Masjidul Taqwa
San Diego

2575 Imperial Avenue
San Diego, CA 92102

In the name of God, The Most Gracious, Most Merciful

Newsletter

September 2015

Volume 1, Issue 7

Jummah Prayer Fri at 1:00 pm

Taleem Sun at 1:30 pm

Du'a from Quran

My Lord, expand for me my breast (with assurance). And ease for me my task. And untie the knot from my tongue. That they may understand my speech" 20:25-28

WHAT IS ISLAM?
The word' Islam' comes from the Arabic root aslama, which means peace and submission.
WHO IS A MUSLIM?
A Muslim is anyone who submits to the Will of God. Everyone is born ""Muslim", and their environment makes them otherwise. Think you can recognize a Muslim by dress or nationality? Think again. Almost one-fourth of the world's population is Muslim.. .Although some people mistakenly believe that all Muslims are Arab (or vice versa), Arabs make up only 18% of the world's Muslim population. Muslims are found everywhere from West Africa, Eastern Europe to China and the Philippines, and they are establishing a growing presence in the West. Muslims come in all races and colors, are found in all professions and walks of life, and have made significant contributions to every field of human endeavor, from science and mathematics to art and the humanities.

In today's global village,' there is no place on earth that Muslims are not making an impact. Furthermore, despite media bias, the vast majority of Muslims belong to stable, loving families, and have nothing to do with terrorism or other acts of violence.

Kaaba

In the name of God, The Most Gracious, Most Merciful

And proclaim to mankind the Hajj (pilgrimage). They will come to you on foot and on every lean camel; they will come from every deep and distant (wide) mountain highway (to perform Hajj). (22:27)

وَأَذِّن فِي ٱلنَّاسِ بِٱلْحَجِّ يَأْتُوكَ رِجَالًا وَعَلَىٰ كُلِّ ضَامِرٍ
يَأْتِينَ مِن كُلِّ فَجٍّ عَمِيقٍ ﴿٢٧﴾

Udhiyah (sacrifice)

The Fiqh Council of North America estimates that Hajj 2015 will fall between September 20 and September 25. The Eid ul Adha will be on September 23.

While we are encouraged to fulfill the Hajj once in our lifetime, we sacrifice every year and share our sacrifice with those in need.

"Udhiyah (sacrifice) is among the great rituals of Islam, which signify the Oneness of Allah, His Blessings, and Bounties. It reminds us the exemplary obedience of our father, Ibraheem (alaihi as-salaam), to His Lord and his great sacrifices to Him. Udhiyah encompasses much goodness and blessings and thus acquires a great deal of importance in the lives of Muslims."

SAVE THE DATES!

Changing the Condition of our Hearts
A Forum/Workshop
Brother Younes Berraho, Presenter

Friday night, December 11 7:30 pm – Until Saturday, December 12 10:00 am to 5:00 pm

For each one are successive [angels] before and behind him who protect him by the decree of Allah. Indeed, Allah will not change the condition of a people until they change what is in themselves. And when Allah intends for a people ill, there is no repelling it. And there is not for them besides Him any patron. (Surah 13:11)

SAVE THE DATES!

Udhiyah (continued)

"Turn in prayer to your Lord and sacrifice to Him alone."
Surah al-Kauthar 108:2

For the past 2 years those who wished donated their sacrifice to a needy family in Mali, West Africa. The price will be $115 including sending fees. The name of the giver is passed to the recipient and arrangements are made for them to have the live animal a few days before Eid.

As an alternative, Islamic Relief (1 855 447 1001) also provides this service for Mali and many other countries for as little as $75 depending on the destination. The meat is collected and distributed after Eid on a much bigger scale and, inshaAĺlah, the giver gets the same rewards.

Information on other sources is being collected and will be posted and shared when received.

Act now. To purchase your Udhiyah (sacrifice) leave your order with Imam Wali Fardan at (619) 972-3544.

Book of the Month
Suggested by Malik Muhammad
Kitaab At-Tawheed Explained
Author: Ibn Abdul Wahhab | Pages: 352 |

The most important subject for a Muslim to comprehend is Allah's monotheism and the full implications of that belief, as without that, no act of worship or good deed is accepted by Allah, nor rewarded in the hereafter. Sameh Strauch (translator) has rendered one of the finest books on this subject into English, and he provides explanations of every major point.

