

Volume 11

Quarter 2 2024



# O believers! Fasting is prescribed for you—as it was for those before you—so perhaps you will become mindful of Allah.



~Quran 2:183

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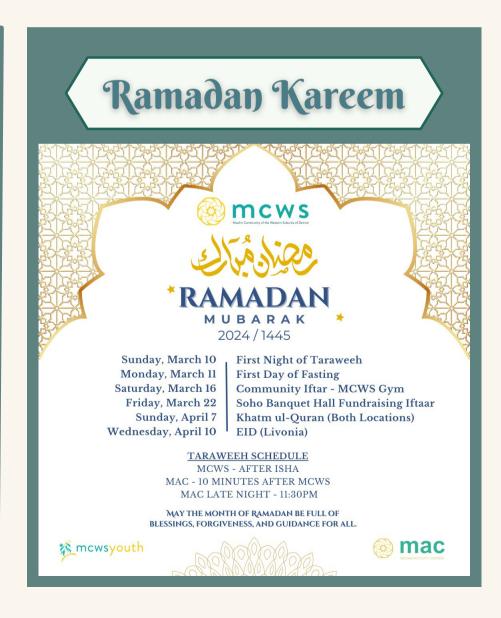
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## **Advice for SAA'IMEEN**

(Fasting Brothers & Sisters) By: Sh. Ali Suleiman Ali



Alhamdulillah and blessing and peace be upon our beloved Prophet, his family, companions and whoever follows the right path. We prepare for every event that takes place in our lives. We prepare for our weddings, traveling for vacations, graduation parties, Hajj and etc. Are you preparing yourselves to welcome the divine guest that visits us every year? How do you prepare to welcome your honorable guest? Here are some advices that will help:

- I. Sincerity (Ikhlas). Allah demands ikhlas in each and every 'ibadah we render to Him. Allah says (they were only commanded to worship Allah alone with sincere devotion to Him in all uprightness. (Qur'an 98: 5)
- 2. Sincere repentance. Allah said "O believers turn to Allah in sincere repentance, so your Lord may absolve you of your sins and admit you into JANNAH." (Quran 66: 8) Our Prophet(SAW) said "whoever repents before the sun rises from the West, Allah will accept it.
- 3. Do not miss a Fard prayer in Juma'ah whenever time allows you.
- 4. Do not miss TARAWEEH prayer.
- 5. Recite the Qur'an everyday.
- 6. Memorize some Surahs you may choose.
- 7. Try your best to pray SUNAN AR-RAWATIB (12) daily Raka'at. Our beloved Prophet (SAW) said "No Muslim would pray 12 rak'at everyday voluntarily, but Allah builds a house (a special one) for him in Jannah." (Muslim)
- 8. Pray extra prayers at home. Our beloved Prophet said " Pray in your home some prayers and do not make your houses like graveyard." (Bukhari)
- Do not miss Suhur. Our beloved Prophet said: 'Suhur is Baraka "a blessing." (Bukhari and Muslim)
- 10. Break your fast as soon as the sun sets. Our beloved Prophet said: "People will continue having khayr (goodness) as long as they break their fast immediately after sun set. (Bukhari and Muslim)
- 11. Feed a fasting person.

- 12. Give charity a lot for needy and orphans. The reward for that cannot be emphasized enough.
- 13. Try to do KHABEE'AH(some good thing you do secretly and no one knows about it except Allah.) Our beloved Prophet encouraged us to do khabee'ah. He said "Whoever is able to do khabee'ah should do it."
- 14. Take this opportunity to multiply your service, kindness to your parents, your family and do lots of du'a for them.
- 15. Re-keep and tie your relationship with your relatives and your neighbours.
- 16. Forgive those who wronged you and pray for them.
- 17. Make a strong commitment and ask Allah to help you to retain some of the benefits you gain in Ramadan and continue doing them until you meet Allah. Do not belittle any good deed, even if it is giving a dollar everyday. Our beloved Prophet said "The best
- deed is the deed done consistently even if it is small."
- 18. Attend learning circles in the masjid or listen to Islamic lectures every day.
- 19. Stay away from Haram.
- 20. Keep your tongue, eyes and hands under control.
- 21. Supplicate to Allah to look at the Muslims and humanity with eyes of Rahmah.
- 22. Make Salat on our beloved Prophet (SAW) every day and especially on Friday.
- 23. Consider this Ramadan as your last Ramadan. So observe it sincerely and consciously.
- 24. Du'a: Make du'a every single day and night to return to Allah as a Muslim.





## **Mercy Years**

### -No longer able to fast

By: Sh. Hasan Sheikh

For many years we along with our children have been privileged to witness some of our senior community members slowly making their way to attend congregational prayers with the

assistance of their walking canes.

In particular, one member has been a great source of inspiration to us all as he usually makes a trot for multiple prayers daily and at times continues to circle the Masjid after morning congregational prayers. For years he refused to sell his home or move to a notably more senior friendly arrangement or location only because of being walking distance from the masjid despite pressure from some of his family members who would love to bring him into their care.

