



mcws

Muslim Community of the Western Suburbs of Detroit

Volume 6

Quarter 2 2022



"The month of Ramadan [is that] in which was revealed the Qur'an, a guidance for the people and clear proofs of guidance and criterion. So whoever sights [the new moon of] the month, let him fast it; and whoever is ill or on a journey – then an equal number of other days."
Quran: 2:185



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Ramadan Kareem
MCWS wishes you a beautiful and blessed month!

Taraweeh Starts Friday April 1st

MCWS with Qari Nouman	9:40 pm*
MAC with Sh. Hasan	9:50 pm*
MAC with various Huffaz	12:00 am*

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HAVE ANY QUESTIONS FOR OUR MCWS IMAMS?

Newsletter Q&As

Fill out the form using the link below or by scanning the QR code at the bottom to ask our Imams a question!

<https://bit.ly/3fLkhYh>

Your question may be selected to be featured in the next volume of the MCWS newsletter, so keep an eye out!

Imams

Sheikh Ali Suleiman Ali
Sheikh Hasan Ahmad Sheikh

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"O you who have believed, fear Allah. And let every soul look to what it has put forth for tomorrow."

Al-Qur'an 59. Ayah 18

Shared by: **Sh. Ali Sulieman Ali**

This divine command invites each individual to think and contemplate focusing on what will benefit him/her tomorrow (Yawm al-Qiyamah.) The Ayah said EACH SOUL because each person would go back to Allah as he came to this world by himself and stand before Allah as an individual. Allah will speak to you without any interpreter.

Thinking about doing something requires strategic plans. Here we are thinking and planning for everlasting success, not temporary. The first thing that should come to our mind is what Allah loves and what He wants from us? The second thing is how can we obtain Allah's pleasure? By referring to the Qur'an we find that one thing Allah loves the most and commands us to do is AL-AMAL AL-SALIH (righteous deeds.) Righteous deeds are so many and vary. Allah says in the Qur'an (Your efforts (in doing good deeds) are diverse (Al- Qur'an:92 verse 4)

Since al-amal al-salih vary, we need to choose which al-amal al-salih are in need of time, which are more challenging, and which are beneficial. That is what is called FIQH AL-AMAL AL-SALIH. Indeed, each one of us knows his/her strength, weakness and where he can deliver better.

Having said this, let me touch upon things which everyone can do and must do for his own salvation.

1. Self-spiritual development. Work on your spiritual growth by:

- Praying extra 12 daily RAK'ATS. The Prophet (SAW) said whoever maintains these 12 rak'at daily Allah will build a house in JANNAH: 2 rakat before fajr prayer 4 before Zuhr prayer 2 after Zuhr prayer 2 after maghrib prayer and 2 after Isha prayer.
- Fasting on Mondays and Thursdays. If you want to add 13, 14, and 15 of each month is great.
- Qiyamul- layl with your family once a month or by weekly following with a short khatira by one of the parents or children.
- Reciting at least 5 ayats from the Qur'an on daily basis.
- Khabee'ah: is a good deed you do for the sake of Allah and nobody in this world will know about it. Not your spouse, parents, children and friends. Our Prophet (SAW) encourages each Muslim to have a KHABEE'AH. Khabee'a is used as TAWASSUL which means to ask Allah a relief by this KHABEE'AH.

2. Communal Engagement:

Ali Ibn Abi Talib (RA) said, "Man is valued and respected by what he is able to do very well." Some of us can deal with the youth problems, some with family issues, others developing and organizing programs, helping refugees, working to keeping the community united and safe, etc.

Remember that we worship Allah through serving the servants of Allah. So being part of the Muslim community it is obligatory upon each Muslim and Muslimah to contribute with some al-amal al-salih. A Muslim must never be a spectator. Abu Musa narrated that the Prophet (SAW) said, "Every Muslim has to give in sadaqah (charity)." The people asked, "O Allah's Messenger (SAW)! If someone has nothing to give, what will he do?" He said, "He should work with his hands and benefit himself and also give in charity (from what he earns)." The people further asked, "If he cannot do even that?" He replied, "Then he should help the needy who appeal for help." Then the people asked, "If he cannot do that?" He replied, "Then he should perform all that is good and keep away from all that is evil and this will be regarded as charitable deeds." (Bukhari and Muslim)

This hadith as you see has highlighted the importance of individual engagement in what benefits the community. So let us work energetically for our community.

One of the important aspects of being engaged in the community is participating in the community programs, attending Angle Circle, annual fundraising dinner and general body meeting

3. Be an official member

If you are not a registered member, please try to become one this year. So you can officially voice your concern regarding what is beneficial for your community. As an official member you can choose your leadership. Indeed, Islam has given us liberty to choose the system we find better for governing our community.

Finally, each one of us should make a specific covenant between him/her and Allah to serve his/her community according to his/her capacity and specialty. May Allah help us to make this Ramadan more beneficial than the previous ones.



Sh. Ali Suleiman Ali

FORGIVENESS & REPENTANCE

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QURAN & SUNNAH

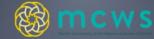
Monday, Tuesday
Wednesday & Friday
after Asr
MCWS

Saturday &
Sunday
after Dhuhr
MCWS

REFLECTIONS OF QURAN

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Muslim Community of the Western Suburbs of Detroit

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April 23 - MCWS

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Muslim Community of the Western Suburbs of Detroit

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APRIL 20TH 8:00 PM
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This event is ONLY for seniors.

questions?
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Rising from Islam to Imaan This Ramadan

By: Sh. Hasan Sheikh

The blessed month of Ramadan is less than 15 days away and it is a unique opportunity for servants of Allah to solidify their positions as people of Imaan.

It is important to know that there is a significant difference between Islam and Imaan. Allah Says:

Some of the nomadic Arabs say, “We have become the people of Imaan.”

Say, ‘O Prophet,’ “You have not (yet) become the people of imaan, but instead say, ‘We have become the people of Islam,’ for true faith (Imaan) has not yet entered your hearts.. (49:14)

Allah specifically differentiates between the two because the difference between Imaan and Islam is the difference between sovereignty and servility, harmony and tyranny and it is the difference between peace and fear.

The late Egyptian scholar Imam Sharawi (May Allah have mercy on him) recalls one of his public encounters which I feel is worth mentioning to further emphasize this difference.

He says:

“I was once in San Francisco when an orientalist approached me and questioned:”

“Is every word of the Quran accurate?”

