

# Jumaanah E-Magazine

Photos of Jabal Al-Hira, Where Prophet  
(ﷺ) Muhammed Received the First  
Revelations of the Holy Quran & Other  
Islamic Landmarks

I Know We Believe  
in Allah, But Do We  
Believe Allah?

Getting Centered:  
A Lifelong Journey

Our Readers Share  
Which Sides Are  
Best with Chili

Deen Over Dunya:  
Ibrahim Waziri  
Reflects on  
Ramadan 2020

Ginger and Dates:  
Two of Nature's  
Healing Medicines



## **“We Are Our Solution”**

**Board Certified Physician, Rashida McCain-Hall Shares  
Insight on Racial and Medical Disparities in  
Relation to COVID-19**



## *Message from the Editor*

*Jumaanah is an Arabic word that means silver pearl. The silver pearl shares the distinguished qualities of the Muslim woman: cultured, valued, dignified, disciplined, organized, patient, progressive, calming, soothing, focused, insightful, cool, secure, and dependable.*

*By Allah's permission Jumaanah has become a publication worthy of its readership, and I am honored to be at the helm of this endeavor. Jumaanah E-Magazine serves as a platform for sharing our unique stories, celebrating our accomplishments, and strengthening the bonds of our sisterhood. May Allah reward those of you who, through your patronage and your submissions, lend your talents to the magazine's success. Please know your efforts are highly appreciated.*

*I'd love to hear from you. Please send your comments regarding the contents of Jumaanah E-Magazine to [info@jumaanahemagazine.com](mailto:info@jumaanahemagazine.com).*

*Sincerely,*

*Baaqia Jannah Uqdah*



*Handcrafted in*  
*East Orange, New Jersey*  
*Contact: [aprilisdesigns@gmail.com](mailto:aprilisdesigns@gmail.com)*



# *Designs* *by* *Aprilis*





*Handcrafted in  
East Orange, New Jersey  
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The background of the entire image is a close-up of blue theater curtains, with vertical folds and a slight sheen. The lighting is slightly brighter in the center, creating a subtle gradient.

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*Glory to Allah for all that I know, and all  
that I am.*

*Baaqia*





اقرأ

IQRA

### Al Baqarah: 286

لَا يُكَلِّفُ اللَّهُ نَفْسًا إِلَّا وُسْعَهَا لَهَا مَا كَسَبَتْ وَعَلَيْهَا مَا  
اَكْتَسَبَتْ رَبَّنَا لَا تُؤَاخِذْنَا إِنْ نَسِينَا أَوْ أَخْطَأْنَا رَبَّنَا وَلَا تَحْمِلْ عَلَيْنَا إَصْرًا كَمَا  
حَمَلْتَهُ عَلَى الَّذِينَ مِنْ قَبْلِنَا رَبَّنَا وَلَا تُحَمِّلْنَا مَا لَا طَاقَةَ لَنَا بِهِ وَاعْفُ عَنَّا وَاعْفِرْ

### The Cow: 286

On no soul doth Allah Place a burden greater than it can bear. It gets every good that it earns, and it suffers every ill that it earns. (Pray:) "Our Lord! Condemn us not if we forget or fall into error; our Lord! Lay not on us a burden Like that which Thou didst lay on those before us; Our Lord! Lay not on us a burden greater than we have strength to bear. Blot out our sins, and grant us forgiveness. Have mercy on us. Thou art our Protector; Help us against those who stand against faith."

### Commentary:

<sup>340</sup> Cf. 2:233. In that verse the burden was in terms of material wealth; here it is in terms of spiritual duty. Assured by Allah that He will accept from each soul just such duty as it has the ability to offer, we pray further on for the fulfilment of that promise.

Cf. 23:62. <sup>341</sup> We must not be arrogant, and think that because Allah has granted us His favor and mercy we have no need to exert ourselves, or that we are ourselves superior to those before us. On the contrary, knowing how much they failed, we pray that our burdens should be lightened, and we confess our realization that we have all the greater need for Allah's mercy and forgiveness. And so, we end the whole argument of the Surah with a prayer for Allah's help, not in our own selfish ends, but in our resolve to uphold Allah's truth against all Unbelief.





### Holy Qur'an 46:15

وَوَصَّيْنَا الْإِنْسَانَ بِوَالِدَيْهِ إِحْسَانًا حَمَلَتْهُ أُمُّهُ كُرْهًا وَوَضَعَتْهُ كُرْهًا وَحَمْلُهُ وَفِصَالُهُ ثَلَاثُونَ شَهْرًا حَتَّىٰ إِذَا بَلَغَ أَشُدَّهُ وَبَلَغَ أَرْبَعِينَ سَنَةً قَالَ رَبِّ أَوْزِعْنِي أَنْ أَشْكُرَ نِعْمَتَكَ الَّتِي أَنْعَمْتَ عَلَيَّ وَعَلَىٰ وَالِدَيَّ وَأَنْ أَعْمَلَ صَالِحًا تَرْضَاهُ وَأَصْلِحْ لِي فِي ذُرِّيَّتِي إِنِّي تُبْتُ إِلَيْكَ وَإِنِّي مِنَ الْمُسْلِمِينَ

### Translation:

We have enjoined upon man, to his parents, good treatment. His mother carried him with hardship and gave birth to him with hardship and his gestation and weaning period is thirty months.

He grows until, when he reaches maturity and reaches the age of forty years, he says, "My Lord, enable me to be grateful for Your favour which You have bestowed upon me and upon my parents and to work righteousness of which You will approve and make righteous for me my offspring. Indeed, I have repented to You, and indeed, I am of the Muslims.}

(Commentary on the following page.)





## Holy Qur'an 46:15

### Commentary:

<sup>4789</sup> Cf. 29:8 and 31:14.

<sup>4790</sup> In 31:14 the time of weaning was stated to be at the age of two years, i.e., 24 months. See also 2:233. That leaves six months as the minimum period of human gestation after which the child is known to be viable. This is in accordance with the latest ascertained scientific facts. The average period is 280 days, or ten times the inter-menstrual period, and of course the average period of weaning is much less than 24 months. The maximum period of breast-feeding (2 years) is again in accordance with the time that the first dentition is ordinarily completed in a human child. The lower milk incisors in the centre come out between the 6th and 9th months; then come out the milk teeth at intervals, until the canines appear. The second molars come out at about 24 months, and with them the child has a complete apparatus of milk teeth. Nature now expects him to chew and masticate and be independent of his mother's milk completely. On the other hand it hurts the mother to feed from the breast after the child has a complete set of milk teeth. The permanent teeth begin at the sixth year, and the second molars come at 12 years. The third molars are the wisdom teeth, which may appear at 18 to 20 years, or not at all.

<sup>4791</sup> The age of full strength (ashudd) is held to be between 18 and 30 or 32. Between 30 and 40 the man is in his best manhood. After that he begins to look to his growing issue, and rightly commends the new generation to Allah. Perhaps his spiritual faculties also gain the upper hand after 40.



**Sahih Muslim Book 1, Hadith Number 5.**  
**Hadith Section/Book: Sahih Muslim Book 1. Faith**

**Abu Huraira reported:**

One day the Messenger of Allah ) appeared before the public so a man came to him and then said: Prophet of Allah, what is Iman? Upon this he (the Holy Prophet) replied: That you affirm your faith in Allah, His angels, His Books, His meeting, His Messengers and that you affirm your faith in the Resurrection hereafter. He said: Messenger of Allah, what is al-Islam? He replied: Al-Islam is that you worship Allah and do not associate anything with Him and you establish obligatory prayer and you pay the obligatory alms (Zakat) and you observe the fast of Ramadan. He said: Messenger of Allah, what is al-Ihsan? He replied: That you worship Allah as if you are seeing Him, and for if you fail to see Him. He said: Messenger of Allah, when is the Hour (of Doom)? He replied: The one who is asked about it is no better informed than the inquirer, however I will narrate some of its signs to you. When the slave-girl will give birth to her master, then that is from its signs. When the naked, barefooted would become the chiefs of the people, then that is from its signs. When the shepherds of the black (camels) would exult themselves in buildings, then that is from its signs. (The Hour is) Among one of the five which no one knows but Allah. Then he recited (the verse): "Verily Allah! with Him alone is the knowledge of the Hour and He it is Who sends down the rain and knows that which is in the wombs. And no soul knows what it shall earn tomorrow, and a soul knows not in what land it shall die. Verily Allah is Knowing, Aware."

He (Abu Huraira) said: Then the person turned back and went away. The Messenger of Allah said: Bring that man back to me. They went to bring him back, but they saw nothing there. Upon this the Messenger of Allah remarked: he was Gabriel, who came to teach the people their religion.



**Sahih Muslim Book 37, Hadith Number 6669.**  
**Hadith Section/Book: Sahih Muslim Sahih Muslim Book 37. Repentance And Exhortation Of Repentance**

Safwan b. Muhriz reported that a person said to Ibn 'Umar: How did you hear Allah's Messenger (may peace be upon him) as saying something about intimate conversation? He said: I heard him say: A believer will be brought to his Lord, the Exalted and Glorious, on the Day of Resurrection and He would place upon him His veil (of Light) and make him confess his faults and say: Do you recognize (your faults)? He would say: My Lord, I do recognize (them). He (the Lord) would say: I concealed them for you in the world. And today I forgive them. And he would then be given the Book containing (the account of his) good deeds. And so far as the non-believers and hypocrites are concerned, there would be general announcement about them before all creation telling them that these (people, i.e. non-believers and hypocrites) told a lie about Allah.





