



Murfreesboro Muslim's Newsletter

Islamic Center Of Murfreesboro

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This issue is dedicated to Ramadan and it includes many articles to teach you about fasting and Ramadan, all were derived from the book *Siyam* written by dr. Jamal Badawi



Special Events

- ◆ On September 22nd we are holding an Iftar event at Double tree hotel for the Rutherford county officials and educators.
- ◆ To attend the event you must contact the Imam before September 12th.
- ◆ The event will be a formal event.



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September 2008 / Ramadan 1429

Imam's Word: Ramadan Mubarak

I want to take this opportunity to inform our people about this special month of Ramadan.

During Ramadan, the ninth month of the Islamic calendar, Muslims from all continents unite in a period of fasting and spiritual reflection, community and family bonds.



God says in the Holy Quran: *Oh you who believe! Observing the fasting is prescribed for you as it was prescribed for those before you, that you may become the pious.* V.2:2.

The Prophet Muhammad (peace be upon him) said: *"For the person who is fasting, there are two moments of happiness and rejoicing: when breaking the fast, and when meeting his/her Lord."*



The first day of Ramadan is expected to be on or around September 01, 2008.

During the blessed month of Ramadan, Muslims all over the world abstain from food, drink, and other physical needs during the daylight hours. As a time to purify the soul, refocus attention on God, and practice self-sacrifice, Ramadan is much more than just not eating and drinking.

Muslims are called upon to use this month to re-evaluate their lives in light of Islamic guidance. We are to make peace with those who have wronged us, strengthen ties with family and friends, do away with bad habits --

essentially to clean up our lives, our thoughts, and our feelings. The Arabic word for "fasting" (*sawm*) literally means "to refrain" - and it means not only refraining from food and drink, but from evil actions, thoughts, and words.

During Ramadan, every part of the body must be restrained. The tongue must be restrained from backbiting and gossip. The eyes must restrain themselves from looking at unlawful things. The hand must not touch or take anything that does not belong to it. The ears must refrain from listening to idle talk or obscene words. The feet must refrain from going to sinful places. In such a way, every part of the body observes the fast.

Therefore, fasting is not merely physical, but is rather the total commitment of the person's body and soul to the spirit of the fast. Ramadan is a time to practice self-restraint; a time to cleanse the body and soul from impurities and re-focus one's self on the worship of God.

We must take advantage of the opportunity offered during this special month as individuals, families and as a community in general.

Sheikh Osama Bahloul

Quiz of the month

In what year was fasting ordained for the muslims?

Second year of Hijrah



RAMADAN MUBARAJ

THE MONTH OF THE QURAN

Who should fast Ramadan?

Siyam is mandatory on every Muslim who is sane, adult, able and resident. An additional condition in the case of women is freedom from menstruation and post childbirth confinement periods.

Duration Of fasting:

Fasting starts, every day in *Ramadan* at *Fajr* time (*Adhan*) and ends soon after sunset. If one doubts whether it is *Fajr* time yet, he may continue to eat and drink until he is certain. It is certainty that counts not doubt. Allah says: "And eat and drink, until the white thread of dawn appear to you distinct from its black thread; then complete your fast till the night appears..." (2:187)

Requirements for a valid fasting:

- ◆ Abstaining from food, drink, smoking and sex between dawn and sunset for each day in *Ramadan*.
- ◆ The intention to fast before dawn every day. The intention need not be in words and is valid at any time after sunset (for the following day). According to some Jurists, the intention can be made only once for the whole month (i.e. in the night preceding the first day of *Ramadan*).

Desirable Acts during Ramadan:

- ◆ To take a night meal (called *Suhoor*) as close to *Fajr* time as possible.
- ◆ To break the fast as soon as one is sure that the sun has set.
- ◆ When breaking the fast, it is recommended to make *Duaa* (supplication).
- ◆ To avoid any act that is contradictory to fasting.
- ◆ To be more generous especially to the poor and to spend more time studying the *Quran*. Also to have more voluntary *Salah* (prayer) especially in the last ten days of *Ramadan*.

Exemptions from fasting:

- ◆ The insane/mentally ill.
- ◆ Children who are not reached adulthood yet.
- ◆ The elderly and the chronically ill for whom fasting is unreasonably strenuous. A person, in this category, however, is required to feed one poor person for every day of *Ramadan* in which he/she misses fasting.
- ◆ Women and nursing mothers who fear that fasting may endanger their lives or health or those of their fetuses or infants.¹² According to Malik, she is treated like those in category (3) above. According to Abu Hanifah, she should make up for the missed days of fasting by fasting equivalent number of dates when she is able to.
- ◆ Those who are ill or traveling provided that they make up for the missed days of fasting when they are well. Allah (SWT) says: "...But if any one is ill, or on a journey, the prescribed period (should be made up) by days later. Allah intends every facility for you; He does not want to put you to difficulties.. "(2:185)
- ◆ Women during the period of menstruation or of post-childbirth confinement.¹⁵ Fasting during these periods is not permitted and it should be made up for later, a day for a day. Some women may at times continue to menstruate long after their usual menstruation period (usually with a "lighter" blood). In these cases, jurists estimated different maximal of days, which are regarded as the "usual" menstruation periods. These estimates included 10 days, 13 days and 15 days. Mother interpretation is to establish the maximum period of menstruation in the above cases on the basis of the "usual period" for any individual woman before the occurrence of the irregularity.

As to post childbirth confinement, it ends with the cessation of bleeding. Its maximum is forty days after delivery.

