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celebrating
the joys of
submission!

radiance

LIVING AND LOVING THE YOUNG MUSLIM LIFESTYLE

A universe waiting
to be discovered

Islamophobia

Haya Hacks in
college

Obesity & Lifestyle



Grades or effort?!



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HAYA HACKS IN COLLEGE

As he entered the huge building of his new college, he came face to face with a new life. He started walking through its corridors with no guide. Weird teenagers passed by him, laughing, teasing and tooting. They weren't any different from the friends he had back in school, but one aspect about these new ones made a world of a difference and made them stand out as absolutely weird: these boys were in groups with girls! 'Which boy would I ever talk to when all of them are with girls,' he thought.

He stepped into the class, the wind masking his monotonic footsteps and he was glad for it. He surely never wanted to fit in all that he saw around him.

As time ticked and the sun hid lazily behind the towering building, similarly he too wanted to hide somewhere. When he came out from the class, whether he walked in a circle or forward, he did not know. He was longing for something. But he did not know what it was. There was a calling. Somewhere. He hurriedly paced out of the building, almost like running for his life.

'Even then, I should have hope' he thought, reminding himself of the verses from the Holy Quran: "Do not despair of the mercy of Allah." (Az Zum'r: 53).

On the horizon appeared a masjid. He approached it and as soon as he entered inside, he saw people bowing and prostrating, and some sweet voices echoed in the background. He finally felt at ease and wanted to fully submit himself to the Almighty Creator. It was a realisation that brightened his way.

However, he was scared of losing his guidance in the morning again if he stepped in that creepy building. But then he recalled: "And whoever fears Allah, He will make for him a way out." (At Talaq: 2).

He got worried of getting crushed by the coming struggles. Allah SWT assured him: "Indeed, with hardship [will come] ease." (Ash Shar'h: 6).

He took a deep breath and made dua thinking that Allah SWT invites us..... "Call upon Me; I will respond to you." (Al Mumin: 60).

He confided in Allah SWT his worries and complaints trusting fully that only He offers comfort. "And remember Ayyub, when he cried to his Lord, 'Truly distress has seized me...'" (Al Anbiya: 83).

He reminded himself to be patient. For Allah SWT gives the best of advice. "Oh you who believe! Seek help with patience..." (Al Baqarah: 153).

He felt a loving warmth embrace him. “.... Allah loves those who are patient.” (Al e Imran: 146)

And so with these beautiful reminders he got his Haya hacks and he told himself that he is going to be okay. He tucked his memories and intention under the blankets, and bid farewell to the ending day.

All went well on this journey of his life.....

This boy portrayed above found peace and ease as he had his lifeline with life intact. That lifeline is Haya - modesty as we know it - but in reality, there is no word in English that can convey the real essence of the world of meaning that this little word ‘haya’ encompasses within itself.

Haya is derived from the word ‘hayat’ which means life. For men and women who have not lost their haya, it comes naturally. There is a touching story from the earlier Islamic period about a woman who learnt that her young son had died in a battle. She ran in a panic to confirm the news, but before that she took the time to make sure that she covered herself fully in accordance with the newly revealed laws of hijab. She was asked how did she manage to do that in a time of great personal tragedy. She replied: "I have lost my son, but I did not lose my haya."

A sign of Imaan in someone is that they guard their chastity and modesty. To do this, women must follow the order from Allah SWT telling them to keep themselves hidden from all men lawful to them in marriage. The believing men and women are ashamed of disobeying Allah SWT. They are shy of the opposite gender because of what they might experience if strange men/women look at them and lastly, they have haya because they are ashamed of going out in public and committing this grave sin of displaying their beauty.

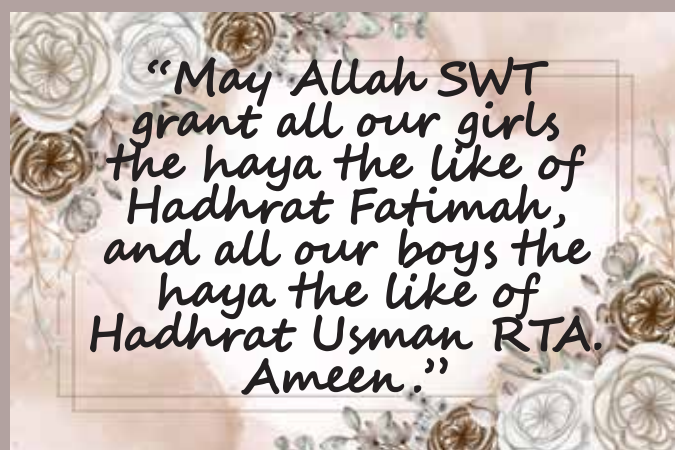
But now that the society has seen a momentous decline in its moral values and displays of immodesty are so common, many don't feel ashamed if the opposite gender looks at them. In fact, they want them to look at them and admire them! Allahu akbar! Why else do they then make so much effort upon themselves; dressing for hours before stepping out of the house, flaunting around shops and buying expensive clothes, shoes, jewellery and makeup and what not to look good.

It looks like we have sold our minds to whatever is shown to us on the television. Thus there are many men and women in this society who claim that they have haya but to follow the order of hijab is backwards. However, for them too, even if they can't feel haya from inside, contradicting anything that Allah SWT has ordained upon us is not right and would surely bring its wrath. Proof lies in the following hadith:

Abdullah ibn Umar (RA) narrated that the Prophet ﷺ said: "Indeed haya (modesty) and Imaan are Companions. When one of them is lifted, the other leaves as well." (Baihaqi)

“May Allah SWT grant all our girls the haya the like of Hadhrat Fatimah, and all our boys the haya the like of Hadhrat Usman RTA. Ameen.”