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## Islamic Terms in English

Submitted by Amani Eljallad

Peace be upon you.
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In the name of Allah, the Most Compassionate, the Most Merciful.
Allah glorified and exalted.
Muhammad, the Messenger of Allah

## Islamic Terms in Arabic

السلام عليكم Assalamu Alaukum
و عليكم السلام ورحمة الله و بركاته Wa Alaykum Assalamo Wa Rah-
بسم الله الرحمن الرحيم Bis-millahi Arrahman Arrahim
الله سبحانه و تعالى
محمد رسول الله Muhammad Rasool-ullah



## Cont'd

## Islamic Terms Arabic

### Islamic Terms English

<p>السلام عليكم</p> <p>Assalamu Alaukum</p>	<p>مسلم</p> <p>Muslim</p>
<p>وعليكم السلام ورحمة الله و بركاته</p> <p>Wa Alaykum Assalamo Wa Rahmatollahi Wa Barakatu.</p>	<p>إسلام</p> <p>Islam</p>
<p>بسم الله الرحمن الرحيم</p> <p>Bis-millahi Arrahman Arrahim</p>	<p>مركز إسلامي</p>
<p>الله سبحانه و تعالى</p> <p>Allah Subhanahu WA Taalah</p>	<p>مسجد</p> <p>Masjid</p> <p>جامع</p> <p>Jami'</p>
<p>محمد رسول الله</p> <p>Muhammad Rasool-ullah</p>	<p>الحمد لله</p> <p>Al- hamdu-lillah</p>

# Jabal Al-Hira (Mount Hira)

جبل الحراء



This Historic Mountain is also known as Jabal Al-Nour. It's location is approximately two miles from the Ka'bah in Mecca, Saudi Arabia. Near the top of Jabal Al-Hira is the opening to a small cave. The cave is called the cave of Hira. It was in this cave that the Prophet Muhammed (ﷺ) received the first revelations of the Holy Quran during the month of Ramadhan in 619 CE.

# Ramadan 2020: Deen Over Dunya

By Ibrahim Waziri



The year 2020 took many unexpected turns and came with a multitude of trials and tribulations. While the world was practically put on pause, trying to figure out its next steps, I found myself under pressure like never before. After ending my second college semester, I was stressed. My performance in school dipped from going online and my grades took a hit because of it. I felt unaccomplished, so when I came home, I needed some kind of reprieve to recuperate from a hard semester. Because of that and all of the social problems that presented themselves during the year, Ramadan gave me a chance to really re-center myself even though it was outside of the norm.

With the pandemic preventing us from going outside and interacting with the rest of the world, this Ramadan felt very different from others. Being in the house, and not being able to go to the masjid posed challenges in being able to connect with the community in a manner in which I had been traditionally accustomed. However, when the month of Ramadan came around, I felt this rejuvenation that made me want to be more active. I had nothing but time on my hands so I made a schedule

for myself during this month to get the most out of it. I would wake up for Fajr, pray salah, and then run for two miles in the park. I would then return home to do additional workouts. After Dhuhr I found time to play around a bit and focus on hobbies. After Asr I would find time to reflect on my day and do a few household chores. Once Maghrib arrived I would break my fast with my family after which my little brother and I would read the Quran to our older brother. Having so much time on my hands my Arabic reading became more fluent and my pronunciation clearer. Being isolated from the rest of the world really allowed me to be able to get a better understanding of the teachings found in the Quran. After Isha and Taraweeh prayers my family would sit down and have discussions about current events and how Islam is so important to humankind's progression during these very challenging times. These discussions were extremely valuable to my soul.

## Ramadan 2020 Deen Over Dunya (*Cont'd.*)

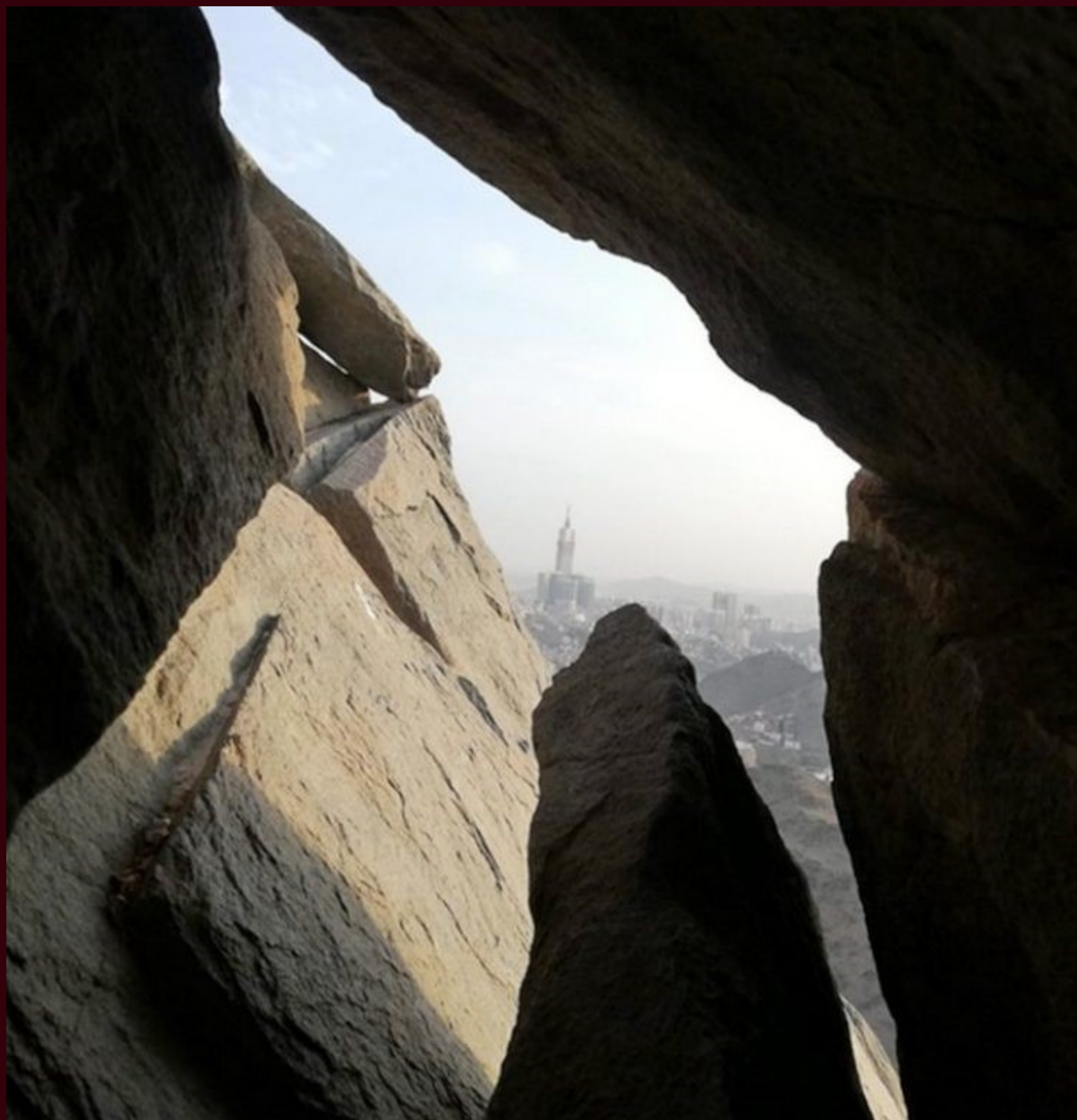
I am actually grateful in some ways for the pandemic in that it slowed down my day-to-day life, giving me the chance to recuperate and refresh before entering into another chapter of my life. I found that I was given the chance to really appreciate this past Ramadan. Most of the time I would make some kind of excuse as to why I am too busy to do things like read the whole Quran or practice my Arabic reading amongst other things. This pandemic actually gave me the time to do all that and then some. It made me realize that I could practice my religious obligations to the fullest while maintaining additional responsibilities. Prior to the pandemic I was making excuses to justify putting Allah and my deen second when I should have been making my deen a priority. This past Ramadan helped me to reflect deeply on how important it is to prioritize my deen over this dunya. Living through this period in time was so very eye opening, it helped to shape my perspective of how I need to improve in my ibadah of Allah (SWT). Many people passed away from this pandemic at Allah's will. Those who were Muslim will

not have the blessing of another Ramadan. That could have been a reality for any of us. The lesson that I learned in all of this is to always put Allah first and use the blessed month of Ramadan as a means to become closer to Allah because tomorrow isn't promised. □

*Brother Ibrahim Waziri is a first-year college student, a third generation Muslim, and the grandson of Faruq and Ni'mat Saleem who have both returned to Allah. (Inna Lillahi wa inna ilayhi raji'un) May Allah be merciful to them, forgive their wrong doings, make their graves spacious and comfortable and grant them Jannah on Yaumul Qiyamah.*



*Faruq and Ni'mat Saleem*



## **View from inside the Cave of Hira**

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## **The entrance to the cave of Hira**

**Photo: Muftisays.com**

## ***We are Our Solution***

Dr. Rashida McCain-Hall Shares Insight on  
Racial and Medical Disparities in Relation to  
COVID-19



Dr. Rashida McCain-Hall is a Board-Certified Family Medicine Doctor at Meritus Health in Hagerstown, Maryland. Her patients refer to her as knowledgeable, caring, and friendly. When asked what she thought her nursing and ancillary support staff would say about her service she replied, “They would more than likely say I am kind. I try to elevate, especially during these times when things can get very scary and emotions are fluctuating. People are afraid for their lives and afraid for their loved ones. My staff witness the outcomes of the current pandemic and see that I provide a calming aspect. They know that I believe in God. I don’t know how anyone is getting through what we’re experiencing at this time without that aspect in their lives, that spirituality. My staff know I believe everything has a purpose, God has a plan, and we just have to go with that and trust it. I think my faith is a takeaway for my staff and my patients”.

