

NEWS BRIEF

Various news bits from Muslim Communities in North America, Europe and other Parts of the world *submitted by our Team of Local, National and International Correspondents*

Project Update June 2018

As mentioned in the previous issue of Al-Haqq Newsletter, the construction work has started on the new proposed IHS multi-purpose Centre. Initially, the ground was leveled and gravel laid down so that the construction vehicles could move in to start working. Then, in April 2018, a retaining wall was erected and digging began. Due to the large amount of earth that had to be excavated, it took a long time to clear the earth before the actual construction could begin. In the summer of 2018, the lower level ground should be noticeable.

As the work will be proceeding in full capacity, the only way IHS can continue working is to commit \$250,000 each month. In the event that these payments cannot be committed then work will slow down or stop altogether. Readers of Al-Haqq are urged to contribute whatever they can towards the new Centre, which is to include a Masjid, Lecture Hall (Husainiyah), Burial Washing & Shrouding (Ghusl Mayyit) room, IHS administrative offices, Classrooms for weekly Madresa and future full time academic primary and elementary room, and more. Future plans are in lace to have a gymnasium and activity area.

The total projected cost of the Centre is \$6. CDN, of which the \$1.2 million for the land has been paid off, and by June 2018, \$1.4 million towards construction costs have been raised.

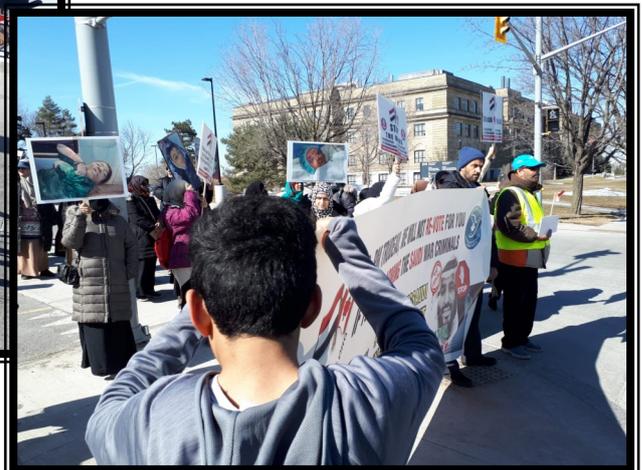
The IHS has managed to secure a \$490,000 CDN line of credit with our bank, and will be used only if we fall short of our committed targets. A pledge and contribution form is included in this issue of Al-Haqq. Donations can be made online, via our web site www.al-haqq.net, by calling the IHS Office (519-576-7111) with your credit card number, or by mailing a cheque/money order/bank draft to the IHS Office mentioned on the inside front cover of the Al-Haqq.



Protest Against Saudi Bombing of Yemen

Concerned Canadians from across Ontario and Quebec came together in Ottawa on March 26, 2018, to demonstrate their anger at the 3rd anniversary of the aggression committed by Saudi Arabia against the impoverished nation of Yemen. Marchers began at the building housing Global Affairs Canada, which has maintained diplomatic relations with Saudi Arabia and approved millions of dollars in arms sales to the oil exporting giant, then in front of the Embassy of Saudi Arabia. Speeches were held in front of the Embassy decrying what the United Nations and other human rights organizations have declared to be the worst man made disaster since the second world war. Cases of cholera, and infant deaths have reached epidemic proportions, with no end in sight. Funerals, weddings and even school busses carrying innocent children have not been spared by the regime of Aale Saud's bombs. The demonstration then concluded at the Parliament of Canada, where Member of Parliament, Hon. Helene La, delivered a strong message condemning what Riyadh has been doing for three years.

IHS has been working with various individuals and institutions to help get much needed aid into Yemen, despite the challenges and difficulties.



Al-Quds Rally

The last Saturday of holy Ramadhan, the 9th month of the Islamic Lunar calendar, is marked across Canada, the United States and Europe, as Yawm al-Quds (Jerusalem Day). Hundreds of cities all over the world mark the occasion to remember occupied Palestine, and bring the suffering of the Palestinian people to the forefront of the world's attention. In Islamic countries, Yawm al-Quds is commemorated on the final Friday of the holy fasting month. Toronto, Ontario is the site of Canada's largest gathering, which this year was on June 9, 2018. Individuals from numerous ethnic, linguistic, and religious backgrounds gathered in downtown Toronto, to hear speeches and walk towards the American consulate to remind the world of the suffering caused by the occupying state of Israel. Jewish Rabbis from the Hasidic group, from Montreal and New York, attended and walked alongside Muslims, Christians, atheists, and secular Canadians who care about human rights. Police protection was present due to harassment and threats by Zionists who try to disrupt the annual gathering.



9th IHS Summer Camp

Parents wishing to enroll their children for the IHS's 9th annual summer day camp are invited to contact Sr. Duaa Al Aghar at the IHS office. The camp has been scheduled for the last two weeks of August 2018, and will be filled with fun and educational activities, as well as building the spirituality of the potential campers. Students, aged 4 till 14 years, will join together in congregational prayers each day, and will have a barbeque on the last Friday of the camp, Insha-Allah. The final day barbeque will be sponsored by Mina Foods, and open to all participants of Salaat ul Jumuah also.

IHS General Meeting

Members of the *Islamic Humanitarian Service* from across Ontario participated in the annual general meeting of the charity in Kitchener, on Saturday April 28, 2018. The Minutes of the previous years AGM were read, discussed, and approved. The Religious Director, Br. Sultan Hudda, delivered his report for 2017 that covered the main activities of the organization. The Finance Officer tabled the Financial Statements of the Service for 2017, as required by the Constitution, and had lengthy discussion on each item. The revenue and expenses of each division of the IHS were presented before the membership. Thereafter, the Statements were approved, following the reading of the Auditor's report.

Election results for the term 2018-2020, were as follows, with the predecessor in parenthesis:

Religious Director:	Br. Sultan Hudda	(re-elected)
Deputy Religious Director:	Br. Hahbullh Mahbobi	(re-appointed)
Administrator:	Br. Hussein Al-Tamimi	(Br. Sajid Marhon)
Finance Officer	Br. Muhammad Abbas Hyder	(re-elected)
Committee Member:	Br. Oday Al-Roomi	(Br. Faizan Haider)

At the AGM, the Religious Director presented three plaques for services rendered to the IHS. One went to Sr. Nasim Daya, for 20 years of dedicated service; another to Sr. Anisa Ali, also for 20 years of dedicated volunteer work, both of which have been a part of the United Muslim Women of Canada, one of the longest serving division of the IHS. The third plaque went to Br. Murtaza Ali for 15 years of service to the Service.