Wassalam,
Umm Abdullah



Grades or effort?!



Let's learn how Allah SWT guided Faria Adil to an answer to her mystery amid a low patch of her life

It was a balmy day when I was sitting on my lounge couch, holding the Holy Quran, when an ayah all at once captivated my attention.

“And that his efforts are going to be seen – Then he will be recompensed for it with the fullest recompense and that to your Lord is the finality.” (Surah An-Najm: 40-42)

I started pondering about this Ayah: what does it mean that his efforts will be seen?

Honestly, this was not the first time I got confused over Quranic ayahs. As a matter of fact, this does not only happen to me. Ah! We as Muslims have a feather in the cap that we are born into Muslim families and this is enough for us. Unfortunately, some of us never bother to dig deep into the Quranic meanings. We never bother to leave our TV serials and spend at least some time of

our lives to understand the Quran, especially understand the Quran, especially understanding it through a qualified teacher.

Anyways, I closed the Quran with a bitter heart. I often used to think that Allah SWT has revealed Quran and made it easy to understand as He states in one of the surahs of the Quran, then why these ayahs seem to me like mysterious jigsaw puzzles or some interesting riddles?

As the days passed, these questions diminished from my mind in my daily hectic college routine but one day (maybe Allah had decided to open my mind and eyes towards the Quran), it was the third period of chemistry when our teacher burst out into the classroom and started calling out the names of the students who had failed in the examination, held a few days ago. And to my dismay, I was also among them! I already knew that

That was the first time in my life when I got utterly disheartened, dispirited and frustrated from my studies. But you won't believe that that very day proved to be a turning point in my life.

that my test did not go perfectly well but I never expected it to be at this level. The teacher did not care a fig about my excuse that I was seriously ill and had been prescribed bed rest by the doctor. Even though I worked hard the whole week and at the end of the week I got extremely ill and couldn't find any chance to study but still, I was badly insulted. That was the first time in my life when I got utterly disheartened, dispirited and frustrated from my studies. But you won't believe that that very day proved to be a turning point in my life.

I came home with a wounded heart. It was just scandalous for me because I was a position holder of my class and my teacher had said some offensive stuff to me.

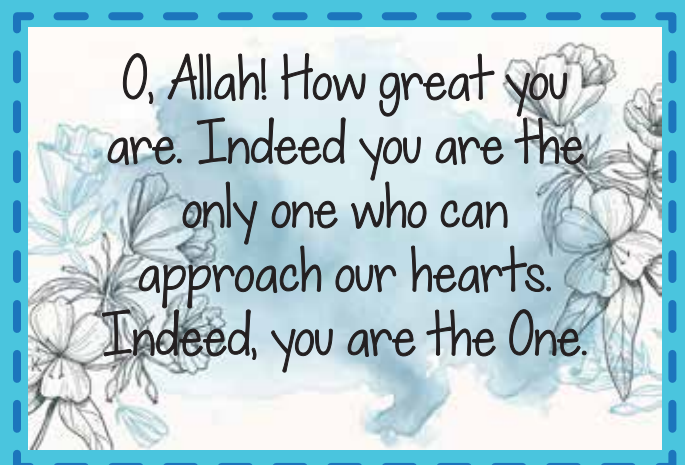
I even didn't eat lunch that day, and although my mother and siblings tried to cheer me up that it wasn't a big deal, it still was a hard pill to swallow. I saw the Quran on the top rack of my bookshelf of my study room. I put the stool next to the bookshelf and managed to bring down the Quran. I swept the dust on its cover and once more I sat on the couch. I had forgotten where I left reading it last time but thanks to the bookmark, it never forgets. I opened the page which was bookmarked by me the last time. I got extremely surprised at what I saw. It was the same ayah, which I had stumbled upon last time.

Then I remembered that I stopped reading

Quran at exactly that ayah. A flashback came to my mind and I remembered how my teacher humiliated me in front of the whole class not bothering how much effort I had put into my test. It was definitely not a deliberate mistake. I had put in my efforts wholeheartedly to prepare for the examination. But like all examinations, they just want to see a good result, not caring for your efforts.

And so goes the case of so many students who are not too bright and thus don't get good results, although they study day and night. But it was surprising what Allah says in the Quran. He says that he will value our efforts. He will value the thing which is hidden from the worldly folks. Subhan'Allah!

O, Allah! How great you are. Indeed you are the only one who can approach our hearts. Indeed, you are the One.



The Story Of Rain

Part 1 of 2

Yusra Zafar Mehmood's story enumerates about the water that sometimes just adds to the beauty of nature while sometimes turns into floods

"O, my tribe!" an imposing voice echoed in that spacious but slightly dark room and grabbed everyone's attention.

"Look outside! It's getting dark! The large pillows of clouds are forming and gathering in the sky...It's about to bucket down."

All eyes rose to the single ventilator in the room.

Worry and anxiousness clouded their faces. It was not merely the pleasant weather that rain brings, but something much more severe and perilous.

"Who ate my doughnuts?" Abeera had just picked up her pen when she heard a voice.

Her three-year-old brother was staring at her with many wrinkles on his forehead, putting his hands on his hips as if he was sure that she was guilty of him.

