

UNITED MUSLIM SISTERS OF LATROBE VALLEY (UMSLV)

Newsletter 2; 1 July 2013 (22 Shaban 1434)



Family Picnic Day

UMSLV held a family picnic day on Sunday 26 May at Victory Park in Traralgon.

The rain could not dampen the spirits of the families and children who attended the picnic day. The children played in the park whether it rained or not; and children and the young at heart enjoyed the miniature train rides that were running on the day. Everyone enjoyed the hot lunch and hot cups of tea!

Thank you all for coming!

The children had such a great time, some didn't want to go home. They requested a monthly children's social event ☺

Upcoming Event

Children's Pre-Ramadan Social Event

Children between the ages of 12 months and 13 years are welcome to attend a fun session at *Morwell Academy of Gymnastics*. They will be allowed to use the gymnastics equipment, under the guidance of a gymnastics instructor. Mothers will be asked to supervise their children. A light lunch will be provided.



Venue: Morwell Academy of Gymnastics
523 Princes Highway,
Morwell

Date: Monday, 1 July 2013
Time: 12.30 – 2.30pm
Cost: \$12.50 per child.
RSVP: 27 June 2013

All children will need to bring their own drink bottles.

Please let Yumna (yumna.umslv@yahoo.com) know how many will be attending so that catering arrangements can be made.

What is Shabaan?

The Holy Month of Sha'ban is one of the blessed months that holds a lot for us from the mercy, compassion and kindness of Allah Almighty. Sha'ban is the name of the (eighth) month of the Islamic lunar calendar, and it is so called because in this month the Arabs used to disperse (tasha'aba) in search of water, or it was said that it is so called because it sha'aba (branches out or emerges) i.e., it appears between the months of Rajab and Ramadan.

Ibn Hajar (may Allah have mercy on him) said: "The Messenger of Allah (PBUH) observed more voluntary fasts in Sha'ban than in any other month, and he used to fast most of Sha'ban."

It is advisable not to fast the last few days of Shaban as your body needs to preserve its strength and energy for the month of Ramadan.

Teacher Zeinab will be holding a Quran memorisation competition for Ramadan.

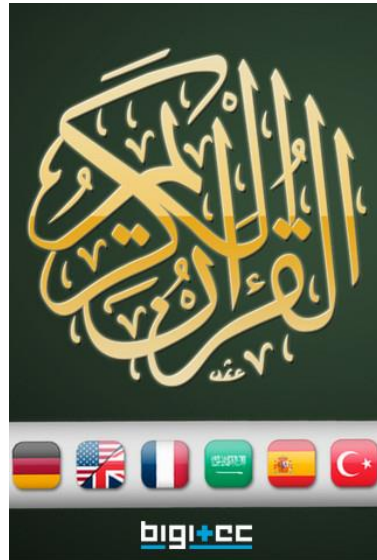
All children are welcome to participate.

They can choose one of the following surahs to memorise and recite:

Surat Al-Kafiroon, Surat Al-Kauther, Surat At-Tin, Surat Al-Falaq, Surat Al-Bayyina, Surat Al-Falaq, Surat Al-Qadr

Remember to start with Ta'awuz and Tasmia. There will be valuable gifts for the winners. The more surahs you recite, the greater the amount of prizes you will receive.

So start practising! 😊



It is admitted fact that every moment, second, minute, hour, day or night that is spent in the submission of Allah Almighty and His Beloved Prophet (SAW) is exceedingly meaningful and precious. But there are some days, nights and months which have their own weight and Allah, the compassionate, lays immense stress upon them to unveil their importance to his rational creatures.

Memorise Quran for kids and adults

By BIGITEC GmbH

Memorise Quran aims to help you learn the Quran easily by heart.

Features include:

Short-Breaks after recitation to repeat the verse

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- High Quality Audio recited by Sheikh Mishary Al-Afasy
- Approved Uthmani Font Type

This app is compatible with iPhone, iPod touch and iPad.

The answer to the quiz question What is Hadith? from our previous newsletter was

B - a saying of the prophet.
The winners are Emaan , Ihraam , Karima, Nabihah , Nousaiba , Maryam , Mawadda and Zahra .
The two winners chosen by the children from a hat are Mawadda and Zahra.

Congratulations to all our winners 😊

The next quiz question is:

What is Ramadan?

