

اللَّهُمَّ اقْسِمْ لَنَا مِنْ خَشْيَتِكَ مَا تَحُولُ بِهِ بَيْنَنَا وَبَيْنَ مَعْصِيَتِكَ  
وَمِنْ طَاعَتِكَ مَا تُبَلِّغُنَا بِهِ جَنَّتِكَ وَمِنَ الْيَقِينِ مَا تَهْوُونَ بِهِ عَلَيْنَا  
مَصَائِبَ الدُّنْيَا اللَّهُمَّ مَتِّعْنَا بِأَسْمَاعِنَا وَأَبْصَارِنَا وَقَوَائِمِنَا مَا أَحْيَيْتَنَا  
وَاجْعَلْهُ الْوَارِثَ مِنَّا ، وَاجْعَلْ ثَارَنَا عَلَى مَنْ ظَلَمْنَا وَانصُرْنَا عَلَى  
مَنْ عَادَانَا وَلَا تَجْعَلْ مُصِيبَتَنَا فِي دِينِنَا وَلَا تَجْعَلِ الدُّنْيَا أَكْبَرَ هَمِّمِنَا  
وَلَا مَبْلَغَ عِلْمِنَا ، وَلَا تُسَلِّطْ عَلَيْنَا مَنْ لَا يَرْحَمُنَا (ترمذی)

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**O Allah, distribute amongst us such awe and fear of You that will be a means of intervening between us and Your disobedience; and grant us such obedience to You that will enable us to reach Your Paradise; and such conviction which will ease out upon us the afflictions of the world. O Allah, 'as long as' You give us life, benefit us by means of our hearing, our sight and our bodily strength / faculties and make each one of them our inheritor, and avenge for us those who wronged us and help us against our enemies, and do not place any difficulties in our deen, nor make the world the greatest of our sorrows [worries] nor the limit of the source of our knowledge; and do not impose upon us one who has no mercy for us.**

{Tirmidhi}

**“The Jews say: Ezra is the son of God, while the Christians say: The Christ is the son of God. Such are the assertions they utter with their mouths, echoing assertions made by the non-believers of old. May God destroy them! How perverse they are! They make of their rabbis and their monks, and of the Christ, son of Mary, lords besides God. Yet they have been ordered to worship none but the One God, other than whom there is no deity. Exalted is He above those to whom they ascribe divinity.” [Repentance, At-Tauba: 9:30-31]**

Here is an authentic report transmitted by Imam Ahmad, At-Tirmidhi and At-Tabari on the authority of Addi ibn Hatim:

When Addi, who had been a Christian in pre-Islamic days, heard of the Islamic message, he fled to Syria. His sister was taken prisoner together with a group of his tribesmen. The Prophet, *peace be on him*, treated his sister kindly, granted her freedom and gave her some gifts. She went to her brother and urged him to adopt Islam and to meet the Prophet, *peace be on him*. Addi took his sister’s advice and arrived in Madinah. He used to be the chief of his tribe, *Tayyi*, and his father was widely known for his unparalleled generosity. People were speaking about his arrival in Madinah. When he went to see the Prophet, *peace be on him*, he was wearing a silver crucifix which he hanged in his neck. The Prophet, *peace be on him*, was reading this verse: “they make of their monks and rabbis ..... lords besides God.” Addi said: “They have not worshipped them.” The Prophet, *peace be on him*, said: “Yes, indeed they did. They followed them when they forbade them what was lawful and permitted them what was forbidden. That is how they worshipped them.”

As-Saddi says: “That they made them lords does not mean that they have treated them as if they were gods in control of the universe. What is meant is that they have obeyed them in what they have bidden and forbidden.”

From the very clear Qur’anic statement and its interpretation by the Prophet, *peace be on him*, which is final, and also from the observations of modern and ancient scholars we may deduce a number of very important conclusions concerning religion and beliefs which we will state here very briefly:

According to the Qur’an and the Prophet’s interpretation, worship means the following of the law. The Jews and the Christians have not made their rabbis and monks lords in the sense that they treated them as gods or that they offered their worship rituals to them. Yet God describes them in this verse as ‘associating partners with Him’ and as ‘non-believers’ in a later verse in the Surah, only because they have followed the laws they devised for them. This alone, regardless of beliefs and rituals, is sufficient to make anyone who does it a person who associates partners with God, which takes him out of faith altogether and puts him in the category of non-believers.