Things that do don't invalidate the Fasting

1. Bathing. If water is swallowed involuntarily, it does not invalidate fasting.
2. The use of al-Kuhl (eye powder).
3. Kissing one's spouse provided that one is able to control himself/herself.
4. Rinsing the mouth or nostrils with water provided that it is not overdone.
5. Swallowing things which aren't possible to avoid such as one's secretions or street dust.
6. Tasting the food being purchased (or cooked) with the tip of the tongue.
7. Taking injections (of any type).
8. Smelling flowers or wearing perfumes, etc.
9. One may continue his/her fast even if he/she is Junub, Likewise, women at the end of the periods of menstruation or post childbirth confinement periods may start fasting if bleeding stops at night (any time before dawn). In all of the above cases, bathing may be delayed until the following morning and the fast is valid.
10. If one forgets that he/she is fasting and eats or drinks, provided that one should stop eating or drinking as soon as he/she remembers.
11. Involuntary throw-up.

Things that do invalidate the Fasting

1. An act which Invalidate Fasting and require making up for the missed days, a day for a day **Only**.
 - ◆ Eating and/or drinking deliberately.
 - ◆ Deliberately causing one self to vomit.
 - ◆ The beginning of menstruation or post-childbirth bleeding even in the last moment before sunset.
 - ◆ Ejaculation for reasons other than intercourse.
 - ◆ Eating, drinking, smoking or having intercourse after Fajr (dawn) or before Magrib on the mistaken assumption that it is not Fajr time yet.
2. An Act which Invalidates Fasting and Requires making up and additional Kaffarah (an act of atonement).
 - ◆ Sexual intercourse during the period of fast (dawn to sunset) not only invalidates the fast but involves an additional penalty as well. The penalty is to set a slave free. If this is not available or possible, one must fast an additional period of 60 continuous days. If one is not able to, then he must feed sixty poor persons one average meal each.

Community Calendar

- ⇒ DAILY Taraweeh prayer 9 Pm.
- ⇒ Saturday: 2:00 pm -3:00 pm : English speaking Sisters Halaqah
- ⇒ Saturday: 8:30 pm -9:15 pm : Tajweed Halaqah
- ⇒ Saturday: 9:30 pm -10:00 pm : Fiqh Q & A
- ⇒ Sunday: 8:00 pm -9:15 pm : Halaqah for the entire community
- ⇒ Wednesday: 7:30 pm -8:30 pm : Arabic speaking Sisters Halaqah
- ⇒ Thursday: 5:00 pm -9:00 pm : Family or Personal Counseling
- ⇒ Friday: 1:10 pm -2:00 pm : Friday Prayer
- ⇒ Friday: 6 pm -6:45 pm : fence

Prayer Times for September

Day	September	Hijri	Fajr	Sunrise	Dhuhr	Asr	Maghrib	Isha
Mon	1	1/9	5:07	6:18	12:46	4:24	7:13	8:26
Tue	2	2/9	5:08	6:18	12:46	4:23	7:12	8:24
Wed	3	3/9	5:09	6:19	12:46	4:22	7:10	8:23
Thu	4	4/9	5:09	6:20	12:45	4:22	7:09	8:21
Fri	5	5/9	5:10	6:21	12:45	4:21	7:07	8:19
Sat	6	6/9	5:10	6:21	12:45	4:21	7:07	8:19
Sun	7	7/9	5:12	6:22	12:44	4:19	7:05	8:16
Mon	8	8/9	5:13	6:23	12:44	4:18	7:03	8:15
Tue	9	9/9	5:14	6:24	12:43	4:17	7:02	8:13
Wed	10	10/9	5:15	6:25	12:43	4:17	7:00	8:11
Thu	11	11/9	5:16	6:25	12:43	4:16	6:59	8:10
Fri	12	12/9	5:17	6:26	12:42	4:15	6:57	8:08
Sat	13	13/9	5:17	6:26	12:42	4:15	6:57	8:08
Sun	14	14/9	5:17	6:27	12:42	4:14	6:56	8:07
Mon	15	15/9	5:19	6:28	12:41	4:12	6:53	8:04
Tue	16	16/9	5:20	6:29	12:41	4:11	6:51	8:02
Wed	17	17/9	5:21	6:30	12:41	4:10	6:50	8:00
Thu	18	18/9	5:22	6:31	12:40	4:09	6:48	7:59
Fri	19	19/9	5:23	6:31	12:40	4:08	6:47	7:57
Sat	20	20/9	5:23	6:32	12:40	4:07	6:45	7:56
Sun	21	21/9	5:23	6:32	12:40	4:07	6:45	7:56
Mon	22	22/9	5:25	6:34	12:39	4:05	6:43	7:53
Tue	23	23/9	5:26	6:34	12:39	4:04	6:41	7:51
Wed	24	24/9	5:27	6:35	12:38	4:03	6:40	7:50
Thu	25	25/9	5:28	6:36	12:38	4:03	6:38	7:48
Fri	26	26/9	5:28	6:37	12:37	4:02	6:37	7:47
Sat	27	27/9	5:29	6:38	12:37	4:01	6:35	7:45
Sun	28	28/9	5:29	6:38	12:37	4:01	6:35	7:45
Mon	29	29/9	5:30	6:38	12:37	4:00	6:34	7:44
Tue	30	30/9	5:32	6:40	12:36	3:58	6:31	7:41

The newsletter team invites you to contribute to this newsletter by sending Islamic or community beneficial articles, community news and announcements to MurfreeboroMuslims@gmail.com

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