From Left Sr.Nasim Daya and Br.Sulatn



From left Sr.Nasim Daya and Sr.Shama Murtaza



From Left Sr.Anisa and Sr.Duaa Al-aghgar



Annual IHS Interfaith Gathering

IHS's fourteenth annual interfaith meal gathering has been scheduled for Wednesday December 19, 2018, starting at 1:30PM. As in the past, special guests, dignitaries, political and religious leaders are expected to be in attendance. The session is in cooperation with Interfaith Grand River (IGR). "Aiming For Peace" will be the theme this year, and the guest speaker is yet to be announced.

Interfaith Grand River News

Alexandra (Sandy) Milne, a founding member of Interfaith Grand River, had an honour bestowed upon her by Pope Francis, Holy Father of the worldwide Roman Catholic Church. The award, called Cross Pro-Ecclesia Et Pontifice, was presented to Mrs. Sandy at the Cathedral Basilica of Christ The King, in Hamilton, Ontario, on Sunday March 4, 2018.

The Church of Latter Day Saints and Golden Triangle Sikh Association both hosted open houses at their respective places of worship during the month of February 2018. Mr. Michael Clifton, representing the LDS Church in Kitchener was pleased at the turnout, while Mr. Chattar ji Ahuja, was delighted that many people came to the Gurdwara Sahib, located just outside Kitchener in Petersburg, Ontario.

Monthly IGR general meetings are now being held at the north division of the Waterloo Regional Police Services, meeting room. Each month, on the 2nd Thursday, faith leaders and lay people from over a dozen faith traditions gather to discuss issues facing the community and around the Region. Steering Committee meetings, on the 4th Thursday of each month, are held at the IHS Centre.



Arbaeen Walk 2018

Al-Ghadeer Islamic Association and Islamic Humanitarian Service will be hosting a peace walk, in memory of Imam Husain ibne Ali (AS), about a week after the Arbaeen (40 days) of the martyrdom of the Imam. The walk originally was started by a group of Arabic speaking sisters, led by Sr. Duaa Al-Aghar and Sr. Salha Ismaeel, to create awareness in the community about the sacrifice made by the noble Imam. Roses and water, with quotations from Imam Husain (as), will be distributed during the walk, which is scheduled to take place from the University Avenue plaza at Bridge Street, to the IHS Centre. The weekly Arabic program, and congregational prayers for Maghrib/Isha then were held, as usual by the Al-Ghadeer community.

Trump hosts his first White House Iftar dinner while Muslims protest

(courtesy:<http://www.presstv.com/Detail/2018/06/07/564180/Trump-hosts-his-first-White-House-Iftar-dinner-while-Muslims-protest>)



US President Donald Trump speaks during an Iftar dinner hosted at the White House in Washington, DC, on June 6, 2018. (AFP photo)

US President Donald Trump has hosted his first White House Iftar dinner for the holy Muslim month of Ramadan. Trump skipped hosting such a meal last year.

About 50 people attended the event on Wednesday evening, while dozens of Muslim Americans protested against Trump outside the White House.

The protesters held their own counter event at Lafayette Park, just steps away from the White House.

Vice President Mike Pence, Secretary of the Treasury Steven Mnuchin and Jared Kushner, Trump's son-in-law and senior adviser also attended the White House dinner.

Among those who joined the event were ambassadors of Jordan, Saudi Arabia, Egypt, the UAE, Bahrain, Kuwait, Tunisia and Iraq.

Trump opened the event by thanking "the Muslim community" in the United States and offering a message of unity, recognizing members of the community at home and abroad.

"In gathering together this evening, we honor a sacred tradition of one of the world's great religions," he told the audience.

He said that Iftar, which breaks the daylong fast, "marks coming together of family and friends to celebrate peace" and that he was proud to visit Saudi Arabia last year.

The Muslim community has a contentious relationship with Trump because of the US president's incendiary rhetoric and policies against Muslims, but Trump has good ties with some monarchies ruling the Islamic states.



US President Donald Trump greets guests while hosting an Iftar dinner in the State Dining Room at the White House on June 6, 2018. (Getty Images)

Leading Muslim groups in Washington, who attended the event under the Obama administration, boycotted Trump's dinner, saying he continued targeting Islam and its followers.

"I wouldn't anticipate that any credible mainstream American Muslim organizations or leaders would be invited or agree to attend, given the administration's Islamophobia and white supremacist positions and policies," Ibrahim Hooper, the spokesman for the Council on American Islamic Relations, said on Wednesday.

"There's always this argument that it's better to be at the table ... but it's getting increasingly difficult to make," he stated.

Many Muslim leaders, who had attended Iftar dinners during the previous administrations, said they were not invited and only learned about it through press reports.

"There has been no real engagement, no real effort to even invite members of our faith communities, to have conversations with the White House or administration," said Hoda Hawa, the director of policy and advocacy at the Muslim Public Affairs Council (MPAC).

The number of Islamophobic incidents in the United States has spiked following the election of President Trump, according to the Council on American-Islamic Relations (CAIR), a leading Muslim advocacy group.

Critics say that Trump's rhetoric and policies against Muslims before and after his election has emboldened far-right groups and promoted anti-Muslim hate crimes across the country.

Last year, Trump suggested that some Muslims should be executed with bullets dipped in pig's blood, hours after a deadly terror attack in Barcelona, Spain.

"Study what General Pershing of the United States did to terrorists when caught," Trump tweeted Thursday afternoon. "There was no more Radical Islamic Terror for 35 years!"

IAEA should put Israeli nuclear program on agenda as threat to world: Iran

(Courtesy: <http://www.presstv.com/Detail/2018/06/07/564250/iran-Israel-IAEA>)



Iran's Ambassador to the International Atomic Energy Agency Reza Najafi

Iran's ambassador to the International Atomic Energy Agency has told the IAEA Board of Governors in Vienna that Israel's nuclear program poses threat to the international peace and security.

Speaking at the board's quarterly meeting on Thursday, Reza Najafi said Israel's nuclear capabilities should be put on the IAEA's agenda as a real threat to the regional and international peace and security.

The supervision should continue until Tel Aviv joins the Non-Proliferation Treaty (NPT) unconditionally and all the regime's clandestine nuclear facilities are placed under the UN agency's Safeguards, he added.

