

19 September 2014; 24 Dhul-Qada 1435

EID CELEBRATIONS

UMSLV hosted an Eid festival for Eid-ul-Fitr, which marks the end of the month of fasting, on 9 August.

The following article about the event was written by Stephanie Charalambous and was published in the Latrobe Valley Express on Thursday 14 August.



Festival celebration

FAMILIES from as far as east and south Gippsland converged on Morwell for the inaugural Eid Festival on Saturday at the Twin City Archery Club.

Children's activities, archery, cricket and multicultural performances were enjoyed by about 300 people.

"We really didn't know what to expect, but we were really happy with the turnout," United Muslim Sisters of Latrobe Valley president Khatija Halabi said.

Organised by the UMSLV, with support from the Gippsland Ethnic Communities Council and Cricket Victoria, the festival marked Eid, an Islamic holiday and feast celebrating the end of Ramadan, the holy month during which Muslims fast from food and drink between dawn and dusk.

"The biggest thrill for me was seeing the children's involvement in the preparation and running of the festival," Ms Halabi said.

"They took ownership of the project and volunteered many ideas that were acted upon.

"They designed flyers, sold the concept to prospective stall holders, distributed flyers, invited friends and contributed acts for the children's performances."

Ms Halabi thanked the community for its support.

"The positive interaction that occurred between everyone displayed an amazing harmonious community spirit," she said.

The group now aims to make the festival an annual event.

Children's fun Quiz

UMSLV wishes to thank MUIS for organising an Islamic quiz for the children on the evening of Eid-ul-fitr. They all enjoyed it!



Upcoming Eid-ul-Adha event

GAMCI and MUIS are organising a dinner for Eid-ul-Adha, on the evening of Eid, at Federation University. GAMCI will cater for this function. Ladies, that means that we do not need to prepare any food items as it is not a one dish program. So come along and enjoy the children's Eid party an hour before dinner is served!

Children will enjoy playing games etc in the outdoor area (auditorium) of the university since it will be during daylight savings. For more information about the eid program please contact MUIS (muis.gippsland@gmail.com) or GAMCI (gamci.2013@gmail.com)

EID-UL-ADHA

Eid al-kabir (the greater Eid) also called Eid al-Adha is one of the two most important Islamic festivals. Eid al-Adha begins on the 10th day of Dhu'l-Hijja, the last month of the Islamic calendar. Lasting for three days, it occurs at the conclusion of the annual Hajj, or pilgrimage to Mecca. Muslims all over the world celebrate Eid al-Adha, not simply those undertaking the hajj, which for most Muslims is a once-a-lifetime occurrence.

Eid Al-Adha commemorates Prophet Ebrahim's (Abraham's) willingness to obey God when he envisioned that he was to sacrifice his son. Muslims observe this day by slaughtering an animal (usually a sheep) and then offering much of its meat in charity to poor people. The sacrifice symbolizes obedience to Allah and its distribution to others is an expression of generosity.

Photos taken at the Eid Festival by Marjolene Cras.

Carnival rides



Pony rides and Petting Zoo



Showbags and sweets stalls



Facepainting



Archery



Entertainment



Bailey and Hannah (from Lumen Christi Primary School) were great masters of ceremonies and did a wonderful job of making the children's performances an interactive experience.

MUIS organised a children's fun quiz on the evening of Eid-ul-Fitr. Thank you Tammy Richards for capturing it with these photos.



Upcoming Events

School holiday program:

Wednesday 1 October 2014 Craft activity 10.30am to 12pm

Thursday 2 October 2014 Fruit basket food activity 11.30am to 1pm

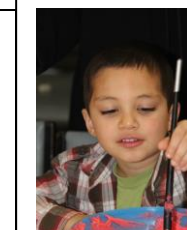
Both activities will take place at Gippsland Multicultural Services Community Room, 100 Buckely Street, Morwell.

Our school holiday program is an enjoyable way for friends to get together. These photos were taken at the previous holiday program by Marjolene Cras and Tammy Richards.

Baking pizza lollies.



Jennifer Henderson from ABC Gippsland visited our baking activity. Her story went on air and can be seen and heard on <http://www.abc.net.au/local/photos/2014/07/04/4039269.htm?site=gippsland> This is some of what was said...



It's midday and a call to prayer is drowned out by the voices of excited kids who are decorating sweet biscuits with lollies, chocolates and icing.

The United Muslim Sisters organise playgroups like these during the school holidays in the Latrobe Valley, where kids learn to bake, sew and make cards. In the group there are children and parents from Bangladesh, Pakistani, Middle Eastern and Australian backgrounds.

The playgroup is not designed to teach children about Islam rather it is a meeting of different cultures, religion and languages in a relaxed atmosphere. Tammy Richards became involved with the playgroup because her son knew another child who attended the group.

She says despite some of the anti-Islamic sentiment shown in Gippsland, she has found the playgroup very welcoming.

"People are just misinformed, there is good and bad in every culture, in every country," she says.

