



The Bond

Keeping the Kingston Muslim Community Together

The Islamic Society
of Kingston (ISK)

P.O. Box 2021, Kingston,
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Muharram/Safr 1429_{A.H}

And [Allah says:] "We have enjoined upon man goodness towards his parents: his mother bore him by bearing strain after strain and his weaning takes two years: so be grateful to Me, and to your parents, [and remember that] with Me is all journeys' end. And if your parents strive hard to have you associate with Me what you have no knowledge of, then do not obey them. But keep company with them courteously in this world, and follow the path of those who turn to Me. In the end, to Me you all shall return and there upon I shall inform you of what you were doing." [Luqman 31: 14-15]

President's Message

This is the 6th year that a group of young Muslims organized the Reviving Islamic Spirit Conference in Toronto. This year it was held on December 28-30. The theme of the conference this year was "Family".

The conference was attended by about 15,000 Muslims, mostly young. It was very well organized and ran very smoothly. The speakers came from many parts of the world and delivered very good lectures. Most of them grew up in the West and were very familiar with issues facing families in the West. They dealt with contemporary issues, related to family, including some issues that we normally do not talk about, but need to. I bought audio CDs of a few lectures and would be happy to share with anyone interested in listening to them.

This particular conference is the most successful one in Toronto, or at least this part of Canada. It is not organized by any mosque, group of mosques, or any of the National or Regional organizations. It is organized by a group of motivated young people who mobilized themselves a few years back to run this conference. The energy and motivation of these young people deserves our praise. May Allah reward them.

Of course, Toronto being a city of large number of Muslims, it is possible to find enough motivated

young people to organize such events. Kingston is not Toronto and we have a very small number of Muslims living in the city. As a result, whatever we do, we do through the Islamic Society of Kingston, although some events are organized by students at Queen's University. The way we like to do most of the thing is such that when someone takes a worthwhile initiative, we, as a community, like to get together and support such initiative. Of course it also means that not much is done unless there are initiatives taken by individuals.

Students at Queen's have invited a very good speaker from Toronto. He will be in Kingston for two and a half days, during January 25-27, and to give lectures at Queen's and at the ICK. Details will be published as soon as they are available. There is also a fund raising dinner (featuring the same speaker) for Palestine and Darfur to be held on January 26. You will find more information inside of back page this newsletter. Please be sure to come and support these events by coming out to the lectures and the dinner.

By Hafizur Rahman, President ISK

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Message from Imam

The Virtues of Muharram

Muharram is a blessed and important month for Muslims. It is the first month of the Hijri calendar and is one of the four sacred months concerning which Allaah says (interpretation of the meaning):

*“Verily, the number of months with Allaah is twelve months (in a year), so it was ordained by Allaah on the Day when He created the heavens and the earth; of them, four are sacred. That is the right religion, so **wrong not yourselves therein...**” [al-Tawbah 9:36]*

Abu Bakrah (RA) reported that the Prophet (SA) said: “The year is twelve months of which four are sacred, the three consecutive months of Dhu’l-Qa’dah, Dhu’l-Hijjah and Muharram, and Rajab Mudar which comes between Jumaada and Sha’baan.” (Reported by al-Bukhaari, 2958).

Muharram is so called because it is a sacred (*muharram*) month and to confirm its sanctity.

Allaah’s words (interpretation of the meaning): *“so wrong not yourselves therein...”* mean do not wrong yourselves in these sacred months, because sin in these months is worse than in other months.

It was reported that Ibn ‘Abbaas (RA) said that this phrase (*so wrong not yourselves therein...*) referred to all the months, then these four were singled out and made sacred, so that sin in these months is more serious and good deeds bring a greater reward.

The Virtue of observing more naafil fasts during Muharram.

Abu Hurayrah (RA) said: “The Messenger of Allaah (SA) said: ‘The best of fasting after Ramadaan is fasting Allaah’s month of Muharram.’” (Muslim, 1982)

The phrase “Allaah’s month”, connecting the name of the month to the name of Allaah in a genitive grammatical structure, signifies the importance of the month. Al-Qaari said: “The apparent meaning is all of the month of Muharram.” But it was proven that the Prophet (SA) did not fast any month in full apart from Ramadaan, so this hadeeth is to be understood as meaning that it is encouraged to fast a lot in the month of Muharram, not to fast the whole month.

