



THE ISLAMIC BULLETIN

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Dear Readers,

The Islamic Bulletin is celebrating another year of providing uplifting and inspirational news and information to Muslims throughout the world. We are happy to be publishing an issue just in time for Ramadan. As we fast, the long and hot days of summer are truly a test of our strength and devotion to Allah. Just as fasting was strenuous for Muslims who lived before us, there is indeed a most wonderful reward for the believers who obey Allah (SWT).

Salman Al Farsi (R) reports: "On the last day of Sha'baan, the Messenger of Allah (S) addressed us and said: "O people, there comes upon you now a great month, a most blessed month, in which lies a night greater in worth than one thousand months. It is a month in which Allah has made compulsory that the fasting should be observed by day; and He (SWT) has made the Taraweeh by night a Sunnah. Whosoever tries drawing nearer to Allah by performing any virtuous deed in this month, for him shall be such reward as if he had performed a Fardh (obligatory observance) in any other time of the year. And whoever performs a fardh, for him shall be the reward of seventy fardh in any other time of the year. This is indeed the month of patience, and the reward for true patience is Jannah (paradise); it is the month of sympathy with one's fellowmen; it is the month wherein a true believer's rizq (provisions) is increased. Whosoever feeds a fasting person in order to break the fast (at sunset), for him there shall be forgiveness of his sins and emancipation from the fire of Jahannam (hell), and for him shall be the same reward as for him (whom he fed), without that person's reward being diminished in the least."

In this issue of the Islamic Bulletin, there are many wonderful and heart whelming stories, such as how a person's heart can be changed in the story of Arnoud Van Doon in Letters to the Editor. There is also the inspiring story of Prophet Zakariya (AS), who remained steadfast and never gave up hope in asking Allah for an offspring. Another beautiful and touching article is about the human body's miraculous heart—created and perfected so perfectly by Allah. Included in this issue is a pull-out section of everyday dua's—made easy for you to memorize. There is also a Hajj pull-out for those readers who are intending to make the Hajj. And our personal favorite are the sayings of our Holy Prophet (S), uttered more than 1400 years ago, yet remain ever-so powerful, beneficial and heart-felt today as they did then.

Inshallah, we at The Islamic Bulletin pray that our readers have a most blessed and peaceful Ramadan. We also ask Allah to accept our fasting this Ramadan and forgive us of our sins and shortcomings and most importantly, grant us Paradise. Ameen.

*Wishing you peace and blessing always,
The Islamic Bulletin Staff*

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LETTERS TO THE EDITOR

Dear Editor,

AssalamuAlaikum,

I heard that Arnoud Van Doorn, who was one of the men involved in the Dutch movie that made fun of our beloved Prophet Muhammad (S) became Muslim. Is this true? Or is this another fake story going around?

JAK,
Muhammad Abdul-Azeez

Assalamu Alaikum Brother,

Subhanallah and Allahu Akbar! Allah (SWT) has indeed placed the seed of Imam into the heart of Brother Doorn. In fact, the Saudi Gazette has written and published an article, "I am sorry, O Prophet..." on the conversion of Arnoud Van Doorn. I have attached the article for you to read.

When this blasphemous movie was being distributed throughout the world, how many Muslims made dua for any of the producers of this film? I found it very interesting that when the Muslims conquered Makkah more than 1400 years ago, it is recorded that when entering his beloved city, our Holy Prophet Muhammad's (S) head was hung low due to complete humbleness and humility; in praise and respectfulness of his Creator, to thank Him for his peaceful victory. Although this was a huge victory for the Muslims, he (S) showed no pride or joy in this triumph. The Prophet's (S) life should be greatly reflected upon so that both Muslims and non-Muslims may understand the lessons that it teaches to society. The reality of life as human beings is that people can change. This teaches Muslims to always be faithful to Allah and be aware that the All-Mighty is the One who can give victory and loss. So Muslims should remember his Creator in all humility, just like the Prophet (pbuh) did.

The greatest lesson we can learn from this story is forgiveness and that it is a valuable means of achieving peace.

Salams,
The Islamic Bulletin Staff

"I am sorry, O Prophet..."

Dutch politician Geert Wilders' party Arnoud Van Doorn visited the Prophet's Mosque in Madinah to pray and say sorry for becoming part of a blasphemous film.

Doorn was among the Freedom Party leaders who produced the blasphemous film, Fitna. Last month he reverted to Islam after an extensive study about the religion and the Prophet (peace be upon him). He said that the worldwide outrage against the film made him study about the Prophet (pbuh) and that eventually led to his conversion.

He headed for Makkah to perform Umrah after meeting the two imams of the Prophet's Mosque, Sheikh Ali Al-Hudaifi and Sheikh Salah Al-Badar, who enlightened him on how to lead the life of a good Muslim.

A member of the Dutch parliament and The Hague City Council, Doorn announced his decision to accept Islam on his Twitter profile. He also posted a tweet in Arabic declaring that "there is no god but Allah and Muhammad is his Prophet."



At first, other users took the news as a joke. After all, an active supporter of a notorious Dutch hater of Islam, Wilders, he repeatedly approved Islamophobic statements and public actions, and personally participated in them.

But Doorn, who now serves as a regional adviser at the City Hall in The Hague, personally confirmed his decision to practice Islam in an official letter to the city mayor.

Most recently, the politician filed a formal application to the mayor of the city to allow him to perform prayers obligatory for Muslims during his working hours.

"I can understand people are skeptic, especially that it is unexpected for many of them," Doorn told Al-Jazeera English satellite channel.

"This is a very big decision, which I have not taken lightly."

"In my own close circle people have known that I have been actively researching the Qur'an, Hadith, Sunnah and other writings for almost a year now," he said.

"In addition, I have had numerous conversations with Muslims about the religion."

Driven by his party's anti-Islam discourse, Doorn decided to dig in for the truth about the religion himself.

"I have heard so many negative stories about Islam, but I am not a person who follows opinions of others without doing my own research," he said. "Therefore, I have actually started to deepen my knowledge of Islam out of curiosity."

The 46-year-old has continued on The Hague Council as an independent candidate since splitting from Wilders's party. Doorn's decision to embrace Islam has won mixed reactions in the Netherlands.

"According to some people I am a traitor, but according to most others I have actually made a very good decision," he told Al-Jazeera.

"The reactions are generally positive and I also received quite some support via twitter."

"It feels good that people who do not know me personally have understanding of my situation and support me in my choice."

Asked if he now regretted joining the Freedom Party, he replied: "I have learned that every experience in life has a purpose. However, with the knowledge I have today, I would have undoubtedly made a different choice."

For the Dutch politician, finding Islam was finally guiding him to the true path in his life. "I have made mistakes in life as many others. From these mistakes I have learned a lot," Doorn said.

"And by my conversion to Islam I have the feeling that I finally found my path. I realize that this is a new start and that I still have much to learn as well."

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How To Excel This Ramadan



Ramadan is truly a gift, a blessing from Allah during which the doors of Jannah (Paradise) are open while the doors of Jahannam (Hellfire) are closed. Ramadan gives us the opportunity to renew ourselves, recharge our iman, purify our hearts, and set our goals and priorities – to improve and excel insha'Allah. Ramadan is the time for us to redirect our focus to the akhirah, and join the race to Jannah, as reflected in the verse below:

“And hasten to forgiveness from your Lord and a garden as wide as the heavens and earth, prepared for the Muttaqeen (righteous).” (Quran 3:133)

So how can we can reap the benefits of this blessed time? How can we ensure that we come out of Ramadan more righteous and pious than we began? Here are some tips:

Make the intention to change for the better in Ramadan. Decide which habits you would like to drop and which you would like to adopt. Be specific, ambitious and realistic. You may wish to keep the following categories in mind when it comes to forming habits or improving your acts of worship: prayer, charity, Quran, community work, family ties, dhikr, and dua. Start forming your good habits and increasing your good deeds from now.

Be aware of distractions before or during Ramadan – turn off or minimize the TV, Facebook, and other social media. Prioritize your commitments so you can get the best out of the few days of Ramadan. Also remember Ramadan is not a month to spend all our time at elaborate iftar/dinner parties, but rather it is intended to be a month of worship and drawing closer to Allah (SWT).

Maintain the intention that you will continue to do the good deeds and habits you began to do after Ramadan. In fact, continuing to do those good deeds is one of the indications that your good deeds have been accepted, Inshallah. If you do slip, just renew your intention and get back up and on track again!

There are so many things that you could do to increase your connection at this time, from acts of worship to good deeds. Determine which deeds you need to begin to practice or improve on that will please Allah the most.

Have a good look at your current practice and pick two or three areas to concentrate on during this month. It may be that you choose to look at your prayers; read the Qur'an; attend the mosque; give of your time, money or effort to assist others; or practice controlling your anger or your tongue from idle gossip and backbiting. Whatever two or three you choose, focus on perfecting them as much as you can during this month. This will help you to establish them as habits and make it easy to continue them after Ramadan has finished.

What if you knew of a way that will ensure that all of your prayers are answered, that none of your Du'as will be rejected and anything that you ask for will be granted? Wouldn't you like to know what that way is? Wouldn't you jump at the chance to avail that?

So, how can we achieve all this and more? The answer to that isn't anything secret or hidden. The answer has been there for ages. Actually, it has been there for the last 1400 years. We just didn't look hard enough. We just didn't pay much attention to it.

It is what Allah (SWT) has promised His slaves every single day....every time he sits down to break his fast. The answer lies in the hadeeth of the Prophet (S) when he said:

“Indeed the fasting person has at the time of breaking the fast a supplication, which is not rejected.” (Ibn Majah, Saheeh)

“Three prayers are not rejected: the prayer of a father (parent), the prayer of a fasting person, and the prayer of a traveler.” (al-Baihaqi, Saheeh)

“There are in the month of Ramadan in every day and night those to whom Allah grants freedom from the Fire, and there is for every Muslim a supplication which he can make and will be granted.” [Ahmad, Saheeh]

Allah answers the Du'aa of the fasting person at Iftaar time. But, alas, most of us are either unaware of this great blessing of Allah or are too busy thinking about food at this time. Some of us are frying 'samosas' till the last minute, setting the table and preparing 'hot' food. Some are too busy talking, arguing about the exact time to break the fast, or watching television. Others may be reading, surfing the internet and some are even sleeping until after the Maghrib adhaan has been called! And some are busy filling up their plates even before the time to break the fast has entered!

One of the greatest pieces of advice given by our Prophet (S) was: “The most beloved actions to Allah are those performed consistently, even if they are few.” (Sahih Al-Bukhari)

During Ramadan, it's very tempting to work hard on improving yourself and perform lots of extra acts of Ibadah, but how beneficial is that if once the month ends you slip back into your old pattern? There are some acts of worship, such as Tarawih and Zakat Al-Fitr that are specific to Ramadan, but everything else can be carried on afterwards.

There's no need to feel overwhelmed by Ramadan; decide to use the time in the best way you can to gain a positive spiritual result from this month. Keep in mind the purpose behind every act of worship or good deed that you do, concentrate on two or three priorities for the month, and then perform them with consistency. Inshallah doing this will help you achieve a positive spiritual result and bring you closer to Allah.

LOOKING INTO YOUR HEART



Before birth all human beings spend nine months in their mother's wombs. At the beginning of its development, each human being consists of a tiny collection of cells just starting to divide and develop. One day, a small node of cells in the center of that assemblage receives a command and suddenly starts pulsating. All the other cells in the body lie quiet. But this group is in constant motion, and never stops for as long as the person will live.

The embryonic heart begins during pregnancy, and works as a single pump for the embryo's blood, which circulates only in the baby's body and the placenta. After birth, however, since oxygen is inhaled directly by means of respiration, the embryonic heart needs to possess four chambers. This physiological dichotomy has been resolved thus: Two holes in the chambers of the heart enable blood to be retained in these chambers and the as-yet-undeveloped pulmonary veins are protected. When the baby takes its first breath and begins crying, these holes automatically close and cease their function. This marvel of creation once again shows to us the flawlessness of Allah's creation.

By beating an average of 70 times a minute, the heart moves blood around the body some 1,000 times a day. This means that blood visits every cell in the body 1,000 times a day, carries to them the necessary nutrients, gives oxygen and takes back carbon dioxide, repairs damage, makes good defects and collects wastes. Every cell in the body is "inspected" 1,000 times a day. The heart pumps 2,113 gallons of blood every day. The heart of an adult pumps 89 gallons of blood an hour even while sleeping. At that same rate, one could easily fill a car's gas tank in just seven minutes. In one single day your heart can pump enough blood to fill a good sized oil truck. This magnificent pump works 24 hours a day for your entire lifetime without stopping.

This extraordinary pump seldom misses a beat from its rhythm, and never goes wrong and becomes old. Every cell making up the heart is literally a living battery. It never loses its ability to pump blood throughout the body until the death of its owner. That is because this is an extraordinary miracle of Allah, who is able to create a superior artistry, flawlessness, an incomparable balance and magnificent intelligence all at once.

The heart is a piece of muscle the size of a fist, consisting of water, fat and protein, but possessing a far more perfect and complex system than even the most advanced pump that has yet been developed by experts working with computers. This incomparable piece of flesh is powerful enough to squirt blood 6 feet high into the air, and can determine the body's needs and pump just as much blood as it requires. In a person at rest, the heart pumps just 1.057 to

1.585 gallons of blood a minute. That quantity is enough because the resting body's cells don't require too much oxygen. If someone is exercising, however, the need for oxygen rises, and it needs to be transmitted to the cells faster. The heart immediately identifies this need and begins beating faster.

To see the perfection of these features of the heart, imagine a machine that pumps water at least once in a second, on an average of 65 to 70 times a minute. Let that water be carried to a hundred trillion homes every second by means of that pump, under the same pressure. At the same time, let that plant determine how much water each house needs and send the requisite amount to each one. In addition, make this system be able to function for at least 70 years, never develop the slightest defect, never rust, and never neglect a single pipeline leading to any of the homes in question. There is no doubt that the establishment of such a plant is impossible in a great many regards. Yet inside the body there is a network system incomparably more complex than this example. The vascular network, capable of reaching every cell in the body, is another proof that the body's distribution system is flawless and conscious.

A machine that works at such high speed and to such an unchanging rhythm cannot last any longer than 10 or 15 years. Even before then, it will have to undergo maintenance many times to fix any defects. It is impossible for such a machine to function for long years without any mistakes. It is totally illogical to claim that an ordinary piece of equipment can determine needs in houses, evaluate the situation and send the right amount of water where required. Never does it feel the need to stop for even a moment's rest—not until the day when it receives the ultimate command to stop.

Who establishes the cells that comprise you—and thus, this system that keeps you alive? And what have you done to ensure the existence of this circulatory system that maintains your very existence? There was absolutely nothing you could do to have formed such a system, because before you even opened your eyes, your body was prepared for you in a flawless manner. For example, a perfect pair of eyes was created for you to be able to see your surroundings clearly. Although you had never encountered the air in the external world until the moment you were born and took your first breath, the respiratory system that enables you to breathe was formed while you were still in your mother's womb. You were born with a ready-made digestive system that would eventually digest foods of all kinds. Your body came with eyelids and lashes to protect your eyes from foreign bodies, and countless other such organs and distinctive features.

Some persons argue that there's no proof of any divine origin, there's no truth that there is a God, there's no truth that this universe has come about through any divine purpose. They say that perhaps this world has come about by chance. A big bang and this whole great world, with all of its orchestrations, just came together. They argue that life doesn't have any definite purpose, and there's nothing that can be proven through either logic or science that there's a God, or a purpose, or any divine reason behind this world. A few verses from the Quran address this subject: "Our Lord! You have not created all this without purpose, glory to You! Grant us salvation from the torment of the Fire." (Quran 3: 190-191)

Allah draws our attention that He has not created all of this for any foolish purpose. When you see the design of it, you know that the design of it is very powerful and very precise. And something very powerful and very precise that is beyond your own calculations and imagination; it cannot be foolish. It cannot be just thrown together. For instance, if you took ten marbles, and numbered them one through ten, and all

of them were different colors, and you put them inside of a bag, and shook the bag, and closing your eyes, reached inside that bag. And I told you to pull out marble number one and pull out marble number two and marble number three in order. What is the chance that you will pull out the ten marbles in order? Do you know what the chances are? 26 million in one. So what are the chances of the heaven and earth being thrown in a big bang; and orchestrated like they are. What's the chance of that?

We have to ask ourself a further question. When you see a bridge, or a building, or an automobile, you automatically consider the person or the company that constructed it. When you see an airplane, a rocket, or a satellite, or a large ship, you also think about how incredible an invention it is. When you see a nuclear plant, an orbiting space station, or a super international airport, you have to be thoroughly impressed with the engineering dynamic that are involved. Yet, these are just things that are manufactured by human beings.

Then what about the human body; with its massive and intricate control systems? Think about it. Think about the brain; how it thinks, how it functions, how it analyses, how it stores information, retrieves information, distinguishes and categorizes information in a millionth of a second! And does it constantly. Think about the brain for more. This is the brain that made the automobile, the rocket ship, the boats, and so and so; think about the brain that makes everything.

Think about your eyes. The human camera; that adjusts, focus, interprets, evaluates, applies color automatically; the natural reception and adjustment to light and distance. The eye is the world's best camera. It can take flawless pictures and transfer them to the brain without any blurring. Six large powerful muscles control the eye and allow it to move in any desired direction. The focusing muscles of the eye move about 100,000 times a day. To give the leg muscles the same exercise would involve walking 50 miles a day. The delicate parts of this precision instrument are kept clean by the eyelids which act as window wipers. The retina can take ten different pictures each second or 800,000 pictures a day. You blink about 15 times a minute. Who created that? Who has mastered that? Who plans that? And who regulates that? Human beings? No of course not!!

What about your eyes, your kidneys, your brain, your life, your breath, your children...what about that? Who gave you that? Is He not worthy of praise and thanks? Is He not worthy of your worship and recognition? Allah (SWT) has said to us in the Quran: **"I have not created the jinn, the spirits, nor the human beings, for any other purpose except to worship Me."** (Quran 51: 56)

Our purpose in life is to recognize the Creator, to be grateful to the Creator, to worship the Creator, to surrender ourselves to the Ceator, and to obey the laws that He determined for us. In a nutshell, it means worship. This is our purpose in this life.

What is the State of Your Heart?

The Prophet (S) said, "Allah does not look at your outward appearance and your wealth, rather He looks at your hearts and deeds." [Muslim]

The Prophet (S) also said about your heart: "Truly in the body there is a morsel of flesh which, if it be sound, all the body is sound and which, if it be



diseased, all of it is diseased. Truly it is the heart." [Al-Bukhari, Muslim]

Sins have an effect on your heart; they can cause your heart to be sealed so that the light of knowledge does not reach it anymore and the word of Allah do not affect you anymore. There are many diseases we find in our hearts, like jealousy, envy, greed, lust, and showing off. Our aim should be to strive to purify our hearts and turn back to Allah with a sound heart.

The Heart and the Mind

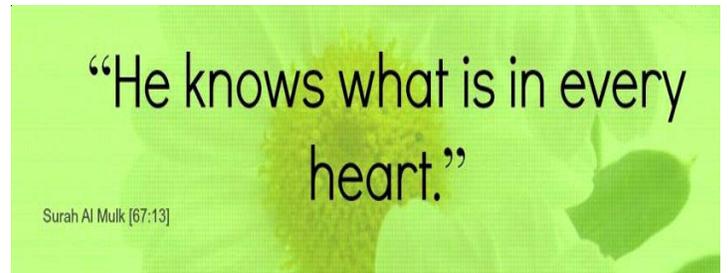
When you say the word "Think!" most of us point to our heads, right? How many of us point to our hearts when we say "Think?" The Messenger of Allah (S) said, "Taqwa is here," and he pointed to his chest. [Muslim]

Subhanallah, one of the functions of the heart is *ta'addul* (understanding). Allah (SWT) gave us a heart to comprehend, to reflect, and to reason.

Different Names for "Heart" in the Quran

In the Quran, Allah (SWT) uses different words to describe the heart: *qalb*, *fu'ad*, and *sadr*.

Qalb is the general word for heart and the root word means something that turns around, something that changes easily. When Allah (SWT) refers to *emaan* (faith) and the diseases of the heart, He uses the word *qalb*. *Fu'ad* comes from a root that means "burning" or a flame and is used when the heart is inflamed with emotion. A beautiful example is when Allah describes the state of the heart of the mother of Musa (A): **"But there came to be a void in the heart (fu'ad) of the mother of Musa** (Al-Qasas, 28:10) Imagine how her heart was inflamed with emotions while she put her newborn son into a river! *Sadr* means "chest." When Allah (SWT) refers to secrets or motives, He uses the word *sadr*, like in Surah Al-Mulk: **"He knows what is in every heart."** (Al-Mulk, 67:13)



Subhanallah! Understanding and seeing the different word choices of the Quran open a door to a whole new world of meanings. Now the question is, what is your heart attached to? Is it attached to your house, money, favorite TV show, or to those special moments you spend with the Quran and reading about the Prophet? Allah (SWT) says in the Holy Quran: **"...when the only one who will be saved is the one who comes before Allah with a heart devoted to Him."** (Ash-Shu'ara, 26:89)

How can you train your heart to become devoted and sound? First take this extremely important step and ask Allah by His beautiful names to purify your heart. He is *Al-Wahhab* (The Giver), so ask Him to give you a pure heart. He is *Al-Qareeb* (The Close One), so ask Him to make your heart close to Him. He is *Al-Wadood* (The Ever-Loving), so ask Him to fill your heart with love for Him.

So let's practice during the Holy month of Ramadan ways to make our hearts more devoted to Allah. With the Shaytaan chained during Ramadan, this month is the perfect time to make changes in our lives. Let us stop our bad traits this Ramadan and make a conscious decision to purify our hearts and our lives.

FOUR YEARS IN PRISON

By: Babar Ahmad



Fear is a disease that consumes the soul of the one who embraces it. Man's total capacity to fear is fixed: the more he fears one thing the less he fears another. People fear standing up to a tyrant because they are afraid of some harm that he 'may' cause them, even though that harm is limited to the life of this world. Such people have little or no fear for any harm that Allah will cause them in the Hereafter. However, if these same people were to fear the Day when they shall return to stand before the Lord of the Worlds, they would not fear any tyrant on the face of the Earth. **"Do they fear them? Allah is more worthy for you to fear if you are indeed believers."** (Quran 9:13)

We survive in life by wearing a variety of faces that disguise our true inner selves. We have one face for our families, a face for our friends, a face for our colleagues, and a face for strangers. Since we are always switching between faces others hardly get to see who we really are. Sometimes we ourselves forget who we are. The harsh reality of prison life relentlessly files away at your external faces and persona to reveal the true you. There are no secrets in prison. Sincerity, hypocrisy, bravery, cowardice, good, evil—all are laid bare. Prison brings out the best, and worst, in people.

Prisoners undergo such a concentrated experience that they develop intensely deep personalities. We interact with each other heart-to-heart, not face-to-face. Our conversations frequently revolve around hope. No man, let alone a prisoner, can live without hope: hope that there is indeed a dawn at the end of this long, dark night. What else do you say to a man facing life in prison?

