

August, 2011

Ramadan, 1432



### *Zakat in Islam*

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The Messenger of Allah (PBUH) says, "Ramadan has come to you. (It is) a month of blessing, in which Allah covers you with blessing, for He sends down Mercy, decreases sins and answers prayers. In it, Allah looks at your competition (in good deeds), and boasts about you to His angels. So show Allah goodness from yourselves, for the unfortunate one is he who is deprived in (this month) of the mercy of Allah, the Mighty, the Exalted." [Narrated by Tabarani]

Zakat or Zakah is the third pillar of Islam. The Qur'an mentions Zakat many times along with prayer Salat to emphasize the importance of it.

Literally Zakat means Blessing, purification, increase and goodness. It is so called as it blesses the wealth from which it is taken and protects it from misfortunes. Ibn Taimiah said, "The soul of one who gives Zakat is blessed and so is his wealth."

Zakat is defined as "A portion taken from wealth and allocated to those deserving it, by Qur'anic injunction." There are various verses for the Zakat

and Alms in the Holy Qur'an.

Some are as follows:

It is no virtue. That you turn your faces towards the east or the west, but virtue is that one should sincerely believe in Allah and the Last Day and the Angels and the Book and the Prophets and, out of His love, spend of one's choice wealth for relatives and orphans, for the needy and the wayfarer, for beggars and for the ransom of slaves, and establish the Salat and pay the Zakat.

And the virtuous are those who keep their pledges when they make them and show fortitude in hardships and adversity and in the struggle between the Truth and falsehood; such are the truthful people and such are the pious. (Surah Al-Baqara : Verse 177)

And perform As-Salât (Iqâmat-as-Salât), and give Zakât, and whatever of good (deeds that Allâh loves) you send forth for yourselves before you, you shall find it with Allâh. Certainly, Allâh is All-Seer of what you do (Surah Al-Baqara : Verse 110)

Men whom neither trade nor sale (business) diverts them from the Remembrance of Allâh nor from performing As-Salât (Iqâmat-as-Salât), nor from giving the Zakât. continued on page 2...

### *Healthy Fasting & Feasting in Ramadan*

O ye who believe! Fasting is prescribed to you as it was prescribed to those before you, that ye may (learn) self-restraint 2:183

There are so many blessings to be had, spiritually and physically – Alhamdulillah! There are so many blessings that we could not possibly know them

all, but Allah swt has blessed us with the knowledge on how fasting helps improve our health.

Today we will look at the health benefits that come from fasting and how to fast in a healthy manner.

And it is better for you that ye fast, if ye only knew 2:184

When you are fasting it allows your body to stop spending energy on the digestion process and allows the energy to be continued on page 2...

**Dua for Breaking Fast**

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

*Zakat in Islam contd...*

They fear a Day when hearts and eyes will be overturned (out of the horror of the torment of the Day of Resurrection)  
*(Surah AlNoor : Verse 37)*

Of their goods take alms, that so thou mightest purify and sanctify them; and pray on their behalf, verily thy prayers are a source of security for them: and Allah is One Who hearth and knoweth  
*(Surah Al-Taubah, Verse: 103).*

In an authentic hadith, the Prophet (peace be upon him) said to his Companion Mu`adh, when he was sent to Yemen as governor,

Tell them that Allah has made Zakat obligatory for them, that it should be collected from the rich and distributed among the poor.

*Written by Br. Rehan Pervaiz*

**Quick Trivia**

In which year was fasting ordained?

10th of shabaan, 2nd Hijri

**Enjoy!**

Drink More Water, at least 3 litres before the next fast

Eat More Fresh Fruits and Vegetables

Have Protien in your Suhour and Iftarr

*Healthy Fasting & Feasting contd...*

spent in other ways such as on your immune system and healing your body.

**Fasting Helps reduce Fat**

– within 6 hrs of beginning your fast the body begins the process of breaking down stored fat into fatty acids which may be used by the liver to create energy for the body. This is called Autolysis. Your fat reserves were created when excess glucose and carbohydrates were not used for energy or growth.

**Fasting Returns Your Stomach to Normal Size** –

The stomach is surrounded by flexible muscle designed to help you grind and digest your food. After a year of over eating or extra indulgences the stomach tends to stretch to allow you to hold more in it.