Najafi slammed the West's double standards with regard to Israel's nuclear program and called for a complete ban on any nuclear cooperation with Israel and transferring of nuclear material and equipment to the regime.

The Iranian envoy pointed to repeated calls by the international community and IAEA resolutions as well as the NPT Review conferences for immediate accession of Israel to the NPT and supervision over Tel Aviv's entire nuclear facilities under the IAEA safeguards.

He warned that the regime has continued the military dimension of its nuclear program through its ignorance of the legitimate demands of the global community, reliance on the support of certain countries and blatant violation of the international law.

Israel is widely believed to be the sole possessor of a nuclear arsenal in the Middle East with up to 400 undeclared nuclear warheads.

Tel Aviv has rejected global calls to join the NPT, refusing to allow international inspectors to observe its controversial nuclear program.

Israel's nuclear activities were uncovered when whistle-blower Mordechai Vanunu, originally a technician at Dimona nuclear facility, handed overwhelming evidence of the regime's nuclear program to Britain's Sunday Times in 1986.

Saudi aerial assault leaves nine civilians dead in northwestern Yemen

(courtesy: <http://www.presstv.com/Detail/2018/06/03/563789/Saudi-aerial-assault-leaves-nine-civilians-dead-in-northwestern-Yemen>)



A picture taken on May 27, 2018 shows a view of a destroyed petrol station that was hit by a Saudi airstrike in the Yemeni capital city of Sana'a. (Photo by AFP)

At least nine civilians have been killed when Saudi military aircraft carried out an airstrike against a residential area in Yemen's northwestern province of Sa'ada as the Riyadh regime presses ahead with its atrocious bombardment campaign against its southern neighbor.

Saudi fighter jets conducted an aerial assault against a house in the Baqim district of the province on Saturday afternoon, leaving nine people dead and several others injured, an unnamed local source told Yemen's Arabic-language al-Masirah television network.

The source added that there were women and children among the fallen victims.

Elsewhere in the al-Tuhayat district of Yemen's western coastal province of Hudaydah, Saudi warplanes launched at least 15 airstrikes. There were no immediate reports of casualties and the extent of damage inflicted.

An unidentified number of Saudi-backed militiamen loyal to Yemen's resigned president, Abd Rabbuh Mansur Hadi, also lost their lives and sustained injuries when an improvised explosive device went off in the Nihm district of Sana'a province.

Early on Saturday, Yemeni army soldiers, backed by allied fighters from the Popular Committees, fatally shot a Saudi trooper at al-Sadis military base in Saudi Arabia's southern border region of Najran.

The Yemeni Ministry of Human Rights announced in a [statement](#) on March 25 that the Saudi-led war had left 600,000 civilians dead and injured since March 2015.

The United Nations says a record 22.2 million Yemenis are in need of food aid, including 8.4 million threatened by severe hunger.



A Yemeni woman carries a malnourished child as she waits during food distribution in the province of Hudaydah on May 30, 2018. (Photo by AFP)

Dua for Children

“...and make righteous for me my offspring.”
[Surat al-Ahqaf: 15]

“...and I seek refuge for her in You and [for] her descendants
from Satan.”
[Surat Ali 'Imran: 36]

“...grant us from among our wives and offspring comfort to
our eyes.”
[Surat al-Furqan: 74]

“My Lord, make me an establisher of prayer, and [many] from
my descendants.”
[Surat Ibrahim: 40]

“Our Lord, and make us Muslims [in submission] to You and
from our descendants.”
[Surat al-Baqarah: 128]

“My Lord, grant me from Yourself a good offspring.”
[Surat Ali 'Imran: 38]

“...and keep me & my sons away from worshipping idols.”
[Surat Ibrahim: 35]

Priest: ISIS failed to separate Muslims and Christians

Courtesy: <https://imamhussain.org/english/newsandreports/18311>

Hanna Eskender – a priest – said to Imam Hussain Magazine, during his visit to Imam Hussain Shirne, that the criminal gangs “ISIS” failed to separate Christians and Muslims.

Eskender also said, “Those gangs – throughout their criminal acts – caused Christians and Muslims to return to their fraternal roots.”

He added that Muslims and Christians became closer than before, for they suffered extreme ideologies and beliefs, that are built on accusing others of being infidel, that ISIS practiced, adding that the ideology the criminal gangs “ISIS” adopted is never what Islam calls for; Islam calls for a rapprochement and kindness between all religions.

He then mentioned his experience with the Muslim clerics, saying, “I have found Muslim clerics and academics open-minded, willing to have dialogues with other religions and to manifest their various opinions and beliefs towards various issues.”

Eskender shed light on the importance of being open to other religions to get to know their commonalities and their differences, considering that communicating with other religions is the key to eliminate the factors of fanaticism and to prevent those who attempt to defame the religions and ignite hatred and extremism between them.

He suggested holding dialogues based on the Holy Quran, indicating that the Holy Quran and the Holy Bible are similar to an extent.

He then saw that Islam and Christianity are two religious denominations, not two religions, for they have the same principles.