People are like "metals." Some people are like a cheap bracelet plated in gold: the smallest crisis files away the fake gold to reveal the cheap metal underneath. Others are like a gold bracelet covered in rust: hardship rubs away the rust to bring out the gold below to the surface. And a third type are solid gold, inside and out: calamity just polishes the gold so it sparkles from near and far.

During the last four years I have personally witnessed the worst of men turn into the best of men. I have seen gangsters, drug barons, armed robbers and murderers, of all faiths and races, convert to Islam in prison. Only the true religion is able to cause genuine, lasting change in an individual in a short space of time.

The first word revealed in the Quran was "Read!" There is no life without reading. Reading beneficial writing is one of those pleasures that makes you forget you are in prison.

During the last four years in prison I have travelled back in time and all over the world. I have visited Jerusalem during the Crusades. I have lived in Muslim Spain. I have accompanied African slaves as they were kidnapped by European slave masters. I have shared in the suffering of the Native Indians in North America. And I have lived with leaders, hostages, death row inmates and journalists as their writing narrated to me their stories.

Yet all of these writings amount to nothing compared to the one book that has helped me through my ordeal the most: the Glorious Quran. It is my breakfast, lunch and dinner. If I do not read my daily portion at dawn, my heart feels heavy by mid-morning. The Quran is not just a book that mentions stories which are centuries old: it is a book that mentions the present. **"We have certainly sent down to you a Book in which is your mention. Will you then not reason?"** (Quran 21:10) Whosoever reads the Quran and reflects on it will find himself and his situation mentioned therein. This is only one of its many miracles.

Prison has taught me that there is a part of you that no-one can ever take from you, and that is your heart. For the heart is where true happiness resides. When you reach the stage where you are content with your destiny you have defeated your captors and become the most powerful prisoner in the world. This is what belief in the Divine Destiny is all about. It is to be happy with whatever Allah has decreed for you: to be happy with your life, to be happy whether you are rich, poor, tall, short, dark or fair. When you are satisfied with your lot in life, you have won.

Every hardship is like being in prison. People feel imprisoned by ill-health, marital discord, financial insecurity, family disputes and other problems. To anyone who feels imprisoned by life's problems I would say: be content with what you already have and never lose hope of things getting better. Be happy with your share because this is a quality of someone who truly loves Allah. When the Companion Muadh ibn Jabal (R) was undergoing the pains and agonies of death, he cried out, "O Allah! Bear witness that I love You, so do with me whatsoever You wish!"

Patiently persevere in the face of hardship hoping for a good outcome because you never know how many dead hearts you will bring to life in the process. No hardship lasts forever. There is always an end.



ANGER

The Messenger of Allah (S) said: "The strong man is not the one who can overpower the people by his strength, but the one who controls himself while in anger."

In this blessed month of Ramadan we have the unique opportunity to renew our intentions, correct our behavior, and gain forgiveness of our sins. This is also a time in which the believer must restrain himself from his passions and suspend fulfillment of his most basic needs of food, drink, and physical intimacy. Though Allah (SWT) has provided us with these life changing opportunities, it does not, and will not, come without its challenges.

There will be times when our hunger, our fatigue, combined with the daily routines of providing and caring for our families may feel overwhelming and our patience is tasked by those around us. Despite the fact that it is the month of Ramadan we are expected to carry on with our daily routines, pursuing our provisions, caring for our children, cooking, cleaning, and all the other tasks, we must do all year round. There may come times when we may feel the urge to lash out in anger. These may be areas in which we have developed unhealthy coping skills to deal with our frustrations, areas which we need to be working on in order to draw closer to Allah. These times offer further opportunities for us to not only gain the Baraka of Allah through restraint, but to also train ourselves in good adab (manners) within the prophetic model of human behavior. The Prophet (S) described cures for this "disease" and ways to limit its effects, among which are the following:

Seeking refuge with Allah from the Shaytaan:

The Prophet (S) said: "If a man gets angry and says, 'I seek refuge with Allah,' his anger will go away." Sulayman ibn Sard said: "I was sitting with the Prophet (S), and two men were slandering one another. One of them was red in the face, and the veins on his neck were standing out. The Prophet (S) said, 'I know a word which, if he were to say it, what he feels would go away. If he said 'I seek refuge with Allah from the Shaytaan,' what he feels (i.e. his anger) would go away.'" (Bukhaari)

Keep Silent:

The Messenger of Allah (S) said: "If any of you becomes angry, let him keep silent."

This is because in most cases, the angry person loses self-control and could utter words of kufr/disbelief, or curses, or the word of divorce (talaaq) which would destroy his home, or words of slander which would bring him the enmity and hatred of others. So, in short, keeping silent is the solution to help one avoid these mistakes.

Do Not React:

The Messenger of Allah (S) said, "If any of you becomes angry and he is standing, let him sit down, so his anger will go away; if it does not go away, let him lie down."

Among the benefits of this advice given by the Prophet (S) is the fact that it prevents the angry person from going out of control, because he could strike out and injure someone. Sitting down makes it less likely that he will become overexcited, and lying down makes it even less likely that he will do something harmful.

Anger is one of the evil whispers of Shaytaan, which leads to so many evils and tragedies, of which only Allah knows of the full extent. For these reasons, it is important that we learn how to control our anger. The different ways that each of us takes to fight anger is a beneficial quality to possess.

So the next time an impatient driver cuts you off or honks, remember the words of our Holy Prophet (S) and remain calm. For then we will have possessed a greater strength than the one who loses his/her cool. For the real test of strength is the one who controls himself in anger.



Anger is an acid that can do more harm to the vessel in which it is stored than to anything on which it is poured." Mark Twain

"For every minute you remain angry, you give up sixty seconds of peace of mind." Ralph Waldo Emerson

"Do not teach your children never to be angry; teach them how to be angry." Lyman Abbott

"Anger and negativity are like cancer. They eat away at you and drain you of your life force." Jennifer J. Passmore

"Every time you get angry, you poison your own system." A. Montapert

"Anger is a killing thing: it kills the man who angers, for each rage leaves him less than he had been before—it takes something from him." L'Amour

"Whatever is begun in anger ends in shame." Benjamin Franklin

"Anger, if not restrained, is frequently more hurtful to us than the injury that provokes it." Lucius Annaeus Seneca

"Fair peace becomes men; ferocious anger belongs to beasts." Ovid

"He who angers you conquers you." Elizabeth Kenny

"If a small thing has the power to make you angry, does that not indicate something about your size?" Sydney J. Harris

"There is nothing that so much gratifies an ill tongue as when it finds an angry heart." Thomas Fuller

"There is nothing more galling to angry people than the coolness of those on whom they wish to vent their spleen." Alexandre Dumas

"Anger: One Letter Short Of Danger!." Author Unknown

"Anger and intolerance are the enemies of correct understanding." Gandhi

"Anger is a wind which blows out the lamp of the mind." Robert Ingersoll

"No man can think clearly when his fists are clenched." George Nathan

"If you kick a stone in anger, you'll hurt your own foot." Korean Proverb

"People who fight fire with fire usually end up with ashes." Pakistani Proverb

"I don't have to attend every argument I'm invited to." Author Unknown

Habits For Highly Successful Muslim Youth

By *Altaf Hussein*

You cannot escape it. The discussion about habits is all around you: Mom and Dad are constantly telling you to break your bad habits; your teachers are telling you to develop good habits; your friends are pressuring you to adopt their habits; and the television and media are influencing you to explore new and supposedly cool habits. "You will never be successful," the constant refrain goes, "unless you drop your bad habits and develop some good habits." In the end, it's all up to you. You have to decide what your habits are going to be. Have you given this matter some thought?

If you are alive and breathing, you should constantly be engaged in an inner struggle to develop habits which draw you closer to Allah Most High. Success in this world is directly related to the strength of your relationship with Allah. The farther one is from Allah and the teachings of the Prophet Muhammad (peace and blessings be upon him), the less likely one is to achieve success in this world and, for sure, even less likely to achieve success in the hereafter. Is it not time for us to reflect upon Islamic teachings to discern the necessary habits of highly successful Muslim youth?

Here are some habits indispensable for highly successful Muslim youth, derived entirely from the Qur'an and the teachings of the Prophet Muhammad (peace and blessings be upon him).

Be Truthful

Being truthful is not always easy, especially when we make a mistake. We fret over whether or not to disclose exactly what happened. We sweat, we are afraid, we feel nervous and anxious. We are often afraid that if we tell the truth about what we have done or said, we will be in trouble with our parents or friends. What we forget is that whether we tell the truth or not, Allah Most High knows exactly what took place, even those things that were never visible to people around us. Despite how burdensome telling the truth might seem, all of us are aware of the feeling of relief we experience when we tell the truth, even if the consequence of telling the truth is punishment. Casting the telling of truth and the fate of the truthful in terms of profit and loss, Allah Most High tells us in the Qur'an: "This is a day on which the truthful will profit from their truth: theirs are gardens, with rivers flowing beneath — their eternal Home: Allah well-pleased with them, and they with Allah. That is the great salvation, (the fulfillment of all desires)." (Al-Ma'idah 5:119)

So much is to be gained from being truthful as opposed to escaping punishment or blame because of not being truthful. Not being truthful, in fact, leads us down a slippery slope, guaranteeing that with one lie, more lies must be told. Being truthful is not an option for Muslims, but rather an obligation, because our goal in being truthful is Paradise. The beloved of Allah, Prophet Muhammad (peace and blessings be upon him), said, as narrated by 'Abdullah (may Allah be pleased with him), "Truthfulness leads to righteousness, and righteousness leads to Paradise. And a man keeps on telling the truth until he becomes a truthful person.

Falsehood leads to al-fujur [wickedness, evil-doing], and al-fujur leads to the (Hell) Fire, and a man may keep on telling lies till he is witten before Allah, a liar."

Ultimate success is therefore achieved by living one's entire life — the youthful years, the adult years, and the elderly years — being truthful.

Be Trustworthy

Who do you rely on? Of course, Allah. He is indeed the Most Trustworthy. But among humans, who do you rely on? Who can you trust to come through for you all the time? Do people rely on you? Are you considered trustworthy? Moving ahead in life, achieving ultimate success, requires that people consider you trustworthy and reliable. Being trustworthy should not be an arbitrary activity but rather a habit so that you can be relied upon in all instances, big or small, convenient or inconvenient, easy or difficult.

In colloquial terms, we often hear "I've got your back," implying, in the most literal sense, that people cannot see what is behind them so they need to rely on their friends to cover that angle, just in case a threat occurs from the back. Just imagine what it would be like if a friend were climbing a tree and was heading out onto a very thin branch to get a kite that got stuck there. She asks you if you "have her back." In this instance, she is relying on you entirely to hold on to her in case the branch

breaks. There is no room for joking around or for being distracted: your friend is trusting you with her life.

When we say Allah is the Most Trustworthy, we are coming to terms with the fact that Allah Most High will never let us down, will never leave our side. He (SWT) says about someone who willingly accepts Islam: "Let there be no compulsion in religion: Truth stands out clear from error: whoever rejects evil and believes in Allah hath grasped the most trustworthy hand-hold, that never breaks. And Allah Heareth and Knoweth all things." (Al-Baqarah 2:256)

Indeed, the prophets of Allah were all trustworthy people and Allah attested to the trustworthiness of those who were doubted by their communities. Prophet Hud (AS) appealing to his community, declared to them: "I but fulfill towards you the duties of my Lord's mission: I am to you a sincere and trustworthy adviser." (Al-A'raf 7:68)

Practice daily developing the habit of being trustworthy. Accept responsibility and then fulfill it. When others trust you, do not betray their trust.

You can read in the beautiful biography of our Prophet Muhammad (peace and blessings be upon him) how people used to entrust him with their valuables, knowing that upon their return they would find their valuables safe and unharmed. His personal and business practices were commendable to the degree that he was known for it in his community, even before he became aware that he was the Prophet of Allah, literally one who is most truthful and trustworthy.

Have Self-Restraint and Be God-Conscious

Perhaps the most difficult challenge while navigating



adolescence is to restrain oneself from falling victim to one's desires — especially one's lower desires.

Our success in life depends to a great extent on how well we are able to restrain ourselves and to be moderate in what is permissible, as well as how capable we are of distancing ourselves from what is impermissible.

Why is self-restraint so critical? Satan's goal is to make you a slave of your desires to the extent that you eat until you are actually uncomfortable; that you consume without restraint beverages made of caffeine, sugar, and artificial flavors; that you find yourself longing for sleep more than prayer; and that you yearn to satisfy your sexual desires. Developing self-restraint as a habit entails making self-restraint your second nature — something which is done almost without thought, without too much effort. We are reminded by Allah Most High: **“And no one will be granted such goodness except those who exercise patience and self-restraint, — none but persons of the greatest good fortune.” (Fussilat 41:5)**

In seeking to be highly successful Muslim youth, that is, youth deserving of the greatest fortune, it is imperative that you develop self-restraint.

An interesting parallel is that, throughout his Qur'an translation, the late Abdullah Yusuf Ali translates *taqwa* as self-restraint. While *taqwa* is most commonly translated as “God-consciousness,” one realizes without much effort that the height of self-restraint is full and complete understanding that one is indeed conscious of one's duty to one's Lord. How awesome will it be if you can look back at your life and say to yourself, all praise is due to Allah that I did not succumb to my lower desires and instead exercised self-restraint consistently!

Be Thorough

Look around your room. How many unfinished projects do you have? When you work on homework, are you likely to rush through the assignment just so you can be done with it or are you more likely to take your time, to check your work, and most importantly, to be thorough?

Often teachers will grade a report based on how well and to what extent the student covered the topic at hand. Being thorough is not a habit that is developed overnight. The opposite of being thorough is being incomplete, being rushed, and working in haste without any regard for accuracy or quality. The most perfect is Allah Most High, Who perfected creation, Who perfected our religion, and Who guided His Prophet Muhammad (peace and blessings be upon him) to be the most perfect among humans in behavior and in character.

The Messenger of Allah, may Allah bless him and grant him peace said, “I was sent to perfect good character.”

To be thorough stems from a desire to be perfect to the extent that this is humanly possible. Seeking perfection in our actions and speech from an early age helps us to develop a keen eye, not only for thoroughness in our own life, but also for thoroughness in the lives of those around us. Being thorough in prayer, for example, teaches us to be patient and to concentrate upon the words we are reciting and the different positions of the prayer.

Be Focused

One thousand ideas go through your head the moment you stand up for prayer. Is that you? Really? What do you make of those ideas? Do you process them? What about when you are sitting in class? Do you find your mind wandering, daydreaming, and unable to focus on the lecture at hand? Are you likely to use any excuse whatsoever to leave what you are doing?

Developing the habit of being focused ensures that you are awake, alert, and totally motivated to work on and complete the task at hand, whatever it may be. Being distracted early on in childhood by video games, fast-paced

imagery, and constantly changing scenes on television shows contributes to an inability to concentrate, to focus. Among the best ways to develop focus is to practice praying with deep concentration. Allah (SWT) tells us in the Qur'an that the believers are: **“Those who humble themselves in their prayers.” (Al-Mu'minun 23:2)**

The humility referred to here results from total focus and concentration on the fact that one is in the presence of Allah, standing before Him, Most High. Do your best to develop focus, no matter what activity you are engaged in — whether in prayer, in academics, in athletics, or some other pastime.

Be Punctual

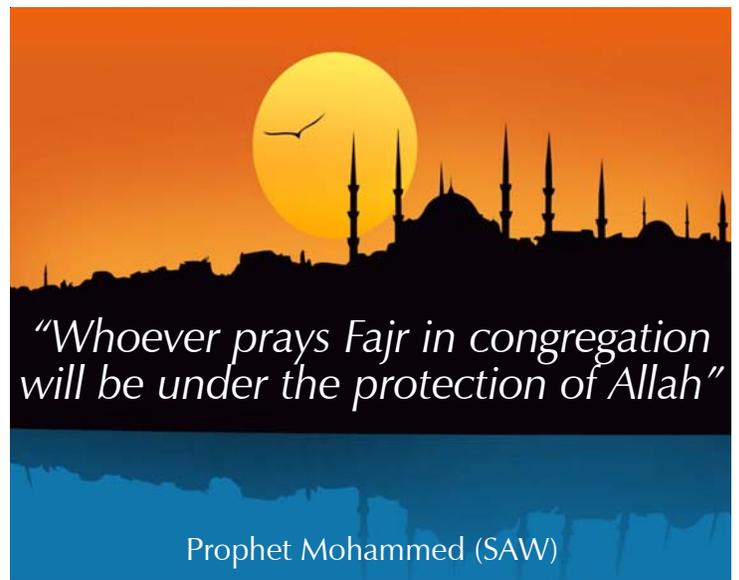


Stop saying over and over again that you are late because of “Muslim standard time,” or the “standard time” of your particular ethnicity. The last thing we should attribute to Islam is the notion that its teachings somehow make us late, slow, slugging, and anything but punctual. What a sad state of affairs, indeed, that we attribute our own weaknesses to our religion or ethnicity!

Highly successful individuals, be they Muslim or not, understand and appreciate the value of not only their time but the time of everyone else with whom they interact. Keeping people waiting for hours on end is neither something to be proud of nor a habit that has a place in the mindset of a person who tries to be successful.

One of the central pillars of Islam is prayer, and Allah (SWT) and the Prophet Muhammad (S) have given us clear reminders that we are to establish prayers at their due times.

Hadrat Abdullah (RA) asked, “Which deed is the dearest to Allah?” The Prophet Muhammad (peace and blessings be upon him) replied, “To offer the prayers at their early stated fixed times.” If indeed your day is to be considered successful, you must have prayed all the obligatory prayers at their established times and as many voluntary prayers as possible. Being punctual is a habit which, when perfected, demonstrates to others the tremendous value that Islam places on time — not only ours but that of everyone else with whom we interact.



“Whoever prays Fajr in congregation will be under the protection of Allah”

Prophet Mohammed (SAW)

HOW I EMBRACED ISLAM

This issue's "How I Embraced Islam" describes a woman's journey to Islam. May Allah (SWT) continue to bless her and her family and reward them with the highest level of paradise.



Q: Could you tell us a little bit about yourself? Where were you born and your background?

My name is Sarah; I was born in 1975 in the United States of America. I am one of 3 children and grew up in middle class neighborhoods. My parents are teachers; my dad has a Master's in Education and my mom a BA in English.

My great-grandfather came from Russia on a boat to New York. He was a physically small man (due to lack of food), maybe 5ft 3 in. When he came to New York he was a young teenager without a sponsor and had no money, so they were going to send him back to Russia on the boat. Then a nice lady saw him crying and said that she would be his sponsor which allowed him to enter America. My dad used to tell me this story a lot. My great-grandpa was a glass maker and because immigration officials couldn't pronounce his Russian last name when he got off the boat, they changed his name according to his occupation. They did this to all the Jews that got off the boat. If you notice the last names of a lot Jews they are Cornfield, Shoemaker, Glasser, etc...

Q: Can you tell us a little bit about your religious upbringing?

We were Jews by name. We were brought up with the belief that being Jewish was more of a nationality than a religion. In fact, we weren't officially practicing until I turned 17 and my dad became the president of an Orthodox temple. We had a mezuzah which is a small parchment inscribed with short Torah passages in Hebrew. The parchment is rolled up, placed in a decorative case, and attached to the doorpost of Jewish homes. We never had a Christmas tree and mocked Jesus Christ; we were led to think Christians were the "blind" followers. Yet we never prayed or went to a temple ourselves.

My dad was first an active communist who was arrested for attending protests. He then became a rallying socialist and ran a socialist paper. He then became an atheist. It wasn't until I moved out and years after I became Muslim that I found out that he was a Zionist and had been subscribing to a Zionist paper for years.

Q: Can you tell us about your conversion to Islam?

The first time I saw a Muslim was when I was in middle school. We had Palestinian neighbors who went to the same school as us. The girls wore hijab by 8th grade and in gym class when we all wore short shorts they wore sweats under their shorts. I remember thinking they were poor and oppressed girls. My brother made friends with their brother and used to go to their house. When their grandfather found out my brother was a Jew he forbade him from coming into their house. So my dad in exchange forbade my brother's friend from entering our house. I remember my dad explaining to my brother he didn't care they were Muslims but since he was banned from their house for the sake of principle he had to do the same.

When I entered college I enrolled in an acting class for General Education. The class was divided into teams to complete a skit together. My partner was a Muslim Palestinian guy. He would talk a lot about Islam. I was young (19 years old) and was not looking for religion. Since we were doing a skit together I had to frequently see him. He would just babble on and on about Islam. I told myself since I am stuck with him, I would try to ignore it. But he wouldn't stop talking! I would then go home and tell my dad what he was saying. My dad is educated and knows a lot about other religions. I figured my dad would know how to corner him and then maybe this guy would stop talking about religion.

I continued to go back and forth between my dad and my acting partner. It wasn't until I got tired of being a middle man that I invited him over to have a discussion with my dad. They talked for hours. This triggered more questions for me. I went to a lecture on Judaism in the temple and was asking questions that Islam had the answers to. For example, Jews believe that Adam is not a Jew. I asked the Rabbi didn't Adam (AS) have an interaction with God? He said Yes, but he was not a believer. I asked how someone could talk to God but not believe in Him. He replied he just wasn't a believer. The whole class was impressed with this question and they were all baffled with the Rabbi's answer. They asked my dad if I was studying Kabala.

After a year of thinking and learning about Islam I decided to convert. I went to the mosque on Divisadero St. in San Francisco and took my Shahada. I remember after I took my shahada all the women came up to me and hugged me. I was so embarrassed. As Americans we don't usually hug each other so the concept was weird.

That was about 18 years ago. I ended up marrying my Palestinian acting partner. We have been married for 17 years and have 5 wonderful children, Alhamdulillah. We left the States about 10 years ago to raise our children in an Islamic country and to teach our children Arabic. We lived in Jordan for 3.5 years and now reside in Egypt. My family became distraught with my relocation to the Middle East. My parents took it as I was falling deeper in my Islam (which was true). They wanted to save my younger brother before he lost his "Jewish identity," so they moved to Israel to try to get closer to their roots. I don't really know what happened to my younger brother other than he became a religious Jew and doesn't want me to know anything about him since I am a "traitor." My mom contacts me from time to time and tells me that my brother doesn't use the computer or cameras due to religious reasons. She says she doesn't want to betray him by telling me anything else about him. Alhamdulillah how lucky I am to be Muslim and have a clear picture of life.

Q: How did your parents react to you accepting Islam?

When I told my dad that I was interested in converting to Islam, he looked very hurt. I told him I had saved my money from work and would be willing to go to Israel and check it out to be fair before I converted. He told me if I went to Israel I would come back bad-mouthing Judaism and I had better use the money instead to move out.

I remember the day my mother was baking cookies and said, "These are for the family," meaning I'm not one of them. So I took the hint and moved out.

