan

By

Imam Ragab

Alhamdulillah, Allah (SWT) has blessed us to witness and reach another Ramadan. The Prophet (PBUH) has called this month – a blessed month (مبارك) and a great month (شهر كريم). In this article we will focus on "How can we fully benefit from this season of blessings".

Intention & Determination – Intention creates the desire, the consciousness and the determination; which in turn produces the required efforts for a task or goal. At the start of this Ramadan, make the intention of attaining the piety (*Taqwa*) which is the goal of the month of fasting. Have the intention of reaching this level of piety through your fasting, worship (*Ibadat*) and all the planned special activities during this month. To achieve, this goal, it may be beneficial to dedicate some private time before the first day or on the first day of Ramadan and make *Hamd & Istighfar* to Allah ﷻ. Send salutations on the Prophet ﷺ, and ask Allah ﷻ to assist you in this endeavor. Making *Duaa* with focus and concentration can help you attain the proper mindset.

Relationship with Quran – Make special arrangements during this month for recitation, listening, understanding and pondering on the verses of Quran. Spend as much time as possible in the company of Quran. Attending *Taraweeh* regularly is a great opportunity to complete listening to the Quran at least once during Ramadan. If you don't understand the Arabic language, you should make every effort to understand a set portion with translation and tafseer. If following the translation for an entire *Juz* is not possible, dedicate time to follow some portion of a *Juz*. Alternatively, you can plan to complete the reading with translation within one year and before the next Ramadan. In our day and age, the Internet has opened an unlimited number of opportunities for learning and understanding of Quran from the comfort of our homes.

Stay Away from Sin – Make a special effort to stay away from any and all types of sins. In this month, believers are given special protection from the devil (*Shaytan*), which we should take advantage of by promoting and increasing our closeness to Allah ﷻ. The farther we are from sin, the closer we get to Allah ﷻ. The Prophet ﷺ reminded us in his famous Hadith that "Fasting acts as a shield from sins, so use it as a shield. The fasting person should not curse anyone, yell and badmouth anyone. If someone curses him or fights with him, he should move away by saying, "I am fasting. I can't be part of bad deeds" – related by Bukhari and Muslim. We can gradually and consciously correct our bad habits – for example, we can decide to consciously lower our voice and avoid yelling, screaming or fighting during this Ramadan. Also we should avoid mentioning negative things about people in their absence. Make a special effort to guard your tongue during this month. Make a habit every night to assess your day before going to sleep. Make immediate *Istighfar* and repent if you

have committed a sin during your day.

Seek Good Deeds – A believer should always be seeking opportunities to perform and engage in good deeds. During the month of Ramadan the reward for every good deed (*Nawafil*) rises to the level of the reward of obligatory acts (*Faraidh*). We should seek all such opportunities in worship (*Ibaadat*) and relationships (*Muamalat*). When a believer goes beyond the obligatory acts (*Faraidh*) and hastens to perform the optional (*Nawafil*) it shows his eagerness to please Allah ﷻ. These are the believer about whom Allah ﷻ relates in the Hadith Qudsi related by Abu Hurayrah (RA) that such people become so dear to Allah that Allah becomes the eyes through which they see; He becomes the ears through which they hear; He becomes the feet through which they walk, and the tongue through which they speak. In this Ramadan decide on any three (3) or more good deeds that you will consistently perform to attain this special nearness to Allah ﷻ.

Qiyam al-layl – To stand the night in prayer and recite from the Book of Allah is one of the most effective methods of attaining the consciousness of Allah (*Taqwa*). Allah ﷻ praises these believers in Surat Al-Dharyyat [51:18]

“And in the hours before dawn they would ask forgiveness” [51:18]

Taraweeh is considered to be part of Qiyam al-layl. Believers are also encouraged to wake up and pray during the second part or the 3rd part of the night right before dawn. We can be among those who are mentioned in the above verse of Quran by simply waking up 15-20 minutes before *Suboor* and performing two *rakaat Nafi* prayers. Abu Hurairah (RA) narrated that Allah’s Messenger ﷺ said: ‘In the last third of every night Allah ﷻ descends to the lowermost heaven and says; “Who is calling Me, so that I may answer him? Who is asking Me so that may I grant him? Who is seeking forgiveness from Me so that I may forgive him?”’ [Sahih al-Bukhari, Hadith Qudsi]. This and many of the following verses are a great inspiration for the believers to stand in prayer during the night.

