

Why Are We Suffering?

by Imam Hamzah Mangeria

Many ask the question : Why is the Ummah suffering so much, despite millions making dua throughout the world, and millions making dua during Haj and Umrah? Why is there no change?

The answer can be understood by way of an analogy :

A son is disobedient and rebellious towards his father's instructions, and arrogant in his stance against his father, demanding, swearing, abusing and adopting the bad behavior

as found common in this day and age. The father is deeply hurt, offended and angered and when he has had enough of the insolence and arrogance, he finally resorts to breaking off ties with his son. He cuts off all privileges.

Now, if the entire family, even the entire community, tells that father : "Forgive him. He is your son..."

That father will respond : "I have no problem with forgiving him. All he has to say is, "I'm sorry", and I will forgive him."

However, on being encouraged to humble himself and ask for forgiveness, the son retorts with arrogance: 'Why must I? Why do I need to? I'm independent! I don't need him!'

Then will that father forgive that son? Will he grant those privileges of money, car, etc.?

Similarly, Allah Ta'ala's doors are ever-open. Allah wants us to become His. He wants to forgive us and shower His infinite Mercies and Blessings upon us, but we are *Continued on Page 2...*

Get SMART about your Goals this Ramadan

by Paige Aziz

Ramadan is a great time of reflection for many Muslims, and often a recharge for our self discipline as we fast for the sake of Allah SWT.

It takes 21 days to make or break a habit and Ramadan is a perfect time of

year to quit your bad habits and begin new good habits! To be successful however you need to set goals and be *smart* about it.

SMART stands for Specific, Measurable, Action, Realistic, and Time Bound.

We are 90% more likely to achieve a goal if we write it down. The simple act of committing the words in our mind to paper increases our personal commitment to our goals. Goal Setting is an exciting activity - but don't stop writing! Once you write *Continued on Page 2...*

Ramadan 1434

July 2013

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Narrated by Abu Huraira (r.a):

Allah's Apostle said, "When the month of Ramadan starts, the gates of the heaven are opened and the gates of Hell are closed and the devils are chained."

Sahih Bukhari :: Book# 31 :: Hadith# 123

Summer Fasting Facts

Long fasting days this Ramadan can lead to dehydration. Do you know the signs?

- ◆ Dry, sticky mouth
- ◆ Sleepiness or tiredness — children are likely to be less active than usual
- ◆ Thirst
- ◆ Headache
- ◆ Constipation
- ◆ Dizziness or light headedness



Why Are We Suffering? Contd...

not prepared to take the step of obedience, the step that will secure His Forgiveness and Pleasure.

Unfortunately, many are not even fulfilling the Fardh Injunctions – Salaah, Zakaah, Fasting in the month of Ramadan etc, Many do not want to sincerely repent from their sins, let alone acknowledge their sins. Many justify and reason their sins, even dispute and argue regarding Allah Ta'ala's Commandments, as if they

have some kind of authority over Allah Ta'ala (Na-uzu Billah). So many are brazen in their indulgence in sins, as if challenging Allah Ta'ala, like that arrogant son : "What can You do? I'm not in need of You!"

Then we have those Muslims who, in the face of natural disasters, war, genocide, etc. begin to question the existence of God or ask as to where is Allah Ta'ala's Mercy and Compassion, or ask if He is seeing all that is hap-

pening.

With this kind of behavior and attitude, can we expect any favors, any privileges or any kind of assistance from Allah Ta'ala? We are living in a fool's paradise if we think that we can continue sinning and still be recipient of Allah Ta'ala's bounties and aid.

If we truly want Allah Ta'ala's assistance, then we have to give up sins.

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Get SMART Contd...

down what you want to achieve. Next start planning how you will get there and what measure along the way will help you know you are on the right track.

S = Specific:

What do you want to achieve? Do you want to read the Quran everyday? Maybe you want to quit smoking or start eating healthier foods? Perhaps you are studying to get into a specific school or to learn a new language?

Whatever you want to achieve write it down. Your goals must be *well defined*. They must be *clear* and *unambiguous*.

For example, in a weight loss goal, you should know exactly what you want to achieve, so rather than "I want to lose between 10-20lbs" make it

more specific "I want to lose 15 lbs."

M = Measurable:

Can you quantify your progress so you can track it? What milestones will you hit along the way so that you know you are on track to achieving your goal? How will you know when you reach your goal?

Define *specific* criteria for measuring progress toward the accomplishment of each goal you set so that you can measure and keep track of your progress. So if your goal was to make a habit of daily Quran reading, you could measure how long you read for each day. Or at the end of the week record how much Quran you have completed.

A = Action:

What will you do to achieve this goal?

Set up your plan of action, and make it specific. For a weight loss goal, this includes a modification to eating habits as well as including regular exercise.

