



NEWSLETTER: Issue 2 - December 2010 (Dhul Hijjah 1431H)

بِسْمِ اللّٰهِ الرَّحْمٰنِ الرَّحِیْمِ

**'O my Lord, increase me further in knowledge.'**  
(Holy Quran, Surah Taha, Ch20: v114)

Assalamu Alaikum dear Members!

Welcome to the second edition of the *al-Lawh* Newsletter. All Praise to Allah Most High, The Creator and Sustainer of the Worlds and choicest peace and blessings upon our Master Muhammad Salallahu Alaihi Wasallam for assisting us with this task. With all your duas and input, we have been given the opportunity to produce this informative second edition, alhumdulillah.

Firstly, a huge 'thank you' and well done to Khuram Habib for designing such a splendid and eye-catching logo for *al-Lawh* Institute. I am sure you will agree that it is perfect for *al-Lawh*, so please join us in congratulating Khuram (who specialises in Print Media and Brand Design) for his achievement. **CONGRATULATIONS!!** As you may recall, a gift for the individual who designs the best logo was promised, so a set of the Aqeeda course/events DVDs and course books are on the way! ☺

Shaykh Muhammad Yazdani Raza Al-Misbahi Sahib has continued to bless us with his presence and the last lesson of the Aqeeda and Fiqh course will be coming to an end this weekend. We are all truly grateful for Shaykh Sahib's continued blessings and guidance, but there is more good news in store. Shaykh Sahib has agreed to assist us further and alhumdulillah, we have gained Shaykh Sahib's commitment to start another similar course in the New Year, so watch this space! ☺

We hope to make future editions of the Newsletter topic-based, so if you have suggestions or ideas, please feel free to contact us and let us know. We value your feedback and opinions. In the meantime, we hope that you will all enjoy this second edition as much as the first.

Wa alaikum assalam wa rahmatullahi wa barakatuhu.

**Sajida Afzal**  
*al-Lawh* Institute

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### Famous Quotations:

**'Four years after the death of Justinian, A.d. 569, was born at Makkah in Arabia the man who, of all men exercised the greatest influence upon the human race .... Muhammad ....."**

**(John William Draper, M.D. L.L.D.,  
A History of the Intellectual Development of Europe, London, Vol 1, p329 -330)**



### Upcoming Events:

- **18<sup>th</sup> Dec 2010 (6.30-10.30pm):** The Sunni Identity & Recognising Deviancy from Islam
- **2<sup>nd</sup> Jan 2011 (6.30-8.30pm):** The Status of Jesus (pbuh) in Islam & Seal of Prophethood

At the events, we will be blessed yet again with the company of great young scholars from all over the country. Speakers will include Shaykh Monawwar Ateeq Rizwi (Graduate of Hazrat Sultan Bahu Trust), Shaykh Asrar Rashid (student of Hazrat Allama Rasool Bakhsh Saeedi Sahib) and Shaykh Saeed Cassim Ziaee (Graduate of Jamia Rizvia Zia-ul-Uloom, South Africa & Imam of Slough Masjid). All the scholars will shower us with enthralling speeches regarding pressing issues of our time, and assist us to increase our knowledge of our beautiful Deen insha'Allah! Make sure to attend with family and friends.

### Community Services:

Please let us know if you have any contacts that could attend one of our future events to offer valuable insight into the potential hazards of social evils such as smoking, drugs, alcohol abuse etc. Furthermore, you may wish to find out about other services that could prove beneficial for the Muslim community at large, such as advice on Disabilities, Special Needs and various health issues such as increased cases of Diabetes (for example) within Asians. Our events are excellent opportunities to raise awareness of such issues, which often may be considered taboo subjects, but are real issues facing us all, so if you can help in any way, please contact us on the numbers below.

Many Thanks.

