



TRANQUILITY

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Ramadhan Special Issue

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Merits of the Month of Ramadan

- **One of the five pillars** of Islam (Islam was built on 5 pillars, (Shahadah, Regular daily prayers, Fasting the month of Ramadan, Paying the poor dues, and Pilgrimage to Mecca, for who is financially and physically able).
- Allah rewards good deeds in Ramadan **70 times better** than other times.
- **Wipes out all previous sins** (Whoever fasts Ramadan out of **Faith** and **sincerity** he/she will get out of all previous sins as the day he/she was born)
- Ramadan is an occasion of **forgiveness** (Your lord has special occasions of forgiveness within your days, then try to seek those occasions). Ramadan to Ramadan is forgiveness, Jumuaa to Jumuaa is forgiveness, and prayer to the next prayer is forgiveness)
- **The one who lives through Ramadan** and does not earn forgiveness of his/her sins is a loser. Ramadan has a special scale of reward, which is percentage 7,000 higher. You have to work 70 times as hard to reach same level of forgiveness.
- Beginning (10 days) of Ramadan is **Mercy**, center (10 days) of it is **forgiveness** from Allah and last ten days are protection and setting you **free from hell fire**.
- One night better than all your life, the **night of power**
- Ramadan is the month of **prayer** (who prays Isha in Jamaa (in congregation) as if he stood all night in worship, and if he prays Fajr in Jamaa as if he stood the whole night in worship.
- Ramadan is the month of the **Qur'an**: We have revealed the Qur'an in the night of power (Qur'an, 97:1). Read with understanding and reflection on the meanings of the verses. Allah is encouraging us
- Ramadan is the month of **generosity** (Zakat El Fitr). The messenger PBUH was the most generous among people and he was the most generous in Ramadan.
- **Satan are in Jail** in Ramadan, doors of paradise are open and doors of hell-fire are closed
- Ramadan is the month of **repentance**; Make a yearly resolution to stay away from sins, and on the straight path after Ramadan. Ramadan is an opportunity to change your behavior, and to get closer to Allah. Start now and keep your commitment from now on.
- The messenger PBUH said (I **repent** to my Lord 100 times per day, then you also repent every day).
- Ramadan is the month of **Itikaf** (secluded stay in the mosque, reading Qur'an and praying while fasting)
- Paradise has a door of "**Al-Rayan**", which is used only by those who fast.

Other benefits of Fasting

- 1- Fasting reduces fat in blood.
- 2- Fasting lowers blood pressure.
- 3- Fasting gives some rest to the digestive system.
- 4- Fasting makes the believer feels how the poor people feel.
- 5- Fasting strengthen will power, and God consciousness.
- 6- Fasting strengthens self-control and discipline

The Battle of Badr

Ramadan is a source of spiritual as well as physical inspiration for Muslims. Physically, no month in our history has been more charitable and generous with victories than the month of Ramadan. One of the more remarkable examples is the Badr campaign (Battle of Badr). This was a battle in which the forces of truth, numbering 300 men against all odds, defeated an army three times their size. Badr is the name of a rural city about 150 miles from Madinah.

The day of the battle was named the Day of Criterion, *Yawmul Furqaan*, for Allah set apart the distinction between truth and falsehood by aiding His Messenger and the believers against all odds, and abandoning the unbelievers. All this took place in the month of Ramadan, in the second year of Hijrah. The reason for this encounter was purely coincidental. The Messenger of Allah (saas) was informed that his old antagonist and leader of the Quraysh, Abu Sufyan, was returning from Shaam (Northern Arabia) to Makkah with many camels in a large caravan.

The Messenger called upon his companions to intercept and confiscate the caravan which contained merchandise for Quraysh businessmen and women. The reason was because the Quraysh were in a state of war with the new ummah in Madinah, and because the Quraish had appropriated the wealth of the companions who were forced to flee Makkah because of their faith in Islam and suffer merciless persecution at the hand of Makkans. Furthermore, there was no treaty of nonbelligerence between the two parties.