Reminder:
All young children must be accompanied by a parent

Teaching Children Islam, the "Religion" of Abraham (Ibrahim)

> *[6:161] Say: "Surely, my Lord has guided me to a way that is straight, a religion of right, the religion of Abraham the true in Faith, and he was not of the polytheists."*

I was asked how I would teach Islam to children. That was and still is a difficult question for me. The concepts of Islam are simple but difficult to understand even by scholars. It must be understood that teaching Islam does not actually give a child an understanding of Islam and acceptance of its practices. True knowledge, consciousness, of Islam is by the grace of Allah.

To understand Islam requires that we understand our nature and the nature of the system we live in. Developing this understanding involves observation, analyzing (questioning), and testing. We would have to be like Abraham. That is, we would have to hold up everything brought before us by our ancestors and scholars to our rational mind and analyze it. Then, we would need the strength of character to recognize and hold on to that which is true and discard that which is incorrect.

For me, the best way to teach Islam is by example. Teaching by example can also be the worst way to teach. If the example is correct, what is demonstrated is straight forward and verifiable by Quran. If the example is incorrect, that which is demonstrated may be debatable, dogmatic, and confusing. A source outside the Quran will be needed to justify the example.

The first thing I would teach children is that we are alive in a living system. I would tell them that everything, animate and inanimate, is alive and has a nature that allows it to adapt to changes in the system. Next, I would take them to the zoo, the beach and tide pools, the mountains, the observatory, and different museums. I would give them the opportunity to meet people from different communities and cultures. Then, I would encourage the children to ask questions, and I would question them. This would stimulate their thinking and allow their understanding to grow and develop.

> [17:44] *The seven heavens and the earth, and all beings therein, declare His glory: there is not a thing but celebrates His praise; and yet ye understand not how they declare His glory! Verily He is Oft-Forbearing, Most Forgiving!*

In the example of Abraham we would observe, question, and develop understanding.

> [6:75] *Thus did We show Abraham the kingdom of the heavens and the earth that he might be of those possessing certainty:*

The Yusuf Shaheed Abdullah Learning Center (YSA-LC)
Introduces
Family Fun & Learn Nights

We are embarking on a monthly activity to bring all families together for fun and learning about Al-Islam. Each family night will be designed to be fun with structured activities for children of all ages. While some events will be here at the masjid, the venue may and will change…future events may be elsewhere.
Listen up! Our first Family Fun & Learn Night will be held in the Masjid Pioneer Room on Saturday, September 19, starting at 7:30 PM. It's Open Mic Night and it's time for you to ELEVATE OUR COMMUNITY… With the CHANT…. "ELEVATED" You children of all ages are invited to share your stories, jokes, poetry and songs in an evening of fun and learning. The first rule is the mic is HALAL!

What other events would you like to see? We at YSA-LC welcome your feedback. Go to the Masjidul Taqwa Facebook page website and look for the posted YSA-LC Family Fun & Learn Nights Survey. Finally, if you are interested in working on future Family Fun & Learn nights, post that comment on the website and inbox your contact information and someone will get in touch with you. Insha'Allah soon!
Let our Community be ELEVATED!

Health
NutritionFacts.org
by Michael Greger, M.D.

Beans, beans, they're good for your heart; the more you eat, the…longer you live? Legumes (beans) may be the most important predictor of survival in older people from around the globe. Researchers from different institutions looked at five different cohorts in Japan, Sweden, Greece, and Australia. Of all the food factors they looked at, only one was associated with a longer lifespan: bean intake. Whether it was the Japanese eating their soy, the Swedes eating their brown beans and peas, or those in the Mediterranean eating lentils, chickpeas, and white beans, legume intake was associated with an increased lifespan. In fact, it was the only result that was plausible, consistent, and statistically significant from the data across all the populations combined.

If one wants to *decrease* their lifespan, studies suggest eating a bean-free diet may increase our risk of death.

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

Labbaik Allah humma labbaik
Labbaik la sharika laka labbaik

O my Lord, here
I am at Your service, here I am.
There is no partner with You,
here I am.