At first, I hadn't officially told my family that I had converted. I was riding BART to work one day when I fell asleep holding a book about Islam. A woman woke me up and asked me how long I had been Muslim. I told her only a few weeks. She then asked me how my family had taken it and I told her that they didn't know yet. She then told me stories of her family and how they hadn't accepted her and how she had been Muslim for about 15 or 20 years. Then she got off a few stops later so our discussion was cut short.

That same day I saw my dad at work and he saw me covered for the first time. He surprised me at work but it turned out he got the real surprise when he saw me covered. He ran out and couldn't say a word. He looked like he was going to cry. I remember feeling really guilty but it was something I had to do. Later my dad called me at work and asked me if I had become a Mohammadan. I told him I became a Muslim, not a Mohammadan. He was silent. Then he replied, "Well, who is going to pay for you?" (I had moved out and needed to pay rent). I replied, "Allah will provide for me." He then laughed and said, "Well, I leave you to your God," and hung up. I was shocked at my Dad's arrogance but then it reminded me of this verse in the Quran: "**Or who is he that will provide for you if He should withhold His providence? Nay, but they are set in pride and forwardness.**" (Quran 67:21) I then connected with the woman that I had met on BART as a reminder for me from Allah (SWT) to stay strong and not look to the people for acceptance because I will never get it!

Q: Have you encountered any problems with your acceptance of Islam? Name change? Fellow workers?

When I first became Muslim it was hard because I felt alone. My friends were no longer my friends due our conflict of lifestyles. My family disowned me and my fellow Americans would snub me due to my hijab. After I would speak, the treatment would get better because they would see I was not Arab. It was then when I understood the discrimination against Arabs and Muslims.

The only people who were nice to me were my employers. I had been working at one job since I was 15. I became Muslim when I was 20 so I worked at one job for 5 years. He used to let me leave to go to the mosque on Fridays and come back. He never commented on my hijab. I even asked him if my hijab bothered him. I told him I could style it differently and make it more subtle. He said it wasn't a problem.

I also worked at a brokerage company for about a year before I became Muslim. I had debated religion with my manager before so when I became Muslim he wasn't really surprised. I even got a promotion wearing my hijab. I also had random men hold doors for me and treat me with respect. I went from being treated as an object to a person all because of my scarf.

Q: Do you see any similarities between Islam and the other religions in your background?

Islam and Judaism have similarities. Jews believe in One God and the same prophets, with the exception of Jesus and Muhammed (Peace be upon them).

Q: What impact has Islam had on your life?

Islam has brought me peace and serenity. It has centered me and clarified for me the way to live life. I used to be in a constant state of questioning myself and life. Now I am confident.

I know how to deal with people in the appropriate manner. Islam has clarified everything for me from cleanliness to business.

Q: What was the most difficult thing to change and how long did it take you?

Alhamdulillah Allah made my transition pretty easy. I thought about my conversion for a year before I did it. Loneliness at first was really hard. It was hard for me to find Muslim friends so I asked Allah (SWT) to bring me good Muslim friends. It wasn't until one day, when I was at a park in Oakland, that this little girl came to me and said, "Salaamu Alaikum." Of course I was happy and looked for her mom. Subhanallah, she came with her Dad. He gave me their number and I contacted his wife. She told me about a park where Muslim moms would meet and let their kids play. Of course I was so excited. I never met up with the woman I talked to on the phone but Alhamdulillah, Allah (SWT) finally led me to a place where I could meet Muslim moms. My dua was answered after 2 years! "The supplication of every one of you will be granted if he does not get impatient and say: 'I supplicated to my Rabb but my prayer has not been granted.'" Al-Bukhari and Muslim

Q: Did you have any problems giving up your old way of life when you embraced Islam?

I went through a year of transition before I became Muslim. I wanted to make sure that when I officially converted, I did it right. So my transition was before I had converted which allowed me room for slip-up.

Q: What was the most difficult thing to change? How long did it take you?

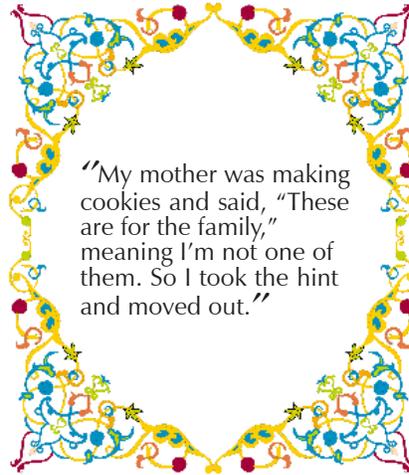
I had a fashion problem. I went from jeans and Birkenstocks to skirts and hijab. My taste in clothes were horrible. I had never had to worry about dressing in a modest way, so the way I put my clothes together was awkward. I eventually moved on to wearing an abaya where I didn't have to coordinate my clothes. I also remember in the beginning that my hijabs were always falling off. I had no one to show me how to wear a hijab. It wasn't until my husband's brother-in-law came from Jordan and I asked him what his wife did to keep her hijab on (I was looking at pictures and noticed her hijab was always stapled on her head). He suggested pins and an under-scarf to keep my hijab from slipping. I remember I was soooo happy when it worked.

Q: Did any of your friends or family members become Muslim?

My parents cut ties with me when I converted to Islam. They spread propaganda and lies about Islam to my family members in fear someone might convert like me. They feel that my conversion is a failure on their part and don't want to make the same mistake twice. Every time I try to contact a family member they never respond.

Q: Could you tell us a few things about your plans for the future?

I would like to contribute to our Muslim community in a positive way. After I became Muslim and started to deal with the Muslims, I became sad to see so much fitna among ourselves. I traveled overseas to live in a Muslim community but found only disappointment in what I saw. We are so far from our Islam. We are filled with jealousy and envy among ourselves. I became so frustrated with the situation that I withdrew from my community and focused only on myself. Then I realized that this also wasn't healthy. I started making Islamic pictures and sending Islamic e-mails as an attempt to wake up our Muslim community. My goal is very simple. I just want Muslims to be a stronger community and bring us back to the basics of Islam -Ameen!



"My mother was making cookies and said, "These are for the family," meaning I'm not one of them. So I took the hint and moved out."



Shed Crazy From Your Life **By: Running Muslimah**

It's a harrowing experience faced by women everywhere: entering a department store fitting room. As our eyes catalog every



wrinkle, dimple and pimple, the well rehearsed spiel begins: If only I did more crunches...If only I didn't eat that chocolate croissant...If only I walked more...If only I didn't have such a stressful job...If only I had time to work out...You know what I'm talking about. There's a pretty good chance it's a variation of

"Eat Less, Move More."

Across this planet there are scores of Muslim women trying on pants, shirts, skirts, jilbabs, hijabs, abayas, shalwar kameez, and dresses, to name a few articles of clothing. It is very likely you have been one of these women.

Perhaps you have looked in the mirror with a sort of dejected horror as the pants don't fit (the infamous Muffin Top comes to mind), the shirts look misshapen, the skirts hang a good two inches off the ground due to your enormous thighs (you are convinced they look like beached whales when you sit, and nothing anyone says will convince you otherwise), the hijabs highlight your double chin quite nicely, (no amount of tugging under the chin will cover it, as scarf is determined to slip back to original location) the abayas and jilbabs which once upon a time slid on effortlessly now catch at alarming points on your hips, and no amount of embroidery on the shalwar kameez will disguise the rolls of fat on your belly.

Perhaps most of this is an exaggeration, but one thing is for sure: Few are the women, Muslim or otherwise, who relish a trip to the fitting room.

Why is this? For Muslim women in the United States, the culture of thinness/fitness/ideal body type resembles the inside of a schizophrenic patient's brain. Stick-thin models gaze alluringly at us from the glossy covers of magazines, right next to the packages of Ferrero Rocher and Snickers Bars. Shiny, happy THIN people on the telly bite delicately into a Dove chocolate bar, crunch potato chips, nosh on McDonald's French Fries whilst sucking down carbonated beverages through plastic straws, all with a smile on their faces. The sad reality is that someone somewhere is forlornly eating her way through a package of Dove chocolate bars, or wiping grease stains and crumbs off her fingers as she reaches the bottom of the Doritos bag, or feeling bloated and overstuffed because she just got off from work and gave in to the fast-food drive thru.

We are bombarded by artificiality everyday: pretend women with pretend bodies on billboards, advertisements, television, movies; fake food with fake natural ingredients and fake coloring; empty promises as every diet and exercise machine claims to give us the body we want, the body we deserve to have, the body we CAN have with just 5 payments of \$19.95. Limited time offer, don't delay.

We live in a culture of Satisfaction Now. The amount of choices in any super center chain, for example, is staggering.

Hundreds of makeup choices, dozens of toothpastes, breakfast cereals, shampoos, anything you want is available in every color, shape and size.

It's a war zone out there. And many of us find ourselves ill-equipped to fight. What can we do? I started writing this as an article for Muslim women about shedding weight, but I now dub it, "Shedding Crazy From Your Life." Weight is simply one symptom of a larger problem.

Some things I've learned:

1. Turn television/internet/Facebook OFF.

This right here, ladies, is probably one of the main reasons we're packing on a few pounds too many. Watching America's Next Top Model will not make you skinny by osmosis. Regarding the internet, I admit my weakness is Facebook. I log on to check my email and find myself drawn to it like a moth to a flame. Before I know it, half an hour has gone by and all I've done is read a few useless emails and found out one of my girlfriends scored as "Hot Hijabi" on the "What Kind of Hijabi are You?" quiz.

We need to lock away that laptop and start living! Which leads me to...

2. Walk.

This is the most beneficial exercise we can do, period. While cross-country skiing may burn a billion more calories per hour than walking, chances are pretty good that in your lifetime, you're going to walk more than you ski. Especially if you live in Florida. If you aren't currently engaged in exercise and think walking is too easy, try walking for just half an hour. Believe me, it's tough, especially if you're just starting out. Instead of watching television or eating out of boredom, put on some sneakers and hit the pavement. The great thing about walking is you don't need any special equipment for it. If you don't feel safe walking in your neighborhood you can go to a mall or a gym. Many parks and middle/high schools have quarter-mile tracks. Get moving, girl, and not only will you feel better, you'll look better too!

3. If you can't pronounce it, don't eat it.

If you can't pronounce the ingredients, there's a pretty good chance you don't want that stuff in your body. If the ingredient list takes up half the packaging, that is also not good. Food that comes out of the earth is always the best. Try experimenting with cooking your own meals and buying your own produce. The best feeling in the world is knowing exactly what you're eating, made to your own specifications, and just how beneficial it is to your body. Onions, garlic, ginger, tomatoes, bell peppers, eggplant, squash, carrots, pomegranate, peaches, apples, bananas, lentils, blueberries, strawberries...the list is unending. So many delicious and healthy options that Allah (SWT) made for us! Look up recipes you want to try online or in a cookbook, and ask friends and family for their favorite recipes. Pretty soon anything artificial will taste just that: artificial.

(Another note: stay far, far away from genetically modified/engineered produce. They've been given the equivalent of plant steroids. Anytime you see a super huge tomato or banana, the chances are pretty good it's been genetically altered.)

4. Purge.

I don't mean the "bent over the toilet, sticking a finger down your throat" purge. I mean the, "Do I really need another purple hijab?" type purge. Our environments are a reflection of ourselves. When we maintain a clean, organized, and clutter-free living space, it helps us feel organized and clutter-free inwardly as well. It's a positive feedback loop. Donate any clothes, books, or bric-a-brac you aren't using to a local shelter or among your family and friends. Recycle old scrap paper. Dust off that ceiling fan. The best thing is you'll find all your missing hijab pins.

5. Read.

There is nothing like living vicariously through the lives of someone on paper. Books and stories transport us to the past, hurtle us into the future, or keep us in the here and now. Books open up whole new worlds for us. We are inspired, shaken, moved, amused, angered, heartbroken. There is nothing else quite like it. Read for fun, read for education, read for knowledge, read for the thrill of it. Just READ!

6. Learn something new.

Now that we've put away the computer, what do we do with all this free time that's suddenly sprung up? Why not start learning Arabic, or memorizing the Quran? Do it, girl! And when you're done, teach the rest of us!

7. Help someone else.

More often than not, we look to others who have more than us as a barometer for our situation in life. Why not look to those who are not as well off? By helping them, you will truly appreciate how fortunate you are and it will insha Allah change your whole outlook on life.

8. Be grateful.

Give thanks to Allah (SWT) for everything you have. Most of us have all the faculties of seeing, hearing, taste, touch and speech. We have roofs over our heads, food to eat, and a comfortable bed to sleep in. We have educational and vocational opportunities, we have clean water to drink, we have peace of mind when we leave our homes that we will not be shot at or bombed. We have so much to be thankful for, alhamdulillah.

9. Keep yourself busy, and DON'T GIVE UP!

Nothing like idle time to start a pity party. Your daily routine should not allow for time to mope about and feel sorry for yourself. Yes, you're overweight, yes, that paper is due tonight, and yes, gas is still approaching what you'd like your GPA to look like. The latter you can't do anything about (except try to drive as little as possible...there's an idea!) but as for the other options, you CAN change your habits. Don't give up. With patience and perseverance you can attain your goals. It won't be easy, but nothing worth doing ever is. When you're feeling emotional or overwhelmed, instead of reaching for those Goldfish crackers, take a deep breath. Sit down, or lay down. Think about what's really bothering you. Ask Allah (SWT) for guidance and patience. Catalog the steps you need to take to eliminate or deal with the stressor, and then methodically go about doing it. Don't hesitate, don't wait for a better time, don't procrastinate, jump up and do it!

10. Treat yourself with respect.

"You have probably noticed that the lady of your acquaintance who thinks of herself as a duchess may cause a good many laughs, but usually, in the main, is treated like a duchess—in so far, at least, as her friends know how a duchess should be treated. It is equally true that it is the lady who expects orchids who gets them, while you and I are pinning on a single gardenia."

Marjorie Hillis may have penned this 73 years ago, but every word still applies today. In order to gain respect, we must act in a way deserving of it! So enough with the self-deprecation, enough with the human garbage disposal act if there is leftover food, enough with thinking we are unworthy of love or appreciation or attention. We ARE worth it. Our bodies and minds are a trust given to us by Allah (SWT) and we should treat ourselves as something precious to be treasured. Let us let only the finest, most wholesome food pass through our lips; engage ourselves in thought-provoking and positive pastimes; avoid vain talk; maintain positive, cheerful attitudes that uplift those around us, and cherish the time that Allah (SWT) has given us on this earth.

11. If you don't love it, don't buy it.

Well, MAYBE if I lose a few more pounds/kilograms, this might fit... NO. Just, NO. Stop right there sister. If you don't positively, absolutely love it, don't buy it. It's just that simple. Don't project into the future, don't buy clothes that MIGHT look good on you only IF you lose weight, just don't do it. Buy clothes that fit the body you have now. And if you've been holding onto those jeans you fit into in high school or college, be realistic. If you know deep down that you may never fit into them again, give them away. If you think you might fit back into them without your legs looking like sausage links...go for it. Keep a pair or two to celebrate your victory in. But please don't keep your entire jean collection from way back when. Does anyone really want to see those clothes again?

As for workout clothes, "modest" is not synonymous with "crappy." You can still workout in modest clothes that look nice and make you feel good about yourself. Many clothing stores have nice loose workout pants and long shirts or hoodies. Check the clearance racks, especially now with the start of summer. You'll find a lot of nice, long-sleeved shirts and pants. Add a coordinating hijab and you're good to go!

12. Drink water.

There is nothing more refreshing than a nice, tall glass of cool water on a hot day. Cut down or completely eliminate artificial sodas, juices, and mix drinks. They're full of sugar and high fructose corn syrup. If you need some sugar have a piece of fruit or mix some lemon/lime juice and honey into water to make a refreshing lemonade or limonade! Keep a bottle of water with you and sip throughout the day. It keeps your body fresh and flushes toxins out of your system. Many times when you think you're hungry, your body is actually trying to tell you it's thirsty! So drink up!

13. Learn the power of "No."

This is a tough lesson to learn. There will always be another event, another party, another fundraiser, baby shower, wedding, halaqa, weekend seminar, online seminar, lunch date, dinner date, breakfast date, brunch date, conference call, and so on and so forth. Learn that you don't have to attend every single one. "No" is such a simple yet loaded word. We're so afraid of alienating and offending people we agree to do everything. On top of what we need to do, we're overloaded by what we CHOOSE to do, many times reluctantly. When someone asks you to do/attend something that you don't want to, politely but firmly decline. They won't hate you. They won't think you're a bad human being. If they do, good riddance to them. This also goes back to the respect thing. When people see you are judicious with your time and how you spend it, their respect for you will increase. They will see you aren't throwing yourself aimlessly at any and every social call or event that comes your way. A phrase I learned from a very wise woman is, "Ek 'hain', sau dookh, ek 'na' sau sookh." Roughly translated this means, "With one yes, a hundred hurts, with one no, a hundred reliefs." I'm not saying eliminate extracurricular from your life. Just choose wisely and realistically.

I hope this has been helpful. This, by no means, is an exhaustive or complete list. I'm sure there are many more good points that I have failed to cover. I do hope you, dear reader, will comment with your own tips and suggestions!

The inspiration for the title came from one of my counselors at college. I came to the fitness center at school while she was working out. I hadn't seen her for some time, and I remarked on how much weight she had lost. "Shed," she corrected me. "Shed. Because if I 'lost weight' it means I wanted it found on me to begin with!"

If I have said anything incorrect, it is from my own ignorance and shortcomings, and if I have said anything correct it is from the grace and mercy of Allah (SWT).

PROPHET ZAKARIYA (AS)

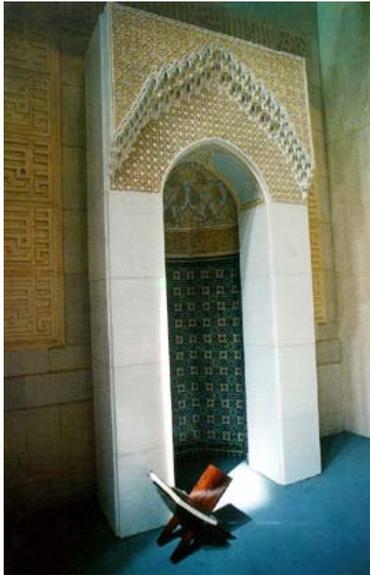
A story about the life of Prophet Zakariya. The Qur'an tells us that while Maryam, mother of Issa (Jesus), was entrusted to his care, Zakariya would enter her chamber and find that she had been given an abundance of food. Upon seeing the food, Zakariya was shocked, since he had been the



only one who ever entered her chamber. When he asked her from where the food had come, she replied that it had come from Allah (SWT). The Qur'an says: **"Right graciously did her Lord accept her: He made her grow in purity and beauty: To the care of Zakariya was she assigned. Every time that he entered (her) chamber to see her, he found her supplied with sustenance. He said: 'O Mary! Whence (comes) this to you?'"**

She said: "From Allah. For Allah Provides sustenance to whom He pleases without measure." (Quran, 3:37)

While this experience had surprised Zakariya, it also had a profound effect on him. See, Zakariya was unable to have a child, as he was a very old man and his wife was barren. And yet Zakariya yearned greatly for a child to carry on his mission. Seeing how Allah had provided for Maryam did something miraculous inside Zakariya. It gave him hope. So he turned to Allah and, with all hope and sincerity, prayed for the impossible. He prayed for a son.



The Qur'an says: **"Behold! He cried to his Lord in secret, Praying: 'O my Lord! Infirm indeed are my bones, and the hair of my head doth glisten with gray: but never am I unblessed, O my Lord, in my prayer to Thee! Now I fear (what) my relatives (and colleagues) (will do) after me: but my wife is barren: so give me an heir as from Thyself - (one that) will (truly) represent me, and represent the posterity of Jacob; and make him, O my Lord, one with whom Thou art well-pleased!'"** (Qur'an, 19:3-6)

Notice that Zakariya knows the situation is impossible. He knows that his bones have become infirm, his hair has turned gray, and his wife is barren. But, despite all that, he still turns to Allah with hope. And it is the impossibility of his situation that makes his hope so inspiring.

His story is a lesson to us that no matter how difficult or how impossible a situation seems, one should never lose hope in Allah. For Allah, nothing is impossible. And when Allah gives, He gives without measure.

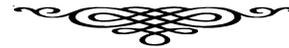
That means we should never reach a point where we give up asking Allah. We should never reach a point when we think we have asked for too much, or think something that we

want could never happen. That's what it means to be without measure. If Allah gave with measure, then there would be some things that are too much for us to expect. But, when Allah gives, there is no measure. This means there is no limit to His generosity and His mercy. That's why the story of Zakariya is a story of hope, but also a story of mercy. And it is for that reason that Allah says: **"(This is) a recital of the Mercy of thy Lord to His servant Zakariya."** (Qur'an, 19:2)

And the result of Zakariya's hope and Allah's mercy was the fulfillment of his prayer. The Qur'an relates: **"(His prayer was answered): 'O Zakariya! We give thee good news of a son: His name shall be Yahya: on none by that name have We conferred distinction before.' He said: 'O my Lord! How shall I have a son, when my wife is barren and I have grown quite decrepit from old age?' He said: 'So (it will be) thy Lord saith, 'that is easy for Me: I did indeed create thee before, when thou hadst been nothing!'"** (Qur'an, 19:7-9)

And even though Zakariya prayed for it, he could hardly believe it when his prayer was answered. And yet, Allah blessed Zakariya in His infinite mercy.

Each story in the Qur'an is told to us for a reason. In the story of Prophet Zakariya, we are taught to never lose hope — no matter how impossible something looks. We are taught that Allah is the One who gives without measure or limit, and that nothing is impossible for Him. Most of all, we are reminded that when walking through a situation where we see no way out, it is only to Allah (SWT) to whom we should turn to.



REMINDER FROM THE ISLAMIC BULLETIN STAFF

It is our sincere hope that our readers use the many different materials provided by the Islamic Bulletin to gain extra blessings throughout this Holy Month and the rest of the year.



In 1991 we started a list of prayer locations throughout California. We are constantly updating the information to insure the accuracy of the masjid listings.

Please use our special pullout in this edition to learn about duas you can recite daily. A simple act of sadaqa is to go to our website and download our enlarged version and take it to a print shop

to donate to an Islamic school or a masjid to place on their wall.

In addition, we hope that you utilize our Hajj guide by distributing it to future Hajjis. The Hajj guide, which is endorsed by the Saudi government, is now available in 26 languages.

Please visit our website at www.islamicbulletin.org where you will find the links to the above mentioned Islamic resources. Lastly, you may access different Islamic radio stations, such as Radio Islam in English (live from South Africa) and Radio Quran, which transmits live taraweeh prayers from the Haram in Saudi Arabia.

When I leave my home, I say:

بِسْمِ اللَّهِ ،
تَوَكَّلْتُ عَلَى اللَّهِ
وَلَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ

"Bismillaahi, tawakkaltu alal-alaahi, wa laa hawla wa laa quwwata illa billaah."

"In the Name of Allah, I have placed my trust in Allah, there is no might and no power except by Allah."