Undoubtedly, the Muslims had every right to seize the contents of the caravan. Thus, the Messenger and the companions marched out of Madinah with 310 men with two horses and the 70 camels. Seventy of the men were *muhajireen* (immigrants from Makkah), and the rest were *ansaar* (the helpers from Madinah). Their objective was to capture the caravan. They did not intend to fight. But Allah, in His own will and wisdom determined otherwise, Allah (SWT) stated "That Allah might accomplish a matter already enacted" (*Al-Qur`an, 8:44*).

Abu Sufyan knew that he was being tailed so he dispatched a messenger to Makkah to inform them of the impending doom of the caravan, and urged them to swift action. Meanwhile, he drove the caravan off the desert's main highway and took a safer but longer coastal route instead, and escaped. The Quraysh, on the other hand, upon receiving this alarming news called for a general declaration of war.

The Quraysh were mighty and heavily prepared. Immediately, 1000 strong men were enlisted, including their warlords and generals. They amassed 100 horses and 700 camels. Their objective was to show off. Allah (SWT) stated: "And be not like those who started from their homes insolently and to be seen by men and to hinder (people) from the path of Allah..." (*Al-Qur`an, 8: 47*) The army included singers to sing ill of the Muslims and dance at their defeat. When Abu Sufyan knew of their setting out, he sent them a message that the caravan had escaped, and that there was no need for the Quraysh to continue the journey, and urged them to return to Makkah and not to fight. The warmongers

of the Quraysh refused to heed Abu Sufyan's call and insisted on continuing. The head of the pack, Abu Jahl (the Father of Ignorance), was reported as saying: "By Allah, we will not return until we reach Badr, spend three days there, slaughter camels, eat and drink wine and liquor, and let the Arabs hear about us so they will continue to fear us forever."

As for the Messenger (saas), when he learned that the Quraysh were heading towards Madinah, gathered his companions and sought their counsel in this grave matter. He told them, "Allah has promised me one of two groups, either the caravan or the army." Al-Miqdad bin Aswad (raa) stood up to represent the *muhajireen*, and said: "O Messenger of Allah, proceed with what Allah (SWT) commanded you. By Allah, we will not say to you what the Israelites said to their Prophet Musa: 'Go thou and thy lord and fight ye two while we sit here and watch' Instead we will fight on your right, on your left, in your front and on your rear."

The head of Al-Aws, Sad bin Mu'adh (raa), spoke on behalf of the *ansaar*, saying: "O Messenger of Allah, I hope you are not afraid that *ansaar* will not see it incumbent upon them to join you unless the enemy is in their homes. I would like to say on behalf of the *ansaar*: "Go wherever you wish, connect the rope of whoever you wish, break the rope of whoever you wish, take from our wealth whatever you desire, give us out of it whatever you wish, whatever you take from us is better for us than what you left, whatever you command of us we shall obey you. By Allah, if you decide to travel and take us with you until you reach the pool of Ghamdan, we will travel with you. If you ask us to cross a sea and you cross it we will cross it with you. We are not afraid to meet the enemy tomorrow. We are patient in war,

truthful in the battlefield. Perhaps Allah will show you in us what will please your eyes."

The Messenger of Allah (saas) was delighted with what he heard from both the *muhajireen* and *ansaar* (raa). He said, "Go delightfully forward. By Allah, it is as if I am looking at the death places of the people."

The Messenger of Allah (saas) proceeded with the army of the Most Gracious until they camped at a well among the wells of Badr. When they were about to settle down, Al-Hubab bin Al-Mindhir Bin `Amru bin Jamuh (raa) asked: "O Messenger of Allah, this place we settled in, is it a place Allah commanded us to camp in whereby we can not leave it? Or is it your idea of war strategy and tactics?" The Messenger replied, "it is my own idea of war strategy and tactics." He counselled "O Messenger of Allah, this is not a suitable place. Let us move to the well nearest to our enemy and settle down there while we cover up all the wells behind us with sand and palm trunks. We then should build on it a trough and fill it with our drinking water and they will not have any to drink." The Messenger liked the idea; he moved to the lower side with the city of Madinah at their back, and the Quraysh took the side that faced Makkah.