"There were tens of thousands of pilgrims, from all over the world. They were of all colors, from blue-eyed blondes to black-skinned Africans. But we were all participating in the same ritual, displaying a spirit of unity and brotherhood that my experiences in America had led me to believe never could exist between the white and non-white." **Al-Hajj Malik El-Shabazz**

Masjid Clean up
By Hajar Young

Our August 8 Masjid Clean Up was a successful start to a continuing process. May Allah reward all who sacrificed their Saturday to make our place of worship a cleaner more orderly place. It was a rewarding experience.

We worked together. We ate together. We laughed and became closer as we served this Ummah.

Chapter (9) sūrat l-tawbah (The Repentance)

18) The mosques of Allah shall be visited and maintained by such as believe in Allah and the Last Day, establish regular prayers, and practice regular charity, and fear none (at all) except Allah. It is they who are expected to be on true guidance.

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#

ADVERTISEMENTS

Rashidah's Unique Broom
Commercial and Construction Cleaning, "Sweeping the Competition Out the Door", Rashidah Abdul-Khaliq
619-347-2434

Buy **Muslim Journal** here at Masjidul Taqwa every Friday after Jummah, Brother Bakir Rep
619-277-9056

Natural Wellness Massage Clinic
Certified Massage Therapist – Hajar Young, 404-438-1991. Schedule your appointment.

Al- Nur USA for Hajj & Ummrah
Imam Taha Hassane
1888-548-7519, only $2,000 from LAX

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" 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, playwriters, designers, models, poets, dancers. Contact Shanna Cofield (shannalovhim@gmail.com,
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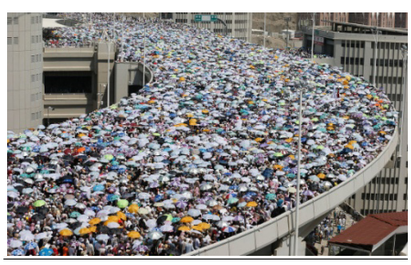
Muslim Women of Masjidul Taqwa
Business Meeting, 1st Sunday @ 11:30 am –
Women's Religious Studies Classes, 3rd Sunday, 11:30 am
Facilitator, Tahira Faruq, Asst. Facilitator, Hajar Young; Secretary, Nena Salaam, Asst. Secretary, Darleen Fardan; Treasurer, Lisa Shabazz, Asst. Treasurer, Jameelah Hassan.



Hajj 2014

MASJID BOARD OFFICERS

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

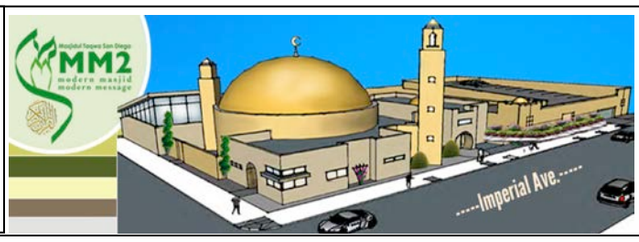
Masjidul Taqwa San Diego is a non-profit 501c3 religious organization. Your donations and charity are tax deductible.
To volunteer time please contact the masjid at (619) 239-6738
Donate Money: Make a one-time donation by credit card. After clicking "Zakah" or "Sadaqah" on the web page. You will be taken to PayPal to process payment.

NEWSLETTER

This newsletter is a monthly publication of Masjidul Taqwa. It 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 at **publicitypromotions@gmail.com** or call Hajar Young 404-438-1991

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.

"As pilgrims we effectively slip into the role of our spiritual ancestress and run back and forth between the hills seven times. This symbolizes our own quest in this world for whatever we are seeking and God's Mercy which fulfils our quest even beyond our expectations."

Kristiane Backer, From MTV to Mecca: How Islam Inspired My Life

Modern Masjid Modern Message
Islam has always delivered a modern message as evidenced by the Islamic Golden Era when Muslim scientists were in the forefront of virtually every field of endeavor. Masjidul Taqwa is now following this path by establishing a Modern Masjid that is environmentally friendly and energy efficient. You can be a part of this Modern Masjid, Modern Message (MM2) project and rebuild this historic Masjid.
Build for the future. Donate to MM2