Dr. Rashida enjoys camping and traveling with her husband of 20 years and their 4 children. Prior to the current global pandemic, they visited Ghana, West Africa. Dr. Rashida says they arrived in Ghana

on March 12, 2020. By the time they were ready to return home flights were being delayed and cancelled due to increased numbers of COVID-19 cases. She says, “After receiving 3 cancellations within 12 days, my husband and I received an email that basically said good luck with getting home. Ultimately, we were able to return home to the U.S.”

She continues, “I can tell you that from day one, when I stepped off the plane in Ghana, Ghanaians were scanning our temperatures, there were hand sanitizing stations in every supermarket, and handwashing was implemented. You may have had to use a put-together jug bucket - but you could wash your hands wherever you were. In some neighborhoods they’d set up temperature checks; and your temperature had to be checked before you could enter. These are examples of strategies the Ghanaians put in place to minimize the spread of the coronavirus. Yet people think of African neighborhoods as such poor, overcrowded, and underprivileged neighborhoods. If this is so then why are they able to control the spread of COVID-19? It is because they are working together with a

# *We are Our Solution*

*(Cont'd.)*

community spirit and using their creativity.

In comparing the response to COVID-19 in Ghana to the response in the U.S. Dr. Rashida says, “While I was witnessing this in Ghana, the mindset in the U.S. was still, ‘Oh it’s just a disease – and we don’t know what it is - it may do something - but it’ll be gone by April.’ And here’s an interesting fact. When you look at the google map where COVID has had the most impact, the continent that has had the least impact is Africa. African nations are dealing with the same contagiousness and mortality of the disease that other continents are. So why do they have fewer cases of COVID-19? It is because community life is part of their existence. If we (Americans) work together to minimize the spread of this pandemic, as one community, like the people of the second largest continent (Africa), we can do it.”

Dr. Rashida continues, “In order for us to get through this we must also be creative. We have to believe we can get through this pandemic. Handwashing and temperature checks were among those things that were mentioned as to why the African continent has fewer cases of COVID-19 than all of the continents in the eastern and western hemispheres. People on the African continent have dealt with this before.

They’ve dealt with Ebola so they’re not playing around. Their attentiveness to the COVID-19 pandemic is the reason they’re not devastated in the way that we Americans are, in spite of all of the opportunities that we have here.

African American people are the descendants of a strong African population. So why are we the most impacted by COVID-19? According to the Office of Minority Health and Health Disparities Maryland Department of Health and Mental Hygiene heart disease— cancer, stroke, diabetes, and chronic lung disease are listed as the five leading causes of death for African Americans during 2000-2012. Research shows that as of December 24, 2019 there were 2,865 coronavirus cases in the State of Maryland, and according to The Baltimore Sun Newspaper 5,353 Marylanders had died of COVID-19 as of December 22<sup>nd</sup>. The U.S. Census states African Americans make up almost 43 percent of those coronavirus cases and 47 percent of the deaths. Dr. Rashida attributes these numbers to COVID-19 atop the preexisting health conditions like diabetes, hypertension, obesity, and stress. She says, “People are stressed about whether or not they’re going to lose their job, how they are going to make ends meet if they’ve already lost their job, or who will care for their child(ren) if they have to go to work. It’s the pressure, from the pressure, from the pressure that’s killing us,





## **Interior of the Cave of Hira**

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## ***We are Our Solution***

*(Cont'd.)*

and our preexisting conditions is the line-share. When the disparities in education and economics, the possibility of medical bias, and racism are connected - it's devastating to minority populations. And that's why you're seeing the 47 % of COVID-19 related deaths among African American people in Maryland. That's who's dying. We're not the majority in Maryland but we're the ones who are dying."

She continues, "When a patient who complains of recurring headaches is not treated for that, when health care providers don't take these and other complaints seriously, then the people who are most affected by COVID-19 and dying from it, are the people who are the most underserved. And that's medical bias. This is occurring across all races. These disparities also have a devastating impact on women, and not just minority women. My colleagues and I were recently discussing a study transpired from 2007 – 2016 that included women of certain character statuses. The study revealed that all women who are underserved, regarding health care, die at higher rates. Medical bias doesn't just affect people who have economic, educational, and housing disadvantages. When you account for those minorities who are educated and who are of a certain age, they are still dying at a higher rate. This may also be indicative of medical bias."

Dr. Rashida says Maryland is one of the more affluent states. The median income in Maryland is \$83,000.00 annually. But if you're a subset of the population, a non-Hispanic Black, then the median income is \$41,000. People in this income bracket are going to have the frontline jobs, but they're not going to be able to quarantine if they get COVID-19. She states, "When I'm counseling a patient for COVID I'll say, 'well yes you have to stay within a separate space in your home, and you have to have your own bathroom,' and a host of other things which are not possible. But many people don't have the setup that allows that. So, if one family member gets COVID and they're not able to quarantine, then everyone in their household gets it. Right now, the higher percentage of where people are getting COVID is in their own households. What we're needing people to do in order to minimize this disease, they're not able to do. People are sharing the same bathrooms; people are sharing the same bedrooms. If someone is living in a one bedroom apartment with seven people how can they effectively quarantine? It's just not possible."

She says, "We ask people to stay home, to telework, to have your children home, and that's not always possible. It's almost as if the disease is a disease of privilege. When you can have your own suite to yourself and quarantine, when





**The cave of Hira from above**

**Photo: [3DMekanlar.com](http://3DMekanlar.com)**

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## *We are Our Solution*

*(Cont'd.)*

can make the decision to just work from home while you quarantine, when you can have learning pods in your basement that you've refurbished into a preschool at the spur of the moment, you're privileged. It's a disease that if you're going to survive you have to have a certain amount of privilege. That in and of itself is a disparity."

Dr. Rashida says African American people and Hispanic people face a greater need for mental health support in the wake of the COVID-19 pandemic. "The reason is, a lot of people are barely making it now. They have basic needs that aren't being met; basic needs for battling this virus. Not everyone is fortunate enough to have telework, or be physicians, or sustain jobs. Jobs have had to close down. We assume every child has Wi-Fi at home for engaging in remote learning, but they don't. So yes, this pandemic has really, really put a strain on the anxiety and the depressions that African American people and Hispanic people already have, a strain that most people just couldn't bear."

She says there are barriers that impact our ability to get through this pandemic, but creativity can work for us. "How?", Dr. Rashida says, "By being creative like we always have been throughout history. We African American people have never been short of creativity. We may need to consider implementing strategies like home swapping. For example, if one family mem-

different family gets sick, perhaps those who have to quarantine can stay in one house, and those who have not contracted the virus can stay in a different house. Staying in separate locations can eliminate the possibility of spreading the virus to other members of your family.

We also have to get that knowledge base out there. Sometimes our mental health, our depression, our anxiety hinders us and we can't think of the solutions. It's trying because we're incapacitated. When you're already having a series of health issues you need a lot of support from family members who can provide it, and those who provide that support need a lot of creativity.

Those of us who can, should make donations of hand sanitizers and masks to people in the community who need them. We should assist those who work and need assistance with their children. If a mom is working because her family needs that income, we should provide them relief by offering to care for her children. Coming together as a community is something that has to be done.

Reducing the spread of COVID-19 has to be done at a community level. It is too difficult for any individual to do alone. We have to look at proper nutrition and going back to the basics in regard to solutions. It's really that simple. And we must abide by the rules of hand washing, wearing the mask, and social distancing.

## ***We are Our Solution***

***(Cont'd.)***

Getting tested is also key in regard to trying to alleviate the situation. If you're having symptoms get tested as soon as possible; don't let it linger. Find your local testing centers. In Maryland funding is being provided by the federal government for testing and there is no co-pay. Other state and private insurances are also paying for testing, and there's no co-pay. Find out if testing is free in your state. If you're getting tested or self-testing regularly and abiding by CDC guidelines to prevent the spread of COVID- 19, we can reduce the number of new cases.