He pursed his lips together tightly, his nostrils were flared outward and breathing like a dragon, he was trying to show that his anger was at its peak.

"Who ate my doughnuts?" he inquired again.

A tray was full of ring-shaped chocolate doughnuts, covered with lip-smacking and thick chocolate syrup with choco chips, pictured in her mind that she baked herself for her chocoholic brother and just came after placing it on the kitchen's Island.

She was sure, its delicious and mouthwatering aroma brought him there. But more than this she was worried. Not for the doughnuts because she knew, he couldn't check the island. But his reaction and facial expressions made her astonished. He was imitating her and forcing her to ponder her behavior.

"Don't be angry! Let's check the kitchen," she said softly and took him towards the kitchen.

"Here you are!"

"Jazakillah!... Sweet Aapi!" He passed a cute smile and went on.

"Let's start writing..." she said in a joyful tone.

People think a writer has many ideas up his sleeves and brings them out immediately like a shopkeeper who brings out goods from his shop within a second.

Abeera was going to participate in a story writing competition which was held by a famous magazine and the situation was that she had not yet been able to send it while only one day was left for submission.

She picked up her pen but....she became wordless, her mind was jammed, and all doors and windows of words were sealed. She couldn't find a single word for her story.

'Think Abeera! Think.... you can do it...' she motivated herself.

Words have their moods. Sometimes, they flow like a flowing fountain and then become like a deaf and barren rock that doesn't have a drop of water.

People think a writer has many ideas up his sleeves and brings them out immediately like a shopkeeper who brings out goods from his shop within a second. They don't know that sometimes the intensity of any idea or thought forces the writer to jot down it, and he can't just stop it. And sometimes it is lost as you never meet them again and this situation was being faced Abeera.

Therefore, she stepped toward the window to get some fresh air. And the breathtaking view brought a gigantic grin to her face while the wrinkles of her smile appeared at the corners of her eyes.

The sky was tar-black. Large pillows of clouds were formed and blotted out the golden colour of the sun.

Everyone was in a hurry to reach his destination; birds to their nests, humans to their houses, insects to their holes, and of course - the drops of rain towards the thirsty earth.

She heard a tapping on the window and then it became a pitter-patter. The wall of rain occurred between her and the front view.

The drops of rain on the glass window were looking like translucent beads.

"They come, then gradually slide down and at last lose their grip to become a part of the pond down there." She thought. "They lose their grip...not hope... because they know a more valuable thing is waiting for them. So, I shouldn't lose my hope," she intended.

The tik-tik of the wall clock brought her out of her thoughts. She took a deep breath and headed towards her writing table.

"What should we do?" the little one questioned as the tears were threatening to spill his cheeks.

"Don't cry, my friend! Allah is with us, nothing will happen to us." His neighbor, who wore a brown leather jacket, comforted him with compassion.

"Look here! The water is about to reach us. Its level is increasing moment by moment. If it touches us we might die or perish." Another worried voice came from the top of a shelf no 4.

"Oh! Look at the study table, the water has drenched the beautiful painting." The old one drew their attention in his weak and trembled voice.

The beautiful painting which was made by Abeera's grandmother had been swallowed by the water. She painted the culture of Mughals when she was only ten years old.

Continued on page 14



Obesity & Lifestyle



Raahema Khan chomps down some helpful tips and tricks that can surely make us ponder to bring about some healthy lifestyle changes

“God does not change the condition of people unless they change what is in Themselves.” (Quran 13:11)

I recently came across an article in newspaper, in which they stated that, ‘According to WHO and some local studies, every fourth person is over weight in Pakistan while 30 to 35 percent people are obese in the country. Similarly, over 20 percent of school-going children are either overweight or obese.’

Now imagine yourself in the times of Prophet Muhammad ﷺ; you are one of the companions of our beloved Prophet ﷺ. You are wealthy and you are addicted to food and thus you are overweight. A jihad is in front of you and you have a battle to fight. How much will you be willing to fight a battle with this amount of weight on your body? Thus, this is the condition of Muslims today.

Over weighing does not only bring weight. Myriad variables can affect the latter and as a result can influence your thoughts, behavior and even emotions. Health cannot be over looked in terms of when talking about obesity/overweight. Obesity is by far a by-product of poor eating habits and poor health.

I purposely want to leave out of this food for thought those who are deluded into believing that this this life is all that is. We as an Ummah are in heaps of food addiction and poor lifestyle choices so far away from the life a Muslim should ideally live. We can’t even perform our everyday tasks properly due to food related problems such as laziness, anxiety, depression and so much more.

Allah’s trust:

The blessing of our parts of body synchronized with each other, working in harmony is an Amanah (trust) of Allah (swt) with us. And we as Muslims will be answerable about it in the hereafter.

Over indulgence in food:

The believer is instructed in both the Qur’an and the Sunnah to avoid excess in food and drink. Allah (swt) says: “...Eat and drink, but be not excessive. Indeed, He likes not those who commit excess.” (Quran 7:31)

We as an Ummah are in heaps of food addiction and poor lifestyle choices so far away from the life a Muslim should ideally live. We can't even perform our everyday tasks properly due to food related problems such as laziness, anxiety, depression and so much more.

The Prophet (saw) said: "A human does not fill any container worse than his stomach. It is enough for him to have some morsels to strengthen his back (Keep his back straight). If he must eat more, then it should be one third of his stomach for food, one-third for drink and one third for breathing." (St Tirmidhi and ibn Majah).

