



# THE MESSAGE

Newsletter of the Mosque for The Praising of Allah

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## ***R.A.M.A.D.A.N.:*** ***THE MONTH OF GUIDANCE AND MERCY***

**“Oh You Who Believe, Fasting is prescribed for You, As It Was Prescribed for Those Before You, That You May Obtain Taqwa” (Qur’an 2:183)**

Al Hamdulillah, we have reached another blessed month of Ramadan, and once again it is a time for us to consider both the responsibility and the reward that this great pillar of Islam offers us.

It is a time when the believer must question how he or she will choose to stand before the Lord of all the worlds! What deeds will weigh heavy on the scale and earn the forgiveness and Mercy of Allah. It is said that this is a time in which the Shayteen are chained and have no power to suggest to us. We therefore must bear witness to the weaknesses and wickedness within us, so that we can honestly assess and seek to improve ourselves, with Allah’s Help.

In this month, the rope of guidance and salvation was extended to all of mankind. Allah says in the Qur’an: **“Ramadan is the month in which the Qur’an was sent down; a guidance for all mankind, and a clarification of guidance and a criterion of truth and falsehood...”**

Also, Allah (T) says in the Qur’an: **“Whoever witnesses it (the month of Ramadan), it is obligatory for him to fast the whole month.”** All adult Muslims must fast unless they are exempt *by the laws of Islam (Shariah)*. Allah says: ***Oh you who believe, the fast has been made obligatory on you.*** Thus, Allah teaches us that Fasting is an obligation and a means to attain Taqwa, which increases believers in their rank with Allah. Allah (swt) says:

**“The most honored by Allah amongst you are those best in Taqwa.” [49:13]**

Without this source of light and guidance, the whole world and its many wonders and charms, with its trials and tragedies, would be a very dark place and the road to paradise uncertain. Surely, this is a great Mercy to mankind. Allah has entrusted us to be the carriers of His Divine Message to Humanity. Allah (swt) says: **“On this day, I have perfected your Religion (way of life) and I am pleased with Islam as your Religion (way of life).”** To be successful each of us must decide to uphold this honor by being Muslim and carrying the Message of Al Islam to the whole world?

### Congregational Prayer Times (Iqamah) May 16 - June 5

<i>Fajr</i>	4:00 a.m.
<i>Dhuhr</i>	1:00p.m.
<i>Asr</i>	5:00 p.m.
<i>Maghrib</i>	8:10 p.m.
<i>Isha</i>	9:40 p.m.
<i>Tarawih</i>	10:00 p.m.
<i>Jumu’ah</i>	1:00 p.m.

IFTAR

**WE INVITE ALL THOSE WHO WOULD LIKE TO PROVIDE A MEAL THIS YEAR, TO EMAIL OR CALL THE NUMBER ABOVE. FOR YOUR CONVENIENCE, THE RAMADAN COMMITTEE HAS PLACED A SIGN UP SHEET DOWNSTAIRS BY THE FRONT ENTRANCE.**

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## *Some Important Tools for a Successful Fast*

As we undertake yet another month of striving to seek forgiveness and mercy from our Lord it is only through prayer, sacrifice, and charity to others that we can gain good character, Imam Abdullah encourages us to reflect on our lives and work on increasing the following things which he titles the 5 D's:

### 1) Durus (lessons)

Be actively engaged in seeking knowledge. We should involve ourselves in as many classes as we can this Ramadan.

### 2) Dhikr (remembrance)

Actively engage in the remembrance of Allah and be a reminder to one another.

### 3) Dua (prayer)

To call upon Allah asking for guidance that will lead to success in this life and salvation in the next.

### 4) Dawah (invitation)

Call others to what we are striving to attain, the pleasure of Allah.

### 5) Dif'ah (defense)

Defend ourselves against our own evil inclinations and deeds by seeking refuge in Allah in the manner that Allah describes to us in Kutbahtul Hajar. We can increase our defense by increasing our Taqwa of Allah

(consciousness of Allah, fear, etc.), for surely Allah is the best Wali, Mowla, Wakil (protector, friend, *guardian*). *What better defense is there than this?* When we fear Allah as He should be feared all our enemies are small.