Too many people are taking this pandemic lightly. They're thinking they won't get sick. Think about the person who's next to you as if they were your mother or anyone else whom you truly, truly care about. This is how we can survive this pandemic just as we've survived many other trials that our communities have had. The solution is not going to come from anywhere else but within ourselves. We have to take care of ourselves. We are the creative people. We are the trailblazers. So, the solutions to what we're dealing with is going to come from us, African Americans. ***We are our solution.***" □





Home Is Wherever...





# Poetry

Agha Shahid Ali, "Prayer Rug"  
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*Thinking of You...*  
By Baaqia Uqdah  
Written in my poetry  
class at NJCU—1992



## **Prayer Rug**

By Agha Shahid Ali

*Those intervals  
between the day's  
five calls to prayer  
  
the women of the house  
pulling thick threads  
through vegetables  
  
rosaries of ginger  
of rustling peppers  
in autumn drying for winter  
  
in those intervals this rug  
part of Grandma's dowry  
folded  
  
so the Devil's shadow  
would not desecrate  
Mecca scarlet-woven*

*with minarets of gold  
but then the sunset  
call to prayer  
  
the servants  
their straw mats unrolled  
praying or in the garden  
  
in summer on grass  
the children wanting  
the prayers to end  
  
the women's foreheads  
touching Abraham's  
silk stone of sacrifice  
  
black stone descended  
from Heaven  
the pilgrims in white circling it  
  
this year my grandmother  
also a pilgrim  
in Mecca she weeps  
  
as the stone is unveiled  
she weeps holding on  
to the pillars □*

## *Thinking of You...*

*By Baaqia Uqdah*

*When thinking of you  
I think of Springtime  
Long talk-walks, smiles and  
sunshine,  
Flowers in the rain and  
Honeybees in the sunlight*

*I think of Summer  
You and me  
Strolls in the park  
A blanket and a good read  
Theatre and folks styling and  
profiling on roller skates*

*Or at the beach  
Sand between our toes  
The ocean up to our calves  
...together  
And you looking good in those  
shorts*

*I think of Autumn...  
My favorite season  
You, in the sweater knitted by  
your mother  
The sweater I've loathed year  
after year  
And me still loving you in it*

*I think of cold Winter days  
You shoveling snow  
Coming in from the cold  
And me, waiting to warm you  
Hot cocoa, cookies, cozy, cud-  
dling*

*I think of you...  
Sniffing and sneezing in your  
favorite spot (our sofa)  
And me nursing you with good  
cooking  
Mama's recipe for chicken soup,  
homemade ginger drink  
Lemon served with a healing  
nectar (honey)*

*I think of pillows...  
Fluffing them for you  
Sharing them with you  
Fighting playfully, you and me  
With pillows*

*I think of them and I see  
Your eyes, my smile  
Your charm, my wit  
Our yesterday  
Their present day  
A woman of women  
And men of men...  
Our progeny - - - our joy*

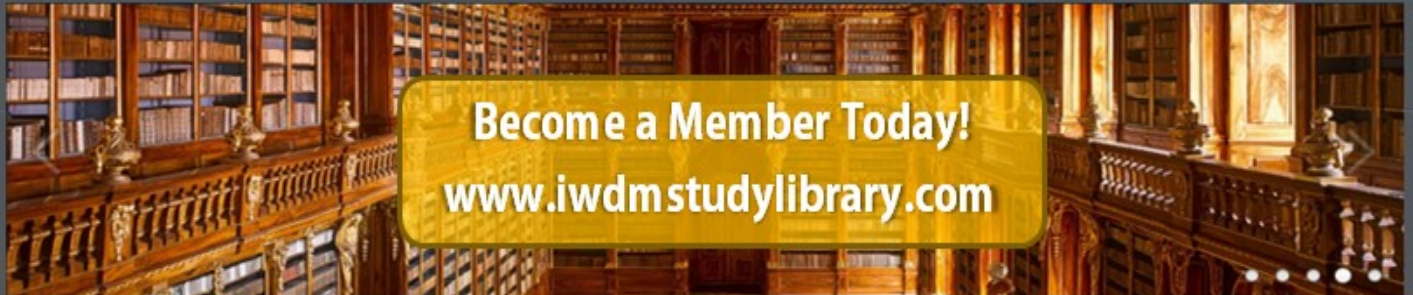


*I think of grey hairs...  
Teasing yours, stroking mine,  
treasuring ours  
Strands portraying the intensity of  
our inde-interdependence*

*I think of journeys, excursions,  
delectable...  
One and one  
Panjangs, gondolas, beneath magic  
skies  
White sands, azure waters  
Dibi by candlelight, and darbuka  
Towers, leaning and Eifel*

*I think of eternity...  
You in my heart  
And I in yours  
Always and forever  
Us, growing older, wiser, and lov-  
ing still □*

*With Allah's Name, the Merciful Benefactor, the Merciful Redeemer*  
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## **JANUARY 2021 PROGRESS**

### **GENERAL COMMENTS**

- Spent two days piecing together a full lecture from multiple partial lectures. Whew! Took some real concentration, listening over and over trying to find where lecture start and stop. It was a success.
- Picked up last two cases from the Imam Abdul-Malik Ali collection
- Uploaded 1 Video Transcript
- Uploaded 4 Audio Transcripts
- Uploaded 1 Audio Lecture

### **TRANSCRIPTS IN PROGRESS OR WAITING FOR QUALITY REVIEW!**

- 2004-10-02 New Medina MS Pt 1-2
- 2005-00-00 Interview Milwaukee WI
- 2005-01-00 Radio Broadcast Bible Pt 1-4
- 2005-01-01 1st Sunday Homewood IL Pt 1-2
- 2005-01-02 Wake up to Human Life Pt 1-4
- 2005-02-05 1st Sunday Homewood IL Pt 1-2
- 2005-02-06 The Extremes of Life Pt 1-4

### **TRANSCRIPTS SENT FOR QUALITY REVIEW**

- 1980-02-24 Survival Day Pts 1-5.mp3
- 1989-01-29 Human Salvation A Muslim View Jacksonville FL Pt 1.-3
- 1990-01-21 Establish Muslim Life in America Phoenix AZ Pt 3.m4a
- 2004-01-11 Public address Newark NJ Pt 1-3
- 2004-02-13 Duke University Pt 1-2



### **A New Madh'hab**



**We Only Need A Few People**



## **The Insight of Iman W.D. Mohammed: Islam Promotes Citizenship**

(Excerpts from 05/02/200 IWD Study Library)

---

...this is the night of power. The even numbers and the odd numbers. The night of power comes on an odd number not on the even number.

We know in The Quran, the very first words of revelation came to the Prophet saying, "Read," and the report that is given to us from the reporters on the Prophet's life, they say that the angel pressed the Prophet one time. Told him to read and he said he couldn't read. They pressed him again, said he couldn't read. But on the third time, the reading came. "Laylatul Qadr Khayrum Min Alfi Shahr." "The night of power is better than a thousand months."

Here recently I was in California and my former teacher, the teacher that my father got in Chicago he was of Jordan I believe... He mentioned Laylatul Qadr and he was ... commenting on what I had said at the address and he said, "You know it is the

time for us to come forward with better explanations for the benefit of the Muslims today."

He said the expression that is translated the night of power, he said, most of us have been led to think by the scholars and those who translate that the night of power is talking

about the night in which the Quran came. He said that there's nothing in that Surah that says that. And he's right. He said there could be another explanation or Tafsirs for that. He explained to me what he had on his mind. I saw something in what he was saying but I also saw something in what he was saying that I couldn't quite be comfortable with, and I'm still thinking about it.

That's what the thinking does. Thinking permits us to see things or to begin trying to see things that we had to never tried to see before. This is the beginning of inquiry in a new area, a study, and it may cause some of us to disagree and may bring about argument but that's the way progress is. That's how progress comes. Anyway, not that I would argue with him, I have a lot of respect for him. I would have a discussion with him and we are going to have some more discussion... that this Surah is talking about the beginning of creation itself. How the world was created. It says then, "The night of power, what will make you know what it is?"



## **The Insight of Iman W.D. Mohammed (cont'd)**

So, obviously this is something that is not known. "What will make you know what it is?" That kind of expression in the Quran, usually when we see that expression, we know exactly what G-d wants from us. G-d wants us to think about that.

G-d wants us to reflect on that, study it. G-d wants us to realize that we don't know it yet. This is talking about something that you don't know yet. What will make you know? What will make you know what that night of power is?

Then it says, "The night of power is greater than a thousand months." Now this is not telling you what the night of power is. This is just telling you that it is valuable. It says in it descends the spirit, or Ruh. And this spirit is the great spirit, the Holy Spirit. In it

Descends the spirit and the angels, by permission of their Lord. Now, this is revelation right here. Where have we ever been told that the Holy Spirit had a Lord? Those in the religion at that time of the book, the Christians, they thought the Holy Spirit is G-d.