By: Mohammed Dheya Eddeen
Translation: Mohammed Alobaidi

بِسْمِ اللَّهِ الرَّحْمَنِ الرَّحِيمِ

Quran Sayings On How To Behave With your Parents

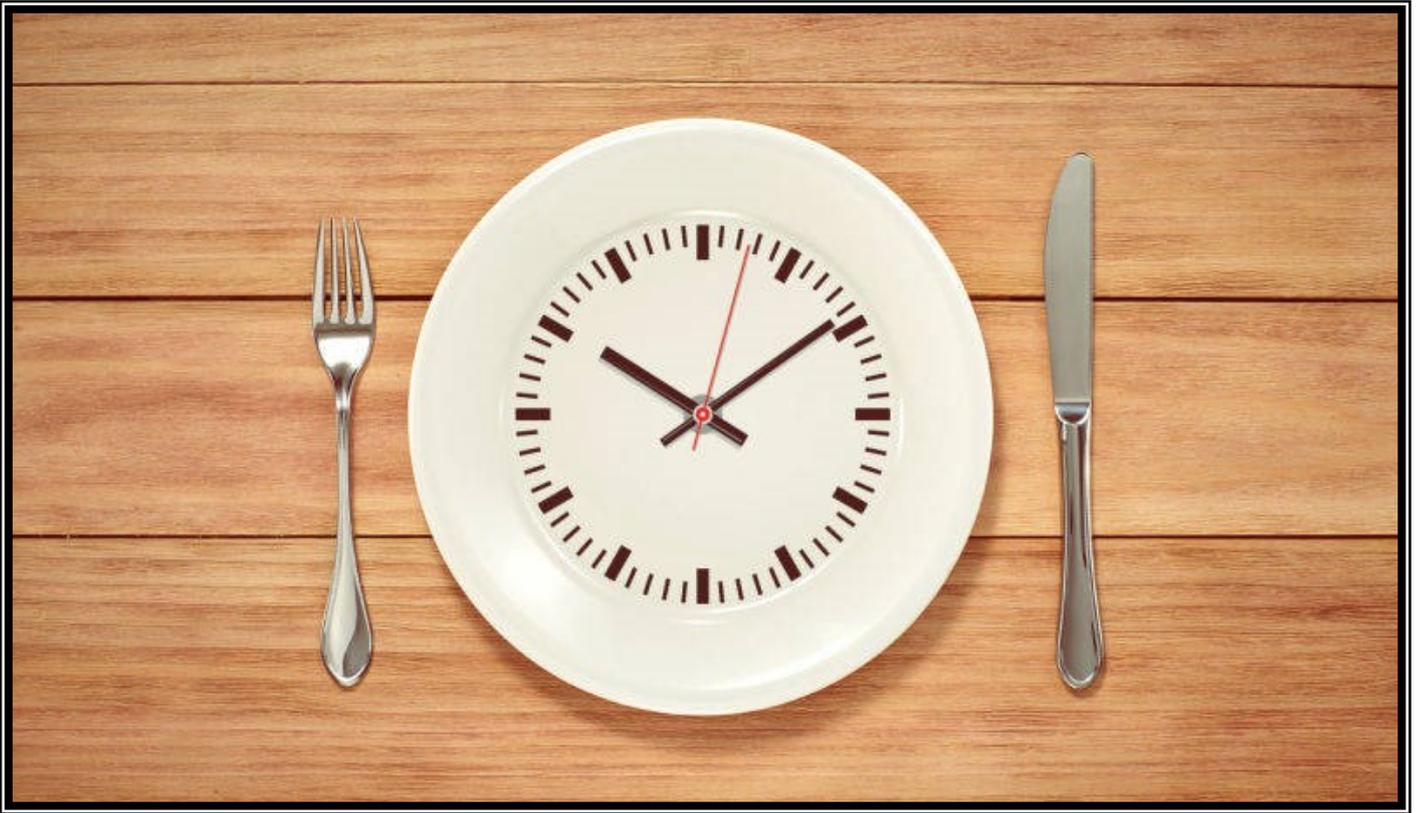
﴿ وَقَضَىٰ رَبُّكَ أَلَّا تَعْبُدُوا إِلَّا إِيَّاهُ وَبِالْوَالِدَيْنِ إِحْسَانًا إِمَّا يَبُلُغَنَّ
عِنْدَكَ الْكِبَرَ أَحَدُهُمَا أَوْ كِلَاهُمَا فَلَا تَقُلْ لَهُمَا أُفٍّ وَلَا
نَهْرَهُمَا وَقُلْ لَهُمَا قَوْلًا كَرِيمًا ﴾ (٢٣)

“And your Lord has decreed that you not worship except Him, and to parents, good treatment. Whether one or both of them reach old age [while] with you, say not to them [so much as], "uff," and do not repel them but speak to them a noble word.(17:23) ”

”والدین کے ساتھ نیک سلوک کرو، اگر تمہارے پاس ان میں سے کوئی ایک، یا دونوں، بوڑھے ہو کر رہیں، تو انہیں اُف تک نہ کہو، نہ انہیں جھٹک کر جواب دو، بلکہ ان سے احترام کے ساتھ بات کرو“

The Medical Benefits of Fasting

By: Haidar al-Manqushi



Historical, religious and scientific facts prove that fasting is necessary for good health. Practices of fasting have been known and practiced by humans for millennia. The oldest historical documents of fasting are carved in ancient Egyptian temples. They practiced fasting on specific days. The Brahminical and Buddhist traditions also contain this practice. These traditions of fasting are rooted in the holy books of these religions. Fasting has the ability to regulate the digestive system and to allow the renewal of damaged tissue. Fasting is thus an excellent opportunity for most of the body's organs to rejuvenate.

Professor Nikolaev Bylwi, in his book 'Hunger for Health' (1976), shows the advantage of fasting for the human body, saying: 'Everyone, especially the populations of big cities, should practice fasting and restrict their eating for 3 to 4 weeks each year to enjoy good health throughout their lives'.

Mac Vadon (health of American Scientists) states: 'Every person should practice fasting. Over time toxins accumulate in the body which give rise to various illnesses. This can make the person makes him sick, tired and less active. If he fasts, he will lose weight. Within a 20 day period after the end of the fasting period the cells in his body will be renewed.'

Alexis Karel, Nobel laureate in medicine, in his book 'Unknown Truths' says: 'The ability to cope without constant feeding is a significant factor in the survival of animal species. Therefore, people have practiced fasting throughout history, and all religions have included fasting among their rituals'.

Shelton in his study of fasting in book 'Le Jeune' shows the merit of fasting, listing some of the most important benefits as follows:

1- Fasting gives the body a rest.

2- Fasting stops the process of waste absorption which allows toxins to be assimilated into the body. It is the only effective means of allowing such toxins as have been absorbed to be expunged.

3- Through fasting, the body's internal organs are given time to empty themselves of harmful substances. This process of purification improves the body's overall functionality. It is for this reason that the stomach is required to be empty for blood tests and so forth, as the impurities usually present would affect the result.

The Holy Qur'an exhorts to fasting in verse 183 of Al-Baqara: 'O You who have attained to faith! Fasting is ordained for you as it was ordained for those before you, so that you might remain conscious of God.'

Raising an Honourable Child

(Courtesy: <https://imamhussain.org/english/-opinions/10424>)



Children learn every good and bad behavior from their first source of education known "family". Nurturing the spirit of sacrifice in modern children is one of the most important aspects which may have many effects on their future life. Parents will also feel satisfied and proud when they see this spirit evolve in their child because they see it as reflection of good parenting and upbringing. Institutionalization of the spirit of forgiveness and sacrifice makes the idea of being helpful a priority in the child's moral behavior and it can also be transferred to their own child as well. Consequently, everyone will be a part of spreading this admirable tradition.