Fasting allows your stomach to rest and return to normal size which reduces the desire to overeat and may reduce indigestion.

**Fasting Reduces Inflammation** –

Research has shown that fasting promotes the resolving of inflammation processes like rheumatoid arthritis and promotes the drying up of fluid such as edema and swelling.

**Fasting Reduces High Blood Pressure** –

There have been cases of fasting where it has helped lower blood pressure into healthy ranges during fasting which can be maintained after fasting if a healthy lifestyle is followed.

**Fasting Aids in Overcoming Addictions** –

Fasting helps create self discipline

which we can carry about through our lives, but it also helps us overcome our addictions as it rid our body of their toxins. A body that is clear of its addictive substance for 28 days is free from addiction – this can be anything from drug addiction to tobacco or caffeine or even food and sugar addictions. Ramadan takes us to 29 or 30 days – SubhanAllah!

**Fasting is Detoxifying** –

Toxins are stored in our body in our fat cells. As we shed our fat cells by turning them into fatty acids that we can use for energy, our body is able to eliminate any stored toxins which can come from our environment like pesticides or chemicals in our processed food, sugary drinks and even in our beauty products.

## Healthy Fasting & Feasting contd...

**Fasting Beautifies the Skin and Eyes** – As we mentioned fasting detoxifies us but also it has been noted that fasting reduces skin eruptions and make the whites of the eye clearer and brighter.

**Fasting Restores Digestive Functions** – Everyone needs a vacation from the everyday grind and so does our digestive tract. Fasting allows it to relax and recover and when fasting is complete it has been noted that the digestive system returns with increased vigour.

**Fasting Restores Your Taste buds** – Fasting restores your appreciation for wholesome food in its natural state without additional chemicals, sugars or preservatives and makes it easier to maintain a clean eating lifestyle.

**Fast Helps You Live Longer** – scientific studies have shown that fasting can improve your immune system, give you more efficient protein intake and increase the production of anti-aging hormones in the body. It has also been noted that upon completion of fasting the body returns with more energy and vigour than it had previously leading to a more fulfilling life as well.

### Healthy Fasting

It is important to remember that during the time of the Prophet (S), the Muslims did not laze about and skip work during the fast. So live your life, be involved in your com-

munity, and maintain your fitness and strength. With the days are quite long this year, you will want to workout after Iftaar; working out prior may lead to greater fatigue, injury, or muscle cramps do to dehydration. You can take an evening walk or doing a mini workout in to maintain your strength. Taraweeh also makes for great endurance of the muscle, the mind and the spirit.

### Suhoor – Before You Start Your Fast

Abu Said al-Khudri said: The Prophet (S) said: "The Suhoor is a meal of blessings, so do not leave it, even if one of you just takes a gulp of water, since Allah sends mercy and His angels seek forgiveness for those who take Suhoor". [Ahmad and Ibn Abi Shaibah]

Anas reported that the Messenger of Allah said: "Eat Suhoor, for there are blessings in it." [al-Bukhari and Muslim]

The Prophet (S) suggested eating dates with our Suhoor. Dates are a fantastic fruit as it contain a wealth of vitamins in a small sweet little package. The minerals necessary to make our muscles move and relax are within a date as well as the vitamins for energy production. It is also a good idea to eat a source of protein as protein keeps you feeling satisfied longer throughout the day. Fruits, breads and healthy sources of fat like whole fat yogurt or nuts are all great sources of nutrition to last you through your fast.

Water is a very important nutrient, especially on these

longer days of fasting. Ensure you drink water at Sohoor and try your best to avoid caffeinated drinks because caffeine from coffee, tea, red bull, or pop will dehydrate you.

### Iftaar – Ending Your Fast

Sahl ibn Sa'd reported that the Prophet (S) said: "The people will not cease to be upon good as long as they hasten in breaking the fast." [Bukhari and Muslim].

Upon Completion of the Fast it is again suggested to eat dates and drink water. After reading how powerful the little date is we can now understand why we want to eat them before we pray. As well it is very important to drink water when you break your fast and continue to hydrate yourself throughout the night.