Latrobe City Libraries holiday program:

Koo Wee Kaper Show: A lively, interactive family based show based on the children's book of the same name. Tuesday 23 September Traralgon library 10.30am-11.10am; Moe Town Hall 2pm-2.40pm. Wednesday 24 September Churchill Community Hub 10.30am-11.10am 9-11, Morwell Library 2pm-2.40pm.

The Big Samba: Based on Brazilian Carnival Street music, Steve Shultz takes a roomful of students, buckets of percussion instruments and a whole heap of energy to create *The Big Samba*.

Tuesday 30 September Traralgon Library 10.30am-11.30am; Moe Town Hall 2pm-3pm; Wednesday 1 October Morwell Library 10.30am-11.30am. Cost is \$5 per child. Bookings through the libraries are essential.

PHYSICAL FITNESS



Strengthening Core Muscles by Habib Noorbhai

Core conditioning works the body further than normal sit-ups by engaging more than the muscles of the abdominal. It activates both the front and along the sides of the body, as well as muscles of the shoulder, pelvis and along the spinal column. The ultimate goal of core stabilization is to train movements and positions rather than muscles which contain 29 pairs of muscles. All 29 pairs of these muscles help stabilize the spine, pelvis and kinetic chain during functional movements.

When the muscles of the core are strong and stable, they are more easily able to transfer energy to the extremities of the body. This ability is beneficial as it prevents back injuries due to weak core muscles. Strong core muscles improve coordination which can help create more controlled body movements preventing any falls. The most beneficial outcome of core training is that it develops functional fitness that is essential to daily living and regular activities.

The importance of core strengthening before pregnancy, during pregnancy and after having children cannot be overemphasised.

Ladies and Children's Cricket Clinic

UMSLV wishes to express a heartfelt thanks to Rob Wood, Emma and Chelsea from Cricket Victoria for running a really fun filled cricket training cricket clinic for ladies and children at the Tralagon Indoor Sports and Aquatic Centre, on 26 August. They all travelled a long way to run the clinic (Rob from Leongatha and the ladies from Dandenong) and we appreciate all the effort they put into it. All the running costs of the day were absorbed by Cricket Victoria, which meant it did not cost anyone who wanted to have a go. Everyone had a great time and have requested more clinics just like it!

Ms. A. Heatley, the community programs manager from Cricket Victoria explained the concept of Harmony in Cricket as "Cricket Victoria's philosophy that cricket is a game for everyone, regardless of religion, culture, gender, age or ability. If a person has a passion for cricket, cricket has a place for them. It seems to be very fitting to your organisation".

Thank you to all those who attended the ladies and children cricket clinic on 26 August. The feedback from all of you on the day was very positive and you requested more events that involve physical activity.

Unfortunately, Cricket Victoria is unable to run exclusive ladies clinics as staffing resources may be limited as they get into the cricket season. So, instead of cricket this time, we will be having a yoga/pilates class to strengthen our core muscles, amongst other areas.

Venue: Churchill Leisure Centre
Date: Saturday 27 September 2014
Time: 3-4 pm followed by afternoon tea.
Cost: \$20 per person although the more people we have attending, the cheaper the cost, so spread the word!
R.S.V.P: 23 September. Yumna (yumna.umslv@yahoo.com) or Khatija (k.umslv@yahoo.com.au)

A children's exercise class will be held at the same time by another fitness coach for children older than 3 years.

Some ladies have already tried the classes run by Jennifer Williams and have survived! "I had a wonderful time at the Pilates class, where I get to exercise with friends and make new ones. It is a good way to be physically and socially healthy" said Ida Azhari.

Community News

Confident parents, Confident Children

A parenting program that helps parents of upper primary and teenage children to learn new parenting strategies and build positive relationships in their family. Program details: Wednesdays September 10, September 17, October 8, October 15 and October 22. Time 10.30am to 12pm. Venue: Gippsland Multicultural Services 100-102 Buckley Street, Morwell, 5133 9998.

Talking Faith

Another of the successful "Talking Faith Program" is being run by GECC "Gippsland Interfaith" on September 23, 2014 this time at the Drouin Library, where both the Muslim and the Mormon faiths will be discussed.

GAMCI is organising the panel this month, which include Arfa Khan representing UMSLV and Shaikh Hafiz A. Wahid amongst others.

Members of the community are invited to attend this wonderful event for the benefit of the community. For any further information, please e-mail GAMCI at gamci.2013@gmail.com.

PAKISTANI FLOOD CRISIS APPEAL

Right now, there are massive floods in Pakistan, in the Kashmiri region. Over 12,000 people have had their homes damaged or destroyed by flooding. Entire Neighbourhoods have been swept away. People need housing, clothing, food, medicine, bedding and more. Above all they need our compassion.

An Appeal is being launched to raise funds for this crisis. Donations will be accepted and a cupcake drive has been organised with order forms being available from the 19th of September.

For further information, please contact Soumaya on 0488 339 000 or email her at bratz.catz@live.com.

Palliative Care

An event on Palliative Care was hosted by the Gippsland Ethnic Communities Council "Gippsland Interfaith" team (chaired by Mr J. Murray Lobley), in Warragul on 27 August.