Sadly A few months ago we noticed his absence and we missed his unique trot

Shaykh Ali and I decided to visit him a few days back and we learned that due to multiple health conditions he was no longer able to attend the congregation let alone walk to attend prayers in congregation.

He was heartbroken and in tears and had been for many days. May Allah restore his health!

For many of our senior members, who are now no longer able to fall to the ground and prostrate, attend congregations and fast for the month of Ramadan, after a lifetime of longing and living in these moments, this phase of life can be absolutely devastating. May Allah keep us all in good health.

Mercy Years

Alhamdulilah these are the years where one's lifetime commitment to Allah and investment in Ibadah kicks in, and a person is perpetually rewarded for daily prayers, attending congregation, and fasting etc., despite no longer being able to physically do so anymore, Inshallah. Uqbah bin 'Amir, May Allah be pleased with him said that the Prophet said Each day, every deed [of a servant of

Each day, every deed [of a servant of God] is recorded and sealed. When a believer becomes ill, the angels say to God, 'Oh, our Lord! You've confined so and so servant of yours.' The Lord, the Almighty and Glorious replies, "Record and seal for the servant the same deeds that the servant used to do when the servant is not ill, until the servant recovers from his illness or dies.' (Musnad Ahmad)

Abu Musa narrated that he heard the Prophet say many times:
When a servant of Allah is accustomed to do a good work, then becomes ill or goes on journey, what he was accustomed to do when he was well and staying at home will be recorded for him. (Abu Dawoud)

There are many similar narrations of this sort. In Bukhari the Prophet has been recorded saying:

When the servant is ill or traveling, he will get the same reward as he would have got for the good deeds when he was home or healthy. (Bukhari)

Hence, it's important to diversify our portfolio of perpetual good deeds, utilize the gift of time, and be ready for a rainy day while seeking Afiyah from Allah.

Ibn Abbas reported: The Messenger of Allah (peace be upon him) said:

Take advantage of five before five:

Your youth before old age, your health before illness, your wealth before poverty, your free time before being occupied your life before death. (Shu'ab al-Imān)

Before concluding with a beautiful supplication in which the Prophet encouraged us to pray for good health until our last and final breath, please note that anyone who is no longer able to fast should consult with their Imam or a scholar and learn more about the method of offering expiations for missed fasts (e.g., in some cases \$3.50 for each individual missed fast).

May you have a blessed Ramadan!

In conclusion, Ibn 'Umar (May Allah be pleased with them) reported:

The Messenger of Allah seldom left a gathering without supplicating in these terms:

O Allah, bestow upon us a type of fear that serves as a barrier between us and acts of disobedience; and obedience leads us to Your paradise; and certainty that makes it easy for us to bear the calamities of this world.

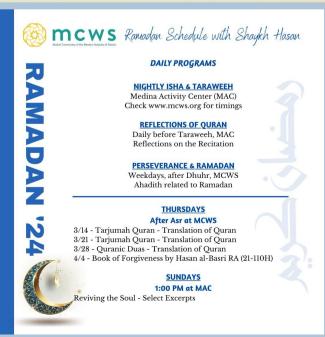
O Allah! let us enjoy our hearing, our sight and our power as long as You keep us alive and make our heirs from our own offspring, and make our revenge restricted to those who oppress us, and support us against those who are hostile to us let no misfortune afflict our Deen; let not worldly affairs be our principal concern, or the ultimate limit of our knowledge, and let not those rule over us who do not show mercy to us. (Tirmidhi)















#### DAILY GUIDANCE FOR SEEKERS

#### WITH SHAYKH AUZAIR KHILWATI

Tafsir of selected Surahs and commentary on Hadith related to fasting and Ramadan from Riyadh al-Saliheen

DAILY\* - ONE HOUR BEFORE MAGHRIB
\*MONDAY & THURSDAY 7PM TO MAGHRIB

MAC MUSALLAH
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Shaykh Auzair Khilwati was born and raised in the United States. Having a passion to study the sacred sciences from a young age, he spent some time studying under scholars locally, before traveling to Tarin, Hadhramout where he enrolled in the seminary Dar Al-Mustafa, and extensively studied under world renowned scholars like Habib Umar bin Hafiz and Shaykh Umar Husayn al-Khatib. After almost a decade, Auzair graduated from Dar Al-Mustafa with certification in various sciences, and a specialty in Islamic Jurispudence according to the Shaffi school of thought, with training to give fatwa as well. He currently researches, gives fatwa, and teaches for the seminaries Dar al-Rahma and Al-Maqasid.