Now here is Allah revealing in the Quran in the surah called, The Night of Power or the power; that Laylatul Qadr, the night of power, that this Holy Spirit has a Lord. Not only does the Holy Spirit have a Lord but the Angels

do too. Allah is their Lord and they don't do anything but as He wills that they do it... So, it's very clearly saying that the Holy Spirit is not one in a Trinity, is not a G-d or equal to G-d and the angels are not G-d either. The angels were not always existent; they have a Lord. If they have a Lord that means they were not always existent. Because Lord is one that nourishes something from its helpless state to its development to where it should be. That's what the Lord is. The Lord is the nourisher that cares for something and works with it in its infantile state and then gives it what it needs to bring it to its mature state, it's complete state. This is what Lord means. So, if the Holy Spirit has the Lord then that means the Holy Spirit was once a thing not developed and G-d developed it. And the angels were once elements of things not developed and G-d developed them. Right there is revelation for the religion.

It says, "The night in which the Holy Spirit descends and the angels by the permission of their Lord." Their Lord, all of them have the same Lord, Allah... That's why in the Quran

Allah G-d said to the angels, "I am about to make a man, to make a Khalifa, an Adam." And, when I have done it, you submit to him. Make obeisance to him, sajdah to him. This is the way it's given in the Quran.

***Whatever your passion***



*Wherever you find it...*





**However you envision it...**



However it makes you feel...





**However you top it off...**





*Always be Modest...*





*Always be Beautiful...*



*And always be you...*







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## **The Insight of Iman W.D. Mohammed (cont'd)**

So, this night of power could be referring to the beginning of creation, how creation was made. That in the beginning everything was like a night darkness, like the Genesis says, "In the beginning there was darkness." So, this could be another revelation revealing the Genesis of creation. "There was the night and then the Holy Spirit descended therein and the angels by the permission of their Lord, obeying every command" or following on every command.

"Peace it is until the rise of the dawn." What is this dawning prior to the dawn? Whether this is referring to the Genesis of creation or to the beginning of Revelation coming through Mohammad the prophet, whether it's referring to one of the other, in my opinion the language is the same. Because, for us the beginning of this creation is the beginning of our understanding, our own perception of it. It has no beginning for us until we start to perceive it. You see?

So, for me it may be either. So that's why I said I'm not very comfortable with what my professor was saying because if he's thinking it points only to the creation, the beginning of the creation, of the universe, then I can't feel comfortable there because I know what we want to know, and need to know. It's not so much how this physical world

started but we need to know how it is put together so we can get more benefit from it as scientific-minded people devoted to G-d. That's what we need... What we need to know is its nature. Now speaking of nature, and scientific language is nature, meaning what is it. How is it formed? How does it operate? What makes it as it is? What keeps it as it is? What is its purpose here? Et cetera. Nature refers to the knowledge of the inner reality and the inner working of a thing. That's the nature. The inside reality and the inner workings of a thing. Their parent and the hidden are the unseen. So, nature in the scientific sense refers to the unseen existence and workings, or operations. We don't see the atom, we don't see neutrons and electrons, we don't see all those things. But the study of matter has brought us to know those things exist and that matter is held together by those components, or those parts, molecular structure - held together because they're neutrons and protons and electrons and the way they operate together, holds the matter together.

This is what we learn in science and that's the hidden of the matter. So, it's the hidden of the matter that gives us the greatest knowledge of the matter and puts us in a situation to get the greatest benefit of the matter when we know that. This is what Allah wants us to know and this is what our souls

## **The Insight of Iman W.D. Mohammed (cont'd)**

Our souls and our intellect; our minds have been created to know the nature of things. I believe that's why the translator translated, "And He taught Adam the nature of things. That's how one Muslim brother- -from overseas translates it. He taught Adam the nature of things not just the names. But He taught Adam the nature of things... Allahu Akbar. We are promised the here-after; paradise, et cetera. But we are also promised clear perception. Clear perception that we will see clearly, perceive very clearly.

So, our minds will be at ease and our hearts, and our souls will be at ease because the confusion will be gone. Understanding will be complete and clear...

And then G-d says also that He wants to purify us or wants us to be purified by it so that He can complete, fulfill His favor on us or His blessings on us. For the night of power, the night which angels descend or the Holy Spirit pardon me and the angels, the holy spirit; or Ruh. The Holy Spirit and the angels

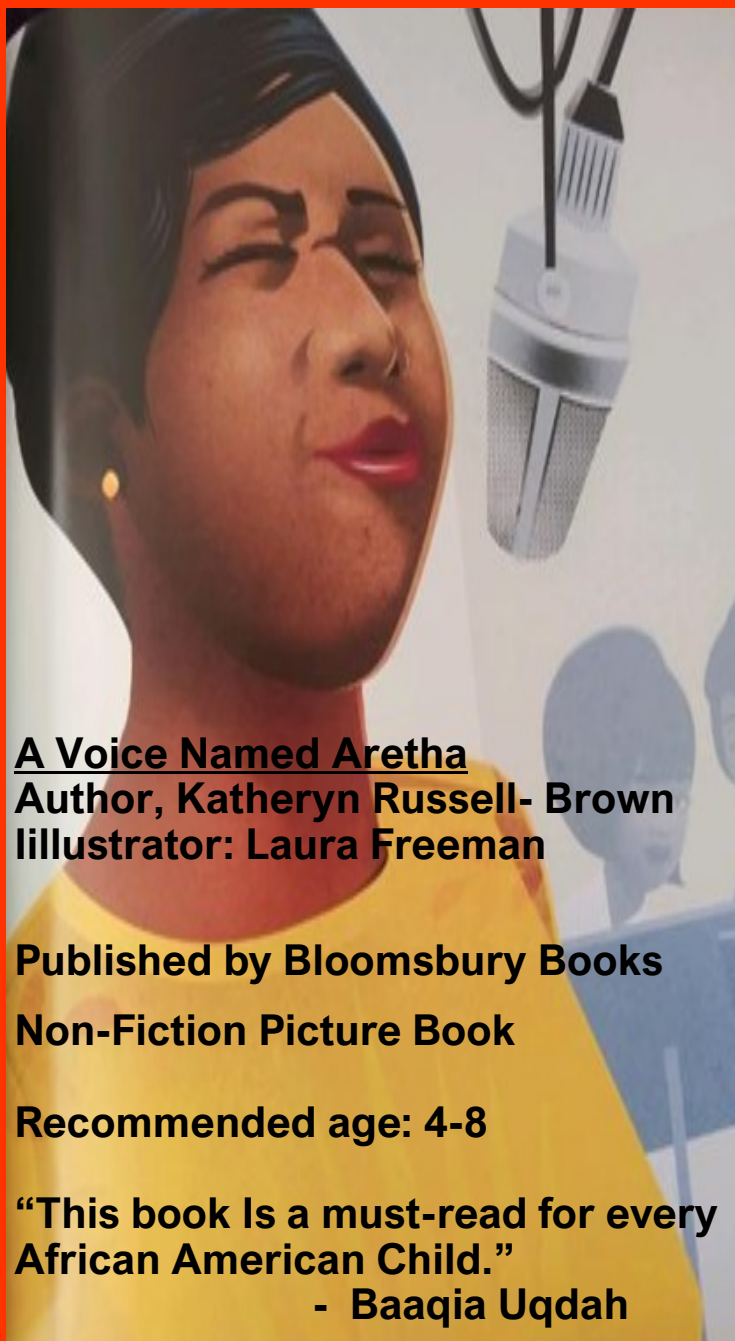
What are these? These are pure beings, aren't they? They are needed in the process of revelation. The process of revelation requires the holy spirit be involved and angels being involved and then man can be reached through the Revelation; communication...

...Now going back to the interpretation of the Night of Power as the Muslim era or the Muslim age reading on the Genesis, the beginning of creation, and understanding that the agents of G-d, the Holy Spirit and the angels were really pure beings and they must descend first and then the revelation comes. And then the dawn, the day, the dawning. A day with the Lord is as a thousand with you. This is scripture, isn't it? ...

...The night of power. This is translated power but that power is potential. That's potential for the work. G-d created our life with the potential for the great work. Now what will free that potential? What will awaken it? What will give it expression? What will release it into the world so that it can cultivate the world and produce. Following that formula. Accept purity. Accept your Lord like the holy spirit accepts his Lord. He accepts his Lord by strictly obeying Him. Accept your Lord the way the angels accept their Lord by strictly obeying Him in the night. That obedience will turn day on for you. Praise be to Allah... □