The Qur’anic statement attaches the description of ‘associating partners with God’ and ‘un-belief’ to both the Jews who accepted the laws made for them by their rabbis and put those laws into practice and the Christians

# SONS OF GOD

*Distortion*

*By*

*Jews*

*&*

*Christians*

who believe that Christ is their Lord and offer worship rituals to him. Both actions are the same in the sense that both make their perpetrators polytheists ascribing lordship to beings other than God.

Polytheism comes into being merely by assigning the authority to legislate to anyone other than God, even though this is not accompanied by a belief that such a legislator is a deity or by offering worship rituals to it. The primary aim of pointing out these facts is to deal with the circumstances of Muslim society at the time, particularly reluctance to confront the Byzantine and the feeling that they were believers on account of their having received revelations. Yet these facts are of general application and serve to emphasize the nature of the true religion.

The religion of truth, which is the only one that is acceptable to God from any human being, is 'self surrender.' Such surrender is manifested by implementing God's law, after having believed in His Oneness and offering worship to Him alone. If people are to implement a law other than that of God, then what God has said about the Jews and the Christians will apply to them as well. In other words, they would be polytheists and non-believers, no matter how emphatically they assert that they do believe. Those descriptions will apply to them once they willingly implement a law devised by human beings in total disregard to God's law, unless they protest that they only follow such laws against their will and they have no power to repel that compulsion.

The term 'religion' has nowadays lost much of its significance in the minds of most people, so much so that they confine it to beliefs to which they may hold and rituals they may offer. This was exactly the situation of the Jews who are described by this categorical verdict, as interpreted by the Prophet, *peace be on him*, as non-believers, associating partners with God and disobeying His clear command not to worship anyone besides Him. This same Qur'anic statement tells us that they have taken their rabbis as lords besides God.

The most essential meaning of 'religion' is 'to submit and to follow.' This is most clearly evident by following the law as it is proven by offering worship. The matter is very serious and admits of no ambiguity of the sort of considering people who follow laws other than God's law, without being compelled to do so by forces which they cannot resist, as believers and as Muslims, only because they believe in God and offer their worship to Him.

This ambiguity is perhaps the most serious threat to this religion of Islam at the present time. It is the worst weapon leveled at this religion by its enemies who try hard to depict as Muslims and as Islamic people and situations similar to those described by God as of non-believers who take as lords some beings other than God and who do not follow the religion of truth. If the enemies of their religion try to associate those people and situations with Islam, then it is the duty of the advocates of Islam to deny them that description and to uncover their reality. They would thus show them for what they are: People who do not believe in the Oneness of God and who take for themselves lords, other than God when "they have been ordered to worship none but the One God, other than whom there is no deity. Exalted is He above those to whom they ascribe divinity."

وَإِذَا سَأَلَكَ عِبَادِي عَنِّي فَإِنِّي قَرِيبٌ ۖ أُجِيبُ دَعْوَةَ الدَّاعِ إِذَا دَعَانِ فَلْيَسْتَجِيبُوا  
لِي وَلْيُؤْمِنُوا بِي لَعَلَّهُمْ يَرْشُدُونَ

# Eat a Rainbow for a Healthy diet

A healthy plate of food should contain a balance of nutrients: Nature is colorful and provides all we need for good health. A fun way to get your family to eat healthy is to encourage rainbow eating. A rainbow plate is a healthy plate, and it is a good way to help everyone to eat more fruit and vegetables. The more colors you add, the more nutrients. Without adequate intake we put our bodies at risk for certain diseases, illnesses and possibly even vitamin and mineral deficiencies. It is important to train children young that rainbow eating is for healthy strong bodies. Most junk food is bland and beige. Junk food advertising is powerful so you also need a powerful message at home and eating a rainbow is something that will appeal to children of any age. Here are some colors and their benefits:

## **Green**

These foods contain cancer-protecting phytochemicals. They also contain antioxidants that can reduce the risk of macular degeneration, which is a leading cause of blindness. Examples of Green foods: Artichokes, asparagus, avocados, broccoli, green beans, kiwis and romaine lettuce.

