



Salaam

The monthly newsletter of the Huntsville Islamic Center

From the HIC President

Assalamu Alaikum Dear All,

A little less than 2 years ago, we embarked on a journey to make HIC less reliant on yearly fundraisers. Our goal was to have a reliable monthly stream of income from our community members to pay our monthly recurring bills such as water, electricity, upkeep, etc. To that end, Alhumdulillah, we have seen progress and are currently at almost \$9,000/month in monthly auto-withdrawals. At the moment, we are just a few more members short of reaching our goal.

By the Grace of the All Mighty, we hope to increase our services and programs as we continue to grow as a community. Therefore, we request that every member of the greater Muslim community in North Alabama look into what they can afford and sign-up. It can be as low as \$1.00/month. Whatever Allah (SWT) has made easy for you, we request that you contribute. Become an auto-withdrawal participant and start a small consistent good deed as an investment for your house in Paradise!

Allah's Messenger (ﷺ) said, "Do good deeds properly, sincerely and moderately and know that your deeds will not make you enter Paradise, and that the most beloved deed to Allah is the most regular and constant even if it were little."

Omer Iqbal

From the Editorial Board

Our community, without doubt, is a diverse one. We are made up of people from different races, ethnicities, countries, and so on. But we remain united. As the Prophet (ﷺ) said, "The Muslim *ummah* is like one body..."

Traditionally, Ramadan has always been a time for our community to gather as a group, especially during the weekends. Whether we are sharing in the joys of *samosas* or *maqlooba*, *chaat* or *kunafa*, greeting each other with salaams, or standing side-by-side in prayer, coming together has always created a sense of spiritual kinship.

Like last year, however, this year's Ramadan is also likely to be a little different. However, that does not mean that we are separated or disintegrated as a community. One of the key goals of this newsletter has always been to bring us all closer together. Please remember that we'd love to hear more from you! Share your experiences, thoughts, and more with us at:

secretary@huntsvilleislamiccenter.org

Upcoming Events

The 27th Annual Youth Quran Memorization Contest will inshaAllah be held on May 9, 2021 via Zoom.

For additional information or to register for the contest, please contact the Weekend Islamic School:
hicsundayschool@gmail.com

A fee of \$10 is required to enter the contest. Prizes will be awarded to the 1st, 2nd, 3rd place and Honorable Mention winners.


Community Reminder

Avicenna, HIC's free medical clinic, continues to accept patients. It provides basic health screenings and follow-up on some chronic medical conditions such as high blood pressure, cholesterol, and diabetes.

To schedule an appointment, visit Avicenna's new website at:
<http://avicennafmc.org>

Weekly Online Schedule

Friday Halaqah
 Sunday Seerah Class (6:30 PM)
 Join using this [Zoom Link](#).

 [Imam's YouTube Channel](#)

A Healthy Approach to Ramadan Fasting For Kids

By Aasim Musani

With Ramadan soon approaching, **Dr. Nermein Lotfy**, a local pediatrician, shares some advice on healthy fasting habits for children. Dr. Lotfy practices at Valley Internal Medicine and Pediatrics.



Ease Children into Fasting Gradually

First of all, it is important to note that it is not mandatory for kids before the age of puberty to fast. If they desire to fast, fasting for a few hours at a time and then increasing the hours of fasting gradually will give them the endurance needed and also help get their body acclimatized to fasting for long hours.



Healthy Meals for *Suhoor* and *Iftaar*

Suhoor is a very important meal that should not be skipped. It should supply enough nutrition to last children during the time of fasting. Complex carbs such as oats, bread, fruits, yoghurt, eggs, cheese, milk, and dates are some good types of foods that can supply the essential nutrients needed.

At time of *Iftaar*, it is important to get children to slowly begin to eat with dates and water thereby preparing the body that has been fasting for a meal. Avoid overloading their digestive system as that can cause abdominal discomfort. *Iftaar* food should include soups, salads, vegetables, and protein. Fruits that are high in water content, such as watermelon, are also recommended as they help rehydrate the body and also contain fibers and essential nutrients needed to prevent constipation.