“Without a doubt yes!”, I answered.

Orientalist: “Then why is it that kuffar have an upper hand over you despite that Allah says: And Allah will never grant the disbelievers a way over the believers (4:141)”.

“Because we are Muslims (people of Islam) and not yet Mumins (people of Imaan)”, Sharawi calmly answered.

“What is the difference between the two?”

Sharawi: “Muslims are those who offer the rites of Islam when it comes to prayer, charity, Hajj and fasts etc. but still can be at a complete loss in all spheres of life.”

Orientalist: “How and why such great depravity?”

Sharawi: “The Quran has made it clear that the reason is because they have not yet elevated themselves from the state of Islam to Imaan. Had they been true people of Imaan, Allah would indeed help them as Allah says: For it is upon us to help the people of Imaan” (30:47)

Sharawi continued: “Had they been people of Imaan, today they would be respected amongst all nations as Allah says: “Do not falter or grieve, for you will have the upper hand, if you are (true) people of Imaan”. (3:139). But they stayed at the level of Muslims and did not rise to the level of Mumins. Allah says, “Most are not Mumin”(26:67).

Orientalist: “So who are the people of Imaan?”

Sharawi: “The answer is in the Quran: It is the believers’ who repent, who are devoted to worship, who praise their Lord, who fast, who bow down and prostrate themselves, who encourage good and forbid evil, and who observe the limits set by Allah. And give good news to the believers”. (9:112)

May Allah have mercy on Shaykh Sharawi.

Contemplate how Allah’s promises of help, sovereignty, and peace are tied with Imaan and not just Islam.

Let us take advantage of this great month of Ramadan to improve our collective state by elevating ourselves from Islam to Imaan.

In closing I leave you with this verse of Quran:

“Allah has promised the people of Imaan who do good that He will certainly make them successors in the land, as He did with those before them; and will surely establish for them their faith which He has chosen for them; and will indeed change their fear into security—provided that¹ they worship Me, associating nothing with Me. But whoever disbelieves after this ‘promise’, it is they who will be the rebellious.” (24:55)

Shaykh Hasan

RAMADAN '22

DAILY

NIGHTLY ISHA & TARAWEEH

At Medina Activity Center (MAC)

Check www.mcws.org for timings

REFLECTIONS OF QURAN

Daily before Taraweeh, MAC

Brief nightly insights into what will be recited during Taraweeh

PERSEVERANCE & RAMADAN

Daily after Dhuhr, MCWS

Hadith on the virtues of Ramadan

SAVE THE DATES

THE GREAT NIGHT OF SHABAAN

THURSDAY, MARCH 17, AFTER MAGHRIB, MCWS

Discussing the reality and wisdoms behind the 15th of Shabaan

RAMADAN SOUL GOALS

FRIDAY, MARCH 18, ANGEL'S CIRCLE, AFTER MAGHRIB, MCWS

Discussing Ramadan goals for the Nafs & Soul

ACHIEVING LOVE SERIES

THURSDAYS: APRIL 7 & 14, AFTER ASR, MCWS

Inner and outer dimensions of love in Islam

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SUNDAYS: APRIL 10, 17 & 24, 1PM, MAC

The chapter on Character from Imam Ghazali's (RA) Ihya in Arabic

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SATURDAYS: APRIL 16 & 23, POST TARAWEEH, MAC

Student Halaqa (16-up)

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THE WORLD WITHIN

THURSDAY, APRIL 21, AFTER ASR, MCWS

How to navigate the world within oneself

BOOK OF FORGIVENESS

THURSDAY, APRIL 28, AFTER ASR, MCWS

Supplications of forgiveness from Hasan Basri (RA)

THE LAST TEN NIGHTS OF RAMADAN

By: Br. Talha Vaid

Picture the final moments of a basketball game. It's the final quarter with 3 minutes on the clock and the game is tied. Spectators are on their feet in anticipation to see what will happen next. The players on the court are pumped and understand that these final moments will determine the final outcome. So the players give it their best, in hope of victory.

Whilst the entire month of Ramadan is special and blessed, the last 10 nights hold a special significance. Generally speaking the Prophet (SAW) would be very discreet when waking up early in the morning for Tahajjud, to avoid disturbing his family members. However, during the last 10 nights, the Prophet (SAW) would awaken his family members, encouraging them to seize the opportunity. What was the motivation behind this? Allah (SWT) says in the Quran:

The Night of Glory is better than a thousand months (97:3)

There is a night known as "Lailatul Qadr"(The night of power). If one exerts himself in worship on this night, it is more meritorious than 1000 months of worship. The Prophet (SAW) instructed us to seek this night on the last 10 odd nights of Ramadan(21st,23rd,25th,27th and 29th).

The Sahaba, or the blessed companions of the Prophet (SAW), were a group of individuals who would seize every opportunity to please Allah (SWT). They would hear about the long life spans of those in the past such as Prophet Nuh (AS), who propagated the Deen for 950 years. Naturally this fervor arose, "If only we had a long life span as those before us so we could have more opportunities to please Allah (SWT)". Allah (SWT), out of his infinite mercy and grace blessed this nation with the gift of Lailatul Qadr(The night of power). On this night, Angel Jibraeel and a large multitude of angels descend to witness us worship and supplicate to Allah (SWT). We pray that Allah (SWT) allows us to seize this immense opportunity. On a practical level, here is a list of recommendations:

1. Recite Quran- Interestingly the Quran was sent down from the preserved tablet(Lawhul Mahfuth) to the lower heavens on this night.
2. Make Dua- Fervently and sincerely ask Allah (SWT) to fulfill your needs in this life and the next. Don't forget to include family, friends and humanity at large in your Dua.
3. Zikrullah- Chant the many praises of Allah (SWT) such as SubhanAllah, Alhumdulillah and Allahuakbar. The example of the many forms of Zikr is like going to a candy shop. You have so many options. Take a few and make it a habit to praise Allah (SWT) standing, sitting and on the comfort of your bed.
4. Salawat on the Prophet (SAW)- Every time we send Salawat on the Prophet(SAW), we receive 10 blessings. Another hadith indicates that those who send the most Salawat on the Prophet (SAW) will enjoy the closest proximity to him on the day of judgement.
5. Salaah- Aim to pray Maghrib, Isha and Taraweeh in congregation. Take out some time to pray individually as well.

