



The Bond

Keeping the Kingston Muslim Community Together

The Islamic Society
of Kingston (ISK)

P.O. Box 2021, Kingston,
Ontario K7L 5J8

March/April 2007

Rabi al-Awwal/ Rabi at Thani 1428_{A.H}

“Whatever good happens to thee is from God; and whatever evil befalls thee is from thyself. AND WE have sent thee [O Muhammad] as an apostle unto all mankind: and none can bear witness [thereto] as God does.” Surah An-Nisa 4:79

President's Message

Annual Report of ISK

It seems that a small number of Muslims in Kingston become regular members of the Islamic Society and even a smaller number attend the meetings. This is not to say that they are not interested or do not otherwise contribute to the community, financially and otherwise. Many do. Since most of the readers did not attend the AGM held recently, I want to take the opportunity to highlight the activities of the ISK. A detailed report was presented at the meeting and some hard copies may still be available at the ICK.

As you know, the community decided to hire an Imam after a discussion lasting over two years. So, ISK hired Imam Tarek, last year, as the Imam for the community. He started to work for the community from 1 September 2006.

We have a number of committees and most of the activities are organized by the committees, coordinated by a chair. Chairs of most of the committees are members of the executive, with the exception of a few committees.

The Education committee organized many monthly 'halaqas' and a mini workshop. It also runs the weekend school supported by the local Board of Education. The Imam is running a number of halaqas and the evening Qur'anic schools for children. The Da'wa committee provided many lectures in camps and schools, and also made presentations to visitors from local schools and church groups. The Women's group organized many fund raising events for the local hospitals. Money raised in these events was donated to the hospitals. The International Bazaar was organized by a group of dedicated sisters. The funds raised at the Bazaar were donated for children overseas. QUMSA ran an excellent program this year, including the Islamic awareness week that was held recently. The Social committee, as usual, organized or helped out with all social events held at the ICK.

Members of the community are involved in many outside activities: (i) Two of us volunteer as members of the Civilian Advisory Committee to two local institutions, (ii) A few members of the community volunteer to bring Muslim inmates to the ICK on Fridays, (iii) Imam Tarek visits one of the institutions once a week, and (iv) ISK, through one member of the community has a close connection with the Theological College at Queen's University, and some of us are involved in many other organizations (including "Faith Leader's Committee") in the city.

At the end of the AGM, a new executive was elected. The list of the executive and their contact information are available on the website as well as on page 5. Chairs of different committees will soon approach some of you to serve on the committees. Please make yourself available to serve in any capacity which suits you. ISK not only needs your financial support, but also needs your commitment of time and effort to serve the community. I hope they will get your cooperation. We are a community of people who came from different parts of the world. We need members of the committee from every segment of the community. Only by working together, we can understand each other and hope to build a community that cares for each other. May Allah guide us and help us to build an Islamic Community that is united in His service.

By Hafizur Rahman, President ISK

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Imam's Khutbah of the Month

Our Hotline: Do IM to Allah!!!

"I can't seem to enjoy my holidays. I have this awful feeling of depression that I think will never leave me. What can I do?" We hear this question from a lot of people today. What would you suggest to such a person?

Because of daily stress and difficult circumstances we face today, depression and sadness become a part of life for some people, especially youth.

No doubt the time we spend on cooling down and warming up will improve our daily performance and help us to accept the ups and downs of life, but we are living now in the "age of depression." What can we do about this?

Many organizations for youth provide hotlines and 24-hour phone services to help teenagers to get rid of feelings of depression and its destructive impact on life activities.

Did you ever think that we as Muslims have our own hotline? Our hotline is Prayer— salah. Salah is an emergency hotline that you can pick up at any time and ask for any help you might need.

Salah—the second pillar of Islam—is a gift from Allah to His Prophet Muhammad (peace be upon him) and his Ummah—including you. So enjoy this gift and invest in it well. It is a connection between Allah and you. You can talk to Allah and ask for His guidance in any problem you face. You can even complain to Him about something you are expecting or afraid of. That is why some of the scholars said, "If you want to talk to Allah, make salah. And if you want Allah to talk to you, recite the Qur'an."

We believe that Allah is our only Creator and that He is the One who can guide us to what is best for us. So He is the One who can fix our troubles, the One we can rely on in times of hardships and thank in times of ease.

Allah ordained salah—your gift—five times a day as a way of maintaining and fixing your heart, soul, and body. Likewise, you can pray at any time once you feel that you need a counselor or a guide to show you to the right path.

Seeking peace and calmness begins within you. You will never have outer peace if you don't have inner peace. Allah says [and stand before Allah in a devout frame of mind" (Al-Baqarah 2:238). So you should approach salah in peace, pray it in peace, and finish it in peace, because salah gives you a break,

both mentally and physically, from the daily stresses of life and in this way you will obtain peace.

