



Inside this issue:

<i>Dua of the Month</i>	1
<i>Upcoming Events</i>	2
<i>Other News</i>	2
<i>Meet the community</i>	3
<i>Monthly health tip</i>	3
<i>Business of the month</i>	3
<i>Salah timetable</i>	4

Special points of interest:

- Yusuf Islam visits the centre
- Find out what's happening in your centre
- January's Prayer Timetable
- Register online at the AMA Website to receive an electronic copy of this newsletter.

[www.ama-online.org.uk](http://www.ama-online.org.uk)

*Youth in Islam*

I have mixed feelings when I see young boys and girls attending prayers and other activities at our centre. Feelings of joy that they have preferred to invest some of their precious time to become better Muslims, and feelings of envy, as I only recently knew about the rewards of doing so as a youngster, which is rather too late for me!

I sometimes feel that I have been misguided, as whenever I think about Islamic history and the Prophet's (pbuh) life and his Companions, mature and elderly people always come to mind. However, when we look at the first Muslims close to the Prophet (pbuh), who first received Allah's (swt) message (Wahi) at the age of forty, we see that most of them were young.

While the Prophet (pbuh) was making the call to Islam, he received a large part of his support from youth who comprised the social segment that was open to new things, idealist and energetic. In fact, while several of the first Muslims were around 50 years-old and several were above 35, the age of the remaining ma-

ajority was under thirty.

For example, the age of the following persons who accepted Islam at an early age was: Ali b. Abi Taleb 10, Abdullah b. Umar and Ubayda b. al-Jarrah 13, Uqba b. Amir 14, Jabir b. Abdullah and Zayd b. Haritha 15. Those close to the Prophet (pbuh) and those who supported him were also young. For this reason, Muhammad (pbuh) gave distinct importance to them.

As reported by Anas b. Malik, there were 70 youth from the Ansar and they called themselves the "Qurra." In the evening they would disperse into various districts of Medina and form lesson groups. They would lead the people in prayer and return to the Prophet's (pbuh) masjid in the morning. The prophet (pbuh) sent them to Bi'r-Maune to convey the Islamic message.

When we look at all the Prophet's (pbuh) relationships with youth, we see that he placed great effort to form a youth that was believing, religious, virtuous and chaste.

For he informed us, "On the

day when there is no shade except in the shadow of Allah's (swt) throne, seven



classes of people will find shade in Allah's (swt) shadow." The first group in this hadith is "those who rule justly," and the second group is "the youth who are raised worshipping Allah (swt)."

In other narrations, it is stated, "Allah (swt) loves the youth who pass their youth in obedience to Him," and "Allah (swt) loves the youth who repents."

"On Doomsday until man is asked about these five things he will not be free from interrogation in Allah's (swt) presence: How he spent his life, where he spent his youth, where he earned his property and where he spent it, and what works he consciously made". "For a youth who does a service for an elderly person due to age, Allah (swt) will prepare others to serve him."

*Dua of the Month*

"Al-Afou" is one of the beautiful names of Allah (swt). In Arabic, the verb "AFA" means to wipe out. When the wind blows over the sand, or when the tide goes over the shore, all imprints on the sand and the shore are wiped out completely leaving no trace

whatsoever. Our biggest hope is that on the Day of Judgment, when our book is exposed, we find that the record of our bad deeds is wiped clean. There is no exposure, there is no shame, and there is total forgiveness.

A'isha (raa) said that she

asked the Prophet (pbuh) what to ask for on the night of Qadr, and he replied, say:

Allahuma-Innaka-Affou-won, Tohibul-affwa, Fa'fou-anna.

"Oh Allah, you are the one who pardons, you love to pardon; pardon us"

اللَّهُمَّ إِنَّكَ عَفْوٌ  
تُحِبُّ الْعَفْوَ فَاغْفِرْ  
عَنَّا



## Upcoming Events

### **ESSENTIALS OF TAJWEED COURSE STARTS TUESDAY 5TH JAN 6-7.45pm**

Learning to read the Quran is one of the most fundamental skills required of each Muslim. This course focuses on the rules and essentials of Qur'anic recitation. Through practice recitation of the last Juz, this course will help students improve their recitation of the Qur'an with its rules. Participants will be taught to read vowelised Arabic script and read the Qur'an with knowledge of tajwid or Qur'an recitation. The precise and beautiful 'Uthmani script of the Madinah Mushaf will be used.

