

Imam Wali's Corner

Ramadan is fast approaching and as always we are in need of the blessings of this month of morality and rationality. It's the ninth month and it coincides with the birth process for human life. This is what we are hoping for...New life and rejuvenation of our moral and spiritual muscle and light for our world. We pray that this Ramadan will bring these blessings to all. We look forward to the masjid being full with believers praying during this special time.

30 Shaban 1436	
June 17, 2015	
Fajr	4:19
Sunrise	5:40
Dhuhr	12:50
Asr	4:32
Maghrib	7:59
Isha	9:21

Sighting of the Crescent Moon

No official announcement has yet to be released on the dates of Ramadan and Eid, which have traditionally been based on the actual sighting of the moon with human eyes. It is noted that some places have already started using technology in lieu of traditional sightings.

Moon sightings can be affected by cloud cover, haze, dust humidity, the eyesight of the observers. It is predicted that Ramadan this year is likely to start on June 18 and that Eid al-Fitr would fall on Friday, July 17 (first of the Hijri month of Shawwal).

Masjidul Taqwa is calling for volunteers for providing Iftar!

Health Tip: June is Black Health Advocacy Awareness Month. African American females are the most stressed individual in our society. Her infants' mortality rate is higher than women in 3rd world countries, (according to the Black Infant Healthcare Program). Statistics show 'African American Women' are more often dying from breast cancer, cervical cancer, diabetes, high blood pressure, kidney disease and heart disease, than any other ethnic group in the United States.

Some Stress Reduction Solutions: Exercise (Walking, Swimming), Massage (Deep Tissue, Foot Massage), Deep Breathing (Yoga), Lavendar Spray Mist (Aromatherapy), Music Therapy (Opera, Singing bowls), Dance (African dance, Line dance).

Suggested Reading by Malik Muhammad: Holy Quran (Month of Ramadan approaching) and "The Sealed Nector" by Safi-ur-Rahman Al-Mubarakpuri

Qur'an 2:187—Al Baqarah—The Cow.

Permitted to you on the night of the fasts is the approach of your wives. They are your garments. And ye are their garments. Allah knoweth what you used to do secretly among yourselves, but He turned to you and forgave you; so now associate with them and seek what Allah hath ordained for you and eat and drink until the white thread of dawn appear to you distinct from its black thread; then complete your fast till the night appears; but do not associate with your wives while you are in retreat in the mosques. Those are limits (set by) Allah; approach not nigh thereto. Thus doth Allah make clear His signs to men that they may learn self-restraint,

أَجَلَ لَكُمْ لَيْلَةَ الْبَيْتَاءِ أَلْزَمْتُ إِلَىٰ ذِي سَاعَتِكُمْ مِنْ رِيَاسِ لَكُمْ وَأَنْتُمْ لِيَاسِ لَهْمُ عَلِمَ اللَّهُ أَنَّكُمْ كُنْتُمْ تَخْتَانُونَ أَنْفُسَكُمْ فَتَابَ عَلَيْكُمْ وَعَفَا عَنْكُمْ فَالْآنَ بَيِّنُوا مَا كُنْتُمْ تَكْتُمُونَ اللَّهُ لَكُمْ وَكَلُوا وَأَشْرَبُوا حَتَّىٰ تَبَيَّنَ لَكُمُ الْخَيْطُ الْأَبْيَضُ مِنَ الْخَيْطِ الْأَسْوَدِ مِنَ الْفَجْرِ فَأَيْنَمَا تَتَّصِلُونَ إِلَىٰ الْآيَةِ وَلَا تَبْشُرُوا فِيهَا عَنْكُمْ فِي الْمَسْجِدِ يَا أَيُّهَا الَّذِينَ آمَنُوا هَذَا مَا كُنْتُمْ تَكْتُمُونَ

White Thread

Sahi bin Sad (ra) narrated: The verse, "And eat and drink until the white thread appears to you distinct from the black thread," was revealed, but: "... of dawn" was not revealed (along with it) so some men, when intending to fast, used to tie their legs, one with white thread and the other with black thread and would keep on eating till they could distinguish one thread from the other. Then Allah revealed "... of dawn," whereupon they understood that meant the night and the day. (Bukhari)

“To think according to appearance is easy; to think truth regardless of appearances is laborious, and requires the expenditure of more power than any other work man is called upon to perform. There is no labor from which most people shrink as they do from that of sustained and consecutive thought; it is the hardest work in the world”. Wallace Wattles “The Secret-The Science of Getting Rich”. The Reading with Gwana. Ajibola, Great Works Enterprises.