On the eve of the battle, Allah sent a mysterious rain. On the side of the Quraish it fell heavily. It soaked everything and created very slippery muddy conditions, making it difficult for the enemy's army to move forward. Whereas on the side of the Muslims, it was a light drizzle that refreshed them and cemented the sand and stabilized their movement.

The believers built a war booth on a hill overlooking the battlefield for

their commander in chief, the Messenger of Allah (saas). He came down from the booth to straighten the lines of his companions and as he walked over the field he pinpointed the death spots of the enemy soldiers, he prophesied: "This is where so and so will fall, Allah willing; this is where so and so will fall." When the battle was over none of these people missed where they were supposed to fall and die, as the Messenger had pointed out before the war.

The Messenger then looked at his companions and at the Quraysh and said: "O Allah the Quraysh came with their vain glory, and boasting, and horses daring You, belying Your Messenger. O Allah, grant me Your assistance that You promised me. O Allah, accomplish for me that which You promised me. O Allah, I remind You of Your promise and Your decree. O Allah, if You willed You would never be worshipped. O Allah, if this army is defeated today You will never be worshipped."

Muslims sought help from Allah and He answered them, as He stated: "Remember thy Lord inspired the angels (with the message): 'I am with you, give firmness to the believers I will instill terror into the hearts of the unbelievers, smite ye all their fingers -tips off them. This because they contended against Allah and His Apostle. If any contend against Allah and His apostle, Allah is strict in punishment.'" (*Al-Qur`an, 8: 12-13*)

The two armies met in a fierce battle. The fighting intensified and went on and on. The Messenger was in his war camp and with him was Abu Bakr and Sa`ad bin Mu`aadh guiding him. The Messenger in the meantime, was praying Allah for help and victory. He napped for a little while and woke up to encourage the Muslims and to promise:

"Nay, the hour of Judgement is the time promised them, for their Hour will be Most grievous and most bitter." (*Al-Qur`an, 54: 46*) He encouraged his companions to fight, and said: "I swear by the One in whose hand Muhammad's soul is, any man who fights them today and is killed while he is patient in the ordeal and seeks the pleasure of Allah, going forward and not backing off, Allah will enter him into Paradise."

`Umair bin Himaam Al -Ansaari (raa) stood up with a few dates in his hand and was about to eat them, and asked: "O Messenger of Allah, a paradise whose width is like the width of heavens and earth?" the Messenger responded: "Yes." `Umair said: `Bakhin! Bakhin! (indicating strong appreciation and acceptance) O Messenger of Allah, there is nothing between me and paradise except to be killed by these people. If I live to eat these dates that will be a long life. Then he threw the dates away and fought until he was killed.

The Messenger (saas) took a handful of sand or stones and threw them at the enemy soldiers and no one was hit by this sand but blinded them and or it preoccupied them. This was a divine intervention from Allah. The enemy soldiers could not fight after that and they were defeated. The remaining soldiers fled from the battlefield in all directions and the Muslims went after them. Seventy of them were killed and seventy were taken as prisoners of war.

Twenty four of the dead were the warlords of the Quraysh whom, the Messenger ordered to be thrown into a well. They included the arch -infidel, Abu Jahl, Ahaibah bin Rabe`ah and his brother `Utbah and his son Al -Waleed bin `Utbah. Abdullah bin Mas`ud (raa) reported that the Messenger (saas)

faced the Ka`abah and prayed over these four and said: "I bear witness that I saw them dead. The sun has changed their appearance because it was a hot day."

After the war the Messenger (saas) stayed at Badr for three days, and as he was riding his horse, on the third day, he pulled away where he came to the edge of a well. He stood and started to call the dead among the enemies by their full names and the names of their fathers. "O so and so, the son of such and such, are you happy that you have disobeyed Allah and His Messenger, for we found what Allah promised us in truth have you found what Allah promised you in truth?" `Umar (raa) and many companions, inquired in astonishment "O Messenger of Allah, why do you speak to bodies that have no souls?" The Messenger replied: "I swear by the One in whose hand Muhammad's soul is, you do not hear what I say more than they do."

