Masjidul Taqwa
San Diego

Newsletter

Volume 2 Issue 1 | January 2016

Imam's Corner

A NEW YEAR – WHAT DOES IT MEAN

It means that the earth has made a complete trip around the sun. Man has partaken in 365 rotations around the sun. A year is also measured by the sighting of 12 consecutive new moons.

In Surah Asr (Time Through the Ages), Allah states: "By the Token of Time, Verily Man is in Loss".

By the declining day, Asr, is a specific time period; it is the time when darkness approaches. In this time we are forewarned that mankind will be at a loss, except for those who follow a blessed four step formula (1) believe (2) do the work of that belief (3) exalt and encourage those to truth and (4) be patient, steadfast, and consistent.

The Holy Qur'an offers a complete program with these four principles which can make us free from that great loss.

Happy New Year!

بسم الله الرحمن الرحيم

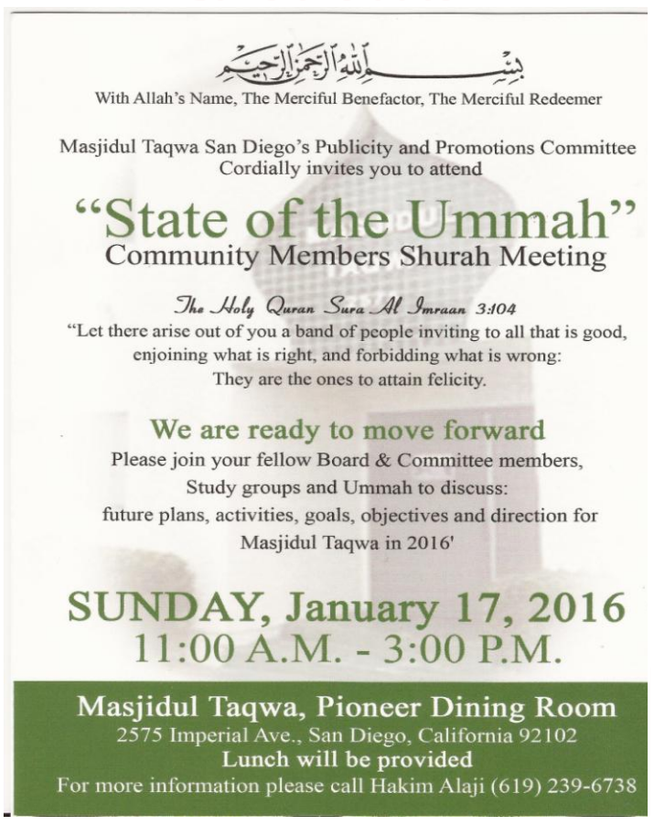
Al Qur'an (Al Imran 3:103-104)

الْخَيْرِ إِلَى يَدْعُونَ أُمَّةٌ مِنْكُمْ وَلْتَكُنْ
عَنِ وَيَنْهَوْنَ بِالْمَعْرُوفِ وَيَأْمُرُونَ
الْمُفْلِحُونَ هُمُ وَأُولَئِكَ ۚ الْمُنْكَرِ

And hold fast, All together, to the rope, (which Allah stretches out for you) and be not divided among yourselves. And remember with gratitude Allah's favor on you.

Let there arise out of you a band of people inviting to all that is good enjoining what is right and forbidding what is wrong; they are the ones to attain felicity.

Save the date



Weekly Calendar

Jumuah Prayer – *Fridays at 1:00 PM*
Taleem Service – *Sundays at 1:00 PM*
Intermediate Qur'anic Arabic Class – Mondays & Wednesdays at 6:30 PM – 7

Islamic Studies Conference Call – Sundays at 8:30 AM dial-in info (605) 562-3140 Access Code 684012#

Taqwa Feed the Homeless – Last Sunday of each month at 10:00 AM join believers in feeding the homeless.

Muslim Women of Masjidul Taqwa – 1st and 3rd Sundays at 11:30 AM

"The Reading" – Thursdays at 7:00 PM

If you have an opinion on something you've seen or heard in the news, email your thoughts to publicity@majidultaqwasandiego.org.

"State of the Ummah"

Sunday, January 17, 2016

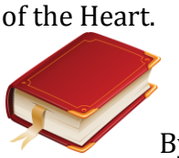
Come Out For a Community Shura

The Vision

The Publicity and Promotions Committee and Masjidul Taqwa's General Board has designated this time for the Masjid Board, Community Members, Study and Activity Groups to discuss Masjidul Taqwa's accomplishments in 2015, and future plans, goals, and activities for 2016.
Lunch will provided for a donation of $6.00.