This Ramadan we should strive for self-purification. Allah describes in the Qur'an three conditions of the soul:

**Nafsul Amara:** The Soul given to it's own desires seeking the lower path. Allah says: "And I fret not myself from the blame, verily the human self is inclined to evil, except when my Lord bestows his Mercy upon whom he wills, verily my Lord is Oft-Forgiving, Most Merciful. (S:12, A: 53)

**Nafsul Lawama:** The Soul which feels conscious of its' evil and is a repenting soul. Allah says: ... and I swear by the self-reproaching person." (S: 75; A: 2)  
**Nafsul Mutmaena:** The soul that has attained this highest stage in which one is pleased with their Lord and Allah is pleased with them. Allah explains about this soul: "...it will be said to the pious, oh you, the one in complete rest and satisfaction." (S: 89; A: 27-30)

### Tarawih Salat

Tarawih Salat is another great opportunity for the believer to seek Allah's pleasure during Ramadan. Tarawih literally means to take a break, or rest between every 4 Rakats of this special prayer offered after Isha during Ramadan. The Prophet (saws) offered this prayer during Ramadan after Isha prayer

several times in congregation. Then one night the believers noticed that he hadn't come out to lead them in Tarawih Salat, when they questioned him as to why he had stopped he expressed his concern that it might become compulsory for them if he continued, and that they might not be able to uphold the obligation.

Narrated Abu Hurairah, the Prophet (saws) said regarding the month of Ramadan: "Whoever prays at night (i.e. in the month of Ramadan), out of sincere faith, then all of his previous sins will be forgiven."

One can offer this prayer at home or in congregation; there is a special merit either way, however it is only during Ramadan that this special prayer can be offered in congregation so let us take full advantage of this special time and come together for Tarawih Salat as much as possible.

### Laylat ul Qadr (The night of power)

The actual night of the beginning of the revelation of Qur'an from Allah (T) occurred during this blessed night in which Allah the Exalted has said "...is better than a thousand months." That's just over 83 years, a full life span.

This night is found in the last 10 nights,

an odd night of the last 10 nights of Ramadan (i.e. 21<sup>st</sup>, 23<sup>rd</sup>, 25<sup>th</sup>, 27<sup>th</sup>, or 29<sup>th</sup>, etc.). We should seek it in all of the last ten nights

### **Some things to consider!!**

May our fasting during this month awaken our hearts. If our intention is sincere, Allah (S.W.T.) will purify our souls and forgive us our sins. Ameen.

- **Insha'Allah, Remember Zakat ul Fitr and other topics concerning Ramadan.**
- **Please sign up for post Ramadan classes: Islamic studies, Arabic, Etiquettes of life in Islam, Islamic history etc.**
- **Please remember to fulfill your fund raising dinner pledges before Ramadan is over (Insha Allah).**

## GENERAL RULES ABOUT FASTING:

### Beginning Ramadan

The Prophet (saw) said: "Begin to fast after the sighting of the new moon ( of Ramadan) and break the fast after sighting the crescent (of Shawal), if the sky is overcast and you cannot see it, then complete thirty days of Sha'ban."

### Requirements for the validity of Fasting

- Must be as sane adult Muslim. Adult being one who has reached the age of puberty.
- Making your intention the night before to fast or before dawn. It is sunnah to recite the following duah" [Bisawmin ghadin nawaytu min shahri Ramadaan] which means: "I have intention tomorrow to observe a fast of the month of Ramadan."
- You must abstain from food, drink, smoking, sex, false speech, and evil deeds.

### Exemptions From Fasting

- The mentally insane
- Children who have not reached puberty.
- The elderly and chronically ill for whom fasting is unreasonably strenuous. A person in this case is required to feed a poor person for every day of Ramadan in which he or she has missed the fast.
- Pregnant or nursing women. In this case, one must make up the days missed at a later date, preferably before the next Ramadan.
- Menstruating women. In this case, the fast is prohibited and one must make up the days missed at a later

date, preferably before the next Ramadan.

- Those who are ill or are traveling, provided the days are made up when they have completed their travel and are well.

### Duration of the Fast

- **Fasting starts just before the Fajr Salat and ends after sunset. Allah says: "Eat and drink until the white thread of dawn appears to you distinct from the black thread, then complete your fast during the day until the night appears"**

### What to do Upon Starting and Breaking the Fast

- Take a meal (sahoor) as close to Fajr time as possible. The Prophet (saw) said: "Partake of Sahoor for there is a blessing in it."
- To break the fast as soon as one is sure that the sun has set. The Prophet (saws) said: "If any of you was fasting, let him break his fast with dates. If he can't find (i.e. dates), then let him break his fast with water, for water is wholesome."
- When you break your fast, it is Sunnah to make the following duah:
  - 1) **"Allahuma laka samtu wa ala rizqika aftartu".** Oh Allah, for you did I fast and with your bounties do I break my fast.
  - 2) **Dhahaba Zdhamau wabtalatil-uruuqu wa thabit-al-ajru, in Insha Allah.** Gone is the thirst and moistened are the veins and if Allah wills,

the reward is also assured."