***Read the entire article at  
[iwdmstudylibrary.com](http://iwdmstudylibrary.com)***





## **A Voice Named Aretha**

**Author, Katheryn Russell- Brown  
Illustrator: Laura Freeman**

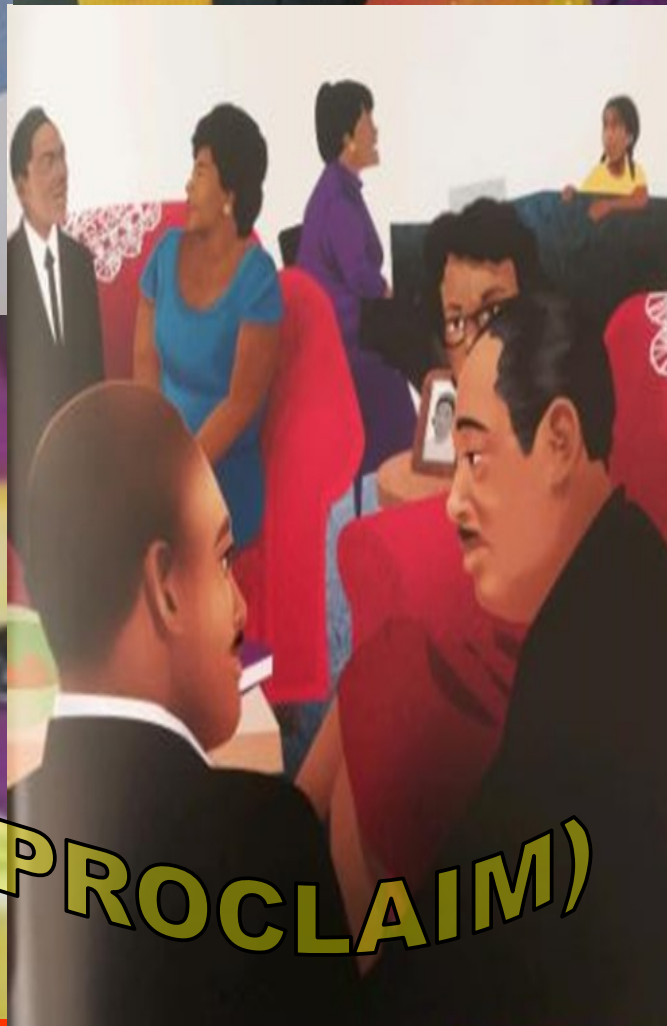
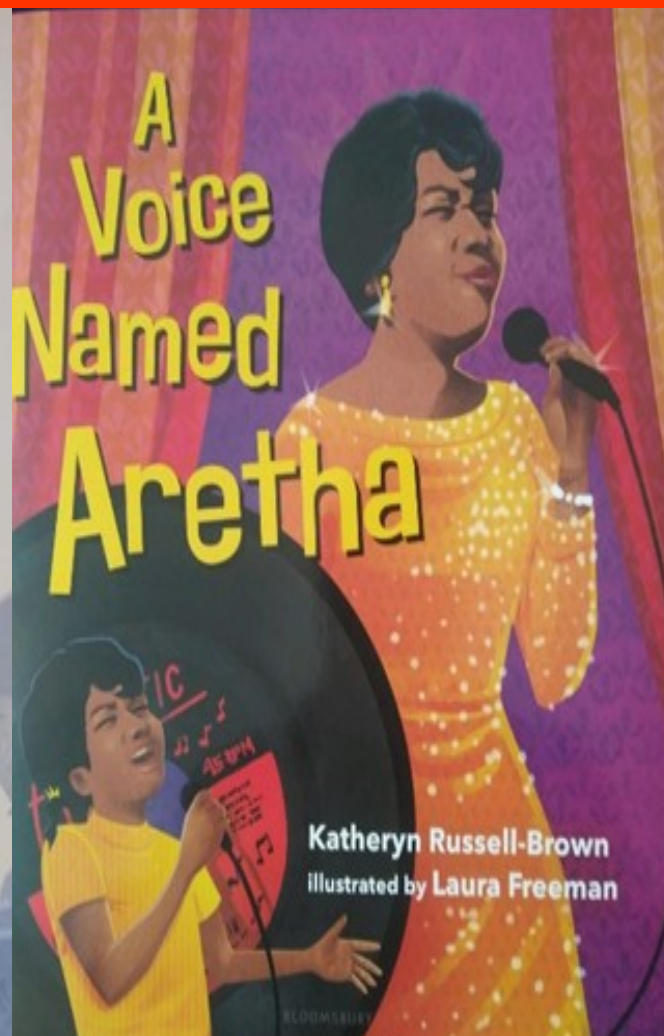
**Published by Bloomsbury Books**

**Non-Fiction Picture Book**

**Recommended age: 4-8**

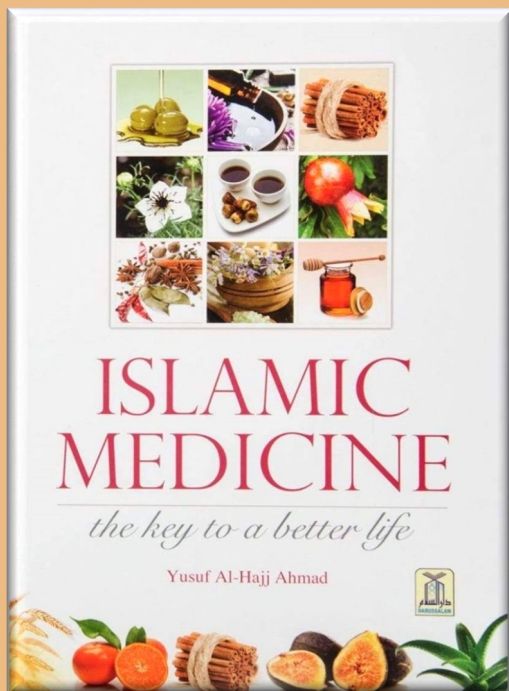
**“This book Is a must-read for every  
African American Child.”**

**- Baaqia Uqdah**



**IQRA (READ/PROCLAIM)**

# IQRA (READ/PROCLAIM)



## BOOK REVIEW

Title: Islamic Medicine – The Key to a Better Life

First Edition 2000 (414 pages)

Author: Yusuf Al-Hajj Ahmed

Publisher: Darussalam

This book opens with the Author's Note and is followed by the first topic, *Miracle of the Holy Qur'an and Sunnah in the Field of Preventative Medicine*, one of more than 200 topics of interest covered in this publication. For the reader and user, this opening topic lays the foundation for the intent and purpose of this "must-have-in-your-home-and-use" book.

A variety of topics provide easy to understand information for use in everyday life, such as:

*Honey and Eye Diseases*

*Sneezing and Yawning*

*Honey and Diseases of the Digestive System*

*Olive Oil*

*Using Ashes for Medicinal Purposes*

*Fish as a Remedy*

*The Face is the Mirror of the Heart*

*Important Information about Bathing*

This publication, consisting of glossy pages of text and photographs throughout, ends with the topic, *The West Did Not Discover Scientific Facts Without the Muslims*.

This is a publication that every Muslim household should have in its library and refer to for guidance and information related to physical, emotional, social, spiritual, cultural, and/or cognitive matters that impact on everyday life with regard to yourself and your family. You will discover new and useful information; clarify misunderstood information; and above all, cultivate a "want-to-learn-more" attitude.

Reviewed and Recommended by:  
Dawud & Amina Abdus-Shakur Hall-  
PHAssocs@aol.com

East Orange, NJ

January 2021

# ***Ginger and Dates: Two of Nature's Healing Medicines***

***By Nabihah Sharrieff, CNT, RT, REIKI MST***

## **GINGER (Zanjabil)**

**Speaking of the comfort that the believers will cherish in paradise, Almighty Allah says:**

**“And in it their drink is mixed with ginger.**

**And they will be given to drink there of a cup (Of Wine) mixed with. Zanjabil.**

**Sura 76:16**

GINGER is a root that generates body heat and is a mild purgative that helps digestion and relieves occasional obstruction of the liver brought on by cold or dampness. Eating Ginger or applying it to the eyelids relieves recurrent temporary loss of sight which is a form of glaucoma and is caused by dampness that settles in the pupil of the eye. Ginger also dissolves and expels dense gases when they originate in the intestines or in the stomach. Ginger will boost your energy level. Steep it in a cup, blend it in a smoothie, or add it to your favorite dish; you'll feel Energized.

Drinking a hot solution of two drams with ginger sweetened with sugar reduces the stickiness of blood platelets and helps some patients whose blood clots too readily. Ginger is used in the treatment of various kinds of fatty acid fermentation or indigestion and flatulent colic and promotes secretion of saliva. Research conducted at Cornell

University Medical College has found that Ginger may help prevent stroke and hardening of arteries.

The active ingredient of Ginger (Gingerol) is proven effective in the prevention of the so-called "little stroke." It is believed that this substance, Gingerol, inhibits an enzyme that causes cells to clot.

New researchers have found that Ginger has been proven to destroy breast cancer cells. Aspirin has currently been lauded medically for its blood thinning properties which help prevent heart problems. What has not been addressed however, is the fact that the Aspirin has serious side effects such as causing stomach and intestinal ulcers, which often cause hemorrhage death. Also, it is said that Aspirin blocks Ginger's action to prevent blood platelets from clumping. Although Aspirin can prevent the clotting that prevents strokes, it prevents Ginger from naturally doing a better job of preventing harmful problems.

Ginger thins the blood and lowers blood cholesterol to improve blood circulation especially to the hands and feet. It is also known to work to reduce fevers. It can be used to relieve vomiting and soothes the stomach and spleen in the process. It is a system alkalizer, and stimulant of the digestive system. It is a



## ***Ginger and Dates (cont'd)***

catalyst in nervine and sedative formulas.

Ginger is a kidney stimulant to increase kidney filtration. It has a reducing effect on migraine headaches without the side effects found with drugs. It is Nature's Healing Medicine with its 45 or more powerful benefits from past to present time.



## **DATES: Dried (TAMR) ARE NOT JUST A RAMADAN TREAT FOR IFTAR!**

It is related in the book of Prophetic tradition that the father of Sa'ad bin Abu Waqqass reported of Allah's Messenger SAW, as saying, "Whoever takes seven dates for morning breakfast will suffer from neither poison nor witchcraft for that day".