*So you missed  
the events and  
courses?  
No fear, DVDs  
are here 😊*



**DVDs of all events and courses are available for purchase (income is used to fund/resource further events). These are invaluable learning resources and come highly recommended for personal knowledge and also as gifts for family and friends. Please contact us (details below) if you wish to buy any of the DVDs.**



# Balancing Social Life and Religion

By Aneela Rabbani

As I sit in the university library writing my assignment, I can't help but notice the worry and seriousness on my fellow students' faces. They all look so stressed out, working on their deadlines, revising for their tests, and researching. This isn't new; this is always almost the case every semester. I can't help but ask myself, is this is all there is to life? Getting a degree, finding a job, making a secure living? As I get older, I am more aware of the fact that responsibilities pile up followed by stress. The hours in the day seem so short and the 'To Do List' gets longer. And inevitably we all get so caught up in our worldly duties that we forget what our purpose in this life is.....to show complete submission to our Creator SWT. Allahu Akbar!

I love the beauty of our religion as it promotes both worldly duties as well as madhabi. But sadly most of us fail to balance both and become more lenient towards worldly concerns. We usually come up with all sorts of reasons to justify why we fail to pray daily such as, "My university schedule is too hectic", "I don't get enough time to pray between classes" and the list goes on. A person who prays five times a day has no more hours in the day than you, but what they do have is the clear focus and determination about what is most important. Come to think of it, when I see my fellow Muslimahs at my university, who take time out of their daily life on campus to perform salah, they seem more refreshed, less stressed, and do better in their education than students who mainly focus on studying. When we lose our focus and become overwhelmed with all the things we have to do, we can look at our beloved Prophet Salallahu alaihi wa'alihi wasallam's fine examples. Hazrat Abu Bakr (RA) reported that the Prophet salallahu alaihi wasallam said:

**"The supplications of are, 'distress Allahumma rahmatoka arju, fala takilni ila nafsi tarfata 'ain, wa aslah li sha'ni kullahu, la ilaha illa anta' (O Allah, I hope for Your mercy, so give me not over to myself even for as little as wink of an eye, and set right all my affairs, there is no god but You)." Source: Abu Daw'ud**

Here are some more Duas to help you during finals etc:

## **Before Studying**

• Allahumma infa'nii bimaa 'allamtani wa'allimni maa yanfa'unii. (O Allah! Make useful for me what you taught me and teach me knowledge that will be useful for me)

## **While studying something difficult**

• Allahumma la sahla illama ja 'althu sahlawwa anta taj'alul hazana itha sh'ita sahla. (O Allah! Nothing is easy except what you have made easy, if you wish, you can make the difficult easy)

## **After Studying**

• Allahumma inni asta'eduka ma qara'tu ma ma hafazt. Faruddahu 'allaya inda hagati ilayh. (O Allah! I entrust you with what I have read. Bring it back to me when I am in need of it)

May Allah SWT grant us the tawfeeq to practice our Deen to the best of our abilities at all times. Aameen.

## The Truth, The Whole Truth and Nothing but the Truth – by Jabeen Khan

Imam Bayhaqi (RA) from Jabir (RA) relates that the Messenger of Allah (Salallahu alaihi wasallam) said: "There is no charity more beloved to Allah from speaking the truth."

This Hadith was declared rigorously authentic by Ibn Hibban (RA). Not only does this Hadith place a high value on truth, stating that speaking the truth is a form of charity that is beloved to Allah SWT, but actually says that there is *nothing* more charitable. It is very important to always speak the truth, regardless of the effects, as speaking the truth is a vital part of Islam about which the Holy Quran and Hadith have guided us time and time again. Allah SWT loves those who speak the truth and those who always speak the truth are also respected by society at large. Lying not only creates problems in your life but is also considered a big sin in Islam.

Speaking the truth may cause some short time hardship, but saves you from the bigger trouble. Uttering one lie can lead to a vicious cycle; you may be forced to speak more lies to cover up the initial falsehood. So, speaking the truth is of paramount importance and forms the basis of good character. The Beloved Prophet (Salallahu alaihi wasallam) said truth takes you towards virtuous acts which lead you eventually towards Heaven. Abdullah bin Mas`ud (RA) reported that the Prophet (Salallahu alaihi wasallam) said:

"Truth leads to piety and piety leads to Jannah. A man persists in speaking the truth till he is enrolled with Allah as a truthful. Falsehood leads to vice and vice leads to the Fire (Hell), and a person persists on telling lies until he is enrolled as a liar". [Agreed upon Hadith]

In another Hadith narrated by Hazrat Abu Hurairah (RA), Nabi-e-Kareem (Salallahu alaihi wasallam) said: "Whoever does not give up false statements (i.e. telling lies) and evil deeds, and uttering bad words to others, Allah is not in need of his (fasting) leaving his food and drink." This is a clear indication of how the evil act of speaking lies is loathed by Allah Ta'ala, so much so that Allah Ta'ala will not accept our ibadah because of us telling lies.