- a - special festival day
- b- a special prayer
- c- A month of fasting

Remember to sms Teacher Zeinab with your answer.

Welcome Ramadan

Ramadan is a Muslim religious observance that takes place during the ninth month of the Islamic calendar, believed to be the month in which the Qur'an began to be revealed.

The name "Ramadan" is taken from the name of this month; the word itself derived from an Arabic word for intense heat, scorched ground, and shortness of rations. It is considered the most venerated and blessed month of the Islamic year.

Every day during the month of Ramadan, Muslims around the world get up before dawn to eat the Suhoor meal (the pre dawn meal) and perform their fajr prayer. They break their fast when the fourth prayer of the day, Maghrib (sunset), is due.

During Ramadan, Muslims are expected to put more effort into following the teachings of Islam and to avoid obscene and irreligious sights and sounds. Purity of both thought and action is important. The fast is intended to be an exacting act of deep personal worship in which Muslims seek a raised level of closeness to God Almighty. The act of fasting is said to redirect the heart away from worldly activities, its purpose being to cleanse the inner soul and free it from harm. Properly observing the fast is supposed to induce a comfortable feeling of peace and calm. It also allows Muslims to practice self-discipline, sacrifice, and sympathy for those who are less fortunate, intended to make Muslims more generous and charitable. Muslims can eat after the sun has set. Pregnant women, the elderly, the ill and children less than 12 years of age are all exempt from fasting as lack of food could damage health.

Laylat al-Qadr (Night of Power), which falls during the last third, commemorates the revelation of the first verses of the Qur'an and is considered the most holy night of the year. Ramadan ends with the holiday Eid ul-Fitr, on which feasts are held. During the month following Ramadan, called Shawwal, Muslims are encouraged to fast for a further six days.

Ramadan Preparation

[July 9, 2012 Wesam Kerayem](#)

Have you ever wondered why your faith throughout the year is not on a high like it is during Ramadan or through Hajj? Maybe it is because we just go with the flow in Ramadan and are influenced by the environment around us and not our own 'real' feelings.

A lot of us usually live life and have our faith dependent on an upcoming major event i.e. "I'm going to start reading a page of Quran a day as soon as Ramadan starts; or, I'm going to stop smoking when my child is born." And because of this way of thinking we usually end up with an anticlimax; we don't end up giving up smoking, and we start reading Quran but then get back to our normal old self after a few days or weeks.

This is because these 'statements' or 'feelings' are based on impulse and not a real thought out plan. We usually don't prepare for Ramadan or hajj or have a plan for our faith to stay at the increase; we just go with the flow and expect it all to happen. Well, it doesn't!

Wouldn't you love to enter the month of Ramadan on a real high and **have the effects of this beautiful month be a permanent impact on your life thereafter?** How can this be done?

8 Simple Steps to Help You Prepare for Ramadan

And we are not just talking about filling the freezer with spring rolls and samoosas ☺

Step 1 – Create a Ramadan Count Down

Counting down for Ramadan (whether it is done mentally or by keeping physical signs around the home or office) will help create hype and buzz in your mind and amongst the people around you. When you and others are counting down to the same event, excitement spreads.

Step 2 – Seek knowledge about Ramadan

This will help you ensure you will do things correctly and perfectly for Ramadan. The more you know about Ramadan the more you can apply, hence multiplying your rewards.

Step 3 – Make a Ramadan plan

Be it reading the entire Quran, ensuring you pray taraweeh every night or inviting families over for iftaar; make a list of things you would like to achieve in the month and then how you plan on achieving these goals. Knowing what you want to achieve in the month will help you stay focused.

Step 4 - Know your life

Be aware if Ramadan affects anything that is happening in the month or shortly after. Do you have exams during Ramadan? Moving house? If so, plan for these events from now. Instead of spending Ramadan at the shopping centres, you can buy any Eid presents before the month starts.

Step 5 – Prepare spiritually

We all know that Ramadan is about Fasting, Praying, Reading Quran and giving in charity. Start these worships early; don't expect to just click into it as soon as the first day of Ramadan starts. Start doing extra prayers from now, start revising and regularly reading Quran now, get used to being generous and fast during Sha'baan.