“Is one who worships devoutly during the hours of night prostrating himself or standing [in adoration] and who places his hope in the mercy of His Lord – [like one who does not]? Say: ‘Are those equal – those who know and those who do not know?’ It is those who are endowed with understanding that receive admonition.” [Az-Zumar 39:9]

Ziker and Duaa – Remembrance of Allah is important throughout our lives, but is even more important during the month of Ramadan. Making a special effort to keep the remembrance of Allah, especially with your tongue is a source of great reward. This act keeps Allah in your thoughts constantly. A constant *Ziker* of Allah and his praise (*Tabmeed & Tableel*) are one of the best of ways of reaping rewards during this month. As we make *Duaa* to Allah ﷻ, we perfect our conviction and belief – that He is the only one who can fulfill our needs, wants and desires. Extending our hands in complete devotion any time of the day or night and at specific times such as the time of breaking of fast (*Iftar*) would be a source of Allah’s mercy and acceptance. Make a special effort to memorize some of the *Azkar and Adiyah* and frequently repeat them throughout the day.

The Practice of Reading Quran

by

Fakhar Masood

We all deeply respect and love Quran so that is not debatable. We wash our hands before we touch it and each time we open it we kiss the holy book and put on a serious face, out of respect, that it is a word of God. It may be debatable that some of us leave their homes, playing Quran on their CD players with the understanding that the sounds of Quran would keep the thieves away. Some drive with Quran in the trunk, thinking that it will save them from accidents. In some cultures, brides are asked to pass under the bridge of The Quran before they leave their threshold to benefit the marriage. There may be a difference of opinions whether reciting and reading are the same or reciting is incomplete without reading. The net result of reciting The Holy Quran, varies from country to country as Arabic speaking Muslims, definitely get some meanings, when they read but non Arabic speaking Muslims hardly understand a thing when they recite. They recite for the sake of reciting. The sad part is that many of us recite the most meaningful document ever created, without understanding the meanings but no sense of loss is felt. We don't feel any curiosity about what we have read, mainly, because most of us have been raised to recite Quran to obtain blessings. Some read a few pages every day, regardless of the application of those Ayas to the situation, hoping that the reading will help them succeed in their business, exams, tennis or soccer match, while others, arm themselves with a mini copies of Quran, hoping that it will help them defeat their enemies. In many countries, Quran is stored at the highest shelf in the house, so that no one would turn his backs to it but in practice, backs are turned daily to the teachings of Quran and very few realize the errors. This is a gist of general practice and as far as I know a very small minority, reads Quran to understand the purpose of the whole creation and attributes of the Creator. So, as a first step, let us see what holy Quran says about itself.

The manufacturer of every product best understands its purpose and the best use. That is the reason, we carefully, read manuals of machineries and the labels of the products, not only to make the best use of them but also not to harm the products as well as ourselves. I will be the first one to admit that it is beyond my scope of abilities to pinpoint the definition and purpose of holy Quran but I will quote just a few Ayas which will only describe a small part of what Quran is all about. I fervently believe that it is not enough to say that we love holy Quran. It demands more, a lot more than we do in common practices. It is a Mercy and Healing for sure but in essence, all the revelations were sent to guide humanity to Paradise and save them from the hell fire. In sura 41, aya 44, it is mentioned that “Oh Prophet, what we are telling you in revelation has also been given to other Prophets (in their own languages).” This proves that guidelines are about

the same and they were sent to previous people in their tongues so they could understand them so that purpose can't be fulfilled by hugging and kissing the Quran. It dictates that we intellectually tap in to the reservoir of blessings and Hadaya and establish a personal relationship with our Creator. This can only be done if we try to digest each hint and carefully mind every bold print, by using tufseers and commentaries. The creation around us and above is like a body language of Quran and it says volumes about the Creator, provided we look up close. It speaks of His powers, oneness, Organization and thoughtfulness. How could we look at the Mount Everest and not think how many truck loads it would take to erect such a huge structure. It would be an intellectual as well as a spiritual loss to see the vast seas and oceans and fail to acknowledge the powers and Mercy of the Creator, Who has created them for us to transport, find food and other benefits. Seeing the rain falling down from the heaven should blow over minds away because it is not an ordinary phenomenon. We take it for granted; otherwise, It is no different from the muno salwa which used to fall from the skies. It replenishes the ponds and rivers for animals and human use or the life on this planet would cease. The same water after doing the needful, evaporates back up where it came from to reload and stay in waiting, for the next run of showers. This is one of the most wonderful acts of recycling and it should get our attention so that we may appreciate one of the many blessings of Allah. May be next time, it rains, we would not just pull out the umbrellas but also imagine the whole process of rain and say Subhan Allah deep from the hearts and not by tongues only. The same should be true in case of all creation such as wind, trees, mountains, moon, stars, animals, oxygen, vegetation, fruits and all kinds of food that have been created for sustenance. We must acknowledge and appreciate every blessing from the cores of our hearts and not just give them lip service. All this is in Holy Quran for us to know and not glance over thoughtlessly.