## **Yellow**

Sun-colored produce is full of Vitamin C which helps to heal wounds and also blocks some skin damage. Examples of yellow foods: Pears and Pineapples.

## **Orange**

Orange foods have Beta-carotene which is helpful for boosting the immune system. Nutrients in citrus fruits also improve oral health. Examples: Peaches, Carrots, Oranges and Grapefruit.

## **Red**

Red produce has lycopene, which fights cancer, and ellagic acid, which may help reduce DNA damage. Flavonoids which are mostly found in berries boost antioxidant defense, fight heart disease and slow aging. Examples: Bell peppers, Strawberries, Tomatoes and Watermelon.

## **Blue and Purple**

Grapes and purple cabbage protect cells and also slow the signs of aging. The nutrients that cause them to be dark in color also help cognitive function. Example: Eggplant and Grapes.

## **White**

Okay, white is not a color in the rainbow but still should be thought of when choosing produce. Onions, Shallots and Garlic all have nutrients that reduce heart disease and increase the immune system. Examples: Cauliflower, Button Mushrooms, White Onions and Garlic.

If your children already enjoy eating particular fruits and vegetables, this is a good starting point. My advice would be to regularly serve the vegetables and fruits that your children enjoy, and then try to increase the variety little by little. It's important to try out new varieties as often as you can – if you can grow fruit and vegetables in your garden, your children will be happy to pick them and eat them.

Sayings are a fun way to remind children of the benefits of fruit and vegetables:

**“An apple a day keeps the doctor away!”**

**“Carrots help you see in the dark!”**

If fresh fruit and vegetables are expensive, opt for those that are in season, as they tend to be cheaper. Have a selection of frozen and canned [choose low salt/sugar versions] vegetables options, as these are more acceptable. Keep a supply of frozen and canned fruit [in natural juices] for quick and easy dessert, or snacks. Add tinned or fresh fruit to jelly.

Mealtimes: For lunch always try to have a salad or pop salad in sandwiches. For dinner try adding some mixed vegetables [fresh or frozen], ultimately try and educate your children about healthy eating.

## Alva's Tip

Hair loss is more common in younger people than ever before. If your father has not lost his hair the cause may not be male pattern baldness. First check your diet and make sure you are eating a healthy diet with lots of protein. Take a quality supplement for hair skin and nails. Massage your scalp with hair repair massage oil for 2 minutes before you wash your hair. Head massage has a very good effect on hair growth and encourages blood flow to the hair roots. Massage is important as when you are stressed the scalp becomes tight and restricts the blood flow to the hair roots and hair can then fall. Try to wash your hair less often as desalinated water can make the hair very dry and break off. Reduce your stress by taking regular exercise.

## Women Companions of Prophet Mohammad

{Peace and blessings of Allah on him}

When the Prophet, *peace on him*, started advocating his message in Makkah, only people with vision and clear minds gave him a positive response. This is the case with all new ideas that seek to initiate a fundamental change in human life. When the advocated change touches on the core of people's way of life, as is the case with all religions and with Islam in particular, the new believers are bound to suffer persecution by those who want to maintain the status quo. This is what happened to the early Muslims in Makkah. They suffered much persecution. Even those among them who belonged to noble families were put under much pressure, mental and often physical, by their own families.

Aminah bint Mihsan  
“An early Immigrant”

Some families felt it to be their duty to punish their own sons and daughters who became Muslims. Despite all types of pressure, the message of Islam continued to gain ground, and there were many families in Makkah whose all members became Muslim.

When the situation in Makkah became intolerable for Muslims while Islam was able to make significant gains in Madinah, the Prophet, *peace on him*, advised his

companions in Makkah to immigrate to Madinah. **Aminah bint Mihsan** and her brother Ukkashah were among the early immigrants. They left Makkah together with a large group of their own people, including whole families, abandoning their homes and property.

**Aminah** was keen to have an insight into Islam, and she used to learn directly from the Prophet. Therefore, scholars of Hadith have related 24 Hadiths which she reported directly from the Prophet. This is evidence of her achievement, as there are many of the Prophet's companions, men and women, who did not report a single Hadith.