After eating in someone's home:

أَفْطَرَ عِنْدَكُمْ الصَّائِمُونَ
وَأَكَلَ طَعَامَكُمْ الْأَبْرَارُ ،
وَصَلَّتْ عَلَيْكُمْ الْمَلَائِكَةُ

"Aftara indakumus-saa'imoon wa akala ta'amkumul-abrar wa sallatu alaykumul-malaa'ikah."

"May the fasting (people) break their fast in your home, and may the dutiful and pious eat your food, and may the angels send prayers upon you."



Dua during the funeral prayer :

اللَّهُمَّ اغْفِرْ لِحَيِّنَا وَمَيِّتِنَا، وَشَاهِدِنَا وَغَائِبِنَا،
وَصَغِيرِنَا وَكَبِيرِنَا، وَذَكَرْنَا وَأُنْثَانَا، اللَّهُمَّ
مَنْ أَحْيَيْتَهُ مِنَّا فَأَحْيِهِ عَلَى الْإِسْلَامِ،
وَمَنْ تَوَفَّيْتَهُ مِنَّا فَتَوَفَّهُ عَلَى الْإِيمَانِ،
اللَّهُمَّ لَا تَحْرِمْنَا أَجْرَهُ، وَلَا تُضِلَّنَا بَعْدَهُ

"Allahumm-aghfir li hayyinaa wa mayyitinaa, wa shaahidinaa waghayyibinaa, wasagheerinaa wa kabeerinaa, wa dhakarinaa wa unthaanaa, Allahumma manahyaytahu minnaa fa-ahyih 'alaal-islam, wa man tawaffaytahu minnaa fa tawaffahu 'alaal-'eemaan, allahumma laa tahrimnaa ajrahu."

O Allah forgive, our living and our dead, those present and those absent, our young and our old, our males and our females. O Allah, whom amongst us You keep alive, then let such a life be upon Islam, and whom amongst us You take unto Yourself, then let such a death be upon faith. O Allah, do not deprive us of his reward and do not let us stray, after him.



Dua at the End of a Gathering :

سُبْحَانَكَ اللَّهُمَّ وَبِحَمْدِكَ
أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا أَنْتَ
أَسْتَغْفِرُكَ وَأَتُوبُ إِلَيْكَ

Subhanak-allahumma Wa Bihamdika, ashhadu al lailaha illa Anta, Astaghfiruka Wa atubu ilaika

Purity belongs to You. O Allah (SWT), with Your praises, I bear witness that there is none worthy of worship except You. I seek forgiveness from You and I repent to You.



DU'AA WHEN
ENTERING THE MASJID

اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allaah hummaf tah lee abwaaba rahmatik
O Allāh, open for me the doors of Your mercy

ENTERING



DU'AA WHEN
LEAVING THE MASJID

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allaah humma in-nee as-aluka min fadhlik
O Allāh, verily I seek from You, Your bounty

LEAVING



Dua when offering condolences

إِنَّ لِلَّهِ مَا أَخَذَ ، وَلَهُ مَا أُعْطِيَ ،
وَكُلُّ شَيْءٍ عِنْدَهُ بِأَجَلٍ مُّسَمًّى

**inna lillaahi maa akhadha, wa lahu maa a'ṭaaa,
wa kullu shay'in 'indahu bi ajal in musam-an**

Verily, to Allah belongs what He took and to Him
belongs what He gave, and everything with Him
has an appointed time.



When I get angry, I say:

أَعُوذُ بِاللَّهِ مِنَ الشَّيْطَانِ الرَّجِيمِ

"A'outho billahi mina shay t'anirajeem"

**"I seek refuge in Allah from the
accursed devil (Shaytan)"**



When one of you sneezes he or she should say:

الْحَمْدُ لِلَّهِ
Alḥamdu lillaah
"All praise is for Allah."
...and you should say to him or her:

يَرْحَمُكَ اللهُ يَرْحَمُكَ اللهُ

[For a male] yarḥamuk-Allaah [For a female] yarḥamuki-llaah
"May Allah have mercy upon you."
...and the one who sneezed should reply :

يَهْدِيكُمْ اللهُ وَيُصْلِحْ بِأَلْسِنَتِكُمْ

yahdeekum-ullaahu wa yuṣliḥu baalakum
"May Allah guide you and rectify your condition."



When I start eating I say:

بِسْمِ اللهِ

**"Bismillaah"
"In the name of Allah"**

If I forget to say "Bismillaah" before eating I say:

بِسْمِ اللهِ فِي أَوَّلِهِ وَآخِرِهِ

**"Bismillah fi awwalihi wa akhirihi"
"In the name of Allah, in the beginning
and in the end."**



If someone does you a favor and you say:

جَزَاكَ اللهُ خَيْرًا

"Jazaak-allaahu khayran"

"May Allah reward you with goodness."

...then you have indeed excelled in praising him.



When I meet a Muslim I say:

السَّلَامُ عَلَيْكُمْ

Assalaamu 'alaykum
May you be safe from evil
(Merit of 10 good acts)

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ

Assalaamu 'alaykum wa rahmatullaah
May you be safe from evil, and Mercy of Allah be upon you
(Merit of 20 good acts)

السَّلَامُ عَلَيْكُمْ وَرَحْمَةُ اللهِ وَبَرَكَاتُهُ

Assalaamu 'alaykum wa rahmatullaahi wa barakaatuh
May you be safe from evil, and the Mercy of Allah and His Blessings be upon you
(Merit of 30 good acts)



Dua For Breaking Fast

اللَّهُمَّ لَكَ صُمْتُ وَبِكَ آمَنْتُ وَعَلَى رِزْقِكَ أَفْطَرْتُ

Allahumma laka sumtu wa bika
aamantu wa 'ala rizq-ika aftarthu

(O Allah! I fasted for You and I believe in You and I break
my fast with Your sustenance)



Dua After Athan

اللَّهُمَّ رَبَّ هَذِهِ الدَّعْوَةِ التَّامَّةِ وَالصَّلَاةِ
الْقَائِمَةِ أَتَى مُحَمَّدًا أَلَى الْوَسِيلَةِ وَالْفَضِيلَةِ وَأَعْنَهُ
مَقَامًا مَحْمُودًا الَّذِي وَعَدْتَهُ

Allaahumma Rabba haathihid-da 'watit-taammati
wassalaatil-qaa'imati, 'aati Muhammadan al-
waseelata walfadheelata, wab 'ath-hu maqaaman
mahmoodan al-lathee wa'adtahu

O Allah , Lord of this perfect call and established prayer.
Grant Muhammad the intercession and favor, and raise him to the
honored station You have promised him



Before entering the toilet, enter with left foot & say:

بِسْمِ اللَّهِ

اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنَ الْخُبْثِ وَالْخَبَائِثِ

IN

Bismilaah, Allahumma 'ainne 'aoothu
bika minal-khubthi walkhabaa'ith.

In the name of Allah, O Allah, I seek
protection from the male and female
unclean spirits.



Leaving the toilet, come out with right foot & say:

غُفْرَانَكَ

"Ghufraanaka"

I ask You (Allah) for forgiveness



OUT



When I visit a sick person:

لَا بَأْسَ طَهُورٌ إِنْ شَاءَ اللَّهُ

"La ba'sa tahooran in shaa' Allah"

"Don't worry, it will be
purification for you,
Allah willing"



Dua Wudu (Ablution):

بِسْمِ اللَّهِ

"Bismillah"

"In the name of Allah"

أَشْهَدُ أَنْ لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، وَأَشْهَدُ أَنَّ
مُحَمَّدًا عَبْدُهُ وَرَسُولُهُ، اللَّهُمَّ اجْعَلْنِي

مِنَ التَّوَّابِينَ، وَاجْعَلْنِي مِنَ الْمُتَطَهِّرِينَ

ash-hadu an laa ilaha ill-allahu wahdahu laa shareeka lahu, wa ash-
hadu anna muhammadan 'abduhu wa rasooluhu, allahum-maj-'alnee
mi-nat taw-waabeen, waj-'alnee mi-nal mutatah-hir-reen.

I bear witness that none has the right to be worshipped except Allah,
alone, without partner, and I bear witness that Muhammad is His slave
and Messenger. O Allah, make me of those who return to You often in
repentance and make me of those who remain clean and pure.



When I wake up I say:

الْحَمْدُ لِلَّهِ الَّذِي أَحْيَانَا بَعْدَ مَا أَمَاتَنَا وَإِلَيْهِ النُّشُورُ

"Al-hamdu lillahil-lathee'ahyaanaa ba'da maa
'amatanaa, wa 'ilayhin-nushoor."

"Praise is to Allah who gives us life after He
has caused us to die; and to Him is the return."



Dua Before Sleeping:

اللَّهُمَّ بِسْمِكَ أَمُوتُ وَ أَحْيَا

A-I-laahumma Bismika amoo-tu wa ahyaa

O Allah, with Your name I die and live



Supplication for Riding (or Driving):

اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ، اللَّهُ أَكْبَرُ ،
سُبْحَانَ الَّذِي سَخَّرَ لَنَا هَذَا وَمَا كُنَّا لَهُ
مُقْرِنِينَ ، وَإِنَّا إِلَى رَبِّنَا لَمُنْقَلِبُونَ

**"Allahu akbar, Allahu akbar, Allahu akbar.
Subḥaan-alladhee sakhkhara lanaa
haadhaa wa maa kunnaa lahu muqrineen,
wa innaa ilaa rabbinaa la munqaliboon."**

**Allah is the greatest, Allah is the
greatest, Allah is the greatest.
Glory is to Him Who has placed this
(transport) at our service, and we
ourselves would not have been
capable of that, and to our Lord
is our final destiny.**



Dua when undertaking a journey:

اللَّهُمَّ إِنَّا نَسْأَلُكَ فِي سَفَرِنَا هَذَا الْبِرَّ وَالْتَقْوَى ،
وَمِنَ الْعَمَلِ مَا تَرْضَى ، اللَّهُمَّ هَوِّنْ عَلَيْنَا سَفَرَنَا
هَذَا وَاطْوِ عَنَّا بُعْدَهُ ، اللَّهُمَّ أَنْتَ الصَّاحِبُ فِي
السَّفَرِ ، وَالْخَلِيفَةُ فِي الْأَهْلِ ، اللَّهُمَّ إِنِّي أَعُوذُ بِكَ مِنْ وَ
عَثَاءِ السَّفَرِ ، وَكَآبَةِ الْمَنْظَرِ ، وَسَوْءِ الْمُنْقَلَبِ فِي الْمَالِ وَالْأَهْلِ

**"Allahumma innaa nas'aluka fee safarinaa haadhal-
birra wat-taqwaa, wa minal- 'amalil maa tarḍaaa,
allahumma hawwin 'alaynaa safaranaa haadhaa
waṭwi 'anna bu'dahu, allahumma antaṣ-ṣaaḥibu
fis- safar, wal- khaleefatu fil-ahl, allahumma innee
a'oodhu bika min wa'thaa'-is-safar, wa ka'aabat-il-
manzari, wa soo'-il- munqalabi fil-maali wal-ahl."**

O Allah, we ask You for birr and taqwa in this journey of ours, and we ask You for deeds which please You, O Allah, facilitate our journey and let us cover it's distance quickly. O Allah, You are The Companion on the journey and The Successor over the family, O Allah, I seek refuge with You from the difficulties of travel, from having a change of hearts and being in a bad predicament, and I seek refuge with You from an ill fated outcome with wealth and family.

Note: Birr and Taqwa are two comprehensive terms which individually, refer to all good actions and obedience i.e. performing the commanded actions and avoiding the prohibited actions



Invocations for when a tragedy strikes:

إِنَّا لِلَّهِ وَإِنَّا إِلَيْهِ رَاجِعُونَ ،
اللَّهُمَّ أَجْرِنِي فِي مُصِيبَتِي، وَاخْلُفْ لِي خَيْرًا

**"Inna lillahi wa inna ilihee
raji'oon, Allahomma ajirnee
fi museebati wa khulfni
Khaira"**

**"We are from Allah and unto
Him we return. O'Allah take
me out of my plight
and bring to me after
it something better"**



Dua when visiting the graves:

السَّلَامُ عَلَيْكُمْ أَهْلَ الدِّيَارِ مِنَ الْمُؤْمِنِينَ وَالْمُسْلِمِينَ ،
وَإِنَّا إِنْ شَاءَ اللَّهُ بِكُمْ لَلْآخِقُونَ ، نَسْأَلُ اللَّهَ لَنَا وَلَكُمْ الْعَافِيَةَ

**As-salaamu 'alaykum ahl-ad-diyaari mi-
nal-mu'mineena wal-muslimeena, wa in-
naa in shaa'-allaahu la-laaḥiqoona, nas'
al-ullaaha lanaa wa-lakumul-'aafiyah**

**"Peace be upon you all, O inhabitants
of the dwellings (i.e. the graves),
amongst the believers and the Muslims.
Verily we are, Allah willing, soon to
follow (to die also), we ask Allah
for well-being
for us and for you."**





الأذكار بعد الصلاة

Supplications After Obligatory Prayers

أَسْتَغْفِرُ اللَّهَ

Astaghfiru-Allah
(I ask Allah for forgiveness)

أَسْتَغْفِرُ اللَّهَ

Astaghfiru-Allah
(I ask Allah for forgiveness)

أَسْتَغْفِرُ اللَّهَ

Astaghfiru-Allah
(I ask Allah for forgiveness)

اللَّهُمَّ أَنْتَ السَّلَامُ، وَمِنْكَ السَّلَامُ، تَبَارَكْتَ يَا ذَا الْجَلَالِ وَالْإِكْرَامِ.

Allahumma AntasSalaamu, Wa MinkasSalamu, Tabaarakta Yaa Dhal Jalaali Wal Ikraam.
(O Allah! You are Peace, and peace comes from You. Blessed You are, O possessor of Glory and Honor)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

**Laa ilaaha illal-Allaahu Wahdahoo Laa Shareeka Lah, Lahul-mulku
wa lahul-hamdu wa Huwa 'Alaa Kulli Shay'in Qadeer.**

(None has the right to be worshipped except Allah, alone, without any partner, to Him belongs all sovereignty and praise and He is over all things omnipotent.

اللَّهُمَّ لَا مَانِعَ لِمَا أَعْطَيْتَ وَلَا مُعْطِي لِمَا مَنَعْتَ وَلَا يَنْفَعُ ذَا الْجَدِّ مِنْكَ الْجَدُّ. لَا حَوْلَ وَلَا قُوَّةَ إِلَّا بِاللَّهِ، لَا إِلَهَ إِلَّا اللَّهُ، وَلَا نَعْبُدُ إِلَّا إِيَّاهُ، لَهُ النِّعْمَةُ وَلَهُ الْفَضْلُ وَلَهُ الثَّنَاءُ الْحَسَنُ لَا إِلَهَ إِلَّا اللَّهُ مَخْلِصِينَ لَهُ الدِّينَ وَلَوْ كَرِهَ الْكَافِرُونَ.

Allaahumma laa maani`a limaa a`tayta, wa laa mu`tiya limaa mana't, wa laa yanfa`u dhal jaddi minkal al-jadd. Laa hawla wa laa quwwata illaa bil-Laah, Laa ilaaha illal-Laah, wa laa na`budu illaa 'iyyaah, lahun-ni'matu Wa Lahul-Fadhlu Wa LahuthThanaa'ul Hasan. Laa ilaaha illal-Laahu Mukhliseena Lahud-Deena Wa law Karih al-kaafiroon.

(O Allah, none can prevent what You have willed to bestow and none can bestow what You have willed to prevent, and no wealth or majesty can benefit anyone, as from You is all wealth and majesty. No might nor power except with Allah, none has the right to be worshipped except Allah and we worship none except Him. For Him is all favour, grace, and glorious praise. None has the right to be worshipped except Allah and we are sincere in faith and devotion to Him although the disbelievers detest it)

اللَّهُمَّ أَعِنِّي عَلَى ذِكْرِكَ وَشُكْرِكَ وَحُسْنِ عِبَادَتِكَ.

Alahumma a'innee ala dhikrika wa shukrika Wa Husni E'baadatik.

(O Allah, assist me in remembering You, and in being grateful to You, and performing Your worship in an excellent manner)

Repeat Each 33 Times:

كرر لكل واحد 33 مرة:

سُبْحَانَ اللَّهِ

Subhaanal-Laah
(Glory be to Allah)

الْحَمْدُ لِلَّهِ

Alhamdu lil-laah
(Praise is to Allah)

اللَّهُ أَكْبَرُ

Allaahu Akbar.
(Allah is the Greatest)

And Then Say Once:

ويقال تمام المائة:

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

**Laa ilaaha illal-Laahu Wahdaahoo Laa Shareeka Lah, Lahul-mulku
wa Lahul-Hamdu Wa Huwa 'Alaa Kulli Shay-in Qadeer.**

(None has the right to be worshipped but Allah, alone, Who has no partner, His is the dominion and His is praise and He is over all things omnipotent)

Recite: Ayatul Kursy (Sura Al Baqara 2:255)

قِرَاءَةُ آيَةِ الْكُرْسِيِّ (سورة البقرة آية رقم 255)

- 📖 Sura Al-'Ikhlāṣ (once)
- 📖 Sura Al-Falaq (once)
- 📖 Sura An-Nās (once)

- 📖 سُورَةُ الْإِحْلَاصِ (مَرَّةً وَاحِدَةً)
- 📖 سُورَةُ الْفَلَقِ (مَرَّةً وَاحِدَةً)
- 📖 سُورَةُ النَّاسِ (مَرَّةً وَاحِدَةً)

تَقْرَأُ سُورَةَ الْإِحْلَاصِ وَالْمُعْرَذِينَ بَعْدَ صَلَاةِ الْفَجْرِ وَالْمَغْرِبِ (3 مَرَّاتٍ) (Recite the above three Suras 3 times after Fajr & Maghrib)

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ.

**La ilaha illallahu Wahdahu La Sharika Lahu, Lahul Mulku, Wa Lahul
Hamdu Yuhyee Wa Yumeetu Wa Huwa 'Alaa Kulli Shay-in Qadeer.**

(None has the right to be worshipped but Allah, alone, Who has no partner, His is the dominion and His is praise. He brings life and causes death, and He is over all things omnipotent)

يقال بعد صلاة الفجر وصلاة المغرب (10 مرات) Repeat 10 times after Fajr & Maghrib



لاستماع النطق الصحيح إذهب إلى الموقع

To listen to the correct pronunciation go to:

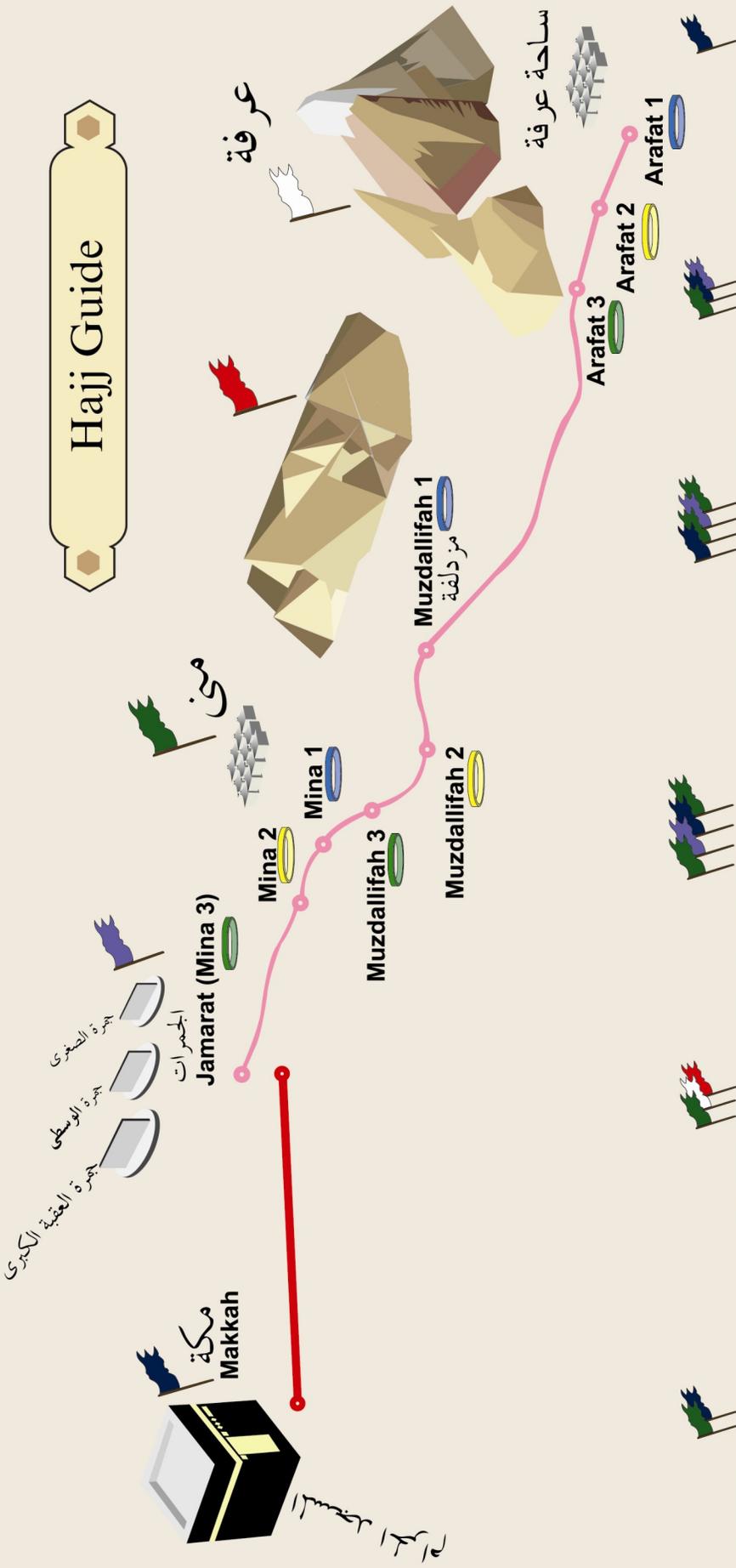
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info@islamicbulletin.org

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Hajj Guide



8th Dhul Hijjah

- ◆ Remove unwanted hair, clip nails, etc.
- ◆ Perform full GHUSL (Bath) or at least make WUDHU (Ablution)
- ◆ Put on IHRAAM garments
- ◆ Pray 2 Rakaats
- ◆ Make intention for Hajj
- ◆ Recite the Talbiyah –
Labbayk Allahu akbar, Labbayk la sharika laha Labbayk, Innal hamda wan-ni'mata laka waimulk, La sharika lak (Here I am, Oh Allah, Here I am, Here I am, You have no partner. Here I am, Verily all Praise and Blessings and all Sovereignty are Yours, You have no partner.)
- ◆ Go to Mina (preferably in morning)
- ◆ Pray Dhuhr, 'Asr, Maghrib and 'Isha at Mina.
- ◆ Engage in Ibaadah (worship) all day.