General Nutrition Tips

- Drinking lots of water between *iftaar* and *suhoor* is recommended.
- If craved, desserts/sweets may be had post-*iftaar*, after a gap of two hours or more.
- Avoid salty, fried, and fatty foods as they tend to increase sense of thirst and overload children with unhealthy calories.



From the Imam's Desk

A Message of Guidance for Our Sisters By Imam Ragab Abdelmoneim

During the month of Ramadan, our sisters often spend a lot of their time in the kitchen, especially during blessed times, such as the sunset hours before *iftaar* during which duas are highly accepted, as well as at *suhoor* time before the Fajr prayers. However, in order to not consider these precious moments a waste, we must pay attention to the following key points:

- Make an intention to seek Allah's reward for any fatigue or exhaustion that occurs when preparing meals for fasting family members. On the authority of Anas (RA), it is narrated that Allah's Messenger (ﷺ) stated that the traveling brothers who were not fasting, but instead prepared food and drinks for fasting individuals were more rewarded in the sight of Allah (SWT).
- Recite *adhkaar* or *tasbeeh* while preparing food. Allah's Messenger (ﷺ) stated that each *tasbeeh* is a charity. Alternatively, listen to Quran or Islamic lectures during cooking so that beneficial knowledge is gained.
- When possible, women should plan to pray *Salat-ul-Taraweeh* at the masjid so that they can benefit from a change of environment as well as take advantage of the congregational (*jamaa*) prayers. This also gives them the opportunity to meet other Muslim sisters and strengthen their community ties.
- **For our brothers**, please remember that the Prophet Muhammad (ﷺ) was in the service of his family, as narrated in an authentic hadith by Asayda Aisha (RA).

Being Muslim in Secular America: The 5 Pillars

By Wafa Hakim Orman



Shahadah



Salah



Zakaat



Sawm



Hajj

Continuing from last month, we once again explore what is perhaps one of the biggest questions currently facing our community — i.e., how do we live as Muslims, preserve our faith and our values, and pass them along to future generations, in a society that is becoming increasingly secular?

The place to begin, of course, is with the 5 pillars - the essentials that hold up our faith. *Shahada* — because of course without it there is nothing, no faith nor foundation for our morals. Philosophers go into great detail about ethics, scientists explain the world rationally, but none of them can answer the question of *why*. Why does anything exist? Why choose good, when evil is so often rewarded in this world? Only Allah (SWT) can answer those questions, and only He is the fundamental reason for it all. The other four pillars are all His gift to us, to keep our faith strong.

Salah — because to stop whatever we are doing, 5 times a day, every day, to remember Allah (SWT), is how we constantly remind ourselves of His presence. *Zakaat* — because we are all His creation, and if we don't take care of our brothers and sisters, who will? More on these two, and *Hajj*, in future articles in this series.

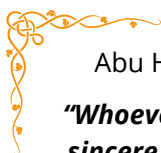
Heading into Ramadan, let me focus on *Sawm*. The hunger and thirst as we watch our non-Muslim friends and colleagues eat freely, the total self control of our emotions and impulses, the disruption of the daily routine — these things set us apart. They mark us as different from those going about their daily lives — as well they should, because we *are* different!

Submission to the will of Allah (SWT) makes us outsiders in a society that prioritizes individual happiness and self-actualization above all else. We don't value self-actualization the same way — because Allah (SWT) is the One who makes everything real. This month is our training, to build the mental discipline to resist temptation, so we can resist it for the rest of the year when it matters.

➡ If you'd like to be a part of this conversation, please email secretary@huntsvilleislamiccenter.org



Share the Khayr!
By Amna Minhas



Abu Huraira narrated that prophet Mohammed (ﷺ) said,
"Whoever prayed at night in it (the month of Ramadan) out of sincere Faith and hoping for a reward from Allah, then all his previous sins will be forgiven."