## **MAC Fieldhouse Update**

Since the excitement of the announcing of the MAC Fieldhouse last Ramadan, we know that all of our community is eager to see the MAC Fieldhouse become a reality and we were praying that we would be able to make the construction season window this past Fall to be able to commence work on Phase 1. All praise is to Allah and He is All-Knowing. We did not make that window for a variety of reasons. Primarily, when we progressed on the planning for the project it became clear that combining Phase 1 and 2 was in the best interests of the community and would save a lot of costs on the overall project. This necessitated many revisions and other considerations. Nevertheless, alhamdulillah, progress on the Fieldhouse is advancing. We finalized the purchase of the property to the south of MAC and it is now owned by MCWS alhamdulillah. The required survey of the property has also been completed and no major obstacles were found. A critical part of the project, the preliminary civil engineering and architectural plans have also been designed. Combining Phase 1 and 2 will inshaAllah lead to many efficiencies and cost savings and expand the overall footprint to 35,000 sq ft of mostly open space for basketball, indoor tennis, pickleball, badminton, volleyball, walking track, soccer, fitness and other activities such as dinners, lectures, prayers, and bazaars. The permitting, planning, and design phase of this type of project is a major part of the process and takes some time.

We have been working with the County and the Township to prepare our permitting submission and we have gone through several revisions with our architect and design team. We anticipate being able to officially submit this month inshaAllah. The approval process is likely to take another few months. Once approved we should be able to commence construction of the structure itself within a few months of that inshaAllah. Given this estimated timeline for the expanded scope and the permitting process we expect to be able to offer the facility for community use by next Ramadan. We are still in need of your continued support through duaas, donations, and sponsorships. If you have made a pledge or a commitment for a sponsorship please fulfill it. All funds collected have been kept in a restricted account and they have been used only for the Fieldhouse Project and will continue to be treated in this manner. The MAC Fieldhouse is part of our Vision 2050 for our community and realizing visions takes patience and time. We look forward to the day our community fills the vast space of the Fieldhouse with activities of all types connecting as a community for the sake of Allah.

Thank you to everyone who has supported this project through your duas, sponsorships and donations.

## Stories From The Quran

By: Ust. Talha Vaid

All praise is due to Allah (SWT) for blessing us with the month of Sha'ban, which is a stepping stone and a month of preparation for Ramadan. May Allah (SWT) allow us to witness and obtain the blessings of Ramadan. Ameen Allah (SWT) says in Suratul Baqarah:

َ شَهْرُ رَمَضَانَ ٱلَّذِيٓ أُنزِلَ فِيهِ ٱلْقُرْءَانُ هُدًى لِّلنَّاسِ وَبَيِّنَـٰتٍ مِّنَ ٱلْهُدَىٰ وَٱلْفُرْقَانِ The month of Ramaḍān is the month in which was revealed the Qur'ān, a guidance for the people and clear proofs of guidance and criterion...(2:185)

The Quran was the greatest book to be revealed, upon the greatest Prophet (Muhammad ), through the intercession of the greatest angel (Jibraeel), upon the greatest place (Makkah and Madinah) and the beginning of divine revelation was in the greatest month (Ramadan). Every Ramadan, Prophet Muhammad would recite the Quran to Angel Jibraeel and Angel Jibraeel would recite to Prophet Muhammad . During the final Ramadan of Prophet Muhammad , this happened twice. A beautiful lesson we can take from this is, our relationship with the Quran, be it reciting, learning or reflecting, should increase during the month of Ramadan.

We have an interesting program for middle school boys and girls during the month of Ramadan. Every Monday and Wednesday, we will delve into stories and lessons from the Holy Quran. This will be a one hour discussion, followed by a game of Kahoot. We will have prizes for every session. Community members are most welcome to contribute toward prizes for the kids! We want this to be an educational, uplifting and fun experience for the youth. Our goal is to cover the entire Quran. In sha Allah, by the end of Ramadan, every participant will know the names and meanings of all the Surahs, along with all the stories and the many beautiful lessons therein.

I will end off with a Hadith that is recorded in Bukhari. On the authority of Uthman bin Affan (RA), "Prophet Muhammad is reported to have said," The best amongst you are those who learn the Quran and teach it". May Allah include us in this category and make this our best Ramadan yet. Ameen



# RAISING THE BAR

By: Sh. Hunzla Zaidi

One year since Ramadan came and left, and here we find ourselves turning the corner into yet another Ramadan. For many of us, Ramadan marks the beginning of a change in schedule, an increase in worship, social gatherings, and much more that we characterize Ramadan through.

Ramadan is a time where leaving sins becomes easier, engaging in worship becomes desirable, and the change in environment is easily observable. But take a moment, and ask yourself how long this effect lasted after Ramadan ended. How long did it take for us to go back to the sins we had left? How long was it until worship started feeling burdensome again?

We carry a certain standard throughout the year, a standard which is elevated drastically during the month of Ramadan. For some, that standard may be a certain amount of prayers, or fasts, or a certain type of discipline. Ramadan exposes us to what we are capable of accomplishing so long as that becomes our focus.