9th Dhul Hijjah

- ◆ Pray Fajr in Mina, then
- ◆ Go to Arafat anytime after sunrise
- ◆ Pray Dhuhr & Asr at Arafat
- ◆ Perform WUQUF (stand and pray), make du'a and seek forgiveness until sunset
- ◆ After sunset go to Muzdalifah
- ◆ Pray Magrib & Isha together at Muzdalifah
- ◆ Collect 70 pebbles for stoning
- ◆ Spend the night in Ibadah (worship)
- ◆ Pray Fajr in Muzdalifah
- ◆ Leave for Mina just before sunrise

10th Dhul Hijjah

- ◆ Stone the big Jamarat with 7 pebbles. After each throw recite: Allahu Akbar (Allah is the Greatest)
- ◆ Perform Uthiya (Sacrifice), (Qurbani in Urdu)
- ◆ Shave/Trim Hair. Now you are out of the state of Ihraam
- ◆ Go to Makkah and perform Tawaaf-ul-ifaadhah (Tawaaf-ul- Ziyaarah in Urdu). Can be done anytime up to sunset of the 12th of Dhul Hijjah
- ◆ Pray 2 Rakaat behind Maqam-e-Ibraheem (Station of Ibrahim) if possible, otherwise anywhere within al-Masjidul-Haram
- ◆ Drink Zam-Zam water
- ◆ Perform Sa'ee
- ◆ Return back to Mina

11th Dhul Hijjah

- ◆ If Tawaaf ifaadah was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return back to Mina.
- ◆ Stone all 3 Jamarat after mid-day with 7 pebbles for each one (preferably before sunset)
- ◆ Stay in Mina for Ibaadah (worship)

12th Dhul Hijjah

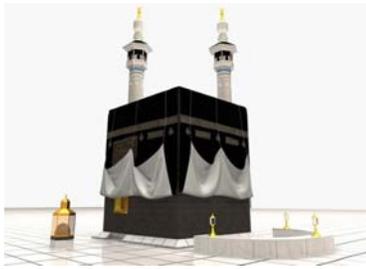
- ◆ If Tawaaf-ul-ifaadhah has still not been performed, go to Makkah and make tawaaf. Pray 2 Rakaats, drink Zam Zam and perform Sa'ee. Return back to Mina.
- ◆ After mid-day at Mina, pelt all 3 Jamarat with 7 pebbles for each one.
- ◆ Leave Mina for Makkah before sunset, if possible. If you can't leave, stay at Mina.

13th Dhul Hijjah

- ◆ If you didn't leave Mina, stone all 3 Jamarat with 7 pebbles for each Jamarat.
- ◆ Leave for Makkah.
- ◆ Before final departure from Makkah, perform Tawaaf-ul-Wadaa' (Farewell Tawaf) as your last Pilgrimage requirement.
- ◆ Hajj Mabru! (an accepted Hajj) Your Hajj is now complete. May Allah (SWT) accept your Hajj.



Hajj and Umrah Guide



UMRAH

1. IHRAM – Before reaching Meeqat

Before Ihram: Remove unwanted hair, trim nails, make *ghusl* (bath) & *wudhu* (ablution) or at least wudhu.

Put on clothes of Ihram – 2 white un-sewn pieces of cloth for men and regular clothes for women. Women should not cover their faces during Ihram & men should not cover their heads during Ihram.



On entering state of Ihram

Niyah (Intention) in any language to enter into Ihram or recite –

لَبَّيْكَ اللَّهُمَّ بِعُمْرَةٍ

LabbaikAllahumma bi-'Umrah

Here I am O Allah, (in response to Your call) making Umrah. Going to Masjid Al-Haram (Ka'bah), men to recite Talbiyah loudly (women quietly)

Talbiyah Recitation (Hajj prayer supplication):

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمُلْكَ لَا شَرِيكَ لَكَ
Labbayk Allahumma Labbayk, Labbayk
la sharika laka Labbayk, Innal hamda
wanni'mata laka walmulka la sharika lak
Here I am O Allah, (in response to Your call), here I am. Here I am, You have no partner, here I am. Indeed all the Praise, Grace and Sovereignty belong to You. You have no partner.

Umrah (Tawaaful-Qudoom) ۞

Entering Masjid Al-Haram (Sacred Mosque) in Makkah: Enter with the right foot and recite:

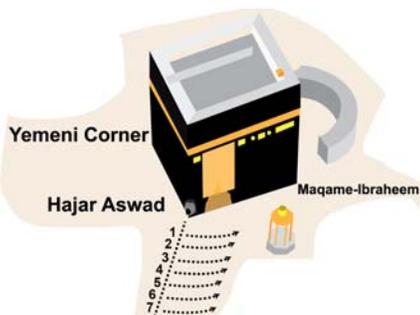
اللَّهُمَّ افْتَحْ لِي أَبْوَابَ رَحْمَتِكَ

Allahumma aftah lee abwaaba rahmatika

O Allah, open the doors of Your Mercy for me.

♦ Make intention for the Tawaf.

2. TAWAAF (Circling the Ka'bah 7 times)



♦ Before proceeding to the starting point of Tawaaf, *Al-Hajarul-Aswad* (The Black Stone) ¹, men only - uncover right shoulder by placing Ihram underneath right arm-pit (this is known as *Idhtiba*).

When beginning each circuit, make a sign with your right hand towards al-Hajarul-Aswad (The Black Stone) ², and recite –

اللَّهُ أَكْبَرُ

Allahu Akbar (Allah is the Greatest).

♦ Men should walk briskly (*Raml*) during first 3 circuits only, the remaining 4 circuits are done at a normal pace completely around until 7th circuit. No particular supplication (Dua) is essential during *Tawaaf*.³

♦ *Dua* (supplication) can be made during *Tawaaf*, except it is *Sunnah* to recite the following when going between *Ar-Ruknul-Yamani* (Yemeni Corner)⁴

رَبَّنَا آتِنَا فِي الدُّنْيَا حَسَنَةً وَفِي الآخِرَةِ
حَسَنَةً وَفِنَا عَذَابَ النَّارِ

Rabbanaa aatinaa fid-dunyaa hasanatan
wa feel aakhirati hasanatan wa qinaa
'adhaaban naar

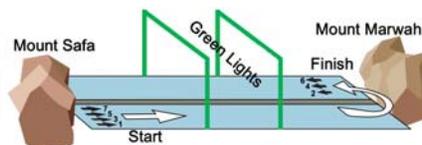


Our Lord!
Give us in this world that which is good and in the Hereafter that which is good, and save us from the torment of the Fire!



♦ Once *Tawaaf* is complete, cover your right shoulder and offer 2 rakats anywhere behind the Station of Ibraheem – or anywhere in the Haram: Recite Surat al-Kafirun in 1st rakaa and Surat al-Ikhlās in the 2nd rakaa.
♦ Drink Zamzam water – Make Dua

3. Sa'ee (Completion of 7 rounds Safa & Marwah)



Begin Sa'ee at as-Safa. Complete walk from as-Safa to al-Marwah (one circuit), then al-Marwah to as-Safa (second circuit) and continue for seven circuits, finishing at al-Marwah. Upon encountering green lights, men only - run from one light to other light.

At foot of as-Safa recite –

إِنَّ الصَّافَا وَالْمَرْوَةَ مِنْ شَعَائِرِ اللَّهِ فَمَنْ
حَجَّ الْبَيْتِ أَوْ اعْتَمَرَ فَلَا جُنَاحَ عَلَيْهِ أَنْ يَطَّوَّفَ
بِهِمَا وَمَنْ تَطَّوَّعَ خَيْرًا فَإِنَّ اللَّهَ شَاكِرٌ عَلِيمٌ

Innas-safaa wal marwata min

sha'aa'irillaahi faman hajjal baita

'awi' tamara falaa junaaha 'alaihi an

yattawwafa bihimaa wa man tatawwa'a
khiran fa'innAllaha shaakirun 'aleemun

Verily! As-Safa and al-Marwah are of the Symbols of Allah. So it is not a sin on him who performs Hajj or 'Umrah of the House to perform the Tawaf between them. And whoever does good voluntarily, then verily, Allah is All-Recognizer, All-Knower.

Each time you complete one round (Safa and Marwah)

recite =

اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ، اللَّهُ أَكْبَرُ
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ وَ لَهُ
الْحَمْدُ يُحْيِي وَيُمِيتُ وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ؛
لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، أَنْجَزَ وَعَدَهُ
وَ نَصَرَ عِدَّةَ وَ هَزَمَ الْأَحْزَابَ وَ حَذَه

Allahu Akbar Allahu Akbar Allahu Akbar

- laa illaaha illallahu wahdau laa

shareekalah - la hul mulku wa la hul

hamdu - yuhyee wa yumeetu wa huwa

'alaa kulli shai'in qadeer - laa ilaaha

illallahu wahdahu laa shareekalah -

anjaza wa'dahu wa nasara ' abdahu wa

hazamal ahzaaba wahdahu

Allah is the Greatest, Allah is the Greatest, Allah is the Greatest. There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise. He alone gives life and causes death, He is Omnipotent over all things. There is none truly worthy of worship except Allah alone, without partner. He has fulfilled His promise, and helped His slave, and He alone has defeated the confederates.

4. Shaving Head/Trimming ۞

After completing Sa'ee: Men: shaving entire head is preferable or cut hair equally from all over head;

Women: cut one-third finger-length of hair. Upon leaving al-Masjid ul-Haraam with the left foot, recite-

اللَّهُمَّ إِنِّي أَسْأَلُكَ مِنْ فَضْلِكَ

Allahumma innee 'as'aluka min fadhlika

O Allah, verily I ask You from Your Favor.

Remove Ihram, as all restrictions are now lifted. Umrah is now complete and await morning of 8th of Dhul-Hijjah.

Footnotes

¹ If possible, cling to area between the corner of al-Hajarul-Aswad (The Black Stone) and the door.

² If possible, touch The Black Stone with the right hand and also kiss it; if not, simply make a sign towards it with the right hand.

³ There is no specific Du'aa during the walk around the Ka'bah, apart from what has been mentioned for between The Yemeni Corner to The Black Stone. You can therefore recite the Quran or any Dua as you please.

⁴ If possible, touch Ar-Ruknul-Yamani (Yemeni Corner) each time - this is best; if not, then do not make any sign towards it.

Visiting Madina - Masjid-Al-Nabawi – Masjid Quba



Visiting Madina is not an obligatory act for either Hajj or Umrah, but there is great value in visiting Al Masjid-Al-Nabawi (the Prophet's Mosque).

The Prophet (sallallahu alayhi wa sallam) has said :

"One prayer in this mosque (**Madina**) of mine is better than 1,000 prayers offered anywhere else except the Masjid Al-Haram (**Makkah**), and one prayer in Masjid Al-Haram is better than 100,000 prayers in any other mosque."

He (SAW) also said: "Whoever makes ablutions at home and then goes and prays in Masjid Quba (the first mosque built in Islam), will have a reward like that of an Umrah."

Types Of Hajj

Any person intending to perform Hajj opts for either one of the three types of Hajj:

♦ **TAMATTU**: Making Umrah then Hajj in the prescribed months of Hajj. It is considered the best of the three forms of Hajj that the Prophet Muhammad (Pbuh) urged his followers to perform.

♦ **QIRAAN**: Making Umrah and Hajj at the same time.

♦ **IFRAAD**: Making Hajj only; without Umrah.

*If you select *Tamattu* or *Qiraan* you must perform the *Udhiya* (Sacrifice), (Qurban in Urdu).

Don't forget to: ♦ Pay all debts

♦ Redress all wrongs

♦ Write your will

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HAJJ

The Journey of a Lifetime

Upon arrival in Makkah	-	Make Tawaf
8th Dhul-Hijjah	-	Wearing The Ihram Stay In Mina
9th Dhul-Hijjah	-	Stay In Arafah Stay In Muzdalifah
10th Dhul-Hijjah	-	Stoning The Pillars Performing The Udhhiya (Sacrifice) Shave Head Tawaaful-Ifaadhah
11th, 12th, (13th Dhul-Hijjah ¹¹)	-	Stay In Mina For Stoning
Upon departure from Makkah	-	Tawaaful-Wadaa

8th day of Dhul-Hijjah (Yawmut-Tarwiyah)

Enter state of Ihram. ⁵

- Make intention for Hajj, reciting -

لَبَّيْكَ اللَّهُمَّ بِحَجِّ

Labbayk Allahumma bi-hajjah

Here I am O Allah, (in response to Your call) making Hajj.

Standing, face the Qiblah recite the Talbiyah:

لَبَّيْكَ اللَّهُمَّ لَبَّيْكَ، لَبَّيْكَ لَا شَرِيكَ لَكَ لَبَّيْكَ،
إِنَّ الْحَمْدَ وَالنِّعْمَةَ لَكَ وَالْمَلَكُ لَا شَرِيكَ لَكَ

Labbayk Allahumma Labbayk, Labbayk
la sharika laka Labbayk, Innal hamda
wannimata laka walmulk La sharika lak

- Between the time period after Fajr until before Zhuhur go to Mina (preferably in Morning)

Stay in Mina

- Pray Dhuhr, 'Asr, Maghrib and 'Isha at Mina⁶.
- Engage in Ibadah (worship) all day.



9th day of Dhul-Hijjah (Yawmu 'Arafah)

Stay in 'Arafah

- Pray Fajr in Mina.
- Go to Arafat any time after sunrise. Stopover if possible at *Namirah*⁷ (place close to 'Arafah - there is now a Masjid there) and remain there until after *Zawaal* (sun at highest point - no shadow) and listen to the Khutbah. If this is not possible, it is permissible to proceed to 'Arafah, remaining there until sunset. Stand upon the rocks at the bottom of the Mount of Mercy (Jabalur-Rahmah); if not, then all of 'Arafah is a standing place. Facing the Qiblah, with raised hands, supplicate and also recite the Talbiyah - It is encouraged to frequently recite the following -

لَا إِلَهَ إِلَّا اللَّهُ وَحْدَهُ لَا شَرِيكَ لَهُ، لَهُ الْمُلْكُ
وَلَهُ الْحَمْدُ، وَهُوَ عَلَى كُلِّ شَيْءٍ قَدِيرٌ

La ilaha ill Allahu wahdahu laa shareeka
lahu lahul mulk wa lahul hamdu wa huwa
'alaa kulli shay 'in qadeer

There is none truly worthy of worship except Allah alone, without partner. To Him belongs all Sovereignty and all Praise, and He is Omnipotent over all things.

-this is the best supplication to recite on this great day.

- Pray Dhuhr & Asr at Arafah.
- Perform WUQUF (stand and pray), make dua (supplications) and seek forgiveness until sunset.
- After sunset go to Muzdalifah.

Stay in Muzdalifah

- Pray Maghrib & Isha together at Muzdalifah. ⁶



- In Muzdalifah or Mina, collect 70 pebbles for stoning.¹⁰
- Spend the night in Ibadah (worship) or

go to sleep until Fajr.

10th day of Dhul-Hijjah (Yawmun-Nahr)

- Pray Fajr in Muzdalifah.
- Leave for Mina after Fajr. Between the time periods of after sunrise until the night, calmly proceed to Jamaratul-Aqabah al-Kubraa ⁸ for stoning. Facing Jamarah, with Makkah to your left and Mina to your right, throw seven stones at Jamarah reciting-

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw).

- *Performing the Udhhiya* (Sacrifice), If a sacrificial ticket has been purchased, this is a permissible alternative, otherwise, calmly proceed to slaughter house in Mina for sacrifice.



- *Shave/Trim Hair* ⁹. After the sacrifice, Men: shaving head is preferable, or cut hair equally from all over head; Women: cut one-third finger length of hair.
- Remove Ihram, as all restrictions are now lifted. Go to Makkah to perform Tawaaful-Ifaadhah.

Tawaaful-Ifaadhah

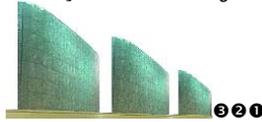
- Go to Makkah and perform *Tawaaful-Ifaadhah*. Can be performed anytime up to sunset of 12th Dhul Hijjah. Upon entering al-Masjid ul-Haram with the right foot, recite Dua entering Masjid. (See Umrah section on first page). No Ihram required. Start at al-Hajarul-Aswad (Black Stone)¹
- Once Tawaaf is complete, offer 2 rakaats anywhere behind the Station of Ibraheem - or anywhere in the Haram: Recite Surat al-Kafirun 1st raka'a and Surat al-Ikhlās in the 2nd raka'a.
- Drink Zamzamwater - Make Du'aa
- Perform Sa'ee (See Umrah section page 1)
- Upon the completion of the Sa'ee, all restrictions are now lifted.
- Return back to Mina.

Upon leaving al-Masjid ul-Haram with the left foot, recite dua of leaving the Masjid - (See Umrah section page 1)

11th Dhul-Hijjah

- If Tawaf Ifaadhah ⁸ was not performed yesterday, go to Makkah and perform Tawaf. Then pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return to Mina.

Stay in Mina for Stoning



From the time period between after Zawaal (sun at highest point - no shadow) until the night, stone all three Jamarats, 21 required per day.¹¹ ^{8 9 10}

Facing first Jamarah (smallest), with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting -

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning first Jamarah ¹, face Qiblah (with first Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to 2nd (middle one) Jamarah ² Facing second Jamarah, with Makkah to your left and Mina

to your right, throw each of the seven stones at Jamarah reciting -

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning second Jamarah, face Qiblah (with second Jamarah to your right), raise hands and supplicate as you wish. Then, calmly proceed to third Jamarah (Al-Aqabah al-Kubraa) ³. Facing third Jamarah, with Makkah to your left and Mina to your right, throw each of the seven stones at Jamarah reciting -

اللَّهُ أَكْبَرُ

Allahu Akbar

Allah is the Greatest (after each throw)

After stoning final Jamarah, move onwards without supplicating.

12th Dhul-Hijjah

- If Tawaf Ifaadhah ⁸ has still not been performed, go to Makkah and perform Tawaf. Pray 2 rakaats, drink from Zam Zam and perform Sa'ee. Return back to Mina.
- From the time period between after Zawaal (after mid-day) until the night, stone all 3 Jamarat with 7 pebbles for each one. Leave Mina for Makkah before Sunset if possible. If you can't leave - Stay at Mina.

13th Dhul-Hijjah

- If you didn't leave Mina, beginning after Fajr, stone all 3 Jamarat with 7 pebbles for each Jamarat.
- Leave for Makkah.
- Before final departure from Makkah, perform *Tawaaful-Wadaa'* (Farewell Tawaf) as your last act.

Footnotes

- From wherever you are residing - hotel, house, etc.
- Pray two Fard each for Zhuhur, 'Asr and 'Isha. Maghrib is not shortened, and remains three Fard. 'Isha to be followed by Witr.
- A place close to 'Arafah - there is now a Masjid there. If this is not possible, it is permissible to proceed to 'Arafah.
- Tawaaful-Ifaadhah* (Tawaaf ul Ziyarat in Urdu/Farsi) can be performed on the 10th. *Women should allow extra days for Tawaf in Makkah in case of menses.
- For an English translation, see page 1.
- They are all the same in size. You can also pick the pebbles in Mina. You will need only 7 pebbles on the 10th, and 42 afterwards (49 total). You will need 21 extra pebbles if you are staying for the 13th of Dhul-Hijjah (70 total). They must not be bigger than a chick-pea. (Approximately 1cm across = 0.39 inches).
- It is permissible to perform Tawaaful-Wadaa' on 12th day of Dhul-Hijjah (as long as you leave Mina before sunset), thus missing the recommended (but not compulsory) day of stoning.

Traveling by metro train during Hajj

Hajj pilgrims traveling by the metro train will board and depart from Arafat, Muzdalifah, Mina and Jamarat at three tent-shaped stations for each area based on the colored bracelet given to Hajjis. (Colored bracelets will be given to pilgrims who purchase them before Hajj)



Station 1 Blue	Station 2 Yellow	Station 3 Green
M i n a 1	M i n a 2	Jamarat (Mina) 3
A r a f a t 1	Muzdalifah 2	Muzdalifah 3
Muzdalifah 1	A r a f a t 2	Arafat (Mina) 3

Hajj Mabruur (An accepted Hajj).

May Allah (SWT) accept your Hajj.

English

رقم اذن بطبع ٥٢٠٩ / ٣٠ / ١٢ / ١٤٣١

انجليزي

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www.icabayarea.org, 80E* 880S* 5th St Ex*L
Broadway* R Webster* L Constitution* Lincoln L*R
9* Santa Clara R

MASJID QUBA
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*24E*680N*4E*1st L*W 18th R*

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Napa* Ex 19 CA-29 Sonoma R

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621 Masonic Way, 94002, 650-591-3690*101S
Ralston W. R Hiller R* Masonic L*
www.yaseen.org

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Claremont, L College, R Derby,
www.berkeleymasjid.org

MSA UC-BERKELEY
237 Hearst Gym near Bancroft and Bowditch*
msa.berkeley.edu Jumha is @ 1:15pm

BRENTWOOD MUSLIM COMM CTR
470 Harvest Park Drive, Suites E and F, 925-497-
2400, 541-602-2820* www.brncoc.org
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4401 Capitola Rd #2, Capitola, 95010, 831-633-
6532, 101S*CA85 S Ex 398B Santa Cruz*CA-17S
(880S)* CA1S-Watsonville* 41st Ave Ex R* Capitola
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S Ex 398B Santa Cruz*CA 17S (880S) Santa Cruz*L
Merritt St*L Cooper

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1316 North Av, 95927, 530-342-5889, 80E*505N*
32E*19 miles* becomes Nord*

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*80E*580E*24E*680N*Monument Ex
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bound, Ex Prairie city Rd. L Prairie city rd becomes
Sibley, www.masjidibjal.com

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391 S Lexington Dr, 95630 916-934-8842, *80E*
80BUS*50E , Ex E Bidwell L* R Oak * R Lexington*
Jumha @ 705 Gold Lake Dr, www.mcfolsom.com

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Wilbur.

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1528 Kern St, 93706, 559-495-1606, *15S Ex 461 to
CA120E Ex 6, L Ventura, L E St, 3rd R
Kern. www.masjidalagabab.com
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L* Bush R* Polk L* Sutter L

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9th St Ex R Golden Gate R* www.alsabeel.org

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*101S*280S* Ex 53 Alemany towards Mission first R
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R* 3rd R* www.sbia.info

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Expressway E* L Tully* R Ruby* www.sbia.info

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101S* Guadalupe Pkwy CA87* CA87S L* Santa
Teresa Blvd Ex R* www.bvmmc.net

ISLAMIC COMM. OF BAY AREA BOSNIANS
345 N. Lake Dr, 95112, 408-246-2614

AFGHAN ISLAMI SOCIETY
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390 to CA87S Ex 3A, L Curtner, L Stone to Barnard.