(Reported in Sahih Bukhari)

In another narration, Allah's Messenger (SAW) said: "A house without dates has hungry people". "It is also reported that Allah's Messenger (SAW) sometimes ate dates with butter, bread, or alone.

Eating dates cures coarseness of voice, stimulates liver functions and intestinal secretion, and increases sexual potency, particularly when eaten together with pine nuts. For people who live in cold climates, particularly those who are not used to it, eating dates immoderately can cause glare of the eye's, arouse headache, and damage the teeth, while such adverse effects can be overcome by eating almonds and poppy seeds. This gives me a better understanding of why people of the middle eastern culture add almonds and poppy seeds to many of their date treats.

## ***Ginger and Dates (cont'd)***

Dates are the most wholesome food found among fruits because of their hot and moist substance. Eating dates in the morning on an empty stomach kills intestinal worms & other parasites, for dates have an antidote potency (theriaca). Hence, when used regularly, they eliminate and weaken the possibility of worms and parasites in the intestinal tract.

Dates are classified as food, drink, fruit sweets, nutrients, and medicine. Cured dates are called 'ajwa, in Arabic. 'Aisha (AS) related the saying of Allah's Messenger (SAW), "Ajwa date is an excellent remedy."

Sahi Bukhari & Shahi Muslim

In another narration he said: "Ajwa date is certainly an excellent and sufficient food". Dates are also among the fruits of paradise as noted in the prophetic saying: "Ajwa is from paradise and it contains an antidote against poison".

Reported by Iman Al Tirmithi

There are several kinds of dates, so select any one of nature's Gifts.



RAMADAN IS NEAR AND AS A REMINDER EAT WHOLE-SOME LIGHT & NUTRITIOUS MEALS FOR SAHUR & IFTAR... RAMADAN IS THE MONTH TO REALLY APPLY YOURSELF SPIRITUALLY, MENTALLY & PHYSICALLY TO RECEIVE ALL OF ALLAH'S FAVORS.

YOUR SISTER OF SERVICE IN AL ISLAM  
Nabihah Sharrieff. CNT, RT,  
REIKI MST. □





## **Cleaned entrance to the Cave of Hira**

Photo is reprinted with the permission of [IslamicLandmarks.com](http://IslamicLandmarks.com)



# A Smooth Start for The Day



**Try This A Potassium Rich Smoothie Made with Banana,**

**Avocado, & Almond.** (To insure a healthy balance of potassium it is recommended that you check with your physician if you intend to have this smoothie frequently.)

## **Reportedly:**

- Almonds keep your blood vessels healthy
- Avocadoes lower cholesterol
- Bananas are fat and sodium free, and
- All 3 have potassium and potassium helps our nerves to function, helps our muscles to contract, keeps our heartbeat regular, and moves nutrients into cells, and waste products out of cells.

Place one-half avocado, one whole banana, and one-quarter cup of almonds into your blender. Add one cup skim milk, coconut milk, or substitute the almonds for one cup of almond milk. Add one-half or one teaspoon of honey or agave for sweetening. Add one-cup crushed ice (optional), blend to desired consistency, and enjoy.



# Now That's Good Cookin'

## Baaqia' s Slow cooked beef stew & Gravy

(Note: I prefer to use Japanese Yams or Jamaican yams because they give the semblance of potatoes but are not in the night shade family.)

### Ingredients

2 – Lbs. beef stew  
8 to 10 small or medium carrots  
3 – Japanese or Jamaican yams  
3 – Celery stalks  
½ - Yellow onion  
2 – tbsps. Ground cumin  
2 – tbsps. Garlic powder  
2 – tbsps. Thyme  
2 – tbsps. Curry powder  
1/2 – tbsps. white pepper  
¾ - tbsps. Sea salt  
1 – cup flour  
1 – tsp olive oil  
water



### Directions

Wash beef thoroughly  
Wash celery and cut it into two-inch pieces  
Peel, and wash carrots and cut them into two-inch pieces  
Dice onion  
Peel and wash yams and cut into quarters or sixths (I prefer sixths for larger yams)  
Place meat in crockpot  
Add enough water to raise 2 inches above meat  
Select six-hour option for cooking  
After 3 hours add carrots all other ingredients except for flour  
Allow to cook for the remaining three hours

### Gravy

Add the flour to the blender. When stew has fully cooked and cooled to a safe temperature, drain the drippings into a large bowl first (to avoid spills) and then transfer it to the blender. Mix for 60 seconds. Add additional flour and seasoning as needed to desired taste and consistency.  
Pour gravy into crockpot. Let sit for 15 – 20 minutes and enjoy.

## Our Readers Share Which Sides Are Best with Chili: Cheese, Crackers, Cornbread, Sour Cream, or Tortilla Chips

*“My fondest memories of my mom’s special chili always included the oyster crackers!”*

*- Binah Mohammed Beyah*

---

*“Cornbread”*

*- Valdez Garner*

---

*“Cornbread and Cheese”*

*- Aminah Abdullah*

---

*“French bread, Portuguese roll”*

*- Pamela Patterson*

---

*Imam Zakee loves “chili and cheese as a favorite dish”.*

*- Zakee Abdul-Hameed*

---

*“Crackers.”*

*- Maggie Brown*

*“Sounds yummy! It’s a tie for me with Cornbread and Tortilla Chips.”*

*- Michelle Saka El*

---

*“All of them except the Tortilla Chips.”*

*- Dina Corban Watson*

---

*“Crackers.”*

*- Zarifah Shakir*

---

*“Definitely Cornbread”*

*- Baaqia J. Uqdah*





# Chili Anyone?

**Baaqia's Vegetarian Chili – The Quinoa actually has the taste and consistency of ground turkey.**



## **Ingredients:**

- 2 cups of quinoa
  - 1 (15 oz.) cans diced tomatoes
  - 1 (15 oz.) can of black beans
  - 1 can of kidney beans
  - 1 can of corn
  - 1 small diced yellow onion
  - chili powder (enough for desired taste)
  - 1 tablespoon of garlic powder
  - ½ teaspoon of black pepper
  - 1 teaspoon of sea salt
  - 2 tablespoon of olive oil
- 2 cups of water

## **Directions:**

**Prepare quinoa according to package directions.**

**Place olive oil to a separate pan and add onions. Cook over medium heat until onions are lightly brown.**

**Combine all ingredients in a large pot and stir to insure they are combined.**

**Bring to a boil and then reduce heat immediately.**

**Add additional seasonings for desired taste (always go easy on the salt)**

**Cover and let to simmer for 20 minutes.**

**Serve with your favorite side or topping.**



## Jabal Abu Qubais (Mount Abu Qubais)

**Jabal Abu Qubais (Arabic: جبل أبو قبيس) is a mountain adjacent to Masjid al-Haram. It is believed that it was from the top of this mountain that the Prophet (ﷺ) pointed to the moon and split it.**

# **I Know We Believe In Allah; But Do We Believe Allah?**

**By Makéda Abdullah**



The COVID-19 lockdowns brought so many familial themes to the fore last year. Not being able to properly bury loved ones was a particularly harsh one. The realities of living alone as well as the question of who are we living with, caused much reevaluation on the part of many. The familial theme that affected me the most this past year was the mother-daughter relationship. My daughter is a very talented artist and I'm her biggest fan.

As with many families, the lockdown deprived my daughter, her family, friends, and supporters of a graduation ceremony. In my daughter's case, she was literally days away from her MFA Master's exhibition when the lockdown caused her university to close, cancelling the reception of an audio-visual presentation that she'd spent a year

putting together. Invitations had gone out, road trips were planned, props and devices to accompany her photography were in place. The months and indeed years of work of the grad students in her cohort were disregarded as social and economic decisions were made toward a health crisis. As a mom who doubled as an unpaid intern (smile), I was well aware of the work my daughter put in to prepare for the show. I was well aware of her anxiety after she worked in her studio for hours into the early mornings. I was also witness to utter disappointment as the university instructed the artists to evacuate their studios and the university premises the very week of their reception.

"Ummi" had to kick in stronger than ever to sure up my Muslimah daughter. I asked her a question that a very wise chaplain sister asked a group of us many moons back. We were at a sister's luncheon in New Jersey when she said "I know we believe in Allah, but do we believe Allah?" Of course, my daughter's disappointment was warranted and I acknowledged that. The fact that she wasn't physically with me didn't help, but with all the intimacy FaceTime could afford, I assured her, Allah is the best of planners



## **I Know We Believe In Allah... (cont'd)**

(3:54) and He doesn't leave the believers. We can't forget Allah's promises to us in uncomfortable times. We can't forget the Favors He continuously grants us.

I reminded my daughter of the truly dire circumstance many students found themselves in. Many of her fellow grad partners were international students. Some didn't live in off campus apartments as she did and had to evacuate with nowhere close to go. I reminded her of how Allah blessed her with the graduate Fellowship that she was privileged with to even be in her position. What reason did she have to think He would abandon her now? Indeed, the lockdown was devastating in many ways unrelated to the virus itself. But for those of faith, we believe Allah. We believe that if we behave as a people of faith, Allah gives us what we need to succeed. Allah helps us. As some believe there's a sinister political/economic "re-set" afoot, we believers must take this opportunity to "re-set" ourselves firmly in our faith and know that if we do as Allah instructs us, He will help us in all the ways He tells us He will in the Quran. So, we've made it through 2020.