There are multiple Ayas in Quran which provide many different shades of its purpose. They appeal to us according to our individual capacities and angles of contemplations. Here, I will present just a few to support my argument. If nothing else, these Ayas would at least serve as revisions of some Surahs of Quran and may trigger further research at individual levels. I will start with Surah Kahf.

“Allah has revealed this book on His servant, which has clear guidance and instructions and there is no ambiguity whatsoever.” Ayas, 1:2

“These are the Ayats of the book of Wisdom.” Younis: 1.

“Oh Insan, there is a message for you in Quran, why don't you (try to) understand it.” Al-Anbiya: 10.

“Blessed is He, Who sent down the Criterion to his servant (a tool to tell the difference between right and wrong) so that it may be an admonition to all creatures.” Al Furqan: A : 1.

“These are Ayahs of Revelation of Quran that make things clear.” Hijr.

“We sent down the book to thee for the purpose, that you should make clear to them, things in which they differ, and it should be a Guide and Mercy to those who believe.” An-Nahl: 64

“It is good news to the believers and a warning to those who don't believe in the hereafter.” Al Isra:9:10, and “It is a healing and Mercy to those who believe and a loss to non-believers.” Aya 82. Al Zumar:41.

Finally, perhaps the most comprehensive description was given in Aya 203 of Ehraf: “This is nothing but lights from your Lord, and Guidance and Mercy, for all who have faith.”

Obviously, Quran is a live revelation in the sense that its meaning grows with time and we can't fully describe holy Quran. The above quotes from Quran itself, give us some ideas of what it is and what it is not. In response to a non-believer's objection, that they would have considered a miracle, had it come in Persian language, Allah says, He sent it in Arabic to Arabic speaking people and had sent in in Persian then you folks would have complained that you could not understand it. S.41, Aya 44. That in itself proves that understanding the revelation was critical or Islam would not have spread so briskly all over the globe. Some of the quotes above indicate that The Quran is a book of spiritual wisdom and a prime source, to tell the difference between right and wrong. We also learn that it is a Guide, Mercy, good news for believers and a warning for those who don't believe in hereafter. Now, a reader can decide for himself, whether he would get any of the above mentioned benefits and blessings plus a lot more, by merely pronouncing the words? Describing Aya, 203, of Al Kahf, Yusuf Ali gives a very powerful explanation of "lights", which is worthy of getting our attention. He writes: “The revelation is for us, just as a blind man, if he is given eyes and the faculty of sight, is at once removed in to an entirely, a new world, so those, who can reach the stage of spiritual insight, pass in to and become citizen of wholly new spiritual world.” I feel grateful to Yusuf Ali for his thoughtful elaboration. We can have our individual takes on the meaning of "lights", which will be O.K. I gather the meanings, that a true reader of Quran should feel like a new world has been opened up for him and with his spiritual sight, he starts seeing the life and the world, in their true faces. He recognizes that life on earth is no more than a deception, designed to test him, day in and day out. It does not mean that it is altogether useless and we become hermits. Nay, on the contrary, it is a high prized gift, a necessary vehicle to continue our journeys, accumulate good deeds and shun bad ones. The caution may be that we accept the fact that it is fleeting and temporary and we better milk every moment and do not confuse it as a destination in itself. We have to value it as an essential stepping stone to reach our destiny, which is higher than the stars, way up there, in the company of Muqurbeen, (blessed neighbor of our Creator). High rewards require matching efforts and sacrifices. It is through understanding the holy Quran and sunnah of our Prophet, PBH, that we recognize our roles in this life and understand His will and reach a point, that our wills become His will.