As for the prisoners of war, the Messenger asked his companions their opinions. Sa`ad bin Mu`adh (raa) commented: "This is the first defeat for the polytheists. I would have preferred the continuation of the battle than to have taken men as

prisoners of war." `Umar bin Khattab (raa) said: "I think that it would have been better to allow us to kill them. Allow `Ali bin Abi Talib to kill `Aqeel and allow me a member of my family, for these people are the leaders of the unbelief." Abu Bakr, on the other hand, said: These are our uncles and families. I think it would be better to take ransom from them to strengthen ourselves with funds, perhaps Allah will guide them into Islam." The Messenger took ransom from them. Most of them gave between four to a 100 dirham. Some provided services by teaching the Muslim children of Madinah the basics of reading and writing, others by freeing a Muslim bonds man or woman in Makkah. Some were killed because of their crimes against Muslims, while others were let go.

The lessons of this battle are very obvious. An army outnumbered three to one was victorious because it was fighting in the path of Allah, because it stood firm to raise the banner of Allah and to defend Allah's religion, so Allah helped them. Anyone who stood on the same principle, the result would be the same. Indeed, Ramadan is not a period to slacken, it is a serious time in which serious decisions are taken and higher goals are achieved.

The Night of Power

'Lailat ul-Qadr' or 'Night of Power'... a very important occasion in the history of Islam and in our personnel lives.

Allah says in the Qur'an in Surah Al-Qadr: "We have indeed revealed this (message) in the Night of Power. And what will explain to thee what the Night of Power is? The Night of Power is better than a thousand months. Therein come down the angels and the spirit by God's permission, on every errand: Peace! This until the rise of Morn." (97:1-5)

Allah also says about this powerful night in Surah Dukhan (smoke, mist): Ha. Mim. By the book that makes things clear. We sent it down during a blessed night. For We (ever) wish to warn (against evil). In that (night) is made distinct every affair of wisdom, by command, from Our Presence. For We (ever) send (revelations), as a mercy from Thy Lord: for He hears and knows (all things). (44:1-6)

Allah said in the Qur'an in Surah A1-Baqarah (the Cow): "Ramadan is the (month) in which was sent down the Qur'an, as a guide to mankind, also clear (signs) for guidance and judgment (between right and wrong)." (2:185)

Prophet Muhammad (pbuh) said about Lailatul-Qadr: It as narrated by Abu Hurayra that Prophet said, "Anyone who stays awake for the Night Of Power with belief and for the pleasure of Allah, all his previous sins will be forgiven."
(Bukhari and Muslim)

It has also been reported by Aisha, the wife of the Prophet (pbuh) who said: "I asked the Messenger of Allah if I knew which night was the Night of Power and what Prayer I should say during that night? He said to me: Say: "O Allah! You are forgiving and you love forgiveness, so you too forgive me.

From the foregoing verses of the Qur'an and the sayings of the Prophet Muhammad (pbuh) I would like to mention to you the following:

The Night Of Power is better for you to live, to experience and to enjoy than one thousand months of your personal life. Even if you were to live one thousand months (83.3 years) with sincerity, dedication, and sacrifices and with good intentions and deeds, the Night Of Power is still far better for you to live and to enjoy.

The Revelation of the Qur'an started in the month of Ramadan and specifically on the Night Of Power. The Revelation of the Qur'an; a sign of Mercy, a guide and a blessing of Allah to mankind.

Anyone who is interested in finding the best guide, he/she should look into the teachings of the Qur'an.

The Night of Power is a night of blessings Allah has blessed this Night. Therefore whosoever is interested in receiving the blessings of Allah may look forward to the Night of Power.

Anyone who seeks the Night of Power and lives it, all his/her sin will be erased. This is, as if, he/she is, born again now free of all sin and mistakes.

I am sure every one of us would like to live a life free of sins and free of mistakes. Everyone would like to meet Allah on the Day of Judgment without sins. Every one of us would like to feel that he/she is reborn today. All of us wish to rejuvenate ourselves, and to start a new year with a fresh outlook and a fresh life. Every one of us wants to live a pure life and everyone wants to purify himself/herself without anguish or torment. The Night of Power is one of the best ways in which a person is to achieve all these ideals. For this reason may I suggest that you start looking for it, so you will be able to observe it and enjoy it.