"Prerequisite: Ability to read the Qur'anic Arabic Script " "For adults and young people (12+)

FOR DETAILS CONTACT DR RIZA rizamohammed@hotmail.com or 07939919872.

**MADRASSAH** - We welcome back the children for the spring term of the Madrassah, Inshallah resuming on Friday 8th Jan 5.30-7.30pm.

### **INTERFAITH GROUP ANNUAL SHARED MEAL**

Will be held on Saturday 6th February at 7 pm at the Altrincham Grammar School for Boys. Chief Guest will be Dr Siddique Seddon, Lecturer in Muslim Studies at the University of Chester, and other guests will include the Deputy Mayor of Trafford. For more info and tickets contact azhar\_rasul@hotmail.com

### **MARRIAGE INTRODUCTION EVENT Sat 27TH Feb 6- 9pm**

Blessed Thomas Catholic College, Urban Rd, Altrincham, WA15 8HT

Providing the opportunity for single Muslims to meet prospective life partners. These events have been running for some time and are proving to be very successful in giving people the opportunity to meet in an organised manner. To be kept informed please email marriage@ama-online.org.uk or log on to www.ama-online.org.uk

File viewing dates are: Mon 4th Jan 7-8.30pm & Mon 1st Feb 7-8.30pm (both of these events will be held at the centre).

## Other News

### **GCSE ISLAMIC STUDIES AWARDS CEREMONY**

The awards ceremony was held at the centre on Saturday the 7th November. The night also included a graduation ceremony for the students and family. 19 students entered for the examination, by the grace of Allah (swt) they achieved a 100% pass rate, with 15 students gaining grade A\* or A, with the others gaining B's and a C. We give a special mention to one of the young sisters who scored a perfect 100%, Mash'Allah. Again we congratulate all those who took the exams and all involved from the teachers and helpers to the family members. May the results remain as good in the future, Insha'Allah.

### **BROTHER YUSUF ISLAM MAKES A SURPRISE VISIT**

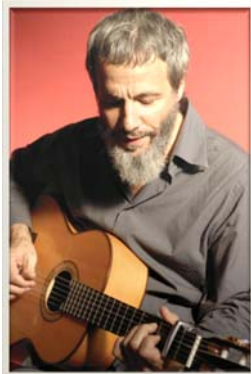
Whilst in Manchester over the Eid weekend, Yusuf Islam made a surprise visit to the Centre, to see for himself the place that he had heard so much about. It was a private visit made on Sat 28th Nov. Br. Yusuf saw all the different areas of the Centre including the well-stocked library with which he was impressed. He appreciated all the range of activities that were being held, and felt that some of these could be implemented at the new Maqam Centre that he has helped to establish in London. It is described as "a unique exhibition and cultural centre in London to help build bridges between faith communities, and provide a place for contemplative and creative minds". Br. Yusuf was accompanied on the visit by his wife, daughter, son-in-law and his two granddaughters. He took away a copy of our first Community News newsletter!

### **COMMUNITY CENTRE ARSON ATTACK**

The centre was subjected to an arson attack in November. The bins were set alight, but fortunately the fire did not spread. Then in December we discovered two partially empty tins of fire-lighting gel at the entrance to the Centre. Police have been informed about both incidents. This is not the first time the Centre has been attacked. Over the years we have had an arson attack, windows broken by stone, and graffiti daubed over walls and doors. The community needs to be vigilant and we need to report each and every incident. We need to be reassured that the police have taken all incidents seriously and on two occasions have managed to apprehend the offenders.