While it is O.K., to memorize and recite Quran in Arabic because we can't get the same taste of Quran by reading it in any other language, it will be a great loss if we would apply ourselves to achieve wisdom and absorb guidelines, by reading, between the lines, otherwise, we will be cutting short, the multiple benefits, that we are entitled to. Quran gives us advices and instructions, how to lead our life, what to do, how to do it and what to avoid and why. It tells us to work hard, make a clean living and not just worry about one's own salvation but seek unity and work for the salvation of the society that we live in. Quran says, we have been given tongues and lips as a gift

(Balad: A.9), so we utilize them to learn wisdom and always speak the truth and promote justice. A free gift of speech calls for using the most beautiful words to heal and not to hurt as it is advised in Aya 70 of Ehzab." Eh my servants, always say what is the best". I sincerely believe that if we would only absorb aya 1, of Sura Umbya, it should be sufficient to provide guidance in most of the affairs of life." Eh believers, (keep your words and) fulfill all your trusts and obligations". This may be the most concise yet a very comprehensive command, which encompasses nearly everything in our life.

Quran has made it very clear that it is Allah who provides the sustenance for every living being. Once this fact is ingrained, then it can open up all kinds of avenues for purifying our souls which stand the need to be purified. That message clears up a critical misunderstanding that we make our living because of our skills and sweat. On the contrary, it is a gift and trust from God and we should know that having anything as a trust means that it is not ours and it will have to be returned in good shape back to the original owner. The only difference in this case is that the owner has allowed us to use all His trusts including the wealth as per His recommendations, remaining mindful that we will be asked how we used His trusts and free gifts.

In our real life, we do receive advices and instructions from different sources. The wise among us, pay attention to the advice and try to benefit from the wisdom and expertise of others. We pay utmost attention to the advices of the lawyers and medical doctors because they charge us but we pay little or no attention to free advices. It should be a common knowledge that all advices have to be less important than wisdom and guidelines of Quran, so naturally, we should give them the highest priorities that they deserve. Let us take an example of a sign, reading "Beware; there are land mines in the marked areas." Those who can read and understand that sign would not dare to step in that area because of safety reasons, but all those who would not understand would be liable to enter the danger zones and get perished. Likewise, Quran has marked many conducts, actions and Practices, which would bring more severe punishments, than stepping on the land mines, but strangely, many past generations and many of us don't see the writing on the walls. Ignorance is never accepted as an excuse, so can we say that as a first step, we may want to change the practice of only reciting and include complete understanding of what we read. It may take more time to finish one surah, but by trying to understand the revelation of God, we will better fulfill its purpose. It is a common sense that in any reading, understanding the text is implied or the reading does not get completed. Here is a very famous example of some companions of Rasool Allah, who used to take ten surahs at a time, understand and act on them first and then move to other ten surahs. Obviously, they had understood the purpose of Quran and we should use them as inspiration. I don't mean that reciting will not have its awards. Allah promises that He will reward us for all our efforts, in according with our intentions. The idea is to allot proper emphases to understanding so that our conducts mirror the guidelines embedded in The pages of Quran and exemplified by His messenger. Prophet. His simple instructions were: "Do the things that I have commanded you to do and stay away from the actions that I have told you to avoid."

Suppose, we receive the news today that God has sent a message in Chinese language. Do you think we will sit around and ignore this news? We would consider this such big news that everyone would jump off his feet and rush to find out in his/her own language what God had revealed. So, why is it that an authentic and preserved word of God has been around in the every corner of the world and for centuries many generations have been feeling content by only reciting the most meaningful text from God of us all. Does the fact that the commands and advices were revealed centuries ago, make them less important? Do we have any doubt that they were from our God? Of course, we don't doubt a single word but for some strange reason we don't take it seriously otherwise, there will be no poor left who can't pay his rent or had his power cut off. There will be no sick who would not get medical care and medicine. People will compete with each other to find needy whether in need of transportation to go to work or food to feed their families. That is the ideal society that Quran intended to create but it was only witnessed in the era of Umar Abdul Aziz. Can you imagine that donors would get out and not find any to donate to. The warning is very clear in Aya 8 of Al Takathur: "Then you shall be questioned that day about the joys (that you indulged in)." A similar reminder jumps up in Ayas 4:7 of Al Balad, "Verily, we have created man to toil and struggle. Does he think that none has power over him? He may (boastfully) say (so much) wealth I have squandered in abundance and no one was watching him." Yes, Of course, we have been created for hard work, tests and self-discipline and most of us would need Grace points to pass the demanding test of life. The best escape route may be to follow the procedure to repent and receive the bargain of turning our past sins in to good deeds. (Aya 64:70, Sura Al Furqan.)
Subhan Allah.