Reference: Sahih Bukhari 2008, Book 32, Hadith 226



Journey to Islam: My Fasting Experience

By Scott Asad

Assalamu Alaikum Brothers and Sisters,





I went through my first Ramadan fasting experience almost one year ago, subhanAllah! This upcoming Ramadan will be my second time fasting inshaAllah! I believe this year will be much easier for other new Muslims like me who have had at least some experience fasting. Ramadan is a month of peace and forgiveness from Allah (SWT) and although there were times when fasting was hard, you just have to stay strong and keep pushing until the end.

I pray Allah (SWT) gives us strength and patience during this Ramadan, especially as we continue to deal with the pandemic and other unfortunate things that seem to be happening these days. The thing to keep in mind is to make extra *dua*, try to read the Quran, give charity, and try to better ourselves as Muslim. I have learned so many *surahs* since then and I plan to learn more during this year's Ramadan inshaAllah!

Your Ramadan Calendar!

By Aasim Musani & Abdullah Shaikh

Do the good deeds listed below for each day of Ramadan and mark them completed using the check boxes. Remember, the gates of Paradise are wide open so let's earn as much reward as we can inshaAllah!

SUN	MON	TUE	WED	THU	FRI	SAT
		   <p>1 April 13 Open the door for someone <input type="checkbox"/></p>	<p>2 April 14 Help set the table for <i>Iftar</i> <input type="checkbox"/></p>	<p>3 April 15 Read one <i>ruku</i> of the Quran <input type="checkbox"/></p>	<p>4 April 16 Clean up your bedroom <input type="checkbox"/></p>	<p>5 April 17 Try and learn a new surah <input type="checkbox"/></p>
<p>6 April 18 Make <i>dua</i> for the Muslim Ummah <input type="checkbox"/></p>	<p>7 April 19 Bring in the mail for your family <input type="checkbox"/></p>	<p>8 April 20 Help your parents do laundry <input type="checkbox"/></p>	<p>9 April 21 Help with throwing out the trash <input type="checkbox"/></p>	<p>10 April 22 Help with cleaning the dishes <input type="checkbox"/></p>	<p>11 April 23 Water the plants in the garden <input type="checkbox"/></p>	<p>12 April 24 Help your parents with cooking <input type="checkbox"/></p>
<p>13 April 25 Read something beneficial <input type="checkbox"/></p>	<p>14 April 26 Help somebody out <input type="checkbox"/></p>	<p>15 April 27 Learn a new <i>dua</i> with meaning <input type="checkbox"/></p>	<p>16 April 28 Clean up after yourself <input type="checkbox"/></p>	<p>17 April 29 Do your <i>taraweeh</i> prayers <input type="checkbox"/></p>	<p>18 April 30 Say <i>jazakallah</i> as much as you can <input type="checkbox"/></p>	<p>19 May 1 Make a list of your blessings <input type="checkbox"/></p>
<p>20 May 2 Learn about <i>laylat-ul-qadr</i> <input type="checkbox"/></p>	<p>22 May 3 Learn and understand a hadith <input type="checkbox"/></p>	<p>22 May 4 Pray all your 5 prayers on time <input type="checkbox"/></p>	<p>23 May 5 Give your parents a hug <input type="checkbox"/></p>	<p>24 May 6 Pray at least 8 <i>rakats</i> of <i>sunnah</i> <input type="checkbox"/></p>	<p>25 May 7 Learn about the Prophet's (ﷺ) life <input type="checkbox"/></p>	<p>26 May 8 Say <i>Astaghfirullah</i> (x100) <input type="checkbox"/></p>
<p>27 May 9 Learn a <i>sunnah</i> practice <input type="checkbox"/></p>	<p>28 May 10 Donate towards charity <input type="checkbox"/></p>	<p>29 May 11 Make Eid cards for loved ones <input type="checkbox"/></p>	<p>30 May 12 Learn the Eid <i>takbeerat</i> <input type="checkbox"/></p>			



Dua for Breaking the Fast

ذَهَبَ الظَّمَأُ، وَابْتَلَّتِ العُرُوْقُ، وَثَبَّتِ الأَجْرُ إِن شَاءَ اللهُ

Dhahabdh-dhama', wabtillatil 'urooq, wa thabatal ajru insha'Allah

"The thirst is gone, the veins are moistened, and the reward has been earned if Allah wills."