*GCSE Students receiving their awards.*



*Br. Yusuf Islam makes a surprise visit to the centre.*

## Meet the community : Br. Zaffar Shafi

I've lived in the area since 1997 and only became aware of the AMA when the community centre was opened 6 yrs ago. I live with my wife Mumtaz and two children Qaasim & Iqra. The centre opened and through it I became aware of the huge Muslim community in the area and as a family we have made many friends through the centre and its activities. I am self employed and work in I.T. currently on a project for AstraZeneca. Being self employed I understand the pressures of balancing work / life / deen / family / friends and sometimes getting the balance right can be difficult. Many members of the community commit a huge

amount of personal time for the good of the community, the centre and the deen. May Allah (swt) reward all their efforts. In comparison I do very little in the community I attend the Men's study circle, go to Jumma and try to come occasionally to Fajr/Isha. Insha'Allah I will try and improve on this. Earlier this year I was made aware of an opportunity to do some fundraising for the British Heart Foundation. Although Alhamdulillah no one in my immediate family has suffered from Heart Disease, I know a lot of people who have, and talking to people it became apparent that pretty much everyone knew someone who has suffered from this terrible dis-

ease. During the last week of November whilst the Hujaj were performing their Hajj you were celebrating Eid; I, over 5 days cycled about 414km along the River Nile in Egypt to raise money for the BHF. You can read all about it on my website <http://www.zaffshafi.co.uk/> see the pictures and there's still time to support this cause by sponsoring me and pledging some money. I was fortunate enough to have this opportunity, little opportunities pass us by each day and often we don't give them a second thought. Next time one comes your way grab it, it may seem small to you but to someone else it could make a huge difference.



Zaffar, Mumtaz, Qaasim & Iqra at the recent Eid ul Adha dinner

## Monthly Health Tip : Heart Disease

The biggest killer in this country is heart disease, the main type of which is coronary artery disease. This is the narrowing of the arteries that supply the heart. The symptoms are Angina (chest pain) on exertion and ultimately a heart attack.

The main factors that cause coronary heart disease are diet and lifestyle and simple changes in these can reduce the risk of developing this prevalent disease.

**•Diet:** Eat a healthy, balanced diet low in fat and cholesterol and high in fibre. Overeating

can lead to obesity and weight gain and can be dangerous to your health and can lead to diabetes which is also a contributory factor in coronary heart disease.

**•Exercise:** Regular exercise helps to control your weight and maintain a healthy heart.

**•Smoking:** Smoking tobacco is one of the leading causes of heart disease. Want to live a long healthy life? GIVE UP SMOKING!

**•Stress:** We all find different things stressful and can experience varying signs and symptoms as a result of feel-

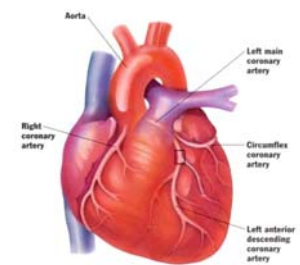
ing stressed.

**•Counseling:** If you or someone you know has health problems which are causing concerns, anxiety or depression, it may be helpful to talk to a trained counselor.

So the next time you fill your plate remember the words of Allah (SWT) "Do not cast yourselves into destruction by your own hands." (2:195)

Further information on preventing heart disease is available on the BHF website at [http://www.bhf.org.uk/keeping\\_your\\_heart\\_healthy/preventing\\_heart\\_disease.aspx](http://www.bhf.org.uk/keeping_your_heart_healthy/preventing_heart_disease.aspx)

**"Next time an opportunity comes your way grab it, it may seem small to you but to someone else it could make a huge difference."**



A healthy heart

## Business of the Month:

Abbey Solicitors is a full service law firm providing friendly and business-minded advice to a diverse range of clientele and covering a wide range of legal problems

Our extensive experience allows us to provide specialist services in a variety of areas in both criminal and civil law.

We are accredited by the Criminal Defence Service, the Serious Fraud Panel and the Association of Personal Injury Lawyers.

Whether you are the subject of a criminal investigation, facing allegations of serious and complex fraud, seeking representation in the Courts

or you are involved in a commercial business dispute or are making a claim for compensation contact us.

We can offer assistance in a number of languages including French, German, Spanish, Japanese, Punjabi, Urdu, Mirpuri, Bengali, Hindi, Farsi, Nigerian (Igbo) and Swahili.