The Prophet's, *peace on him*, companions sought his guidance on all matters. He did not lose a moment in delivering his message and establishing it as a way of life; yet he had time to attend to people's personal concerns. He was like a loving father to all people. He addressed their personal concerns and blessed their children. One day **Aminah** brought her baby to the Prophet so that he would bless the child. The baby was still fully breast-fed. The Prophet took the boy and began to bless him and talk to him, when the boy wet himself and the Prophet's clothes were wet. The Prophet, *peace on him*, smiled called for some water, and he sprinkled some water over his clothes, without washing them. We learn from this that this is the way to remove such impurity, by a breast-fed child.

**Aminah** also reports another occasion when she took her son to the Prophet, as he was suffering from a

throat infection that gave him tonsillitis. She apparently had tried to push the boy's tonsils back physically, as people used to do at the time. The Prophet, *peace on him*, told her that that was useless and would give the child more pain. He told her what to do with the child.

Her brother, Ukkashah ibn Mihsan, was a dedicated servant of Islam. One day the Prophet, *peace on him*, mentioned to his companions that seventy thousand of his followers will be admitted to heaven without having to face any reckoning of their deeds. Ukkashah spontaneously said: "Messenger of Allah, pray to Allah to make me one of them". The Prophet said: "You are one of them." Another man made the same request, but the Prophet said: "Ukkashah has beaten you to it." Perhaps we should add here that in Arabic, the numbers seven, seventy and their multiples do not signify actual numbers, but indicate plenty. So the number seventy thousand in the Hadith could be taken to mean a huge crowd that may be much more than seventy thousand.

Ukkashah reported something to the Prophet about his sister, who lost her son. She said to the man who was preparing the child's body for burial: "Do not wash my son with cold water; you will kill him if you do." The Prophet, *peace on him*, smiled and said: "What is the matter with her? May Allah give her a long life." This was a prayer by the Prophet. Like all his prayers, it was answered in the best form. She lived to very old age. Al-Nissaei, who reported this Hadith, adds: "We do not know of any woman who lived as long as she did."



**WE**  
BELIEVE

**“We believe in the five fundamentals upon which Islam is based, and we abide by the word of Allah i.e. the Holy Qur’an, which it is incumbent upon us to follow. We believe that there is none to be worshipped but Allah, and our leader Mohammad *Mustafa*, may peace and the blessings of Allah be upon him, is His Messenger and the Last Prophet.**

**We believe that whatever Allah has said in the Holy Qur’an, and whatever the Holy Prophet Mohammad has said, is true, as stated above. And we hold that any person who removes even one jot from the Shari’ah of Islam, or adds even an iota to it, is without faith and excluded from Islam.**

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**I enjoin upon my followers that they should have whole-hearted faith in the *Kalimah Tayyiba: La Ilaha ill-Allahu, Mohammad-ur-rasul-ullah* [There is no god but Allah, and Mohammad is the Messenger of Allah], and should die in that faith.**

★ ★ ★ ★ ★ ★ ★ ★ ★ ★

**They must believe in all the prophets and all revealed books, whose truth is proved from the Holy Qur’an. And they must adhere to Islam, properly and correctly, by considering obligatory upon themselves: *Salaat* [prayer], *Saum* [fasting], *Zakaat* [charity] and Hajj [pilgrimage to Makkah], and all duties laid down by Allah and His Messenger; and by considering as unlawful all that is**

**prohibited. To conclude, it is obligatory to believe in all those matters, relating to faith and practice, on which the past righteous religious elders of Islam were agreed, and which, by consensus of opinion of the *Ahl-as-Sunna*, are considered to constitute the religion of Islam.**

**And we call heaven and earth to bear witness that this is our religion.”**

{*Ayyam As-Sulh*, pp. 86-87}

الَّذِينَ إِذَا ذُكِرَ اللَّهُ وَجِلَتْ قُلُوبُهُمْ وَالصَّابِرِينَ عَلَىٰ مَا أَصَابَهُمْ  
وَالْمُقِيمِي الصَّلَاةِ وَمِمَّا رَزَقْنَاهُمْ يُنْفِقُونَ