Be specific in your exercise so you know what to hold yourself accountable for, will you be walking, or doing some resistance training? When will you work out? What do you need to do daily, weekly, monthly to achieve your goal?

In our example, we are dedicating to resistance workouts on Monday, Wednesday, and Friday, walking for 30 mins on the other days, and eating a balanced diet without skipping meals.

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Why Are We Suffering? Contd...

Allah Ta'ala is not blind or deaf. He does not want chaos. Allah Ta'ala wants peace. However we have to fulfill the conditions of the contract. The first condition is that we become Believers who are 'kaamil' (perfect). If we implement Deen in our lives, adopt Taqwa and follow the noble example of Rasulallah (Sallallaahu 'alayhi waSallam) then the conditions will change.

The Day the Ummah fulfills its duties, across the board – making a total change, then our suffering will be re-

placed with success, prosperity and happiness and people of other faiths will also accept Islam.

Allah Ta'ala explicitly spells out His conditions and His promises:

“Allah has promised, to those among you who believe and perform righteous deeds, that He will, of surety, grant them in the land, inheritance (of power), as He granted it to those before them; that He will establish in authority their religion – the one which He has chosen for

them; and that He will change (their state), after the fear in which they (lived), to one of security and peace: ‘ They will worship Me (Alone) and not associate anyone with Me.’ If any do reject Faith after this, they are rebellious and wicked.”

So establish Salat (Prayer) and give regular Charity (Zakat); and obey the Messenger that you may receive mercy. ”

[Surah Nur 24 : 55 / 56]

Thus, we have to fulfill our pledge *Continued on Page 5...*



DID YOU KNOW?

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NOVA SCOTIA IS EXPECTING 3 MAJOR HURRICANES THIS YEAR

by Emad Aziz



ARE YOU PREPARED ?

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Summer Fasting Facts II

If you're a healthy adult, you can usually treat mild to moderate dehydration by drinking more fluids, such as water or a sports drink (Gatorade, Powerade, ORS, Electrolite). Get immediate medical care if you develop severe signs and symptoms. If you are unsure if you or your loved one needs medical attention call **811** and talk with a health nurse for advice on what to do for dehydration.

The best prevention for dehydration is to get adequate hydration (water, juice), and not to over exert yourself in the hot sun.

If you are outside, ensure you are protected from the sun, your head is covered with a hat, scarf, or sun umbrella and that you take time to cool off in the shade.

Get SMART Contd...

R = Realistic:

Is your goal realistic and within your reach? Are you willing to commit to your goal? How committed are you from 1-10? Is your goal a challenge but still possible to achieve?

Goals must *achievable*. It is unrealistic to expect yourself to sit down and study for 2 hours if you are not used to doing this activity. We sometimes expect instant perfection and then get frustrated and upset with ourselves because we cannot achieve an unrealistic goal.

At the same time we also need to check our commitment. It is unrealistic to expect to achieve a goal you are not strongly committed to achieving.

The best goals require you to stretch a bit to achieve them and to make some positive change in your daily routine.

It is also realistic to expect your motivation to slip occasionally, so identify the positive motivators in your life, share your goal with them, and call on them when you need help.

T= Time Bound:

Does your goal have a deadline?

Goals must have a clearly defined time frame including a starting date and a target achievement date. If you don't have a time limit then there is no urgency to start taking action towards achieving your goals today.

In our weight loss example, understanding that if we want to lose 15lbs and if on average we can lose 1-2lbs per week, then the goal should be achievable in 3.5 months.

Bad example of a SMART goal:

"I want to learn Arabic."

"I want to lose weight."

Good example of a SMART goal:

"I will study Arabic for 15 minutes a day for the first week and add 5 minutes each week until I am studying for 1 hour a day. I will learn the alphabet in 1 month and be able to read from Quran by January 1 2014. I will hire a tutor to help me learn and visit them once a week to help keep me accountable to achieving my goals."

"I will lose 15 lbs by November 30 2013 because I want to feel confident, have more energy to play with my kids,

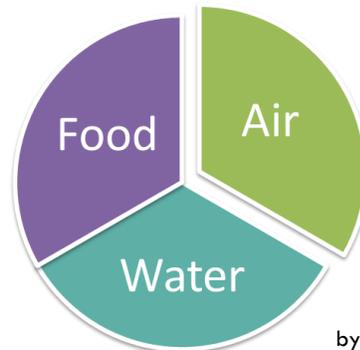
and look great. I will measure this by tracking weekly expecting to lose 1lb a week on average by doing resistance workouts on Monday, Wednesday, and Friday, walking for 30 mins on the other days, and eating a balanced diet without skipping meals. This is a realistic goal to achieve and I am 10/10 committed to making it happen – if my commitment should slip I will call my friend Paige to help motivate me."

Now that you know how to set an amazing SMART goal for achieving success, sit down and create yours now!