This is a great time to restore yourself to healthy eating habits to ensure you get the best of health benefits. Restrict Fried and Fatty foods and avoid processed food. This will give you a great appreciation for the food Allah SWT has given to you from the earth and will allow you to reap the health benefits of fasting. Also consider limiting your sugar intake and avoid drinks containing high fructose corn syrup in its ingredients list.

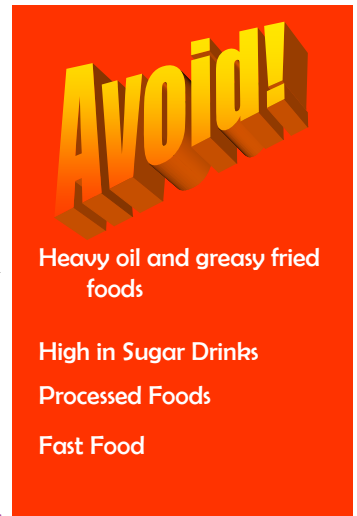
### Completing Ramadan

A Healthy Lifestyle includes eating all foods in moderation, so enjoy your special Eid dishes but remember the value of healthy wholesome foods and a balanced meal that you have learned during Ramadan. Anything in excess can be harmful but eating everything in moderation will help you stay healthy and strong.

Now that your energy has returned stronger – take up the challenge to live a healthy and active life to thank Allah SWT for giving you this body and this life and for all the blessings you received in Ramadan.

*Paige Maria Aziz is a Fitness Manager and certified Elite Personal Trainer at GoodLife Fitness. She specializes in weight loss, rehabilitation, and physical conditioning.*

*She can be found at GoodLife Fitness for Women in Halifax.*



## Ways Your Kids Can Celebrate Ramadan Without Fasting

It is recommended that during Ramadan adolescents who have reached puberty (about 12-13 years of age) to take part in Ramadan traditions like prayer and fasting. But, what about kids who are younger? How can they celebrate and learn more about Ramadan without fasting?

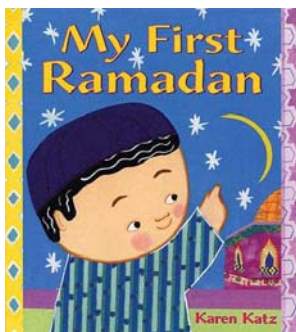
To include my young children in our Ramadan routine without requiring them to fast I come up with multiple activities to do with them everyday. Here are some ideas that you might find helpful in sharing this special time with your young children.

**My First Ramadan**  
ISBN: 9780805078947

**Night of the Moon: A Muslim Holiday Story**  
ISBN: 0811860620

### Ramadan Reading

There is nothing I love more than reading with my kids.



From Goodnight Moon to Harry Potter, I have read it all with them. During Ramadan I read books to help them in their understanding of the holiday and of the Islamic religion. For children, I recommend books such as:

[My First Ramadan](#) by Karen Katz: This book is an easy read and explores the basics of the Ramadan at the level of understanding of a small child.

[The Night of the Moon: A Muslim Holiday Story](#): This is a perfect reader for school age children. It is a story about an American Muslim child observing Ramadan with her family. Muslim American children can relate very easily to a book like this because they can place themselves into the story.

### Arts and Crafts

Another activity that the children take a lot of pride and enjoyment in is coloring. Young children enjoying being creative and take a lot of pride in coloring pictures that Mom and Dad can hang on the refrigerator or on the wall at the office. Crayola offers a wide array of [Ramadan coloring sheets](#) on their website that can be printed at home. You can color with them and share in the fun.

Arts and crafts are a fun way for you and your child to spend time together learning about Ramadan. There are many different projects children can create with basic items such as construction paper, crayons, and glue. Submission.org offers many [Ramadan arts and crafts](#) that children will have a blast creating for Ramadan.

### Moon and Star Gazing

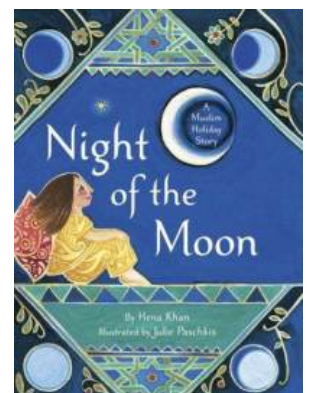
The moon and stars are an integral part of Ramadan. A great way to bond with your children is to go into your backyard or local park and introduce your children to the stars. Star-gazing is a great way to truly witness amazement in your kids' eyes. Depending on your location something as quiet and as serene as laying under the stars with your children will create memories that will last forever.