FOODS THAT WILL AID FASTING IN RAMADAN

The Prophet's (saws) favorite condiments were honey, olive oil, salt and vinegar. The Qur'an (2:168) says, "Yea people: eat of what is on earth, lawful and wholesome." According to Sahih Muslim, Allah's Messenger said, "The stomach is the central basin of the body, and the veins are connected to it. When the stomach is healthy, it passes on its condition to the veins, and in turn the veins will circulate the same; and when the stomach is putrescence, the veins will absorb such spoilage and issue the same." We can assume from this Hadith that the Prophet (saws) ate what suited his stomach. What better time to eat the best and the most suitable foods than during Ramadan? The Prophet (saws) has

said, "Fast (the month of Ramadan) so to heal your bodies from diseases." With this in mind it would benefit the faster to eat slow digesting foods last up to 8 hours such as whole wheat, grains seeds vegetables (like green beans, peas, and spinach), fruits with skin, dried fruits (such as dried apricots, figs prunes, and almonds) are all examples of fiber-containing foods. Meals in Ramadan should be well balanced, and they should contain foods from each food group, such as fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products.

As an individual who has fasted for the past forty years I find eating light and not over eating at Iftar (fast breaking) helps me to eat a nice hearty Suhr to carry me over to Maghrib. I suggest eating beans, lentils, eggs (egg-whites if you have high cholesterol) meat or any of the

aforementioned foods. I also try to drink plenty of water to hold me over. If you don't suffer from high blood pressure pickle juice, or salt/salt tablets will help the body to retain needed water to fend off dehydration. This Ramadan daylight will be 16 to 14 hours, the summer solace in on June 21 which means the longest day will be 16 hours and 45 minutes. Dehydration harms the body in many ways. I pray these suggests will help in the fast, however, remember the fast is not only from food, The Prophet said, "Whoever does not give up forged speech and evil actions, Allah is not in need of his leaving his food and drink (i.e. Allah will not accept his fasting.)"

May Allah bless us all with a successful Ramadan.

Ameerah Abdullah Johnson

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Janaaza Workshop June 14, 2015 at Masjidul Taqwa, 11 am – 3 pm

Great Works Enterprises introduces THE READINGS, Gwana Ajibola, Thursdays, 7-8:30 pm. At Masjidul Taqwa \$5.00 per session. Call to register 619-822-3871. Space limited. Reminder: –All young children must be accompanied by parent.

Muslim Women of Masjidul Taqwa

Business Meeting, 1st Sunday @ 11:30 am –
Women's Religious Studies Classes, 3rd Sunday, 11:30 am

Embrace the Homeless

Join us in saying, "We're with you". We feed the Homeless the last Sunday of each month. Please join us!

Events

Watch Imam Wali on Cox Cable TV Channel 23. Every Saturday from 8:30 am to 9:30 am
Islamic Studies Conference call every Sunday 7:00 am pst 1-712-775-7035 code- 697478#

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This community newsletter is a monthly publications of Masjidul Taqwa San Diego.

All material for this publication must be approved. Announcements must be Masjidul Taqwa related and may be printed in order of priority. Announcements and business listings will be edited for clarity and/or due to space limitations. Deadline for all submissions is last Tuesday of the month by noon. Contact Hajar Young 404-438-1991

Moroccan Lentil Soup

This soup variation is simple and bursting with vibrant and fresh flavors. You can cook it on top of the stove or throw everything in the slow cooker and let it simmer all day.

- 1 large onion, 1 large carrot, diced
- 3 cloves garlic, minced
- 1 tablespoon extra-virgin olive oil
- ½ heaped teaspoon ground coriander, turmeric, smoked paprika, cinnamon, dried ginger, sea salt
- 1 heaped teaspoon ground cumin
- ¼ teaspoon ground black pepper
- 4-6 cups vegetable broth 1 (14 oz) can crushed tomatoes or 2-3 large fresh tomatoes
- 1 cup dry lentils, rinsed
- ¼ cup parsley, cilantro chopped
- Juice of half fresh lemon

In a large soup pot, sauté onion, carrot and garlic in olive oil.

Add seasonings; add vegetable broth, tomatoes and lentils. Simmer 30 mins. Add lemon, parsley and cilantro just before serving.

Submitted by K. Salaamah Najieb

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