

Jummah Prayer Fri at 1:00 pm
Taleem Sun at 1:00 pm

Imam's Corner

[62:9] O you who believe, when the call for the Salat is announced on Friday, you shall hasten to the commemoration of Allah and drop all business. This is better for you if you only knew.
[62:10] Once the Salat is completed, you shall spread out through the land and seek Allah's favor and remember Allah frequently so that you may succeed.

THE AMERICAN MUSLIM COMMUNITY...

Making a shift today generally means moving towards professionalizing the operation of our masjid. Some questions to ask about the desire to run things better:

1. Does your masjid have a good connection to the community?
2. Does your masjid provide quality services?
3. Does your masjid attract users who may otherwise not be active in the Muslim community?
4. Is your masjid an accepted destination for non-Muslim leaders in the area to seek information about Islam, and to reach out to Muslims?
5. Are your masjid leaders strong spiritually? Are they representing your community?
6. Could your masjid use students of Political Science to launch an independent study of analysis and suggestions for growth and attracting young people?

Health Corner

Why Our Feet Stink
by Hajar Young

The soles of the feet are the outlets for the acidic crystals that can't find their way out of the body through urination. They travel down from the kidney along the tissue of the ureters, which are spongy in nature, to allow the flow of urine by capillarity action rather than gravity so the urine can get to the bladder even if we are hanging from our feet. Then they travel the interstitial spaces down our legs to the bottom of our feet and are supposed to be perspired out from there.

That's why feet stink when they stay enclosed too long in shoes.

Feet are perfectly designed to walk without shoes or support of any kind. If it is painful to walk barefoot, it is because of the presence of these acid crystals that have a tendency to accumulate at the nerve endings on the soles of our feet. It is time to walk barefoot until all the pain is gone and it feels okay to walk on rocks.

Walking for the Health of it
It is never too late to start!! Walk with the
San Diego Black Health Associates
Every Sat from 8:00am to 10:00am
Chollas Lake
6350 College Grove Way, San Diego, CA 92115

With Allah's Name, the Merciful Benefactor,
the Merciful Redeemer
Du'a
Our Lord! Take us not to task if we forget or fall into error.
Sura 2:286 Al Baqarah—The Heifer

Al Fatiha – The Opening



*Bismillaah ar-Rahman ar-Raheem
Al hamdu lillaahi rabbil 'alameen
Ar-Rahman ar-Raheem Maaliki yaumid Deen
Iyyaaka na'abudu wa iyyaaka nasta'een
Ihdinas siraatal mustaqeem
Siraatal ladheena an 'amta' alaihim
Ghairil maghduubi' alaihim waladaaleen
Aameen*

In the name of God, 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.

Miracle of Zamzam Water
by Ameerah Abdullah-Johnson

Japanese Scientists used NANO technology to study Zamzam water. They discovered that if one drop of Zamzam water is mixed with 1000 drops of regular water, regular water developed the same quality as the Zamzam water. They also discovered a mineral in Zamzam water that has its own importance and is not found in any other water. They observed that its quality could not be changed. Zamzam is the best water on the earth.

Book of the Month

Suggested by Malik Muhammad
“Enjoy Your Life”
 by Dr. Muhammad Adb Al-Rahman Al-Arifi

In the Name of Allah, the Most Beneficent, the Most Merciful

This is an exquisite collection of incidents from the life of the Prophet (S), stories from our Islamic Heritage, and thought provoking anecdotes from the life of the author. The aim of the book is to train the reader to enjoy living his life by practicing various self-development and inter-personal skills. What is so compelling and inspiring about this book is that, in order to highlight the benefit of using social skills, the author draws from the lives of the Prophet (S) and his Companions. This book is both a practical systematic guide to self-improvement and a treasure trove of historical incidents. It increases self-awareness, whilst nurturing the soul and strengthening the spirit. The book's author is a prominent figure in the field of Islamic Da'wah and has authored more than twenty published works.

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Buy **Muslim Journal** here at
 Masjidul Taqwa every Friday after
 Jummah, Brother Bakir Rep
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Natural Wellness Massage Clinic
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 Young, 404-438-1991. Schedule
 your appointment.

Al-Nur USA for Hajj & Ummrah
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ANNOUNCEMENTS

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

Arabic Classes: Mon. and Tues
 6:30 pm at Masjidul Taqwa,
 Instructor, Brother Hakeem Little
 619-930-2408.

“The Reading” starts its new book
 “In the Footsteps of the Prophet” by
 Tariq Ramadan. Reading begins
 August 13 at 7:00 pm every
 Thursday at Masjidul Taqwa.

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

**Muslim Women of Masjidul
 Taqwa**
 Business Meeting, 1st Sunday @
 11:30 am –
 Women’s Religious Studies Classes,
 3rd Sunday, 11:30 am
 New Officers – Facilitator, Tahira
 Faruq, Asst. Facilitator, Hajar
 Young; Secretary, Nena Salaam,
 Asst. Secretary, Darleen Fardan;
 Treasurer, Lisa Shabazz, Asst.
 Treasurer, Jameelah Hassan.

EVENTS

Cox Cable TV Channel 23 Join
 Imam Wali every Saturday from
 8:30 am to 9:30 am

Embrace the Homeless
 Join us in saying, “We’re with you.”
 We feed the Homeless the last
 Sunday of every other month.
 Please join us!

Islamic Studies Conference call
 every Sunday 7:00 am pst 1-712-
 775-7035 code- 697478#

Newly Elected Committee Chairs

**Education Coordinator- Gwana
 Ajibola**
 She will be initiating a “Community
 Building Education Series”, to
 include Youth Programs (23 yrs and
 younger); Dawah Outreach
 (Spokenword, etc.); Weekend
 School (Tutoring, Artwork, etc.)

**Publicity and Promotions
 Committee Chair – Hakim Alaji**
 He will oversee the operations of
 masjid related publicity and
 promotions. His Committee
 members include **Hajar Young** –
 Masjidul Taqwa’s Newsletter
 Producer and **Nena Salaam** who
 maintains all bulletin boards
 including the Hospitality board. She
 provides announcements for after
 Jummah Prayer.

Modern Masjid



Modern Message

“WE CANNOT STOP NOW.”
 To donate go to
masjidultaqwasandiego.org
 click on button in the top right
 corner **“MM2 I want to help”**

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

MASJID BOARD OFFICERS

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

Newsletter
 This community newsletter is a
 monthly publication of Masjidul
 Taqwa.

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.**
 Contact Hajar Young 404-438-1991

**This newsletter is a
 community effort. Inshallah,
 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.**

Masjidul Taqwa San Diego is a
 non-profit 501c3 religious
 organization. Your charity is tax
 deductible.

To volunteer time please contact
 the masjid at
mm2@masjidultaqwasandiego.org
 To make an online one-time or
 give your donation a greater
 impact by making it recurring go
 to
www.masjidultaqwasandiego.org.

After clicking "Zakah" or
 "Sadaqah" on the web page. You
 will be taken to PayPal to
 process payment.