In conclusion, telling lies is a terrible and grievous sin and it removes all the barakah from our lives. We must therefore, at all costs abstain from uttering falsities that will incur the Wrath of Allah SWT, and hence be to our detriment in this world and the hereafter.

May Allah grant us the tawfeeq to abstain from telling lies. Aameen!

**'Speak the truth even it be bitter' (Imam Bayhaqi RA)**

## Islamic Wordsearch - By Aqib Gulfraz



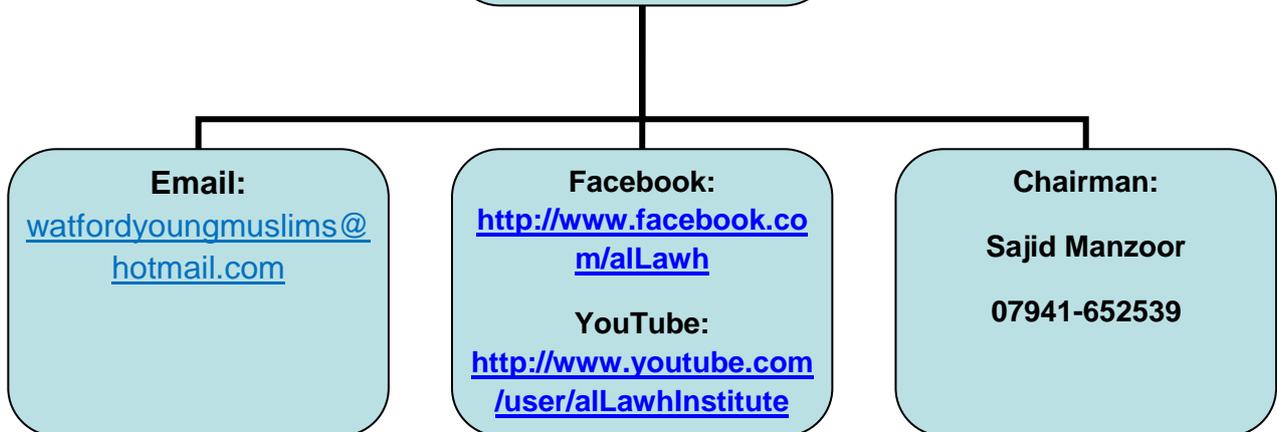
### FIND THE FOLOWING WORDS:

ISLAM	ZAKAAH	AZAAAN	FAJR	IMAAM	RAMADAAN	QURAN
MAKKAH	ISHA	HAJJ	UMRAH	ASR	ANGELS	HEAVEN
AFTERLIFE	EID	DEEDS	SINS	WUDU	SALAAH	

### ANSWERS TO ISLAMIC QUIZ FROM NEWSLETTER 1 (BY Ayesha Afzaal)

1. Jannah is a special 'Garden' that Allah has prepared for good people.
2. Delicious food including all types of fruit, milk, honey, water and fruit juices!
3. We will see Allah SWT, our beloved Rasul salallahu alaihi wasallam and all the Prophets and Friends of Allah (PBUT) insha'Allah...that is most important.
4. Those that have done good deeds in their life and the pious people will go to Jannah.
5. We must try our best to do those acts and deeds which will become a means for us to go to Paradise, like being kind and respectful to your parents, not lying, not stealing etc.

# Contacts and Useful Links



Want to be included in the next edition? Then Send us your views, ideas, suggestions and articles by email/phone/FB and we will try to get your ideas in print!

## Some Useful Weblinks