Contact: Nadeem Ullah: 0161-835 9933

Abbey Solicitors, Brighton House, 273-275 Wilmslow Road, Fallonsfield, Manchester, M14 5JQ

In the name of Allah, the Beneficent, the Merciful

## Altrincham Muslim Association

Registered Charity Number 1101378

### Prayer Schedule January 2010

Day	Date	Fajr	Fajr Jama'at	Sunrise	Dhuhr	Dhuhr Jama'at	Asr	Asr Jama'at	Maghrib	Isha	Jama'at
Fri	1	6:15	6:30	8:24	12:13	1:15	1:46	2:00	4:04	06:04	09:00
Sat	2	6:15	6:30	8:24	12:14	1:15	1:47	2:00	4:05	06:05	09:00
Sun	3	6:15	6:30	8:24	12:14	1:15	1:48	2:00	4:06	06:06	09:00
Mon	4	6:15	6:30	8:24	12:15	1:15	1:49	2:00	4:08	06:07	09:00
Tue	5	6:15	6:30	8:24	12:15	1:15	1:50	2:00	4:09	06:08	09:00
Wed	6	6:15	6:30	8:23	12:16	1:15	1:51	2:00	4:10	06:09	09:00
Thu	7	6:14	6:30	8:23	12:16	1:15	1:52	2:00	4:12	06:10	09:00
Fri	8	6:14	6:30	8:22	12:16	1:15	1:53	2:00	4:14	06:11	09:00
Sat	9	6:14	6:30	8:22	12:17	1:15	1:54	2:00	4:15	06:12	09:00
Sun	10	6:13	6:30	8:21	12:17	1:15	1:56	2:00	4:17	06:14	09:00
Mon	11	6:13	6:30	8:20	12:18	1:15	1:57	3:00	4:18	06:15	09:00
Tue	12	6:13	6:30	8:20	12:18	1:15	1:57	3:00	4:19	06:16	09:00
Wed	13	6:12	6:30	8:19	12:18	1:15	1:59	3:00	4:20	06:17	09:00
Thu	14	6:11	6:30	8:18	12:19	1:15	2:01	3:00	4:22	06:19	09:00
Fri	15	6:11	6:30	8:17	12:19	1:15	2:02	3:00	4:23	06:20	09:00
Sat	16	6:10	6:30	8:16	12:20	1:15	2:03	3:00	4:25	06:21	09:00
Sun	17	6:09	6:30	8:15	12:20	1:15	2:04	3:00	4:26	06:23	09:00
Mon	18	6:09	6:30	8:14	12:20	1:15	2:05	3:00	4:28	06:24	09:00
Tue	19	6:08	6:30	8:13	12:20	1:15	2:06	3:00	4:29	06:25	09:00
Wed	20	6:07	6:30	8:12	12:21	1:15	2:08	3:00	4:31	06:27	09:00
Thu	21	6:06	6:30	8:11	12:21	1:15	2:09	3:00	4:33	06:28	09:00
Fri	22	6:05	6:30	8:09	12:21	1:15	2:11	3:00	4:34	06:30	09:00
Sat	23	6:04	6:30	8:08	12:22	1:15	2:12	3:00	4:36	06:31	09:00
Sun	24	6:03	6:30	8:07	12:22	1:15	2:14	3:00	4:37	06:33	09:00
Mon	25	6:02	6:30	8:05	12:22	1:15	2:15	3:00	4:39	06:34	09:00
Tue	26	6:01	6:30	8:04	12:22	1:15	2:17	3:00	4:40	06:36	09:00
Wed	27	6:00	6:30	8:03	12:23	1:15	2:18	3:00	4:42	06:37	09:00
Thu	28	5:59	6:30	8:01	12:23	1:15	2:20	3:00	4:44	06:39	09:00
Fri	29	5:58	6:30	8:00	12:23	1:15	2:21	3:00	4:46	06:40	09:00
Sat	30	5:56	6:30	7:58	12:23	1:15	2:23	3:00	4:48	06:42	09:00
Sun	31	5:55	6:30	7:56	12:23	1:15	2:24	3:00	4:50	06:44	09:00
Jumma Khutba will start at 1:10pm											