Prophet Muhammad said, "God bless the father who helped his son do good."

Encourage your child to help others and help him grow as a human being and as a person who can bravely face his challenges.

In order for the child to grow with good manners and for him to be less self-centered, the following guidelines are offered:

If you want your child to grow up being selfish, first, try to strengthen him to feel more confident, positive and secure and then pay attention to other people's interests. When a person is proactive in doing good, not only he finds himself more capable than before, but he will also find more motivation in himself to be more useful and honorable. By the age of 3, most children show emotions such as empathy and kindness toward other children or family members when they see them going through rough times. These are the special times where you can teach them generous behavior.

1· To raise an honorable child, parents have to start teaching life values to their children from the very beginning and they should remind them that no one can live alone. Benevolent and generous children only think about themselves and their own interests, they also consider other people's feelings and needs as well. They learn that the happiness of the people around them is reflected by their good behavior towards them. Generous children honor socialization and value the feature of forgiveness. Most children always like to forgive or to be kind but if they feel like it, it is better to help them through the process.

2· Teach your child how to be helpful and independent as early as possible even if the task starts from your own home. He can fix his seat, help his grandmother, get out of his seat or he can even read a novel for his younger sibling.

3· Children gradually learn how to understand other people's feelings and they learn to respect them as well. But with targeted training and planning, superior characteristics can be developed in them. The best education for your child is for him to imitate things and behaviors that are happening around him. Be a role model for your child. If parents do as they say, then their child will feel as if he or she is living in an honest and committed environment and as a result,

from those very early stages of childhood, the act of being generous will be formed in the child. For example, parents must always be kind, helpful, and thoughtful. They can play a huge role in building up their child's character if they give out gifts on birthday parties, help the poor, help other kids by giving them toys, and so on.

4. Teach your child directly about social responsibilities and give him the idea that "you have to help those who are less fortunate than you".

5. Use every opportunity to talk with your child about what is happening in the world. You can talk to him about how he can be a help to create a better life for other people and that what things must be changed. Explain for him that even with a little bit of effort and a short amount of time, big changes can be made.

6. Find your child's talents and interests and find a place or an organization where he can be active in it. For example, if your child loves to cook, volunteer him in a public kitchen or if he likes animals, volunteer him to help in an animal shelter.

7. Try to find other children that share the same interests as you and your child or find a volunteer activity that you and your children or even the whole family can participate in and turn it into a fun routine activity. If your child has a particular interest in his toys or his clothing, ensure him that he does not have to give them away. Once children realize that they can keep their favorite belongings, they feel more open to the fact that it is okay to give them away to other people who need them more.

8. Generous children learn quickly how to share their food, clothes, toys and etc. with other children and thus they expand their group of friends and relationships. Let your child give away whatever toy or clothing he has that no longer suite his age, but remember, you should never force them to give away whatever they find amusing.

9. Have your child play with other children who have a softer side and that are more polite, ergo, your child will learn these kinds of behaviors from spending time with them. Once your kid feels secure, he or she will learn how to interact with other people as well. Thus, if kids understand that they are supported by their parents and that they have to prove anything to them, the feeling of being secure will build up in them and in time, they will learn how to pay attention to other people's needs as well as their own. If parents notice the fact that their child is sharing his toys with his playmates, they should applaud him for such behavior.

Younger children respond to harsh methods. If parents observe that two children are fighting over a toy, it is best that they put away the toy for a bit and once the children understand the fact of playing together and sharing, they can bring it back. Learning social behavior needs patterns, practice and time.

Forgiveness Prayers

رَبَّنَا ظَلَمْنَا أَنْفُسَنَا ^{سَكْتَةً} وَإِنْ لَمْ تَغْفِرْ لَنَا ❀

"Our Rabb! We have wronged our souls. If You do not forgive us

وَتَرْحَمْنَا لَنَكُونَنَّ مِنَ الْخَاسِرِينَ ○

and have mercy on us, we shall certainly be of the losers." 7:23

رَبَّنَا فَاعْفُرْ لَنَا ذُنُوبَنَا وَكَفِّرْ عَنَّا سَيِّئَاتِنَا ❀

"Our Rabb! Forgive us our sins, remove from us our evil deeds

وَتَوَفَّنَا مَعَ الْأَبْرَارِ ○

and make us die with the righteous." 3:193

رَبَّنَا آمَنَّا بِكَ فَاعْفُرْ لَنَا وَارْحَمْنَا ❀

"Our Rabb! We believe in You; please forgive us and have mercy on us,

وَأَنْتَ خَيْرُ الرَّحِيمِينَ ^{عَلَيْهِ} ○

for You are the Best of those who show mercy." 23:109

رَبِّ إِنِّي ظَلَمْتُ نَفْسِي فَاعْفُرْ لِي ❀

"O my Rabb! I have indeed wronged my soul, please forgive me." 28:16

ATTENTION ALL KHUMS DONORS

Please Ensure that you get a receipt from Marja's Office

In The Name of The Almighty

The Honourable Scholar Sayyid Murtaza Al-Kashmiri, may his achievements continue,

As-Salamu Alaikum Wa Rahmatullah Wa Barakatoh

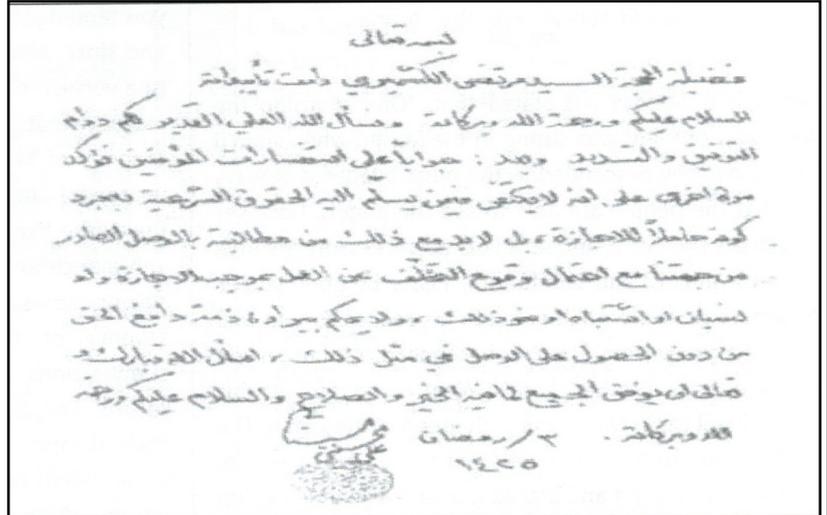
I ask Allah The Most High, The Omnipotent to always guide and support you.