Pin that goal somewhere you will see it every day, on your mirror or on your fridge and remember to share it with a friend or family member for motivation.

Paige is an Elite Level Fitness Trainer, Nutrition Coach and First Aid Instructor at St. John's Ambulance. For more motivation on your health and fitness goals come share it with Coach Paige on Facebook!

Sunnah is better



by Coach Paige

Why Are We Suffering? Contd...

by making the effort to obey Allah Ta'ala and His Rasul (Sallallaahu 'alayhi waSallam), to see the fruit of our duas and receive the assistance of Allah Ta'ala – on an individual level, on a national level, and on an international level.

Ramadan is a golden opportunity for the Muslim community to bring about a total transformation in all spheres of their lives. During the auspicious month of Ramadan, a fasting person abstains from food, drink and sexual relations from dawn until sunset,

in obedience to the command of his creator. The month is a training whereby the Believer's trait of God-consciousness is nurtured.

Even though he may be in place of total privacy and seclusion, on the hottest day of the year, he does not submit to the temptation of sipping even a few drops of water for he is convinced that he cannot evade the sight of the All-Observing Almighty.

Let obedience of Allah Ta'ala shine forth from this

day forward. Let the rest of mankind observe the effect that fasting has in changing the outlook of a believing Muslim.

Let the world observe a community free from all sins, crime and vice and let us be an example which is worthy of emulation and of others accepting Islam.

Imam Hamzah is the spiritual and moral compass of the Muslim Community. He leads the daily prayers, holds Quran classes for kids and adults, and weekly tafsirs at Dartmouth Mosque.

- You will need*
- ✓ Cooking spray
 - ✓ 12oz firm tofu, drained and cubed
 - ✓ 2 eggs
 - ✓ 1.25oz dry onion soup mix
 - ✓ 1 tablespoon soy sauce
 - ✓ ¾ cup chopped walnuts
 - ✓ 1 teaspoon olive oil
 - ✓ 8oz packaged sliced mushrooms
 - ✓ 1 small onion, chopped
 - ✓ 2 stalks celery, chopped
 - ✓ 1 ½ teaspoons dried oregano
 - ✓ 1 ½ teaspoons dried basil
 - ✓ ½ teaspoon dried sage
 - ✓ 1 ½ cups dry bread crumbs

Quick, Healthy, Easy

Ramadan Recipe

by Sr. Stark



Pre heat oven to 350°F. Spray loaf pan with cooking spray.

Place tofu, eggs, onion soup mix and soy sauce into a food blender until combined. Add walnuts and puree until smooth.

Heat olive oil in large skillet over medium. Sautee mushrooms, onion and celery until vegetables are tender. Season with oregano, basil and sage.

Stir vegetables and bread crumbs into tofu mixture; press mixture into loaf pan.

Bake in pre-heated oven until load if golden brown, appx 75 minutes. Allow loaf to cool slightly before slicing. Serves 6.

HURRICANE PREPAREDNESS

A basic emergency kit should include the following items:

- ◆ Water, 5 liters of water per person per day for at least three days, for drinking and sanitation
- ◆ Canned food for at least 3 days and can opener
- ◆ Battery-powered or hand crank AM/FM radio and extra batteries
- ◆ Flashlights + extra batteries
- ◆ First aid kit
- ◆ Whistle to signal for help
- ◆ Dust mask to help filter air; plastic sheeting and Tuck Tape to shelter-in-place
- ◆ Towels, garbage bags for personal sanitation
- ◆ Basic tool kit
- ◆ Maps with **Police, Hospital, Clinics, Grocery and Service Nova Scotia Centers** clearly identified
- ◆ Cell phone with chargers or solar charger
- ◆ Baby formula and supplies

Emad Aziz is the Department Emergency Preparedness Officer for the Province of Nova Scotia and Certified Instructor in Crisis Management, Business Continuity & Disaster Recovery at the Emergency Management Office, Government of Nova Scotia.

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 values 1 through 6

_____ X 0.025

You can send zakat to the Islamic Association of Nova Scotia.

Please indicate if you need a receipt for tax purposes.

Kids 5 great goals to set for this Ramadan!

adapted from Sound Vision

Eat, drink and be moderate

Almost all of us do it - once Iftar time hits, we just keep plowing food and drink into our mouths till it's hard to move afterwards. Let's try to stick to the Prophetic rule on eating: fill our stomachs with one-third food, one-third water and one-third breathing space, even in Ramadan.

Go to Tarawih prayers

Post-Iftar, the first urge is to sleep after an exhausting day. But try your best to head out to the mosque for Tarawih prayers..If going every day is not possible, try going at least one week.

Call the local mosque and find out which day the Imam will be finishing the recitation of the Quran in prayer. Attend to not only hear part of

the Quran's recitation in prayer, but also participate in the heart-rending Duas that follow it.