Step 6 – Prepare your mind

Fasting is to refrain from more than just what we consume in our mouth. Start working on your patience; be extra vigilant with your conversations: ensure you are not backbiting, slandering or talking about useless things.

Step 7 – Say 'good riddance' to bad habits

Know what bad habits you have and stop them from now, don't wait until Ramadan begins. If you sleep late, start sleeping early, if you are a Facebook junky start cutting down. It might sound much easier said than done, but once you've committed yourself, purified your intentions – make sincere dua for guidance. Insh'Allah, these bad habits will be easier done with than you ever expected.

Step 8 – Plan your life around your worship

For instance; instead of working through your prayer or setting up meetings etc., at prayer times, plan that you have a break at prayer time. Don't take your phone with you to the place you pray and forget the world as you stand between the hands of the almighty Allah (glorified and exalted be He).

- **Calculating Zakat-** Calculate your Zakat and make a plan for the distribution, so that you can carry on this task smoothly during Ramadan.
- **Sadakah-** Try to save a bit more money before Ramadan, so that you can spend it during Ramadan as Sadakah and can achieve more reward InshaALLAH.

Ramadan Health tips

1. Prior to Ramadan, a Muslim should always consult with a doctor about the safety of fasting in individual health circumstances.
2. Even if you are generally healthy, recognize that Ramadan will take a toll. Plan your schedule and meals ahead of time in order to make sure you get the nutrients, hydration, and rest that you need.
3. Eat suhoor just prior to dawn. Yes, it's hard to get up at that hour, which is why it has many benefits and rewards. It will help you to wake up for the Fajr prayer. The suhoor meal is Sunnah. And this morning meal is generally recognized as the single most important meal of the day. Do not overeat, though. Focus on taking in foods that are rich in complex carbohydrates and protein, fruits or vegetables, and plenty of water.
4. When breaking the fast at sunset, Follow the Sunnah: break your fast with dates and either milk, water, or fruit juice. After the maghrib prayer, continue with a light starter such as soup and crackers. After a long period of fasting, you need to bring your fluids and blood sugar level up without overdoing it.
6. During the early evening (after maghrib), have a healthy and balanced dinner. Do not overeat, and be sure to drink a few more glasses of fluids.
7. During the evening hours, resist the temptation to drink tea, coffee, and soda. When visiting friends or family, ask for glasses of water.
8. Serve yourself, your family, and guests a "dessert" of fresh fruit and nuts.
9. Sip on water throughout the evening. Aim for 8 glasses by bedtime.
10. Light exercise, such as walking for 15-20 minutes, is best done in the evening hours.
11. Avoid fried and spicy foods as they may cause heartburn or indigestion.
12. Speak to your doctor about an appropriate multi-vitamin.
13. Continue to brush and floss your teeth several times a day.
14. Quit smoking!
15. Organize your schedule so that you get enough sleep.

Cooking in Ramadan

Ramadan is the month where the deeds are multiplied immensely, and a time for voluntary acts of worship. But an issue that concerns many sisters is the time it takes to prepare the food, especially when guests are invited. So brothers, please take into consideration and help your wives and plan with them ahead of time. And sisters, keep in mind what the Prophet PBUH said: **“Whoever feeds a fasting person will have a reward like that of the fasting person, without any reduction in his reward.”** InshaAllah you'll get the reward for your hard work :)))

Contact us

If you would like to place an advert for your business in our newsletter, please contact Syeda Husaini.



Community News

Lots of opportunity for learning and sharing.

- Sisters Sadia will be leaving Latrobe Valley and moving to Melbourne. We thank her for getting the ladies's discussion groups started and wish her and Rahima all the best in their new home. If anyone is interested in attending the classes that are normally held on Sunday afternoons please contact Nafisa at nafisa.kampul@gmail.com for more information.
- Sister Syedaa Hussaini will organise a discussion group for women in Urdu on Thursday 4 July. For more information please contact Syedaa on 51222439.

Halal Home Catering (Traralgon)

We provide Pakistani and Indian food for parties and functions. All our recipes are home made with fresh ingredients.

Contact Tehmina @ 03 51740444 & 04 57800044 (please call after 5pm)

How's your hearing?

Gippsland Audiology Services

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Thank you to Revd Penelope Brook, Ecumenical Chaplain, Monash University for the printing of this newsletter.

We wish Pene all the best with her new endeavours in Melbourne.