Imagine if by the passing of every Ramadan, it brought a change in our standard of being Muslim for the next 11 months. How much more consistent would we be? How many more goals would we be able to set and hold ourselves accountable to?

If one is inconsistent with their prayers, and they intend that this Ramadan will be used to elevate their standard to become one who is consistent with all their prayers, they will find this to be a fruitful endeavor. For one consistent in their prayers, and they intend to elevate their standard by incorporating consistent Tahajjud, they'd also find that they won't be turned away.

As we approach this Ramadan, let us see how we can elevate our standard norm in a manner sustainable until the next Ramadan, only to elevate it even more. This requires a look within, as no two persons' standards are the same. So take some time out, ponder your relationship with Allah, and think of how to nurture it through aspiring for his pleasure.

May Allah give us all Tawfeeq.

## The Magnitude of One Ramadan

By: Sr. Aisha Zeben

It was narrated from Talha ibn Ubaidullah RadiAllah Anhu that two men came to the messenger of Allah SallAllahu Alayhi wa Sallam and they had become Muslim together, but one used to strive harder in deen. He went on a military expedition and was martyred. The other friend was alive for another year before he died. Talha bin Ubaidullah RadiAllah Anhu had a dream that he was at the gate of Jannah and saw both of them. The friend that had died last was permitted to enter Jannah, then after a while, the friend that strove harder in deen and died as a martyr was permitted to enter at a time after that. They both returned to Talha and told him to go back because his time had not yet come. Talha bin Ubaidullah RadiAllah Anhu shared this dream with the people and they were amazed. When the Prophet SallAllahu Alayhi wa Sallam heard this, he asked the people why they were surprised. They stated it was because one friend strove harder and died as a shaheed, yet the other friend entered paradise before him. The Prophet SallAllahu Alayhi wa Sallam asked: Did he not remain another year after the other died? And reach another Ramadan and fast? And pray so-and-so more in the following year? The people answered yes to each question and the Prophet SallAllahu Alayhi wa Sallam said that the distance between these two is like the distance between the heavens and the earth. (Musnad Ahmad)

Let us reflect on the power and impact of one Ramadan. Many of us have obligations such as work, school, families, etc., and it can be hard to focus while all we really want is to put our full energy into making the most of this opportunity that Allah Subhanahu wa Ta'ala is giving us. Amidst the hustle and bustle of daily life, let us renew our intentions and remind ourselves that every action we take during this blessed month is for the sake of Allah. Ramadan is a time of abundant blessings, when our actions carry a high significance and the smallest deeds are magnified in reward. By consciously dedicating our efforts to pleasing Allah Subhanahu wa Ta'ala and seeking His pleasure, we can transform mundane tasks into meaningful acts and will likely find ourselves seeking creative ways to fit more ibadah in our day-to-day lives. This is a time that Allah Subhanahu wa Ta'ala has given us such motivation to build our relationship with Him and this month we can set a new standard for ourselves that we sustain in the coming months. The best way to express gratitude for a gift is to use it in the way the giver has intended. This month, its magnitude, its motivation, its reward, is a gift from Allah so let us strive in gratitude by finding ways, big and small, to make use of this opportunity as Allah Subhanahu wa Ta'ala has allowed us to once again. This Ramadan can be for you the distance between the heavens and the earth, what will you fill it with?

mcwsyouth

### The Last Ten Nights of Ramadan

By: Ust. 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.



By: Belal Elkadri

When The Prophet Muhammad entered the cave of Hira as Muhammad, he left a Prophet. The words of the Quran transformed him to a Prophet. The whole month of Ramadan we are commemorating that moment, so we must ask, when we enter Ramadan, how will it change us?

This blessed month is an opportunity to prove to us as Muslims, that we can be dedicated for 30 days in Ramadan, and we can be dedicated outside of it. This spiritual journey is filled with reflection, self-discipline, and acts of kindness. This special time offers an opportunity to earn not only forgiveness but also a wealth of virtues that extend beyond the fasting hours.

#### Gifts of Ramadan

Ramadan is not merely a month of abstaining from food and drink; it is a divine gift loaded with opportunities for self-improvement. Through the act of fasting, we learn to control our desires and temptations, developing self-discipline that extends beyond the sacred month. It serves as a reminder that we don't need our sins to live, rather, we thrive when guided by righteousness.

#### Earning Taqwa

The essence of Ramadan lies in the pursuit of Taqwa, a conscious awareness of Allah in all aspects of life. By refraining from physical nourishment during daylight hours, we train our souls to control desires and temptations, fostering a heightened state of mindfulness that extends to our actions and thoughts. When Allah says in the Quran that the prescription of fasting has been given to the believers to attain Taqwa, we have to take the full dose in order to develop that sense of Taqwa.

#### Earning Gratitude

In the only time Ramadan is mentioned in the Quran, Allah closes the verse by saying by the end of Ramadan, we should have attained a sense of gratitude. As we fast, we learn to appreciate the abundance in our lives. The simple act of refraining from food and water fosters gratitude for the sustenance we often take for granted. Ramadan becomes a time to count our blessings and extend our hands to those less fortunate.