Say No to Over-processed foods:

Max Iugavere writes in his book "the genius life":

"One powerful lever at our disposal is food. Today our diets have become saturated with packaged ultra processed products. These products comprise 60 percent of our energy intake every day. Densely packed with empty calories and inflammatory chemicals, these foods are hard to avoid, they're so convenient and tasty. But we must end this addiction if we want our bodies and brains to flourish. "

Over- processed foods takes away all of your energy, aids in poor brain function and makes you gain weight.

Foods to Avoid:

1. Sugar:

- We have these small beta cells in our body. With the consumption of sugar they become weaker over time. Medically speaking, a person is alive as long as the beta cells live.
- Opt for healthier sugars like Jiggery once a week only. Learn to make cookies and cakes at home with basic ingredients. There are immense options out there today.

2. Refined oils:

- Refined oils are ultra-processed poor quality oils like canola oils and vegetable oils.

- Opt for healthier homemade oils eg. desi ghee. And that too in reasonable quantity.

3. Refined White flours:

- All white flours are refined flour with no nutrition inside. Worse, they turn into sugar once they hit inside.
- Opt for whole wheat and brown rice.

4. Packaged milks and creams:

- Opt for whole organic milk and cream straight from organically raised animals.

Quality over Quantity:

We, now a days are living in consumerist mindset, see the amount of things we can get in small amount of money. We need to opt for quality food over quantity food. Of course, buying 'quality' may seem like lesser food in the same money. But if we measure it to our longer and healthier life-spans InshaAllah, it is so much less than we think. More quality food today, better health in a long term thus less money spent on medicines and hospital visits. And how can we forget about a life well spent.

Factors for healthy life:

"To ensure good health, eat lightly, breathe deeply, live moderately, cultivate cheerfulness, and maintain an interest in life."

- William londen.

The American heart association came with the seven simple factors that can lead to healthier life: not smoking, not being overweight, being very active, and eating healthier, having below average cholesterol, having normal blood pressure, and having normal blood sugar levels.

Foods to Eat:

1. Whole grains and legumes
2. Fruits and vegetable
3. Organic meats
4. Eggs and butter
5. Organic oils
6. Organic dairy
7. Nuts

Intentions around food:

Focusing on food, mindful eating and understanding your hunger and fullness cues are all important in losing weight and gaining health.

Exercise a way of life:

Today's world of sitting at a place, in front of screens can take away our ability to move at all. Thus opting for a walk 30 minutes a day is necessary for a healthy lifestyle.

Circadian Rhythm:

Waking up early and sleeping early is one of the best things you can do to ensure good health. It gives you optimal energy, focus, clarity and digestion.

Three meals a day:

Eat three meals a day. Avoid snacking. Eat breakfast with healthy protein and fats. A proper lunch and dinner cooked only at home.

Sleep:

Sleep is the most underrated reason for losing weight and living a healthy life. There are countless studies that ensure us that sleeping less than 7-8 hours a night leads to excessive eating and thus results in weight gain. Sleeping less and sleeping more, both are a problem indeed.

Stress:

Have you seen yourself in a situation, when you have exams and you tend to eat more? That is certainly because of stress. Such stressors are a part of adult life. And in order to encounter them, you need to find your de-stressors.

Examples of de-stressors:

1. A strong and close connection with Allah (swt)
2. Walking in nature
3. Napping
4. Drinking water
5. Exercising
6. Gratitude/Journaling/Reading
7. Talking to a loved one and showing love
8. Slow breathing/mindfulness
9. Massage
10. Shower

By losing weight and gaining strength, we fortify our ability to feel happy and remember things. No matter your age or background, the time to act is now, and the plan is in your hands.

Continued from pg 23

This is the least we can do.
Our physical world, respect and explore
Where water meets land; a beautiful
shore.
Mountains we conquer, look down in
awe
If you're an artist, make sure you draw.
Nature exciting, adventurously new
Much more to see, than a sky that is
blue.
It offers so much, open your eyes,
Hope of today, with every sunrise.
Nature shall feed, body and soul,
Some call it home, others a hole.
Memories are nurtured, when nature
reveals,
Sharing its pleasures, amazing it feels.

ISLAMOPHOBIA



Written by **Fatima Haris**
The Intellect School

I guess the comfort of our homes is just too fulfilling... to the extent that it makes us ignorant. A shelter over our heads, food on our plates, and clothes over our bodies - what more is there to life? Everything is PERFECT - except that it's not.

Islamophobia is on the rise, and Muslims all over the world are subject to increasing torment and tyranny. If today it is your brothers and sisters, then what guarantee do you have that you will wake up the next morning and have a safe place to live in or a fridge full of food? The truth is, if we don't raise our voices for them, we do not have any assurance that we won't meet the same fate as them.

Question yourself, have you ever questioned yourself that are we playing our part as we should? Are not all Muslims one brotherhood and that when one is hurt, the pain is felt by all others? Look around you; Muslims in Syria, Palestine, Kashmir, China, and countless places are deprived of their basic rights and face persecution on a daily basis. Doesn't your heart ache to see your own people being treated like animals and

worse without any reason? But the actual question is to all the Pakistanis out there, are we actually living up to the name given to us by our ancestors - the 'Islamic republic' of Pakistan? While Muslims all around the world, especially the Kashmiris count on us for help, all we do is sit on our phones all day and merely scroll through TikTok, Instagram, and Facebook and I'm sure many of us do come across heartbreaking videos of our fellow Muslims being denied of their most basic civil liberties and facing increasing demonization but why do something that's not in trend these days?

