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*Unity in the Muslim Ummah*

"And hold firmly to the rope (His covenant or the Qur'an) of Allah all together and do not become divided." (3:103)

Allah (SWT) emphasizes in the Quran the importance of the unity of the Muslim Ummah. He tells us to hold tightly to the teachings of the Quran, so that we do not become divided. When we look at the Ummah today, we find that we are not fulfilling this order. One unfortunate cause of this current state is that we bicker over trivial issues that hold little meaning and are of no benefit to the Ummah. The importance of the unity that Allah (SWT) has ordered seems to be ignored by many Muslims.

The Prophet Muhammad (PBUH) said, "Believers are like

the parts of a building, each one supporting the other." (Sahih Bukhari). Today, the Muslim unity with its support and strength may exist at a sectarian or local level, but not on the level of the Ummah as a whole.

The Muslim Ummah needs to overcome the minor differences that separates it and focus on the most important common factors we hold: We all have the same belief in: Tawheed (the oneness of Allah), all the Prophets (peace be upon them all), all the holy Books, all of Allah's angels and the day of judgment. Not to mention that every Muslim tries to follow the Qur'an and Sunnah.

Muslims need to understand that unity is what will make us

succeed. Today the Muslim Ummah trails the rest of the world in almost everything; education, technology, industry etc. Non-Muslims may not believe in our faith but their unity on common interests has made them excel. The golden era of Islam witnessed a united Ummah which held on to Allah's rope tightly? Muslims were successful and Islam spread to the east and to the west.

We have to be proactive in promoting unity and think about what we can do to achieve this goal. On a local level, it starts by us being able to tolerate our differences, accept each other for what we are, brothers and sisters in Islam, and move towards a common goal.

*Dua of the Month*

Our Lord! Give us a blessing in this life and a blessing in the Hereafter and save us from the torment of the fire (Al-Baqara, 2:202).

Rabbana, aatina fid-dunia hassanah wa fil-akhirati hassanah wa qina athaban-narr

This dua' includes everything

that one would wish for; blessings in this life, blessings in the hereafter and protection from the torment of hellfire. It is narrated by Anass Bin Malik that the Prophet (PBUH) used to repeat this Dua' (Bukhari), and when Anass himself wanted to make Dua' he used to repeat

these words. Al-Quassem Abu Abdul-Rahman said: the one who has been granted a heart that is thankful, a tongue that is ever remembering of Allah and a body that is patient, indeed he has been given a blessing in this life, a blessing in the hereafter and will be saved from hellfire.

*Upcoming Events*

**ALTRINCHAM INTERFAITH GROUP FLOAT SAT 3RD JULY**

Together in Diversity in the Cosmos...Come along and be STARS! Young people needed!!! (and the young at heart!) Join others: Muslims, Jews, Sikhs, Christians and Hindus. Young children meet at St Margaret's Rd Bowdon 9.30am (face painting) Youths willing to be special volunteer helpers see below for times. Prizes presented by THE MAYOR approx. 1.30pm on BEECH-FIELDS RECREATION GROUND, GRANGE AVE. off PARK ROAD TIMPERLEY (Full details available [www.ama-online.org.uk](http://www.ama-online.org.uk)).



## *Upcoming Events - Continued*

### **ALTRINCHAM INTERFAITH GROUP ANNUAL GRAND PICNIC**

**Sunday 4th July 2010. Tatton Park, Tatton Mere. Meet for 2pm, food from 2.30pm.**

Bring enough food for yourself and your family, plus a little more to share (don't worry about dietary rules, people can choose what they like) Simple labels on food stating contents would be great! Picnic is at the lake (by Tatton mere). If you get lost please call 07944 859 135. Please try and attend and encourage others also. (please see posters for more details)

### **Annual Family Fun Day & Heart at Risk Programme July 10th, 12 – 4pm**

A fun filled day for all the family. This year's fun day promises to be bigger and better than years gone by (Insha'Allah). Activities vary from cricket, football, tug of war, bouncy castle, henna painting as well as many more fun things. As always there will be plenty of food to choose from. There also will be free heart health check and advice available, conducted by a cardiologist, where numerous check can be carried out ranging from cholesterol checks to blood test as well as advice on how to reduce the risk of heart problems. Also there will be a healthy heart award given to the individual that has made the most improvement.