In response to inquiries from Momineen, we emphasize once again that paying Islamic dues to whoever holds an authorization (Ijaza) is not sufficient. A demand for a receipt issued by must be made [to the person receiving the Islamic dues]. Bearing in mind that discrepancies in adhering to the Ijaza may occur either through forgetfulness, error or similar situations. A clear conscience by the payer (of Islamic dues) cannot be attained unless a receipt is obtained as above.

I ask Allah The Blessed The most High to grant everyone that which is good and beneficial.

Wassalamu alikum warahmatullah Wa-barakatoh

Seal and signature of Ali Al-Hussaini as-Seestani



Dedications

This space is dedicated to readers of *Al-Haqq* and their family members who have passed away. Please recite Sura **Fatiha for them and all Marhumeen**

Those who would like to include names of their deceased in this section are requested to contact the Editorial Address stated in the inside front cover. There is no charge for this service.

1- Marhum Syed Adnan Marhon Alwardi the father of Syed Sajid Alwardi; Balad ,Iraq

2-Marhum Amir Karim; London, UK

3- Marhum Yusuf Asaria; Dubai, UAE

4- Marhuma Masooma Khanum the mother of Ghulam Raza Hazara and Ahmed Raza Hazara; Quetta, Pakistan

5- Marhuma Syeda Mumtaz Fatima d/o Syed Sajjad Hussain; Karachi, Pakistan

6- Marhum Haider Jagani; Toronto, Ontario

7-Marhum Anwar Rahimtula; Hamilton, Ontario

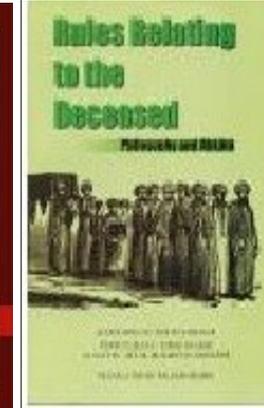
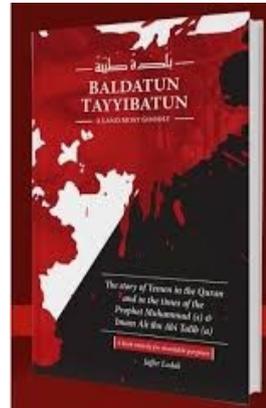
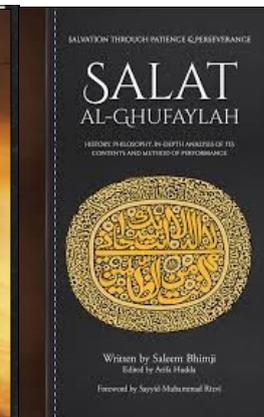
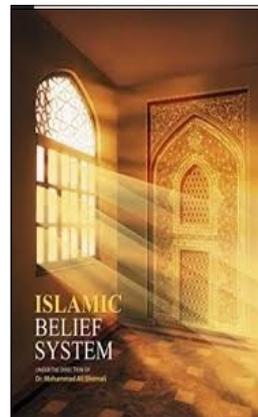
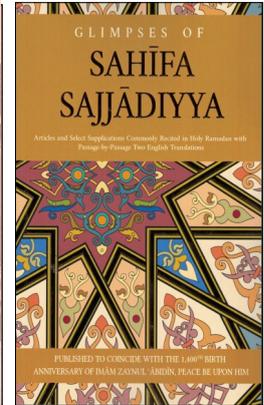


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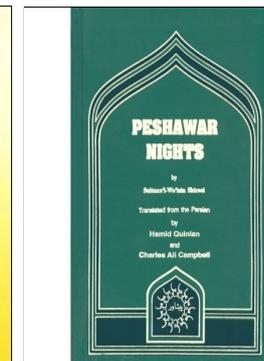
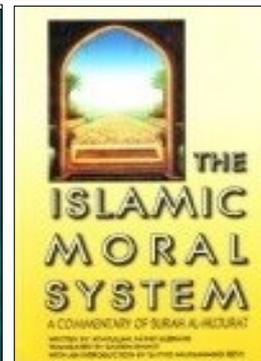
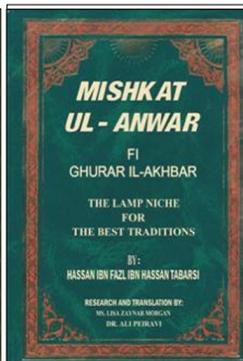
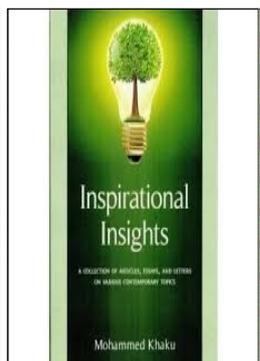
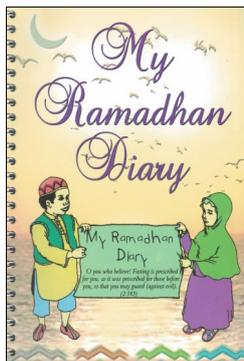
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Mother 's Day

By: Mohammed Khaku



Millions of Americans will be celebrating Mother's Day. It is a day when families get together to honor the mothers in their lives. However, we don't need one special day to appreciate our mothers, moreover Mother's Day has become a money-making celebration and to provide expensive gift once a year to mother is a shame. Gift to our beloved mothers should come from the heart and it should be done every day and not just once a year! We need to be conscientious of our obligations to our mothers whose challenges and difficulty began prior to us coming into this world. So, let us cherish our mothers every day and not wait an entire year to show her how special she really is. All regions have given mother and daughters an honorable status. We all are indebted to our mothers not only for nourishing us in the womb, but for going through pain and suffering. Mothers loved us even before we were born. They toiled when we were helpless infants. They spent sleepless nights, suffering anxieties, while caring for us. They provided shelter against heat and cold. Surely, it is not possible to repay that fully. In lieu of this, it becomes obligatory for us to show utmost kindness, respect and obedience to our mothers. The Quran places the importance of kindness to parents as second only to worshipping God Almighty. In Islam, the honor, respect and esteem attached to motherhood are unparalleled. Prophet Muhammad has eloquently described the status of mothers in Islam: "A man asked the Prophet: "Whom should I honor most?" The Prophet replied: "Your mother." "And who comes next?" asked the man. The Prophet replied: "Your mother." "And who comes next?" asked the man. The Prophet replied: "Your mother!" "And who comes next?" asked the man. The Prophet replied: "Your father."