(Gilroy Area) SAN MARTIN

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Tennant E* R Murphy L* Maple R*
Columbet www.svic.org

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579-0429, 101S* Poplar Ex E* Ellsworth L
www.masjidulhaqq.org

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SAN RAMON VALLEY ISLAMIC CTR
2232 Camino Ramon, 94583, 925-866-7088,
80E*580E*680N* Crow Cyn Ex R* Camino Ramon R*
Commerce Park Bldgs R www.svic.org

SANTA CLARA

MUSLIM COMMUNITY ASSOCIATION
3003 Scott Bl, 95054, 408-727-7277, 408-980-1161
(School)*101S* San Tomas Ex R* Stay L (Careful) 1st
light-Scott L www.mca-sfba.org

MASJID AN-NOOR
1755 Catherine St, 95050, 408-246-9822,

101S* San Tomas Express Ex R* Stay L
(Careful)* Scott L* Pass El Camino* Catherine L*
www.mca-sfba.org

SANTA ROSA

ISLAMIC SOCIETY OF SANTA ROSA
545 Mendocino Av, 95401, 707-525-1144
101N* College Ex R* Mendocino R* 2 Blocks*
www.islamicsociety-sr.org

SARATOGA

WEST VALLEY MUSLIM ASSOCIATION
12370 Saratoga Sunnyvale Rd, 95070, 408-805-4560
101N CA85S* Ex De Anza Blvd* Staigh* Azule
Shopping Cntr* www.wvmslurj.org

SAUSALITO

MARIN CITY MUSSALLAH
56 Terrace Drive, Building 56, 94965, 415-205-4736,
101N Sausalito-Marín City Ex R L Turner, R
Terrace, L Building 56 inside garage*

SEASIDE

MONTEREY MOSQUE
405 Elm St, Seaside 93955, 831-899-2969, *101S*
CA 156W*CA1S*CA218 Ex Seaside* Canyon Delrey
L* L Delmonte* Elm R www.seasidemosque.org

SOUTH SAN FRANCISCO

MASJID AL-JAME
373 Alta Vista Dr, SSF, 94080, 650-871-7183, 101S*
280S* Westborough Ex L* Junipero Serra R* Avalon
L* Valverde R becomes Alta Vista

STOCKTON

STOCKTON ISLAMIC CTR
1130 S Pilgrim St, 95205, 209-466-9101, 80E*580E*
205*5N* Charter R* Airport L* Jackson L

MASJID UMAR FAROOQ
1304 E. Hammer Ln # 7, 95210, 209-477-0877,
80E*580E*205N*5N* Hammer Ln R* West Lane R

MUSLIM STUDENT MOSQUE
4212 N Pershing Ave. # A2-A3, 95207, 209-762-
2939, 80E* 580E*205*5N* Ex Pershing (Ex 473)

AS-SIDDIQI MUSLIM CTR
2065 E 8th St, 95206, 209-941-4915, 80E*
580E*205*5N* Charter Way Ex R* Airport R* 8th St L

SUNNYVALE

ISLAMIC CTR OF SUNNYVALE
1285 A Hammerwood Av, 94089, 101S, Ex
Lawrence Express Way, R Elko, L Hammerwood
TRACY

TRACY ISLAMIC CTR
11299 West Larch Rd., 95376, 209-830-6286,
80E*580E*205N* Ex Tracy Blvd L* on Larch Rd*
www.tracyislamiccenter.com

ISLAMIC SOCIETY OF TRACY
350 N. Corral Rd, 95377, 510-673-4010, *80E Ex 8B
to 1580E to 205E Ex 4 onto W 11th, R Corral Hollow
R, U Turn at Tennis Lane www.isotrac.org.

www.seealsolemountainhouse.com

VACAVILLE

VACAVILLE MUSLIM ASSOC.
131 Bush St, 95688, 707-455-8930, 80E* Bela Vista
Rd L* Davis L* Mason R* Depot L* Bush L

VALLEJO

VALLEJO MOSQUE
1181 Lewis Av, 94591, 707-649-8006, 80E* Ex 30A
Benicia (Merge I-780E * Ex 1D Glen Cove* R to Glen
Cove * 1st R Lewis www.islamiccenterofvallejo.com

VISALIA

VISALIA MASJID
1317 S Divisadero St, 93277, 559-732-9973,
80E*580E*205*5N*120E*99S*198E Ex* Mooney
R* Tulare R* Divisadero R (Near Divisadero School)

WALNUT CREEK

CONCORD DAR UL ISLAM MASJID
2449 Buena Vista Av, Walnut Creek, 94599, 925-482-
0077, *80E Ex 8B to 1580E to CA-24 Ex 19B to CA-24
Walnut Creek, 1680N Ex 15B, L Hillside, R Parkside,
L Buena Vista. www.darulislam.org

WOODLAND

WOODLAND MOSQUE
1023 North St, 95695, 530-666-4706, 80E* 113N Ex-
Woodland* North St L* woodlandmosque.org

This is the 13th edition of California Prayer
Locations, which began in 1991. It is designed with
driving directions to help find prayer locations easily.
We hope that this assists our fellow Muslims in
maintaining their prayers and responsibilities.
The font was reduced to fit in one page, however
now you have options of Google Earth, larger fonts,
legal & poster sizes, northern and southern
California separate. Go to:
www.islamicbulletin.org/MosqueFinder
The website version (Direction Map) allows you to
get driving directions to the mosque by typing your
address. If you want to see the Masjid, click on the
icon of the little man (pagan) and drag him to the
marked location. Magnify the page (zoom in) by
clicking on the + (plus) sign. Please notify us
of any changes, or additions at
info@islamicbulletin.org, or at the address
below. Your feedback greatly assists and serves all
Muslims by providing a thorough and complete
listing.



The Islamic Bulletin
P.O. Box 410186
SF, CA 94141-0186
Web: www.islamicbulletin.org
Email: info@islamicbulletin.org

ABBREVIATIONS USED
Ex = Exit L = Left R = Right N = North S = South
E = East W = West St = Street Av = Avenue

The Prophet (SAW) said, "Salat (Prayer) is the first act that a person will be accountable for."



SOUTHERN CALIFORNIA
Directions Start From Highway 5

ISLAMIC CEMETERY & MASJID
12700 Morning Glory Rd, 92301, 760-617-8099
ALTADENA

MASJID TAQWA
2181 N Lake Ave, 91001, 626-398-8392, 5S* 210E
Pasadena*Ex N Arroyo Bl R* L W Washington* L
Lake Ave* www.alfatqwasajid.com
ANAHEIM

MASJID AL-ANSAR
1717 S Brookhurst St., 92801, 714-535-1100,
5S*Brookhurst Ex R* www.masjidalansar.com
MASJID OMAR AL-FAROOQ
1220 N State College Bl, 92806, 714-533-6271, 5S*91E*Ex N. State College R*
www.ioc.com

AFGHAN ISLAMIC CENTER
546 W Katella Av, Orange, 92867, 714-288-9655,
5S*Harbor Blvd Ex 110A* R S Harbor* L W Katella
ISLAMIC CENTER OF ANAHEIM
1136 N. Brookhurst St, 92801, 714-999-2800,
www.aicpca.org
ARCADIA

MUSSALLAH ARCADIA
4105 Live Oak Av, #E, 91006
ARTESIA

MADINA ISLAMIC CTR (Quality Inn Motel)
12500 Firestone Bl, Norwalk, 90650, 562-676-7351*5S* 405S*605N*E SR91*Ex Pioneer Bl* L
168th St* www.madinaislamiccenter.org
ARVIN

ISLAMIC DAWA CENTER
804 Walnut Dr, Arvin, 93203
AZUSA

AL-FATIHA ISLAMIC CTR
210 N Citrus Av, 91702, 626-815-8679, 5S*
210E*Ex N Citrus Av L* masjid.alfatiha@gmail.com
BAKERSFIELD

ALFAROOQ ISLAMIC CTR
615 Kentucky St, 93305, 661-324-1380,
5S*CA46*99S*178E*Union Ave R* Monterey
R*Kern L* Kentucky L* www.iscob.org
ISLAMIC CTR OF SAN JOAQUIN VALLEY
701 Ming Av, 93307, 661-836-9055, 5S* CA
46 Ex L*99S*58E*H St Ex* R S Chester* L
Ming* www.iscob.org
BELL

BELL ISLAMIC CENTER
5250 Gage Av. Bell 90201
CHINO VALLEY

CHINO VALLEY ISLAMIC CENTER
5565 Daniels St, 91710, 909-786-1487
COACHELLA

ISLAMIC SOCIETY OF PALM SPRINGS
84650 Av. 49, CA 92236, 760-398-7609,
5S* I210E, Pasadena, Indio Bl* CA 111S* R
Ave. 49 www.casmosque.com
CHATSWORTH
(San Diego Area) **CHULA VISTA**

MASJID MOMINEEN
1280 3rd Av, 91911, 619-571-2988, 5S* Bay
Blvd Ex 7A Merge Bay Blvd* R L St* R 3rd Ave
CLAREMONT

ISLAMIC CENTER OF CLAREMONT
3641 North Garey Av, 91767, 909-593-1865
www.islamiccenterofclaremont.com
COMPTON

MASJID AR-RASHID
2212 East Compton Bl, 90221, 310-537-3146
CORONA

ISLAMIC CENTER OF CORONA & NORCA
465 Santana Way, 92881, 951-736-8155,
www.coronamuslims.com
CULVER CITY

KING FAHAD MOSQUE
10980 Washington Bl, 90232, 310-202-0432,
5S* 405S* Venice Blvd Ex* Sawtelle Blvd L*
Washington Pl L* W W Blvd L*
DAR UL QURAN MADRASSA
3755 Overland Av, 90230, 310-980-0888
CYPRESS

CYPRESS ISLAMIC CTR
5900 Ball Rd, 90630, 714-220-1786, 5S* 91E
Valley View Ex S Valley View* R Ball Rd R
AI-ILM EDUCATIONAL INSTITUTE
4552 Lincoln Av, #201, 90530, 562-305-3611
DELANO

MASJID ABU BAKAR SADDIQUE
1130 Kensington St, 93215, 661-725-2966
DOWNEY

ISLAMIC CTR OF MID-CITY
12428 S Benedictine Av, 90242, 562-940-1995
EL CAJON

MASJID MEDINA AL-MUNAWARA (KCIC)
511 South Magnolia Av, El Cajon, 92020
(San Diego Area) **EL CENTRO**

IMPERIAL VALLEY ISLAMIC CENTER
1195 Park Av, 92243, 760-370-5808, 5S*1-10E Ex
San Bernardino, L Park* www.ivislamiccenter.com
ESCONDIDO

ESCONDIDO MUSALLAH
751 North Rose St., 92027
FONTANA

AR-RAHAM ISLAMIC CENTER
7641 Sierra Av, 92336, 909-355-4900, 5S*210E
Pasadena*Ex Sierra R* www.fontanamajid.org
FOUNTAIN VALLEY

MASJID AL-NOOR
16551 Brookhurst St, 92708, 714-839-1661,* 5 S*1-405S Santa Monica*Ex 15B

Magnolia L*Heil R*Brookhurst R
FULLERTON

MASJID FULLERTON
515 Valencia Av, #H, 92832
GARDEN GROVE

ISLAMIC SOCIETY OF ORANGE COUNTY
9752 11th St, Garden Grove, 92844, 714-531-1722, 5S*405S*CA22E*Brookhurst Ex
R* R 13th St* www.isocmasjid.com
(Santa Barbara Area) **GOLETA**

THE ISLAMIC SOCIETY OF SANTA BARBARA
650 Ward Dr, Ste H, Goleta, CA 93111, 805-317-4277 www.islamsb.org
GLENDALE

ISLAMIC CTR OF GLENDALE
700 South Adams St, 818-396-7862
GRANADA HILLS

ISLAMIC CTR NORTHRIDGE
11439 Encino Av, Granada Hills, 91344, 818-360-3500, 5S*Ex 161B San Fernando Rd R* R Balboa
Blvd* R Rinaldi* L Encino Av www.goicn.com
HAWTHORNE

THE ISLAMIC CTR OF HAWTHORNE
12209 Hawthorne Way, 90250, 310-973-8000,
5S*405S*El Segundo Ex* So La Cienega R* W120th
R* Hawthorne R* www.ichla.org
HEMET

ISLAMIC CTR OF HEMET
44212 Florida, Hemet, 92544, 5S* Pomona Fwy
Ex 134B* CA60E* Gilman Spring Rd Ex R* CA79S N
Sanderson R* Ramona Expy L* Florida L
INGLEWOOD

JAMAT MASJID-UL-ISLAM
820 Java Av, Inglewood, 90301, 310-672-0773,
5S*405S Santa Monica* Ex 46 (Lax Airport)* R S La
Cienega* R W Arbor Vitae* L Java
IRVINE

ISLAMIC CTR OF IRVINE
2 Truman Irvine, 92620, 949-786-4264, 5S*
Walnut Ex R* Jeffrey R* L Roosevelt* L
Truman* www.icoi.net
LA MIRADA

MUSLIM COMMUNITY SRVCS, INC.
14225 Imperial Hwy, 90638, 562-902-5999*5S*
Rosecrans Av Ex 120* L Valley View* R Imperial*
www.muslimcsi.org
LAKEWOOD

BAIT UL MUKARRAM
12213 Centralia Rd, 90715, 562-394-3218 *5S*
210E*605S*Del Amo Ex L* R Pioneer* L Centralia
LANCASTER

ISLAMIC CTR OF NORTH VALLEY
42554 4th St East, 93535, 661-726-4749,
5S*CA138E Lancaster*Ex 41 W L Ave. L* R 4th St
LOMA LINDA

ISLAMIC CTR OF REDLANDS
24769 Redlands Bl #A, 92354, 909-801-8081, 5S*1-
10 E San Bernardino* Ex Anderson R* 1st R
Redlands R* www.iccreland.org
LOMITA

ISLAMIC CTR OF SOUTH BAY
25816 Walnut St, Lomita, 90717, 310-534 1363,
5S*405S*110S*Pacific Coast Hwy Ex* Walnut L*
www.masjidalnoor.org
LOMPOC

ISLAMIC CENTER OF LOMPOC
1015 North A St, 93436, 805-735-1785
LONG BEACH

MASJID AL-SHAREEF
2104 Orange Av, 90806, 562-591-5320,
405S*Orange Ave Ex R*
ISLAMIC CTR OF LONG BEACH
1525 Long Beach Blvd, 90813, 562-218-6776,
www.longbeachislamiccenter.com
LOS ANGELES

THE ISLAMIC CTR OF SOUTHERN CA
434 S. Vermont Av, 90020, 213-382-9200, 101S* Vermont Ex L* R* www.icsonline.org
MASJID OMAR IBN AL-KHATTAB
1025 Exposition Bl, 90007, 323-733-9938, 101S*
Vermont Ex S* Exposition R*
www.omaribnalkhattab.org

MASJID BILAL
4016 South Central Av, 90011, 323-233-7274,
5S*10E*110 S* M. Luther King Ex L* Central S R
MASJID AL SALAAM
2900 W Florence Av, 90043, 323-758-4033,
5S*405S* Florence Ex Straight* Florence L*

MASJID BILAL IBN RABAH
5450 S Crenshaw Bl, 90043, 323-291-0105,*101S*110S*Century Ex R* Crenshaw L
MASJID TAWHID
852 Santee St, 90014*5S*CA170S* 101S*110S* Ex
3B San Pedro* W 8th St* Ex 22B to 9th St* L Santee
MASJID IBADALLAH
2310 W Jefferson, 90018, 323-734-9940
5S*405S*10E* Arlington Av Ex R* W Jefferson R*
www.ibaadallah.org

MASJID AL MUMIN
1635 S St Andrews Pl, 90019, 323-296-5961, 101S*
Ex 6 Melrose R* L Western* R Venice* L S St Andrews
MASJID ABU BAKR AS SADDIQ
3611 Crenshaw Av, 90016, 323-732-4249*101S*
405S*110E/Rosa Parks Fwy* Ex 9 Crenshaw R
YASEN EDUC FOUNDATION
8605 Santa Monica Bl, 90069, 310-862-4540
MASJID FLAH
4151 W 3rd Street #B, 90004
NIGERIAN MUSSALLAH
9642 Western Av, 90047
MISSION VIEJO

ORANGE COUNTY ISLAMIC FOUNDATION
23581 Madero Dr, Ste #101, 92691, 949-595-0480, 5S* Alicia Pkwy Ex* W Linda
L* Madero L* www.ocif.org

MURRIETA (TEMECULA)
ISLAMIC CTR OF TEMECULA VALLEY
26820 Hobei Cir.#A, 92562, 951-600-4883,
www.icotv.org
MUSLIM COMMUNITY CTR OF MURRIETA
41866 Kalmia Str #8, 92562
MONROVIA

MASJID QURTUBA
1121 Huntington R, 91016, 626-305-0077,
5S*210W* Buena Vista Ex* Central L* Buena Vista
R* Huntington L
MONTCLAIR

AL-NUR ISLAMIC CTR
4959 Palo Verde #205C, 91763, 626-378-8156,
www.alnuric.org
MORENO VALLEY

ISLAMIC CTR OF MORENO VALLEY
24436 Webster Av, 92557, 951-247-8581.
NEWBURY PARK

ISLAMIC CTR OF CONEJO VALLEY
2700 Borchard Rd, 91320, 805-499-2106
(Santa Clarita Area) **NEWHALL**

UNITY CTR OF SANTA CLARITA
24352 Walnut St, 91321, 661-259-9008, 5S*Ex CA
126* L Magic Mountain Pwy* R San Fernando* R 6th
NORTH HOLLYWOOD

ISLAMIC CTR OF NORTH HOLLYWOOD
5114 Vineland Av, 91601, 818-613-1639,
101S* Becomes 134* Vineland Ex L
NORTHRIDGE

ISLAMIC CTR OF NORTHRIDGE
8424 Tampa Av, 91324, 818-360-3500, 5S*405S
Santa Monica* Ex Roscoe R* R Tampa*
OXNARD

ISLAMIC CTR OF VENTURA COUNTY
525 S. A St, 93030, 805-486-8886,
www.islamiccenterofventuracounty.com
PALMDALE

AMERICAN ISLAMIC INST. OF ANTELOPE VLY
1125 E. Palmdale Bl, 93550, 661-224-1111, 5S* CA-
138 Palmdale* CA-14S/CA-138E* Ex W Palmdale L*
(See Coachella) **PALM SPRINGS**
PANORAMA CITY

IMAM BUKHARY MASJID
8741 Van Nuys Bl, 91402, 818-894-3025*5S*405N* Ex Nordhoff L* R Van Nuys
PERRIS

ISLAMIC CTR OF PERRIS
3895 N Perris Bl, 92571, 951-443-3929
POMONA

ISLAMIC CTR OF CLAREMONT
3641 N Garey Av, 91767, 909-593-1865,
5S*605N*10E* Garey Ex L* www.iccs.com
MASJID AL SABEREN
805 S Garey Av, 91766, 909-865-7833,
5S*210E*71S* W Mission Blvd L* S Garey Ave R
ISLAMIC CTR OF INLAND VALLEY
1555 East 3rd St, 91767, 909-868-8811
PORTERVILLE

MASJID PORTERVILLE
289 N 3rd St, 93257,
POWAY

ISLAMIC CTR OF NORTH COUNTY
13495 Poway Rd, 92064, 858-513-2733,
5S* Camino Del Norte Ex* Becomes Twin Peaks*
Community Rd R* Poway Rd L* <http://www.icnvw.org>
RANCHO CUCAMONGA

ISLAMIC CNTR OF THE INLAND EMPIRE
9212 Baseline Rd, 91701, 909-944-1836,
105E*605N* 10E*60E*1605N *1210E* E Baseline
Ex* www.islamiccenterofinlandempire.org
(See Loma Linda) **REDLANDS**
RESEDA

ISLAMIC CTR OF RESEDA
18206 Victory Bl, 91335, 818-996-9116,
5S*405S* Ex Victory R
RIALTO

ISLAMIC CTR OF RIALTO
755 E Foothill Bl, #C, 92376, 909-875-7456,
5S*210E*10E* Cedar Ave Ex* Bloomington Ave* So
Riverside Ave* E Foothill R
RIDGECREST

MASJID RIDGECREST
128 S. Gemstone Street #H, 93555
RIVERSIDE

ISLAMIC CTR OF RIVERSIDE
1038 W Linden St, 92507, 951-684-5466,
5S*210E*10E*215S*60E* Blaine L* lowa R* Linden L
ROWLAND HEIGHTS

ISLAMIC CTR OF SAN GABRIEL VALLEY
19164 E Walnut Dr N, 91748, 626-964-3596, 5S*60
Ex* Nogales L* Walnut R* www.icsgv.com
SAN BERNARDINO

MAKKI-MASJID
1959 Macy St, 92411, 951-285-0052, 5S*210E* L Ex
Pasadena* L-15 Ex to Barstow* Sierra Av Ex R* L
Riverside* L Highland* R Macy
DAR AL-ULOOM AL-ISLAMIYAH
2122 Mallory St, 92407, 909-880-0201, 5S*210E*to
Highland* L N State St* L Mallory*
(See Goleta) **SANTA BARBARA**
SAN DIEGO

AL-RIBAT MASJID
7173 Saranac St #204, 92115, 619-589-6800, 5S*
805S*8E*70th Ex W* Saranac L* www.alribat.org
ISL CTR OF SAN DIEGO / ABU BAKR MASJID
7050 Eckstrom Ave, 92111, 858-278-5240,
5S*805S* Balboa Ex W* Eckstrom L* www.icsd.org
MASJID AL-NUR
3872 50th St, 92105, 619-282-9343, 5S* 805S
University Ex R 50th St
MUSLIM COMM. CENTER OF GREATER SAN DIEGO
14698 Via Fiesta, 92127, 858-756-5100,
www.mccsandiego.org
MASJID AL-TAQWA

2575 Imperial Av, 92102, 619-239-6738,
5S*805S*Imperial Ave Ex
MASJID HAMZA
9520 Padgett St #106C, 92126
MASJID-AL-ANSAR
4014 Winona Av., 92105, 619-282-4407, 5S*1-
805S*1-8E* CA-15S* Ex University Av R* L
Winona.

