



NIDA

The Voice of the Muslim Community

Wolfville, Nova Scotia

Rights of Neighbours

Ramadan, 1433
July, 2012

Inside this issue:

<i>Rights of Neighbours</i>	1-3
<i>Healthy Fasting</i>	1, 5
<i>Muslim Youth</i>	4
<i>Let Us Ponder</i>	7
<i>Ramadan Calendar</i>	8

Narrated by Abu Huraira(r.a): The Prophet said,

"whoever fasts during Ramadan out of sincere faith and hoping to attain Allah's rewards, then all his past sins will be forgiven."

(Sahih Al-Bukhari).

Apart from a man's parents, children and near relatives, there also exists a permanent association and contact between him and his neighbours.

The state of his association be it good or otherwise has a great influence on his life and morals. The Prophet (Sal Allaho Alehe Wasallam) had attached great importance to this and has constantly urged the Ummah to pay due regard to the rights of neighbours to the extent that he had declared good neighbourliness to be part of Iman (Faith) and an essential requisite for salvation.

Three Categories of Neighbours

In a Hadith, related by Jabir (Raziallah Anho), the Prophet (Sal Allaho Alehe Wasallam) is reported to have said

"Neighbours are of three kinds. Firstly, the neighbour who enjoys only one right (and as far as rights are concerned) he is of the lowest grade. Secondly, the one who enjoys two rights and thirdly the neighbours who enjoys three rights. The neighbour with only one right is the non-Muslim neighbours with whom there are no family ties. The neighbours with two rights is the neighbours who is also a Muslim (as such he

has a claim as a neighbour as well as a fellow Muslim) and the one with three rights is the neighbour who is a Muslim and a relative - he has a claim as a neighbour, as a fellow Muslim and as a relative."

This hadith clearly explains that the obligation to live in peace and harmony with neighbours, as demanded in the Holy Qur`an and the Traditions, also includes the non-Muslim neighbours. They too have a claim to our kindness and sympathy.

We treat the animals with kindness and we have been warned against ill treating them, then what of our *continued on page 2...*

How to stay fit in Ramadan

Ramadan is the month of fasting in the Islamic Calendar. This year Ramadan begins mid-July until mid-August. During this time Muslims will refrain from eating and drinking between sun up and sun down. How-

ever some Muslims also treat Ramadan as a time to binge on rich and fatty foods after sundown.

Here are some quick tips to help you or your fasting clients this Ramadan.

Plan Ahead - Start meal planning now. If you plan ahead of time to have a healthy Suhoor, Healthy Iftaar, and a good snack after Taraweeh Prayers, you are less likely to order take *continued on page 5...*

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

Did You Know?

Zaid (RA) is the only Sababi or Companion whose name is mentioned in the Quran (Surah Abzaab)

Dua for Keeping Fast

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

Rights of Neighbours contd...

fellow humans more so our neighbours. It will be significant to note that in all Ahadith Traditions) mentioned, with regards to the basic rights of neighbours, no distinction had been made between Muslims and non-Muslims.

Emphasis on the Rights of Neighbours

It is reported, on the authority of Ayesha (Raziallah Anho) and Ibn Umar (Raziallah Anho) that the messenger of Allah (Sal Allaho Alehe Wasallam) said,

"The Angel Jibra'il (A.S.) counseled me so frequently regarding the rights of the neighbour that I feared, he too would be declared an heir."

This Hadith shows that Angel Jibra'il (A.S.) brought commandments from Allah, concerning the rights of the neighbour so frequently and stressed the need to be kind and courteous to him with such force and regularity that the Holy Prophet (Sal Allaho Alehe Wasallam) thought that the neighbour also will be made an heir i.e. just as parents, children and near relatives inherit the property left by the deceased, he thought that the neighbour, too, will be given a share in it.

Note:- The purpose of this hadith is not merely to state a fact, but rather it is most effective way of highlighting the importance of the neighbour to the Muslims.

Importance of good treatment to neighbours as an essential condition of iman

It is narrated by Abu Shurayh (Raziallah Anho) that the Prophet (Sal Allaho Alehe Wasallam) said,

"Whoever believes in Allah and the final day (Day of Judgement) it is essential that he does not harm his neighbours and whoever believes in Allah and the final Day it is essential for him to entertain his guest with kindness and generosity and whoever believes in Allah and the Final Day it is essential that he speak what is good or otherwise remain silent."

Amongst other points this hadith explains that it is essential for the true believer to be mindful of his neighbours at all times so that he does not harm him in any way. It also gives us an idea of the value placed on the rights of neighbours by the Holy Prophet of Islam (Sal Allaho Alehe Wasallam).