Why Religious Practices Encourage Social Interaction And Environmentalism

Health educator Amber Khan discusses how Islam nourishes our social health through community engagement.
Dr. Amber Khan, AMT Contributor

Most acts of worship in Islam involve being with others, such as praying in congregation, breaking fast together and performing Hajj with Muslims all over the world. Islam is a community religion. To worship God by isolating ourselves from society is not encouraged in Islam, nor is it considered an admirable trait. We are encouraged to be active members of our community.

Social health is how we interact with others and our community. Islam nurtures our social health just as much, if not more, than personal autonomy. Two great examples are giving in charity and caring for the environment.

A recent study reported that American Muslims, who make up 1.1% of the U.S. population, are more generous than the overall U.S. population, giving to both faith-based and non-faith-based causes.

This may be due to Islam's unique view on sustenance. Sustenance does not come from ourselves, but from God. If He wills, He can give us more, and if He wills, He can take it away. A study by ISPU reported that a majority of Muslims view poverty as mainly due to circumstances beyond a person's control versus their bad choices. Therefore, if God blesses us with wealth, we believe it is our responsibility to share it with others, just as others should help us in our time of need.

Charitable giving and philanthropy are major aspects of the Islamic faith. Zakat (sharing 2.5% of our saved earnings annually) is the first welfare system in history that redistributes part of the rich's wealth to the poor. It aims to eliminate poverty as a form of social justice. It is similar to social security systems in western countries but is only required for those financially capable.

A more casual form of charity, sadaqah, represents how any act of goodness can be charitable. It enables anyone, rich or poor — even if all they can give is a cheerful face (al-Tirmidhi, 1970) — it is deemed an act of charity.

Another example is the way Islam promotes caring for our environment. Environmental damages today, including waste production, water pollution and genetically modified crops have led to global climate change. This temperature rise has impacted every natural aspect of the earth, like farming, climate, ecosystems and increased natural disasters. Without change, the earth's temperature will continue to rise.

As Muslims, taking care of our planet is considered an amana (trust). We are to treat it with respect and care so that it returns to God in the best manner possible. It was reported during the Battle of Hunayn that the people of at-Taif hid from the Muslims in their walled-off fortress with their crops outside it. A Muslim suggested they burn the crops, but the Prophet (s) forbade this. Burning the crops not only impacted the people inside, but future generations, the soil, and animal life.

When we disregard this responsibility, by destroying and polluting Earth with garbage and harmful agents, we will be held accountable, as the Quran states: "And when he goes away, he strives throughout the land to cause fasad (corruption) therein and destroy crops and animals. And Allah does not like corruption" (Quran 2:205).

The Islamic principles of maintaining a lifestyle that avoids harming our natural environment aligns with the well-known motto "Reduce, Reuse, and Recycle" in the following ways:

REDUCE: We are encouraged to reduce our use of water (Abu Dawud), even during the spiritual act of purification, and reduce our waste: "Eat and drink but do not waste..." (Quran 7:31).

REUSE: We are encouraged to re-purpose old items. It is reported that Muslim potters heated their kilns by burning fruit husks, fruit stones, pine cones and vegetable waste; millers ground their corn in mills turned by the wind; and windmills and animals were used to lift water into irrigation channels. Additionally, we are encouraged to use items until they can no longer be used. It is reported that the Prophet(s) repaired shoes and urged Muslims to wear-out clothes until they had patches on them.

RECYCLE: What may be waste to one may be useful to another. An example is donating excess food or sharing it with others rather than throwing it away. The Prophet(s) encouraged companions to share food with their neighbors (al-Albani).

Islam also promotes proactively caring for the planet. An example is planting trees. This is considered an act of charity, as it provides food and shelter for animals (Muslim).

As a whole, my book series aims to educate both youth and adults on important issues within Islam, like sexual, mental, spiritual and environmental health. This series highlights how modern Islam is ahead of its time. It's critical that educators and parents appreciate how much our youth can relate to these concepts, especially issues such as protecting the environment. In this way, we can teach Islam in a way that engages and inspires young Muslims.

These points and more are discussed in my book series, "Islamic Health," which is set to be released in Spring 2022 through Noorart. For updates, follow @islamichealthseries on Instagram.

american muslim
TODAY

Amber Khan, D.O. is a health educator in the MCWS community.

You can follow her on Instagram @islamichealthseries or contact her at IslamicHealthEducation@gmail.com.

<https://americanmuslimtoday.com/details/4e744bde-7721-42b9-862c-5bb48891f45a>

WEIGHT LOSS, HEALTH, AND FITNESS DURING RAMADAN

Dr. Mohammed S. Alo

Cardiologist, Certified Personal Trainer, Author

Most Muslims DO NOT lose weight in Ramadan. The few that do, gain it all back very quickly in a few weeks. A meta-analysis published in the Cambridge University Press in November 2012 showed minimal weight loss (-1.24 kg) and that all participants had gained it back after two weeks. A review of the literature shows that, while Ramadan can cause weight loss, it's also very short lived and most people gain all their weight loss back. Another set of studies shows no weight loss during Ramadan at all. And yet, another group of studies showed weight gain. Most of the studies that showed weight gain, showed that it was actually more permanent weight gain. Participants did not lose the weight later.

So how do you make sure that you lose weight in Ramadan and keep it off?

The key to weight loss is to get into a calorie deficit. You must eat fewer calories than you need. If your body requires 2800 calories per day to maintain your current weight, you need to eat 500 fewer calories per day to lose about one pound per week. So, you should be eating 2300 calories per day to lose one pound per week.

How you create that calorie deficit really makes no difference. Some people try to avoid carbs, some people cut out fat, some eat only for 4 hours per day, some eliminate processed foods. All these techniques can work if they create an actual calorie deficit. But if you try any of these and you overeat, which is easy to do, you will gain weight.

In Ramadan, it's easy to create a calorie deficit. You just eat less. Right? The problem is that most people have no idea how much they are eating, so they try to wing it. Unfortunately, winging it doesn't always work. It's quite hard. Your body notices you are losing weight and will send hunger signals to get you to gain your weight back.

You will never notice this change in signaling. I highly recommend downloading an app called MyFitnessPal and start tracking your food intake. Track your food and weight for a week. If your weight remains stable, then that's your calorie count to maintain your current body weight. For most men, it's around 2500 to 3000 calories per day. And for women, it's about 2000 to 2500 calories per day.

So you track for a week and you realize you are eating 2600 calories daily, subtract 500. Eat 2100 calories daily, and weight should come off. Easy peasy.

Does exercise cause weight loss?