AFGHAN COMMUNITY ISLAMIC CENTER
3333 Sandrock Rd, 92123, 858-560-9191, 5S*
1805S* Ex Balboa* CA 274E* R Convoy* L Aero* R
Sandrock
MASJID OMAR BIN KHATTAB
3487 Ocean View Bl, 92113, 619-520-8023,
5S*805S* CA 15S* EX 14 to CA-94* W/M L King JR
FWY* Ocean View L
LOGAN ISLAMIC COMMUNITY CENTER
5077 Logan Av, 92113, 5S*805S* Ex Palm Av
L* Continue 47th L Logan
MUSLIM AMERICAN SOCIETY
11347 Zapata Av, 92126, 858-578-2799, 5S*805S* Ex
Sorrento Vly rd L* Continue Mira Mesa Blv* Camino
Ruiz L* R Zapata* www.massandiego.org
MASJID AL-HUDA
4175 Bonillo Dr, 92115, 619-398-7426,
www.hudacommunitycenter.org
*See also these cities: Chula Vista, El Cajon, El
Centro, and Vista
SAN GABRIEL

MASJID GIBRAEL
1301 E Las Tunas Drive, 91776, 626-285-2573,
101S*10E* Rosemead Ex L* Las Tunas L*
www.masjidgibrael.org
MASJID MULTAQQA
311 Mission Dr, CA 91776, 626-457-1491, 5S*1-10E
San Bernardino* Ex S Garfield 238* R E Mission
Rd* L W Santa Anita* L S Mission Dr*
SAN LUIS OBISPO

MASJID NASREEN
1136 Walnut Street, 93401,
SANTA ANA

MASJID SANTA ANA
1001 E Grant St, #2, 92701, 714-285-1494, 714-
200-4701
MASJID AL-HIDAYA
5109 West Fifth St, 92303, 714-554-8910
SANTA CLARITA

ISLAMIC CTR OF SANTA CLARITA VALLEY
24910 Ave Tibbitts, 91355, 661-775-4825
(See Valencia) **SAUGUS**
SIMI VALLEY

JAMIA RAZI ISLAMIC CTR OF SIMI VALLEY
1756 Erringer Rd, #110, 93065, 818-727-7126,
5S*405S* CA 118* Ex Erringer L
MASJID SIMI VALLEY
2511 Royal Ave, 93065
SUN VALLEY

AL-AMIN MASJID
7838 San Fernando Rd, 91352
TORRANCE

MOMIN LODGE
1918 W Artesia Bl, 90504, 310-532-7755, 5S*
405S* Ex 91 E R* S Western L* W Artesia L*
TORRANCE ISLAMIC CENTER
18093 Prairie Av, #F, 91764, 310-542-1714
TUSTIN

MASJID DARUL FLAH
14712 Bentley Cir, 92680, 714-838-2325, 714-505-
3181, 5S* Ex Tustin R* L Walnut* R Bentley
* www.darulflah.com
UPLAND

AL NUR ISLAMIC CTR
4959 Palo Verde St, #202B, 91786, 626-378-8156,
alnuric.org
VICTORVILLE

HIGH DESERT ISLAMIC SOCIETY
16793 Merrill St, 92395, 760-245-6656, 5S* Ex 253
L* R Real* CA-58E* R US395* L Air Expy Bl* R
Nat'l Trails Hwy to D St* R 7th St* L Mojave Dr* L
Merrill
(San Diego Area) **VISTA**

MASJID AL ITIHAD
925 Anza Ave, 92084, 760-945-9544, www.imna.net
WALNUT

ISLAMIC EDUCATION CENTER
659 Brea Canyon Rd, #2, 91789, 909-594-1310,
5S*60E* L Golden Springs Dr Ex 23* L Banyon Rdrea
C* www.ahmadsakr.com
MASJID AL-FURQAN
642 Brea Canyon Rd., 91789, 909-594-4656,
5S*60E* L Golden Springs Dr Ex 23* L Brea Cyn Rd
WEST COVINA

STRAIGHT WAY SCHOOL
1912 West Merced Av, 91790, 626-813-2690,
www.straightwayschool.org
WHITTIER

ISLAMIC CENTER OF WHITTIER
6706 South Friends Av, 90601, 626-818-0855,
www.ic-whittier.org
YERMO

ISLAMIC CENTER OF BARSTOW
35898 Yermo Road, Yermo, 92398
YORBA LINDA

ISLAMIC CENTER OF YORBA LINDA
23231 La Palma Av, 92

PRAYER SCHEDULE FOR THE BAY AREA

Latitude = 37.47 N Longitude = 122.25 W Zone Time = GMT -8.0 Qibla (Mecca) = 18:55 East (From North)

January							February							March						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	6:07	7:25	12:13	2:43	5:01	6:19	1	5:59	7:13	12:23	3:11	5:33	6:47	1	5:29	6:41	12:22	3:33	6:03	7:15
2	6:07	7:25	12:13	2:44	5:02	6:20	2	5:58	7:13	12:23	3:12	5:34	6:48	2	5:28	6:40	12:21	3:34	6:04	7:16
3	6:07	7:25	12:14	2:45	5:03	6:21	3	5:57	7:12	12:23	3:13	5:35	6:49	3	5:26	6:38	12:21	3:35	6:05	7:17
4	6:07	7:25	12:14	2:45	5:04	6:22	4	5:57	7:11	12:23	3:14	5:36	6:50	4	5:25	6:37	12:21	3:35	6:06	7:18
5	6:07	7:25	12:15	2:46	5:04	6:22	5	5:56	7:10	12:23	3:15	5:37	6:51	5	5:24	6:35	12:21	3:36	6:07	7:19
6	6:07	7:25	12:15	2:47	5:05	6:23	6	5:55	7:09	12:23	3:16	5:38	6:52	6	5:22	6:34	12:20	3:36	6:08	7:20
7	6:07	7:25	12:16	2:48	5:06	6:24	7	5:54	7:08	12:23	3:17	5:39	6:53	7	5:21	6:32	12:20	3:37	6:09	7:21
8	6:07	7:25	12:16	2:49	5:07	6:25	8	5:53	7:07	12:23	3:17	5:41	6:54	8	5:19	6:31	12:20	3:38	6:10	7:21
9	6:07	7:25	12:16	2:50	5:08	6:26	9	5:52	7:06	12:23	3:18	5:42	6:55	9	6:18	7:30	1:20	4:38	7:11	8:22
10	6:07	7:25	12:17	2:51	5:09	6:26	10	5:51	7:05	12:23	3:19	5:43	6:56	10	6:16	7:28	1:20	4:39	7:12	8:23
11	6:07	7:25	12:17	2:51	5:10	6:27	11	5:50	7:04	12:23	3:20	5:44	6:57	11	6:15	7:27	1:19	4:39	7:13	8:24
12	6:07	7:24	12:18	2:52	5:11	6:28	12	5:49	7:03	12:23	3:21	5:45	6:58	12	6:13	7:25	1:19	4:40	7:13	8:25
13	6:07	7:24	12:18	2:53	5:12	6:29	13	5:48	7:01	12:23	3:22	5:46	6:59	13	6:12	7:24	1:19	4:40	7:14	8:26
14	6:07	7:24	12:18	2:54	5:13	6:30	14	5:47	7:00	12:23	3:23	5:47	7:00	14	6:10	7:22	1:18	4:41	7:15	8:27
15	6:07	7:24	12:19	2:55	5:14	6:31	15	5:46	6:59	12:23	3:23	5:48	7:01	15	6:09	7:21	1:18	4:41	7:16	8:28
16	6:07	7:23	12:19	2:56	5:15	6:32	16	5:45	6:58	12:23	3:24	5:49	7:02	16	6:07	7:19	1:18	4:42	7:17	8:29
17	6:06	7:23	12:19	2:57	5:16	6:33	17	5:44	6:57	12:23	3:25	5:50	7:03	17	6:06	7:18	1:18	4:42	7:18	8:30
18	6:06	7:22	12:20	2:58	5:17	6:34	18	5:43	6:55	12:23	3:26	5:51	7:04	18	6:04	7:16	1:17	4:42	7:19	8:31
19	6:06	7:22	12:20	2:59	5:18	6:35	19	5:42	6:54	12:23	3:26	5:52	7:05	19	6:02	7:15	1:17	4:43	7:20	8:32
20	6:05	7:22	12:20	3:00	5:19	6:36	20	5:41	6:53	12:23	3:27	5:53	7:06	20	6:01	7:13	1:17	4:43	7:21	8:33
21	6:05	7:21	12:21	3:01	5:21	6:37	21	5:39	6:52	12:23	3:28	5:55	7:07	21	5:59	7:12	1:16	4:44	7:22	8:34
22	6:05	7:20	12:21	3:02	5:22	6:38	22	5:38	6:50	12:23	3:29	5:56	7:08	22	5:58	7:10	1:16	4:44	7:23	8:35
23	6:04	7:20	12:21	3:03	5:23	6:38	23	5:37	6:49	12:23	3:29	5:57	7:09	23	5:56	7:08	1:16	4:44	7:24	8:36
24	6:04	7:19	12:21	3:04	5:24	6:39	24	5:36	6:48	12:22	3:30	5:58	7:10	24	5:54	7:07	1:15	4:45	7:25	8:37
25	6:03	7:19	12:22	3:05	5:25	6:40	25	5:34	6:46	12:22	3:31	5:59	7:11	25	5:53	7:05	1:15	4:45	7:26	8:38
26	6:03	7:18	12:22	3:05	5:26	6:41	26	5:33	6:45	12:22	3:31	6:00	7:12	26	5:51	7:04	1:15	4:46	7:27	8:39
27	6:02	7:17	12:22	3:06	5:27	6:42	27	5:32	6:44	12:22	3:32	6:01	7:13	27	5:50	7:02	1:15	4:46	7:27	8:40
28	6:02	7:17	12:22	3:07	5:28	6:43	28	5:30	6:42	12:22	3:33	6:02	7:14	28	5:48	7:01	1:14	4:46	7:28	8:41
29	6:01	7:16	12:22	3:08	5:29	6:44	29	5:29	6:41	12:22	3:33	6:03	7:15	29	5:46	6:59	1:14	4:47	7:29	8:42
30	6:00	7:15	12:23	3:09	5:30	6:45								30	5:45	6:58	1:14	4:47	7:30	8:44
31	6:00	7:14	12:23	3:10	5:32	6:46								31	5:43	6:56	1:13	4:47	7:31	8:45

April							May							June							
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	
1	5:41	6:55	1:13	4:47	7:32	8:46	1	4:53	6:14	1:06	4:54	7:59	9:20	1	4:20	5:49	1:07	5:00	8:25	9:55	
2	5:41	6:53	1:13	4:48	7:33	8:47	2	4:52	6:12	1:06	4:54	8:00	9:21	2	4:19	5:49	1:08	5:00	8:26	9:56	
3	5:38	6:52	1:12	4:48	7:34	8:48	3	4:51	6:11	1:06	4:54	8:01	9:22	3	4:18	5:48	1:08	5:01	8:27	9:57	
4	5:36	6:50	1:12	4:48	7:35	8:49	4	4:49	6:10	1:06	4:55	8:02	9:24	4	4:18	5:48	1:07	5:01	8:27	9:58	
5	5:35	6:49	1:12	4:49	7:36	8:50	5	4:48	6:09	1:06	4:55	8:03	9:25	5	4:17	5:48	1:08	5:01	8:28	9:58	
6	5:33	6:47	1:11	4:49	7:37	8:51	6	4:46	6:08	1:06	4:55	8:04	9:26	6	4:17	5:47	1:08	5:01	8:28	9:59	
7	5:31	6:46	1:11	4:49	7:37	8:52	7	4:45	6:07	1:06	4:55	8:05	9:27	7	4:17	5:47	1:08	5:02	8:29	10:00	
8	5:30	6:44	1:11	4:49	7:38	8:53	8	4:44	6:06	1:06	4:55	8:06	9:28	8	4:16	5:47	1:08	5:02	8:30	10:01	
9	5:28	6:43	1:11	4:50	7:39	8:54	9	4:42	6:05	1:06	4:55	8:07	9:30	9	4:16	5:47	1:08	5:02	8:30	10:01	
10	5:27	6:41	1:10	4:50	7:40	8:55	10	4:41	6:04	1:06	4:56	8:08	9:31	10	4:16	5:47	1:09	5:02	8:31	10:02	
11	5:25	6:40	1:10	4:50	7:41	8:56	11	4:40	6:03	1:06	4:56	8:09	9:32	11	4:15	5:47	1:09	5:03	8:31	10:02	
12	5:23	6:39	1:10	4:50	7:42	8:58	12	4:39	6:02	1:06	4:56	8:09	9:33	12	4:15	5:47	1:09	5:03	8:31	10:03	
13	5:22	6:37	1:09	4:51	7:43	8:59	13	4:37	6:01	1:05	4:56	8:10	9:35	13	4:15	5:47	1:09	5:03	8:32	10:04	
14	5:20	6:36	1:09	4:51	7:44	9:00	14	4:36	6:00	1:05	4:56	8:11	9:36	14	4:15	5:47	1:09	5:03	8:32	10:04	
15	5:18	6:34	1:09	4:51	7:45	9:01	15	4:35	5:59	1:05	4:57	8:12	9:37	15	4:15	5:47	1:10	5:03	8:33	10:05	
16	5:17	6:33	1:09	4:51	7:46	9:02	16	4:34	5:58	1:06	4:57	8:13	9:38	16	4:15	5:47	1:10	5:04	8:33	10:05	
17	5:15	6:32	1:09	4:52	7:47	9:03	17	4:33	5:57	1:06	4:57	8:14	9:39	17	4:15	5:47	1:10	5:04	8:33	10:05	
18	5:13	6:30	1:08	4:52	7:48	9:04	18	4:32	5:56	1:06	4:57	8:15	9:40	18	4:15	5:47	1:10	5:04	8:34	10:06	
19	5:12	6:29	1:08	4:52	7:48	9:06	19	4:30	5:56	1:06	4:57	8:15	9:42	19	4:15	5:47	1:10	5:04	8:34	10:06	
20	5:10	6:27	1:08	4:52	7:49	9:07	20	4:29	5:55	1:06	4:58	8:16	9:43	20	4:15	5:47	1:11	5:05	8:34	10:06	
21	5:09	6:26	1:08	4:52	7:50	9:08	21	4:28	5:54	1:06	4:58	8:17	9:44	21	4:15	5:48	1:11	5:05	8:34	10:06	
22	5:07	6:25	1:08	4:52	7:51	9:09	22	4:27	5:53	1:06	4:58	8:18	9:45	22	4:16	5:48	1:11	5:05	8:35	10:07	
23	5:06	6:23	1:07	4:53	7:52	9:10	23	4:27	5:53	1:06	4:58	8:19	9:46	23	4:16	5:48	1:11	5:05	8:35	10:07	
24	5:04	6:22	1:07	4:53	7:53	9:12	24	4:26	5:52	1:06	4:58	8:19	9:47	24	4:16	5:48	1:12	5:05	8:35	10:07	
25	5:02	6:21	1:07	4:53	7:54	9:13	25	4:25	5:52	1:06	4:59	8:20	9:48	25	4:16	5:49	1:12	5:06	8:35	10:07	
26	5:01	6:20	1:07	4:53	7:55	9:14	26	4:24	5:51	1:06	4:59	8:21	9:49	26	4:17	5:49	1:12	5:06	8:35	10:07	
27	4:59	6:18	1:07	4:53	7:56	9:15	27	4:23	5:51	1:06	4:59	8:22	9:50	27	4:17	5:49	1:12	5:06	8:35	10:07	
28	4:58	6:17	1:07	4:53	7:57	9:16	28	4:22	5:50	1:06	4:59	8:23	9:51	28	4:18	5:50	1:12	5:06	8:35	10:07	
29	4:56	6:16	1:07	4:54	7:58	9:18	29	4:22	5:50	1:07	5:00	8:23	9:52	29	4:18	5:50	1:13	5:06	8:35	10:07	
30	4:55	6:15	1:06	4:54	7:59	9:19	30	4:21	5:49	1:07	5:00	8:24	9:53	30	4:19	5:51	1:13	5:07	8:35	10:07	
							31	4:20	5:49	1:07	5:00	8:25	9:54								

*Daylight savings begins on second Sunday in March and ends first Sunday in November

July						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	4:19	5:51	1:13	5:07	8:35	10:06
2	4:20	5:51	1:13	5:07	8:35	10:06
3	4:21	5:52	1:13	5:07	8:35	10:06
4	4:21	5:52	1:14	5:07	8:35	10:05
5	4:22	5:53	1:14	5:07	8:34	10:05
6	4:23	5:53	1:14	5:07	8:34	10:05
7	4:23	5:54	1:14	5:07	8:34	10:04
8	4:24	5:55	1:14	5:08	8:34	10:03
9	4:25	5:55	1:14	5:08	8:33	10:03
10	4:26	5:56	1:15	5:08	8:33	10:02
11	4:27	5:56	1:15	5:08	8:33	10:02
12	4:28	5:58	1:15	5:08	8:32	10:01
13	4:29	5:58	1:15	5:08	8:32	10:01
14	4:29	5:59	1:15	5:08	8:31	10:00
15	4:30	6:00	1:15	5:08	8:31	9:59
16	4:31	6:01	1:15	5:08	8:30	9:58
17	4:32	6:01	1:15	5:08	8:30	9:57
18	4:33	6:02	1:15	5:08	8:29	9:57
19	4:34	6:03	1:15	5:08	8:28	9:56
20	4:36	6:04	1:16	5:08	8:28	9:55
21	4:37	6:04	1:16	5:08	8:27	9:54
22	4:38	6:05	1:16	5:07	8:26	9:53
23	4:39	6:06	1:16	5:07	8:26	9:52
24	4:40	6:07	1:16	5:07	8:25	9:51
25	4:41	6:07	1:16	5:07	8:24	9:50
26	4:42	6:08	1:16	5:07	8:23	9:48
27	4:43	6:09	1:16	5:07	8:23	9:47
28	4:44	6:10	1:16	5:07	8:22	9:46
29	4:45	6:11	1:16	5:06	8:21	9:45
30	4:47	6:12	1:16	5:06	8:20	9:44
31	4:48	6:12	1:16	5:06	8:19	9:42

August						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	4:49	6:12	1:15	5:06	8:18	9:41
2	4:50	6:13	1:15	5:05	8:17	9:40
3	4:51	6:14	1:15	5:05	8:16	9:39
4	4:52	6:15	1:15	5:05	8:15	9:37
5	4:54	6:16	1:15	5:04	8:14	9:36
6	4:55	6:17	1:15	5:04	8:13	9:34
7	4:56	6:18	1:15	5:04	8:12	9:33
8	4:57	6:18	1:15	5:03	8:11	9:32
9	4:58	6:19	1:15	5:03	8:10	9:30
10	4:59	6:20	1:15	5:02	8:08	9:29
11	5:01	6:21	1:14	5:02	8:07	9:27
12	5:02	6:22	1:14	5:01	8:06	9:26
13	5:03	6:23	1:14	5:01	8:05	9:24
14	5:04	6:24	1:14	5:00	8:04	9:23
15	5:05	6:24	1:14	5:00	8:02	9:21
16	5:06	6:25	1:13	4:59	8:01	9:19
17	5:07	6:26	1:13	4:59	8:00	9:18
18	5:09	6:27	1:13	4:58	7:58	9:16
19	5:10	6:28	1:13	4:58	7:57	9:15
20	5:11	6:29	1:12	4:57	7:56	9:13
21	5:12	6:30	1:12	4:56	7:54	9:12
22	5:13	6:31	1:12	4:56	7:53	9:10
23	5:14	6:31	1:12	4:55	7:52	9:08
24	5:15	6:32	1:12	4:54	7:50	9:07
25	5:16	6:33	1:11	4:54	7:49	9:05
26	5:17	6:34	1:11	4:53	7:47	9:03
27	5:19	6:35	1:11	4:52	7:46	9:02
28	5:20	6:36	1:10	4:51	7:44	9:00
29	5:21	6:37	1:10	4:51	7:43	8:58
30	5:22	6:37	1:10	4:50	7:42	8:57
31	5:23	6:38	1:09	4:49	7:40	8:55

September						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	5:24	6:39	1:09	4:48	7:39	8:54
2	5:25	6:40	1:09	4:47	7:37	8:52
3	5:26	6:41	1:09	4:47	7:36	8:50
4	5:27	6:42	1:08	4:46	7:34	8:48
5	5:28	6:42	1:08	4:45	7:33	8:47
6	5:29	6:43	1:08	4:44	7:31	8:45
7	5:30	6:44	1:07	4:43	7:30	8:43
8	5:31	6:45	1:07	4:42	7:28	8:42
9	5:32	6:46	1:06	4:41	7:26	8:40
10	5:33	6:47	1:06	4:40	7:25	8:38
11	5:34	6:47	1:06	4:39	7:23	8:37
12	5:35	6:48	1:05	4:38	7:22	8:35
13	5:36	6:49	1:05	4:38	7:20	8:33
14	5:37	6:50	1:05	4:37	7:19	8:32
15	5:38	6:51	1:04	4:36	7:17	8:30
16	5:39	6:52	1:04	4:35	7:16	8:28
17	5:40	6:53	1:04	4:34	7:14	8:27
18	5:41	6:53	1:03	4:33	7:13	8:25
19	5:42	6:54	1:03	4:32	7:11	8:23
20	5:43	6:55	1:03	4:31	7:09	8:22
21	5:44	6:56	1:02	4:29	7:08	8:20
22	5:44	6:57	1:02	4:28	7:06	8:18
23	5:45	6:58	1:02	4:27	7:05	8:17
24	5:46	6:59	1:01	4:26	7:03	8:15
25	5:47	6:59	1:01	4:25	7:02	8:13
26	5:48	7:00	1:01	4:24	7:00	8:12
27	5:49	7:01	1:00	4:23	6:59	8:10
28	5:50	7:02	1:00	4:22	6:57	8:09
29	5:51	7:03	12:59	4:21	6:56	8:07
30	5:52	7:04	12:59	4:20	6:54	8:06

October						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	5:53	7:05	12:59	4:19	6:52	8:04
2	5:54	7:06	12:59	4:18	6:51	8:03
3	5:55	7:06	12:58	4:17	6:49	8:01
4	5:55	7:07	12:58	4:16	6:48	8:00
5	5:56	7:08	12:58	4:15	6:46	7:58
6	5:57	7:09	12:57	4:13	6:45	7:57
7	5:58	7:10	12:57	4:12	6:43	7:55
8	5:59	7:11	12:57	4:11	6:42	7:54
9	6:00	7:12	12:56	4:10	6:41	7:52
10	6:01	7:13	12:56	4:09	6:39	7:51
11	6:02	7:14	12:56	4:08	6:38	7:49
12	6:03	7:15	12:56	4:07	6:36	7:48
13	6:04	7:16	12:55	4:06	6:35	7:47
14	6:04	7:17	12:55	4:05	6:33	7:45
15	6:05	7:17	12:55	4:04	6:32	7:44
16	6:06	7:18	12:55	4:03	6:31	7:43
17	6:07	7:19	12:55	4:02	6:29	7:41
18	6:08	7:20	12:54	4:01	6:28	7:40
19	6:09	7:21	12:54	4:00	6:27	7:39
20	6:10	7:22	12:54	3:59	6:25	7:38
21	6:11	7:23	12:54	3:58	6:24	7:36
22	6:12	7:24	12:54	3:57	6:23	7:35
23	6:13	7:25	12:54	3:56	6:21	7:34
24	6:14	7:26	12:53	3:55	6:20	7:33
25	6:14	7:27	12:53	3:54	6:19	7:32
26	6:15	7:28	12:53	3:53	6:18	7:30
27	6:16	7:29	12:53	3:52	6:16	7:29
28	6:17	7:30	12:53	3:51	6:15	7:28
29	6:18	7:31	12:53	3:50	6:14	7:27
30	6:19	7:32	12:53	3:49	6:13	7:26
31	6:20	7:33	12:53	3:48	6:12	7:25