‘Abd-Allaah ibn ‘Abbaas (RA) said: When the Messenger of Allaah (SA) fasted on the day of ‘Ashoora and told the people to fast, they said, “O Messenger of Allaah, this is a day that is venerated by the Jews and Christians.” The Messenger of Allaah (SA) said, “Next year, if Allaah wills, we will fast on the ninth day.” But by the time the following year came, the Messenger of Allaah (SA) had passed away. (Muslim :1916)

Al-Shaafa’i and his companions, Ahmad, Ishaq and others said: It is mustahabb [recommended] to fast both the ninth and the tenth, because the Prophet (SA) fasted the tenth and intended to fast the ninth.

Based on this, there are different ways of fasting ‘Ashoora’, the least of which is to fast the tenth only, but it is better to fast the ninth as well. The more one fasts in Muharram, the better.

January 19th is the day of Ashura this year according to ISNA calendar.

ANM Tarek, Imam of ISK

Half of Your Faith

By Tariq Ramadan

How many men and women prepare themselves to live as a couple, as a family? Some think about it, others are already committed to it. We hear of stories... and one is sometimes moved by the expectations and hopes of some, and sometimes saddened by the painful life experiences of others. Perhaps you are also, sisters and brothers, preparing yourselves to engage in this life experience of marriage, known as half of your faith. Or perhaps you have already started sharing your life with someone. In this, your expectations, thank God, were more than met but sometimes doubts have emerged. This... is not what you had expected.

Brothers and sisters, nothing should be idealized. The perfect husband or the perfect wife only exists in your dreams. God has given you, as He has given others, noble qualities and intelligence. God has given you, as He has given others, faults and deficiencies. Perfection is not given to you or any human being.

It is not enough to share the same faith, the same principles and the same hopes to make an ideal couple. How many young couples have been under the illusion that their future life will be harmonious as if being Muslim was enough for a successful marriage? As if their union was based solely on the meeting of two worlds founded on the same principles that one respects or on the rules which one applies.

This illusion, which yesterday promised a small earthly paradise, today makes life a difficult struggle. How many speak about "the principles of marriage in Islam" and actually live the reality of a torn, ravaged and frustrated existence?

Today, more than ever, living as a married couple has become a real challenge - preparing yourself, learning and constantly trying to reach out to the other with patience, depth and tenderness. Although it is true that the principles of Islam bring you together, or will bring you together, you must remember each day that the person with whom you share your life comes with his or her own history, wounds, sensitivities and hopes. Learn to listen, to understand, to observe, to accompany.

Living as a couple is the greatest of tests: a test of patience, of attention, of the ability to listen for unspoken words, of self-control, of mending one's faults, of healing the wounds. In each of these tests, there are two parties. It isn't easy. A meaningful effort has to be grounded in the deepest sense of spirituality, a *jihad*, in the most intense meaning of the term. The *jihad* of love which reminds that feelings have to be taken care of, they are main-

tained, deepened, rooted through your shared challenges and your patience

Patience and attention to the hearts, in a couple, will lead them towards the light, God willing. Remember, brothers and sisters, the last of the Prophets (peace be on him), an example for eternity, so attentive, so tender, and so patient. He did not only remind the Umma of principles, he enlightened with his presence, his listening, and his love.

Before being the mother of his children, his wife was a woman, his spouse, a person he discovered each day, a person whom he accompanied and who accompanied him; subject of his attention, a testimony of his love. He knew the meaning of silence, the power of a touch, the complicity of a shared glance, the pleasure in a smile, and the kindness found in being attentive.