Unfortunately, no. No amount of exercise will cause weight loss. Hundreds, if not thousands, of studies have been done on this now. You can not create a calorie deficit with exercise. Ever hear the saying, "You can't outrun a bad diet"? Well, it's true. You can't. Dr. Herman Ponzer (Harvard, Duke) recently published a book titled, Burn, where he outlines everything we know about metabolism and energy burn. Humans just can not cause weight loss with exercise. My book (ActualWeightLossBook.com) goes over all of the most important studies on exercise, diet, and weight loss. But you should still exercise. Exercise is good for you. All your health markers improve, even if you don't lose a single pound. Your blood pressure, diabetes, cholesterol, inflammatory markers, and mortality all improve. Further, exercise helps prevent weight regain. You are less likely to gain back weight that you have already lost.

So, what should you eat for weight loss?

You should eat what you have been eating for the last 10, 20, 30, and 40 years. Humans are very unlikely to stick to a restrictive diet. If I tell you to never eat rice again, how long are you going to be able to live without eating Canton Biryani? A few months? If I tell you to eat only kale and quinoa for the rest of your life, how long can you stick to that? Ten minutes maybe?

The key to weight loss is to stick to your diet. Stick to what you enjoy. Just eat a lot less. I always tell my patients, "Eat what you like, just a lot less." Because people can actually do this for a very, very long time. (Hint, you are already doing this!)

Specific strategies for Ramadan

For suhoor, you want to eat slower absorbing carbs, fats, and proteins. Slow absorbing carbs are oatmeal, legumes, beans, quinoa, lentils, chickpeas, fruits and vegetables. This isn't 100% necessary, but it helps. Casein is a slow absorbing protein found in milk. It can be purchased as a powder to make smoothies and shakes. It absorbs more slowly than other proteins. Fage 0% Greek yogurt is another favorite of mine. You can use it as a spread, as dip, in a bowl drizzled with honey and dark chocolate chips. It's great. You could add lime juice, and chopped up cilantro and jalapenos and make an amazing pure protein dip. There are lots of other tips in my Heart 2 Heart cookbook on Amazon.com

For iftar, you want to break your fast with quick absorbing carbs and water. Dates fit this bill very well. Just be careful, some larger dates can be 90-140 calories each (if you decide to start tracking calories). Then take a brief break (pray Maghrib), let blood start flowing to your stomach and the digestive juices begin to flow. Then go back and eat your meal. It's always nice to start with a soup to get your digestive system back up and running slowly, which helps prevent overeating.

It's very easy to overeat when you eat quickly. I always tell my patients to eat half their plate, wait 20 minutes, then go back and eat a little more if they are "starving", but not to eat more if they are just a little hungry. You have to be hungry to lose weight. This technique also works if you don't want to count calories. Just eat half your food and wait.



Fitness in Ramadan can be very tricky and difficult. Don't worry, you aren't going to lose your gains. Even if you don't lift a single weight in Ramadan, your muscles will not shrink and disappear. You will be fine. But Ramadan is especially taxing. Studies have tested whether working out before suhoor, or after suhoor, or before iftar, or after iftar is best. They can all work. I find that doing something with about 40 minutes left till iftar time works best with most people's schedules in the United States. I go over all of these studies in my Ramadan series on YouTube (DrAlo.tv).

Ramadan is a time of renewal; mental, physical, psychological, and spiritual (MPSS). If thinking about health, fitness, and weight loss is going to stress you out and take away from your MPSS well-being, then you need to stop and just focus on maximizing Ramadan for what it was designed. You do not have to go crazy in Ramadan trying to lose weight, run 20 miles per week, starving yourself, and the mental stress and anguish that goes with all that. You need to be present and live in the moment. Be with your family. Be with your kids. Be with your parents. Be with your congregation. Be with YOURSELF! Be with your Lord. Be present!

I have a ton more articles, YouTube videos, books, and resources on my websites. Go to DrAlo.net to learn more. You can learn to lose weight without fad diets, food restrictions, and other gimmicky methods. Eat what you enjoy and still lose weight. You can also download my full exercise program, glute guide, cheatsheets, macro sources, sign up for my healthy living newsletter, busy mom guide, and register for one of my signature online courses!

Use the code: AL025 for 25% off all courses at DrAlo.net. Feel free to reach out to me if you have any questions or want to learn more! I love answering questions and teaching weight loss! I've been doing this for 20 years and it's a passion of mine.

KIDS' CORNER

RAMADAN RIDDLES!

I was sent down during the month of Ramadan. I am read the most. What am I?

I'm fun to make. I'm used to decorate the house during Ramadan. What am I?

I am shaped like a banana. I rest high in the sky. What am I?

I am fruit. I am tasty and provide lots of energy. You can also find me in a calendar. What am I?

The Quran, Lanterns, Crescent, Date

Ramadan Card Helpers Wanted!

Spread some love and joy this Ramadan! Make some Ramadan cards and drop them off in the box at the MAC building to be given to Afghani refugees and others in need. Your creativity and talent will be greatly appreciated and rewarded, inshaAllah!



Be creative with your designs! If you're stuck on what to write, here's a sample message:

Asalamu Alaikum!

Ramadan Mubarak! We are wishing you a blessed and successful Ramadan!

Snickers Stuffed Dates

Ingredients

- 10 dates
- 2-5 tablespoons peanut butter (depending on how large your dates are)
- 1/4 cup chopped or crushed peanuts
- 1/2 cup chocolate
- 1 teaspoon coconut oil

Directions

1. Cut a slit in each date and remove the pit.
2. Fill each date with peanut butter and a sprinkle of crushed peanuts. Set aside.
3. Place the dark chocolate and the coconut oil in a microwave safe bowl and melt in the microwave in 15 second increments, stirring between each.
4. Using a toothpick, dip each date into melted chocolate and use a spoon to coat the date until completely covered. Place chocolate covered date on a platter lined with parchment. Sprinkle remaining crushed peanuts on top of each date.
5. Place the dates in the fridge to allow the chocolate to set.
6. Keep leftover chocolate covered dates in a sealed container in the fridge for up to a week.

Notes

Inspired by:
<https://www.eatingbirdfood.com/snickers-stuffed-dates/>



Best Times for Making Dua



When it's raining



Middle of the night



While travelling



In Sujood



Friday after Asr



While fasting



Between the Adhan and Iqama

Tips for a Perfect Suhoor Power Smoothie!