Book of the Month

Purification of the Heart: Signs, Symptoms and Cures of the Spiritual Diseases of the Heart.



By Hamza Yusuf

If we examine the trials and tribulations all over the earth, we'll find they are rooted in human hearts. Covetousness, the desire to agress and exploit, the longing to pilfer natural resources, the inordinate love of wealth, and other maladies are manifestations of diseases found nowhere but in the heart. Every criminal, miser, abuser, scoffer, embezzler and hateful person does what he or she does because of a diseased heart.

This book offers an insightful introduction to one of the most ancient of religious concerns: spiritual purification of the heart.

Two Wolves
(Cherokee story)

A Grandfather from the Cherokee Nation was talking with his grandson.
'A fight is going on inside you,' he said to the boy.
'It is a terrible fight between two wolves.'
'One wolf is evil and ugly: He is anger, envy, war, greed, self-pity, sorrow, regret, guilt, resentment, inferiority, lies, false pride, superiority, selfishness and arrogance.'
'The other wolf is beautiful and good: He is friendly, joyful, peace, love, hope, serenity, humility, kindness, benevolence, justice, fairness, empathy, generosity, truth, compassion, gratitude, and deep VISION.'
The boy paused in deep reflection because of what his grandfather had just said. Then he finally cried out, 'Grandfather, which wolf will win?'
The elder Cherokee replied, 'The one that you feed.'

Supplication:

O Lord! Bestow on us the patience and constancy needed for accepting and supporting the Truth.

O Lord! All of us are in loss and it is impossible for us to recompense it save with Your Grace.

O Lord! We wish to follow the content of the four-principle-command in Sura Asr; please help us to be successful.

Aura

This is a picture of an aura. An aura is an energy field that surrounds living creatures but is not visible to the eye. The *Aura* is formed by subtle colors which surround and radiate from the body.
It is said that the aura can show the physical and emotional health of a person. It is also believed to show an individual's consciousness. Auras are affected by emotions, food, thoughts environment, and "spirituality." Sharing, praying, meditating, and healthy foods are some of the things that strengthen and increase it. Eating pork and scavengers, drinking alcohol, fear, and anger are things that weaken and reduce it.
What color is your aura? What are you doing to strengthen it?

Health Corner

Treating Symptoms

If medicine is an answer to curing symptoms, then a nonmedical approach to treating whole persons rather than just their symptoms is sought. In this approach everyone is approached in all their complexity. This is the true meaning of a wholistic approach. Conventional medical ways of thinking have a tendency to understand a wholistic approach as combining such modalities as allopathic medicine and osteopathy with acupuncture, herbal remedies, chiropractic treatments, psychotherapy, massage therapy, and so on. However, this can be considered merely an extension of an already fragmented and

continued on next page

Treating Symptoms continued

specialized approach to medicine; embracing complimentary therapeutic modalities rather than redefining how we understand illness and health.

True wholism in health care means that we address the entire person from the beginning to the end. Any manifestation of pain and discomfort should always be in the context of personalities: individuals, with particular perspectives on the world in which they are personally living. A wholistic approach represents an alternative approach to disease, because unlike Western conventional (allopathic) medicine, in a wholistic approach diseases and their symptoms are not considered the real issue.

A truly wholistic approach makes healing possible. To heal one must go through the process of addressing the conditions that create symptoms: alienation of parts of us, bringing awareness to that symptom, resulting in lasting relief from pain and other symptoms.

The process of recovery involves the release of the energy involved in holding back, and provides the necessary fuel for full recovery and reaching a state of health that would prevent any reoccurrence. This is called transformation, and is an ongoing process.

"Symptoms are the expression of an internal conflict between the part of the self that only wants to enjoy life and the part of self that is afraid of pain."

Question of the Month

[Quran 2:191] You may kill those who wage war against you, and you may evict them whence they evicted you. Oppression is worse than murder. Do not fight them at the Sacred Masjid, unless they attack you therein. If they attack you, you may kill them. This is the just retribution for those disbelievers.

With all the wars, violence, and the suffering they create in the world today, why are we taught that oppression is worst than death ? What can be worse than death?

*Let there be from you a **community** inviting to the goodness/prosperity; commanding universally recognized human excellence; preventing influences that void the human nature. Those, they will be the successful."*
Surah 3:104

Seerah 22

The New Society in Medina

Muhammad (pbuh) with his own hands helped to build this new mosque.