#### Verse of Ramadan and Qiyam

The only time Ramadan is mentioned in the Quran, Allah illuminates the significance of the month by highlighting that it is when the Quran was revealed. This is that moment to connect and build a relationship with the Quran. To train the heart to attach to it and to use it to improve our lives.

#### Earning Forgiveness

The promise of forgiveness is a beacon of hope during Ramadan. This is a time that the gates of Jannah are open and the gates of Jahannam are closed. This is the month of forgiveness, so seek it, don't be heedless from it. The Prophet, peace and blessings be upon him, ascended the pulpit and he said, "Amin, amin, amin." It was said, "O Messenger of Allah, you ascended the pulpit and said amin, amin, amin." The Prophet said, "Verily, Gabriel came to me and he said: Whoever reaches the month of Ramadan and he is not forgiven, then he will enter Hellfire and Allah will cast him far away, so say amin. I said amin.

#### Joy of Eid

Eid, the joyous culmination of Ramadan, is a celebration of spiritual victories. This is an opportunity to highlight the joy that Eid has in our lives and to pass that to our children so they are always excited for our religious holiday.





Ramadan serves as a training ground to defeat the whispers of Shaytan. By mastering control over our desires and embracing the discipline instilled during this month, we equip ourselves with the tools needed to resist temptation and lead a righteous life. The Prophet tells us that he is chained in this month. Therefore, we can prepare for life like once he is released and prove to ourselves the strength that we have within to keep the momentum of Ramadan beyond its days.

#### Consistency

The real challenge lies in maintaining the spirit of Ramadan throughout the year. The Prophet told us that the best of deeds is those that are consistent even if they are small. This means that after Ramadan, prepare to still fast, pray qiyam, read Quran, and doing the acts of worship that you did in the month of Ramadan, outside of it.

#### The Joy of Meeting Allah

With every breaking of the fast remember this hadith "He who fasts has two joys: a joy when he breaks his fast and a joy when he meets his Lord." Understand that your fast will come back to you in the afterlife and we ask for us to have the best reward ever which is meeting Allah.

Let us carry the essence of Ramadan beyond its days, using Ramadan to transform us. By living our lives with the mindfulness and devotion cultivated during this sacred month, we pave the way for a future where every day is a celebration of our connection with Allah. As we live our life like Ramadan, let us our death be like Eid. May the gates of Jannah open wide for those who strive to embody the spirit of Ramadan, and may the joy of meeting Allah be the ultimate reward.

## New Muslim Ramadan Reflection

Assalamu alaikum! My name is Kayla, I took my shahadah on the 27th night of Ramadan 2022, alhamdulillah! At that point, I had been practicing and studying for about 8 months or so. No one is the perfect Muslim, but I just wanted to make sure I knew enough before converting. The whole reason I found Islam was by sitting next to a hijabi on a plane. We had a beautiful conversation and she gave me a little duaa book. We stayed in contact and she answered countless questions while I was learning all I could. Her, her family and friends made my Ramadan so special. From my first iftar, to my first taraweeh— she went above in beyond making sure I felt welcomed into the community. Noor would be beaming off of everyone's face when they heard it was my first Ramadan! Their excitement and encouragement only added to my readiness to finally take my shahadah. With the example that was set by my friend on the airplane, I just wanted to make sure I could portray Islam in that way.

For my first Ramadan, I made the intention to be as good of a Muslim as I could possibly be. The things that were still holding me back, such as dressing more modestly, I at least wanted to commit to for that month. It was from that commitment that I realized I was capable of doing it all along. Something else happened during Ramadan that made me realize I was ready.

First, one of my "friends" was being really negative about my journey. Even during Ramadan where I was just glowing with positivity, she still had awful things to say. It wasn't until taraweeh that night that I realized that "negative" experience was actually the sign I had been looking for! Every comment she had, I had something very powerful to counter with, along with sources and references. I was waiting to take my shahadah until I felt like I knew enough. Of course I still have so much to learn, but this interaction proved to myself that I was ready.

Lastly, there was something major that sealed the deal. I made duaa on a Sunday about 3 huge things happening in my life, and asked for these things to be solved as a sign that this was the right path for me. Subhanallah they were all solved on that Monday, Tuesday and Wednesday. So khalas that was it! My life has changed so positively in every way since converting. I am so grateful for everything and everyone that Allah has put into my life that has led me here. I cannot wait for this upcoming Ramadan and my shahadaversary! Jazakallah khair for reading my story! May Allah fill your Ramadan with barakah.

## Suhoor Power Smoothies!



#### Choose your favorite frozen fruits combo

Banana + Strawberry Pineapple + Mango + Banana Orange + Strawberry Strawberry + Blueberry + Raspberry
Mango + Raspberry
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, insha'Allah!







