



# MSA BULLETIN

UWA MUSLIM STUDENTS ASSOCIATION

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## Organize Your Life in Ramadan!

**By Imam Hamid Slimi**

As we are spiritually preparing for the month of Ramadan, I would like to suggest the following program to help everyone—including those who go to work early in the morning or to school—have an enjoyable, organized, and well-spent month.

Many people hold the perception that fasting in Ramadan demands a tremendous amount of energy, and therefore many activities should be reduced and many projects should be postponed until Ramadan is over. I would like to suggest in the following lines a simple schedule, as I was asked by some brothers and sisters on how to organize life during this blessed month. This schedule can also be applied outside Ramadan.

### 1. Sleep well

If you come back from Tarawih at 10:00 every night, try to sleep at 11:00 in order to wake up for *sahur* (pre-dawn meal), as it was the sunnah of the Prophet (peace and blessings be upon him) to eat something before Fajr. You can go back to sleep after Fajr if you wish. Otherwise, it is better to try to close your eyes even for a few minutes after Zhuhr and take a power nap even for 15 or 20 minutes during lunch time. The afternoon nap is very neglected by people although it was widely taken in the past. Any fasting person will benefit from fasting not only spiritually; but if one has a healthy and rested body, there can also be many medical and physical benefits.

### 2. Manage your time wisely

Make a "to do" list every day. Review your to do list and refresh your memory about scheduled meetings or classes. Put things that are most important at the top and do them first. If it's easier, use a planner to track all of your tasks. Even if your time estimates are approximate, they help you focus on how much you can realistically expect to get done. Attack the most important projects when your personal energy is highest. For you who are fasting, this may be first thing in the morning.

Wrap up the day and prepare for tomorrow. Review your checklist and cross off com-

pleted items. Move any pending items to a fresh list for tomorrow.

On another note, count your hours. If you sleep for six or seven hours and work for eight hours plus the traffic—which can be on average one to two hours—you are left with seven to nine hours for other things. Shopping, meals, and time with the family will take an average of four to five hours, and the time in the mosque at night for religious lessons, `Ishaa' and Tarawih will take a maximum of two to three hours. You will be left with another two hours that you can use for either more learning about Islam or for school homework or extra business or work from your job.

### 3. Manage your energy wisely

The best fasting is the one that makes a person cooler and less angry and excited in a negative way. Fasting teaches discipline and self-control. It constantly reminds the individual of continuous abstinence and observance. Therefore, since the body stores different components of energy, it needs to be functioning according to what it can take during the hours from Fajr till Maghrib. While managing your time, make sure that you do the most demanding jobs or activities early in the morning without exhausting yourself. Rest in between different tasks and breathe in enough oxygen at all times. Most of the stress is caused by less breathing and more worry and unrest. Try to understand where you're losing time the most and cut it down. This way you will also save energy.

### 4. Make your rest the daily Prayer

Prayer rests the mind, the body, and the spirit. Use your break time for Prayer in congregation if you can. Since many of us want to finish the Qur'an at least once in Ramadan, try to read a small portion—two to four pages—before or after Prayer.

*Continued on page 2...*

*Ramadan Kareem from the UWA MSA Committee!*

## Editorial

Assalamualikum Warahmatullahi Wabarakatuhu!

Welcome to the first and only edition of the MSA Bulletin for 2006! There is no better time to revive the bulletin than for this special edition dedicated to the blessed month of Ramadan! Truly, Ramadan is a gift to us from Allah (swt) so lets encourage each other to make the best out of the little time we have!

We hope you find this newsletter enjoyable to read and even beneficial!

The newsletter will be ongoing next semester, so any one who is interested in being on the newsletter sub-committee for '07, speak to your MSA rep!

A big thank you to everyone who contributed to this newsletter!

Hamida Novakovich :)  
Editor

# WHATS ON this Ramadan?

### Iftaar & Tarawih Salat @ UWA Musallah

Iftaar will be provided everyday for brothers and sisters

**Wednesdays** are the Sister's unofficial Iftaar gatherings. Everyone's invited!

*After Magrib @ UWA Musallah*

Bring a plate of food to share or check out how to sponsor or donate for Iftaar.

### Iftaar and Tarawih salat @ Curtin Musallah

Iftaar will be provided everyday for brothers and sisters. Pencil in the **23rd of October for the Inter-varsity Iftaar**, hosted by CMSA!