On another occasion the Prophet (Sal Allaho Alehe Wasallam) is reported to have said that such a person (whose neighbours do not feel safe on his account) shall not go to Heaven.

Note:- In the language of Prophet-hood, when special emphasis is laid on a deed, the customary way of putting it is to say that whoever neglects it etc. is not a true believer, and he shall not go to Heaven. It should be understood that this does not imply that he has actually been thrown out of the fold of Islam and now the laws of Infidelity (Kufr) will apply to him, but rather this is an emphatic way of explaining that such a person does not possess the true spirit of Iman which is the glory of a Muslim and is pleasing to Allah. The particular phrasing is used to lend greater force to the matter.

In yet another hadith, related by Anas (Raziallah Anho), the Prophet (Sal Allaho Alehe Wasallam) said,

"He has not affirmed faith in me (i.e. he is not a true follower) who eats to his satisfaction and sleeps comfortably at night while his neighbour goes hungry - and he is aware of it."

Rights of Neighbours contd...

How astonishing that such a wide gap has occurred between these teachings and traditions and the actual conduct of the Muslims as a whole!

Nevertheless, these traditions and teachings explain clearly the importance of good and kind treatment to neighbours and they are a clear admonition to those who remain indifferent to the needs and difficulties of their neighbours and care nothing for them.

Certain specific rights of the neighbours

Mu'awiya Ibn Haidah relates that the Prophet of Allah (Sal Allaho Alehe Wasallam) said,

"The rights of the neighbour upon you are that; If he falls ill you visit (and take care of) him; if he dies you attend his funeral (and take part in the burial arrangements); if he commits an evil deed, you prevent it from being known (i.e. do not give publicity to it); if he is favoured by good-fortune, you congratulate him; if a calamity befalls him, you grieve in sympathy with him; and that you restrain from erecting your building higher than his in such a way that the passage of fresh air is blocked from his house (unless you obtained his consent) and further, (you take care that

the aroma of your cooking pot does not cause sorrow to him (and his children) except that you send some of it (the food) to him."

The specific rights mentioned above are easily understood but the last two require special attention:- One should be careful, while building a house (or any building) that the walls are not so high as to cause discomfort to the neighbours by obstructing the free flow of air into their place (or in any other way) unless of course one has obtained prior consent of the neighbours.

Let us note that this was the teaching of The Prophet of Islam (Sal Allaho Alehe Wasallam) more than fourteen hundred years ago, but we as Muslims tend to forget or rather ignore this, and we readily accept government, municipal or council laws on the same issue -(that the consent of neighbours should be obtained prior to any construction)! How unmindful and indifferent we seem to be!

The other point is that one should try his level best not to let the aroma of one's cooking pot reach the neighbours' household

- lest they are aroused by the delicious smells and desire to eat the same while they can not afford it - this will cause grief to them. To restrain the aroma from traveling is obviously not easy, hence one should make it a point of sending some of the food (when a delicious meal is cooked) to the neighbours.

It is reported on the authority of Jabir (Raziallah Anho) that Rasul-Allah (Sal Allaho Alehe Wasallam) said,

"Whenever gravy is cooked in anyone's house, he should increase the broth (by adding water) and then send some to his neighbours."

May Allah give us all the ability to fulfill the rights of our neighbours. Ameen.

Written by Imam Hamzah Mangera

Be A Good Neighbour

<p>Introduce Yourself</p> <p>Keep Sidewalk Clean</p> <p>Share Food & Recipes</p> <p>Offer to Mow Lawn</p>	<p>Communicate</p> <p>Say Hello</p> <p>Smile</p> <p>Wave</p> <p>Respect Parking Spaces</p> <p>Be Mindful of Shared Walls</p>
---	--

Be Safe!

Good Neighbours Make Safer Neighbourhoods

A message from Islamic Association of Nova Scotia Safety First Campaign

Green Projects for Muslim Youth

Most Muslim youth today are growing up at a time of unprecedented awareness around green issues in Canada. Protecting the planet has become part of school curriculums, youth group programs, even much of the media they consume.

This offers an excellent opportunity to not only share the Islamic perspective about this, but also, to engage young Muslims in projects that will help them do their part to protect the earth, a trust from Allah. Here are some ideas that can help start that process.

Green Deen
ISBN-10: 1605094641

Available on
Amazon.ca. A must
read for Muslim Youth

Juma/Jama'ah Tarawih/ carpool

In North America, single occupant commuting is around 75%, according to census data. A small car emits around .59 pounds of carbon dioxide per mile, a medium car around 1.1 pounds of carbon dioxide per mile, and an SUV/4 wheel emits around 1.57 pounds of carbon dioxide per mile.