IN THE NEWS

The FDA recently approved genetically engineered salmon for human consumption, **with no labeling requirement**. The patented AquAdvantage® salmon are the first-ever genetically engineered animal approved for human consumption. The FDA research on AquAdvantage® salmon shows that it is more disease-prone than non-GE Atlantic Salmon, **increasing the likelihood that sick fish would infect native fish populations.** At the Canadian production site, the salmon were infected with a new strain of infectious Salmon Anaemia, a deadly fish flu which has been devastating fish stocks around the worldworld. There are additional problems with AquAdvantage® salmon in the FDA research. First, **the fish were shown to be up to 40% more likely to cause an allergic reaction in humans.**

PLAYING WITH WORDS

When we hear people being called hypocrites, we quickly think of bad or evil people. We have attached a meaning to the word hypocrite and seldom think about what the word actually means.

"Hypocrite: *hyp·o·crite* (noun) ['hɪpəkrɪt] (*hyp·o·crites*) from Greek *hypokritēs* actor. Somebody who pretends to have admirable principles, beliefs, or feelings but behaves otherwise: charlatan, fraud, pretender."

A person who professes a particular belief then acts differently can be called a hypocrite. His behavior is called hypocritical. If we look at the word hypocritical, we can see the prefix hypo-, the root word, critic, and the suffix -al. The prefix hypo- means under or not enough. For example, hypothermia means not enough heat. The root word critic means "able to make judgments" which implies being able to think about and analyze something to make decisions about it. The suffix -al makes the root word an adjective which talks about the action (e.g. He spoke hypocritically.). We can say a hypocrite is a person who does not think or analyze something enough to make a decision or judgment about it but acts as if he does.

As we practice our deen, are we being critical or are we being hypocritical?

Reminder: All young children must be accompanied by a parent.

We thank our brother, Hashimi, for his efforts to improve the appearance of our Masjid. We ask that Allah reward him for his work and continue to reward him in his current endeavors.

Announcements

Caregiver Needed For Mother: Please contact Michael Saafir 518-253-7477. Paying $$

American Muslim 360: Where your voice is protected and your intellect respected. Source: American Muslim360 (AM 360) Online Radio

Free Phones: If you receive Medi-Cal, EBT, SSI, WIC, make less than $25,000/yr., call Brother Mikhail: 808-314-5499

African American Advisory Council of San Diego is looking for artists/artistic talent, play writers, designers, models, poets, dancers. Contact Shanna Cofield (shannalovhim@gmail.com

Please remember that all material bearing the name "Masjidul Taqwa" should be approved by the Promotions and Publicity Committee before circulation. No materials publicizing any event should be posted on the walls or doors of the masjid.

MM2

Modern Masjid, Modern Message

As the oldest masjid on the West Coast established by indigenous Muslim, Masjidul Taqwa is a historic masjid. We need your help as we embark on a bold new first – the first Green Masjid on the West Coast! The design of the new masjid is intended to be a synthesis of traditional Islamic architecture while utilizing green technology to reduce our carbon footprint. Join the movement.

Donate today. Visit our website www.masjidultaqwasandiego.org and click on **MM2 I want to Help!**

Advertisements

Buy **Muslim Journal** at Masjidul Taqwa every Friday after Jumuah. See brother Bakir or call (619) 277-9056

Natural Wellness Massage Clinic Certified Massage Therapist - Hajar Young, 404-438-1991. Schedule your appointment.

Rashidah's Unique Broom Commercial and Construction Cleaning, "Sweeping the Competition Out the Door", Rashidah Abdul-Khaliq 619-347-2434

Al- Nur USA for Hajj & Ummrah Imam Taha Hassane 1-888-548-7519,

(الـ عظـ يم) الله أ سـ تـ غـ فـ ر
Astaghfirullah (Al-'athim)
I ask Allah (The Almighty) for forgiveness

Masjid Board Officers

Resident Imam: Wali Fardan
Committee Chair: Dr. Coulibaly
Treasurer: Ameerah Abdullah-Johnson
Secretary: Darleen Fardan

Masjidul Taqwa San Diego is a non-profit 501c3 religious organization. Your donations and charity are tax-deductible. To volunteer time please contact the masjid at (619)239-6738. Donate Money: See treasures office or go to www.masjidultaqwasandiego.org and click "Zakah" or "Sadaqah", You will be taken to PayPal to process payment.

About Masjidul Taqwa Newsletter

This newsletter is a monthly publication of Masjidul Taqwa. It is a community effort. In shaa Allah, it will serve every member of this community and be a tool for growth and improvement. Your input and critique are looked for and appreciated. Please feel obligated to contact the Publications and Promotions Committee with your suggestions and articles at **publicity@masjidultaqwasandiego.org** or call Hajar Young 404-438-1991

All material for this publication must be approved. Announcements must be related to Masjidul Taqwa and may be printed in order of priority. Announcements and business listings will be edited for clarity due to space limitations. **The Deadline for all submissions is the last Tuesday of the month by noon.**