### **KEEP FIT, CARDIOVASCULAR WORK-OUT**

Loose weight, Develop Stamina, Build Strength. The Cheadle Muslim Association, are holding fitness classes led by Dawar Ghaznavi after Asr (Every Tuesday 7.45pm, June 1st – Aug 3rd) the class is suitable for all levels and will last for 1 hour. Our beloved Prophet (peace and blessings upon him) said: "If you do not have a pauch (fat belly/stomach), it would be better for you. He also said: Overeating does not go with good health" (Al-Haythami).

## *Community News*

### **ALTRINCHAM INTERFAITH GROUP, EVENING OF ENTERTAINMENT**

"The Altrincham Interfaith Group held its third Evening of Entertainment on Thursday 27th May at the North Cestrian Grammar School. The very well attended event included performances of spiritual poetry, devotional songs, comedy, meditation and religious dance from the Hindu, Jewish, Christian, Muslim and Sikh faith communities. The audience were mesmerised by the meditative whirling performed by the 'whirling dervishes'. A group of brothers from the Naqshbandi Sufi Order from Sheffield explained the spiritual significance behind the whirling. It was one of the highlights of an evening enjoyed by all."

## *Etiquette of being at the Masjid*

### **ENTERING THE MASJID**

Dear brothers and sisters, ISA we continue with this topic. The etiquette for today concerns entering the Masjid. On entering, the Prophet(PBUH) used to say, "In the name of Allah, O Allah, open for me the gates of your mercy" (Muslim). Ibn Umar (RA) used to step with his right foot first when he entered the Masjid, and step out with his left foot first when he walked out of the Masjid (Bukhari). Many Muslims make the Dua' on leaving the Masjid, "O Allah, open for me the gates of your provisions".

On entering the Masjid, the Prophet(PBUH) said, "If the prayer started, then do not join it running, and join it walking and quiet, and pray whatever you caught up with, and make up for what you have missed" (Bukhari & Muslim).

Some brothers, in their haste to join the congregational prayers, are noisy and distracting to others. It is recommended that the Muslim should enter the Masjid and walk calmly and join the line quietly. He then takes "Takbiratul-Ihram" and settles to his prayers. At the end, he makes up what he has missed, and ISA, he has gained the reward of the Jama'at.



Some pictures of the AMA Fun day 2009.



Altrincham Interfaith Group— Evening of Entertainment.

## Meet the community : Br. Javed Hussain & Family

This month we introduce brother Javed Hussain and his family. Br Javed, his wife Huma and their children Imaan, Qes & Leah.

Br Javed is a business man who works between Manchester and London, and has also worked heavily in the Middle East. Sister Huma works even harder in looking after Br Javed and the family!! Imaan is completing her GCSE examinations and is planning to study television & media in college, Insha'Allah. Qes attends Stockport Gram-

mar school, and is a very keen and able rugby player, Mashallah he has recently been selected for Cheshire trials. Leah is in year 1 at Ladybarn house school.

Brother Javed attends the men's study circle on Wednesday evenings, sister Huma attends the ladies study circle on Tuesday afternoons. Qes plays football on Friday night's (arranged by the centre, 7.30pm – 9pm) Leah attends the madrassah on Fridays.

'We moved to the area in the summer of 2009 from Rochdale. The experience of the area and the community has been very welcoming. The centre is a really enjoyable place for the family as our centre provides for the whole family and feels very progressive and forward thinking.'