November						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	6:21	7:34	12:53	3:47	6:11	7:24
2	6:22	7:36	12:53	3:47	6:10	7:23
3	6:23	7:37	12:53	3:46	6:09	7:22
4	6:24	7:38	12:53	3:45	6:08	7:21
5	6:25	7:39	12:53	3:44	6:07	7:20
6	6:26	7:40	12:53	3:43	6:06	7:19
7	6:27	7:41	12:53	3:43	6:05	7:18
8	6:27	7:42	12:53	3:42	6:04	7:17
9	6:28	7:43	12:53	3:41	6:03	7:16
10	6:29	7:44	12:53	3:40	6:02	7:15
11	6:30	7:45	12:53	3:40	6:01	7:14
12	6:31	7:46	12:54	3:39	6:00	7:13
13	6:32	7:47	12:54	3:39	6:00	7:12
14	6:33	7:48	12:54	3:38	6:00	7:11
15	6:34	7:49	12:54	3:37	6:00	7:10
16	6:35	7:50	12:54	3:37	6:00	7:09
17	6:36	7:51	12:54	3:36	6:00	7:08
18	6:37	7:52	12:54	3:36	6:00	7:07
19	6:38	7:53	12:54	3:35	6:00	7:06
20	6:39	7:54	12:54	3:35	6:00	7:05
21	6:40	7:55	12:54	3:35	6:00	7:04
22	6:41	7:56	12:54	3:34	6:00	7:03
23	6:41	7:57	12:54	3:34	6:00	7:02
24	6:42	7:58	12:54	3:34	6:00	7:01
25	6:43	7:59	12:54	3:33	6:00	7:00
26	6:44	8:00	12:54	3:33	6:00	6:59
27	6:45	8:01	12:54	3:33	6:00	6:58
28	6:46	8:02	12:54	3:32	6:00	6:57
29	6:47	8:03	12:54	3:32	6:00	6:56
30	6:48	8:04	12:54	3:32	6:00	6:55

December						
Date	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
1	6:48	8:06	12:53	3:32	6:00	6:54
2	6:49	8:07	12:53	3:32	6:00	6:53
3	6:50	8:08	12:53	3:32	6:00	6:52
4	6:51	8:09	12:53	3:32	6:00	6:51
5	6:52	8:10	12:53	3:32	6:00	6:50
6	6:53	8:11	12:53	3:32	6:00	6:49
7	6:54	8:12	12:53	3:32	6:00	6:48
8	6:55	8:13	12:53	3:32	6:00	6:47
9	6:56	8:14	12:53	3:32	6:00	6:46
10	6:57	8:15	12:53	3:32	6:00	6:45
11	6:58	8:16	12:53	3:32	6:00	6:44
12	6:59	8:17	12:53	3:32	6:00	6:43
13	7:00	8:18	12:53	3:32	6:00	6:42
14	7:01	8:19	12:53	3:32	6:00	6:41
15	7:02	8:20	12:53	3:32	6:00	6:40
16	7:03	8:21	12:53	3:32	6:00	6:39
17	7:04	8:22	12:53	3:32	6:00	6:38
18	7:05	8:23	12:53	3:32	6:00	6:37
19	7:06	8:24	12:53	3:32	6:00	6:36
20	7:07	8:25	12:53	3:32	6:00	6:35
21	7:08	8:26	12:53	3:32	6:00	6:34
22	7:09	8:27	12:53	3:32	6:00	6:33

STORIES OF THE SAHABA

“La Ikraha Fiddin” There is no Compulsion in Religion
(Al Baqara :255)



Ikrimah ibn Abi Jahl (RA)

Ikrimah was twenty-eight years old when Rasulullah (S) made his mission public. Ikrimah's lineage was one of the most noble of the Quraish, and he belonged to one of the wealthiest families. His father, the notorious Abu Jahl, had a very strong influence on Ikrimah. Allah, the Most High tested the faith of the believers through the torments of Ikrimah's father, and the believers remained firm in spite of him. Abu Jahl tormented, insulted and killed Muslims at any and every opportunity and without conscience. Ikrimah, under his father's influence, developed the toughest opposition to the Prophet (S). Like his father, he tortured the Muslims as much as he could, carrying out his father's wishes. Abu Jahl led the armies of the Quraish to the Battle of Badr. He prepared for the battle by slaughtering camels, drinking wine and listening to music. On the day of Badr, Abu Jahl was the leader and 'Ikrimah was his right hand man. When he was leaving for Badr, Abu Jahl had sworn by the goddesses Lat and 'Uzza that he would not return alive to Makkah unless he defeated the army of Rasulullah (S). But Lat and 'Uzza were only idols with no real power, and so his prayer to them was useless. Abu Jahl was killed in that battle and his son witnessed him being killed. From that day, Ikrimah adopted a new attitude toward Islam.

The need for revenge

Ikrimah ibn Abu Jahl went to Uhud, and he took with him his wife, Umm Hakim, to be with the other Quraishi women whose relatives were slain at Badr. They stood behind the lines beating drums and urging the warriors to fight, so that no one would think of running away.

Khalid ibn al-Walid led the right flank of the Quraishi army, and Ikrimah led the left flank. These two warriors led the Quraish to victory that day over the Muslims. Abu Sufyan ibn Harb, the Quraish chief, said, "This is for the day of Badr!" They felt they had gotten their revenge against the Muslims.

At the Battle of al-Khandaq (the Trench), the Quraish besieged Madinah. They were stopped by the trench which

no one could cross. It was a long siege and Ikrimah grew impatient. He looked for some place in the ditch that was narrow enough to leap and raced his horse towards it. He managed to cross and was followed by a few others. One of them was killed and Ikrimah had to turn and jump back across to save himself.

On the day of the conquest of Makkah, the Quraish knew they could not stand up to the Muslims any longer. They decided to let Rasulullah (S) enter unopposed. However, Ikrimah and some others went against the consensus of Quraish. They attempted to block the progress of the Muslim forces. Khalid ibn al-Walid, who had become a Muslim and had gone over to the army of the Prophet (S), defeated them in a small battle.

Ikrimah escaped being captured, slipped out of Makkah, disguised, and headed south towards Yemen.

While entering Makkah, the Prophet (S) made sure to request that the non-Muslims or former enemies of the Muslims be shown kindness and that they should not be harmed. And he went on to perform Salah (prayer), after which he took a few moments to rest. He then made his way to the Kabah sanctuary, where he destroyed the idols within or surrounding the sacred building. He then proceeded to perform Tawaf around the Kabah.

“Insulting the dead hurts the one who is alive and does not reach the dead.”

After Muhammad's (S) act of ridding the idols and exclaiming the glory and oneness of the Creator, the people of Quraysh started to leave their houses and gather in front of the Kabah to hear Prophet Muhammad (S) speak. He began by teaching them about Islam and quoted from the Quran:

“O mankind! We created you from a single (pair) of a male and a female, and made you into nations and tribes, that ye may know each other (not that ye may despise (each other). Verily the most honoured of you in the sight of Allah is (he who is) the most righteous of you. And Allah has full knowledge and is well acquainted (with all things).”
(Qur'an 49:13)

When we look back at when Prophet Muhammad (S) conquered Makkah, his beloved homeland, we are humbled by the extent of his mercy and forgiveness. The Quraish were completely vulnerable and at his disposal; he had every right to seek revenge on them for what they did to him. Even though the Quraish exiled him from his homeland, tortured and killed his friends and companions, and made his life full of suffering, he forgave them. How many Muslims today would be so forgiving like the Prophet (S)? The Prophet (S) granted his forgiveness to his former enemies, those who wanted to destroy his belief, his reputation, and life. So here we see his mercy for mankind, which Muslims can only attribute as a gift from Allah, The Giver of all things.

As we read in the Qur'an: ***“We have not sent thee (Muhammad), but as a Mercy for all creatures.”*** (21:107)

Muslims can learn from this act of selflessness by Muhammad (pbuh). It exposed the true aim of his mission as a messenger of God, which was to establish Islam (literally meaning 'peace' and 'submission'), for mankind. A religion not based on vengefulness and war and confusion, but of freedom from strife, God awareness and submission to the One. It teaches that for a society to flourish and achieve the best of its ability, forgiveness must be a main concern.

The day of welcome

Ikrimah's Wife, Umm Hakim, along with Hind bint 'Utbah and ten other Makkan women, went to the house of the Prophet (Pbuh) to pledge allegiance to him.

Hind was fearful of meeting Rasulullah (S), because of the way she had mutilated the body of his uncle, Hamzah, at the Battle of Uhud. She was so afraid that she came in his presence wearing a veil over her face. She said "O Rasulullah (S) praise be to Allah Who has established the religion He chose for Himself. I implore you by the bonds of kinship to treat me with mercy. I am now a believing woman." Then she unveiled her face and said, "I am Hind bint 'Utbah."

"You are welcome here Hind," replied the Prophet (Pbuh).

Then she said, "O Rasulullah (S), by Allah, The Most high there was no house on earth that I wanted to see disgraced more than your house. Now there is no house on earth that I would like to see honored more than your house."

Then, Umm Hakim stood up and declared her entrance into Islam and said, "O Rasulullah (S), Ikrimah ran away from you to Yemen out of fear that you would kill him. Grant him security and may Allah grant it to you."

"He is secure," promised the Prophet (S).

Umm Hakim set out immediately in search of her husband. She traveled south along the coastal road until she found Ikrimah at Tihamah on the Red Sea, trying to arrange transport to Ethiopia with a Muslim seaman.

The seaman was saying, "Be honest with Allah, The most High and I will transport you."

"What shall I say?" asked Ikrimah.

"Say: 'I testify that there is no god but Allah!'" was the answer, for the captain feared shipwreck if he took an unbeliever aboard.

"I have run here to escape from these words!" said Ikrimah.

At that moment, he realized that he actually could say those words that he had resisted all his life. He also knew that since he could say them, there was no need to get on the boat to run away from saying them.

Then Umm Hakim arrived and said, "O husband, I have come from the most generous of men, the most righteous, Muhammad ibn 'Abdullah (S). I asked him to grant you security and he (S) did. Don't destroy yourself by running away farther."

"Have you really talked to him?" asked Ikrimah.

"Yes, I have, and he (S) has granted you pardon!"

She kept reassuring him until he agreed to come back with her.

At a rest house on the way, he wanted to sleep with her, but she refused absolutely and said, "I am a Muslim woman and you are a Mushrik, an idol-worshipper."

Ikrimah was totally amazed that his wife would refuse him and he said, "Any matter that comes between us, keeping you from me, must be a great matter!"

As Ikrimah approached Makkah, Rasulullah (S) said to his companions, "Ikrimah ibn Abu Jahl will come to you as a believer and emigrant. Don't insult his father. Insulting the dead hurts the one who is alive and does not reach the dead."

Soon after that, Ikrimah and his wife arrived at the place where the Prophet (S) was sitting. When Rasulullah (S) saw him, he stood up and greeted and welcomed him.

When the Prophet (S) sat down again, Ikrimah said, "O Muhammad (S), Umm Hakim told me you have granted me pardon."

"She said the truth," said the Prophet (S). "You are safe."

"What do you invite people to, Muhammad (S)?" asked Ikrimah.

He (S) replied, "I invite you to testify that there is no god but Allah and that I am His Messenger (S), to make Salah, and to pay Zakah."

Ikrimah responded, "I swear you are inviting only to the Truth, and you are commanding only to do what is good. You lived among us before you started your mission. You were the most honest and the most righteous of us." Then he said, "I testify that there is no god but Allah and that you are His servant and His Messenger and O Rasulullah (S), teach me the best thing to say!"

He (S) replied, "Say: I testify that there is no god but Allah and that Muhammad is His servant and His messenger."

Ikrimah repeated the Shahada.

At that point the Prophet (S) said, "Whatever you ask me today, I will give you."

Ikrimah said, "I ask you to ask Allah's forgiveness for me for all the hatred I had against you, for all the moments I confronted you and for whatever I said in your presence or absence."

Rasulullah (S) responded, "O Allah, forgive him for the hatred he had against me and whatever he said insulting me in my presence or my absence."

Ikrimah's face beamed with happiness and he said, "By Allah, O Rasulullah (S), I promise that whatever I have spent to obstruct the way of Allah, I shall spend twice as much for His sake, and whatever fight I have fought against the way of Allah, The Most High, I shall fight twice as hard in His way."

From that day on, the ranks of Islam gained a brave horseman in the fields of battle and a great worshipper who spent his nights praying and his days reading the Qur'an in the Masajid.

Ikrimah fulfilled his promise to Rasulullah (S), and fought very hard in the way of Allah, The Most High and took part in every battle or expedition that took place after he became Muslim.

Ikrimah's last moments were spent on the battlefield with two other Muslims, Harith ibn Hisham and Ayyash ibn Abi

"Say: O my servants who have transgressed against their souls: Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft Forgiving, Most Merciful. (Quran 39:53)



Rabiah. When they lay mortally wounded on the battleground of Yarmuk, Harith asked for some water to drink.

As it was brought to him, Ikrimah looked at him so Harith said, "Give it to him." When they brought the water to Ikrimah, Ayyash looked at him, so Ikrimah said, "No, give it to him." By the time they got to Ayyash, he had just breathed his last. When they returned to Harith and Ikrimah, they found that they too had passed away.

Even in the throes of death, they exhibited the generosity towards one another that had characterized the Sahabah. May Allah, The Most High, bless them all and give them a drink from the waters of al-Kawthar, the pool of Paradise, so they'll never be thirsty again, and may He give them the greenfields of the highest paradise (Firdaus).

Wahshi ibn Harb's Conversion

Wahshi ibn Harb (literal definition is *the son of war*) was the Ethiopian slave of Jubayr ibn Mut'im. He is best known for killing the Prophet Muhammad's (S) uncle, Hamzah.

The Holy Prophet (S) sent someone to Wahshi bin Harb to invite him to Islam.

Wahshi sent a message to him: "O Muhammad! How do you invite me towards Islam, when you say that the murderer, polytheist and the adulterer will enter the Hell, will be given double punishment on the Day of Judgment, and will abide there forever? I have committed all these sins. Is there anyway (of salvation) for me in spite of all this?"

On this the following Quranic verse was revealed: **"Unless he repents, believes, and works righteous deeds, for them Allah will change the evil of such persons into good, and Allah is Oft-Forgiving, Most Merciful."** (25:70)

Wahshi replied to this, "O Muhammad! This condition: "Unless he repents, believes, and works righteous..." is very hard for me."

Then Allah revealed the following verse: **"Allah forgiveth not (the sin of) joining other gods with Him (i.e. polytheism); but He forgiveth Whom He pleaseth other sins than this..."** (4: 116)

Wahshi again said, "O Muhammad! It is purely at Allah's Will. I'm not certain whether I will be forgiven or not. Tell whether there is any other way?"

Then the following revelation came down: **"Say: O my servants who have transgressed against their souls: Despair not of the Mercy of Allah: for Allah forgives all sins: for He is Oft Forgiving, Most Merciful."** (39:53)

Hearing this Wahshi said, "This is good," and he embraced Islam.

Then the Muslims (i.e. the Companions) said, "We also had the same questions in our mind that was asked by Wahshi."

The Holy Prophet (S) said, "The above is a glad tidings for all Muslims."

May Allah (SWT) grant all of the Sahabah and their families the highest level in Jannah.



What Others Have Said

"My choice of Muhammad to lead the best of the world's most influential persons may surprise some readers and may be questioned by others, but he was the only man in history who was supremely successful on both the religious and secular levels." (The 100: A Ranking of the Most Influential Persons in History by Michael H. Hart)

"I became more than convinced that it was not the sword that won a place for Islam in those days in the scheme of life. It was the rigid simplicity, the utter self-effacement of the Prophet, the scrupulous regard for his pledges, his intense devotion to his friends and followers, his intrepidity, his fearlessness, his absolute trust in God and in his own mission." (Young India, Mahatma Ghandi)



IMPORTANT REMINDER

The verses of the Holy Qur'an and the traditions of the Prophet have been printed for the benefit of our readers. You are asked to ensure their sanctity. Therefore, they should be disposed of in the proper Islamic manner.

COOK'S CORNER

Hummus

- 2 tablespoons tahini
- Squeeze of lemon + slice of lemon
- 1 can garbanzo beans-reserve 4 garbanzo beans for garnish
- Salt to taste
- 1 teaspoon of garlic (optional)
- Water
- Paprika
- Olive oil
- Drain the garbanzo beans. Reserve the liquid
- Put all ingredients including garbanzo beans into blender. Add the garbanzo bean liquid.
- Slowly add water until mixture is well blended.



Pour hummus into a plate. Add the 4 reserved beans in the middle of the hummus. Sprinkle with paprika. Add a slice of lemon to the side and drizzle with olive oil.

Chicken with Sumac

- 1 chicken cut in 8 pieces
- 3 onions sliced
- 3 lemons
- Olive oil
- Sumac spice
- Salt and pepper to taste
- Preheat oven to 350 degrees.



Coat a 9x13 inch pan generously with olive oil. Add chicken. Scatter onions all over chicken then squeeze lemons. Cover chicken heavily with sumac. Add salt and pepper. Drizzle with olive oil. Mix well until ingredients are blended. Cook for 1 hour or until chicken is tender and cooked through.

Kanafa

- 1 box shredded phyllo dough (kataifi)
- 1 (15 ounce) container of ricotta cheese
- 1 cup shredded mozzarella cheese
- 1/3 cup white sugar
- 1 1/2 cups of butter (12 ounces)
- Syrup
- 1 cup sugar
- 1/2 cup water

CORNER

- 1 teaspoon lemon juice
- 1/8 teaspoon rose water



Preheat oven to 400 degrees.

Finely chop shredded phyllo dough. (food processor works well) Pour into a large bowl.

Mix ricotta and mozzarella cheese into a bowl. Add sugar. Then set aside.

Melt butter in a saucepan. Add to the phyllo dough. Mix butter well with phyllo dough. Make sure that the butter is absorbed by taking handfuls of the dough and rubbing it between your palms.

Spread half of the buttered phyllo dough into a 9x13-inch pan and press down firmly. Spread the cheese mixture on top of the dough. Add the other half of the phyllo dough. Bake until the cheese is slightly golden and the edges of dough are brown and bubbly- 30 to 35 minutes.

While the kanafa is baking, prepare the syrup. Combine the water and sugar in a small saucepan. Bring the mixture to a boil over medium-high heat. Reduce the heat to medium and stir in the lemon juice. Simmer, stirring constantly, until the sugar is dissolved and the mixture is thickened, 5 to 7 minutes. Remove from heat and add the rose water; set aside to cool.

Remove kanafa from the oven. While hot, pour syrup over the kanafa.

Tourshí

- 3 potatoes
- 2 onions
- 1 cabbage
- 1 tomato
- 1/2 bell pepper
- 2 chilies
- 2 teaspoons black seeds
- Salt and pepper to taste



Sprinkle of turmeric for yellow color

Corn oil

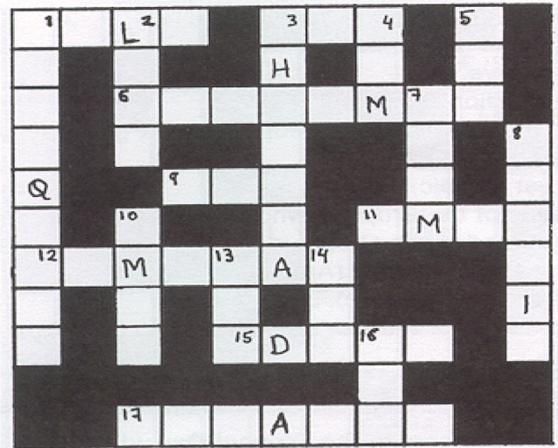
Heat a generous amount of corn oil to a large pot. (Medium Heat)

Dice onions, tomato, bell pepper, and chilies and add to pot.

Cut cabbage. Cut potatoes into bigger pieces. Add to pot.

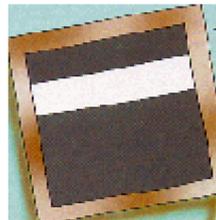
Add black seeds, salt and pepper, and turmeric to pot and simmer for 30 minutes or until potatoes and cabbage are done.

Enjoy!!



MAKE A "POP-UP" EID CARD

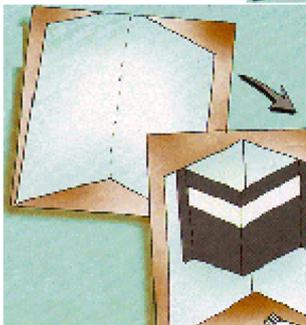
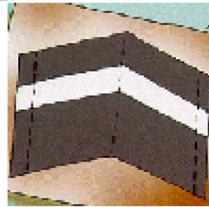
Make this special card for your favorite friends and family



1. Cut a square piece of thin card, and paint it black and white to make a picture of the Kaabah

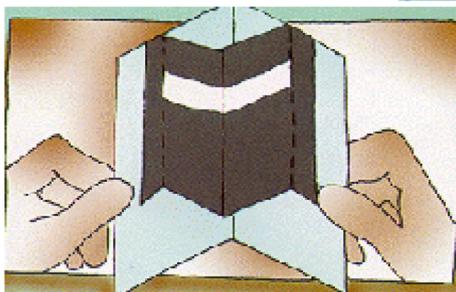


Fold the card as shown. Fold the edges so that you may be able to stick your picture to your Card

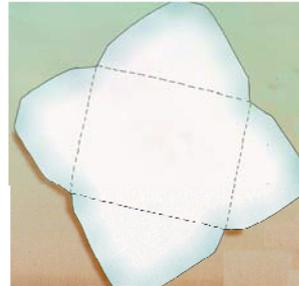


3. Fold a larger piece of thick card.

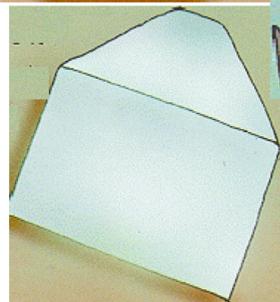
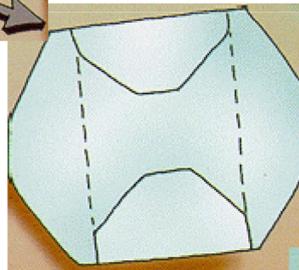
4. Stick your picture of the Kaabah on the large card, and write your Eid Message on the card.



AND AN ENVELOPE!



After cutting the paper, fold and glue three sides inwards. Leave the last side open until you have put the Eid Card inside the envelope.



**AND EID MUBARAK TO ONE AND ALL!
MAY ALLAH ACCEPT YOUR
RAMADAN.**

Crossword Puzzle

Across

1. Assist.
2. Unhappy.
6. Allah's last Prophet.
9. Prophet Jesus (Arabic).
11. He leads the prayer.
12. Month for fasting.
15. Call to prayer
17. This prophet nearly sacrificed his own son.

Down

1. Islam's Sacred book.
2. Light
3. Islam's first pillar.
4. Not bright.
5. Muslim festival.
7. The first man and Prophet.
8. Ibrahim's son.
10. Faith (Arabic).
13. Muslim supplication (Arabic).
14. This Prophet built the Ark (Arabic).
16. The Prophet Muhammad's cousin and son-in-law.

Crossword Answers

Across: 1. Help 3. Sad 6. Eid & Adam 8. Ismail 10. Imam 12. Ramadan 15. Adhan 17. Muhammad 9. Isa 11. Imam 13. Dua 14. Nuh 16. Ali
Down: 1. Holy Quran 2. Lamp 3. Shabada 4. Dim 5. Ibrahim
Don't Peek

Answers:



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