If you are thinking of an important issue that you have to decide about but you can't make up your mind, just give your mind a break from tension and pressure and perform a prayer seeking Allah's guidance. This will provide your soul with comfort and give your mind a break and help you to think more clearly and practically about the situation that you are faced with. As Prophet Muhammad (peace be upon him) told Bilal, "Call for the prayers, it will comfort us."

Furthermore, salah cleanses your soul of any daily sins and helps you to get rid of feelings of guilt that are one of main reasons of depression. So when you perform salah and ask for Allah's forgiveness with a regretful heart, you will have all your sins forgiven, Insha' Allah.

Physically, the different positions you take in salah have a great impact on strengthening your muscles. Also, performing salah activates and stretches your spine, which contains most of the nerves and energy centres of the body.

Moreover, Allah ordained ablution (wudu') before performing salah because it prepares you to meet Allah in the best condition.

Wudu' also has a great effect on the health of your body and soul. It not only gets rid of impurities, but also sins. As our Prophet Muhammad (peace be upon him) told us, when a Muslim makes wudu' in the proper way, the sins he or she has committed come out of every part cleaned and leaves it pure.

Your body is exposed to millions of germs and microbes during the day, and the water of wudu' keeps the skin fresh and helps prevent infections. It also releases stress, so when you argue with someone, all you need to do is just make wudu' and then you will feel calm and able to have a fruitful discussion with him or her.

Now is time to start! Never complain that salah is not fulfilling your demands, for you are the one who should invest Allah's gift in the best way. And be sure that Allah guides you to the best even if it is not what you want. Also Allah likes you to continue asking with a sincere heart; thus salah will never fail you unless you fail salah first by neglecting it or doing it insincerely.

By Abu Noman Mohammad Tarek, Imam ICK, Phone: 613-344-0024, Email: imam@kingstonmuslims.net

Community News

- Br. Asim and Sr. Humaira were blessed with a son, Salmaan Ahmad Bungash, on Sunday, March 4th. May Allah make him a pious Muslim

Islamic Teachings at the ICK

1. **Men's Qu'ran Halaqa:**
Every Thursday after *Magreb*
Contact Br. Hafizur Rahman 634-0149 or Br. Moustafa Fahmy 546-5018
2. **Children's Story Telling Hour:**
Alternate Mondays at 6:30 PM
Contact Sis. Raafia Monem 384-4136
3. **Women's Tafseer Halaqa:**
Alternate Wednesdays at 7:00 PM
Contact Sis. Hoda Bayoumi 389-7613
4. **Sisters Quran Translation & Tafseer Halaqa In Urdu:**
Every Thursday after Maghrib prayer in the Islamic Centre. For further information please contact: Sr. Chand Saleem at 530-3655 or Sr. Amina Ilias at 384-7547
5. **Weekly Girls Halaqah:** Every Monday at 6:30-7:45 PM. Please call in advance to check location (home or ICK). Contact Sis. Amal at 384-8008.

For an up-to-date schedule, please visit:

<http://www.kingstonmuslims.net/halaqas.html>

Children's Program: Our Beloved Prophet

On Sunday, April 1st, children from the Evening School, Weekend School, and Youth Group presented information about Prophet Muhammad (SAS). We were all enlightened about the Prophet's life, struggles he overcame, and his teachings. We all need to continue to read and learn about the Prophet (SAS), his life, and his teachings. He was the best role model for us all!

Never Say "I Don't Care"

From the Evening School New Year's Program held in January 2007

Presented by Sr. Sabrina Salim

Submitted By Sabena Islam

This phrase is said in this society all the time without a second thought. As Muslims, this is not a phrase we should use. We must care about Allah and all of His creations – Our Prophets, our parents, our neighbors, our families, our community (Muslims and Non-Muslims), our environment, animals, and the world as a whole

The Prophet (SAS) said: "Jibreel kept advising me of the rights of neighbours so much that I thought he would make them my heirs." (Agreed upon)

Our Lord has enjoined the following in Qur'an:

- You should not worship anyone but Him
- Treat your parents with great consideration
- Fulfill your obligations towards your relatives and the indigent and the wayfarer
- Do not be a spendthrift because the spendthrifts are the brethren of Satan
- Do not kill your off springs for fear of want
- Do not kill any soul whose killing has been forbidden by Allah
- Do not go near the property of an orphan except in the best manner until he reaches the age of maturity
- Give full measure when you measure
- Do not follow that of which you have no knowledge
- Do not strut about in the land (17:23-36)

Let us promise that we will never use the phrase "I Don't Care!" Let us show that we do care everybody and everything in the world by our words and actions

Be a Muslim by Heart, Not by Birth

From the Evening School New Year's Program held in January 2007

Presented by Br. Daud Zeb

Submitted By Sabena Islam

Those of us born into Muslim families often take being Muslim for granted. We don't always practice Islam the way we should. We must remember that just being born Muslim is not a free pass to Heaven! We must follow Allah's (SWT) commands and the teachings of the Prophet Muhammad (SAS).