The truth, whether we like it or not, is that we have failed as a nation, as Muslims, and as humans. We are just running a race - the rat race of trends. Whenever an issue arises, we start highlighting and supporting the cause but with time, the hype finishes and so does our support. Whatever happened to "Kashmir Banega Pakistan"? We all watched the campaign slowly die, didn't we? But did we say anything about it? No, because watching our corrupt politicians fighting for their interests is far more interesting than helping our brothers and

Whatever happened to "Kashmir Banega Pakistan"? We all watched the campaign slowly die, didn't we?

and sisters who endure endless torment and hope that we will do something for us but all we do is constantly disappoint them.

Many of us do think that change cannot be brought about by an individual and these issues are to be solved by an invisible force that we have been waiting for decades to arrive. But absolutely Not! The change will come from within – a change of mindset, a change of approach, a change of priorities, and determination that will lead us to be honest and brave and face all the cruel people to end their tyranny. Why can't we step out of our comfort zones and raise our voices against all the problems being faced by many of us. Let's rise as a nation and bring an end to this corrupt and unjust system that has been forced upon us for years. Let's choose between a world where we face everything silently or a world where we will strive to end the cruelty and live happily.

Continued from page 09

"Can you stop this water flow?" the little one asked the window between sobs and tears when he saw the painting was drawing.

"No...I can't...it's so powerful." The window expressed his helplessness.

"No worries, dear! Look around you. We all are on the top. Everything will be under control with the help of Allah Almighty....we must just pray." The one who looked intellectual and great by his size tried to soothe them.

Every book in the library of the basement was worried. The adversity had captured almost everyone's faces. The situation was going to worsen. Rainwater was flowing from the window like an angry river.

Continued In'sha'Allah...

That morning dawned....

Written By
Asma Parekh

When the angels of constellation
Hovered closely,
Awe visible in their eyes,
The stars lost their lustre,
So dazzling were luminous skies,

The chirp of birds got merrier,
The chiming bells ceased to ring,
Something unusual was about to
happen,
As Jibrael gently spread his wings.

And then that morning dawned
The one which witnessed Muham-
mad's ﷺ birth,
The Lone deity smiled in happiness,
For Muhammad ﷺ, oh but for
Muhammad ﷺ
The Creator had designed the earth.

Rasulullah's ﷺ character

Written By
Umm Ibrahim

The trees and rocks honour your stature
Witnessing the love and blessings you capture

A radiant smile which serves as charity
In a world repeatedly torn by disparity

Gentleness you share with family and foe
Never allowing the seeds of resentment to sow

The prayers and peace we continually send
Your beautiful character we cannot comprehend

Relying entirely on your benevolent Lord
Without the presence or hint of discord

Standing and supplicating in the depths of night
Seeking mercy and your Lord's delight

Serving as a pristine example to your nation
Sharing your concern for all His creation

A soul of purity and free of pride
With the protection of angels by your side

A model husband, father, and friend
Caring for your community until the end
The struggle and love given we cannot repay
Sallallahu alayhi wasallam is what we continue to say.

Good things I can do!

MANNERS

- Speak Kindly
- Share
- Help others
- Sit Properly at the table
- Tell the truth
- Knock before entering
- Say please, and thank you
- Apologize and forgive
- Ask before talking
- Be patient

DAILY LIFE

- Do your school work
- Clean up after yourself
- Sleep in your own bed
- Eat and drink healthy
- Take care of your things
- Keep yourself clean
- Limit TV time
- Be active and exercise

DEEN

- Pray on time
- Praise Allah
- Obey your parents
- Say your dua
- Read Quran
- Learn about Islam
- Greet with salaams
- Send blessing on the prophet
- Forgive others
- Remember Allah in all things





KIDS CORNER

Riddles Braingles

Come on in

Let's get ready for challenge.
I think you know where I am.
Because, as you know, I hold lots of knowledge.
Really, I can lend a helping hand.
Although since people most often come for
Riveting good stories and tales,
You, my friend, can find knowledge in me.
Whether it be history, science, or Braille.
I cannot be held in your hand, you see.
I'm quite a bit larger than that.
So come right in, and let's begin.
Put on your thinking cap!

Answer

A library. (Also, the first letter of the first few lines spell out "library")

Glass was everywhere,
Water Covered everything,
And still they thrived...

What are "they" ?

Answer

They are plants in a greenhouse
when the sprinklers are on.

Short and simple

I'm short and pretty simple. You may never have seen one before, as well as you could know millions of my brothers.
I've got a life of my own, created by the boredom of a twisted mind. Even though you're looking at me right now, you may never find what you're looking for: What am I?

How you miss me
I have 3 hands,
All have a purpose.
I count the hours,
I count the minutes,
I count the seconds,
Of every day.

Every one of those is important for me to count.
I must never stop or people get frustrated.
I can never die, though I may stop,
But it isn't my fault.

Answer

A clock. The title hint : Everybody wishes to set back the time.
How we miss it when we can't.