### Things Which Break the Fast

- Intentional of breaking the fast.
- Sexual intercourse during the fast.
- Intentional eating and drinking.
- Hijamah the removal of blood by scarification or by opening the vein.
- The menses and post childbirth bleeding of women.

### Extra things that we can try to do this Ramadan

- Reading and applying what you have read of the Qur'an. We should try to read a Juz of the Qur'an each day.
  - Supplication to Allah.
  - Give in Sadaqah. Be more generous to the poor and disadvantaged.
  - Increase in your good deeds and abstain from evil deeds.
  - Avoid vain talk.
  - Avoid false speech.
  - Avoid any act, which is contradictory to what is intended while fasting.
- The Prophet Muhammad (saw) said: "Fasting is not merely refraining from food or drink. Fasting is refraining from vain talk and indecency, and if one slanders you or aggresses against you, then you should say, I am fasting..."

## Ramadan Calendar 1439

(May–June 2018)

Day	Ramadan	May/ June	Suhur/Fajr	Shuruq	Dhuhr	Asr	Magrib	Isha
Wednesday	01	16	3:48	5:23	12:41	4:39	7:59	9:34
Thursday	02	17	3:46	5:21	12:41	4:40	8:01	9:36
Friday	03	18	3:44	5:20	12:41	4:40	8:02	9:38
Saturday	04	19	3:43	5:19	12:41	4:40	8:03	9:39
Sunday	05	20	3:42	5:18	12:41	4:41	8:04	9:41
Monday	06	21	3:42	5:18	12:41	4:41	8:04	9:41
Tuesday	07	22	3:40	5:17	12:41	4:41	8:05	9:42
Wednesday	08	23	3:39	5:16	12:41	4:41	8:06	9:44
Thursday	09	24	3:37	5:15	12:41	4:42	8:08	9:46
Friday	10	25	3:35	5:14	12:41	4:42	8:09	9:48
Saturday	11	26	3:34	5:13	12:41	4:43	8:10	9:49
Sunday	12	27	3:33	5:13	12:41	4:43	8:10	9:50
Monday	13	28	3:32	5:12	12:42	4:43	8:11	9:51
Tuesday	14	29	3:31	5:12	12:42	4:44	8:12	9:53
Wednesday	15	30	3:30	5:11	12:42	4:44	8:13	9:54
Thursday	16	31	3:29	5:10	12:42	4:44	8:14	9:55
Friday	17	1	3:29	5:10	12:42	4:44	8:15	9:56
Saturday	18	2	3:28	5:10	12:42	4:45	8:15	9:57
Sunday	19	3	3:27	5:09	12:42	4:45	8:16	9:58
Monday	20	4	3:26	5:09	12:43	4:45	8:17	9:59
Tuesday	21	5	3:26	5:08	12:43	4:46	8:17	10:00
Wednesday	22	6	3:25	5:08	12:43	4:46	8:18	10:01
Thursday	23	7	3:24	5:08	12:43	4:46	8:19	10:02
Friday	24	8	3:24	5:08	12:43	4:47	8:19	10:03
Saturday	25	9	3:23	5:07	12:44	4:47	8:20	10:04
Sunday	26	11	3:23	5:07	12:44	4:47	8:20	10:05
Monday	27	12	3:23	5:07	12:44	4:47	8:21	10:06
Tuesday	28	13	3:22	5:07	12:44	4:48	8:22	10:06
Wednesday	29	14	3:22	5:07	12:44	4:48	8:22	10:07

(Prepared by Society for Islamic Brotherhood Publications Dept.)

**NOTE: Iftar (Fast breaking)**

*Insha Allah this year, Masjidu li Hamdillah will provide dates and water for Iftar. Each year different families volunteer to provide Iftar (dinners). If you are interested in providing Iftar this year, please sign up on the calendar located downstairs near the front entrance; or call (617) 442-2805, or email us at mosquepraiseallah@gmail.com*