Now add the Juma/Jama'ah (congregational)/Tarawih prayer nightmare we experience every week and Ramadan, and we've got too many cars cluttering our Masjid and Islamic center parking lots that could easily be decreased if we carpoled.

With the help of the Masjid youth, start up a carpooling program. And the first people to approach about this is other young Muslims, who may be more responsive to the green message than older Muslims.

Mosque Community Garden

If you've got even a small patch of space around the Masjid, use it to start a community garden. With the help of local youth, plant vegetables and fruits. Then, once they're ready, contact the nearest food pantry to drop off the donation for the hungry.

You can also use this as an opportunity to beautify the area outside the Masjid by planting flowers near the entrances.

Make youth in charge of setting up recycling at the Masjid

Who hasn't seen those countless fliers and ads floating around the entrance or shoes section of the Masjid? After an event has passed, they need to

be disposed of by recycling, but does your mosque have the blue bins to get rid of them the green way?

If your Masjid still doesn't have a recycling project in place, enlist the help of the mosque's youth to set it up. Put them in charge of fundraising for it if necessary, and contacting your city, town, or village to arrange for bins to be placed all around the mosque, and the recycling truck to come by to pick it all up.

They can also make the Masjid part of this program to earn some profit for its green efforts.

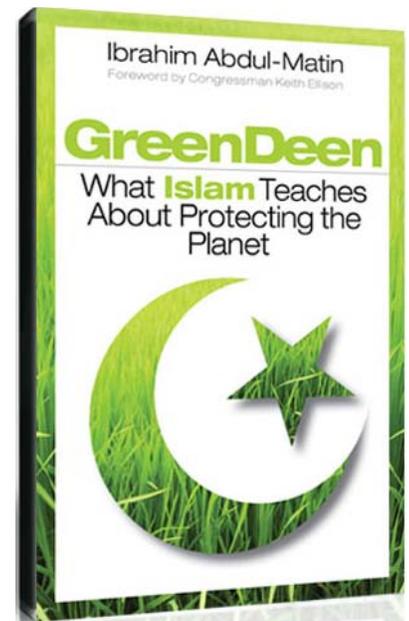
Green posters around the Islamic center

Have them develop posters to hang all around the Masjid or Islamic center quoting verses of the Quran and Hadith about the need to, for example, not waste resources, save water, and plant trees.

Host a school supply swap

Before the school year begins, host a school supply swap, in which students can bring their extra school supplies and trade them for things they need with other students. This not only saves money, but cuts down time and gas wasted on buying new notebooks, pencils, schoolbags, etc.

Written by Samana Siddiqui Soundvision.com



How to stay fit in Ramadan contd...

out because you are tired, or be at the call of food cravings.

When planning your suhoor try to avoid food in heavy oils and wheat products that will make you feel full only to leave you hungry again 15 minutes after the athan such as pancakes, waffles, bread, and rice. Instead try to choose fresh fruits and vegetables, and include a protein source as that will sustain your energy longer throughout the day. For protein you can have eggs, fish, or even some leftover chicken from last night.

Use portion control - Some Muslims try to pack in as much food as they can at suhoor, hoping to make it last the day - it won't. It is better to eat a regular sized meal consisting of nutrient dense food. Same goes for Iftaar. Do not make up for a day of fasting by eating 2 meals in one sitting, this is the major cause of the mysterious Ramadan weight gain.

Start reducing caffeine intake - Avoid the painful caffeine withdrawal while fasting, start cutting back now and avoid the headache (literally).

Bring Water to Taraweeh Prayers - Take water with you during the extra prayers during Ramadan. Marathon Praying is tough and so is fasting during the summer, drink up!

Attend Taraweeh Prayers - Get moving! Do not fall into the habit of eating all night long. Put down the 3rd helping and go pray. This will help your digestion as well as your sleep since the prayers have a physical aspect, and it will help you the next day with a dose of spirituality.

Be Active - Check out a local 24hr gym, plan to train at home in the evening or even better, workout 1 hr before Iftaar. This is preferable to maintain muscle and stay fit because the body is in a prime state to receive nutrients post-workout (like starchy carbs with your protein). Some Muslims have even experienced a healthy reduction in weight by continuing to work out in Ramadan. Focus more on weight training, less cardio or no cardio. Take it slow and listen to your body. Start working out now and learn how to work out before Ramadan starts.

Ramadan Mubarak!