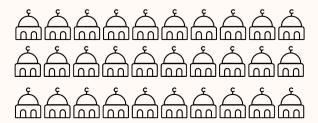
#### Sahoor



#### Fasting



#### Tarawih



### **Ramadan Coloring**



## Snicker Steffed 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.
- Place the dates in the fridge to allow the chocolate to set.
- Keep leftover chocolate covered dates in a sealed container in the fridge for up to a week.



Inspired by: https://www.eatingbirdfood.com/snick ers-stuffed-dates/













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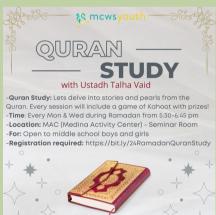












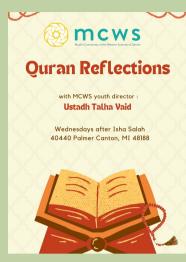




Youth Events



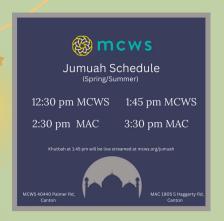








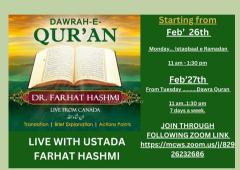














O Allah, grant strength and resilience to the people of Palestine in their struggle for justice and freedom. Protect them from oppression and grant them peace and security in their land. Bring unity and solidarity among the Muslim Ummah to support our brothers and sisters in Palestine. Grant wisdom and guidance to the leaders of the world to work towards a just and lasting solution for the Palestinian people. Ameen.





## Events Showcase 2023/2024



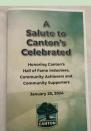
Alhamdullilah,
MCWS continues to
host classes and
special events for
our community.
JazakAllah Khayr
to our wonderful
volunteers and staff
who make these
events possible.

## MCWS received the "Canton Community Supporter Award"

by the Canton Township, Wayne County and the State of Michigan, Alhamdullilah.

The Community Supporter award honors those who are always there to provide service in the community, those you can depend on year in and year out.







#### **Joy of Giving**

MCWS members joined participants of the Plymouth Canton Interfaith Community Outreach to gather for a baby shower! Although it wasn't for a particular expecting mom but rather for any local disadvantaged mom and baby in need.

The Baby Care Program, run by the Hope Clinic, was hosted by Geneva Presbyterian Church in Canton. Donations of diapers and baby wipes were collected as "gifts". They will be provided to moms in need who visit the clinic. In addition to baby essentials, Hope Clinic also offers free medical and behavioral health services, eye and dental exams, food assistance and laundry services.



While games were played, refreshments served and good company shared, the afternoon was highlighted with remembering to give thanks for our own blessings and in turn acknowledging the honor to be blessed with the joy of giving

#### MCWS Picnic 2023











#### **MCWS @ Pistons' Game**





#### MIBA @ MCL

Our top MIBA team represented Michigan at the national Muslim Champions League, a Muslim-only weekend-long basketball tournament, in Dallas. There were Muslim basketball leagues from all over the country, including New York, Los Angeles, Seattle, Chicago, and more. Most of the teams had former division-1 athletes and athletes who played professionally overseas.

Despite our MIBA team not having any D1 or professional athletes, our team managed to defy all odds and finish 3rd place overall, losing to a team in the semis led by a 7-footer who set records for the Washington Huskies when he played for them.

Some notable Imams, including Imam Omar Suleiman, were present at the weekend and gave short speeches. We had a former NFL athlete, Husain Abdullah, also say a few words at the event.

We had an incredible amount of support from Michigan. All the games were live streamed, and the games involving our team had the most viewers by far (more than 300 livestream viewers). We're proud to represent MCWS on a national level and will continue to do so iA!



## Events Showcase 2023/2024

#### **High School Girls Hobby Hour**



High school girls have been enjoying hobby hours every Sunday at the MAC girls lounge. Activities included making mosaics. independent reading and learning the art of Tatreez. Tatreez is an art form of cross stitching according to the Palestinian tradition of embroidery.





#### **MCWS Kids Summer Camp**













#### **MCWS High School Summer Camp 2023**

It was a pleasure for the organizers, chaperones & counselors to meet and spend the weekend with all of your children. Their journey of growth was very apparent in such a small amount of time, Alhamdulilah.

We hope everyone enjoyed the camp weekend, and we ask Allah swt to unite us all again next year!























#### MCWS Middle School Summer Camp 2023

Alhamdulillah, MCWS successfully completed our first middle school camp! We are delighted to share that the children had an amazing experience as they spent the weekend at a campsite up north engaging in activities such as kayaking, tree climbing, archery, and much more, all while keeping the remembrance of Allah SWT at the forefront. It was truly a memorable experience as we also focused on our key theme, the story of Prophet Yusuf. The lessons from his life served as a source of inspiration and guidance for our participants.