This Mother's Day is even more special for I live with a mother who is as important to me: my wife. For me, she has been my partner in worshipping God. She is a precious gift from God. She has remarkable character, her courage, her responsibility, her strength of will is nothing short of inspiring to me. She is the one who is up earliest. And at night, she is last to go to bed. She prepares the breakfast for all of us. And when everyone leaves the house, be it for work or school, it is she who is left alone to clean and cook. She does not rest but continues to do daily chores and goes to work, too. And when the children come home from school, the dinner is ready, and she helps them with their homework. I thank God for this most undeserved blessing of a wife, who is a mother, too. The compassion she has for our four children, even at times of hardship and fatigue, overflows from her heart. She is truly a remarkable and wonderful woman with strength that outshines mine. This Mother's Day has also caused me to reflect on the greatness of my daughters, (Zainab & Zahra). They deserve the world from me, and I can only ask God for forgiveness for me not being able to give them the world that they deserve. May the Lord God shower his mercy, love and blessing upon my wife and daughter.

Mother's Day, invariably the mad also comes to mind: foot of the mother." How true with my mom and living with understand why the Prophet mother. The debt we owe to to the difficult nature of pregnancy and attention paid disobey their mothers are held type of sinners. Such is the



As I reflect on this saying of Prophet Muhammad "Paradise is underneath the that statement is. Growing up my wife have made me truly stressed allegiance to one's our mothers is magnified due nancy -- not to mention the to us in infancy. People who in God's eyes as the worst place of a mother in the eyes

of God. My mother was the source of energy and success for me. She taught me how to be a man, a husband, a father and a son. Most importantly, she instilled the love of God and she taught me how to pray and worship. She ingrained in me the importance of developing a personal relationship with God and developing that relationship throughout my life. Had it not been for my mother, I most probably would not have either known or discovered the beauty of the worship and love of God. I lost my own mother in 1996. Though the pain of losing her is still with me and her memory lives on in my siblings and me, I sometimes worry that I might forget what a blessing she was for me. For me, Islam is the best reminder of my mother's presence. With daily encouragement from the Quran and the living example of Prophet Muhammad, I know I will always keep her memory close to my heart. On this Mother's Day, let us reach out to all the mothers in our lives and let them know how much we truly love, care and honor them. On this Mother's Day, let us show our love and respect by kissing our mothers' hands. My respect and admiration go out for those moms who have lost their dear ones in Syria, Iraq and Afghanistan. Mothers will always have my deepest gratitude, admiration, honor and respect. Hello Operator, does Heaven have a phone number? Mommy went to Heaven, but I need her here today, My tummy hurts and I fell down, I need her right away, Operator can you tell me how to find her in this book. Is heaven in the yellow part, I don't know where to look. I think my daddy needs her too, at night I hear him cry. I hear him call her name sometimes, but I really don't know why. Maybe if I call her, she will hurry home to me. Is Heaven very far away, is it across the sea? She's been gone a long, long time she needs to come home now! I really need to reach her, but I simply don't know how. Help me find the number please, is it listed under "Heaven"? I can't read these big big words, I am only seven. I'm sorry operator, I didn't mean to make you cry, Is your tummy hurting too, or is there something in your eye? If I call my church maybe they will know Mommy said when we need help that's where we should go. I found the number to my church tacked up on the wall. Thank you operator, I'll give them a call.

Brains of superagers show clues for sharp memory

(Courtesy: <https://www.presstv.com/Detail/2018/02/22/553260/US-Brain-Memory>)



A file photo of a woman studying a book.

It's pretty extraordinary for people in their 80s and 90s to keep the same sharp memory as someone several decades younger, and now scientists are peeking into the brains of these "superagers" to uncover their secret.

The work is the flip side of the disappointing hunt for new drugs to fight or prevent Alzheimer's disease.

Instead, "why don't we figure out what it is we might need to do to maximize our memory?" said neuroscientist Emily Rogalski, who leads the SuperAging study at Chicago's Northwestern University.

Parts of the brain shrink with age, one of the reasons why most people experience a gradual slowing of at least some types of memory late in life, even if they avoid diseases like Alzheimer's.

But it turns out that superagers' brains aren't shrinking nearly as fast as their peers. And autopsies of the first superagers to die during the study show they harbor a lot more of a special kind of nerve cell in a deep brain region that's important for attention, Rogalski told a recent meeting of the American Association for the Advancement of Science.

These elite elders are "more than just an oddity or a rarity," said neuroscientist Molly Wagster of the National Institute on Aging, which helps fund the research. "There's the potential for learning an enormous amount and applying it to the rest of us, and even to those who may be on a trajectory for some type of neurodegenerative disease."

What does it take to be a superager?

A youthful brain in the body of someone 80

or older. Rogalski's team has given a battery

of tests to more than 1,000 people who thought they'd qualify, and only about 5 percent pass. The key memory challenge:

Listen to 15 unrelated words, and a half-hour later recall at least nine. That's the norm for 50-year-olds, but the average 80-year-old recalls five. Some superagers remember them all.



Emily Rogalski leads the SuperAging study at Chicago's Northwestern University

Rogalski's superagers tend to be extroverts and report strong social networks, but otherwise they come from all walks of life, making it hard to find a common trait for brain health. Some went to college, some didn't. Some have high IQs, some are average. She's studied people who've experienced enormous trauma, including a Holocaust survivor; fitness buffs and smokers; teetotalers and those who tout a nightly martini.

But deep in their brains is where she's finding compelling hints that somehow, superagers are more resilient against the ravages of time.

Early on, brain scans showed that a superager's cortex — an outer brain layer critical for memory and other key functions — is much thicker than normal for their age. It looks more like the cortex of healthy 50- and 60-year-olds.

It's not clear if they were born that way. But Rogalski's team found another possible explanation: A superager's cortex doesn't shrink as fast. Over 18 months, average 80-somethings experienced more than twice the rate of loss.

Another clue: Deeper in the brain, that attention region is larger in superagers, too. And inside, autopsies showed that brain region was packed with unusual large, spindly neurons — a special and little understood type called von Economo neurons thought to play a role in social processing and awareness.

The superagers had four to five times more of those neurons than the typical octogenarian, Rogalski said — more even than the average young adult.