Often, those who convert to Islam, do so because Islam has touched their hearts. They make a conscious decision to convert which often is difficult, especially if the rest of their family does not convert. However, they deal with all of the obstacles because they believe with their hearts that Islam is the true religion.

When we are born into Islam, we don't have as many obstacles. All Muslims should feel Islam in our hearts, truly believe and practice as such! Be a Muslim by Heart, not just by Birth!

ISK New Executive

President: Hafizur Rahman president@kingstonmuslims.net	634-0149
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Women's Representative: Raafia Monem womensrep@kingstonmuslims.net	384-4136
IC Management Coordinator: Muhammad Kaleemuddin centre@kingstonmuslims.net	536-0404
Education Coordinator: Amal Mahmoud education@kingstonmuslims.net	384-8008

Prayer Times at the ICK

Dates	Fajr	Zuhr	Asr	Maghrib	Isha
Apr. 2-8	5:25	1:15	5:45	7:41	9:05
Apr. 9-15	5:10	1:15	5:50	7:50	9:15
Apr. 16-22	4:55	1:15	5:55	7:59	9:25
Apr. 23-29	4:40	1:15	6:00	8:07	9:40
Apr. 30-May 6	4:30	1:15	6:10	8:15	9:50
May 7-13	4:15	1:15	6:10	8:24	10:00

Notes:

- Dates shown are Monday- Sunday for that week.
- Times are for the *Adhan* (call) - Prayer will be about 10 minutes later.
- *Maghrib* will be prayed at prayer time - times shown are the latest possible for that week.
- Jumu'ah will start at 1:15 (Khutba will start 10 minutes later)

Important Dates

The Bond's next submission deadline:
Friday, April 20, 2007

The Bond's next publication date:
Friday, April 27, 2007

Please send any submissions to:
thebond@kingstonmuslims.net

Newsletter Committee

Sabena Islam

Disclaimer

The views and/or assertions expressed in THE BOND are the sole responsibility of their author(s) and do not necessarily reflect those of the newsletter committee, nor of the Islamic Society of Kingston and its officers.

Plea for Submissions/Feedback

The Bond takes much time and effort to compile. We'd like to hear from readers (are there any out there???) If you think that this is a worthwhile endeavour, please send your feedback to thebond@kingstonmuslims.net. If you have any suggestions/feedback or a submission, please do not hesitate to email.

Imam Tarek's Schedule (April 2007)

In order to keep our Community members up to date on the Activities of our new Imam, his schedule is detailed below:

No	Activities	Time	Program Details
1	Evening School	-Monday to Friday -5 days a Week -Three slots -1 st Slot: 4.30-5.30 -2 nd slot: 5.30-6.30 -3 rd slot : 6.30-7.30	-Learning Quran Recitation, memorization and Tajweed,
2	Friday Night Cultural Class for Evening School Children	-Every Friday, 5.30-6.30	-Seerah, Basic Islamic beliefs, Basic Fiqh, Hadith, Dua, Movies And Pizza!
3	Weekend School	-Sat. 10.15-12.30 -Grade 6 and 7	-History of Islam, Hadith, Seerah And Islamic Studies
4	Dars-e-Quran	-Mon, Tue, Wed & Friday -4 days a week -After Isha (8-8.15)	Tafseer, started from Sura Naas, Now we are in sura Al-Qadr (April 1 st)
5	Dars-e-Hadith	-Mon-Fri, 5 days a week -After Fajr	Ryad-us-Saleheen, Part II
6	Science of Quran	-Sat-Sun, 2 days a week -After Isha (8-8.15)	<u>Form, Language and Style of the Quran</u>
7	Science of Hadith	-Sat-Sun, 2 days a week -After Fajr	Classification Hadith
8	Weekly Quran Halaqa	-Every Thursday - After Isha (8-9)	Sura Ar-Ras
9	Youth Group Meeting	-Every Sunday @ 6.pm	
10	Youth Halaqa (Only for brothers)	-Every Monday -7.30-9.00	
11	Class for new Muslims	-Every Weekend	Introduction to Islam
12	Monthly Sisters Halaqa	April 15 Sunday @3 .PM	Life and Legacy of Muhammad (SAS)
13	Weekly Sisters Halaqa	Every Sunday, 5-6 pm	
14	Halaqa in Prison*	Every Tuesday 2-3 pm	*Frontenac Institution

Imam Tarek can be reached at **613 344-0024** or email **imam@kingtonmuslims.net**