



Newsletter 8; 27 June 2014, 29 Shabaan 1435

Prophet Muhammad's (P.B.U.H.) Sermon about Ramadan

A Sermon on The Last Friday of Sha'ban on The Reception of The Month of Ramadan.

"O People ! Indeed ahead of you is the blessed month of Allah. A month of blessing, mercy and forgiveness. A month which with Allah is the best of months. Its days, the best of days, its nights, the best of nights, and its hours, the best of hours. It is the month which invites you to be the guests of Allah and invites you to be one of those near to Him. Each breath you take glorifies him; your sleep is worship, your deeds are accepted and your supplications are answered. So, ask Allah, your Lord; to give you a sound body and an enlightened heart so you may be able to fast and recite his book, for only he is unhappy who is devoid of Allah's forgiveness during this great month. Remember the hunger and thirst of the day of Qiyamah (Judgement) with your hunger and thirst; give alms to the needy and poor, honour your old, show kindness to the young ones, maintain relations with your blood relations; guard your tongues, close your eyes to that which is not permissible for your sight, close your ears to that which is forbidden to hear, show compassion to the orphans of people, so compassion may be shown to your orphans. Repent to Allah for your sins and raise your hands in dua during these times, for they are the best of times and Allah looks towards his creatures with kindness, replying to them during the hours and granting their needs if he is asked ...

"O People! Indeed your souls are dependant on your deeds, free it with Istighfar (repentance) lighten its loads by long prostrations; and know that Allah swears by his might: That there is no punishment for the one who prays and prostrates and he shall have no fear of the fire on the day when man stands before the Lord of the worlds.

"O People! One who gives Iftaar to a fasting person during this month will be like one who has freed someone and his past sins will be forgiven. Some of the people who were there then asked the Prophet (s): "Not all of us are able to invite those who are fasting?"

The Prophet replied: "Allah gives this reward even if the Iftaar (meal) is a drink of water." "One who has good morals (Akhlaq) during this month will be able to pass the 'Siraat' ... on the day that feet will slip ... "One who covers the faults of others will benefit in that Allah will curb His anger on the day of Judgement ... "As for one who honour an orphan; Allah will honour him on the day of judgement, "And for the one who spreads his kindness, Allah will spread His mercy over him on the day of Judgement. "As for the one who cuts the ties of relation; Allah will cut His mercy from him ... "Who so ever performs a recommended prayer in this month Allah will keep the fire of Hell away from him ... "Whoever performs an obligatory prayer Allah will reward him with seventy prayers [worth] in this month. "And who so ever prays a lot during this month will have his load lightened on the day of measure. "He who recites one verse of the Holy Quran will be given the rewards of reciting the whole Quran during other months. "O People! Indeed during this month the doors of heaven are open, therefore ask Allah not to close them for you; The doors of hell are closed, so ask Allah to keep them closed for you. During this month Shaytan (Satan) is imprisoned so ask your Lord not to let him have power over you."

How fasting for a few days can regenerate the immune system

by Sarah Knapton

This interesting article was cited on the website:

<http://m.essentialkids.com.au/lifestyle/diet-and-fitness>

Fasting for three days can regenerate the entire immune system, even in the elderly, scientists have found in a breakthrough described as “remarkable”.

Although fasting diets have been criticised by nutritionists, research suggests that starving the body kick-starts stem cells into producing more white blood cells, which fight off infection.

Scientists at the University of Southern California (USC) say the discovery could be particularly beneficial for those suffering from damaged immune systems, such as cancer patients on chemotherapy. It could also help the elderly whose immune systems become less effective.

The researchers say that fasting “flips a regenerative switch” which prompts stem cells to create white blood cells, essentially restoring the immune system.

“It gives the OK for stem cells to go ahead and begin proliferating and rebuild the entire system,” said Valter Longo, professor of gerontology and biological sciences at the university.

“And the good news is that the body got rid of the parts of the system that might be damaged or old, the inefficient parts, during the fasting. Now, if you start with a system heavily damaged by chemotherapy or ageing, fasting cycles can generate, literally, a new immune system.”

Prolonged fasting forces the body to use stores of glucose and fat but also breaks down a significant portion of white blood cells. During each cycle of fasting, this depletion induces changes that trigger stem cell-based regeneration of immune system cells.

“When you starve, the system tries to save energy, and one of the things it can do to save energy is to recycle a lot of the immune cells that are not needed, especially those that may be damaged.

