

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

In the name of Allah, the Most Gracious, the Most Merciful

Newsletter

Volume 2 Issue 4

April 2016

Imam's Corner

He Stood For All Humanity

To the Praiseworthy Indeed Be Praise:

Born in the Sacred City he destroyed its superstition; loyal to his people to the core, he stood for all humanity, orphan-born and poor, he envied not the rich, and made his special care all those whom the world neglected or oppressed;-Orphans, women, slaves, and those in need of food or comforts, mental solace, spiritual strength, or virtues downtrodden in the haunts of men.

He worked and joyed in honest labor; He traded with integrity to himself and to others; He joined the throngs of cities and their busy life, but saw its good and evil as types of an inner and more lasting life hereafter; People gladly sought his help as umpire and peacemaker because they knew his soul was just and righteous: He loved the society of old and young, but oft withdrew to solitude for prayer and inward spiritual strength; He despised not wealth but used it for others; He was happy in poverty and used it as his badge and his pride when wealth was within his reach but not within his grasp, as a man among men.

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ
الْحَمْدُ لِلَّهِ رَبِّ الْعَالَمِينَ الرَّحْمَنِ الرَّحِيمِ
مَلِكِ يَوْمِ الدِّينِ إِيَّاكَ نَعْبُدُ وَإِيَّاكَ نَسْتَعِينُ
إِهْدِنَا الصِّرَاطَ الْمُسْتَقِيمَ صِرَاطَ الَّذِينَ أَنْعَمْتَ
عَلَيْهِمْ غَيْرِ الْمَغْضُوبِ عَلَيْهِمْ وَلَا الضَّالِّينَ

In the Name of Allah, the Infinitely
Compassionate and Merciful.

Praise be to God, Lord of all the worlds. The
Compassionate, the Merciful. Ruler on the Day
of Reckoning. You alone do we worship, and
You alone do we ask for help. Guide us on the
straight path, the path of those who have
received your grace; not the path of those who
have brought down wrath, nor of those who
wander astray.

Amen.

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
the 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

Save The Date

May 15, 2016 1:00 pm
Masjidul Taqwa Mothers Day Event
“Empowering Our Daughters with the
Faith and Wisdom of Mothers”
MWMTSD & MM2 Event

Opinions and viewpoints are welcomed
Deadline for submission is last Thursday
of the month by noon. Email us @
publicity@masjidultaqwasandiego.org

Masjidul Taqwa San Diego's YSA Learning Center
presents

Two Gifts: Repentance & Forgiveness

AN EDUCATIONAL FORUM

Friday, April 8, 2016

6:30 - 9:00 PM

Guest Speaker: Ali Hopida

&

Saturday, April 9, 2016

10:00 AM - 1:00 PM

Guest Speaker: Marwa Abdulla

at

Masjidul Taqwa San Diego
2575 Imperial Avenue

NO COST



YRUFAT: Family Dietary Practices (Why Are You Fat)

We eat what we are used to. If we grow up with fruits and vegetables as the base of a meal, we tend to eat them the rest of our lives. No matter how educated or wealthy we become, we desire the food of our youth. Margret Meade, an anthropologist, observed the tendency to hold on to past dietary practices was so strong that she stated that it is easier to change a man's religion than to change his diet.

If you look at a family, you usually see that most of them have the same body mass. That is, they all eat the same foods in basically the same way. So, they all tend to be similar physically. They are not always identical because of genetic variations. If you see a large mother and a large father, you can usually find large children.

As you read this article remember that family practices actually mean group practices. The diets we accept when we join a group are just as strong as those of the family. You can observe the same body mass similarities and diseases in groups of people who share common beliefs, economics, and education. In fact, people who move away from their traditional diets and eat western style foods develop western diseases like diabetes, hypertension, and cancer.

It is said that heaven is at the feet of the mother. It can also be said that the health of the family is in her pots. The mother sets the standard for most lifetime practices. In the movie *Soul Food* a family gathered every Sunday to eat and socialize together. This food sharing was such a strong part of their family life that they continued to eat the same foods in the same way after the matriarch, Big Momma, died from a disease caused by those foods.

Book of the Month

Untold: A History of the Wives of Prophet

Muhammad (pbuh) listened to and sought their opinions

Published by Monkfish Book Publishing Company, go to monkfishpublishing.com, 2010.



By Sister Tamam Kahn Muhammad

Announcements

Our condolences to Sister Darleen whose father passed away Mon. April 11th, Mr. Alex L. Williams.

Advertisements

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

Natural Healing . Certified Massage Therapist, Stress Management Consultant, Hajar Young (404) 438-1991

YRUFAT (Continued)

One of the major strategies used to help with weight loss and health improvement is to encourage people to join a group that shares a common goal. Businesses like Weight Watchers and Curves profit from this strategy. Certain religious communities encourage their members to eat a health building diet. The Seven Day Adventists are mostly strict vegetarians and have the longest life spans in America. The members of the Nation of Islam who eat as prescribed in *How to Eat to Live* are energetic and healthy.

As you work on improving your health, look at your family food traditions and the practices of your community. Encourage your group to support you in your efforts by changing their diets. Push them to help you by helping themselves

This article will be continued in the next edition of the newsletter.

(Those who wish to start a health group at Masjidul Taqwa, contact Ali Hassan.)

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Feed the Homeless

Last Sunday of each month

Join Masjidul Taqwa as they fulfill Allah's command to feed the hungry.

Quran 76:8-9

"And they are those who give food in spite of their own needs, to the needy, and orphan, and the captive (saying in their hearts), "We only feed you for the sake of Allah, and we desire nothing in return from you, not even a word of thanks".

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

Masjidul Taqwa is a non-profit 501(c)3 religious organization. Your donations and charity are tax deductible. To volunteer time please contact the masjid at (619)239-6738. Donate money, see treasurer's office or go to website and click "zakat" or "sadaqah.