As far as determining the Night of Power (Lailatul Qadr) is concerned, it has been reported to be during

one of the odd numbered nights of the last ten days of Ramadan, i.e. 21st, 23rd, 25th, 27th or 29th. It has been emphasized that it is most likely to be the 27th night.

As far as the signs of Lailatul-Qadr are concerned:

1. The sun rises early in the morning without rays.
2. Rain may fall either during the night or during the day of that night.
3. During night the sky will be lightly foggy.
4. The sky will be slightly lighted without reflections and without rays.
5. The angels and Gabriel all descend down onto earth for many purposes.

If you are interested in living the Night of Power, here are some of the things that you might have to do.

1. Try to observe it during the last ten days of Ramadan, at the time of sunrise, during the days and the nights.
2. On the nights one may spend the time collectively and/or individually observing the following activities:
 - a. Recitation of the Qur'an.
 - b. Prayers-Nafil after Taraweeh.
 - c. Remembrance of Allah or zikr
 - d. Supplication or Du'a for you and for others.
 - e. Pondering and contemplating into the universe, the creation of the Heavens and the Earth: "...and they contemplate the (wonders of) creation in the heaven and the earth...."(3:191)
 - f. Reading books of Hadeeth so as to enjoy the sayings of Prophet Muhammad (pbuh).
 - g. Reading Tafseer of Qur'an.
 - h. Giving charity to others if you can afford it.
 - i. Trying to explain Islam, if you know something about it, to those next to you so they will benefit from you.

To summarize, I would like to mention the following:

The Night of Power is a very important occasion in Islam. Everyone is asked to live it and to enjoy it. This Night is a night of Mercy, a night of Blessing, a night of Peace and a night of Guidance. It is a night of Unification between the finite world of ours and the Infinite Universe of the Unseen.

Anyone who is interested in attaining the Mercy of Allah will strive very hard to look for the Night of Power. Anyone who is interested in receiving the blessings of Allah on the Blessed Night will work very hard to enjoy the Night of Power. Anyone who is interested in attaining peace of mind, peace of body and peace in society, he has to look for this Night and to live it.

May Allah give us the strength, the power, the courage and the effort to do our best to obey Allah and to follow His teachings. May Allah guide us and may Allah strengthen our Iman May Allah help us to live another year with sincerity and devotion. May Allah make us realize that one year of our life is over and that we are one year closer to our graves.

Let us wake up and do our best to please Allah in our daily life. Let us ask Almighty Allah forgiveness. Ameen.

Health Guidelines for Ramadhan

This article provides useful advice on how to avoid some common problems encountered in Ramadhan. If followed, it would enable one to fast comfortably and enjoy fully the spiritual benefits of Ramadhan.

During the holy month of Ramadhan, our diet should not differ very much from our normal diet and should be as simple as possible. The diet should be such that we maintain our normal weight, neither losing nor gaining. However, if one is over-weight, Ramadhan is an ideal time to normalize one's weight.

In view of the long hours of fasting, we should consume **slow digesting foods** including fiber containing-foods rather than fast-digesting foods. Slow digesting foods last up to 8 hours, while fast-digesting foods last for only 3 to 4 hours.

Slow-digesting foods are foods that contain **grains and seeds** like barley, wheat, oats, millet, semolina, beans, lentils, whole meal flour, unpolished rice, etc. (called **complex carbohydrates**).

Fast-burning foods are foods that contain sugar, white flour, etc. (called refined carbohydrates).

Fibre-containing foods are bran-containing foods, whole wheat, grains and seeds, vegetables like green beans, peas, sem (papry), marrow, mealies, spinach, and other herbs like methie, the leaves of beetroot (iron-rich), fruit with skin, dried fruit especially dried apricots, figs and prunes, almonds, etc.

The foods eaten should be well balanced, from each food group, i.e. fruits, vegetables, meat/chicken/fish, bread/cereals and dairy products.