*After Magrib @ Curtin Musallah*

### UWA MSA

### Ramadan Quiz!

How to participate? Each day during Ramadan a question will be put on the notice boards in the Musallahs.

Collect the answers and hand them in once the month is over. The answers will be collected and the winners will be revealed! Get all the questions correct - and you get a prize!

## Community Events

### Invitation for new reverts...

The Muslim community warmly invites new REVERTS and their family to share iftar with them every Saturday on the blessed month of Ramadan. A short talk will be given by Sheik Burhaan before Iftaar.

Brothers and Sisters welcome!

Please call Shameema: 0414296772 or Zeenat: 0404750194 for more details!

### Muslim Women's Support Centre of W.A Family Iftaar

**When:** Saturday 30 September 2006

**Where:** Rivervale Community Hall, Corner of Francisco St and Surrey Rd, Rivervale

**Time:** 5:30pm to 7:30pm

Please bring a plate of food to share,

Cool drinks, tea and coffee will be provided as well as separate dining areas for brothers and sisters

*Abrahamic Alliance event pg 6.*

### Donations for Iftaar!

This Ramadan, UWA MSA is planning to provide *iftaar* for students in the UWA Musallah every day.

We are currently in need of people to sponsor the cost of iftaar meals for around 35 people each day.

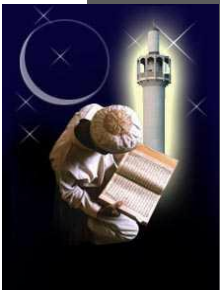
If you would also like to provide food for iftar that would be much appreciated!

If you are interested, It is recommended you share the cost with others thereby sharing in the reward InshaAllah!

For more information and to sign up for a day, please contact Br. Salim: 0405903773 or Sr. Hamida on 0432034965

*The Messenger of Allah, peace be upon him, said, "Whoever feeds a fasting person will have a reward equal to that of the fasting person, without any reduction in his reward"*

*(Related by Ahmad and Al-Nasai.)*



### Doa from the Quran Supplication against difficulties and distress

Hasbi Allahu la illaha illah hoo wa alay he tawakal too wa hu wa Raboo Al arshil azim

"Allah suffice me; there is no god but He: on Him is my trust- He the Lord of the Throne (of Glory) Supreme!"

(Surah Al-Tawbah, verse 9)



# Ramadan Checklist



## Hadith

Narrated Sahl: The Prophet (SAW) said, "There is a gate in Paradise called Ar-Rayjan, and those who observe fasts will enter through it on the Day of Resurrection and none expect them will enter through it. After their entry the gate will be closed and nobody will enter through it."

[Al-bukhari]

1. Ask Allah to enable you to reach Ramadan and to get the most out of it as the Salaf used to do.

2. Intend to fast every day with Iman and pure intention seeking the reward from Allah alone. The Prophet peace be upon him said, "Whoever fasts in Ramadan with Iman and seeking reward (from Allah) his past sins will be forgiven". (Bukhari)

3. Read the whole Qur'an at least once upon the Prophet peace be upon him did.

4. Have Suhoor as the Prophet peace be upon him said, "Have Suhoor because it is blessed".

5. Make Du'a during the fast because the Prophet peace be upon him said that three people's supplication is not rejected one of them is the fasting person. Ask for the good of this life and the next for yourself, your family and Muslims in general.

6. Make Dua before opening the fast. The Prophet peace be upon him said, "The fasting person has

a supplication that is answered when he opens his fast".

7. Give Sadaqah and be good to people. The Prophet peace be upon him was the most generous of people and he was most generous in Ramadan.

8. Avoid anything that diminishes the fast such as, lying, backbiting, cheating, getting angry. The Prophet peace be upon him said "Whoever does not give up false statements (i.e. telling lies), and evil deeds, and speaking bad words to others, Allah is not in need of his (fasting) leaving his food and drink." [Bukhari]

9. Do not eat too much after Iftar.

10. Ask for forgiveness since this is the month Allah frees people from the fire.

11. Pray At-Tarawih with Khushoo. If you pray in the Masjid complete the Salah with the Imam. If you pray at home prolong the Salah as long as you can. The Prophet peace be upon him said, "Whoever prays during

Ramadan with Iman and seeking reward (from Allah) his past sins will be forgiven".

