Masjidul Taqwa
San Diego

بسم الله الرحمن الرحيم

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

Newsletter

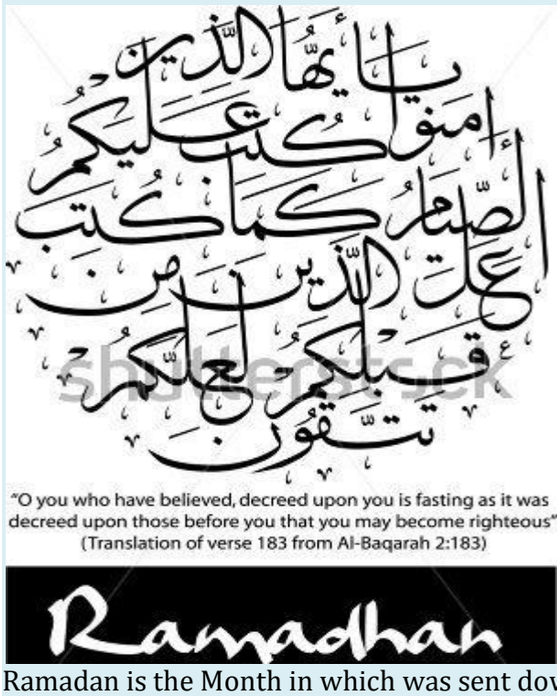
Volume 2 Issue 5 | May 2016

Imam's Corner

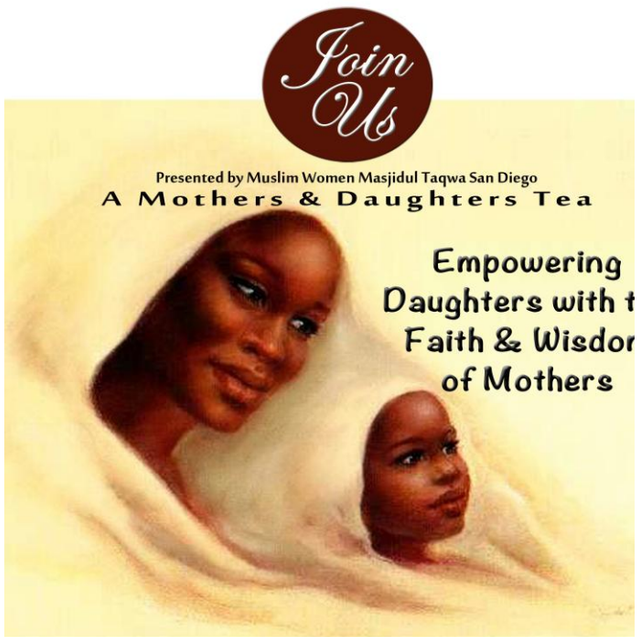
The Fast of Ramadan

The Muslim fast is not meant for self-torture. Although it is stricter than other fasts, it also provides alleviations for special circumstances. If it were merely a temporary abstention from food, drink, it would be salutary to many people, who habitually eat and drink to excess. The instincts for food, drink, and sex are strong in the animal nature, and temporary restraint from all these enables the attention to be directed to higher things. This is necessary through prayer, contemplation and acts of charity, not of the showy kind, but by seeking out those really in need. Certain standards are prescribed, but much higher standards are recommended.

Allah says in Quran (2:185) Allah intends every facility for you; He does not want to put you to difficulties. He wants you to complete the prescribed period. And to glorify Him in that He has guided you; And perchance ye shall be grateful.



Ramadan is the Month in which was sent down the Quran, as a guide to mankind, also clear (Signs) for guidance and judgment (between right and wrong). So every one of you who is present in his home during that month should spend it in fasting.



When: Sunday, May 15, 2016

Where: Masjidul Taqwa San Diego
(2575 Imperial Ave)

Cost: $30 per person
$5 children (9 yrs & under)

Time: 1 pm - 4:30 pm
Come for Dhuhr prayer 12:45 pm

All proceeds go to Muslim Women Masjidul Taqwa San Diego feeding the homeless efforts & MM2 (Masjidul Taqwa San Diego's rebuilding project)

Weekly Calendar

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

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"Reminder"
Muslim Women of Masjidul Taqwa's 3rd Sunday meeting (May 15th) cancelled due to
MWMTSD & MM2 Mother's Day Event

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

Our Nature – The Body
Submitted by Hakim Alaji

According to biologists, our bodies are designed to eat fruits, vegetables, and, occasionally, small amounts of nuts and animals. This is the diet of our nearest animal relatives, chimpanzees, and it is believed to be the diet of our oldest human relatives, hunter gatherers.