Fried foods are unhealthy and should be limited. They cause indigestion, heart-burn, and weight problems.

AVOID

- Fried and fatty foods.
- Foods containing too much sugar.
- Over-eating especially at sehri.
- Too much tea at sehri. Tea makes you pass more urine taking with it valuable mineral salts that your body would need during the day.
- Smoking cigarettes. If you cannot give up smoking, cut down gradually starting a few weeks before Ramadhan. Smoking is unhealthy and one should stop completely.

EAT

- Complex carbohydrates at sehri so that the food lasts longer making you less hungry.
- Haleem is an excellent source of protein and is a slow-burning food.
- Dates are excellent source of sugar, fibre, carbohydrates, potassium and magnesium.
- Almonds are rich in protein and fibre with less fat.
- Bananas are a good source of potassium, magnesium and carbohydrates.

DRINK

- As much water or fruit juices as possible between iftar and bedtime so that your body may adjust fluid levels in time.

Remedies

CONSTIPATION

Constipation can cause piles (haemorrhoids), fissures (painful cracks in anal canal) and indigestion with a bloated feeling.

Causes: Too much refined foods, too little water and not enough fibre in the diet.

Remedy: Avoid excessive refined foods, increase water intake, use bran in baking, brown flour when making roti.

INDIGESTION AND WIND

Causes: Over-eating. Too much fried and fatty foods, spicy foods, and foods that produce wind e.g. eggs, cabbage, lentils, carbonated drinks like Cola also produce gas.

Remedy: Do not over-eat, drink fruit juices or better still drink water. Avoid fried foods, add ajmor to wind-producing foods.

LETHARGY ('low blood pressure')

Excessive sweating, weakness, tiredness, lack of energy, dizziness, especially on getting up from sitting position, pale appearance and feeling faint are symptoms associated with "low blood pressure". This tends to occur towards the afternoon.

Causes: Too little fluid intake, decreased salt intake.

Remedy: Keep cool, increase fluid and salt intake.

Caution: Low blood pressure should be confirmed by taking a blood pressure reading when symptoms are present. Persons with high blood pressure may need their medication adjusted during Ramadhan. They should consult their doctor.

HEADACHE

Causes: Caffeine and tobacco-withdrawal, doing too much in one day, lack of sleep, hunger usually occurs as the day goes by and worsens at the end of the day. When associated with "low blood pressure", the headache can be quite severe and can also cause nausea before Iftar.

Remedy: Cut down caffeine and tobacco slowly starting a week or two before Ramadhan. Herbal and caffeine-free teas may be substituted. Reorganise your schedule during the Ramadan so as to have adequate sleep.

LOW BLOOD SUGAR

Weakness, dizziness, tiredness, poor concentration, perspiring easily, feeling shaky (tremor), unable to perform physical activities, headache, palpitations are symptoms of low blood sugar.

Causes in non-diabetics: Having too much sugar i.e. refined carbohydrates especially at suhur (sehri). The body produces too much insulin causing the blood glucose to drop.

Remedy: Eat something at sehri and limit sugar-containing foods and drinks.

Caution: Diabetics may need to adjust their medication in Ramadan, consult your doctor.

MUSCLE CRAMPS

Causes: Inadequate intake of calcium, magnesium and potassium foods.

Remedy: Eat foods rich in the above minerals e.g. vegetables, fruit, dairy products, meat and dates.

Caution: Those on high blood pressure medication and with kidney stone problems should consult their doctor.

PEPTIC ULCERS, HEART BURN, GASTRITIS AND HIATUS HERNIA

Increased acid levels in the empty stomach in Ramadhan aggravate the above conditions. It presents as a burning feeling in the stomach area under the ribs and can extend up to the throat. Spicy foods, coffee, and Cola drinks worsen these conditions.

Medications are available to control acid levels in the stomach. People with proven peptic ulcers and hiatus hernia should consult their doctor well before Ramadhan.

KIDNEY STONES

Kidney stones may occur in people who have less liquid to drink. Therefore, it is essential to drink extra liquids so as to prevent stone formation.