There are those who idealize *the other* so much they never really *see* their partners and those who leave each other too quickly without taking the time to know each other. We are reminded of the principles Islam, its depth, its spirituality, its essence. Living as a couple, forming a relationship, being patient in adversity, loving to the extent of enduring, grounding by way of reforming is an initiation to spirituality. Knowing how to be one with God assures greater comfort in being together as two. A challenge, a test, far from the ideal, close to reality, sisters and brothers, you must prepare yourselves to live one of the most beautiful tests of life. It requires all from you, your heart, your conscience, and your efforts. The road is long. One must learn to demand, to share, and to forgive...indefinitely.

Of the things *permitted by God*, *divorce is the most detested*. Living as a couple is difficult: remember that your wife is woman before being the mother of your children; remember that your husband is a man before being the father of your children. Know how to live as a couple, within your family...in front of God and in front of your children.

This meeting place, these efforts will result in a sense of protection: *They are your garments and you are their garments*. Know how to be patient, learn how to be affectionate, offer forgiveness, and you will attain the spirituality of the protected, *the proximity of the ones that are close*. Faith then becomes your source of light and "his or her" presence, becomes your source of protection; the test of your heart, the energy of your love, *half of your faith*.

I pray to God that this love be the school of your efforts and the light of your patience.

(Adapted from website www.Tariqramadan.com)

Your Health

What is Arthritis?

Arthritis and its related conditions make up a large group of musculoskeletal disorders affecting the joints, ligaments, tendons, bones, and other components of the musculoskeletal system. In Ontario, musculoskeletal disorders are the most common reason for consulting a family physician. Arthritis affects nearly 4 million Canadians aged 15 years and older—approximately 1 in 6 people. In fact, arthritis is the number one cause of long-term disability and inability to work in Canada.

Arthritis, by definition, refers to a disease of the body's joints. The joints are hollow spaces that occur at the ends of two bones. Joints allow us to freely move our body parts. There are two main categories of arthritis: inflammatory and non-inflammatory. In Canada, the most common cause of inflammatory arthritis is Rheumatoid Arthritis (RA), while the most common cause of non-inflammatory arthritis is Osteoarthritis (OA). Approximately 1% of the Canadian population has RA, and approximately 10% has OA. We do not know the reasons why a person develops RA or OA. However, arthritis is not simply due to aging itself. It is also not related to geographical location or climate. Arthritis and its related conditions may affect people of all ages and both females and males are affected.

Inflammatory arthritis results in persistent and prominent symptoms of joint swelling, pain, stiffness (difficulty in moving the joint freely), warmth and/or redness directly overlying the affected joint. When this process affects numerous joints at the same time, the patient will often experience a significant impact in their ability to carry out their daily tasks. Although there is no cure available for any type of inflammatory arthritis, individualized treatment programs are available to help reduce pain, stiffness, progression of the joint disease, and functional impairment. The differ-

ent categories of treatments include physiotherapy, exercise, non-steroidal anti-inflammatory medications (NSAIDs such as ibuprofen), corticosteroids (e.g. prednisone), and a class of medications referred to as disease modifying anti-rheumatic drugs (DMARDs) which work at suppressing the root causes of inflammation occurring at the level of the joint.

OA is the most common cause of a non-inflammatory arthritis. The term non-inflammatory simply means that observable features of joint inflammation, such as joint swelling and warmth, are not persistent or prominent. This type of arthritis is associated with aging, but it is not a simple consequence of aging. The degree of impact upon the individual is generally less in OA as compared to RA. OA most commonly affects the small joints of the fingers, the spine, the hips, and the knees. OA may be treated with exercise, physiotherapy, medications, and surgery (eg. joint replacement of the hip or knee). The two main modifiable risk factors for the development of OA include obesity and joint injury. We should try to avoid these risk factors.

Not all people who experience pain in and around the joints actually have arthritis. There are many other problems of the musculoskeletal system that result in aches and pains. Indeed, we all experience these from time to time. Fortunately, most of these problems are self-limited. They often result from problems in the "soft tissues" of the musculoskeletal system. Examples of soft tissue structures that may produce pain include tendons (e.g. tendonitis), muscles (e.g. muscle sprain), ligaments (e.g. sprained ankle) and bursae (e.g. bursitis). Most of the time, these problems will resolve on their own even without any specific treatment.