Choose your favorite frozen fruits combo

- Banana + Strawberry
- Strawberry + Blueberry + Raspberry
- Pineapple + Mango + Banana
- Mango + Raspberry
- Orange + Strawberry
- or make up your own!...

Include protein/healthy fats

- Peanut Butter
- Avocado
- Greek Yogurt

Include extra nutrition

- Chia Seeds
- Hemp Seeds
- Dates

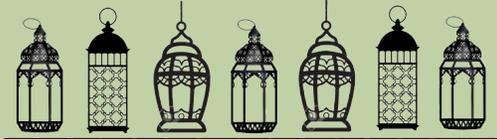
Blend these ingredients with a liquid (milk, juice, coconut water) and stay fueled through your fast with an easy suhoor

Name: _____

Ramadan WORD SEARCH

Find and highlight the given words.

- Fasting
- Prayer
- Charity
- Muslim
- Islam
- Ramadan
- Moon
- Eid-ul-fitr
- Quran
- Iftar
- Faith
- Patience
- Family
- Friends
- Gratitude



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MY RAMADAN GOALS

Having goals is one of the best ways to track your success this Ramadan! Three goals are provided... add more!

- Help mom make iftaar
- Learn a new hadith every week
- Donate to charity
-
-
-
-
-
-



6 Tips for Ramadan

Quick Guide



Eat Lightly



Give Charity Everyday



Increase Du'a



Pray Voluntary Prayers



Read as much Quran as you can



Make Dhikr Constantly

May Allah accept our fasts, accept our good deeds and forgive us for all our sins and make us better Muslims.

Ramadan Challenge Board Game

THINK OF SOMEONE YOU NEED TO FORGIVE AND MAKE DUA FOR THEM

BE THE FIRST TO SAY SALAM TO A MUSLIM STRANGER

REFLECT ON WHAT TO DO TO SPIRITUALLY GROW THIS RAMADAN

READ: ALLAHUMA BALIGHNA RAMADAN

MAKE A DUA LIST OF THINGS AND PEOPLE YOU WANT TO MAKE DUA FOR

LEARN ABOUT HOW THE PROPHET (SAW) DID IN RAMADAN AND CHOOSE SOMETHING YOU WANT TO DO AS WELL

WASH YOUR PRAYER RUG AND CLOTHES IN PREPARATION FOR RAMADAN

TAKE A MINUTE TO SAY THANKS FOR THE GIFT OF A NEW DAY

RECITE: LA ILLAHA ILALLAH 10 TIMES SLOWLY AND MEANINGFULLY

SET A TIME LIMIT ON YOUR PHONE/VIDEO GAMES TO LIMIT USAGE

SINCERELY SEEK FORGIVENESS FROM ALLAH

READ: ALLAHUMA A'INNI ALA ZIKRIKA WA SHUKRIKA WA HUSNI IBADATIK

PRACTICE PRAYING WITHIN 15 MINUTES AFTER THE ADHAAN

WASH THE DISHES AFTER IFTAAR

VISIT SOMEONE SICK (OR CALL THEM) AND SEND THEM FOOD!

MAKE DUA OR GIVE CHARITY FOR SOMEONE WHO HAS PASSED AWAY

MAKE A DUA LIST FOR THE LAST 10 NIGHTS OF RAMADAN

GIVE CHARITY TO YOUR FAVORITE ORGANIZATION

READ AN ISLAMIC BOOK AND GIFT ONE TO A FRIEND

READ: ALLAHUMA INNI ASALUKA ILMAN NAFIA, WA RIZOAN TAYYIBA, WA AMALAN MUTAQABBALAN

LISTEN TO AN ISLAMIC LECTURE ON ANY TOPIC

SEND IFTAAR TO SOMEONE SPECIAL

SET ASIDE TIME TO VOLUNTEER SOMEWHERE

SET A TIME TO SIT WITH YOUR FAMILY/FRIENDS TO DO IBADAH TOGETHER

PRACTICE THE 1/3 FOOD, 1/3 WATER, 1/3 AIR RULE

WRITE A THANK YOU NOTE TO ALLAH

TAKE A MID-DAY NAP AFTER DHUHR

RECITE: SUBHANALLAH, ALHAMDULILLA H, LA ILAHA ILALLAH, ALLAHU AKBAR

THINK OF SOMEONE TO APOLOGIZE TO AND APOLOGIZE. IF YOU CANT THEN MAKE DUA FOR THEM

READ: YA MUQALLIB AL-QULOOB THABBIT QALBI ALA DEENIK

Surah Mulk Translation Challenge

Last year's Ramadan challenge was to memorize Surah Mulk...

This year let's challenge ourselves to understand it by memorizing the translation!

April 2 <input type="checkbox"/> Day 1 Memorize Ayah 1 translation	April 3 <input type="checkbox"/> Day 2 Memorize Ayah 2 translation	April 4 <input type="checkbox"/> Day 3 Memorize Ayah 3 translation	April 5 <input type="checkbox"/> Day 4 Memorize Ayah 4 translation	April 6 <input type="checkbox"/> Day 5 Memorize Ayah 5 translation
April 7 <input type="checkbox"/> Day 6 Memorize Ayah 6 translation	April 8 <input type="checkbox"/> Day 7 Memorize Ayah 7 translation	April 9 <input type="checkbox"/> Day 8 Memorize Ayah 8 translation	April 10 <input type="checkbox"/> Day 9 Memorize Ayah 9 translation	April 11 <input type="checkbox"/> Day 10 Memorize Ayah 10 translation
April 12 <input type="checkbox"/> Day 11 Memorize Ayah 11 translation	April 13 <input type="checkbox"/> Day 12 Memorize Ayah 12 translation	April 14 <input type="checkbox"/> Day 13 Memorize Ayah 13 translation	April 15 <input type="checkbox"/> Day 14 Memorize Ayah 14 translation	April 16 <input type="checkbox"/> Day 15 Memorize Ayah 15 translation
April 17 <input type="checkbox"/> Day 16 Memorize Ayah 16 translation	April 18 <input type="checkbox"/> Day 17 Memorize Ayah 17 translation	April 19 <input type="checkbox"/> Day 18 Memorize Ayah 18 translation	April 20 <input type="checkbox"/> Day 19 Memorize Ayah 19 translation	April 21 <input type="checkbox"/> Day 20 Memorize Ayah 20 translation
April 22 <input type="checkbox"/> Day 21 Memorize Ayah 21 translation	April 23 <input type="checkbox"/> Day 22 Memorize Ayah 22 translation	April 24 <input type="checkbox"/> Day 23 Memorize Ayah 23 translation	April 25 <input type="checkbox"/> Day 24 Memorize Ayah 24 translation	April 26 <input type="checkbox"/> Day 25 Memorize Ayah 25 translation
April 27 <input type="checkbox"/> Day 26 Memorize Ayah 26 translation	April 28 <input type="checkbox"/> Day 27 Memorize Ayah 27 translation	April 29 <input type="checkbox"/> Day 28 Memorize Ayah 28 translation	April 30 <input type="checkbox"/> Day 29 Memorize Ayah 29 translation	May 1 <input type="checkbox"/> Day 30 Memorize Ayah 30 translation