JOINT PAINS

Causes: During Ramadhan, when extra Salat are performed the pressure on the knee joints increases. In the elderly and those with arthritis this may result in pain, stiffness, swelling and discomfort.

Remedy: Lose weight so that the knees do not have to carry any extra load. Exercise the lower limbs before Ramadhan so that they can be prepared for the additional strain. Being physically fit allows greater fulfillment, thus enabling one to be able to perform Salâh with ease.

Source:

Islamic Medical Association of South Africa - Durban

<http://www.jamiat.org.za/hramadhaan.html>

How to Celebrate Eid ul-Fitr

The following acts are prescribed as Sunnah at the beginning of the day of Eid ul-Fitr before proceeding to the Eid prayer:

* Muslims should put on their best available clothes. Ibn Al-Qayyim said: "The Prophet, (sallallahu alaihi wa sallam), used to wear his best clothes for the Eid prayers and he (sallallahu alaihi wa sallam) had clothes that he reserved for the two Eids and Jumu'ah." (Muslim)

* Muslims should eat before going to Eid prayer. This is Sunnah and will also help to circumvent the assumption that one must continue to fast until the Eid prayer is over. Anas (radiyallaahu `anhu) narrated: "Allah's Messenger would not leave (his house) on the day of Fitr until he ate some dates." (al-Bukhari)

* Fasting is forbidden on this day, as it marks the end of the month long fast of Ramadan. Abu `Abaid (the slave of Ibn Azhar) said: "I witnessed the 'Id with 'Umar bin Al-Khattab who said, "Allah's Apostle has forbidden people to fast on the day on which you break fasting (the fasts of Ramadan - Eid ul-Fitr) and the day on which you eat the meat of your sacrifices (Eid ul-Adha)." (al-Bukhari)

* No sunnah prayer may precede or follow the Eid prayer - except if it is performed in a masjid instead of the musallaa, in which case one must pray two Rak`aat before sitting down. Ibn `Abbaas narrated: "The Prophet went out (of his house) on the day of Fitr, prayed two Rak`aat, and did not pray before or after it." (al-Bukhari)

* People sometimes spend extravagantly during Eid ul-Fitr. Allah (subhanahu wa ta'ala) says: "Do not waste your wealth senselessly. Those who spend wastefully are the brothers of the Shaytans; and the Shaytan is ever ungrateful to his Lord." (Al-Isra Verses 26-27)

* It is Sunnah to take different routes to and from the Eid prayer. It was narrated by Jaber: "On the days of Eid, the Prophet (sallallahu alaihi wa sallam), would go to the prayer area by one route and come back by another route." (al-Bukhari)

* It is Sunnah to pray in the open (known as the musallaa). Abu Sa`eed al-Khudree (radiyallaahu `anhu) said: "The Prophet used to go on the day of Fitr and the day of Adha to the musallaa; and the first thing he did when he reached there was perform the prayer." (al-Bukhari)

* The Eid prayer is obligatory for every male Muslim. The Prophet (sallallahu `alaihi wa sallam) performed it consistently and commanded all the people to go out for it. He even specifically commanded all of the women to attend. Ash-Shawkaanee (radiyallaahu `anhu) said: "Note that the Prophet consistently performed this prayer on every Eid, never neglecting it. He commanded the people to go out for it; he even commanded the free women, the virgins, and the

menstruating women to go out, instructing the latter to refrain from praying, in order for all of them to witness this good and the Muslims' supplications. He further commanded the woman who did not own a jilbaab (outer overall garment for women) to borrow her friend's (al-Bukhari)

* Abu Hurairah narrated that one time Eid fell on a Friday. The Messenger of Allah (sallallahu `alaihi wa sallam) said: "Two Eids have come together on this day of yours; so whoever wishes, he is excused from the Jumu`ah (Friday) prayer. But as for us, we shall gather for the Jumu`ah." (Abu Dawood and Ibn Maajah)