Tanveer Towheed, MD

Community News

- Condolences to Br Mostafa Hefanawi on the death of his mother in Morocco.
- Condolences to Sis Ulfat Jalaluddin on the death of her younger brother (uncle to Amad, Junaid and Ayesha) in Pakistan.
- Congratulations to Sr Mobina and Br Shafeeq Salahudeen on the birth of their son, Ibrahim

Renew Your Membership

The membership year for ISK is the same as the Calendar year. You may renew your membership for 2008 now. Please fill in the form available on the web site. It is also available at the ICK. The Annual General Meeting of ISK will be held before the end of March 2008. One must be a member 4 weeks before the meeting to qualify to vote at the meeting.

Annual General Meeting

Annual General Meeting of ISK will be held on Sunday, March 30 at 2 pm at ICK. The position of President, Education Coordinator and Social Coordinator will be elected at the AGM. To nominate or to be nominated, one must be a regular member of ISK. Members of Election Committee are listed on the back page

Save a Penny, Save a Life

Imam Tarek's classes have started a new program called "Save a Penny, Save a Life". They studied a Hadith about how the Prophet Muhammad (SAS) liked those who take care of orphans. To follow the teachings of the Prophet (SAS), the children and adults have been asked to save their spare change to contribute to the sponsorship of a child in need. Insha Allah they will be able to raise enough monthly and then correspond with their sponsored child.

Anyone wishing to sponsor a child themselves, is asked to check out the Human Concern International Website (humanconcern.org) or websites of other similar agencies.

Youth Group Meeting

On Sunday, January 5, 20 youth met with President of the Islamic Society for a general discussion. Sis Amal Mahmoud, Education Coordinators, and some parents were also present. The meeting lasted for more than two hours and various issues were discussed. The group came up with a list of things they considered important for them. There are two such list: one related to physical and play equipment at the ICK and the other relates to education. They are expected to follow up with this with the appropriate person.

Parents and Tots Playgroup

The Parents and Tots Playgroup is a means by which children under the age of 5 and their parents can get together at the Masjid. The main purpose is to make friends and play but also to get the children familiar with the Masjid environment and how to behave during Prayer. The playgroup meets every Tuesday at 6:30 pm until Isha. If you are interested, please contact: Sr. Mona Rahman (613-634-0149 or MNRahman@tricolour.queensu.ca)

Fund Raising Dinner Organized by QUMSA

QUMSA is organizing a fund raising dinner to raise funds for the children of Palestine and Darfur.

Date: Saturday, January 26

Time: 6 pm

Place: Islamic Centre of Kingston

Speaker: Sheikh Faraz Rabbani

**Cost: \$20/adult, \$10/student,
\$5/child under 12**

**PLEASE COME AND SUPORT
THE EVENT**

Prayer Times at ICK

Dates	Fajr	Zuhr	Asr	Maghrib	Isha
Jan 14-20	6:45	12:30	3:30	Sunset+5	7:30
Jan 21-27	6:45	12:30	3:40	Sunset+5	7:30
Jan 28- Feb 3	6:40	12:30	3:45	Sunset+5	7:30
Feb 4-10	6:30	12:30	3:55	Sunset+5	7:30
Feb 11- 17	6:20	12:30	4:05	Sunset+5	7:30
Feb 18- 24	6:10	12:30	4:15	Sunset+5	7:30
Feb 25- Mar 2	6:00	12:30	4:20	Sunset+5	7:30

Notes:

- **Jum'a khutba starts at 12:40**
- Dates shown are Monday- Sunday for that week.
- Times shown are for **Iqamah**.
- *Adhan will be called 10 minutes earlier.*
- During community events, Asr may be prayed earlier.

Did You Know...

The Education Committee Family Halaqas and Mini Conference as well as the talks during Islamic History Month are available on DVD in the ISK Library

There are still copies of Brother Nasr's (speaker during Islamic History Month) book for sale – See Sr. Raafia if you would like a copy.

Important Dates

The Bond's next submission deadline:

Friday, February 15, 2008

The Bond's next publication date (Insha Allah):

Friday, February 22, 2008

Please send any submissions to:

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Other useful contacts:

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