It was narrated that 'Abd-Allaah ibn Mas'ood said: "Whoever reads Tabaarak allaahi bi yadihi'l-mulk [i.e., Surah al-Mulk] every night, Allah will protect him from the torment of the grave." Narrated by al-Tirmidhi, 2891; Abu Dawood, 1400; Ibn Maajah, 3786.



Senior Lunches

Senior get together and lunch!

Alhamdulillah after a long break due to Covid our beloved seniors were able to meet for some good conversation and an equally yummy lunch at MAC!

A few weeks later, we hosted another get together and lunch at the newly renovated MAC Banquet Hall.

Jazakallah khairan to all the amazing volunteers who helped cook and serve.

Events like these are possible only with the help of our dedicated volunteers who serve selflessly.

This event is held monthly, look out for future event fliers.

For questions/comments email:

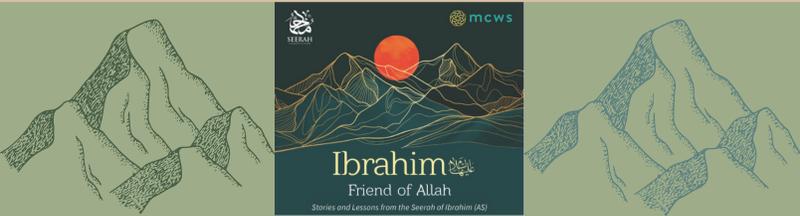
Info@mcws.org



We want to express our deep gratitude for the dedicated work our amazing community members, youth, staff and volunteers do day after day.

May you be blessed with the best in duniya and akhira.

JazakAllah Khayr!



2022 SEERAH COMPETITION

Alhamdulillah – another year and another well-attended and successful Seerah Competition event, Ma’sha Allah!

The 11th Annual Seerah Competition was held on Saturday, March 5th virtually due to ongoing in-person restrictions. Overall, we had more than 600 participants from kindergarten to college this year who participated from several states, Canada and overseas. The competition was preceded with four coaching sessions every Saturday in February which were also attended by hundreds of participants on each day, Ma’sha Allah.

In addition to the children’s competition, like every year a Seerah Challenge for the adults was also very well received. As the children were learning about Prophet Ibrahim (as), the adults were watching YouTube lectures by honorable scholars to learn about his life.

The Seerah Competition team hopes that Allah (swt) will instill the love of His Prophets in our children's hearts and that they learn lessons from their lives and follow their footsteps. We pray that they cherish what they learned this year about perseverance, faith, and submission to Allah (swt), In sha’Allah.

After thanking Allah, we would like to thank MCWS’s board, our esteemed sponsors, parents and children, schools and their PTOs, coaches, proctors, graders and the scores of volunteers for making this an awesome event, Alhamdulillah. This would not have been possible without what each one of them did in their capacities to assist the organizers and making it another memorable occasion.

Jazak Allahu Khairan Katheera to everyone!

2022 Seerah Competition Team



MCWS RAMADAN QURAN PROGRAM FOR SISTERS

In Urdu

Welcome Ramadan Talk
Wednesday, March 16th

11:30 am- 1:30 pm

Quran Translation and Brief
Explanation (One Juz daily)

Monday-Saturday

Starting Thursday, March 17th

11:30- 1:45pm

Join Zoom Meeting

<https://mcws.zoom.us/j/81843020102>

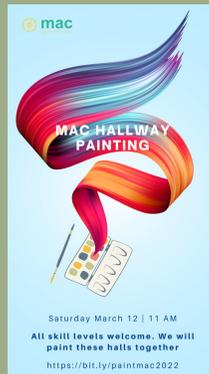
MCWS Ski Trip



MCWS families enjoyed skiing & snowboarding together at Mt. Brighton



MAC Community Painting



Over 60 community members joined us in painting the MAC hallways. It was a fun community project & made wonderful memories that will last a lifetime, Alhamdulillah.

Sisters Painting Palooza



Sisters in high school & college enjoyed painting together

Middle School Boys Halaqa Bowling Trip



A fun bowling outing with 60 middle school boys and Br. Talha Vaid and Br. Omar Malik

mcwsyouth

YOUTH EVENTS SHOWCASE

Highlights from a few of the many MCWS youth events so far in 2022, Alhamdulillah

Youth Qiyam



Over 100 high school and college students attended the Youth Qiyam discussing the "Value of Time" with Dr. Mohammad Hakeem

MCWS Boys' Snowball Fight



50+ brothers came together for a memorable snowball fight after a snow storm & prayed together in the snow

MIBA



Brothers participating in the MCWS/MIBA basketball league

MCWS Puppet Show



Over 100 children from Kindergarten to 2nd grade enjoyed story time, a fun puppet show, arts and crafts with author, Tayyaba Syed, in the MAC Mussallah, Alhamdulillah.

Youth **RAMADAN '22**

Ramadan decorations - April 3rd

Making paper lanterns and moon decorations to decorate the MAC and take home. For boys and girls of all ages. 3-5 pm

Stories from the Quran:

Every night at the MAC for 5 minutes before the mid-night taraweeh. Conducted by Talha Vaid.

High School iftaars

High school boys: April 8th and 22nd

High school girls: April 15th and 29th

Please sign up to bring a dish and help clean up afterwards. Registration is required!

After hours workout

25 minute workout with Talha Vaid at the MAC after the midnight Taraweeh. For brothers 15+ (First 20 nights of Ramadan)

Qiyams (All night program)

April 2nd- College/young professionals (MAC)

April 8th and 15th- High school boys and girls (MAC)

Virtual Halaqah

Virtual Halaqah from 1-1:30 am (Last 10 nights of Ramadan)

Middle school boys halaqah

A virtual halaqah for middle school boys every Friday from 6:30-7:30 pm. Conducted by Br. Omar Malik

Post Taraweeh outing - April 22nd

Post Taraweeh outing to Suhoor fest. For high school boys. Organized by Br. Turani. Registration is required!