Jazak Allah khayran, to Allah SWT for His blessings and to everyone who supported us in making this camp a reality.























## 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!





## PREPARING FOR RAMADAN 2024





#### Let your employer/school know:

Before the holy month begins, contact the necessary people and provide information on Ramadan and what it entails. Oftentimes, these places are unaware of when Ramadan is and what it means for Muslims worldwide.



#### Have a place to pray?

Employers/schools cannot prevent an individual from practicing their faith. Ask if there is a designated reflection room or quiet area for you to make prayers.



#### Communicate:

Need to reschedule an exam because it conflicts with Iftar/Eid? Want to ask if you can come into work an hour later since you won't be taking lunch? Do you have work during Iftar time? Communicate what you need **before** the month begins to ensure accomodations are made in advance.



#### Report:

If you are wrongfully denied accommodations and/or experience discrimination, call the CAIR-MI office at 248-559-CAIR for assistance.



Eid is a joyous time. Your employer **cannot** deny you from taking Eid off, but it may need to be a personal/vacation day. For students, Eid should be an **excused absence**. Let your workplace/school know it would be appreciated if an Eid luncheon is offered for Muslims to feel included.





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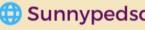
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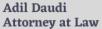
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# NEIGHBORING COMMUNITIES

#### Masjid Madinatul Ilm (MMI)

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

37775 Palmer Rd Westland, MI 48186 (734) 834 9296 http://masjidmadinatul ilm.ora/

#### Masjid Bilal Canton

1525 N Ridge Road Canton, MI 48187 (734) 489 1669 https://www.masjidbilal canton.org/

#### Al-Tagwa Islamic Center

30069 Cherry Hill Rd Inkster, MI 48141 (313) 999 6969 https://www.altaqwa mosaue.ora/

#### Masjid Ibrahim

1ST: 12:30 PM 2ND: 1:30 PM

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

#### Masjid Bilal Ypsilanti

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

#### Ravvan Center

1ST: 12:00 PM 2ND: 1:30 PM

PRAYERS: 1ST: 1:30 PM

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

#### American Muslim Center (AMC)

PRAYERS: 1ST: 1:30 PM

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

#### Masjid Umar bin Khattab/ Islamic Association of Michigan

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

#### Islamic Center of Ann Arbor (MCA)

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

#### Tawheed Center of Farmington Hills

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

## **Muslim Unity**

1830 W Square Lake Road Bloomfield Hills, MI 48302 https://www.muslimunity center.org/

#### Islamic Association of Greater Detroit

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

## Center

(248) 857 9200



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





#### APRIL 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
1 - 10	6:15	2:00	6:30	FIVE	9:40
11 - 20	6:00	2:00	6:45	MINUTES AFTER	9:50
21 - 31	5:45	2:00	6:45	ADHAN	10:05



#### MAY 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
1 - 10	5:30	2:00	6:45	FIVE	10:20
11 - 20	5:15	2:00	7:00	MINUTES AFTER	10:35
21 - 31	5:00	2:00	7:00	ADHAN	10:50

#### 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
1 - 10	5:00	2:00	7:00	FIVE	11:00
11 - 20	5:00	2:00	7:00	MINUTES AFTER ADHAN	11:05
21 - 30	5:00	2:00	7:00	ADHAN	11:05

\*Check Ramadan Calendar for Special Fajr, Maghrib and Isha Iqama Timings in April





Inna lillahi wa inna ilayhi raji'un. Surely we belong to Allah and to Him we shall return.

MCWS offers their condolences and prayers to all community members who have lost loved ones.

O Allah, forgive all of our loved ones and elevate their station among those who are guided. Send them along the path of those who came before, and forgive us and them, O Lord of the worlds. Enlarge for them their grave and shed light upon them in it. Ameen.







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- Via PayPal: MCWS.DONATIONS@GMAIL.COM
- Via Zelle: PAYMENTS@MCWS.ORG

#### **GO GREEN:**

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#### 2024 / 1445 AH RAMADAN CALENDAR & IQAMA TIMES @ MCWS