A report was presented by a number of researchers on the Victorian wide "Culturally Responsive Palliative Care Community Education Project 2013-2014". A number of major faiths were represented including Hindu, Sikh, Catholic, Mormon and of course Muslim. A discussion was had on how terminally ill people were looked after in terms of their physical and spiritual needs within each faith tradition.

Thank you to Dr Zafar and Dr. Abdel K. Halabi from GAMCI for your preparation and presentation at this event. The Powerpoint slides are available if community members would like to view them.

The ASWJ annual Islamic conference

CROSSROADS: Navigating Through Contemporary Challenges
Dates: 26-28 September 2014
For more info or to register visit <http://www.aswjconference.com.au/>



UMSLV AGM

UMSLV will be holding its AGM in which all committee positions will be made vacant. Nominations and election of new committee members will take place. As only members are legally allowed to vote, we will need to formalise our membership. All friends of the organisation will be sent membership forms. We will appreciate it if you can please fill them in and return them to Yumna.

More details on the AGM to follow.

BOOK CORNER

Borrowing of books

Federation University have recently purchased 16 books on Islamic and have placed them in the Spiritual Centre, on the left hand shelf.

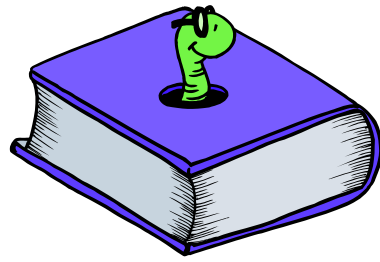
There is a borrowing book for staff, students and those who use the spiritual centre to put their name; contact details; book title; borrowing date; and return date in the book.

The borrowing period will be up to 2 weeks. Each book has a Federation University sticker and a chaplain stamp. MUIS will monitor the borrowing to make sure books are being returned or not kept too long.

The university, MUIS and UMSLV hope the community enjoys the books and they are borrowed frequently.

It will be wonderful to receive a book review for our book of the month from borrowers and/or readers of this newsletter.

Thank you Arfa for your contribution this month.



This is the list of books available from the spiritual centre:

- Enjoy your life
- Glimpses of the lives of righteous people
- "Why I embraced Islam"
- Bent Rib
- Forty Great Men and Women
- Nourishing Faith
- The Quran Translated by A.Y.Ali
- Introducing Islam
- The Beautiful Promises of Allah
- The Prophet Muhammed
- A Simple Guide to Muslim Prayer
- Wisdom of the Prophet
- Why do Muslims Pray?
- Hajj of the Heart
- The Fundamentals of Tawheed
- Islam – Basic Beliefs

Book Review by Arfa S. Khan

"Towards understanding Islam" by Moulanna Abul Ala Maududi

Author of multiple books Moulanna Abul Ala Maududi was an Islamic cleric, scholar, thinker and theologian at par. He was awarded with the King Faisal International Award for his services and contribution for Islam in 1979. The book "Towards Understanding Islam" was originally written by Moulanna in 1932 in Urdu and was later translated by various scholars in multiple languages such as Arabic, Hindi, Bengali, French, Turkish, Japanese to name a few.

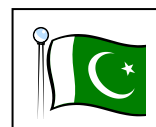
This book has become one of the elementary books and guideline on Islam in different countries. In the book Moulanna illustrates the divinity of all living things and prescribe to the Oneness of Allah. The book beautifully explains different concepts of Islam and has covered major topics carefully and precisely.

The book envisages topics ranging from The meaning of Islam, Faith and obedience, The Prophethood, The Articles of faith, Prayers and Worship, Deen and Shariah and The principles of Shariah.

Moulanna Maududi explicitly unveils the theme of Islam for the understanding of younger to older readers in a very comprehensive manner. As Islam is one of the growing religions in the world it is vital to have a clear knowledge about Islam. After reading the book the widespread misunderstanding about Islam can be responded to with excellence and command.

PAKISTANI FLOOD APPEAL CUPCAKE DRIVE

Order Form.



Name:

Phone number:

Email Address:

Delivery Address:



Due to packaging constraints all orders need to be made in multiples of four, with four cupcakes being the minimum order available. Cupcakes will be made by KissedbyCake. All ingredients are halal. Orders need to be placed by Thursday 16 October. Delivery begins October 25th 2014. (God willing) To view some of her beautiful cake creations visit www.facebook.com/kissedbycake (If this url does not work, google kissed by cake).

Variety	Number of Packs	Price	Total Price
Chocolate Monsters		\$16.00	
Cookies and Cream		\$16.00	
Chocolate Sundae		\$16.00	
Rosewater and Pistachio		\$16.00	
Coconut and Mango		\$16.00	
Vanilla and Raspberry		\$16.00	

All payments need to be collected at time of ordering. Thank you for your understanding. Any enquiries contact Soumaya on 0488 339 000.

Proceeds will go to Mercy to the World organisation that is assisting Flood victims in Pakistan.