Shaykh Hassan : April 16/23 - 11:30 am (MAC)

Questions: Contact the MCWS youth director, Talha Vaid @ (734) 272-1013

mcwsyouth
HIGH SCHOOL IFTAR POTLUCKS

Boys	April 8th and 22nd
Girls	April 15th and 29th

Registration is required:
<https://bit.ly/highschooliftarpotlucks>

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Muslim Community of the Western Suburbs of Detroit

AFTER HOURS WORKOUT

Brothers 15+ are encouraged to join Br. Talha for a 25 minute workout which will include push-ups and crunches. Please bring your own workout mat, water bottle and dress accordingly.

LOCATION: MAC BANQUET HALL
TIME: AFTER THE MIDNIGHT TARAWEEH (FIRST 20 NIGHTS OF RAMADAN)

mcws
Muslim Community of the Western Suburbs of Detroit

Stories from the Quran

Every night for 5 minutes before the mid-night Taraweeh at the MAC

CONDUCTED BY
TALHA VAID

mcwsyouth
HIGH SCHOOL QIYAM

High school boys and girls are encouraged to join us on **Friday April 15th** for an exciting Qiyam at the MAC (Medina Activity Center)!!!

- 11:45 pm - 2 am: Taraweeh and snacks
- 2-3 am: Halaqah by Br Amir Naeem
- 3-3:45 am - Game
- 3:45- 5:29 : Tahajjud and Sahoor
- 5:45 am- Fajr Salaah

Questions: Contact the MCWS youth director @ (734) 272-1013

mcws
Ramadan Circle Time

Join us for Arabic learning, Ramadan songs, stories, and play!

Where: MCWS Medina Activity Center, 1905 S Haggerty Road, Canton

When: 10:00-10:45 am every Tuesday, Wednesday, and Thursday during Ramadan

Who: Preschool aged children (3-5 years old) and their parents/caregivers

RSVP: to pay the \$20 participation fee/sign up please visit www.mcws.org (spaces are limited)

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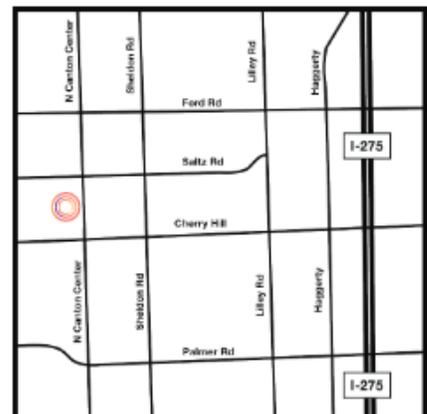
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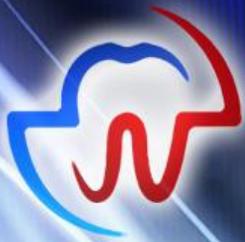
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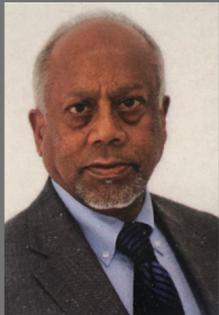
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mcws

Muslim Community of the Western Suburbs of Detroit

2022/1443

MAY Adhan Schedule at MCWS, Canton							JUNE Adhan Schedule at MCWS, Canton						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	5:01	6:29	1:34	6:29	8:34	10:02	1	4:19	6:00	1:34	6:47	9:04	10:46
5	4:54	6:24	1:33	6:31	8:38	10:08	5	4:16	5:58	1:35	6:48	9:07	10:50
10	4:46	6:18	1:33	6:34	8:44	10:16	10	4:13	5:57	1:36	6:50	9:10	10:54
15	4:38	6:13	1:33	6:37	8:49	10:23	15	4:12	5:56	1:37	6:52	9:13	10:58
20	4:32	6:08	1:33	6:40	8:54	10:30	20	4:13	5:57	1:38	6:54	9:14	10:59
25	4:25	6:04	1:33	6:43	8:58	10:37	25	4:14	5:58	1:39	6:54	9:15	11:00
30	4:20	6:01	1:34	6:46	9:03	10:44	30	4:17	6:00	1:40	6:55	9:15	10:59

MAY Iqama Schedule Jumma' Prayer: 1st at 12:30 PM & 2nd at 1:45 PM 3rd: 2:30 PM & 4th: 3:30 PM (MAC)						JUNE Iqama Schedule Jumma' Prayer: 1st at 12:30 PM & 2nd at 1:45 PM 3rd: 2:30 PM & 4th: 3:30 PM (MAC)					
Date	Fajr	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Dhuhr	Asr	Maghrib	Isha
1 - 10	5:30	2:00	6:45	FIVE MINUTES AFTER ADHAN	10:20	1 - 10	5:00	2:00	7:00	FIVE MINUTES AFTER ADHAN	11:00
11 - 20	5:15	2:00	7:00		10:35	11 - 20	5:00	2:00	7:00		11:00
21 - 31	5:00	2:00	7:00		10:50	21 - 30	5:00	2:00	7:00		11:00



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Masjid Madinatul Ilm (MMI)

37775 Palmer Rd
Westland, MI 48186
(734) 834 9296
<http://masjidmadinatulilm.org/>

FRIDAY
PRAYERS:
URDU: 1:45 PM
ARABIC: 2:05 PM

Masjid Bilal Canton

1525 N Ridge Road
Canton, MI 48187
(734) 489 1669
<https://www.masjidbilalcanton.org/>

FRIDAY
PRAYERS:
1ST: 2:10 PM
2ND: 3:05 PM

Al-Taqwa Islamic Center

30069 Cherry Hill Rd
Inkster, MI 48141
(313) 999 6969
<https://www.altaqwa mosque.org/>

FRIDAY
PRAYERS:
1ST: 1:30 PM

Masjid Ibrahim

315 S Ford Blvd
Ypsilanti, MI 48198
(734) 635 0797
<https://www.ia ypsilanti.org/>

FRIDAY
PRAYERS:
1ST: 1:00 PM
2ND: 2:00 PM

Masjid Bilal Ypsilanti

4891 W. Michigan Ave
Ypsilanti, MI 48197
(734) 489 1669
<https://www.masjid bilalmi.org/>

FRIDAY
PRAYERS:
1ST: 1:50 PM
2ND: 3:05 PM

Rayyan Center

46441 Five Mile Rd
Plymouth, MI 48170
(248) 347 6681
<https://rayyancenter.org/>

FRIDAY
PRAYERS:
1ST: 1:40 PM

American Muslim Center (AMC)