*Written by Paige Azjz
(Elite Fitness Trainer)*



Ordinary Muslims doing extraordinary things

Fateh Ahmed is an audio engineer and documentary filmmaker graduate from NSCC and Centre for Arts and Technology, in Halifax. His first documentary, *Ummah Masjid*, won a top award from the Nova Scotia Department of Communication; yet his second work, *Pushed Out* which focuses on gentrification and it's impact on low income families in the North End part of Halifax, has gained critical acclaim with the National Film Board of Canada.

Fateh is working on a multi-faith project involving Muslims and members of other faiths. He lives with his family in Halifax.

Things To Do In Nova Scotia

Maple Sugar Brunch & Guided Tours at Sugar Moon Farm

Earlton, Northumberland Shore

Every week on Saturdays, Sundays until December 31, 2012

Middle Head Hike - 10 am

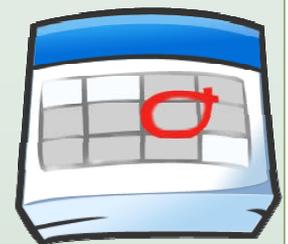
Ingonish Beach, Cabot Trail

July 1, 2012 to August 31, 2012

Nature Discovery for Young Children

Museum of Natural History, Halifax Metro

Every week on Sundays between June 12, 2012 and June 12, 2013



Islamic Association of Nova Scotia

42 Leaman Drive
 Dartmouth, Nova Scotia
 Canada
 B3A 2K9

Phone: (902) 469-9490

www.islamnovascotia.ca

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, is involved in Community initiatives beneficial to Muslims and maintains the Muslim cemetery in Truro.



Executives for 2012 are...

President—Br. Bakhtyar Shafi (902) 405-1748

Vice President—Br. Saleem Jarral (902) 401-3540

Treasurer—Br. Sufyani (902) 412-6266

Secretary—Br. Amin (902) 431-8707

*Community Relations
 Halifax Police RCMP Liaison } Br. Emad Aziz (902) 412-9600*

KIDS PARTY

on the first Saturday of every month!



Highlights for 2012

- ◆ Quran classes for kids (the classes will resume again after the summer break).
- ◆ Completion of exclusive wudhu area for women.
- ◆ Safety and maintenance in the masjid.
- ◆ Kids Party at the monthly potlucks.
- ◆ Safety First! Kids safety awareness summer campaign.
- ◆ Investigating vandalism at Dartmouth Mosque.
- ◆ Facilitating Dal-Tech prayer times on IANS website.
- ◆ Representing Muslims at the Titanic 100 ceremony.
- ◆ Multicultural Festival 2013.
- ◆ Outreach Program Phase II: Connecting smaller Muslim communities across Nova Scotia.

**Zakat
Calculator**



Let us Ponder

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.

Allah (SWT) in the holy book, Al-Quran has questioned:

“How can you deny (disbelieve) God? Did He not give you life when you were dead (lifeless), will He not cause you to die and then restore you to life? He created for you all that the earth contains...” [Sura: The Cow, 2: 28].

If we (his servants) believe it or not, it does not matter to Him. Neither did He insistently ask anyone to believe as such. Everything on earth and elsewhere is His creation and is under his ‘authority’ and all praises are due to Him, and only Him, who is ONE, as He said elsewhere. He asked for our wisdom to be applied to our own benefit, as it implies.

Let us apply our common sense. It is known that the blood-clot in the mother’s womb remains nothing but dead before initiation of a lively existence (soul) to it. But how, by whom and wherefrom it is done? Can we not think over as indicated?

Again, we are living here in existence at our own wills. We do not know where shall we be tomorrow! But one thing we know for certain, that this life shall end, and there is no exception to it. This is true for any other living creation too. But where does it go? Under whose ‘Authority’ and control it is regulated? Definitely, it is Allah SWT, as should invoke our thought.

Then again, the benefits we derive from earth and

heaven are immense and endless. Our simple experience is that we cannot live without air, water and all others coming from the earth and the sky. We are enjoying them all, knowingly or unknowingly. But who is their provider? It is none but the ONE who created each and everything contained in the universe, in whatever name one may call Him. Even for argument’s sake, be it referred to as ‘Nature,’ then again the question comes: Who created the nature and regulates it so accurately, so meticulously!

Let us all agree with what Allah (SWT) said in His holy book Al-Quran. It is to our benefits in this world and hereafter.

By Engr. Md. Sharafat Ali Fakir

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 1433 Calendar

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

Tarawih starts @ 10:45 pm

Tarawih starts @ 10:30 pm

Tarawih starts @ 10:15 pm

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