Br Javed's greatest achievement of 2010, has been beating brother Munir Ahmed in the recent BUPA 10k run, by 29 seconds! (however both were beaten by sister Huma by 9 clear minutes!).



Javed Hussain & Family

**"The experience of the area and the community has been very welcoming. The centre is a really enjoyable place for the family as our centre provides for the whole family and feels very progressive and forward thinking."**

## Monthly Health Tip : Understanding Diabetes

Over 2 million people in England are living with diabetes. Many more have the condition but don't know it. Type 1 and type 2 are the most common forms. The causes of both types are different, but both result in too much glucose (sugar) in the blood.

Type 1 diabetes is caused by the body's failure to produce insulin, a hormone released by the pancreas to help control levels of sugar in the blood. It's sometimes called juvenile diabetes or early-onset diabetes because it usually appears before the age of 40.

Type 2 diabetes is caused by the body not producing enough insulin or not using what it produces effectively. It's the most common form and accounts for around 90% of all diabetes.

Diabetes can increase the risk of developing other conditions, such as heart disease. It can be managed effectively and many people with diabetes lead a healthy, active life.

Diabetes can also occur in pregnancy. This is known as gestational diabetes. Some pregnant women have high levels of glucose in their

blood because their bodies do not produce enough insulin to meet the extra demands of pregnancy. It affects less than one in 20 pregnant women and usually disappears after birth. Although women with gestational diabetes are more at risk of developing type 2 diabetes later in life.

### Avoiding Diabetes

You're more likely to develop type 2 diabetes if:

- You have a relative with type 2 diabetes.
- You're overweight or obese
- You take little physical exercise
- Your regulation of blood glucose does not work properly
- You're of South Asian, African-Caribbean or Middle Eastern descent.
- You're over 40.

There are some small changes you can make to your lifestyle to cut your risk of developing type 2 diabetes in the future, even if there's a family history of the condition.

The symptoms of type 1 and type 2 diabetes are similar. However, type 1 diabetes

usually develops suddenly over weeks or even days.

Many people have type 2 diabetes for years without knowing it because early symptoms can be vague and may not seem important at the time.

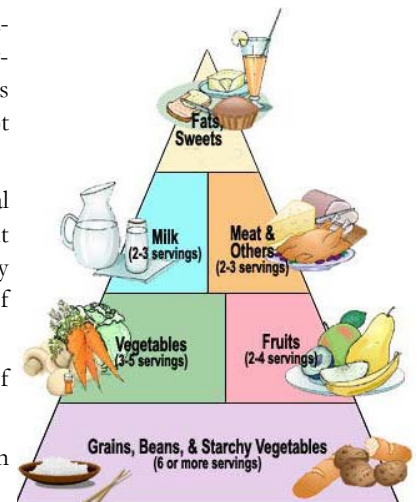
It's important to seek medical advice if you think you might have signs of diabetes. Early diagnosis reduces your risk of developing complications.

Knowing the symptoms of Diabetes

Symptoms of diabetes can include:

- feeling thirsty all the time,
- frequent urination,
- tiredness,
- weight loss,
- muscle wasting,
- frequent infections or slow-healing sores,
- itchiness around the genital areas,
- regular episodes of thrush, and
- blurred vision.

These symptoms may be due to other conditions, so it's important you seek medical advice and diagnosis.



The Diabetes Food Pyramid is a general guide of what and how much to eat each day. It is similar to the Food Pyramid you see on many food packages. The pyramid is divided into six groups. You should eat more foods from the largest group at the base of the pyramid and less from the smaller groups at the top of the pyramid. The number of servings needed every day is not the same for everyone, so a range of servings is given to ensure you get the foods you need for good health.