21110 W Outer Dr
Dearborn, MI 48124
(313) 565 9314
<https://www.amc dearborn.net/>

FRIDAY
PRAYERS:
1ST: 1:30 PM

Masjid Umar bin Khattab/ Islamic Association of Michigan

18105 Racho Rd
Brownstown Charter Twp,
MI 48193
(734) 281 8050
<https://www.masjidubk.org/>

FRIDAY
PRAYERS:
1ST: 1:30 PM
2ND: 2:40 PM

Islamic Center of Ann Arbor (MCA)

2301 Plymouth Rd
Ann Arbor, MI 48105
(734) 665 6772
<http://mca-a2.org/>

FRIDAY
PRAYERS:
1ST: 12:00 PM
2ND: 12:30 PM
3RD: 1:30 PM
4TH: 2:00 PM

Tawheed Center of Farmington Hills

29707 W 10 Mile Rd
Farmington, MI 48336
(248) 426 7360
<https://www.tawheed center.org/>

FRIDAY
PRAYERS:
1ST: 1:45 PM
2ND: 2:45 PM

Muslim Unity Center

1830 W Square Lake Road
Bloomfield Hills, MI 48302
(248) 857 9200
<https://www.muslimunity center.org/>

FRIDAY
PRAYERS:
1ST: 1:40 PM
2ND: 3:00 PM

Islamic Association of Greater Detroit (IAGD)

879 W Auburn Rd
Rochester Hills, MI 48307
(248) 852 5657
<http://iagd.net/>

FRIDAY
PRAYERS:
1ST: 1:45 PM
2ND: 2:45 PM
3RD: 3:30 PM





2022/1443 RAMADAN CALENDAR & IQAMA TIMES @ MCWS

Check www.mcws.org for COVID-19 guidelines

DATE	DAY	RAMADAN	FAJR ADHAN	FAJR IQAMA	DHUHR IQAMA	ASR IQAMA	MAGHRIB ADHAN	MAGHRIB IQAMA	ISHA* IQAMA
1-Apr-22	FRI	ISHA IQAMA @ 9:40 PM, TARAWEEH STARTS RIGHT AFTER ISHA							
2-Apr-22	SAT	1	5:55	6:15	2:00	6:30	8:01	8:11	9:40
3-Apr-22	SUN	2	5:53	6:13	2:00	6:30	8:02	8:12	9:40
4-Apr-22	MON	3	5:52	6:12	2:00	6:30	8:03	8:13	9:40
5-Apr-22	TUE	4	5:50	6:10	2:00	6:30	8:04	8:14	9:40
6-Apr-22	WED	5	5:48	6:08	2:00	6:30	8:06	8:16	9:40
7-Apr-22	THU	6	5:46	6:06	2:00	6:30	8:07	8:17	9:40
8-Apr-22	FRI	7	5:44	6:04	mcws.org	6:30	8:08	8:18	9:40
9-Apr-22	SAT	8	5:42	6:02	2:00	6:30	8:09	8:19	9:40
10-Apr-22	SUN	9	5:40	6:00	2:00	6:30	8:10	8:20	9:40
11-Apr-22	MON	10	5:38	5:58	2:00	6:45	8:11	8:21	9:50
12-Apr-22	TUE	11	5:36	5:56	2:00	6:45	8:12	8:22	9:50
13-Apr-22	WED	12	5:34	5:54	2:00	6:45	8:13	8:23	9:50
14-Apr-22	THU	13	5:32	5:52	2:00	6:45	8:15	8:25	9:50
15-Apr-22	FRI	14	5:30	5:50	mcws.org	6:45	8:16	8:26	9:50
16-Apr-22	SAT	15	5:29	5:49	2:00	6:45	8:17	8:27	9:50
17-Apr-22	SUN	16	5:27	5:47	2:00	6:45	8:18	8:28	9:50
18-Apr-22	MON	17	5:25	5:45	2:00	6:45	8:19	8:29	9:50
19-Apr-22	TUE	18	5:23	5:43	2:00	6:45	8:20	8:30	9:50
20-Apr-22	WED	19	5:21	5:41	2:00	6:45	8:21	8:31	9:50
21-Apr-22	THU	20	5:19	5:39	2:00	6:45	8:22	8:32	10:05
22-Apr-22	FRI	21	5:17	5:37	mcws.org	6:45	8:24	8:34	10:05
23-Apr-22	SAT	22	5:15	5:35	2:00	6:45	8:25	8:35	10:05
24-Apr-22	SUN	23	5:14	5:34	2:00	6:45	8:26	8:36	10:05
25-Apr-22	MON	24	5:12	5:32	2:00	6:45	8:27	8:37	10:05
26-Apr-22	TUE	25	5:10	5:30	2:00	6:45	8:28	8:38	10:05
27-Apr-22	WED	26	5:08	5:28	2:00	6:45	8:29	8:39	10:05
28-Apr-22	THU	27	5:06	5:26	2:00	6:45	8:30	8:40	10:05
29-Apr-22	FRI	28	5:05	5:25	mcws.org	6:45	8:31	8:41	10:05
30-Apr-22	SAT	29	5:03	5:23	2:00	6:45	8:33	8:43	10:05
1-May-22	SUN	30	5:01	5:21	2:00	6:45	8:34	8:44	10:05

* ISHA IQAMA AT MEDINA ACTIVITY CENTER (MAC):

1st: TEN MINUTES AFTER ISHA AT MCWS EVERYDAY

2nd: 12:00 AM (add 10 minutes every 10 days)

EID PRAYER INFORMATION

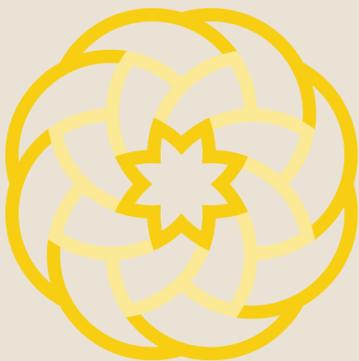
DATE: MONDAY, MAY 2nd *IN SHA ALLAH*

TIME & LOCATION: TBD (Check www.mcws.org)

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