Call/email your relatives

Strengthening ties with family members and keeping in touch with friends is part of our way of life and an act Allah is very pleased with. This Ramadan, call family and friends or at least email them a Ramadan card and ask them how their fasting is going.

Go on a technology diet

Avoid checking personal email and surfing the web during your fast. After Iftar, instead of plopping yourself in front of the screen, go to Tarawih.. The point is to try to give our full attention to spiritual elevation this month.

Forgive everyone who has hurt you

Let go of the anger and pain this Ramadan and forgive those who have hurt you. Forgiving someone is not only good for the body, but it's also great for the soul. And in Ramadan, ten days of which are devoted to Allah's forgiveness, shouldn't we lesser beings forgive too?

If you find it very difficult to forgive everyone, forgive at least three people.

[Read the full article at Sound Vision. Click here or follow the URL below:](http://www.soundvision.com/info/ramadan/10goals.asp)

<http://www.soundvision.com/info/ramadan/10goals.asp>

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 Zakat

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.

Islamic Association of Nova Scotia

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 2013 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

Government of Nova Scotia

Halifax Regional Police

Royal Canadian Mounted Police (RCMP)

Canadian Security Intelligence Service (CSIS)

Canada Border Services Agency (CBSA)



Community Relations Officer

Br. Emad Aziz (902) 412-9600

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Dartmouth, Nova Scotia
Canada
B3A 2K9
Phone: (902) 469-9490

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Please send your submissions to emadaziz@hotmail.ca

IANS membership not necessary for submission. Advertising maybe charged a fee depending on content. Submissions must be made at least 30 days before Ramadan. Subject to IANS Executive approval prior to inclusion in newsletter. Controversial or offensive material will not be accepted. Content maybe edited to fit newsletter formatting. IANS Executive reserve the right to accept or reject any submission. IANS does not warrant the accuracy and completeness of this newsletter, nor endorse or compensate contributors. In no event will IANS be liable for any damages whatsoever arising out of the use of or reliance on the contents of this newsletter.

Ramadan 1434 Calender

*Isha and Tarawih Times for Dartmouth Mosque & Ummah Masjid

Day	Hijri	Gregorian	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha*	
Tue	1	9	3:49	5:38	1:20	5:27	9:01	10:30	Tarawih starts at 10:45pm.
Wed	2	10	3:50	5:39	1:20	5:27	9:01	10:30	
Thu	3	11	3:51	5:39	1:21	5:27	9:00	10:30	
Fri	4	12	3:53	5:40	1:21	5:27	8:59	10:30	
Sat	5	13	3:53	5:40	1:21	5:27	8:59	10:30	
Sun	6	14	3:56	5:42	1:21	5:27	8:58	10:30	
Mon	7	15	3:57	5:43	1:21	5:27	8:57	10:30	
Tue	8	16	3:58	5:44	1:21	5:26	8:57	10:30	
Wed	9	17	4:00	5:45	1:21	5:26	8:56	10:30	
Thu	10	18	4:01	5:46	1:21	5:26	8:55	10:30	
Fri	11	19	4:03	5:47	1:21	5:26	8:54	10:30	
Sat	12	20	4:05	5:48	1:21	5:26	8:53	10:30	
Sun	13	21	4:06	5:49	1:21	5:25	8:52	10:30	
Mon	14	22	4:08	5:50	1:21	5:25	8:52	10:30	
Tue	15	23	4:09	5:51	1:21	5:25	8:51	10:15	Tarawih starts at 10:30pm.
Wed	16	24	4:11	5:52	1:21	5:25	8:50	10:15	
Thu	17	25	4:13	5:53	1:21	5:24	8:48	10:15	
Fri	18	26	4:14	5:54	1:21	5:24	8:47	10:15	
Sat	19	27	4:14	5:54	1:21	5:24	8:47	10:15	
Sun	20	28	4:17	5:56	1:21	5:23	8:45	10:15	
Mon	21	29	4:19	5:57	1:21	5:23	8:44	10:15	
Tue	22	30	4:21	5:58	1:21	5:22	8:43	10:15	
Wed	23	31	4:22	5:59	1:21	5:22	8:42	10:15	
Thu	24	1	4:24	6:00	1:21	5:21	8:40	10:15	
Fri	25	2	4:26	6:02	1:21	5:21	8:39	10:15	
Sat	26	3	4:27	6:03	1:21	5:20	8:38	10:15	
Sun	27	4	4:29	6:04	1:21	5:20	8:36	10:15	
Mon	28	5	4:31	6:05	1:21	5:19	8:35	10:15	
Tue	29	6	4:32	6:06	1:21	5:19	8:34	10:15	
Wed	30	7	4:34	6:07	1:21	5:18	8:32	10:15	

Please use this as a guide and adjust the date accordingly if following the moon sighting method.