The Northwestern study isn't the only attempt at unraveling long-lasting memory. At the University of California, Irvine, Dr. Claudia Kawas studies the oldest-old, people 90 and above. Some have Alzheimer's. Some have maintained excellent memory and some are in between.

About 40 percent of the oldest-old who showed no symptoms of dementia in life nonetheless have full-fledged signs of Alzheimer's disease in their brains at death, Kawas told the AAAS meeting.

Rogalski also found varying amounts of amyloid and tau, hallmark Alzheimer's proteins, in the brains of some superagers.

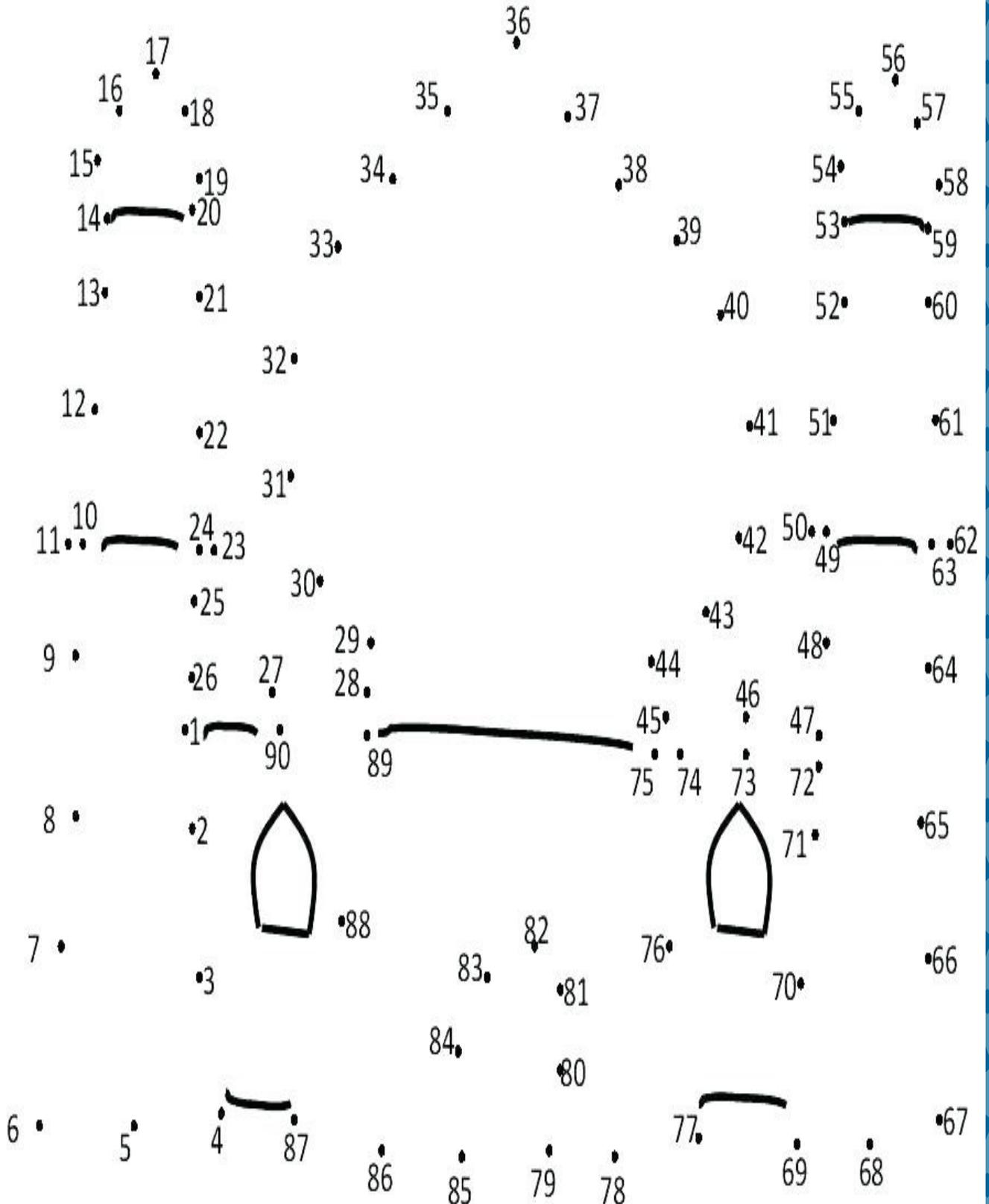
Now scientists are exploring how these people deflect damage. Maybe superagers have different pathways to brain health.

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ROQUIYA'S KITCHEN

Submitted by

Duaa Al-Aghar

POTATO CHAP

Ingredients

For the stuffing

- 500g ground lamb mince
- 1 onion
- 2 tbsl JUMA baharat spice (cardamom, cinnamon, coriander, black pepper, nutmeg, cloves)
- Salt
- 3 tbsl chopped parsley

Potato shell

- 1kg Maris Piper potatoes
- 2 tbsl corn flour
- Salt
- 1 egg
- 200g breadcrumb
- 1L Sunflower oil

Method

Firstly, begin by taking a pan of boiling, salted water and drop the potatoes in whole with the skin ON. Boil until cooked all the way through. Drain – set aside to cool.

For the stuffing

For the filling, finely chop the onion and fry gently in 1tbsl sunflower oil until translucent. Next, add the lamb mince – turn up the heat.

After 5 minutes, add the spices, 1tsp salt and cook until the lamb is cooked and any liquid has evaporated. Add the chopped parsley and leave to cool.

For the potato shell

Once the potatoes are cool, peel the skin away and discard. Cut the potatoes into small pieces and place in a large bowl. Add the cornflour, salt and egg and mix with your hands.

Take a potato ricer, or masher and begin making a smooth mash. It might be tempting to put it through a food processor – don't! Just keep mashing until smooth.

With moist hands, take a ball of dough and flatten in the palm of your hand, then add some stuffing mix in the centre. Gather edges and close up into a ball. Repeat until all mix is used.

Wash your hands and moisten again. Take each ball and flatten in your palms to create a disc shape. Set aside.

Once all complete, dust with breadcrumbs and either freeze, or set in the fridge for later.

To fry, heat enough sunflower oil in a pan so it covers 2cm – you want to shallow fry the potato discs. On a medium heat, fry on each side for approx. 4 minutes, until golden brown. Drain on kitchen paper.

Enjoy!