Word Search

Name _____ Date _____

GOLDEN AGE OF ISLAM

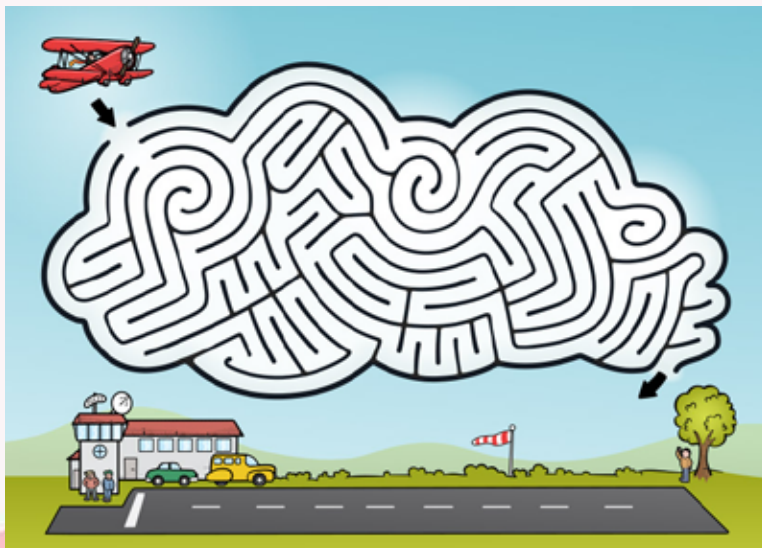
Word Bank

ABBASID
ALGEBRA
ALLAH
ARAB
CALIPH
FIVE PILLARS
ISLAM
MECCA
MINARET
MOSQUE
MUHAMMAD
MUSLIMS
QURAN
SHARIAH
SHIA
SUNNI

M	D	A	G	O	R	H	A	A	Y	D	E	I	I	T	I	H	U
U	H	N	Z	V	N	T	B	I	N	N	Q	J	E	H	K	K	Z
B	U	H	H	K	G	B	B	H	M	U	H	A	M	M	A	D	B
E	A	B	P	P	C	Y	A	S	F	F	A	Z	V	E	C	G	T
O	R	R	I	M	X	F	S	H	Z	L	Q	A	Y	F	T	Q	L
Z	C	C	A	W	O	Y	I	F	C	M	A	L	L	A	H	L	V
U	V	K	K	D	D	U	D	L	P	Z	T	E	R	A	N	I	M
W	V	F	I	K	O	X	N	I	S	D	G	H	R	T	X	W	M
F	A	Q	R	Z	E	H	I	N	N	U	S	Y	C	Y	Q	K	J
S	H	R	B	U	P	I	S	U	R	V	Y	V	C	I	K	Z	F
G	A	I	B	I	W	H	Q	X	S	C	Z	C	V	T	J	N	F
B	K	P	L	E	A	L	X	D	M	P	A	Y	G	W	U	D	K
O	K	A	L	R	G	D	M	E	K	S	B	Q	J	Y	J	C	Z
N	C	U	I	Z	B	L	C	Z	R	G	M	A	B	E	L	Q	T
I	C	A	V	E	K	C	A	A	B	M	W	U	V	Q	N	U	U
Y	H	X	K	J	A	X	L	E	Z	L	K	V	S	E	Z	R	X
E	E	O	O	X	B	L	Q	O	U	G	U	B	K	L	I	A	D
U	O	I	O	U	I	Y	Q	C	J	Z	S	W	N	M	I	N	L
Q	D	L	S	P	W	E	I	X	M	N	W	U	O	K	G	M	P
S	K	H	E	L	O	F	D	M	Z	C	H	A	U	N	T	O	S
O	L	V	E	I	A	M	Y	A	Y	M	P	H	P	G	T	A	G
M	I	G	B	H	E	M	G	T	K	O	M	K	R	A	K	V	Z
F	V	W	Z	G	D	Z	R	E	L	W	A	O	J	D	I	K	S

Use the clues and the word bank to fill in the terms. The first letter has been provided.

- A _____ -- Arabic name for God
- A _____ -- A person originally from the Arabian peninsula who speaks Arabic
- M _____ -- The founder of Islam
- M _____ -- Followers of Islam; those who "submit" to Allah
- I _____ -- Religion followed by Muslims from a word meaning "submission"
- F _____ -- Basic rules of Muslim faith
- Q _____ -- The holy book of Islam; also known as "Koran"
- M _____ -- A holy place of worship for Muslims
- C _____ -- The leader of the Muslim world and ruler of the Caliphate
- A _____ -- Caliphate during the golden age of Islam
- M _____ -- The birthplace of Muhammad and the most holy Islamic city
- S _____ -- Largest denomination of Muslims
- S _____ -- Denomination of Islam, believe Muhammed chose the nest Imam
- S _____ -- Islamic religious law; right conduct
- M _____ -- A tall and thin tower used to call Muslims to prayer
- A _____ -- Mathematics discipline developed by Islamic scholars



Migration to Madinah Quiz

Q1. What was the initial name of Madinah?

- A-Quba B-Al Baqi'
C-Yathrib D-Madinah

Q2. Who did name Yathrib city to Madinatul Munawwarah?

- A-Prophet Muhammad (pbuh) B-Jews
C-Prophet Abraham D-People of Madinah

Q3. What does Hijrah mean?

- A-Migration B-Journey
C-Travel D-Escape

Q4. Reasons why the companions of prophet migrated from makkah to madinah

- A-Torture of quraishi people of makkah
B-Instruction from Allah (swt)
C-All of the above

Q5-Groups of people who were in madinah at the arrival of Prophet ﷺ

- A-Muslims B-Jews
C-polytheists D-all of the above

Q6. What's the name of the first mosque the Prophet (ﷺ) established when he arrived in Madinah?