What To Eat At Suhoor: Foods That Release Energy Through The Day

with input from Nour El-Zibdeh & Fozia Khot, registered dieticians

Q: You mean my traditional diet is not ok?

Not if it contains a lot of refined (white) flour (like white bread or pitas), sugar, or fatty fried foods. Refined flour & sugar will cause your blood glucose level to spike early in the day and then crash, making you tired by late morning. Not good if you want to continue your ibadah (& your work) all through the day, especially when we need to make it through 16 hours!

Q: Ok, so what should I be eating instead?

A: Glad you asked! Here's a handy list.

Fiber

Keeps you full & helps you stay regular. Eg: beans, whole grains (whole wheat bread or pasta, roti), brown rice, nuts & seeds, fruits like berries, pears, & apples, oatmeal, & vegetables – the crunchier the better. Nut butters like almond butter can be spread on whole wheat toast & eaten with fruit, or you could make bran muffins ahead of time. Pre-packaged flavored oatmeal or cereal may have a lot of added sugar, but you can prepare dry bowls of instant oatmeal with all your favorite fruits, nuts, & dried fruits ahead of time & cook them in the microwave right before eating. Less sugar, and more economical too.

Protein

Delays hunger pangs & provides energy. Eg: Eggs, yogurt, beans, fish, soy, lean beef, poultry.

Healthy fats

Much better than fried food! Eg: Avocado, nuts & nut butter, olives & olive oil.

Fruit & vegetables

Always make sure you have at least one fruit or vegetable at Suhoor, & make sure it's not always a fruit.

Hydration

Yes, it's hot. And humid. So rely on food for part of your necessary water intake. Tomatoes, cucumber, lettuce, watermelon, & oranges all have a very high water content. Breakfast smoothies incorporating a variety of fruit (bananas, mangoes, oranges, apples, berries, watermelon etc.), vegetables like kale, or nut butters, are also a great way to do this. Remember to drink plenty of water, too. Fruit juice has too much sugar, so it's not an ideal choice.

Most important of all, aim for balance, but don't overstuff yourself.

Q: I can barely taste my food at 3 AM, and now you want me to balance the different food groups?

A: Focus on things you can prepare ahead of time. For example, you can boil a large batch of eggs at once and keep them in the fridge. Assemble sandwiches, toast, and wraps the previous day, layering the eggs with beans, meat, cheese, & vegetables like spinach, tomatoes, avocado, or kale. Then at 3 AM, all you need to do is pop the assembled sandwich in a toaster oven. Steel-cut oats can be cooked overnight in a slow cooker, & spooned out into bowls with fruit in the morning – this is especially helpful if you're cooking for a big family! All the ingredients for a breakfast smoothie can be assembled in a bowl the previous night, refrigerated, and tossed in the blender in the morning. Nutrition-dense foods like blueberries or chia seeds are a good addition to many of the suggestions here. If you don't have much time, just layering yogurt with fruit and granola makes a delicious parfait. Instead of relying on foods with added sugar or using a lot of sugar, consider using small amounts of honey instead. Use your imagination the day before, and you won't have to think at 3 AM! It is hot and humid, but the bright side of Ramadan in July in Alabama is that our grocery stores, farmers' markets, and backyard gardens are overflowing with Allah's bounty in the form of fresh, delicious, and inexpensive fruits and vegetables. All the best for Ramadan, and may Allah accept our ibadah and help us follow the right path.



**ISLAMIC ACADEMY OF
HUNTSVILLE**



Islamic Academy of Huntsville, an **ACCREDITED SCHOOL** up to **8th** grade, offers a challenging curriculum, the **Common Core Curriculum** that meets the American National Standards taught by **CERTIFIED TEACHERS**, in addition to Quran, Islamic Studies and Arabic in **SMALL CLASS SIZE** and **ISLAMIC ENVIRONMENT**.

Classes Offered:

Pre-Kindergarten: Full/Half day programs

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