“What we started noticing in both our human work and animal work is that the white blood cell count goes down with prolonged fasting. Then when you re-feed, the blood cells come back,” explained Prof Longo.

Fasting for 72 hours also protected cancer patients against the toxic impact of chemotherapy.

Referring to the 72-hour fasting period, Chris Mason, professor of regenerative medicine at University College London, said: “That could be potentially useful because that is not such a long time that it would be terribly harmful to someone with cancer. But I think the most sensible way forward would be to synthesise this effect with drugs. I am not sure fasting is the best idea. People are better eating on a regular basis.”

Dr Longo added: “There is no evidence at all that fasting would be dangerous while there is strong evidence that it is beneficial.”

The Telegraph, London

And remember..... Eid comes after Ramadan! Don't allow each breaking of the fast to be a mini feast that will defeat the purpose of fasting in the first place 😊



Upcoming Social Event

Those who attended the Pre-Ramadaan social event thoroughly enjoyed the talk by Shaykh Hafiz Muhammad Abdul Wahid and requested that he return to deliver another inspiring talk.

He will be doing a Tazkiyah lecture in Ramadaan on Sunday 13 July after Asr salaah. The program will start promptly at 4pm at the MUGSU lounge, Federation University.

Following the talk, Iftar will be provided and is being arranged by Farhat and Dr. Zafar.

We hope to see you all there.



This article was published by Latrobe Valley Express Newspaper

Gippsland Islamic Community welcomes start of Ramadaan

On Saturday 7th June, the Gippsland Islamic community held a function titled "Welcome Ramadaan". Organised by the United Muslim Sisters of the Latrobe Valley (UMSLV) with the support of MUIS (Monash University Islamic Society) and GAMCI (Gippsland Australian Muslim Community Inc), the program began with a recitation from the Holy Quran followed by children singing a nasheed titled "Welcome Ramadaan" composed by Zain Bhika.

The special guest for the evening was Shaykh Hafiz Muhammad Abdul Wahid, a well-known Islamic scholar, and author of several Islamic books, newspaper articles, and television appearances. Hafiz Abdul Wahid is also the founder of the Tayyiba Institute which aims to provide Islamic education to Muslim youth and to bridge the gap between Muslim and non-Muslim communities living in Australia.

Hafiz Abdul Wahid delivered an inspiring lecture on the importance of the approaching holy month of Ramadaan. During the blessed month of Ramadaan, Muslims all over the world abstain from food, drink, and other physical needs during the daylight hours. As a time to purify the soul, refocus attention on God, and practice self-sacrifice, Ramadaan is much more than just not eating and drinking. Muslims are called upon to use this month to re-evaluate their lives in light of Islamic guidance. Ramadaan is a time to practice self-restraint; a time to cleanse the body and soul from impurities and re-focus one's self on the worship of God.

There were over seventy people in attendance comprising both Muslims and non-Muslims from Gippsland. The beginning of the month of Ramadaan is dependent on the sighting of the moon, and may begin approximately 28 June. The month concludes with the Muslim celebration titled Eid-ul-Fitr.

For more details about Ramadaan or UMSLV or GAMCI please email yumna.umslv@yahoo.com; or gamic2013@gmail.com.

“Beauty & Boutique Ramadan Special”

All beauty treatments, dresses and jewellery at discounted prices. Please contact Tehmina at 0457800044 to arrange an appointment or for more information.



School holiday program for July

Tuesday 1 July	Craft activity	3-4pm	no charge
Thursday 3 July	Baking activity	12-1pm	no charge

Both activities will take place at the Community Room, Buckley Street, Morwell. Please advise Yumna if your children will be attending. yumna.umslv@yahoo.com.

Wednesday 2 July Mr. Ants and the Magic Circus 10.30-11.15am

At Morwell Library. Bookings through Latrobe Shire libraries are essential.

Suggestions Box

We truly value the feedback that we receive from all of you.

If you have any ideas for future events or articles that you'd like to read in the newsletters, please let us know.

Please e-mail Yumna at yumna.umslv@yahoo.com with your suggestions.

Upcoming Social Event

Eid Festival In Latrobe Valley

UMSLV will be organising an Eid festival with a carnival atmosphere on 9 August. There will be stalls, rides, face painting and much, much more. All those interested in holding a stall at the festival please contact:

Yumna at yumna.umslv@yahoo.com.au or
Khatija at k.umslv@yahoo.com.au

Watch this space and check your e-mails for more updated information.