12. Feed the poor and invite others for Iftar. The Prophet peace be upon him said, "Whoever gives Iftar to someone fasting he will have the same reward without decreasing the reward of the person fasting".

13. Try harder the last ten nights especially the odd nights. The prophet would strive in Ramadan more than he would in any other month and more so in the last ten days.

14. Say this Dua in the nights that Laitul-Qadr is likely to fall on: Allhumma innaka afuwun tuhibbul-afwa fa'fu anni (O Allah you are Forgiving and love forgiveness so forgive me).

15. Ask Allah to accept all your good actions during this month.  
By Abu Talha  
www.islamway.com

## Mahboba's Promise

By Sara Sarwary

*Have you ever wished you could make a difference to a child's life, living on the other side of the world? A child whose world is full of hunger, poverty and war? Then here is your chance to do just that!*

Mahboba's promise, established in the mid 1990's, is a non-profit organisation dedicated through action to restoring faith in the future for the people of Afghanistan. Mahboba Rawi, a former refugee from Afghanistan, builds and runs orphanages, schools, hospitals and helps clothe, feed and educate hundreds of Afghan widows and orphans. Throughout the last 10 years she has set up several schools including a school for young girls in Jalalabad to teach literacy, english and computing skills, as well as two schools in Peshawar (Pakistan), educating over 800 children from the Jaluzai Refugee camp. She has established a sewing centre in Kabul to empower young afghan women the means to earn a living, as well as a medical centre, a chocolate factory and a women's medical centre in Panshir Valley. Every month Mahboba's Promise sends thousands of dollars, raised by fundraising and donations, to support various projects in the war torn country.

The organisation also offers sponsorship programs for widows and orphans on a monthly basis. Children as young as 5 are working for just 50c a week to support themselves and their families and this is your chance to make a difference in their lives. Even a small contribution can help. Please visit their website ([www.mahbobaspromise.org](http://www.mahbobaspromise.org)) for more information or if you would like to make a donation contact your MSA representatives or place a direct deposit into the Commonwealth Bank BSB 062320 Account number 10176256.

# How to seek Laylatul Qadr



by Shaykh Muhammad Nasir-ud-Deen al-Albani

Adapted from "The Night Prayers: Qiyam & Tarawih from works by Muhammad Nasir ud-Deen al-Albani (and other scholars)"  
Compiled by Muhammad al-Jibali.

Laylat ul-Qadr is the most blessed night. A person who misses it has indeed missed a great amount of good. If a believing person is zealous to obey his Lord and increase the good deeds in his record, he should strive to encounter this night and to pass it in worship and obedience. If this is facilitated for him, all of his previous sins will be forgiven.

## *Praying Qiyaam*

It is recommended to make a long Qiyaam prayer during the nights on which Laylat ul-Qadr could fall. This is indicated in many hadeeths, such as the following:

Abu Tharr (radhiallahu `anhu) relates:

"We fasted with Allah's Messenger (sallallahu `alayhi wa sallam) in Ramadaan. He did not lead us (in qiyaam) at all until there were seven (nights of Ramadaan) left. Then he stood with us (that night - in prayer) until one third of the night had passed. He did not pray with us on the sixth. On the fifth night, he prayed with us until half of the night had passed. So we said, 'Allah's Messenger! Wouldn't you pray with us the whole night?' He replied:

'Whoever stands in prayer with the imaam until he (the imaam) concludes the prayer, it is recorded for him that he prayed the whole night.' [Recorded by Ibn Abi Shaybah, Abu Dawud, at-Tirmithi (who authenticated it), an-Nasa'i, Ibn Majah, at-Tahawi (in Sharhu Ma`an il-Athar, Ibn Nasr, al-Faryabi, and al-Bayhaqi. Their isnad is authentic.)]

[Point of benefit: Abu Dawud mentioned: "I heard Ahmad being asked, 'Do you like for a man to pray with the people or by himself during Ramadan?' He replied, 'Pray with the people' I also heard him say, 'I would prefer for one to pray (qiyaam) with the imaam and to pray with him as well, for the Prophet (sallallahu `alayhi wa sallam) said: "When a man prays with the imaam until he concludes, it is recorded that he prayed the rest of that night."