- A-Masjid Jumu'ah B-Masjid An Nabawi
C-Masjid Quba D-Masjid Qiblatayn

Q7. When Muslims left Makkah, they left behind

- A-Religion B-properties & wealth
C-knowledge D-None of the above

Q8. Function of Masjid An-Nabawi

- A-A place for worship/Ibadah
B-A place for adult and children to learn about Islam
C-Shelters for travellers and poor people
D-All of the above

Q9. The Prophet decided on the location of the mosque based on...

- A-Where his camel stopped
B-What the people of Madinah told him
C-Where he felt like building

Q10. The people of Madinah who gave their half property to their Muslim brothers were:

- A-Muhajireen B-Ansaar
C-Abbasinian

Q10 - B

Q9 - A	Q6 - C	Q3 - B
Q8 - D	Q5 - D	Q2 - A
Q7 - B	Q4 - C	Q1 - C

Answers:

Hadhrat Usama bin Zaid رضي الله عنه

Written by Zawjah Junaid Mukaty

A charismatic personality, a sturdy soldier, the beloved of Rasulullah ﷺ was none other than Hazrat Usama bin Zaid RTA

Hadhrat Usama bin Zaid, a stalwart young companion of Prophet ﷺ and son of two most honourable Sahaba was a born Muslim. His father, Hadhrat Zaid bin Haritha was the adopted son of Prophet ﷺ and a former slave. He had spent a lot of years with Prophet ﷺ and both loved each other immensely. His wife and Hadhrat Usama's mother, Hadhrat Umm Ayman or Barakah bin Thalabah, was also extremely close to Prophet ﷺ. She was the one who took care of the Messenger ﷺ when his mother died while he was merely six years old. This caring, brave and gracious lady was married to Hadhrat Zaid after her former husband died during a battle. Therefore, this dynamic connection of Usama's parents with Prophet ﷺ proves that he had the privilege of being raised in a family who were early converts and very near and dear to the Prophet ﷺ. He was born in the seventh year of prophethood and since he was a child, the love of Allah and His Messenger ﷺ was infused in him which revamped his personality.

Love of Prophet ﷺ

When Hadhrat Usama was a small child, he loved playing with other kids. Once he was playing with Hadhrat Hasan RTA, son of Hadhrat Fatima RTA and Hadhrat Ali RTA,

when Prophet ﷺ came and also started playing with them. He lovingly made both of them sit on each of his thigh and said, "O Allah! I love both of these kids. You also make them your beloved."

He had the liberty of coming to Prophet's ﷺ house whenever he wished. Many a times he was fortunate to pour water on Prophet's hands for wudu. Thus, the companions of Prophet Muhammad ﷺ honoured him with the title "Hubb un Nabi" (Love of Nabi) which expresses the endearment that Prophet ﷺ exhibited for him. What an honour and what a blessing!

On several occasions, Hadhrat Usama accompanied Prophet ﷺ while travelling while he was young, but on the Conquest of Makkah, which is known to be a remarkable and victorious day in Islamic history, he was sitting behind Prophet ﷺ on his she-camel while Hadhrat Usman, Hadhrat Talha and Hadhrat Zubair were walking on its sides.

As a Commander

In early days of migration, Muslims had to face fierce aggression from polytheists. Both faced each other in different battle-fields but Hadhrat Usama was not allowed by Prophet ﷺ to participate in these battles

The companions of Prophet Muhammad ﷺ honoured him with the title "Hubb un Nabi" (Love of Nabi) which expresses the endearment that Prophet ﷺ exhibited for him.

because of his young age. By the eighth year of migration, he turned fifteen and was then a young, fearless, responsible and robust man.

Prophet ﷺ sent him as a leader of Skirmish of Harqa or Harqaat with a troop to fight against the enemy. Muslims returned victorious but Hadhrat Usama made a vague mistake. While he was fighting, Mardas bin Naheek came in his sword's range. He recited Kalimah spontaneously but Hadhrat Usama killed him. When Hadhrat Muhammad ﷺ heard the news, he said, "Usama, you killed a man while he was reciting Kalimah." This statement of Prophet ﷺ brought a lot of regret.

At the trivial age of eighteen, he was appointed commander of the troop of seven hundred Muslims which included some leading companions of Prophet ﷺ like Hadhrat Abu Bakr, Hadhrat Umar, Hadhrat Sa'ad bin Abi Waqqas and many more. The main incentive of sending this huge army was to take revenge of Battle of Mautah in which Hadhrat Usama's father, Hadhrat Jaffar bin Abi Talib, Hadhrat Abdullah bin Rawahah and many more received martyrdom. Another reason was to crush the uprising on Syrian borders.

Some of the companions of Prophet ﷺ were surprised on nomination of such a young commander for a major and crucial mission. Hadhrat Muhammad ﷺ came out though he was seriously ill and addressed his followers telling them about the capability of Hadhrat Usama as a commander. He himself handed the flag to him and ordered the men to march.

This infantry had just reached Jarf, a place near Madinah, when they heard about the

exceeding illness of their beloved Prophet ﷺ. They could not move further and thus returned. Hadhrat Muhammad ﷺ left this mortal world leaving his Ummah in deep grief. Those strenuous moments were like mountain on Muslims and the most arduous job was to lower the Messenger of Allah ﷺ in the grave. Hadhrat Usama was one of those who performed this ritual though it was not easy for him.

Muslims selected Hadhrat Abu Bakr as the first caliph who made sure that the unfinished orders of Prophet ﷺ were finished therefore he resent this army again under the leadership of Hadhrat Usama. They kept on fighting the enemies far into Syria and reached near Damascus. From there they returned triumphant after approximately forty days. Historians state that this was the beginning of the victories in Syria.