* The Eid prayer can be performed any time between sunrise and noon. Abu Bakr (radiyallaahu `anhu) said: "The time of the two Eid prayers is after the sun has reached the height of a spear, and until noon. However, it is best to pray al-Adh at the earliest time, to enable the people to slaughter their sacrifices; and is recommended to delay al-Fitr prayer, to enable the people to give out their Sadaqah (zakat ul-Fitr)." (Muslim)

* The Eid prayer is not preceded with Adhaan or Iqaamah. Ibn `Abbaas and Jaabir said: "Adhaan was never given (for the Eid prayer) on the day of Fitr, nor the day of Adha." (al-Bukhari)

* The Eid prayer consists of two Rak`aat. `Umar reported: "The travelers' prayer is two Rak`aat; the Adha prayer is two Rak`aat; the Fitr prayer is two Rak`aat; and the Jumu`ah prayer is two Rak`aat; this is their full length as came upon the tongue of Muhammad." (Ahmad)

* The sunnah for the khutbah (speech) is to follow the Eid prayer. Ibn `Abbaas said: "I attended the Eid with Allah's Messenger, Abu Bakr, `Umar, and `Uthman all of them would pray before the khutbah." (Al-Bukhari, Muslim and Ahmad)

* Attending the khutbah is not obligatory, as is the case for attending the prayer. `Abdullaah Bin as-Saa'ib reported that he attended the Eid with the Prophet (sallallahu `alaihi wa sallam) and when he finished the prayer, he said: "We shall have a khutbah; so let whoever wishes to sit for the khutbah do so, and whoever wishes to leave leave" (Abu Dawood, an-Nasaa`ee, Ibn Maajah)

Photo of this Issue...

Photograph taken by an extremely advanced satellite, showing the outskirts of our Universe. As is evident from the photo, scientists call this space as "The Red Rose". This has been stated in Quran more than 14 centuries ago!



انقران الكريم (٥٥): سورة الرحمن

﴿٣٦﴾ فَإِذَا أَنْشَقَّتِ السَّمَاءُ فَكَانَتْ وَرْدَةً كَالدِّهَانِ ﴿٣٧﴾ فَبِأَيِّ آيَاتِ رَبِّكُمَا تُكَذِّبَانِ ﴿٣٨﴾

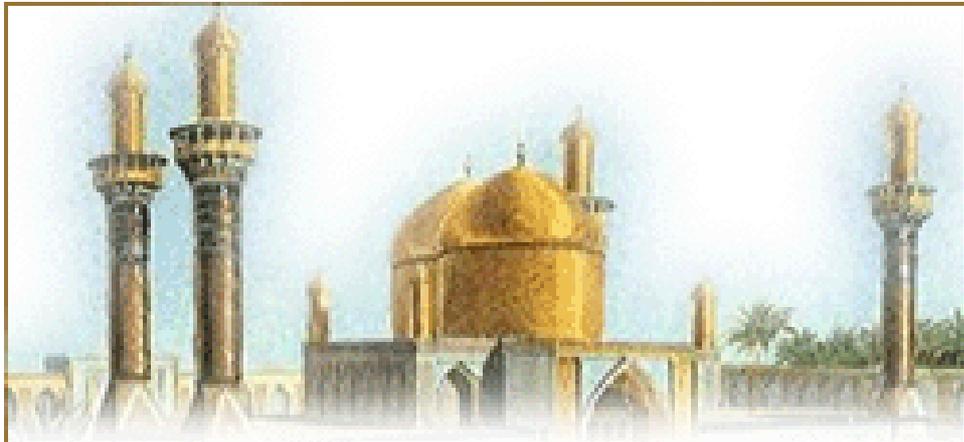
Quran (55): Surat ar-Rahman

37. When the sky is torn apart, so it was (like) a red rose, like ointment

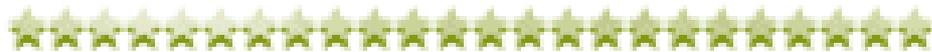
38. Then which of the favours of your Lord will you deny ?

Dear Brothers

TSUMRA wish for you and your families Eid Mubarak



May The Almighty bestow
special blessings on
You this Eid,
and surround you with
love today and always
EID MUBARAK



Wassalamualaikum