When we look at mammals, we see that there are basically four types: herbivores, frugivores, carnivores, and omnivores. Herbivores eat mostly leaves and grasses. Herbivores include animals like buffalo, deer, and cows. Carnivores eat meat and are often predators like cats and dogs. Frugivores eat mostly fruit and are primates (monkeys, apes, lemurs, and man). Omnivores eat everything. The most known omnivores are pigs, bears, and rats.

What an animal eats can be determined by looking at its teeth and digestive system. Our teeth and digestive system is designed like that of a frugivore. We have teeth designed to grind our food and a long digestive system to absorb nutrients from foods that require a lot of time to digest. Animals that eat foods they are not designed to eat risk developing health issues that are not found in the wild. For example, Cows (herbivores) that were fed sheep guts and other animal parts developed mad cow disease. Dogs that are fed the modern human foods get the same diseases their owners develop. Our bodies react to cooked foods by increasing the amount of white blood cells as if we have an infection. Dairy products cause congestion, diarrhea, and mucous build up.

To build and maintain health, we should eat foods suitable to our physical design. That is, we should eat locally grown, fresh, in season, whole, organic fruits, and vegetables. Avoid all dairy products except in small quantities from cows fed organic grasses. Eat very small amounts of grass fed, free range animals. Fast (don't eat) a few times a month.

Book of the Month

Servants of Allah: African Muslims Enslaved in the Americas

by Sylviane A. Diouf

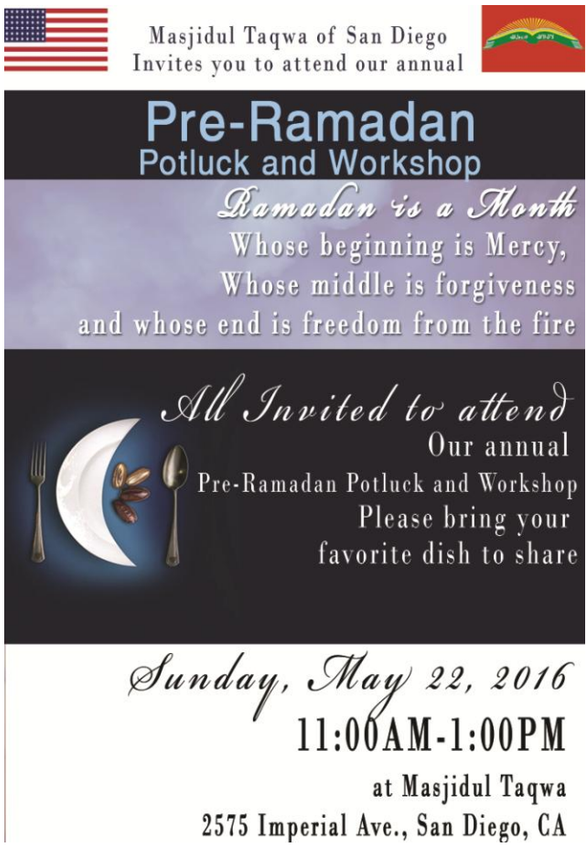
Everywhere in the Americas, the African Muslims left influential footsteps that Diouf intelligently uncovers. Here are some enlightening stories and statistics of the Old World on the New World.

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

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



Support our fund raising events to Feed The Hungry

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".

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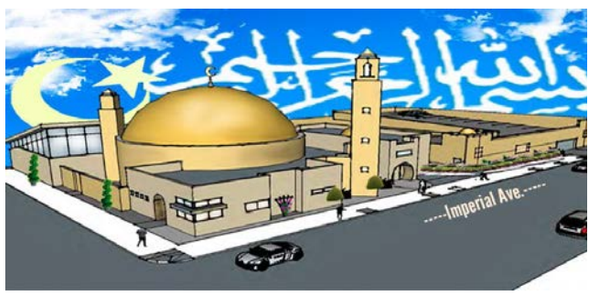
Donate today. Visit our website www.masjidultaqwasandiego.org and click on MM2 I want to Help!

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.



Astaghfirullah (Al-'Athim)
I ask Allah (The Almighty) for forgiveness.