### Cook with Your Kids

Finally, as you probably could have guessed, my favorite activity is cooking. Spending time in the kitchen cooking and showing my children "the ropes" while getting ready to feast in the evening is a wonderful experience. They will feel a sense of accomplishment when they see they see what a delicious feast they have helped to prepare to break the day's fast.

These are just a few ways I spend time with my children during this wonderful time of year - any way to include them during Ramadan will help further enlighten them to this glorious holiday.

*Written by Saad Fayed, About.com*





# Zakat Calculator



1. Cash on hand or in the bank:

\$ \_\_\_\_\_

2. Shares or any other financial investment (market value):

\$ \_\_\_\_\_

3. Real estate (net equity). The principal residence is exempt:

\$ \_\_\_\_\_

4. Gold, silver or other precious metals (raw or manufactured):

\$ \_\_\_\_\_

5. Net business inventory (excluding assets needed to run the business):

\$ \_\_\_\_\_

6. Cars, campers or other recreational vehicles. Car(s) for basic need are exempt:

\$ \_\_\_\_\_

**ZAKAT DUE**

Sum of items  
1 through 6

**X 0.025**

*You may send your zakat to the Islamic Association of Nova Scotia.*

*Please indicate if you need a receipt for tax purposes.*

## Importance of the Masjid

From the events of the emigration to Madinah, it is clear that the Prophet never stayed in any place unless he built a Masjid therein for the believers to gather.

He built the Qubaa Masjid when he stayed there for four days. He also built a Masjid between Qubaa and Madinah when the time of the Friday prayer came while he was in the residence of the tribe of Salim ibn Auf in the heart of Ranonaa' Valley. When he arrived in Madinah, the first act he performed was the building of a Masjid. This indicates the importance of a Masjid in Islam.

The Messenger of Allaah had said close to the meaning:

*"For those people who assemble in one of Allaah's Houses (Masjids) reciting the Book of Allaah and teaching it to each others, there will descend upon them the tranquility and mercy will cover them and the angels will flock around them and Allaah mentions them in the presence of those near Him."*

Allaah سبحانه وتعالى in His all encompassing wisdom decided that the fardh prayer should be performed with the congregation so that the faithful get together, be united and become a compact body .

The Quran says about the Masjid Al-Haram :

*And when we made the house a place of assembly for the people and a place of safety. (2:125)*

No political system or organization can excel the organization of the Masajid in it's effectiveness.

When this system is strengthened , the Muslims will find that a religious fervor is generated and their worldly affairs are also smoothly conducted.

This will infuse the spirit of progress, create discipline, mutual sympathy, purity of the heart, cleanliness of the body, habits of punctuality and other necessary requisites for progress in all walks of life like In

the days of the Holy Prophet and the first four Caliphs.

When this system was followed with religious zealousness, the community of the faithful prospered and flourished, their domains expanded. Masajid were the centers of activity and the pulpits served as thrones. Policies were made by the Caliphs from the pulpit. Issues were settled in the Masjid. The Caliph himself led the congregational prayer at the capital of the caliphate. Even the non-Muslims, those who were otherwise critical of Islam, admired this system and the organization of the Masjid.

Therefore, if we neglect this organization and system, we will be deprived of the benefits that flow from it.

May Allaah سبحانه وتعالى give us the ability to uphold this system.

*Written by Imam Hamza Mangera*

## Zakat Payment

If the Total is less than *nisab* (value of 87.48 gm of gold or 612.36 gm of silver) one is exempt from *zakat*. The current value of gold and silver should be checked when calculating *nisab*.

### The Recipients of Zakah

There are **eight** categories of the beneficiaries of zakat specified in the holy Qur'an:

*"The alms are only for the poor and the needy, for those who collect them, for those whose hearts are to be reconciled, for the freedom of those who are captives and in debt, for the cause of Allah, and for the wayfarers; [it is] a duty imposed by Allah. Allah is the Knower, the Wise." (Sura at-Taubah, 60)*

All of the above must be Muslim and cannot be from the descendants or ascendants whether paternal or maternal of the person paying zakat.