DATE	DAY	RAMADAN	FAJR ADHAN	FAJR IQAMA	DHUHR IQAMA	ASR IQAMA	MAGHRIB ADHAN	MAGHRIB IQAMA	ISHA***		
10-Mar-24	SUN		ISHA IQAMA @ 9:15 PM, TARAWEEH STARTS RIGHT AFTER ISHA								
11-Mar-24	MON	1	6:34 AM	6:54 AM	2:00 PM	6:15 PM	7:37 PM	7:47 PM	9:15 PM		
12-Mar-24	TUE	2	6:32 AM	6:52 AM	2:00 PM	6:15 PM	7:38 PM	7:48 PM	9:15 PM		
13-Mar-24	WED	3	6:31 AM	6:51 AM	2:00 PM	6:15 PM	7:39 PM	7:49 PM	9:15 PM		
14-Mar-24	THU	4	6:29 AM	6:49 AM	2:00 PM	6:15 PM	7:40 PM	7:50 PM	9:15 PM		
15-Mar-24	FRI	5	6:27 AM	6:47 AM	mcws.org	6:15 PM	7:41 PM	7:51 PM	9:15 PN		
16-Mar-24	SAT	6	6:25 AM	6:45 AM	2:00 PM	6:15 PM	7:43 PM	7:53 PM	9:15 PN		
17-Mar-24	SUN	7	6:23 AM	6:43 AM	2:00 PM	6:15 PM	7:44 PM	7:54 PM	9:15 PN		
18-Mar-24	MON	8	6:22 AM	6:42 AM	2:00 PM	6:15 PM	7:45 PM	7:55 PM	9:15 PN		
19-Mar-24	TUE	9	6:20 AM	6:40 AM	2:00 PM	6:15 PM	7:46 PM	7:56 PM	9:15 PN		
20-Mar-24	WED	10	6:18 AM	6:38 AM	2:00 PM	6:15 PM	7:47 PM	7:57 PM	9:30 PN		
21-Mar-24	THU	11	6:16 AM	6:36 AM	2:00 PM	6:15 PM	7:48 PM	7:58 PM	9:30 PM		
22-Mar-24	FRI	12	6:14 AM	6:34 AM	mcws.org	6:15 PM	7:49 PM	7:59 PM	9:30 PM		
23-Mar-24	SAT	13	6:12 AM	6:32 AM	2:00 PM	6:15 PM	7:51 PM	8:01 PM	9:30 PM		
24-Mar-24	SUN	14	6:10 AM	6:30 AM	2:00 PM	6:15 PM	7:52 PM	8:02 PM	9:30 PM		
25-Mar-24	MON	15	6:09 AM	6:29 AM	2:00 PM	6:15 PM	7:53 PM	8:03 PM	9:30 PI		
26-Mar-24	TUE	16	6:07 AM	6:27 AM	2:00 PM	6:15 PM	7:54 PM	8:04 PM	9:30 PM		
27-Mar-24	WED	17	6:05 AM	6:25 AM	2:00 PM	6:15 PM	7:55 PM	8:05 PM	9:30 PM		
28-Mar-24	THU	18	6:03 AM	6:23 AM	2:00 PM	6:15 PM	7:56 PM	8:06 PM	9:30 PM		
29-Mar-24	FRI	19	6:01 AM	6:21 AM	mcws.org	6:15 PM	7:57 PM	8:07 PM	9:30 PM		
30-Mar-24	SAT	20	5:59 AM	6:19 AM	2:00 PM	6:30 PM	7:58 PM	8:08 PM	9:40 PM		
31-Mar-24	SUN	21	5:57 AM	6:17 AM	2:00 PM	6:30 PM	8:00 PM	8:10 PM	9:40 PM		
1-Apr-24	MON	22	5:55 AM	6:15 AM	2:00 PM	6:30 PM	8:01 PM	8:11 PM	9:40 PM		
2-Apr-24	TUE	23	5:53 AM	6:13 AM	2:00 PM	6:30 PM	8:02 PM	8:12 PM	9:40 PM		
3-Apr-24	WED	24	5:52 AM	6:12 AM	2:00 PM	6:30 PM	8:03 PM	8:13 PM	9:40 PM		
4-Apr-24	THU	25	5:50 AM	6:10 AM	2:00 PM	6:30 PM	8:04 PM	8:14 PM	9:40 PM		
5-Apr-24	FRI	26	5:48 AM	6:08 AM	mcws.org	6:30 PM	8:05 PM	8:15 PM	9:40 PM		
6-Apr-24	SAT	27	5:46 AM	6:06 AM	2:00 PM	6:30 PM	8:06 PM	8:16 PM	9:40 PM		
7-Apr-24	SUN	28	5:44 AM	6:04 AM	2:00 PM	6:30 PM	8:08 PM	8:18 PM	9:40 PM		
8-Apr-24	MON	29	5:42 AM	6:02 AM	2:00 PM	6:30 PM	8:09 PM	8:19 PM	9:40 PI		
9-Apr-24	TUE	30	5:40 AM	6:00 AM	2:00 PM	6:30 PM	8:10 PM	8:20 PM	9:40 PN		

<sup>\*\*\*</sup> ISHA IQAMA AT MEDINA ACTIVITY CENTER (MAC):

st: 9:25 PM (3/10) 9:40 PM (3/20) & 9:50 PM (3/30) 2nd: 11:20 PM (3/10) 11:30 PM (3/20) & 11:40 PM (3/30)

#### **EID PRAYER INFORMATION**

DATE: WEDNESDAY, APRIL 10th IN SHA ALLAH

LOCATION: ELITE SPORTS CENTER, 18001 St Joe's Pkwy, Livonia, MI 48152

TIME: 9:30 AM (SHARP)

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