[Masaa'il]

Abu Hurayrah (radhiallahu `anhu) narrated that Allah's Messenger (sallallahu `alayhi wa sallam) said:

"Whoever stands (in qiyaam) in Laylat ul-Qadr [and it is facilitated for him] out of faith and expectation (of Allah's reward), will have all of his previous sins forgiven." [Al-Bukhari and Muslim; the addition "and it is facilitated for him" is recorded by Ahmad from the report of `Ubaadah Bin as-Samit; it means that he is permitted to be among the sincere worshippers during that blessed night.]

## *Making Supplications*

It is also recommended to make extensive supplication on this night. `A'ishah (radhiallahu `anha) reported that she asked Allah's Messenger (sallallahu `alayhi wa sallam), "O Messenger of Allah! If I knew which night is Laylat ul-Qadr, what should I say during it?" And he instructed her to say:

"Allahumma innaka `afuwwun tuh. ibbul `afwa fa` fu `annee - O Allah! You are forgiving, and you love forgiveness. So forgive me." [Recorded by Ahmad, Ibn Majah, and at-Tirmithi. Verified to be authentic by Al-Albani]

## *Abandoning Worldly Pleasures for the Sake of Worship*

It is further recommended to spend more time in worship during the nights on which Laylat ul-Qadr is likely to be. This calls for abandoning many worldly pleasures in order to secure the time and thoughts solely for worshipping Allah. `A'ishah (radhiallahu `anha) reported:

"When the (last) ten started, the Prophet (sallallahu `alayhi wa sallam) would tighten his izaar (i.e. he stayed away from his wives in order to have more time for worship), spend the whole night awake (in prayer), and wake up his family." [Al-Bukhari and Muslim]

And she said:

"Allah's Messenger (sallallahu `alayhi wa sallam) used to exert more (in worship) on the last ten than on other nights." [Muslim]



Laylatul Qadr

*Taraweeh Salaah 1427 (2006) Full Quran recitation at the following venues in Perth*

VENUE/ contact	ADDRESS	RECITIERS
Ballajura Community College 0405767217	Cassowary Drive, Ballajura	Sh. Yusuf Parker
AIC Thornlie Masjid 0416332507	26 Clancy way, Thornlie	Sheik Burhaan Mehtar Sheik Mohammed Mehtar Hafiz Omar Stacey
Al Hidayah Hepburn Heights 9203 8594	64 Walter Padbury Blvd, Hepburn Heights	Sheik Mohammad Bilal Moolla
Masjid Al Taqwa 0432 204 554	Boyare Ave, Mirrabooka	Sheik Yunus Murad Hafiz Mohammad Nur Hafiz Zahid Shareef
AIC Dianella 0402 962 231	81 Cleveland Street, Dianella	Hafiz Ridwan Yusuf
AIC Kewdale 0431 179 347	139 President Street, Kewdale	Hafiz Waheed Sidiqi Hafiz Mohammed Masood Br Mandour
Curtin University Musallah 0423 951 931	Manning rd, Bently	Hafiz Omar Dahan Br. Zakariya
UWA Musallah 0415 247 422	University of Western Australia, Nedlands	Hafiz Muhammad Amira

**ABRAHAMIC ALLIANCE**

The Centre for Muslim States and Societies, together with Initiatives of Change and the Abrahamic alliance, would like to invite you to take part in an Interfaith Evening with our guests from Britain.

Imam Sajid is Chairman of the Muslim Council for Religious and Racial Harmony in Britain. He is a founding member of the Standing Committee of Jews, Christians and Muslims in Europe and an elected member of the national Interfaith Network in the United Kingdom.

Because it is the month of the Muslims' Holy Ramadan and the Jewish Holy Days, you are invited to share in the 'Breaking of the Fast' at 6.30pm.

When: Saturday, 7th October, Where: The Boulevard Hall, UWA Crawley

A donation towards the cost would be appreciated.

**UWA MSA Membership Benefits**

By being a member of UWA MSA you are entitled to receive discounts at these various Halal food outlets

**Sri Melayu**  
Northbridge  
15% off

**Insan's Café**  
Perth  
10% off

**Mahsuri's Satay restaurant**  
Victoria Park  
10% off

**Makan2**  
Victoria Park  
10% off