# Ramadan 1432 Calendar

Day	August	Hijri	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha	
Mon	1	1/9	4:23	6:00	1:21	5:22	8:41	9:56*	* Tarawih starts @ 10:15 pm
Tue	2	2/9	4:25	6:01	1:21	5:21	8:40	9:55	
Wed	3	3/9	4:27	6:02	1:21	5:21	8:38	9:53	
Thu	4	4/9	4:28	6:03	1:21	5:20	8:37	9:51	
Fri	5	5/9	4:30	6:04	1:21	5:20	8:36	9:50	
Sat	6	6/9	4:32	6:06	1:21	5:19	8:34	9:48	
Sun	7	7/9	4:33	6:07	1:21	5:18	8:33	9:46	
Mon	8	8/9	4:35	6:08	1:21	5:18	8:32	9:44	** Tarawih starts @ 10 pm
Tue	9	9/9	4:37	6:09	1:20	5:17	8:30	9:43	
Wed	10	10/9	4:38	6:10	1:20	5:16	8:29	9:41	
Thu	11	11/9	4:40	6:11	1:20	5:16	8:27	9:39**	
Fri	12	12/9	4:42	6:13	1:20	5:15	8:26	9:37	
Sat	13	13/9	4:43	6:14	1:20	5:14	8:24	9:35	
Sun	14	14/9	4:45	6:15	1:20	5:14	8:23	9:33	
Mon	15	15/9	4:47	6:16	1:19	5:13	8:21	9:32	*** Tarawih starts @ 9:45 pm
Tue	16	16/9	4:48	6:17	1:19	5:12	8:20	9:30	
Wed	17	17/9	4:50	6:18	1:19	5:11	8:18	9:28	
Thu	18	18/9	4:51	6:20	1:19	5:10	8:16	9:26	
Fri	19	19/9	4:53	6:21	1:19	5:10	8:15	9:24	
Sat	20	20/9	4:55	6:22	1:18	5:09	8:13	9:22	
Sun	21	21/9	4:56	6:23	1:18	5:08	8:11	9:20***	
Mon	22	22/9	4:58	6:24	1:18	5:07	8:10	9:18	*** Tarawih starts @ 9:45 pm
Tue	23	23/9	4:59	6:25	1:18	5:06	8:08	9:16	
Wed	24	24/9	5:01	6:27	1:17	5:05	8:06	9:14	
Thu	25	25/9	5:02	6:28	1:17	5:04	8:05	9:12	
Fri	26	26/9	5:04	6:29	1:17	5:03	8:03	9:10	
Sat	27	27/9	5:05	6:30	1:17	5:02	8:01	9:08	
Sun	28	28/9	5:07	6:31	1:16	5:01	7:59	9:06	
Mon	29	29/9	5:08	6:32	1:16	5:00	7:58	9:04	
Tue	30	1/10	5:10	6:34	1:16	4:59	7:56	9:02	
Wed	31	2/10	5:11	6:35	1:15	4:58	7:54	9:00	

*Actual Ramadan dates are based on moon sighting. Please use this as a guide and adjust the date accordingly.*

## Islamic Association of Nova Scotia

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 Canada  
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 Phone: (902) 469-9490

[www.islamnovascotia.ca](http://www.islamnovascotia.ca)

### Dua for Keeping Fast

I intend to keep the fast for  
 tomorrow in the month of  
 Ramadan.

*The Islamic Association of Nova Scotia (IANS), Canada, is a non-profit, volunteer organization that provides support and services to the Muslim community of Nova Scotia for its religious and social needs. The Association administers the mosques in Dartmouth and Truro, Nova Scotia and maintains the Muslim cemetery in Truro.*

*Executives for 2011 are...*

*President—Rehan Pervaiz (902) 448-2886*

*Vice President—Waqar Ahmed (902) 579-8341*

*Treasurer—Br. Sufyani (902) 412-6266*

*Secretary—Emad Aziz (902) 412-9600*



*Kids enjoying Boys  
 Winter Camp*



## Highlights for 2011

- Boys Winter Camp.
- Truro Cemetery Project.
- General Maintenance of Dartmouth Masjid.
- Security Camera Installation.
- Establishing strong working relationships with Halifax Police and RCMP.
- Multicultural Festival 2011.
- Wudu area in Ladies washroom.