Masjidul Taqwa
San Diego

بسم الله الرحمن الرحيم

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

Newsletter

Volume 2 Issue 6 | June 2016

Imam's Corner

Fast Means Stops

The word fast only has meaning when it is used with other words (in context). By itself, it implies quick action like running fast or driving fast. It also gives the idea of stopping something. If you consciously stop eating, you fast. If you hold fast or stand fast, you stop moving or you maintain a position. A faster is a person who fasts (stops eating). The word fast still has to be with other words in order to know what is being talked about.

During the month of Ramadan we fast. We stop eating for a period of time. We stop certain thoughts and ways of thinking. We maintain the position of being in submission to Allah to the extent of our understanding, and we seek to increase our understanding.

When we fast, our minds and bodies follow an automatic built in process designed by our Creator. Fasting is the straight (fastest) path to physical and mental purification. When we stop eating, our bodies automatically begin the struggle of a cleansing process. When we stop certain thoughts, our minds struggle to correct our thinking. When we stop inappropriate behaviors, better actions manifest.

Follow the guidance of Allah, Rabbil'Alamin, and fast during the holy month of Ramadan.

RAMADAN COMMITTEES

Coordinator: Darleen Fardan

Imam's Committee
Facilitator: Imam Wali Fardan
Moon sightings, Taraweeh Prayers, Eid Prayer, Speakers

Committee: Iftar Calendar
Facilitator: Nena Salaam

Committee: Iftar (Set-up)
Facilitator: Hajar Young

Committee: Iftar (Clean-up)
Facilitator: Tahira Faruq

Committee: Lait ul Qadr (Night of Power) Breakfast
Facilitator: Jameelah Hassan

Committee: Eid Breakfast
Facilitator: Darleen Fardan

97. Surah Al-Qadr (The Night of Power)

بسم الله الرحمن الرحيم

1. Verily! We have sent it (this Qur'an) down in the night of *Al-Qadr* (Decree)

2. And what will make you know what the night of *Al-Qadr* (Decree) is?

3. The night of *Al-Qadr* (Decree) is better than a thousand months (i.e. worshipping Allah in that night is better than worshipping Him a thousand months, i.e. 83 years and 4 months).

4. Therein descend the angels and the *Ruh* [Jibrael (Gabriel)] by Allah's Permission with all Decrees,

5. Peace! (All that night, there is Peace and Goodness from Allah to His believing slaves) until the appearance of dawn.

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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RAMADAN COMMITTEES (cont.)

Committee: (Night of Power) Children
Facilitator: Hakim Alaji (last 10 nights)

Committee: Eid Celebration
Facilitator: Adib Mahdi

All Community Members are urged to assist where assistance is needed, - Clean-up, Serving, etc.

Overconsumption of Meat Prophet (PBUH) Was Semi-Vegetarian

by Shaykh Hamza Yusuf

Traditionally Muslims were semi-vegetarians. Meat is not a necessity in Shari'ah. Most meals of our Beloved Prophet (peace be upon him) did not have meat in them. Meat was rarely eaten in the time of the Prophet (peace be upon him).In those days you had to personally sacrifice an animal before you had meat and so meat was usually only eaten when people were invited somewhere as guests. There was a companion of Prophet (peace be upon him) who was a vegetarian and our Prophet (peace be upon him) accepted this from him. Once Hazrat 'Umar (RA) saw a man buying meat everyday in the market and he rebuked him. During caliphate of Hadrat Umar (RA) he prohibited the eating of meat every day.

Imam Malik has a chapter in his collection of hadith entitled "The Muwatta" in which there are two hadith warning about eating excessive meat. In the old days most Muslims used to eat meat once a week (on Fridays) or if they were poor (on the Eids.)
We now have muslims who are eating meat three times a day and then we wonder why we have so many diseases. In most cases, it is our own appetite (nafs) that leads to heart conditions and we should really only blame ourselves.

Food is the foundation of our material existence. If we eat food in its right proportions, and if we eat good food, then it is going to be beneficial to the body. The opposite is also true.

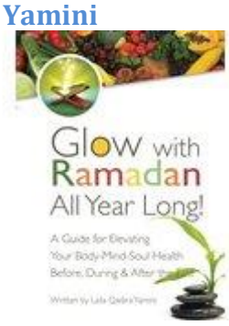
If you have an opinion on something you've seen or heard in the news, email your thoughts to us at: publicity @masjidultaqwasandiego.org

Book of the Month

Glow with Ramadan All Year Long!: A Guide for Elevating Your Body-Mind-Soul Health Before, During & After the Fast

Accelerating Personal Health and Transformation

By L. Qadira Yamini



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

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

Please make Dua and Pray for our Sick and Shut In

Overconsumption of Meat (cont.)

The worst thing you can do is to completely fill the body with food. The Sunnah is to consume enough morsels to keep our backs straight, while filling one third of the stomach with food, one third air and one third with water, is the dispensation (rukhsa) given to us by the Prophet (peace be upon him). At the same time, we know that the Prophet (peace be upon him) did not encourage asceticism and he did not like going to extremes. We should have moderation in our diets.

Hadith which shows that our Beloved Prophet(pbuh) didn't eat meat frequently

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.

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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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.

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