Relationship With The Caliphs

Companions of Prophet ﷺ loved and trusted Hadhrat Usama exactly as Prophet ﷺ. In eleventh year of migration, Hadhrat Abu Bakr himself went towards Al Abraq to fight against the absconder rebels. He appointed Hadhrat Usama as his substitute in Madinah.

Hadhrat Umar Farooq fixed stipends for several companions of Prophet ﷺ. Hadhrat Usama was given four thousand Dirhams. During caliphate of Hadhrat Usman, he was persecuted which was not bearable for Hadhrat Usama therefore he withdrew himself. He stayed back till he died in either fifty four or fifty eight Hijra at the age of sixty during the reign of Hadhrat Ameer Muawwiyah. He was buried in Madinah. Hundred and sixty Ahadith are narrated by him.

May Allah help us to follow these leading lights. Ameen.

A UNIVERSE WAITING TO BE DISCOVERED

*Written by Bint Hanif
South Africa*

What is nature? Nature has been in existence long before humans and ever since it has taken care of mankind and nourished it forever. In other words, it offers us a protective layer which guards us against all kinds of damages and harms. Survival of mankind without nature is impossible and humans need to understand, value, cherish and appreciate this gift.

The mesmerizing beauty of the rising sun at dawn and the captivating twilight at sunset, a cold and gloomy overcast is quiet and serene. The clouds are puffs of white magic in acres of Blue, while the sky certainly does not need any pillars to stand upon. Magnificent, heavenly light filters through the wispy clouds signifying a new day.

The night sky, a vast, endless and unknown universe beyond the human eye; a whole new world moreover, a universe that is waiting to be discovered. Looking up into the night sky, I am welcomed by countless stars, constellations, and the moon. For me, the starry night sky is a time of comfort and peace. The moon is a very lovely lady. She

waxes and she wanes. She can be so big and illuminated by frosty white pure light. She stays up all night to tell everyone, the night is alright. She can be crescent shaped.

Ohhhh, the beauty of Nature, words will definitely fall short when describing the vastness of Nature. The laughing trees, the enchanting flowers, the green grass, the chirping of birds, the sweet honey bees, the calming sound of water, the whisper of wind,,the welcome of spring, the light of summer, the rustle of autumn, the eerie silence of winter, so much of treasure to appreciate.

When last was nature gazed at with grateful eyes? A unique gift to the inhabitants of earth by Allah swt. Its valuable role in intellectual and spiritual development. Many verses of Surah Rahman also beautifully describes the different aspects of Allah's power, might and grandeur with regards to the breathtaking beauty of nature.

The natural world is an incredible wonder

Spending time in nature encourages you to slow down

that inspires us all. It underpins our economy, our society, indeed our very existence. Our forests, rivers, oceans and soils provide us with the food we eat, the air we breathe, the water we irrigate our crops with. We also rely on them for numerous other goods and services we depend on for our health, happiness and prosperity.

As nature is free, we often take it for granted and over exploit it. We clear forests, over fish oceans, pollute rivers and build over wetlands without taking account of the impact this will have. By not taking into account the benefits we get from nature, we create huge social and economic costs for ourselves. A small example; do we realize how important honey bees are for the survival of mankind, ecosystem and biodiversity?

Honey Bees are essential for the health of people and the planet. Honey and other products have medicinal properties, and the role of bees as pollinators makes them vital for food supplies.

There are around 20,000 known bee species worldwide, and over 4,000 are native to the the United States. Humans only manage a few of these, and most species are wild.

As well as valuing bees for their honey, people have come to recognize the importance of bees in promoting food security and variety in plants and animals.

However, a rise in factors, such as pesticide use and urbanization, means that bees are currently in decline, negatively affecting many of the Earth's ecosystems.

A loss of bees would affect honey supplies,

but, more importantly, world food security and biodiversity. Without them, the world could be a very different place.

Spending time in nature encourages you to slow down. It's a time to reflect on what's important and to calm your thoughts.

LEARN TO APPRECIATE NATURE WITH THESE ACTIVITIES

•**Feed the birds** – You can hang a bird feeder or make your own suet, or even make food for the hummingbirds. Place the feeder in a window you can easily see from inside and take the time to watch the birds.

•**Enjoy your lunch outside** – Sit quietly and simply look around you. You'll be surprised at the wildlife you overlook at other times. Watch the birds in the trees or the cat playing in your neighbour's yard. Don't have time for lunch outside? How about your morning coffee?

•**Plant flowers** – Flowers will attract all sorts of wildlife to your yard. Hummingbirds love bright reds and pinks. Brightly coloured songbirds enjoy sunflower seeds. Gardening is good for the soul and for the planet. Take time to snip fresh herbs from your herb garden for dinner or stop by your vegetable garden every evening to pull weeds and pick fresh vegetables for dinner.

Continued on pg 12

Zantangles, Islamic mandala and Stippling Art done by students of our Sketching course
A healthy and soothing activity with the humdrum of a busy life



Hafsa iqbal



Hajrah bint Hamza, 10 yrs



Maria Akhund



Maryam Abdullah



Safa Tajummul



Tayyaba



Maria Akhund



Safiya Ibrahim



Samina Noor



Yusra Zafar



Aroosh Aamer



Zainab Fatima

Too many clothes Illustration and concept by Umm Ali



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