In the name of Allah, the Beneficent, the Merciful

## Altrincham Muslim Association

Registered Charity Number 1101378

### Prayer Schedule July 2010

Day	Date	Fajr	Fajr Jama'at	Sunrise	Dhuhr	Dhuhr Jama'at	Asr	Asr Jama'at	Maghrib	Isha Jama'at	Isha
Thu	1	2:35	4:00	4:45	1:15	1:30	5:40	7:00	9:43	9:53	11:23
Fri	2	2:35	4:00	4:45	1:15	1:30	5:40	7:00	9:43	9:53	11:23
Sat	3	2:36	4:00	4:47	1:15	1:30	5:40	7:00	9:42	9:52	11:22
Sun	4	2:36	4:00	4:48	1:15	1:30	5:39	7:00	9:42	9:52	11:22
Mon	5	2:37	4:00	4:49	1:15	1:30	5:39	7:00	9:41	9:51	11:21
Tue	6	2:37	4:00	4:50	1:15	1:30	5:39	7:00	9:40	9:50	11:20
Wed	7	2:37	4:00	4:51	1:15	1:30	5:39	7:00	9:40	9:50	11:20
Thu	8	2:38	4:00	4:52	1:15	1:30	5:39	7:00	9:39	9:49	11:19
Fri	9	2:38	4:00	4:52	1:15	1:30	5:39	7:00	9:39	9:49	11:19
Sat	10	2:38	4:00	4:53	1:15	1:30	5:38	7:00	9:38	9:48	11:18
Sun	11	2:39	4:00	4:55	1:15	1:30	5:38	7:00	9:37	9:47	11:17
Mon	12	2:39	4:00	4:56	1:15	1:30	5:38	7:00	9:36	9:46	11:16
Tue	13	2:40	4:00	4:57	1:15	1:30	5:38	7:00	9:35	9:45	11:15
Wed	14	2:41	4:00	4:59	1:15	1:30	5:38	7:00	9:34	9:44	11:14
Thu	15	2:41	4:00	5:00	1:15	1:30	5:37	7:00	9:32	9:42	11:12
Fri	16	2:42	4:00	5:01	1:15	1:30	5:37	7:00	9:30	9:40	11:10
Sat	17	2:42	4:00	5:02	1:15	1:30	5:37	7:00	9:29	9:39	11:09
Sun	18	2:42	4:00	5:04	1:15	1:30	5:36	7:00	9:28	9:38	11:08
Mon	19	2:43	4:00	5:05	1:15	1:30	5:36	7:00	9:27	9:37	11:07
Tue	20	2:44	4:00	5:07	1:15	1:30	5:36	7:00	9:26	9:36	11:06
Wed	21	2:44	4:00	5:08	1:15	1:30	5:35	7:00	9:25	9:35	11:05
Thu	22	2:44	4:00	5:10	1:15	1:30	5:35	7:00	9:23	9:33	11:03
Fri	23	2:45	4:00	5:11	1:15	1:30	5:34	7:00	9:22	9:32	11:02
Sat	24	2:46	4:00	5:11	1:15	1:30	5:34	7:00	9:21	9:31	11:01
Sun	25	2:46	4:00	5:13	1:15	1:30	5:34	7:00	9:20	9:30	11:00
Mon	26	2:46	4:00	5:15	1:15	1:30	5:33	7:00	9:18	9:28	11:00
Tue	27	2:47	4:00	5:17	1:15	1:30	5:33	7:00	9:17	10:45	10:45
Wed	28	2:48	4:00	5:19	1:15	1:30	5:32	7:00	9:16	10:45	10:45
Thu	29	2:49	4:00	5:21	1:15	1:30	5:32	7:00	9:14	10:45	10:45
Fri	30	2:50	4:00	5:22	1:15	1:30	5:30	7:00	9:12	10:45	10:45
Sat	31	2:50	4:00	5:22	1:15	1:30	5:29	7:00	9:10	10:45	10:45
<p><b>Jumma Khutba will start at 1:15pm with Jama'at at 1:50pm. Maghrib and Isha will be combined from 24th May - 26th July. *Isha time guidance for those who do not wish to combine the prayers.</b></p>											