What does 2021 have in store for us? Only Allah knows but already He has sent an angel to my daughter. A prominent supporter of the arts organization will sponsor her exhibit and support her art throughout the

year. As our Christian friends say, G-d is Good. We pray that we will be able to see the MFA exhibit which features fabulous photography of Black mothers and daughters by the year's end. And we remind ourselves, believe in Allah, and believe Allah. □

# **At-Tur (Mount Tur); Holy Qur'an**

## **Surah 52**



Mount Tur, also known as Mount Sanai, is the mountain where Prophet Musa (عليه السلام) stayed for forty days and forty nights after leading the Children of Israel away from Egypt.

# ***Getting Centered: A Lifelong Journey***

An Interview with Sister Ameenah Brown

By Sakinah Webster



***Sister Ameenah Brown***

**Sakinah:** Sister Ameenah, I'd like to know more about your background. I've read that you've inspired students to write books.

**Ameenah:** Yes, that's true. I'm a retired educator from the Newark Public Schools System. I'm also a writer. However, I didn't define myself as a writer until I became, I guess one would say, until I became of age. And so, what I wanted to do with my students was instill and develop in them a love of writing at an earlier age, so that they would know their own path at an earlier age than I did.

**Sakinah:** That's wonderful. So, you've been focused on community work, mainly with the children? Is that correct?

**Ameenah:** Yes, children have always been my purpose and my mission.

**Sakinah:** How did you find your purpose in that?

**Ameenah:** The children that I encountered, they spoke to me. Some of the life issues that they were experiencing were some of the same ones I experienced. Unfortunately, or maybe not unfortunately, I didn't have an opportunity to connect with adults on the level that I was able to connect with my students. I didn't have those adults to connect with, and that was something that I wish I'd had.

**Sakinah:** I understand. So, when did you retire?

**Ameenah:** I retired in 2018.



## ***Getting Centered (cont'd.)***

**Sakinah:** There was an article written about you a couple years ago wherein you stated the first thing that you wanted to do when you retired was to get centered. What is that place like (getting center); what is that state of mind? I'd like to hear more about what getting centered means to you.

**Ameenah:** Well, it's now 2020. Since that time, my understanding of becoming centered has grown. When I made that statement, I think I kind of put myself in a box. At that time I thought being centered meant that you could be in a designated place at a designated time. And what I've come to realize is being centered is a lifelong journey. First thing I did to get centered was to organize my space, which I am still doing. That's one of the things that I needed to accomplish in becoming centered. And as I said, it's a journey, because it's still not complete.

**Sakinah:** By organize your space are you referring to your physical space?

**Ameenah:** Yes, my physical space; getting rid of clutter, or whatever, as a way of replenishing things that you need to pay attention to; your living

quarters; your living habits. Another area that you might want to consider is your financial stability. That has to be attended to. But first and foremost being centered is being in touch with who you are, and who God is to you.

Getting centered is an ongoing process; it's never ending. You can't quantify it. There is no beginning; there is no ending. It's something that's internal and there's internal work that you have to do. That is where the journey continues, being spiritually grounded. And that's what I feel I'm working on every single day.

**Sakinah:** Is there an expectation of how you're going to feel when you are centered?

**Ameenah:** I think that being centered is when you feel completely satisfied in whatever area you're working on. There're different ways that you can become centered, but it seems to me that when all the areas are aligned, you are centered. You may be centered in one area but not in another.

**Sakinah:** So, it's being in a balanced state regardless of what's going on around you, so that whatever happens you have your peace about you.

**Ameenah:** Exactly. And you'll have that peace regardless of what goes on. That's the goal, that's the purpose. And that's not to say that I have achieved that goal.

# Jabal Malaikah (Mountain of the Angels)



**This is Jabal Malaikah which is located next to Katheeb al-Hannan. It is from this mountain that the angels came to assist the Prophet (ﷺ) and the Sahabah during the Battle of Badr.**



## **Jabal al-Rumah (Mount Rumah)**

**Jabal al-Rumah (Arabic: جبل الرماة) is a small mountain in front of Mount Uhud. This is where the Prophet (ﷺ) had positioned archers during the Battle of Uhud with the strict instructions not to move. It was the desertion of their posts by many of the archers on thinking the battle was over that led to a reversal of fortune for the Muslims in the war. The mountain is also known as Jabal Ainain (Arabic: جبل عينين).**



## ***Getting Centered (cont'd.)***

**Sakinah:** Why is getting centered important in our lives?

**Ameenah:** To be centered means you are achieving some sense of peace. I think that most of us want to achieve some type of peace. One of my goals is not to live in turmoil and confusion, but to live in peace and achieve that peace by using the different tools that I have. It could be incorporating more

prayers, exercise, meditation, talking to someone, and anything else that would help one achieve that balance.

**Sakinah:** That sounds great. So, some first steps someone should take to become centered are organizing your surroundings and organizing your finances? But first and foremost, one should have or establish a relationship with God.

**Ameenah:** Yes, having or establishing a relationship with God comes first because having that the relationship with God is going to help you in all those other areas; having that relationship overrides everything. It is basic foundation that you need to really develop and build on; getting centered and being in touch with God.

**Sakinah:** Amen to that. And just to reiterate, you're not looking for a particular outcome by being centered, other than to be at peace with what's going on around you.

**Ameenah:** Yes, being satisfied internally regardless of the inner circumstances, regardless of the outer circumstances.

**Sakinah:** It is something that would be practiced on a daily basis.

**Ameenah:** Well yes, you have to have your spiritual practices on a daily basis. That's the foundation of it, and then you can move out from there. Once you get that, the spiritual practices down, that's going to move you. That's going to be a motivating force.

**Sakinah:** Wonderful, and to use your tools?

**Ameenah:** Yes, the tools of prayer, meditation, journaling, and exercise. You could even speak to the elders; speak to the people that you admire that have wisdom. Sometimes that means a lot. They've been where you need to go, they can tell you how to get there or at least give you some tools that help you get there.

## ***Getting Centered (cont'd.)***

**Sakinah:** Yes. You know in this society we don't think of that. There are societies wherein people honor their elders. They go and sit at the feet of the elders, but this society does not teach that.

**Ameenah:** Our elders are a natural resource that we don't take advantage of.

**Sakinah:** True. We don't take advantage of that. I think as long as we are here, we will always be working on something, hopefully with progress. We are moving, and as we go along, we make discoveries.

**Ameenah:** Yes, we are striving for perfection, or as close as you can get to it. Life is going to happen to you. Don't give up. Everybody gets thrown off balance. Everybody is not going to always reach their journey. But by going the straight path, even if they deviate from that path, as long as you keep your sight on where you want to go, and keep God in front, I believe He will direct you toward your goal. And I believe He will direct you toward your purpose. I believe He understands you even in your imperfection.

I'm staying optimistic because once you lose hope, you're in another state of being. But as long as you have hope, I believe you can achieve whatever type of balance that you want in your life. As long as you are breathing, I believe you have the opportunity to create the life that you want for yourself. I can only be who I am. I have yet to achieve my goal for centering. It's not like I'm on this great path and I've achieved.

It's a journey. If I fall down, I get up and keep striving. I set my intention to be authentic and to come from a place of humility. □

**Sakinah Webster** is Freelance Writer, Licensed Massage Therapist, Reiki Practitioner, Natural Skincare Formulator, and Medical Advisor.



## Jabal al-Thawr (Mount Thawr)

**Jabal al-Thawr (Arabic: جبل ثور) is the mountain containing the cave in which the Prophet (ﷺ) and Abu Bakr (رضي الله عنه) sought refuge for three days and nights from the Quraysh. This occurred when they secretly left Makkah to emigrate to Madinah.**





## View of Jerusalem from Jabal Mukabbir

**This region, in south-eastern Jerusalem, is known as Jabal Mukabbir. According to local sources, it is named after Umar (رضي الله عنه), the second caliph of the Islamic Caliphate, who cried *Allahu Akbar* at this site when he came to take the city.**



## Mount Uhud

**This location, in northern Madinah, is where the Battle of Uhud took place in 3 AH (624 CE). It was the second war between the Muslims and the pagan Makkan forces following the Battle of Badr. An initial victory turned to defeat for the Muslims after some fighters left their position, mistakenly thinking the battle was over.**

# **Save the Date**

**Saturday September 18, 2021**

plans are in the making For

**Sister Fest 2021**

(Virtual or in person to be determined by COVID-19 updates)

This Year's Theme Is

**“Entrepreneurial Resurrection”**



# Jabal Ayr



**Jabal Ayr (Mount Ayr) is the second largest mountain in Madinah after Uhud and marks the southern boundary of Madinah. The Prophet (ﷺ) described it as a mountain of Hell. The Prophet (ﷺ) declared, “Uhud is a mountain which loves us and**



**which we love, it is upon the Gate of Heaven” adding, “And Ayr is a place which hates us and which we hate, it is upon the Gate of Hell.”**